

The Many Faces of Medicine

By Robin Roller

Do you know what the most important nutrient for the body is? The body will survive for a time without food. It will live for less time without water. However, I wouldn't recommend trying to find out how long the body will live without oxygen. Oxygen is necessary for every system in the body, for that matter, for every cell in the body.

Living in the rural areas, like we do in Robert Lee, the oxygen content in the air is higher than it would be in the metropolitan areas. However statistics show that 60% of Americans don't get enough oxygen. We get oxygen not only from the air we breathe but also from the food we eat. A 200 pound man will absorb 4 pounds of water through his skin during a 30 minute bath. So we also get the nutrient from the water absorbed through the skin.

We All have micro organisms inside our bodies, some beneficial, even necessary, some are harmful and disease causing. The interesting part of this is that the beneficial ones are aerobic, meaning they thrive in oxygen while the harmful ones (some bacteria and viruses, etc.) are anaerobic, meaning they die in oxygen. This includes some of the most feared diseases such as AIDS, cancer as well as a long list of others.

The FDA considers oxygen a medicine and therefore it is necessary to get a prescription from a doctor for it. (That sounds crazy to me) However there are medical professionals that specialize in oxydative therapies of which there are many. Hyperbolic chambers, ozone therapy as well as hydrogen peroxide therapies (there are many ways to use H2O2) to name a few.

If you or someone you love has health challenges (and who doesn't), there are some books I would recommend reading. "The Miracle Cure" by Kevin Richardson, and "The Truth About Food Grade Hydrogen Peroxide" by James Paul Rofuski. This is an ebook that is free to download at www.FoodGrade-HydrogenPeroxide.com. These

books are resources for finding medical professionals in your area that specialize in these therapies.

In closing, allow me to make it clear that I have no affiliation with, nor do I benefit in any way from the sale of these books or any other product that may have been mentioned in this article.

... Governor Coke

(Continued from page 5)

1876 following his election by the legislature to the United States Senate. He would be reelected to federal office in 1882 and 1888, serving in the 45th - 53rd Congresses until March 4, 1895. Coke was not a candidate for reelection in 1894.

Coke retired to his home in Waco and his nearby farm. He became ill after suffering exposure while fighting a flood of the Brazos River in April 1897. After a short illness, he died at his home in Waco and was buried in Oakwood Cemetery. Coke County in West Central Texas is named in his honor.

USDA Seeks Applications for Loans and Grants to Create Jobs and Support Rural Economic Development

USDA is accepting applications for loans and grants to support business expansion, create jobs and increase economic opportunities in rural communities.

"Small businesses are the engine that drives job creation and investment capital coupled with business savvy provide the spark that gets that engine running," USDA's Tom Vilsack said. "This funding will help the nation's rural micro-entrepreneurs strengthen their capacity to create jobs, grow their businesses and fuel the economy. USDA is working with

local organizations to provide capital to help small business owners achieve higher performance."

The 2014 Farm Bill reauthorized the program through 2018. For Fiscal Year 2015, more than \$16 million is available in loans and grants.

Application forms may be obtained from USDA.gov.

RMAP provides loans and grants to Microenterprise Development Organizations (MDOs) to help microentrepreneurs - very small businesses with 10 or fewer employees - access capital to start or grow businesses. MDOs use the funds to provide training and technical assistance to small businesses or to establish revolving loan funds that provide micro-loans, typically \$5,000 to \$50,000, to rural microentrepreneurs.



Russell Davis
Agent

611 Austin Street
PO Box 1079
Robert Lee, Texas 76945
(325) 453-4505 office
(325) 453-4524 fax
(325) 650-1904 mobile
TXFB-INS.COM

Farm-Ranch, Commercial, Recreational & Residential Real Estate



Featured Listing!



Country Living with City Convenience! Beautiful 2 story home lies at edge of rural community! Enjoy the wonderful country views while sitting on the covered porch, wrapping entirely around home and under the gorgeous copper roof! Fireplace in Great Room stretches full two stories! Large master suite w/fireplace opens onto balcony overlooking great room. Second master suite downstairs. Energy efficient with R40 insulation and thermal double-pane windows! Garage w/drive-through automatic doors has concrete underground storm shelter. Beautiful landscaping includes pond with water features. Covered RV shed has all hook-ups! Other barns for storage/livestock.

Melinda McCutchen
(325) 473-8863



PitcockProperties.com
ashley@pitcockproperties.com
melinda@pitcockproperties.com
Jerrod Pitcock, Broker



Ashley Braswell
(325) 650-0615

IVEY MOTORS

For our Bronte customers' convenience, there is a Drop Box at Bronte Hardware Store.

2010 F150 Super Crew XLT #6761A \$15,295

Burgandy w/Stone Cloth Interior! One Owner!!!

2011 Ford F150 4x4 Lariat #R473A \$24,995

Brown/Adobe Accent with Adobe Leather! One Owner! Super Crew

2013 Ford Explorer #R414A \$24,495

Black Tuxedo with Tan Cloth

2011 Ford Edge Limited #R458A \$18,795

White Platinum w/Stone Leather!

Make an Appointment today with our

Complete Service Department

Servicing All Major Brands

Texas Certified
Inspection Station

453-4561

Ask For:

Randy Flanagan • Buddy Wallace

