

Polarity Tea and the 'Biologic Electron'

By John Chitty, RPP

Remember Polarity Tea, or PolariTea as it has also been called? This is the herbal tea espoused by Dr. Stone in Health Building (CRCS, 1986, page 87):

"The following purifying diet should be taken as long as there is constipation, high blood pressure, arthritis, rheumatism, pain, swelling, congestion, toxicity, and overweight..."

"Instead of bed tea in the morning, take two or more cupsful of hot herb tea made of Licorice Root, Anise or Fennel, Peppermint, Fenugreek, and Himalayan Mountain Violet [Flax], ... Several glassfuls of this may be taken at a time in the morning between meals, or any other time, night or day, as desired..."

Obviously, Dr. Stone liked this tea, and as one who has enjoyed it over the years, I agree that it tastes good and definitely assists elimination.

Recently I was reading something (see "The Biologic Electron: Re-examining the Work of Dr. Johanna Budwig," by Dan C. Roehm, MD, *Townsend Letter*, July 1990, p. 480) which put the blend in an entirely new light and renewed my interest in PolariTea.

The article describes a body of research by Dr. Budwig of Germany. She has found that flax and aromatic herbs (especially mint, anise, fenugreek and others) have special significance as therapeutic botanicals. Her idea about why these are beneficial offer a link between chemistry and energy medicine, and an endorsement of Dr. Stone's formula.

What is the Biologic Electron?

Budwig's research describes a relationship between humans and "biologic electrons" which are counter-entropic (in physics, entropy is the tendency of any closed system to "run down" or become disordered) particles streaming from the sun. Polarity students will recognize this as scientific language for Prana, the cosmic life force which sustains the human energy fields. Budwig teaches that humans are living antennae for these electrons, and that when the connection of human tissue with these "biologic electrons" is severed, disease follows. This is a line of reasoning deeply confirming Dr. Stone's teaching.

According to Budwig, human tissue absorbs biologic electrons by "Resonance Absorption." This means that our tissues must oscillate in the same bands (or harmonics thereof) as those of the incoming electrons. Certain nutrients enhance this, because in our bodies they form a specific lipoprotein whose

dipolarity and inherent resonance seem to "attune" the tissues to the right frequency. A harmony is created facilitating reception, storage and (later) release of the sun's incoming electrons.

This is a form of cellular respiration, by which free electrons are bound or released from each atom. Actual respiration (oxygenation) mirrors this process. Healthy tissues are receptive to and able to bind oxygen, whereas diseased tissues are accompanied by "free radicals," unbound oxygen molecules to which the tissues are unreceptive. Factors affecting receptivity are the subject of great study, but that's another story. Free radicals indicate uncontrolled oxidation of increasingly anaerobic tissues, suggesting that illness is like "rusting" from the inside out. These molecules are corrosive to tissues, hence the current popularity of "antioxidant" plant foods like garlic.

The Electron-Oxygen Link

When tissues are receptive to biologic electrons, the situation is reversed. For example, cancer is typically anaerobic. Using chromatography, Budwig found that anaerobic (without oxygen) yellow green lipids (fat) turned red (healthy hemoglobin) when the key nutrient (linoleic acid) was added. Techniques for bombarding the tissues with these electrons, and nutritional strategies for making the tissues receptive, are the focus of great interest. Budwig claims 90% success with cancer during 40 years experience with this idea.

What are these nutritional strategies? The vegetarian diet is the basis for all treatment. Close attention is paid to avoiding a list of modern curses: margarine or hydrogenated oil, animal fats, heated oils, nitrates (preservatives), radiation and chemotherapy. Colon cleansing programs are also highlighted.

To make the tissues receptive, unsaturated linoleic and alphalinolenic acids are given in combination with sulfhydryl-containing protein. Flax is the best source of the acids (for a concentrated application, fresh cold-processed linseed oil is used). Budwig uses raw milk products, especially cottage cheese, as the protein source.

Aromatic herbs are then given to suffice the system with electrons. They are swarming with volatile electrons (that's why they are aromatic) and therefore are a valuable dietary (or in aromatherapy, externally used) biologic electron source.

Anyway, now when I'm enjoying my PolariTea, I have a whole new frame of

reference. It combines flax with aromatic herbs, approximately as Dr. Budwig described. Aside from its many other herbal qualities** it seems to be a direct application of Budwig's theory. This drink may be making me receptive to Prana! I'm not aware of Dr. Stone ever commenting on this, but I'm sure he would smile to hear this "new***" scientific endorsement.

Of further interest in the same line is the recent research in electro-magnetic fields (EMF:) which are now being identified as health hazards. APTA's Steve Eabry has become very knowledgeable about this, including a presentation at the APTA annual conference in 1990. It has recently been determined that the point of influence for EMF is the pineal gland, where EMF seem to restrict function. In Dr. Stone, the Pineal is a key receptor for Prana. Thus EMF problems may also be explained energetically as interfering with the body's access to and receptivity to these same biologic electrons. But that is another story, too.

Meanwhile, I'll be here having another cup of that good old PolariTea.

*Unsaturated linoleic and alpha linoleic acids. Flax is the best source.

**The herbal properties of PolariTea ingredients are:

Fenugreek tonic, astringent, demulcent, emollient, & expectorant. It is most commonly used for relief of mucous congestion in the lungs & digestive tract. It is soothing & lubricative to the stomach & bowels.

Flax: demulcent, mucilaginous, emollient; soothes irritated tissues, especially in digestive & respiratory passages; promotes elimination of mucus.

Fennel: carminative, diuretic, diaphoretic, expectorant & stimulant. Fennel is a soothing, mild laxative used to relieve digestive gas, acid stomach, & irritated or obstructed digestive organs. It is also used to increase the flow of mothers' milk.

Peppermint: aromatic, stimulant, carminative, stomachic. It is used for digestive complaints of all kinds, & as a remedy for colds, fevers & flu.

Licorice: carminative, demulcent, & emollient. It is used primarily as a tonic for blood & lungs, & is also associated with soothing & toning the digestive tract.

**Not really. Budwig's work was announced in 1951 but has suffered suppression from food and cancer interests.