

The background of the cover features several circular, textured patterns representing Perelandra MBP cells. These patterns are composed of small dots and larger, irregular shapes, creating a complex, organic appearance. The patterns are arranged in a way that suggests a cluster or a group of cells, with some larger and more prominent than others. The overall color scheme is a warm, reddish-brown hue.

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PERELANDRA MBP  
MICROBIAL  
BALANCING  
SOLUTIONS  
GUIDE

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MACHAELE WRIGHT

It's really important when making personal health decisions that you know our products have not been evaluated or approved by the FDA.

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# PERELANDRA MBP MICROBIAL BALANCING SOLUTIONS

Machaelle Wright

From the time when humans joined the planet and became part of its rhythms and movements, there has been a strong connection between the condition of the human body, the condition of a person's immediate environment and the overall environmental condition of the planet itself. The human body's systems function best when operating within a balanced environment. We have reached a time in history when the planetary environment has deteriorated to such a degree that the support the environment gives the body systems is inadequate and often detrimental to the body's ability to do the job it was designed to do. In short, the overall breakdown of the environment is seriously challenging the human body's ability to function properly throughout its day-to-day operation.

The Perelandra MBP Balancing Solutions give back to the body what the planetary environment can no longer supply. They couldn't be easier to use. All you need to know is how to count from one to ten. They are oral solutions that are taken once or twice a day, depending on what you need. No testing is required. Each Solution has a specific number of drops printed prominently on the bottle label telling you how many drops to take for each dose. They may be taken by adults—young and old, healthy and ill or injured—pregnant women, children and infants. They may also be administered to animals using the same dosage as for adult humans. They are easy to take, they are safe and they are natural.

We offer the MBP Balancing Solutions in economical 2-oz. dropper bottles, preserved in brandy or distilled white vinegar. We estimate that a 2-oz. bottle will last one person taking the proper daily dosage about three to six months, depending on your individual need. We also offer them in ½-oz. dropper bottles that are handy for travel and for getting the nightstand bottle clutter under control. These ½-oz. bottles are also an economical way to get started on the MBP Balancing Solutions. Each ½-oz. bottle will last from three to six *weeks*.

## *What the MBP Balancing Solutions Don't Do*

The MBP Balancing Solutions do not specifically address or heal any illnesses, diseases or conditions we might be experiencing. For example, they are not medicines designed to treat cancer, infectious diseases, muscular dystrophy or tuberculosis.

## *What the MBP Balancing Solutions Do*

Each MBP Balancing Solution balances, builds and strengthens its respective system. (For example, the Respiratory System Balancing Solution balances, builds and strengthens a person's respiratory system.) This enables the system itself to function properly and address any illness, condition or disease related to that system. The Solutions give the body the ability to repair and protect itself. In other words, the Perelandra MBP Balancing Solutions enable the body to do the job it was designed to do—protect, prevent, heal and restore. No one and nothing does that better.

The MBP Balancing Solutions don't just strengthen and balance each of the systems and their respective functions, they also strengthen and balance the many important and beneficial microbes that reside within and assist these systems, as well as provide their protection. The MBP Balancing Solutions provide a “full service operation” for each of our body's systems and their microbes.

## *How to Tell if the MBP Balancing Solutions are Making a Difference*

Some people will experience immediate improvements in health once they begin taking the Solutions. This means that once a person's systems begin to strengthen, they are able to address existing health problems in fast, clear and easily discernable ways. The MBP Balancing Solutions have been available to the public since 2001. We've had many comments from people with serious illnesses who were able to either completely turn their situation around or dramatically reverse their situation within two to three months of starting the Solutions. With the right help, their bodies were able to conquer the problem. In fact, most people—with or without a serious condition—tell us that they can see and feel differences in their health within two to three months. However, there are those who say they feel or sense no changes within those first few months. I always urge them to continue taking the Solutions. Their systems are most likely going through a building and strengthening process that isn't immediately discernable. But if they continue to let the systems go through that process, these people will eventually notice changes. I'll give you a personal example: I consider myself a relatively strong person. I began taking the Muscular System Balancing Solution as part of its development and testing process. I didn't notice any changes for several

months. Then one day I picked up a heavy box, and that's when I noticed my first change. Picking up that box was much easier for me. I could think of nothing that I was doing differently that could account for the change. For example, I hadn't been lifting weights. As I paid attention to subtleties, I noticed more changes. I was more flexible, I moved more easily, I realized I *wanted* to move more. If you are someone who can't detect any changes early on, I urge you to continue taking the Solutions that fit your situation for a full eight months. Then sit down and carefully review the state of your health in these areas. It's important to look for the changes that have actually occurred and not limit yourself to seeing just the changes you want. And this is how you will know these Solutions are amazing things.

### *How the MBP Balancing Solutions are Made*

The MBP Balancing Solutions have been created by nature from a combination of electrical infusions from different plants, minerals, natural gases and elements found in the sea, atmosphere and on land. During the production process, I work with nature to combine the components needed for each Solution. A Solution may have between thirty and forty different elements. In the first phase of the process, nature restores each element back to its original state of balance, thus eliminating any damage that has been caused by environmental breakdown and human interference. This allows the Solutions to be made with balanced and "clean" ingredients. And it enables the elements to release their original balancing properties to the Solution and to the body's system when the Solution is taken orally. In the next phase of the production process, the balanced electrical patterns for each of these elements are combined. The somewhat explosive result is a completely new, single, complex electrical pattern that has as its foundation the patterns from all the elements required for that specific Solution.

The MBP Balancing Solution electrical patterns are then released to and stabilized in water. The bottled Solutions are preserved in brandy or distilled white vinegar. All MBP Balancing Solutions are natural, and by using only electrical patterns rather than the physical elements from the thirty to forty different "ingredients" that create the new Solutions' electrical patterns, no allergic reactions or side effects are triggered—unless you are allergic to water, vinegar or brandy. In short, the Perelandra MBP Balancing Solutions provide us with a quick, safe and simple way to ensure that our body's systems receive the natural support and strength needed for proper and full function in today's world. (If none of this makes sense to you, just remember that you probably don't understand how your microwave or television works, yet you can use them quite successfully. With the MBP Balancing Solutions, you may not understand how these things are produced but, like the microwave, you can still use them successfully and with excellent results.)

The following is a list of the Perelandra MBP Balancing Solutions:

- Cardiovascular System
- Digestive System
- Endocrine System
- Immune System
- Integumentary System (skin)
- Lymphatic System
- Muscular System
- Nervous System
- Reproductive System: Female
- Reproductive System: Male
- Respiratory System
- Skeletal System
- Urinary System
- *Cell*
- *Flu Season Balancing Solution*
- *FSBS+*

### *About the MBP Cell Balancing Solution*

It's true that cells are not one of the body's systems. However, their function is so vital to our health that this special Solution was developed to specifically balance, build and strengthen cells. The Solution addresses our cells as independent "factories" and provides what is needed for them to function properly and fully.

### *About the Annual Flu Season Balancing Solution*

Each September, Perelandra puts out a new, special MBP Balancing Solution called the Flu Season Balancing Solution. This Solution strengthens the body so that it can avoid infection from the coming season's flu viruses no matter where you live. Because the flu viruses we face each year change, the Seasonal Flu Solution must also change annually to meet the new flu virus challenges. It is a safe alternative to receiving a flu shot.

The Flu Season Balancing Solution is to be taken daily (at bedtime) beginning in September and throughout the entire flu season in your area. Once the flu season begins to take off and intensify, or the flu virus hits your area, or people around you are coming down with the flu, begin taking this Solution *twice daily* (in the morning before breakfast and at bedtime). Flu seasons can last a lot longer than we think—six to eight months. To make sure you remain strong, Machaelle recommends that you take the Seasonal Flu Solution from September through July. (If you live in the Southern Hemisphere, plan to start taking the

new Solution in September and continue taking it throughout the entire year.) Then begin taking the new season's Solution the next September. The key to using the Seasonal Flu Solution successfully is taking it daily and then switching to taking it twice a day as soon as you hear that the flu is intensifying or has hit your area or state.



## *About FSBS+*

FSBS+ (pronounced fizz-bizz plus) is an oral solution preserved in brandy or vinegar, similar to our Flu Season Balancing Solution. But instead of addressing your body's balance for seasonal flu viruses, it specifically addresses the body's balance in light of new pandemic flu viruses.

FSBS+ prepares the body for exposure to new pandemic flu viruses. Among other things, it modifies the landscape of your body's microbial population in order to set up natural defenses. For some people, this could include a minor flare-up of an old microbial issue (such as athlete's foot, etc.). This is FSBS+ adjusting that situation and causing the remnants of the old microbial problem to release from the body. For mild flare-ups, continue taking FSBS+ twice daily and let the body naturally complete the cycle of moving through the problem and striking a new microbial balance in your body. For stronger reactions, treat the situation as you would normally—and continue taking FSBS+ twice daily.

## *Which Solution(s) to Take*

To help you understand the scope of what the MBP Balancing Solutions developed for the body's systems address, I am giving you a simplified list of the major elements included in each system. For the Perelandra MBP Balancing Solutions, I can only give you a general understanding of each body system and what it does. You will need to look at this information and think about your own health and family health history. Then ask these questions for each MBP Balancing Solution:

- Does this MBP Balancing Solution apply to my health and well-being or the areas of concern that I have around my health?
- Do I have a family history of health problems with this system?
- Do I work or live in an environment that could compromise/weaken this system?
- Do I have stresses in my life that affect this system?
- Do I want to make sure I keep this system balanced and strong?

Whatever Solutions you answer “yes” to for any of these questions are the Solutions you need. For example, if you have asthma, you will want to take the Respiratory System Balancing Solution. If you have a heart condition, high blood pressure or poor circulation, you'll want the Cardiovascular System Balancing Solution. If you are prone to urinary infection, you'll need the Urinary

System Balancing Solution. In this way, you are using your health issues and concerns to identify which body systems need strengthening.

The exception to this rule would be both the Immune System Balancing Solution and the Lymphatic System Balancing Solution. Keeping our immune system strong in today's world is absolutely essential. Yet living in today's world is not especially helpful to our immune system's strength and ability to function. Between the stress we live with, added to the environmental breakdown and the global breakout of serious microbial activity, our immune systems are operating under constant strain, even handicaps. If you are at all interested in the MBP Balancing Solutions, I recommend that you begin with the Immune System Balancing Solution and the Lymphatic System Balancing Solution for full immune strengthening. Then add any of the other Solutions that you have identified for your body's individual needs.

Using the examples I gave in the previous section, I would amend my recommendations as follows: If you have asthma, you will want to take Immune System Balancing Solution, Lymphatic System Balancing Solution and Respiratory System Balancing Solution. If you have a heart condition, high blood pressure or poor circulation, you'll want to take the Immune System Balancing Solution, Lymphatic System Balancing Solution and Cardiovascular System Balancing Solution. If you're prone to urinary infection, you'll need the Immune System Balancing Solution, Lymphatic System Balancing Solution and Urinary System Balancing Solution. Through adding Immune and Lymphatic, you address any immune imbalances that play into a specific health issue.

**If you are healthy** and have no health concerns or issues at all, consider taking the Immune System Balancing Solution and Lymphatic System Balancing Solution daily. Why? Because you want to remain healthy. These two Solutions combine to strengthen your full immune system. In today's world, the immune system can use all the help it can get. By taking these two Solutions daily, you give your immune system an extra boost so that it can continue to do the job that you need and want no matter what gets thrown at it.



# THE BODY SYSTEMS

The following information might be helpful to you when you are deciding which areas in your body need strengthening. For the areas where I felt the system components would be self-explanatory, such as the cardiovascular system, I simply provided a list so that you could see what that Solution would cover. For some lists, such as cell, I have provided additional information I thought might be helpful to you. (The abbreviated name of the Solution for each system is given in parentheses.)

I have used a variety of sources to compile this information on the body's systems including various encyclopedia and dictionaries, but especially *The Anatomy Coloring Book* by Kapit and Elson, HarperCollins. I recommend this book if you would like to understand more about these systems and would like to use an easy-to-learn format. You can also get more information from *Grey's Anatomy of the Human Body* ([www.bartleby.com/107](http://www.bartleby.com/107)).

The lists below are by no means complete, but rather aim to serve as a starting point for understanding the scope of the body systems.

## Cardiovascular System (CSBS)

- Aortic arch, thoracic aorta and abdominal aorta
- Blood and blood elements
- Blood vessels, arteries and capillaries
- Caval and azygos systems
- Heart, coronary arteries and cardiac veins
- Hepatic portal system
- Valves: mitral, tricuspid, pulmonary, aortic, etc.

## Cell

The generalized cell, including

- Cell Membrane: the layer of lipid and protein that controls which materials pass into and out of the cell; retains the internal cell structure.
- Centriole: bundle of tiny tubes; usually paired and perpendicular to each other; involved in cell division.
- Cytoplasm: the basic material of the cell outside the nucleus; contains inclusions (material that does not function as part of the cell) and organelles (specialized part of the cell).
- Endoplasmic Reticulum (ER): a system of membranous tubes—  
Rough ER transports proteins manufactured in the ribosomes;  
Smooth ER (round) manufactures steroids in some cells.
- Golgi Complex: layers of membrane-lined sacs that take up and process secretory products, which are then used by the cell or exported out of the cell.

- Lysosome: membrane-lined body of digestive enzymes capable of breaking down materials, namely foreign substances.
- Microfilament: tiny tube-like structures providing support; composed of protein (e.g., the proteins actin and myosin that allow contraction in the skeletal muscle).
- Microtubule: composed of protein; provide structural support within the cell.
- Microvilli: the cell membrane's finger-like extensions that cover the surface of epithelial cells, increasing the surface area of the cell and enhancing secretion/absorption.
- Mitochondrion: long twisted membranous structures that function in the production of energy for cell operation.
- Nuclear Membrane: similar in construction to the cell membrane; regulates passage of materials into the nucleus; separates nucleus from the cytoplasm.
- Nucleolus: dense rounded mass of protein and RNA in the nucleus; produces RNA that combines in the cytoplasm to form ribosomes.
- Nucleoplasm: the protoplasm composing the nucleus; contains chromatin or DNA and related protein; chromatin transforms into chromosomes during cell division.
- Ribosome: the site of protein manufacture; made up of RNA and proteins in the cytoplasm.
- Vacuoles/Pinocytotic Vesicles: membranous vessels involved in transport; can combine or connect with other similar structures (e.g., cell membrane).

## Digestive System (DSBS)

### Alimentary Canal

- Esophagus
- Oral cavity
- Pharynx
- Stomach
- Large intestine: cecum, ascending colon, transverse colon, descending colon, sigmoid colon, rectum, anal canal
- Small intestine: duodenum, ileum, jejunum

### Accessory Organs

- Bile ducts
- Gall bladder
- Liver
- Pancreas
- Salivary glands
- Teeth
- Tongue

## Endocrine System (ESBS)

An easy way to think about the impact of this system on our body is to think, “hormones.” The endocrine system “manufactures” and supplies our body’s many essential hormones. And in case you are a man and think hormones are a “woman’s thing,” think again. Men have their own collection of hormones that are necessary for the efficient operation of their body’s functions and health. And then there’s that mid-life crisis/male menopause connection to consider. The endocrine system comes into major consideration during male and female puberty and female and male menopause—and everything before and after.

### The Endocrine Glands

- The **Pineal** gland secretes melatonin. It is believed that melatonin is involved in the circadian rhythms—that is, the patterns of behavior associated with day and night. It also secretes serotonin, a hormone-like substance.
- **Pituitary:** The *anterior pituitary* secretes several important hormones, including: TSH (stimulates thyroid), ACTH (stimulates adrenal cortex), FSH and LH (stimulate testis and ovary), GH (growth hormone), prolactin (stimulates mammary glands). GH promotes growth and influences metabolism, as well as acting on the liver to mobilize glucose reserves. GH is very important during stress, sustained exercise and particularly during fasting.

The *posterior pituitary* secretes two major hormones: ADH (antidiuretic hormone) and oxytocin. ADH is secreted to regulate body water.

Examples are during dehydration, hemorrhage and blood loss. Oxytocin acts to cause massive contractions during labor and delivery. During lactation, it acts on the mammary glands to elicit their contraction and cause the ejection of milk.

- The **Thyroid** secretes two hormones (thyroxine or T<sub>4</sub> and T<sub>3</sub>) that stimulate the metabolic rates of the body cells and promote growth. T<sub>4</sub> and T<sub>3</sub> are the only iodine-containing substances of physiologic importance in the body. They regulate the body’s metabolic rate and heat-production in the heart, muscle and visceral tissues. They are critical for the adaptation of human infants and animals to environmental heat and cold. They affect body growth and development, ensure appropriate differentiation and growth, affect the heart and blood vessel functions such as increasing heart rate, as well as brain function and behavior. They also have profound effects on body growth and development. Excessive secretion of hormones from the thyroid causes hyperthyroidism. Deficient secretion from this endocrine gland causes hypothyroidism.
- The **Parathyroid** secretes hormones that regulate calcium metabolism in the body. Parathormone acts on bone tissue by increasing resorption of calcium from the bone matrix and elevating calcium levels in the plasma. Parathyroid hormone acts directly on bone and the kidneys and acts

indirectly on intestinal mucosa to elevate the calcium level. It increases calcium absorption in the small intestine by enhancing the effects of vitamin D on intestinal mucosa.

- **Pancreas:** The endocrine part of the pancreas secretes insulin, glucagon and somatostatin. Insulin and glucagon regulate the metabolism of carbohydrates in tissues and ensure the maintenance of optimal blood glucose levels (blood sugar). Insulin enhances the availability of glucose in cells and promotes its utilization. Glucagon also enhances carbohydrate utilization. Its function is to mobilize glucose from its major storage source, the liver glycogen. As a result, glucagon functions as a hyperglycemic hormone. Glucagon increases blood sugar. Low blood sugar levels are encountered between meals and during fasting. Somatostatin may act locally as a tissue hormone, inhibiting secretion of both insulin and glucagon. Insulin and glucagon also exert direct influence on each other's secretion: glucagon promotes insulin secretion and insulin tends to inhibit glucagon secretion. Insulin and glucagon functions in the body should be considered complementary, aimed to regulate carbohydrate metabolism and provide ample glucose supply for tissues. Insulin deficiency causes diabetes.
- **Adrenal Glands:** The adrenal medulla secretes two hormones; epinephrine and norepinephrine, collectively called catecholamines. Each time the sympathetic nervous system is strongly stimulated, the activity of the adrenal medulla increases. During excitement, fear or stressful muscular exercise such as running, physical exertion and struggle, stimuli from the various parts of the nervous system impinge on the hypothalamus. (*You don't even want to know everything that happens next. Let's just say it's a lot.*) The adrenal medulla and the effects of epinephrine and norepinephrine acting on target organs prepare our body for unexpected stressful situations such as fight, flight or exercise.

The adrenal cortex is divided into three zones, each specialized to secrete specific corticosteroids with distinct functions.

1. The outer part secretes aldosterone, a mineralocorticoid involved in the regulation of plasma salts (sodium and potassium), blood pressure and blood volume.
  2. The middle part secretes glucocorticoid hormones (mainly cortisol), regulating the metabolism of glucose, especially in times of stress.
  3. The inner part secretes sex steroids, mainly androgens. They also secrete small amounts of estrogen and progesterone.
- The **ovary** secretes female steroids such as estrogen and progesterone.
  - The **testis** secretes the hormone testosterone, a male steroid.
  - **Additional Organs with Some Endocrine Function:** Some organs contain individual or groups of endocrine cells releasing hormones. These hormones often relate to the functions of those organs. They include the

following: hypothalamus, liver (somatomedin), thymus (thymosin), heart (natriuretic peptide), kidney (renin, erythropoietin, calcitriol), and the gastrointestinal tract (stomach: gastrin/duodenum: secretin, CCK). The placenta, ovary and testes can also be included in this category.

## Immune System (ISBS)

### Cells

- B lymphocyte: plasma cell
- Large lymphocyte
- Phagocyte
- T lymphocyte

### Primary Organs

- Bone marrow
- Thymus

### Secondary Organs

- Appendix
- Lymph node
- Mucosal associated lymphoid tissue (M.A.L.T.)
- Spleen
- Tonsils/Adenoids

NOTE: The immune and lymphatic systems weave together and function as a team. This is why I always recommend that the ISBS and the LSBS be taken together. When addressing our body's immunity, both systems need to be taken into consideration. One cannot function without the other.

## Integumentary System (SKIN)

### Dermis

- Artery
- Connective tissue
- Hair (shaft, follicle, papilla, arrector pili muscles, sebaceous gland)
- Lymphatic vessel
- Nerve/receptor
- Sweat gland
- Vein

### Epidermis

- Phagocyte
- Stratum basale
- Stratum corneum
- Stratum granulosum
- Stratum spinosum

### Superficial fascia

### Hair and nails

## Lymphatic System (LSBS)

Lymphatic drainage

- *Superficial drainage:*  
axillary, cervical, inguinal nodes, peripheral lymph vessels
- *Deep drainage:*  
cysterna chyli, lymphatic trunk, right lymph duct, thoracic duct

Lymphocyte circulation

- Arterial blood
- Capillary network
- Generative organ
- Lymph vessels: lymph node
- Lymphoid tissue
- Peripheral tissue
- Venous blood

The *lymphoid system* is an element of the body's immune system, defending against microorganisms and the destruction of cells or cell parts. The tissues and organs of the lymphoid system are collections of lymphocytes and related cells.

The term “lymphatic system” in the medical world refers to the body's complex network of vessels that convey lymph and the organs producing and accumulating lymphocytes (one of two kinds of vertebrate white blood cells). It is considered the “second” circulatory system and comprises a blindly-ending meshwork of highly permeable lymph capillaries permeating most body tissue and joining to form larger vessels, resembling veins. It joins the venous system, usually near the heart. Tissue fluid drains into lymph capillaries and passes along the system. The lymphatic system also includes lymph nodes (ovoid structures on lymph vessels, responsible for removing foreign bodies from the lymph and for producing lymphocytes and antibodies) and lymphoid tissue (vertebrate tissue in which lymphocytes develop—e.g., thymus, embryonic liver, adult bone marrow).

NOTE: The body's defense operations are a major concern when addressing a person's ability to maintain general health and balance within a seriously deteriorating environment. When addressing the issue of immunity, it is important to look at not only the immune system but also the lymphatic system.

## Muscular System (MSBS)

The muscular system includes all muscles and the nerves, arteries and veins as they specifically relate to their respective muscles/functions. By strengthening and repairing the elements of the muscular system, the various muscle functions within the body are also automatically strengthened and improved. The following list is an overview of the muscular system:

**Cardiac Muscles:** Don't forget that the heart is a large muscle.

**Skeletal Muscles:** These are the muscles that we use to move. Some of the areas of the body connected with the muscular system are:

- Face
- Head
- Neck
- Torso/back

#### Upper Limbs

- Shoulder
- Arm/hand
- Joints: shoulder, elbow, wrist, hand, thumb and fingers

#### Lower Limbs

- Gluteal region
- Thigh
- Leg
- Foot
- Joints: hip, knee, ankle, toes

**Smooth Muscles:** These are the muscles that respond to autonomic and hormonal triggers (e.g., digestion and uterine contractions during menses).

## Nervous System (NSBS)

### Autonomic nervous system (ANS)

- Sympathetic/parasympathetic divisions

### Central nervous system

- Ascending tracts and descending tracts
- Brain
- Brain stem and cerebellum
- Cerebrospinal fluid (CSF)
- Circulation of the CSF
- Diencephalon
- Meninges
- Spinal cord
- Tracts and nuclei of the cerebral hemispheres
- Ventricles of the brain

### Peripheral nervous system (PNS)

- Cranial nerves
- Dermatomes
- Sensory receptors
- Spinal nerves (including the nerves to the neck, upper limbs and lower limbs) and nerve roots spinal reflexes

### Sensory system

- Auditory system (hearing)
- Olfaction (smell)
- Taste
- Touch
- Visual system (sight)

## Reproductive System: Female (REPRO-F)

### External Structures

- Bulb of the vestibule
- Clitoris
- Labium majus
- Labium minus
- Vaginal orifice/hymen
- Breast
- Vestibular gland/duct
- Vestibule (urethral orifice)

### Internal Structures

- Ovary
- Uterine (fallopian) tube
- Uterus
- Vagina

## Reproductive System: Male (REPRO-M)

- Bulbourethral gland
- Ductus deferens
- Ejaculatory duct
- Epididymis
- Penis
- Prostate gland
- Scrotum
- Seminal vesicle
- Spermatic cord and related structures
- Testis
- Urethra

## Respiratory System (RSBS)

- Bronchial tree
- Diaphragm
- Larynx
- Lungs
- Nasal cavity
- Pharynx
- Primary bronchi
- Trachea



## Skeletal System (SSBS)

Supports and balances the skeletal system as a unit, plus the individual bones.

The components of the bone include:

- Articular cartilage
- Cancellous (spongy) bone
- Compact bone
- Diaphysis
- Epiphysis
- Medullary cavity
- Periostem
- Red marrow
- Yellow marrow

## Urinary System (USBS)

- Aorta, veins, vessels and nerves that are part of and relate to the urinary system
- Kidney
- Ureter
- Urethra
- Urinary bladder

From *Perelandra Voices*,  
Our Online Newsletter

### TICKS AWAY

My dog Charley and I romp in the woods and the fields everyday, and our nightly tick checks surface at least fifteen ticks . . . but the two MBP Solutions (Immune and Lymphatic) are really good. Since he started on them a week ago, I am finding only one or two ticks a night . . . holy smokes! Thanks so much.

— M.M., Le Claire, IA

## DOSAGES

Keeping up with daily or twice-daily doses of the MBP Balancing Solutions is important. They are designed to give your body's systems what they need daily and do not provide the systems' needs beyond a day. We suggest keeping your Solutions somewhere handy like your nightstand or bathroom sink to minimize your chances of forgetting to take them.

### *Adults and Children Over 12 Years*

Take the correct number of drops of undiluted Solution listed on the bottle or on the dosage chart (from the dropper to tongue) every evening at bedtime (dosage chart: see p. 19). Be careful not to let the dropper come into contact with anything. Should the dropper become contaminated, wash it off before sticking it back in the bottle.

When taking more than one Solution at bedtime, the order you take them in doesn't matter. They only need to be taken after you have finished eating and drinking for the day, and the number of drops taken for each Solution must be accurate. Take each Solution directly, i.e., do not mix the different Solutions in a spoon or cup—*do not mix the Solutions into one "super cocktail."* Wait five seconds between Solutions. In the morning, wait 20–30 minutes after taking the Solutions before eating or drinking.

Diluting the Solutions for adults is not recommended. However, if you wish, you may dilute the Solution in *less than two tablespoons* of cool or tepid water (not juice, milk or hot water) to "soften" the taste of the brandy or vinegar preservative used in the Solution. For best results, it is important to maintain the integrity of the electrical pattern contained in each Solution, so do not mix Solutions. This means you should not dilute more than one Solution at a time. If you are taking three Solutions in the diluted form, you will need to dilute each Solution in a separate cup and be sure to drink the full diluted Solution from each. You will need to drink the entire diluted Solution in order to receive a full dosage. When diluting, use *as little water as is needed*. See the dosage chart (p. 19) for the correct number of drops to use when diluting. It's not the same as the number of drops given straight from the dropper.

### *Illness and Stress*

If you have a problem, damage, illness or condition, or you are experiencing a period when stress may compromise one or more systems, take the ISBS and the LSBS plus the Solutions for the body systems involved with the problem twice daily (in the morning before breakfast and again at bedtime) throughout the period of stress, discomfort, illness, recovery and recuperation. Continue this dosage for two weeks after the recuperation and recovery period.

## Serious Illness

If you have a serious illness, condition or damage, take the ISBS and the LSBS plus the Solutions for the body systems involved with the problem twice daily (morning before breakfast and at bedtime) throughout the duration of your illness or condition and for one year after completely through the recovery and recuperation period. After that year, you may take the Solution just one time daily at bedtime if you wish to reduce your dosage. However, for those who are dealing with a serious illness, maintaining a twice-daily dosage may feel more comfortable, supportive and add to your overall sense of well-being. In these instances, you are encouraged to continue the twice-daily dosages.

## Injuries

During times when you are dealing with injuries, take the ISBS and the LSBS plus the Solutions that are related to the injury twice daily. For minor injuries take the Solutions twice daily throughout the duration of your recovery and recuperation. Then go back to taking the Solutions at bedtime only. Treat serious injuries/malfunctions as you would a serious illness: Take the Solutions that are involved with the injury twice daily throughout the duration of your recovery and for one year after full recuperation.

## Surgery

To prepare yourself for scheduled surgery, take the ISBS and the LSBS, plus the Solutions for the body systems that are involved with the problem and surgery twice daily for two weeks prior to the surgery and throughout your full recovery and recuperation period.

## Staying in the Hospital

During your stay, take the ISBS and the LSBS, plus the Solutions for the body systems that are involved with the problem twice daily: first thing in the morning and just before going to sleep for the night. If you know ahead of time that you will be staying in the hospital, prepare your body by taking the ISBS and the LSBS plus the Solutions for the body systems that are involved with the problem twice daily for two weeks prior to your scheduled stay. After the hospital stay or visit, whether for an emergency, surgery or scheduled tests, take these Solutions twice daily for two weeks after you return home.

## Visiting the Hospital

If you are visiting someone in the hospital, consider that hospitals are often not healthy environments and that you are likely to be exposed to some pretty interesting and, perhaps, undesirable microbes. To better prepare yourself for these visits, take ISBS and LSBS twice daily throughout the entire time your friend or family member is in the hospital plus one week after the person comes home

from the hospital. Don't just take these two Solutions on the days that you visit. For example, if your friend or family member is in the hospital for two weeks, take these Solutions twice daily for a total of three weeks (the two hospital weeks plus the one post-hospital week). Doing it this way gives you the protected freedom to visit your friend or family member any time. It also ensures that you are not introducing infectious microbes or problems to the hospitalized friend or family member.

If you know ahead of time, you can better prepare for exposing yourself to the hospital environment by starting the twice-a-day dosages of ISBS and LSBS one week prior to the expected hospital stay.

### *Children Under 12 Years*

Administer the correct number of drops listed in the dosage chart (from dropper to tongue) to the child daily at bedtime. If the child's mouth, tongue or other body part touches the dropper, wash the dropper off before putting it back in the bottle.

For small children, you may dilute drops of the Solution in up to two ounces of cold or tepid water (not juice, milk, formula or hot water) to "soften" the taste of the brandy or vinegar preservative used in the Solution. *Do not mix these diluted Solutions together into one "super cocktail."* If your child is taking three Solutions in the diluted form, you will need to dilute each Solution in a separate cup. The child will need to drink each diluted Solution entirely, one Solution at a time, in order to receive a full dosage. Therefore, when diluting, use as *little water as is needed* for the child to take the dosage.

See the dosage chart (see p. 19) for the number of drops to use when diluting for children. It's not the same as the number of drops that would be given straight from the dropper.

### *Infants Under Nine Months of Age*

The Solutions may be administered by putting the correct number of drops on the child's forehead and gently massaging this dosage into the skin. (See the dosage chart on page 19 for the correct number of drops to use.) If administering more than one MBP Balancing Solution, apply and massage in each Solution separately. Wait about five seconds between each application. Once the child is nine months or older, he or she will need to take the Solution orally.

As with adults, using both the ISBS and LSBS provides greater support during crucial times when the child's systems are being stressed or compromised, or for chronic conditions.

## *MBP Balancing Solutions Dosage Chart*

MBP Balancing Solution	Adults and Children Over 12 Years		Children Under 12 Years		Infants (under 9 mos.)	Animals
	Regular Dosage	Diluted Dosage*	Regular Dosage	Diluted Dosage*	Topical Dosage	Regular Dosage
Cardiovascular	5 drops	9 drops	3 drops	4 drops	4 drops	5 drops
Cell	7	11	5	6	5	7
Digestive	7	11	5	6	6	7
Endocrine	6	10	4	5	4	6
Flu Season**	12	19	12	19	12	n/a
FSBS+	10	n/a	10	n/a	10	10
Immune	6	10	5	7	5	6
Integumentary	8	12	6	6	5	8
Lymphatic	5	9	4	5	4	5
Muscular	4	8	3	4	3	4
Nervous	7	11	5	6	5	7
Reproductive: Female	5	9	4	5	4	5
Reproductive: Male	5	9	4	5	4	5
Respiratory	7	11	5	6	5	7
Skeletal	7	11	5	6	5	7
Urinary	8	12	5	6	5	8

\* Diluting the Solutions for adults is not recommended. However, if you must, you may dilute the Solutions in less than two tablespoons of cool or tepid water. For children, you may dilute the Solutions in no more than two ounces of water. (See page 16.)

\*\* Dosage for the Seasonal Flu Solution is subject to change each year. See bottle label or our web site ([www.perelandra-ltd.com](http://www.perelandra-ltd.com)) for current dosage.

## *Animals*

Dosage is the same for all animals, *regardless of size or species*, or whether furred, feathered or scaled. Administer the correct number of drops of undiluted Solution (from the dropper to tongue) to the animal daily at “bedtime.”

If the animal touches the dropper, be sure to wash the dropper off before putting it back into the bottle. You may put the correct number of drops of a Solution in your clean hand and let the animal lick your hand. Or you can let them lick the correct number of drops of a Solution from a plate. If bribery is needed, add the correct number of drops of each needed Solution to a small amount of food or broth (1 tablespoon) and give to the animal at “bedtime.” For these methods and any other you come up with, and for best results, *do not mix the Solutions together into a “super cocktail.”*

## MORE ABOUT THE MBP BALANCING SOLUTIONS

The MBP Balancing Solutions strengthen and balance the elements of the body’s systems that are common to us all. One person’s respiratory system is approximately the same as another person’s respiratory system. Consequently, one MBP Balancing Solution—in this case, Respiratory System Balancing Solution—for all is effective. When addressing the impact to these systems that is unique to an individual, it is important to include with the MBP Balancing Solutions the tools that provide individualized treatment, such as flower essences, MAP and Microbial Balancing Program testing. For information on these programs, see pp. 23–24, call us for a free copy of our catalog or visit our web site at [www.perelandra-ltd.com](http://www.perelandra-ltd.com).

For best results, it is important for your body’s health in general and each system in particular to take the MBP Balancing Solutions daily. The balancing and strengthening they give the body and system is needed daily. This is equally true when traveling to a different environment (beach, mountains, cities, etc.) or to a different country. The Perelandra MBP Balancing Solutions have been created to withstand any adverse effects from security x-rays and other devices. If you are traveling in an area that you know will have a particularly difficult and strong adverse impact on your body, we recommend that you take the Immune System, Lymphatic System, Respiratory System and Digestive System Balancing Solutions *twice daily for two weeks prior* to your trip and throughout your entire time in that area.

For ease in moving around with the MBP Balancing Solutions, we offer a Travel/Starter Kit. This includes a box with ½-oz. bottles and will last one

person approximately three to six *weeks*. We recommend the 2-oz. bottles if you will be travelling for longer periods or are sharing the Solutions with your family.

IMPORTANT: During times of illness, injury and surgery, or when you have been exposed to something that could cause a potential problem, it is important that you immediately begin taking your Solutions twice daily. Err on the side of caution. You cannot overdose with these Solutions. However, taking them more than twice daily is more than your body needs or can use. Don't waste your Solutions by taking them more than twice daily.

### *Additional Times to Take the MBP Balancing Solutions Twice Daily*

1. Take the Flu Season Balancing Solution twice daily as soon as you hear the flu is active in your area: school, city, state, area of the country. Continue the twice-daily dosage until the flu has completely left your area and you are no longer exposed.
2. When you have been exposed to people who are sick, take Immune, Lymphatic and the Solutions for the other systems that can become affected by the illness twice daily until those around you are no longer sick.
3. At the first sign that you feel you are coming down with something, take ISBS and LSBS, plus the Solutions twice daily for any other systems where you are feeling symptoms. Take these Solutions until all symptoms disappear plus three additional days.
4. If you live or work in an area that has serious or high chemical or pollution levels, take Immune, Lymphatic and Respiratory twice daily for as long as you live and work in these areas.
5. If you are suddenly faced with a personal shock, such as the sudden death of a loved one or something shocking you have heard on the news, take the ISBS and LSBS twice daily throughout the time you are dealing with this shock. This will help to keep your immune system from being compromised by the shock.
6. If you work in a high-stress job, take Immune and Lymphatic twice daily so that your immune system is not weakened or compromised by the stress of the job. Continue this dosage for however long you are working in that job.
7. If you live anywhere on this planet, you are being constantly hit with all kinds of pollution. Pollution is not restricted to or confined in specific territories. Of course, it's level is higher in certain territories. Smog levels are higher in the cities. However, it moves out from these areas in the atmosphere. Other pollutants move along waterways into the oceans and become part of the fish we eat and the water we drink. Then there are the pollutants that become permanent elements in our soil, thus becoming part of the food we eat. The bottom line is

that this planet can not be considered environmentally clean. That means our body's systems are constantly operating under stress caused by unhealthy conditions. And with the breakdown of the environment, we are also being faced with the breakout of infectious microbes that we have never dealt with before. The best and most efficient way to remain healthy and maintain a high quality of life under these conditions is to make sure we have a strong immune system. I highly recommend that everyone—healthy or not, young or old—take the Immune and Lymphatic Systems Balancing Solutions twice daily.

### *“Do I Ever Stop Taking the MBP Balancing Solutions?”*

Yes and no. It depends. Solutions that are needed for a specific problem can be discontinued once you are completely out of the problem. However, if the problem tends to recur, that's an indication to you that the systems related to the problem need regular assistance and that you should continue these Solutions.

Those systems that you know are already compromised (for example, you have already been diagnosed with a problem) would benefit from long-term daily dosages of that system's Solution. If there is a family history of illness (for example, heart problems tend to run in your family), then this is an indication that there's a weakness that runs in the family that might be affecting your body and taking the Solution throughout your lifetime that strengthens the system involved would be a good idea.

The MBP Balancing Solutions are constantly supplying and replenishing the body systems each day with what is needed for optimal function. As with taking a daily vitamin, at what point is that supplement or these Solutions no longer needed or useful? In short, you'll probably want to take some of the Solutions throughout your life.

### *The Difference Between the MBP Balancing Solutions and the Perelandra Essences*

The Perelandra Essences balance, stabilize and repair a person's electrical system. The MBP Balancing Solutions function as a comprehensive “tonic” for a particular body system and the microbes connected with that system. By using the Essences, you can address a health issue as it is uniquely manifesting in you. As stated before, they are tools that provide individualized treatment and they allow you to address a problem with precision and in detail. The MBP Balancing Solutions have a more generalized, overall effect. They are like taking a daily “vitamin” for each system and its microbes. When taking the MBP Balancing Solutions daily, the need for testing the Perelandra Essences is reduced because your overall health is stronger and more stable. However, should you become ill

or injured, you can then test the Perelandra Essences to balance, stabilize and repair the specific electrical circuits involved with that illness or injury. The Essences alone can move you out of an illness or injury rapidly. The Essences combined with the Perelandra MBP Balancing Solutions move you through illness or injury even more rapidly.

## COMBINING THE SOLUTIONS WITH OTHER HEALTH TREATMENTS

During times of illness, injury and surgery, you may combine the Perelandra MBP Balancing Solutions with other health treatments—conventional or alternative. The Solutions are not a replacement for sound medical treatments, but rather function as a support and assist you as you move through other treatments. They are safe and will be compatible. However, if your Solutions are preserved in brandy, you should be sure that the brandy is compatible with any medications you are taking. During these times, you may need to switch to the vinegar-preserved MBP Balancing Solutions. For those using other Perelandra tools, we recommend that the Perelandra Essences, MAP and the Microbial Balancing Program (see next section) be used along with the MBP Balancing Solutions during any illness or for any injury. Also, don't hesitate to seek any other qualified medical help. This will provide the necessary individualized treatment needed for a full and speedy recovery.

### *MBP Balancing Solutions and Perelandra's Programs/Products*

#### *Solutions and Flower Essences*

The MBP Balancing Solutions are general “tonics” that strengthen, refine and balance your body's systems. But sometimes we have health problems that require more individual attention. By testing the Perelandra Essences, we identify which circuits in our electrical system that are connected with a specific problem are in need of balancing, stabilizing and repair. When working with the essences, it is important to remember that you are now working with two separate and distinct programs (flower essences and the MBP Balancing Solutions) that greatly enhance one another but need to remain cleanly separated from each other. To say this another way, you can't put drops of the essences you need into a glass along with the drops of the MBP Solutions and take this mixture in one gulp. Just mixing the Solutions this way destroys the integrity of the Solution's electrical patterns and mixing essences together with Solutions also destroys the essences' electrical patterns. However, you can mix several essences together

without destroying the essence electrical patterns. Essences and the MBP Balancing Solutions need to be taken separately. You'll run into a potential problem if you test that you need to take essences first thing in the morning and again at bedtime. You're going to have to do this carefully so that you don't compromise the effectiveness of the Solutions you are also taking.

Here's what you do . . .

*At bedtime:* First, do an essences basic test and then the telegraph test for the specific health problem you are addressing. Take any needed essences. Wait 15–20 seconds after taking the essences. Then take your MBP Balancing Solutions. Remember to wait 5 seconds between taking each of the Solutions.

*Before breakfast:* Reverse what you did at bedtime. Take your MBP Balancing Solutions first. Wait 15–20 seconds. Then test for and take any needed essences or take the essence dosage that you have previously tested for.

*Here's the pattern for combining essences with the MBP Solutions:* The Solutions are always the last thing you take in the evening and the first thing you take in the morning. You can avoid the Essences/Solutions situation altogether by taking any essences you need earlier in the evening or later in the morning. They don't have to be taken at the same time you are taking the Solutions.

## Solutions and MAP

If you're working with MAP and want to have a MAP session in bed just before going to sleep, take your Solutions prior to starting your MAP session. The Solutions need to be the final thing ingested. However, if you combine essences or ETS Plus with MAP, you must complete all doses, wait *five minutes*, and then take your Solutions for the evening. The Solutions are the last thing you ingest.

## Solutions and the Perelandra Microbial Balancing Program

As I sit typing this, I can't imagine anyone wanting to do the Microbial Balancing Program testing at bedtime or first thing in the morning. But maybe this is because I can't imagine myself working with this program at these times. I'm usually too groggy. In case there are some hearty souls out there who are alert and can work with the program at these two ungodly times of the day, here are the guidelines for combining Solutions with this Program: In the evening, do the Microbial Balancing Program testing first. Take any needed essences. When completed, close down the coning and program. Wait 15 minutes. Then take your evening MBP Balancing Solutions. In the morning, take the Solutions first. Wait 15 minutes. Then, work with the Microbial Balancing Program and take any essences that are needed for that work.

## Solutions with Other Health Treatments

The Perelandra MBP Balancing Solutions work well and do not interfere with any program or treatment. You only need to remember to take your Solutions at

bedtime and first thing in the morning, and take the correct number of drops. The Solutions continue to strengthen and support your systems no matter what else you are working with. In fact, this support may be especially critical in light of some of the treatments and medication we may need. The only thing you need to think about when taking medication or working with other treatments is the preservative used in the Solutions. If your medication or treatment requires that you not have any alcohol, and your Solutions are preserved in brandy, you will need to switch to Solutions preserved in vinegar while you are taking that medication or treatment.

## ADVANCED MBP BALANCING SOLUTION USE

The MBP Balancing Solutions were developed to be simple to use. If you are using them as outlined above in this *Guide*, you are getting the full benefit and support as they were intended. However, I've found that it is possible to expand the use and benefits of the Solutions. For this, you will need to know how to do muscle testing (kinesiology) and how to do telegraph testing. Instructions for learning kinesiology are available in many of our books, videos, papers, the *Perelandra Essences Guide* and on our web site. Instructions for telegraph testing are included in the book, *Flower Essences*.

I am presenting the following information assuming you already know how to kinesiology test and are familiar with telegraph testing.

### *Testing for Morning Dosage*

In the mornings, kinesiology test for which systems need a morning Solution dose. With this testing, you remove the guesswork and eliminate waste by taking only what you need. Set up for this testing by stating (aloud or to yourself): "Which MBP Balancing Solutions do I need to take this morning?" Then test the bottles as you would test your essences. The bottles that test positive are the Solutions your systems need that morning. Remember to wait 20–30 minutes before eating or drinking anything.

### *Telegraph Testing for Specific Situations*

You can receive additional help by telegraph testing the Solutions for injury, sickness, serious illness and other specific health issues. For this, you will need the full set of MBP Balancing Solutions and you will need to know how to kinesiology test and how to do a sequential test. Telegraph testing the Solutions is done in combination with regular Solution use. It does not replace your regular

Solution use. Therefore you'll need to do the telegraph testing at bedtime or first thing in the morning when you take your normal daily Solutions.

1. Take the Solutions you normally take each evening/morning.
2. Wait 10 seconds.
3. Set up for the telegraph test—State: “*I would like to telegraph test the MBP Balancing Solutions for (problem).*”  
Kinesiology test the Solutions as you would test your essence bottles.
4. The Solutions that test positive indicate the body systems that require additional strengthening and support for this particular problem.
5. Number of drops: Don't test for number of drops. Take the correct number of drops as listed on the dosage chart. No matter what you are testing for, the drops remain the same as on the dosage chart. This is one key difference between essences and MBP Balancing Solutions. If you have already taken any of these Solutions in Step 1, you'll need to take them again. The second dosage is being earmarked for this particular problem. Important: When taking your telegraph test Solutions, you must first clear yourself with your regular morning and/or evening dose of the Solutions. Then, focus on the specific issue while taking the Solutions for that test.
6. Times per day: You won't have to test for this either. Take the Solutions that tested positive in this telegraph test twice daily—first thing in the morning after you have taken your morning dose of your regular Solutions that are needed for that day and again at bedtime after you have taken your regular nightly Solutions. In short, always take the Solutions needed for telegraph testing *after* taking your regular daily Solutions.
7. Test for how many days you are to take the Solutions for the specific issue you are telegraph testing. Do a sequential test for the number of days you are to take the Solution dosage. (For information on sequential testing, see the book, *Flower Essences*.)
8. Once you have completed a dosage period, do a follow-up telegraph test for this specific issue to make sure no other MBP Solutions are needed. Keep doing this until you test clear for this issue. If you need additional Solutions as a result of the follow-up telegraph testing, this simply means that your body's systems are dealing with this issue in stages and the new Solutions address the next stage of the process. (For information on follow-up testing, see the book, *Flower Essences*.)
9. Once you have completed the dosages for the telegraph test, you will continue to take your regular, daily, non-telegraph Solutions as usual. Telegraph dosages are in addition to your regular, daily, non-telegraph Solutions and do not eliminate the need for them.

## Surrogate Testing

You do not need to do any surrogate testing of the Solutions in order for someone to receive their full benefits. If a family member or friend is sick or injured and they are interested in using these Solutions, simply give them the ISBS and LSBS, plus any of the other Solutions that address the systems impacted by the illness or injury. Because they are already sick or injured, they will need to take these Solutions *twice daily* throughout their recovery and recuperation. If they are over twelve years of age, they will be taking the number of drops that are listed on the label. If they are under twelve or wish to dilute the drops, check the dosage chart (see p. 19) and make sure they know the proper number of drops to take. Help their memory (or your memory, if you need to administer the Solutions) by writing the correct number on each bottle label large enough so that it can be easily read.

However, if you know how to telegraph test the Solutions for yourself and you would feel better telegraph testing them for a loved one (adult or child) who is injured or sick, you may. You'll need to plan to do this testing first thing in the morning before that person's breakfast or at his or her bedtime. In order to get accurate results, you will need to *take your Solutions first*—including any needed for previously tested personal telegraph issues. After taking your Solutions, test to make sure you are clear. If not, kinesiology test the full set of Solutions and take anything that tests positive. Once clear, make physical contact with the person as you would when setting up for an essence surrogate test. Then go through the eight steps listed above for a regular Solutions telegraph test, only now the focus is the other person's illness or injury.

NOTE: You do not need to break down an illness or injury into a list of symptoms when doing a telegraph test for the MBP Balancing Solutions. Your focus is the larger picture and not the details of the picture. Write down the results and the number of days the person is to take these telegraph Solutions. Make sure the person knows how to add these telegraph Solutions to their daily MBP Solution regimen. Of course, if you are working with a small child or an adult in critical condition, you will need to administer the telegraph Solutions to this person yourself. Whether adult or child, you will need to do follow-up telegraph testing until the person tests clear. Once clear, the person continues taking their regular daily, non-telegraph Solutions.



## A SPECIAL NOTE: WAR, TERRORISM AND THE MBP BALANCING SOLUTIONS

War and acts of terrorism have never been environmentally friendly activities. As war technology has been developed and as its weaponry has become more complex, the adverse impact war and terrorism have on the environment has increased exponentially. Consequently, their impact on us and our bodies has increased exponentially. The impact of war and terrorism is global, not just regional. It touches all of us whether we are on/near the battlefields or not. This is especially true when considering the atmosphere and the air we breathe. It is also true when considering the exceptional stress we experience around war and terrorism. Just with these two elements alone, we are taking a major—even monumental—blow to our bodies, hearts and minds. As a result, our respiratory, immune and lymphatic systems are hit especially hard. Nowhere in the body does the outside world, with all its dust, debris, chemicals and microbes, have such easy access to the protected interior cavities of the body as it does in the respiratory system—in particular, at the air/blood interface of the lungs. Consequently, when we are in times of war and terrorism, it is important for maintaining balance and moving through the crisis to take the Immune, Lymphatic and Respiratory Systems Balancing Solutions. If the crisis is hitting your digestive system, add the Digestive System Balancing Solution to these three. If your nerves and ability to think and focus are being affected, add the Nervous System Balancing Solution. In other words, in times of these kinds of crises, start with the Immune, Lymphatic and Respiratory Systems Balancing Solutions and then add the Solutions that address any of the other systems that need support as you move through the crisis.

### *Perelandra Responds*

If you're in the military, a firefighter, on the police force, a member of any emergency response team or in any related emergency response position, you are eligible for a special discount on MBP Balancing Solutions, Perelandra Essences and ETS Plus purchased to support you in your work. Call us or visit our web site.

### *Perelandra Health Watch*

For how to use MBP Balancing Solutions for specific health and environmental situations, we offer Health Watch free online. With each new Health Watch, I add information on what MBP Balancing Solutions and Perelandra programs to use to address a specific problem. If you'd like to receive e-mail notifications about new Health Watch articles, you may join our free e-mailing list through our web site. (Health Watches are also available in print.)

## FREQUENTLY ASKED QUESTIONS

### What do I take for (specific issue) ?

Start with the ISBS and LSBS. Then add the Solutions needed for any systems involved in a particular health issue.

### Can I start taking all of the Solutions at once?

Yes. However, we recommend you begin with the ISBS and LSBS, then add two to three new Solutions every two weeks.

### Can I brush my teeth afterward? Drink water? Eat?

The Solutions should be taken last—after eating, drinking, brushing your teeth, taking essences, taking medications, etc. Wait 15 minutes, then take the Solutions. If you wake up in the middle of the night, it's okay to eat or drink.

### What happens if I miss a day?

The Solutions are to be taken daily, and you need to be consistent to build the strength and balance of each system. If you miss a dose, you'll notice a lack of support the next day. Be sure to remember to take them that night.

### Can I combine the Solutions I'm taking into one glass?

No. Take them separately.

### How long will one bottle last one person?

There are about 1,200 drops in a 2 oz. bottle. Depending on the dosage and whether you're taking the Solution once or twice daily, a 2 oz. bottle will last about 3 to 6 months.

### Do the Solutions go bad or lose their effectiveness as they get older?

The Solutions have an indefinite shelf life. Sometimes a Solution will absorb the rubber dropper flavor. The Solution is still fully potent, even if it tastes a bit odd.

### Do I test the number of drops needed?

No. Absolutely not. Never. Take the number of drops listed on the label.

### Can I take my MBP Balancing Solutions through the airport x-ray?

Yes. The MBP Balancing Solutions were created to withstand the effects of x-ray.

### Can I use the Solutions topically?

To benefit, you must take them orally.

## What is the difference between the MBP Balancing Solutions and the Microbial Balancing Program?

The Solutions provide an overall tonic or “daily vitamin” effect for your systems while the Microbial Balancing Program works with pinpoint accuracy on specific health issues within any body system. Also, the Solutions have a gradual, building effect on the body that is the result of taking them daily. The Program, because of its precision, can have an immediate effect.

## Do the MBP Solutions replace the balancers (or essences) used in the Microbial Balancing Program?

No. But strengthening your body with the MBP Balancing Solutions will simplify the testing needed when using the Program.

## Do the Solutions replace using essences?

No. The Perelandra Essences balance, stabilize and repair a person’s electrical system. The MBP Balancing Solutions function as a comprehensive “tonic” for a particular body system and the microbes connected with that system. By using the essences, you can address a health issue as it is uniquely manifesting in you. And by taking the Solutions, you’ll find you test for fewer essences.

## What if I stop taking the Solutions?

Simple. Then you’re no longer receiving the support that the Solutions offer.

## There’s no way I’ll get my cat to take these!

Yes, you will. Have faith. If bribery is needed, add the correct number of drops of a Solution to a small amount of food or broth (1 tablespoon) and give to the animal at “bedtime.” Remember, you must not mix the Solutions when you are administering more than one. See our web site for more suggestions.

## If I take all MBP Solutions, FSBS+ and the Seasonal Flu Solution, what is the correct order and wait time to take them?

In the evenings, you take Flu and FSBS+ first, then the MBP Solutions. In the mornings, you take the MBPs first and then Flu and FSBS+. Wait 5 seconds between taking each.

## Can I dilute FSBS+?

No.



## QUESTION HOT LINE

1-540-937-3679

Wednesdays, 10 AM to 8 PM, Eastern

If you have any questions about the Perelandra MBP Balancing Solutions or other Perelandra material or products, our Question Hot Line is for you. To assist as many customers as possible, we need to limit the calls to ten minutes. Please prepare your questions before calling.

If you have questions about placing an order, please call our order line at 1-800-960-8806.

Also, you're always welcome to email your question to: [questions@perelandra-ltd.com](mailto:questions@perelandra-ltd.com)

## *What's the Difference Between MBP Balancing Solutions and Other Perelandra Products in a Bottle?*



### *Perelandra MBP Balancing Solutions\*:*

A daily “tonic” that adds balance and strength to your specific body systems—cardiovascular system, immune system, digestive system, endocrine system, etc.



### *Perelandra Essences\*:*

Oral solutions that balance, stabilize and repair specific electrical circuits in the human body. When the circuits are compromised, stressed or broken, this leads to illness. The Perelandra Essences are used as needed for specific issues.



### *Essence of Perelandra:*

Provides a unique balance that adds a foundation of strength, stability and support for humans, animals, environments and projects.



### *ETS Plus for Humans:*

The perfect emergency trauma solution for any sudden or long-term trauma, or even daily stress. Also available: ETS Plus for Animals, ETS Plus for Plants, ETS Plus for Soil-less Gardens and ETS Plus for Soil.

*\* See p. 22 for more detail on the differences between Essences and Solutions.*

Our catalog and web site provide detailed product descriptions.  
Please contact us for a free copy of the Perelandra catalog.



U.S. & Canada Order Line: 1-800-960-8806  
Overseas & Mexico Order Line: 1-540-937-2153  
Fax: 1-540-937-3360  
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