

BlogBooker

Low resolution pictures

From Blog to Book.

www.grovecanada.ca

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1. 2014

1.1 December

Breast Lump (2014-12-13 01:28)

How to get rid of a breast lump

[embed]<https://www.youtube.com/watch?v=dpGgbL0eA-Q>[/embed]

[embed]<https://www.youtube.com/watch?v=ILcMkxbxK36Y>[/embed]

Our books were professionally edited & rewritten [1]by Justin Wood(<https://twitter.com/stagenames>)...This tremendous energy helped me to break through into my brain to body part connection map...(about that:I should explain a bit what happened during the professional writing process...When someone rewrites your work, the rewrite contains new ideas put forth by the rewriter...This was very interesting to me as an author...It shed some light on my own work, it gave me confidence that my work was understandable, & it gave me some new ideas from a different perspective...So it was a very useful process...HOWEVER, I did not actually USE the rewritten manuscripts in the final edition of the books...I went back to my own original hokey pokey manuscripts...Why? because the "voice" was changed...It was no longer my voice, it was somebody else's voice...Also, it was no longer authentic...It was no longer 'straight from the horse's mouth'-the best way to get information, if you know horses, & listen to them speak...So I did not use the rewritten work...But I did benefit from the process of paying someone else to do a rewrite...My brain to body parts a-ha moment came soon after reading the rewrite...So I had a content breakthrough even though I was trying for technical corrections...Also, I still gave credit & say the books were professionally edited & rewritten...They were...It's just you're not seeing that pdf...You're getting mine...)

My credentials:(Sari Grove) *beyond my genetics, culture, education, family history, I have also put in my "10,000" hours(& more) in medical research, writing & thinking...It has been said it takes about 10,000 hours to become an expert in just about anything...That is about 10 years of working at something...(Truth is, medicine has been my hobby, since about 1987 when I subscribed to Hippocrates magazine while attending McGill University in Montreal...)

[2]How our Medical Chart works instructional video

[3]RepoWoman-nonsurgical breast cancer lump removal

**free printable nonsurgical breast cancer lump removal pdf file above click file to get free

[4]FREE our Mobile App ONLINE(You can use it like an APP on your desktop computer)

[5]or type h.bwell.mobi/grove into your desktop

[6]Gallbladder Healthline.com(They asked me if I would put a link in for them & whilst I don't usually say yes, I thought their pictures of where a Gallbladder is were pretty cool & informative...)

1. <https://twitter.com/stagenames>

2. <https://www.youtube.com/watch?v=5isKSfwoBbM&feature=youtu.be>

3. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/RepoWoman-nonsurgical-breast-cancer-lump-removal.pdf>
 4. <http://h.bwell.mobi/grove>
 5. <http://h.bwell.mobi/grove>
 6. <http://www.healthline.com/human-body-maps/gallbladder>
-

Vote (2014-12-13 10:14)

[1]<http://apps.appmakr.com/grove>The GroveBodyPartChartisnow availableintheAppMakrMarket!Clickhere...

(Please NOTE...The APP is NOW available at[2] h.bwell.mobi/grove instead of just bwell.mobi/grove...In the video & in the competition entry I was PAYING \$9 dollars a month for the App to be in the Infinite Monkeys Monkey market, but due to slow attention, I decided to revert back to the FREE version of the App which means it appears online at the h.bwell.mobi/grove address but NOT in the MONKEY MARKET at the original address...I may change it back, but I don't really want to be paying for stuff if people don't want it...or there are too many Apps in the world already & I am just cluttering...)

Oh...wait...FROM YOUR IPHONE, I mean, from my iPhone(or whatever mobile device you have), the bwell.mobi/grove address DOES work!!! Yay!

It's just to view the App from a desktop that you have to add the "h" before the bwell.mobi/grove part to see it now...(me stopped paying \$9 dollars a month to Infinite Monkeys to have the App in the Monkey Market)...

The forms on the App were created in [3][Wufoo...wufoo.com](http://Wufoo.com)

[4]



[5]Support GroveBodyPartChart

[6]App by voting at ChallengePost

[7]ends Feb.28,2104 (it's over relax...go back to doing nothing)...

backstory...

ChallengePost hosts challenges...Competitions really...If you win you get stuff... & money... & stuff...

So the challenge I entered was this...Actually I forget the exact title, it was long...

It was something like this...

Clinical Trial Patient Engagement App...

No wait, that is exactly what it was called...

The idea was you were supposed to make an App, like for an iPhone or something, that helped people who were in Clinical trials to stay in the Clinical trial...

Now, if you know me you would say:"Sari, you are a subversive, you would NEVER encourage people to stay in Clinical trials...You'd be the guy with the protest sign telling them to get the heck out! Run for your lives...You'd be telling them about testing on animals & humans & prisoners of war & such & such & so..."

Ok, that is true...

But I wanted to participate...Why? because it was sort of up my alley subjectwise...

Ok honestly, mainly because I didn't know how to build an App & this was a good excuse for me to spend alot of time learning how...

I love love love learning new things...But sometimes you have to justify the time spent by saying something like:"I could win alot of money on this or something"...

(private secret:YOU NEVER NEVER win these things...Not these types of competitions...They are all rigged for insiders...People who build apps for a living...

People who run pharmaceutical trials...The competition is just a promotion type tool to get people involved or to steal your ideas or promote a product or drug or company or something even Challenge Post itself...As long as you KNOW that you will be fine...

I just enter because I like the activity of doing something difficult...Just for myself...Plus I can meet people outside my field...Or in my field...)

Anyways, I built this...

[8]h.bwell.mobi/grove

If you click on the link it takes you to a page that is the APP & you can play with it right from your screen...

You will notice I have never built an App before...

As it happens, my iMac Snow leopard desktop computer is apparently too obsolete to be able to download the APP building tools that are available for developers right now, or even then...

The real tools where you can make a monkey fart if you click a button on its tail or something...

So what I am calling an App is really just a simplistic thing that doesn't really involve coding or anything too difficult in that way...

What I spent my time doing was on Layout, & Content, & Icons, & Flow, & all the inside stuff that I am pretty good at...

That actually was much more time consuming & attention sucking than I had thought...

It gave me a FEEL for building an APP from a superficial perspective...

If I could get my hands on an App builder program where I could code, at this point, having understood the basics of what Apps need & like, I could probably get into that now...

Anyways...

Oh I even had to produce a competition video to go with my App...I made like 40 different versions-obsessive intense is my name, overdoing things is my game!

In the end, I realized that my App was really just a tiny website, & that a real App was the monkey farting kind where you click its tail & that you coded yourself...

I was just an imposter... & everyone knew it...

Oh well...In the art school I like to call Life I did learn something...

I was able to download an earlier version of a real App coding program, in order to try out its first lesson on coding an App...

When I tried to follow the very first beginner lesson on coding an App, I discovered this-that IF ONE COMMA IS IN THE WRONG PLACE YOU ARE SCREWED...

The whole entire program won't run...One comma...

I realized that App coding people were spending their days searching for that lost comma...

"Oh, lost comma, where are you, where are you"...

You write a whole program for an App to make that monkey fart when you click its tail, & if you lose a comma the whole entire program won't run the App won't work you get ERROR message you are a failure in life both personally financially but also you are fat & ugly & will never amount to anything because you forgot a comma you dumb idiot...

So I learned that I was NOT the type of person to want to be chasing commas for the rest of her life...

I was not going to upgrade my computer, download the new developer coding program to make an App...

I was not going to hunt commas for a lifetime...

I am not a coder...

(Possibly if I was chasing the ELLIPSIS my all time favorite punctuation tool, can you tell?, maybe)...

But time may prove me wrong...

(If you see me stealthily trying to buy a bigger computer in order to learn coding please stop me I know not what I do...)

Here is the very long competition entry blah blah blah I had to write...It's also at the link at the top of this post which you didn't click on so I am putting it here too...

Oh here is the video...

(actually there is another version of the video that uses Ryan Huston's song "Do what you love" which Joseph & I liked better, but I couldn't get in touch with Ryan Huston to make sure it was legal & ok to use his song for the video, even though he had provided through Animoto & it was on the net almost everywhere for free I just couldn't be sure...

The Chantelle Barry song "Fly Away" I PAID for a license for, from Animoto Pro account, so I was absolutely certain it was legal to use...(Actually one of the organizers at Challenge Post was ASTONISHED I got a Chantelle Barry song, even though I honestly had never heard of her, I just picked the song because my App has all these swan icons & the song was Fly Away...)

[embed]<http://vimeo.com/86367514>[/embed]

The official name is "GroveBodyPartChart" if you search on Google Play or the Infinite Monkey store(just listed them

for this competition)...

The official address is [h\[9\]bwell.mobi/grove](http://h[9]bwell.mobi/grove) (type into your mobile device's address bar to get GroveBody-PartChart)...

Sorry, I could have used the word Grove for the name, but it would have been impossible to find it in a search...So the longer name searches faster & better...

How specifically this App, Grove Body Part Chart, increases engagement & value for patients enrolled in clinical trials... well, the first thing, right off the bat, that increases engagement in anything is understanding...

Understanding what is being talked about, understanding what a Clinical Trial is trying to do, understanding what a disease is, its causes, & understanding possible remedies or antidotes, empowers the clinical trial participant immediately, making them feel like they are part of a team trying to solve a problem, rather than an unwilling or unwitting guinea pig...

So how do you give understanding?

Well, traditionally you have to educate...One of the most tried & true methods of educating is the book...People know books...They are familiar with the format...Books are not scary...Books are a proven way to learn...

The nice thing about books is that the learning can be done at one's own pace, whenever one has time... Another aspect of the book format is that there is perceived value...Give someone a book & they know it has a worth in the open market...A game might not have an established price tag yet? People see games in App stores & they see a price like 99 cents or \$1.99 ...

But a 250 page book with illustrations has some sort of accepted value...When you give someone a book they know that it might cost anywhere from 10 dollars to 40 dollars...Perceived value, in an APP, increases the likelihood that the receiver feels that they have received something of value...Something special, that they can keep...

Something that nobody else has, outside of the trial... So we are giving the clinical trial participant a delightful gift...They are getting two real books that they can read while sitting in a waiting room or on the bus or in a coffee shop... They are getting real knowledge...

The video talk is a nice way to learn the basics, if one does not feel in the mood to read... The Chart, The Grove Body Part Chart, is a new & fresh way of looking at the body parts, & how each part has 2 elements inside that must live in balance for health...

When you watch the Video talk, very quickly you get to see a very simple way of understanding some big mysterious diseases... Cancer, AIDS, the Common Cold, Diabetes...Very simply you learn where they fall on the chart, excess of which element, in what organ, & what element could rectify that imbalance... This information is original & has not been seen before...It is the result of work by Sari Grove, & will be brand new fresh to a clinical trial participant... Those receiving the Grove Body Part Chart App will be excited to learn these new ideas in medicine & will be more likely to feel that they can speak intelligently about their participation in whatever clinical trial they are in...

Medicine has become so obscure, pharmacology obtuse...It seems that the only way people are making money in the healing fields is by making answers more complicated...This is exhausting for the clinical trial participant...Everything is different...Nobody can even spell the names of their medications...

So this APP, my 2 books & the video talk, gives it all away for free...The books themselves sell for just under 100 dollars on Amazon if you bought both with shipping etc....So it is a great freebie gift to any Clinical Trial participant...

But even better, you are giving armor to the participant... Armour to ask a better question, armor to ask why this & not that, armor to be belligerent if need be...The fighters, in the patient demographic are the ones who survive...The ones with more information, with more education, the ones who get what is happening & who can say no as well as yes, are the ones who live... We are just giving them some ammunition to fight that disease with...Education!

Sure this could have been a game...But the word App is just today's gimmick...People need real answers...Why did this happen to me? How can I fix it myself? Many people fall through the gaps because they don't like doctors or hospitals...Those fall through the gaps people often end up in Clinical Trials....

They are already renegade types...They will like this App, the real information they are getting... Nothing engages better than true authentic information...Nothing increases value for patients enrolled in clinical trials like giving some real value to them... Your competition comes right at the cusp, right at the beginning where I am starting to share my theories with the world...It is solid & true & original & encourages people to use the ideas as stepping stones rather than carved in stone...

Listen to the VideoTak on the App first to see how engaged you are...I promise it will be as juicy as the delicious meal you are going to have after...

I hope I have explained myself sufficiently for this competition...I did not set out to write my books for this competition, but the serendipity of the timing points to the possibility that this may be both a ray of sunshine for new clinical trial participants, as well as for me to get my ideas out there into the real world where they can actually heal folk!!! Sari Grove

This app includes mobile versions of my 2 books, Grove Body Part Chart:A Medical Arts Innovation, &, Do it Yourself Medicine:A Repair Manual...You also get a video talk about the new ideas in the books, which are designed to make medicine simpler & more approachable for a Do it Yourselfer type of person...I can't think of anything more useful to a patient in a clinical trial than a good book...Especially one that demystifies the whole process!

ABOUT:

Read Grove Body Part Chart:A Medical Arts Innovation, & Do it Yourself Medicine:A Repair Manual FREE! Two Canadian artists have re-defined the Medical Arts by creating a chart that tells you what your imbalance is, what its antidote is, & where to find that element in the real world...The body is broken down into 11 organs & each organ is shown to have 2 elements that must live in balance for health...Finally understand your own health! Simple yet powerful information! The first book explains the basics, & goes through many common ailments, their specific imbalance, & things in the real world that contain the element you need to rebalance your body...The second book gets into some more complicated problems, using the Grove Body Part Chart as well... Once you get the idea, you will be using these ideas to analyze things you have been told by doctors & remedies you have been given...For example, Cancer is a Calcium excess in the Adrenal Gland & its opposite element is Iodine...

The VideoTalk explains the core of the CHART...Once you "get" the idea you will be curing diseases all over the place!

There is a link to Paperback versions of the books, if you are going to be somewhere where internet access is limited...

But why buy the books when you can read them for free online? (Save some trees too!)...

Reading a book is one of the best & easiest things to do while waiting in a waiting room for your appointment...Why not read a book that makes medicine a no-brainer? With all the complexity of medicine & pharmacology today, it is no wonder people get discouraged...Self-efficacy is an excellent prognosticator for health...Giving this app to clinical trial patients not only engages their mind & cures boredom, but it gives a real way to look at the body & how balance is key to health...Real world examples are given as hints to where you can correct your own imbalances...But the main idea is to give back power to the patient...Do it Yourself Medicine is the future & the future is NOW! Sari Grove(author)

Device compatibility: I have the oldest iPhone on the planet & I am able to access both books to read them from the Scribd site through my App...

Scribd also has a mobile app which is free to download from the App store, if someone wants to access the books in my App from there...But I am pretty sure the books can be read on almost any device, old & new... Sari p.s.I made the Book icons a little punchier for effect-than they were in the screencast example...(books hosted by Scribd.com which has excellent mobile pdf reading abilities)...

RECENT EDITS TO THE APP:

So, I have changed the Icons a bit again...

I have also added 2 online QUIZZES, which you can do online & get your results...The questions & answers are all in the Books, so if you do the Quizzes first, you will want to read the books after...

If you do the Quizzes after reading the books, it will reinforce what you have learned...

if you just do the Quizzes & don't read the books at all, by seeing all the correct answers, when you press Submit, you will learn anyways what all the Correct answers are...(hosted by Wufoo.com)

I also added an Icon that says "RIGHTBRAIN"...This takes you to a 10 minute short 3d animated film that goes with the books, but is really imagination based, with fun sounds & images...(Hosted by Vimeo now since they created mobile versions of my videos for me-the youtube version exists but has audio sync issues that I cannot control without re-editing the film)...

It's a nice mental diversion...Uses the "OTHER" side of the brain, the one that likes colourful pictures & abstracts...(IN the very middle of the film there is a short explanation of the medical theory, but it is really brief & not boring at all)...

More:Added a EMAIL button...(In case someone wants to write to me...You never know)...It pops up to a contact form produced by Wufoo.com(who are excellent & intuitive not boring & boring)...

I have submitted the App to Google Play App store, iTunes store, & the Infinite Monkey Market, but that might take 2 weeks(think 6 weeks) to all get there if approved...

If you go on a desktop to [10]h.bwell.mobi/grove you can also hit HTML5 & view everything live from your desktop including full page reading of the books...So if people want to go home later & continue reading in big they can...Or watch the movies in big, etc. ...

Last minute edits: I traded all the generic icons for ones I made myself! Wow Looks way better!

I also changed the header to text more in focus on a real cloud backdrop...(nope it loaded too slow, back to just text)

Instead of the name of the APP GroveBODYPARTCHART as the header, I put Information that provides the KEY to the content...I figure it is more important to tell the message than to advertise the app...Authentic wins hands down for me...(nope changed the header to the APP address which is neat & useful)

I made the movie here less than a minute finally...Attention spans are short...(nope re-edited the movie to the length of the cool song I found 3:05)

The audio track was recorded separately from the visual to speed that all up...(nope, dropped my voice which was boring & nasally-caught a cold from the husband while doing this work)

I added a WELCOME message to the APP after recording the video...

here it is:(nope I edited it & made it more obnoxious considering people are probably tired of fluff)...

Welcome...

This is GroveBodyPartChart

the MOBILE APP...

Since this is a DIY Medicine Application, it is possible that you are having a health problem or you know someone who is...

I am very sorry to hear that...

I am here to help...

Here you will find a 23 minute VideoTalk that explains my very very basic medical chart...

Once you "get" that, you are on your way...

Book 1 is called Grove Body Part Chart:A Medical Arts Innovation...

It explains the whole chart better, & then tells you what excess or imbalance is what in which disease & where to find its opposite element, its antidote or remedy in the real world...

In the 2nd Book, called Do it Yourself Medicine:A repair Manual, I talk about some more complicated imbalances which cause diseases...

The books are full of great art done by me! because art is a great way to relax your brain from all that logical thinking(read boring thinking)...

There is a movie called RightBrain which is 10 minutes in 3d animation also done by me, which really gets your brain out of that too much thinking mode...

Which might happen from reading...

The Quizzes are fun to see if you really got the books into your head...

Plus it's a fast way to get answers,'cause if you click Submit it tells you which are the correct answers...

You can Contact me by pressing the Contact button & I totally will answer you as fast as I can...(Be prepared, I am Canadian, so fast is like the speed of snow melting here...)

The Paperbacks button takes you to the Amazon page for my books, if you want to have a real book in your hands...

Don't feel pressured to buy...

I love trees...

My married last name is Grove & I still love Mr. Grove very much(& have been Mrs. Grove for over 17 years now!)...

You may be scared...

That's normal...

Fear is good...

It protects you from doing stupid things...

You may be around alot of doctors & nurses & technicians & they are all strangers & they all apparently want to see you naked & stick needles into you...

This is why fear is good...

You may just want to flee...

That may be a good idea...

Please don't let me be the one to tell you to ignore your fears...

They are real...

The best I can do is give you answers about medicine & health that nobody else has told you before because I hadn't thought them up yet...

With these answers you will have superpowers...

The superpower of being smarter than everyone else around you...

Now that you are going to be smarter, you will be able to make decisions about your own health, FOR YOUR-SELF...

It's your body, why should somebody else be the expert on it?

If you think something about something, & someone tells you you are wrong about that, because they went to this school or that school, then that makes you feel weak...

Weak is not good for your immune system or health...

I want you to know that even without reading my books or watching my videos or anything at all, that you are the EXPERT of your own body...

I don't care how crazy people say your ideas are...

It's your body & your ideas & everybody else is just wrong...

Ask a lot of questions, get a second opinion, get a 3rd opinion, in fact keep getting opinions until you get one you like...

Your health is the number one thing in your life...

This is not a time to get the on sale quickie price...Beware of words like "prophylactic surgery"...

Removing parts of your body is pretty final, especially if there isn't anything wrong yet...

Genetics is a funny thing...

Your Mum could have a love of peanut butter but you can be born just altogether hating peanuts...

So just cause a parent had one thing doesn't mean you will get it too...

Even if studies say so...

Because a genetic marker can be there & just do NOTHING at all...

Sure you might have a predisposition...

But if you figure out what that predisposition is exactly, you can STEER your boat away from that ICEBERG! I am here to help...

Help you steer your boat away from an Iceberg...

Personally I think people are taking way too many drugs & not feeding swans enough...

Personally I think that a lot of new diseases are caused by all this drug taking...

I like to feed swans in winter, between November & April, because it makes me happy inside & it helps to save their lives...

I think if more people did stuff for nature, for animals & trees & fresh oxygen air, that more people would be healthy & happy...

My goal is to get people to take the power back from the so called experts including myself(which is a bit of a bind isn't it philosophically) & Do it Yourself their Medicine alot more...

Ok I'm not saying to go rogue...

I'm just saying that there are some things we can do & understand about health that might be able to be done without so much outside help...

Sari Grove, Tuesday February 4th, 2014 p.s.if you are a woman then maybe a woman doctor might be more comfortable for you...If you are 85 years old, you might prefer an 85 year old doctor...If you speak Spanish you might want a doctor who is fluent in Spanish...This is important...Don't be afraid to say:"This is what I am comfortable with & this is not"...Don't be afraid to run away...There are some scary things about medicine...If you want to run away & live in Tijuana, or Paris or Peru, then that might be a really really fun & good & healthy idea...Escape is always a fun way out...bring my books or this App...Just in case you missed something! :)

(The above message is now different...You will have to get the APP to read what it says now...HAHAHA)

The song in the Competition video is called DO WHAT YOU LOVE and it is by singer songwriter RYAN HUSTON...(This video is in the APP as well, when you click SUBMIT on QUIZ number 1, you get the video...with the song to inspire you & instructions on the APP itself)...

Afterworks: Though on a desktop screen the icons looked great, we discovered (we is Joseph Grove my husband & I), that, the icons were too small & the writing underneath them was too small, on a mobile...So the newer screenshot picture shows Icons with writing ON the icon itself...I am not re-recording the video just to show the newer icons, though it is significant for readability...(nope, we did re-record a video, like 7 times)

This may change again if they are still unreadable...(it did)

Sorry...If I cannot get it better before the deadline, I will still keep editing...(I'm not really sorry, just a Canadian habit)

After all, the App is useful, whether or not it wins or loses, it will still live...(said by a loser)

Let's keep making it better anyways...(because I am a perfectionist who is driving husband crazy with this working all the time)

Please write to me if you have any expert suggestions...(not really, just send me compliments or money...I don't actually like suggestions...)

Sari

BUILD HISTORY: Last night I thought I was done, but discovered that the ICONS were totally unreadable... feb.7, 2014 10:02 am...I rebuilt all the ICONS on the front page & now you can read them... changed background to a whitish ice scene for readability contrast... video re-recorded with new look... sigh, done for now... sari(this message should be repeated over 80 times, because that is how many builds I did before losing count)...

Screen has been updated once again post-entry video... february 11th, 7:20 am, 2014...

Instead of a 23 minute video talk, I inserted a 23 minute MP3 talk, with just an image of my GroveBodyPartChart...

My seeing challenged friend has no need to load a heavy load video that she cannot see...

The MP3 embed is a lighter load to a Mobile device, has a play button, & can be listened to without needing to look...

The image of the chart should be sufficient to explain the audio file...

I think this is an improvement, though can be reversed if not...

Please keep telling me of problems or updates as needed...

If there is anything that violates terms of your needs in the APP, please inform me asap, & I can remove the offending parts...

I do not wish to disqualify myself based on a misunderstanding or a technicality...

Sari Grove

p.s. The song (Fly Away by Chantelle Berry) is licensed for commercial use & I have fully paid up to Animoto as an account member, for the use of the songs available in their repertoire...In terms of the fact that Doris day did the song, Lenny Kravitz did the song & various others, you'd have to question the singer songwriter herself about her own particular licenses as derivatives...However I have been with Animoto for many years & I can vouch for the fact that their music is good...I consider the Chantelle Barry version to be an improvement, & as such, some good music to listen to...A bad derivative is not something I'd have chosen...

[11]View latest version

[12]Visit project website

Created by

[13]



[14]SariG Toronto, Ontario, Canada

[15]



[16]Vikram

[17]



[18]GroveCanada Toronto, Ontario, Canada

Other information

Date entered: January 29, 2014

Submitter Type: Team

App Status: New

Primary Platform: Android, iOS, Blackberry, Windows Mobile, Web/Mobile Web, Windows PC, and Mac

Here's the Quiz 2 Page you get when you click the middle bird...

1. <http://apps.appmakr.com/grove>
2. <http://h.bwell.mobi/grove>
3. <http://www.wufoo.com/>
4. <http://h.bwell.mobi/grove>
5. http://patientengagement.challengepost.com/submissions/20491-grovebodypartchart?utm_campaign=Patient+Engagement+App+Challenge&utm_content=submission&utm_medium=twitter&utm_term=20491
6. http://patientengagement.challengepost.com/submissions/20491-grovebodypartchart?utm_campaign=Patient+Engagement+App+Challenge&utm_content=submission&utm_medium=twitter&utm_term=20491
7. http://patientengagement.challengepost.com/submissions/20491-grovebodypartchart?utm_campaign=Patient+Engagement+App+Challenge&utm_content=submission&utm_medium=twitter&utm_term=20491
8. <http://h.bwell.mobi/grove>
9. <http://h.bwell.mobi/grove>
10. <http://h.bwell.mobi/grove>
11. <http://challengepost.com/software/grovebodypartchart>
12. <http://bwell.mobi/grove>
13. <http://challengepost.com/SariG>
14. <http://challengepost.com/SariG>
15. <http://challengepost.com/Vikram>
16. <http://challengepost.com/Vikram>
17. <http://challengepost.com/GroveCanada>
18. <http://challengepost.com/GroveCanada>

Sari (2014-12-14 10:35:17)

If you go to the QUIZZES page of this website, you can DO the QUIZZES for real...[1]http://grovecanada.hostawesome.com/?page_id=71 I have embedded Quiz creator onto the QUIZZES page of this website, so you can see how you do... When you click Submit on the Quiz, it takes you to Quiz creator, a free service, where it tells you what answers are right & what are wrong & how you did... The answers are ALL based on our books & our chart so if you want to know more about the why of the answers go read those... The BOOKS page of this website [2]http://grovecanada.hostawesome.com/?page_id=38 has FREE access to our books in tiny less than 10 mb versions of our Books that you can download to your Kindle device or whatever you need... FULL size versions on Kindle & paperback are on Amazon & you have to pay for them usually because paper costs money & so does the Kindle publishing technology...If it makes you feel better, all our books are priced at the cost of printing cost to the publisher, the minimum(they won't let you put it up for free except for 5 days every 90 days), so we don't actually earn any profit from any of that...

1. http://grovecanada.hostawesome.com/?page_id=71
2. http://grovecanada.hostawesome.com/?page_id=38

Book 2 (2014-12-13 10:33)

[1]Grove Body Part Chart is on a Blog that also has TRANSLATE function...

[2]Click Here!

[3]BOOK 1 on SCRIBD

[4]book 1 as FlipBook

Take the Quizzes(oh see Quiz page)

[5]Book 2 on Scribd

[6]book 2 as flipbook

[7]How the Grove Body Part Chart Works! (a new & simpler way to look at medicine).mp3

[8]DO IT YOURSELF MEDICINE:A REPAIR MANUAL by [9]GroveCanada:Joseph & Sari Grove



IFRAME: [10]https://www.scribd.com/embeds/190348340/content?start_page=1 &view_mode=scroll &access_key=key-1qql86tk4zkqlk63mjgl&show_recommendations=true

1. <https://grovebodypartchart.wordpress.com/>

2. <https://grovebodypartchart.wordpress.com/>

3. <https://www.scribd.com/grovecanada>

4. <http://issuu.com/grovecanada/docs/sushi>

5. <https://www.scribd.com/doc/190348340/DO-IT-YOURSELF-MEDICINE-A-REPAIR-MANUAL>

6. http://issuu.com/grovecanada/docs/new_day_happy_sad

7. https://app.box.com/files/0/f/0/1/f_12662002722

8. <https://www.scribd.com/doc/190348340/DO-IT-YOURSELF-MEDICINE-A-REPAIR-MANUAL>

9. <https://www.scribd.com/grovecanada>

10. https://www.scribd.com/embeds/190348340/content?start_page=1&view_mode=scroll&access_key=key-1qql86tk4zkqlk63mjgl&show_recommendations=true

Books (2014-12-13 11:23)

[1] Here's a link to 8 of our books on Amazon...

This is called the [2]Grove Health Science series of books...



[3] Hi, I'm Sari Grove...I'm an artist...With a knack for Medical ideas...

My husband Joseph has it too...Probably why we got married...Anyways...Below you will see 8 book covers...

This is the Grove health Science series...

If you click on the cover, it takes you to Smashwords, a book publisher, & there, for FREE,

you can download a book in the format that you need,

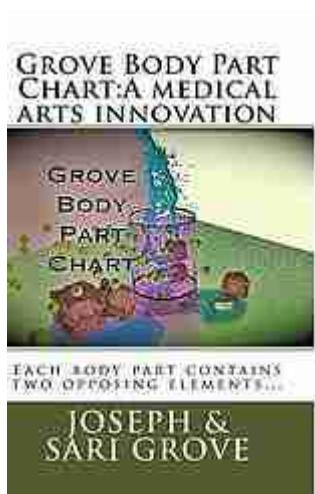
like Kindle for desktop(that's the one I use-you can get the Kindle for desktop for free on Amazon by the way...)

The books are in order, so start with the one at the far left, Grove Body Part Chart:A Medical Arts Innovation...

Thanks for reading! Sari(sounds like Mary)...



Blog at [4]<http://www.sarigrove.com> [5]

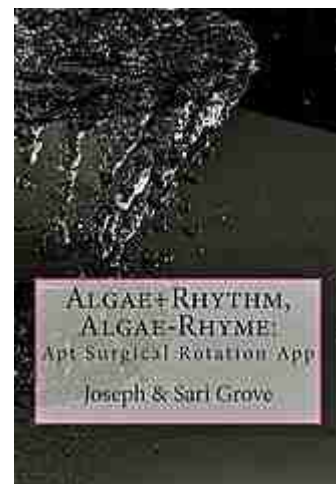


[6]

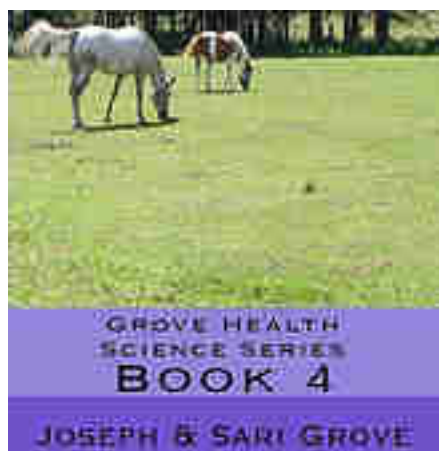
[7]



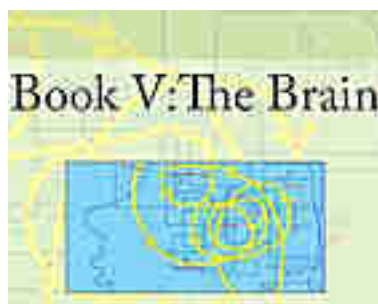
[8]



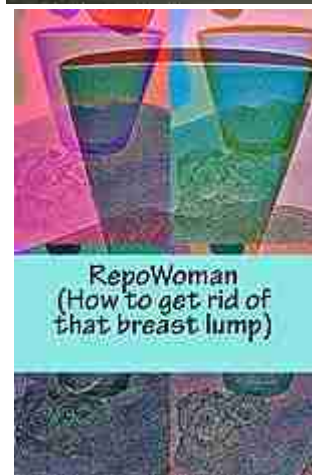
[9]



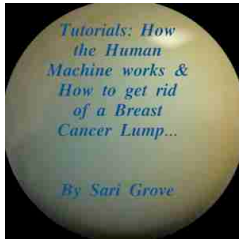
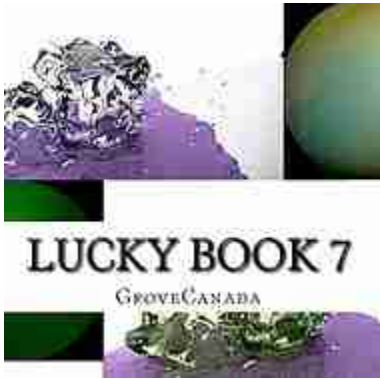
[10]



[11]



[12]



[13]

The Grove Health Science Series of Books, by Joseph & Sari Grove of GroveCanada...

1)Grove Body Part Chart:A Medical Arts Innovation(explains the body parts in a simple & elegant way that brings it all down to 11 parts, with each part containing 2 OPPOSING elements that must live in balance for health...Once you "get" the chart, your DIY medicine path is just so much easier!)

See our Tildee Tutorial for a quick understanding of how our Chart for the body works...

[14]<http://www.tildee.com/2Zg96i>

A new way to understand how the human machine works...(& thus be able to repair it when things go wrong!)

2)Do it Yourself medicine:A repair Manual(builds on the first book, & gets into some more complex diseases of imbalance, including for instance scleroderma, lupus, Alzheimer's...)

3)Algae+Rhythm, Algae-Rhyme:Apt surgical rotation App(how to get out of surgery became a book about how the author herself explored how to get out of the breast cancer protocol...At the end of this book she succeeds in figuring out how to turn a malignant lump benign...)

4)Grove Health Science series:Book 4(includes work completed for a Clinical trial patient engagement app-in fact the author leans against clinical trials in general, so this is not what you expect...A look into some unusual stories such as the construction worker who got "blood cupping" & cleaned his blood of the gunk he had absorbed thorough working with toxic materials...)

5)Book V:The brain(Well, inevitably the body parts would need a brain part mapping to go along...The theory of 22 brain parts that pair to control the 11 body parts...So each brain part handles the manufacture of ONE specific element in each body part...)

6)RepoWoman:Book 6(Sari Grove's nonsurgical approach to getting rid of a breast cancer lump...Yes, this was the protocol she used...One addition to note is the one teaspoon of hulled hemp seeds, a Titanium element, to help rid the Lung Lymph Node area of parasites...)

Comment:(anti-cancer)

See our short tutorial"Getting rid of a breast cancer lump" on Tildee...

[15]<http://www.tildee.com/UyAWQk>

7)Lucky Book 7:Homework textbook for the Keen medical Mind(a summary of the salient points of the first 6 books of the Grove health Science series with a push forward in the brain areas, nailing down sidedness & gender, & how that works both in the brain parts & the body parts...)

8)An introduction to how the human machine works & how to get rid of a breast cancer lump...News! So, until Sunday Dec. 14, 2014, our #EBook is #Free on Amazon , it has the 2 tutorials-Chart the body, & Breast Lump Removal!

[16]<http://amzn.to/1wcXqYs>

1. http://www.amazon.com/s/ref=series_rw_dp_labf?_encoding=UTF8&field-keywords=Grove%20Health%20Science%20Series&url=search-alias%3Ddigital-text
2. <http://goo.gl/DD3mtE>
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_5d3d81c53fbc466e9eee725b873a0556.png_srz_137_75_75_22_0.50_1.20_0.00_png_srz.png
4. <http://www.sarigrove.com/>
5. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_f25dd799a00a4050b9ab1878584d9e2a.png_srz_99_75_75_22_0.50_1.20_0.00_png_srz.png
6. <http://www.smashwords.com/books/view/349426>
7. <http://www.smashwords.com/books/view/388051>
8. <http://www.smashwords.com/books/view/410343>
9. <http://www.smashwords.com/books/view/450714>
10. <http://www.smashwords.com/books/view/473689>
11. <http://www.smashwords.com/books/view/483808>
12. <https://www.smashwords.com/books/view/491561>
13. <https://www.smashwords.com/books/view/509160>
14. <http://www.tildee.com/2Zg96i%20>
15. <http://www.tildee.com/UyAWQk>
16. <http://amzn.to/1wcXqYs>

Sari (2014-12-14 23:20:28)

The book: "Introduction to the human machine & how to get rid of a breast cancer lump" is on Amazon as a KINDLE ebook & it is FREE until the end of SUNDAY NIGHT at midnight...Sunday december 14, 2014 So if you want to get a free intro to my work & it is still Sunday go get it...Click on the book cover to go there, at the top of this page...The red orange one...

An introduction to how the human machine works & a short talk about getting rid of a breast cancer lump... (Grove Health Science Series Book 8) (2014-12-13 12:35)

An introduction to how the human machine works & a short talk about getting rid of a breast cancer lump...eBOOK \$1.13 [1]<http://t.co/JSgTITZkbV>

— Sari Grove (@GroveCanada) [2]December 15, 2014

[3]An introduction to how the human machine works & a short talk about getting rid of a breast cancer lump... (Grove Health Science Series Book 8)

This ebook is short & sweet...It contains two very important tutorials...The first, explains Sari Grove's medical theory, "The Grove Body Part Chart" which supposes that each body part has 2 opposing elements inside that must live in balance for health...One you "get" the chart, your DIY Medicine life will be so much simpler! The 2nd tutorial is a protocol Sari developed for herself to get rid of a breast cancer lump! This ebook is FREE starting Wed. Dec. 10-Sunday Dec. 14, 2014! (the rest of the time it's \$0.99 cents!)

[4]ORDER NOW!

BOOK TRAILER VIDEO

[embed]<https://www.youtube.com/watch?v=dpGgbL0eA-Q>[/embed]

ABOUT THE BOOK

An introduction to how the human machine works & a short talk about getting rid of a breast cancer lump...by Sari Grove

Sari Grove came up with a theory of how the body parts work...It became the Grove Body Part Chart...This short book explains the basics of that chart...

While writing Book 3 of the Grove health Science series, which ironically was about how to avoid surgery, Sari discovered a breast lump...Which of course turned out to be a dangerous one...Afraid of being a hypocrite, Sari decided to figure out how to get rid of this breast cancer lump & somehow dodge the surgery bullet...

It did take her Book 3, Book 4, Book 5 & finally Book 6, of research, trial & error, & alot of work, to figure out a solution...This short book contains a sort of tutorial format of the solution...

The 7 books of the Grove Health Science series get into topics mentioned in this book in depth & detail...This book was made as sort of a promotional book, shorter & sweeter...

Sari Grove also has a few blogs & websites online where you can read more about her & some of her newer ideas...

Be forewarned, this is an ARTIST who innovates in the Medical Arts...(At the time, it seemed like the only way one could think outside of the medicine box, was to BE outside of that box...)

"An introduction to how the human machine works & a short talk about getting rid of a breast cancer lump...by Sari Grove," also includes some of the preliminary work on mapping the brain parts & positing how the brain parts control one element each, in the body parts...

The Grove Body Part Chart & the Brain Parts theory have gotten alot of attention already(about 18,000 people have read the series so far), & conversations about the theories have been very supportive by peers in the Biology academic community...

[5]PU[6]RCHASE NOW

ABOUT THE AUTHOR

Sari Grove

My Pedagogic Creed by John Dewey (1897) "I believe that when science and art thus join hands the most commanding motive for human action will be reached;

[7]<http://www.grovecanada.ca>

1. <http://t.co/JSGL1TZkbV>

2. <https://twitter.com/GroveCanada/status/544472664061259777>

3. <http://www.amazon.com/introduction-machine-getting-breast-Science-ebook/dp/B00QR2S8J0%3FSubscriptionId%3DAKIAIYXZFR7JKFS7REXQ%26tag%3Dbooklaunch00-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB00QR2S8J0>

4. <http://www.amazon.com/introduction-machine-getting-breast-Science-ebook/dp/B00QR2S8J0%3FSubscriptionId%3DAKIAIYXZFR7JKFS7REXQ%26tag%3Dbooklaunch00-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB00QR2S8J0>

5. <http://www.amazon.com/introduction-machine-getting-breast-Science-ebook/dp/B00QR2S8J0%3FSubscriptionId%3DAKIAIYXZFR7JKFS7REXQ%26tag%3Dbooklaunch00-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB00QR2S8J0>

6. <http://www.amazon.com/introduction-machine-getting-breast-Science-ebook/dp/B00QR2S8J0%3FSubscriptionId%3DAKIAIYXZFR7JKFS7REXQ%26tag%3Dbooklaunch00-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB00QR2S8J0>

7. <http://www.grovecanada.ca/>

Sari (2014-12-15 13:01:43)

You may note that the price in the Twitter Tweet mentions \$1.13 & the price lower down in the body of the Post mentions \$0.99 ... This is because it costs \$1.13 to Canadians in Canadian currency on the day I wrote the post, & to Americans in the United States, it is listed as \$0.99 cents... I am guessing as the Canadian dollar goes up & down relative to the American dollar, that the \$1.13 price should move up & down too... If this upsets you, rest assured, it upsets everyone else too...The whole currency market preys on doubt & gambling & insecurity & millions of dollars have been made on the whims of an up & down between two currencies... My advice is to buy low & sell high... Buy the Book when the American dollar is low in comparison to the Canadian one, so maybe buy when they are on par, so you will only pay \$0.99 Canadian... Then, even if the American dollar only rises a bit, the Canadian price will be more, & since you already have a copy of my book, you can then sell it for say, \$1.01 ... Thus earning TWO CENTS on the currency differential... & then you will have your two cents worth... LOL...(laughing out loud, or lots of love) Sari

Audiobook (2014-12-13 13:04)

Please Note:I just re-listened to the Audiobook, which is now slightly dated, & realize that my thoughts on the brain today are far more developed & accurate, than they are in this mp3 speech/lecture...The lecture is great, but for example, I had to stop the listen & post this update because back then I thought the Globus Pallidus had two sides or two parts...Now today my theory is that the Globus Pallidus is PAIRED with the Hypothalamus, & together they operate the Spleen...Each one handling one element of the Spleen's day to day operation...Copper & Phosphorus production respectively...Also handling the NOSE...(snot is a Phosphorus Copper thing)...So I KNEW back then that there were two brain parts, but I didn't know they had different names & were paired...Anyways, I am leaving the MP3 file here, because it shows my progress of thinking...I was not wrong in the mp3 file, it was just I hadn't thought of it yet...Smile...

Ok, this AUDIO file is a TRANSLATION from VISUALs to AUDIO, for people who cannot see or who like to hear things & imagine the visuals...

[1]Grove Body Part Chart:A Medical Arts innovation mp3 file Explains the basic medical theory, the CHART...

[2]<https://app.box.com/s/zo5q4nwojz8nnolxs02> duplicate mp3 file of above

[3] 

Our second book, with significant moral support help from Gallery Owner Trevor Allan, who owns
[4]<http://www.gallery36.ca/>

in Hazelton Lanes in Toronto...



[5]

1. <https://app.box.com/s/zo5q4nwojz8nnolxs02>
2. <https://app.box.com/s/zo5q4nwojz8nnolxs02>
3. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/press-release-swans.001.jpg>
4. <http://www.gallery36.ca/>
5. <https://www.createpace.com/4558776>

Anti-Epilepsy (2014-12-13 13:10)

[1]



The following are links to my research blog...

syringomyelia, epilepsy, lou gehrig's als, crohn's, fabry, hearing loss

Nov 24, 2013 ... Gosh...I am a Visual Artist Self-Employed, A "Vase"...I've been digging into art in medicine...I have started mapping out the organs in the human ...

[2]<http://www.grovecanada.com/blog/syringomyelia-epilepsy-lou-gehrigs-als-crohns-fabry-hearing-loss/>

The Temporal Lobe The Ears & the Colon - The Grove Body Part ...

Oct 14, 2013 ... The reason we know now directly of the correlation between fluorine & epilepsy is because Gulf War veterans exposed to Sarin gas, a fluorine ...

[3]<http://www.grovecanada.com/blog/2013/10/the-temporal-lobe-the-ears-the-colon.html>

How to really remove fluoride from your drinking water if you are ...

Oct 19, 2013 ... Fluorine EXCESS can cause diarrhea, hearing loss, Crohn's disease, seizures, Epilepsy, Lou Gehrig's disease(technically called ALS ...

[4]<http://www.grovecanada.com/blog/2013/10/how-to-really-remove-fluoride-from-your-drinking-water-if-you-are-epileptic-or-have-lou-gehrigs-an-e.html>

(about the picture)The necklace is a leather cord with a clasp(\$12)...The Indium metal was bought on ebay.ca(\$5)...I put the holes in with a hammer & nail & smoothed down the edges of the holes with a rounded stick...(manicure tool)...The research into Indium metal is mine...

I was trying to help a girl in Ottawa who had severe epilepsy...She died...

But in my efforts to help, I came up with some pretty new solutions for epilepsy...Including the Indium anti-epilepsy necklace idea above! (Wild Indigo Root, which also contains Indium, made into a tea, is my other discovery)...Indium acts like Bismuth but just way stronger!

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_785a2909c0ab47bfafd57858e7454ac1.jpg_srz_797_304_75_22_0.50_1.20_0.00_jpg_srz.jpeg

2. <http://www.grovecanada.com/blog/syringomyelia-epilepsy-lou-gehrigs-als-crohns-fabry-hearing-loss/>

3. <http://www.grovecanada.com/blog/2013/10/the-temporal-lobe-the-ears-the-colon.html>

4. <http://www.grovecanada.com/blog/2013/10/how-to-really-remove-fluoride-from-your-drinking-water-if-you-are-epileptic-or-have-lou-gehrigs-an-e.html>

Research (2014-12-13 13:18)

[embed]<https://www.youtube.com/watch?v=CLWgxqPxunI>[/embed]

Hi...I'm Sari Grove...The Grove Body Part Chart is my medical arts theory...Did you know the medical arts are an art? Ars medecina from the Greek word for medicine means the art of healing...Think Leonardo Da Vinci...

[1]Sari's art Showing at WAMSOC(Women's Art Museum Society of Canada)(It's over now but still onsite-Sari Grove was the opening show for this website launch...WAMSOC wants to build a Women's Art Museum in Canada...Help them!

[embed]<https://www.youtube.com/watch?v=7HkiAOjC6zo>[/embed]

Slideshow with just the brain part to body part pictures from the book by Joseph & Sari Grove...background music The Doctor by Clearside...

Donate to Haliburton Wolf Centre

[2]<http://www.haliburtonforest.com/activities/wolves/wolves-overview>

While reading the Mark Rowlands Book "The Philosopher & the Wolf", Sari figured out that Parkinson's disease was a late progressive spleen injury that created a Phosphorus(think mold) overload eventually in the brain...Grateful to Brenin the Wolf(in the book), Sari encourages those reading her books for free, to donate to a wolf centre as a thank

you for a wolf's contribution to medical history...

<http://issuu.com/grovecanada/docs/sushi/1?e=1362481/5757547>

1. <http://www.wamsoc.ca/>

2. <http://www.haliburtonforest.com/activities/wolves/wolves-overview>

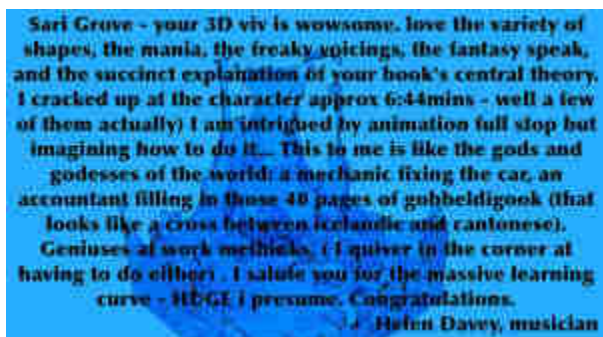
Film (2014-12-13 13:24)

[embed]<https://vimeo.com/81439856>[/embed]

THE AWARD WINNING FILM BASED ON THE BESTSELLING BOOK...

[1]Film Review by musician Helen Davey...

[2]



Sari Grove - your 3D vid is awesome. love the variety of shapes, the mania, the freaky voicings, the fantasy speak, and the succinct explanation of your book's central theory. I cracked up at the character approx 6:44mins - well a few of them actually) I am intrigued by animation full stop but imagining how to do it... This to me is like the gods and goddesses of the world: a mechanic fixing the car, an accountant filling in those 48 pages of gobbeldegook (that looks like a cross between Icelandic and cantonese). Genius at work methinks. (I quiver in the corner at having to do either). I salute you for the massive learning curve - HBGE I presume. Congratulations.
Helen Davey, musician

Film Review by Build Media...

[3]@GroveCanada 60s feel! Great work

— Build Media (@buildmediauk) [4]December 16, 2014

[5]Build Media

@buildmediauk

Thought about #video then seen the cost! Our prices start from £99. Our team of #socialmedia experts can help you from day one and we can make #websites to

Manchester, UK 0161 914 5893 · [6]buildmediamanchester.co.uk

1. <http://www.helendavey.com/home.html>
 2. http://grovecanada.ca/wp-content/uploads/2014/12/53c1be_7a19be1557314e838d459a7eb7fa846d.jpg_srz_944_531_75_22_0.50_1.20_0.00_jpg_srz.jpeg
 3. <https://twitter.com/GroveCanada>
 4. <https://twitter.com/buildmediauk/status/544826701726121984>
 5. <http://buildmediamanchester.co.uk/>
 6. <http://buildmediamanchester.co.uk/>
-

FilmWerk (2014-12-13 13:37)

[embed]<http://youtu.be/Kx7MeVE7IZo?list=UUHY6i7dLGRSxjffJfvKFrVA>[/embed]

Happy Canada Day!
July 1st, 2013! from Sari & Joseph Grove & the cats

[embed]<http://vimeo.com/62508827>[/embed]
Grove Body Part Chart from Sari Grove on Vimeo.

Each organ has 2 elements that live together as opposites, in balance...This is sari Grove's theory of the body...The film touches upon 11 major body organs, the 2 elements in each, & some examples of substances that the elements exist in as well as diseases of imbalance...Anime, sound recording, editing & thoughts are by Sari Grove...2013...March 23rd...

[embed]<http://youtu.be/TTkzT2GJt5E>[/embed]
this movie shows some of our methods & processes...Sari

[embed]<http://youtu.be/gasC9qTOTms>[/embed]
April 1st, 2013, this short anime is the result of my first week, this week, of learning 3d anime in Blender...Blender is a free 3d animation software...I'm Sari Grove...Joseph Grove (the husband) is helping me...Mostly by bringing food & saying things like: "That's cool"...

[1]<http://cgcookie.com/blender/> Images in our books made with shareware Blender 3d animation software, Sari grove took a year to learn the Blender software & made the animated films herself...On the [2]sarigrove.com blog she documents the steep learning curve & there are some how to videos & process type discussions as well as theoretical & emotional feelings while doing this very hard task...

1. <http://cgcookie.com/blender/>
 2. <http://sarigrove.com/>
-

Game(Clean your Condo) (2014-12-13 13:44)

You hafta download it to your computer to play...It is stored on Box.net in our grovecanada account...Free

[1]It's a really simple Game I made (free download)

made in Blender Game Engine(cannot be sold or anything like that-Blender rules not mine so be aware cause they bite)!

1. It's a really simple Game I made (free download) "Clean Your Condo"... Game... To move: Press W or D or S or A or Space bar... This moves your pink Gnarly creature forward, to the right, backwards, to the left, or makes it jump... The object is to push all the Tires off the edge of the table using your pink gnarly creature, but not falling off yourself... If you fall off yourself, the game ends... 25 megabyte download, free, made using Blender Game Engine... by Sari & Joseph Grove with instruction from Blender Cookie website via Jonathan Williamson...

1. <https://app.box.com/s/pzynraxrrsx1gtpabjda>

Quizzes (2014-12-13 13:48)

Grove Body Part Chart

Question #1: Parkinson's disease is an excess of what element in the Spleen?

Zinc.....

Question #2: Cancer is an excess of what element in the Adrenal Gland?

Lead.....

Question #3: Epilepsy is an excess of what element in the Colon?

Fluorine.

Question #4: Arthritis is an excess of what element in the Gallbladder?

Magnesium

Question #5: Down's Syndrome is an excess of what element in the Kidneys?

Sulphur.

Question #6: Alzheimer's disease is an excess of what element in the Lungs & Lymph Nodes?

Carbon...

Question #7: Bipolar disorder is an excess of what element in the Thyroid?

Mercury

Question #8: Hypertrophic Cardio Myopathy is an excess of what element in the Heart?

Potassium

Question #9: High blood pressure is an excess of what element in the heart?

Mercury.

Question #10: Asthma & Tuberculosis are an excess of what element in the Lung & Lymph nodes?

Phosphorus

Question #11: Multiple Sclerosis is an excess of what element in the Thyroid Gland?

Lead....

Question #12: Diabetes is an excess of what element in the Pancreas?

Manganese.

Question #13: ADHD Autism is an excess of what element in the Gallbladder?

Selenium.

Question #14: The Common Cold & Chronic Fatigue Syndrome are an excess of what element in the Liver?

Sulphur...

Question #15: Kidney Blockages feature an excess of what element in the Kidneys?

Lead....

Submit!

Grove Body Part Chart Part 2

Question #1: Which answer contains the greatest amount of manganese?

Pumpkin seeds

Question #2: Which body part processes iron?

Thyroid.....

Question #3: Which element lowers blood sugar in the Pancreas?

Grapefruit.

Question #4: Which element can cause memory loss, schizophrenia & Alzheimer's?

Aurum....

Question #5: Asthma is an excess of what element in the Lungs & Lymph Nodes?

Mercury.

Question #6: Which element corrects Parkinson's disease?

Magnesium

Question #7: Which element corrects Cancer?

Iodine...

Question #8: Epilepsy is caused by an excess of which element in the Colon?

Bismuth.

Question #9: Joint Pain & Arthritis are an excess of what element?

Magnesium

Question #10: The Common Cold & Chronic Fatigue Syndrome are an excess of which element?

Oxygen..

Question #11: Which food contains the highest amount of Iodine?

Green beans

Question #12: Which answer contains the most Zinc?

alcohol...

Question #13: Which element lowers iron levels in the Thymus?

Magnesium

Question #14: Which thing contains the most amount of mercury that builds cartilage in the gallbladder?

fruit.....

Question #15: Which element contains alot of Oxygen to treat the common cold?

Epsom Salts.

Submit!

Blogs (2014-12-13 13:56)

- [1]SariGrove.com Blog
- [2] Women's Art Museum Society Showing Sari
- [3] GroveCanada.com blog medical
- [4] GroveCanada.net blog artist's life
- [5]GroveBodyPartChart blog
- [6]groveBodyPartChart.wordpress.com blog
- [7] donate to the toronto wildlife centre



IFRAME: [8]<http://localtimes.info/timediff.php?lcid=CAXX0518,CAXX0151,USCA0638,ASXX0112,FRXX0016&cp=000000,FFFFFF&uc=1>

[9] Time Converter

1. <http://sarigrove.com/>
2. <http://www.wamsoc.ca/>
3. <http://www.grovecanada.com/>
4. <http://www.grovecanada.net/>
5. <http://www.grovebodypartchart.blogspot.com/>
6. <http://grovebodypartchart.wordpress.com/>
7. <http://www.torontowildlifecentre.com/>
8. <http://localtimes.info/timediff.php?lcid=CAXX0518,CAXX0151,USCA0638,ASXX0112,FRXX0016&cp=000000,FFFFFF&uc=1>
9. <http://localtimes.info/difference/?lcid=CAXX0518,CAXX0151,USCA0638,ASXX0112,FRXX0016>

Swans (2014-12-13 14:11)

Trumpeter Swans at Bluffer's Park Toronto Dec. 27, 2013 eating wild bird seed...

If you live in Toronto, please bring wild bird seed to Bluffer's Park anytime between November & April, because it is so cold & the trumpeter swans & other waterbirds need extra food!(this is Jan 2, 2014, temperature was minus 16 degrees celsius)(they got 8 x 15 kilograms red ribbon wild bird seed)...

[embed]<http://youtu.be/U1YK2f3okTU>[/embed]

About Minus 16 degrees Celsius...

[embed]<http://youtu.be/zfW0PuzcDYE>[/embed]

About Minus 20 degrees Celsius...This is the same location, the Tuesday after the Thursday when the first film

was taken...This is what the Bay & Lake Ontario look like...This is where the waterbirds, the mink, the squirrel, live between November & April...A little cruel huh?

[1]http://www.canadiantire.ca/en/pdp/scotts-high-energy-suet-0428607p.html#.UuJ6lij0C_U

Scotts High Energy Suet

Regular \$1.99

[2]<http://www.clickorlando.com/news/Swan-feeders-installed-at-Lake-Eola-park/15881590>

Swan feeders installed at Lake Eola park

1. http://www.canadiantire.ca/en/pdp/scotts-high-energy-suet-0428607p.html#.UuJ6lij0C_U

2. <http://www.clickorlando.com/news/Swan-feeders-installed-at-Lake-Eola-park/15881590>

Swanee (2014-12-13 14:18)

Hi, I'm Sari...Last name Grove...This site shows some of my works of art, & some of how I do them, & probably some things that aren't really art related, like our bengal cats, but they are, because they bring me joy & that makes my art more joyful...The works here are mostly since 2010 & forward...I take things down from the internet a while after they sell, mostly so whoever bought them gets sort of the privilege of having them, exclusive rights to look at them because they supported me financially...Some of the things here are sold, but still too fresh & I still have this 'show off' desire hanging in...

[1]



"Swanee" (sold) is a 5 foot long, around 100 lbs, of a custom concrete recipe Sari made, on top of 25 feet of rolled & shaped chicken wire, with a couple of coat hangers in the neck part...(armature secrets)

Sari's Custom Concrete mix is:

2 parts white cement to 1 part aggregate:

(that 1 part aggregate is in 4 parts itself- so,

25 % Perlite,
25 % Aragonite sand,
25 % white silica sand,
25 % alkaline resistant glass fibres...)
Then 1 part liquid, which is 75 % water to 25 % latex adhesive (Milk)...
Covered in Eco-House special eco no VOC concrete sealer...
The black bill has added black cement powder paint integrally...
The nest is 750 feet of water-resistant rope woven on a hula hoop by hand...The rock was there already...
began late 2010- done early 2012

Read More about this sculpture

[2]ECO-HOUSE.com

PROFESSIONALS IN THE SELLING OF ART BUSINESS:

CONSIGNMENT:Sari Grove can let a work of art out on Consignment, however the policy is not more than 1/3 of a discount(& sometimes less depending on your reputation, experience & membership in established professional associations) is made to the proposed seller...(Translation: your commission cannot exceed ONE THIRD of the SELLING PRICE...) (AUCTION HOUSES,ART DEALERS or ART GALLERIES need NOT bother if their COMMISSION ASK is more than 33.33 %(One third) of the price of the art...) Preference will be given to Businesses who buy works of art outright without consignment necessity...Additional preference given to those businesses who continually buy over a long term...Discounts (or commissions, however you want to word it) are not given across the board to NON-ARTS PROFESSIONALS...However each collector is different & circumstances will be considered...Each art work is different too, so prices may vary for various reasons including market supply & demand...

[3][Read the Instructable about How To](#)

[4][CUSTOM CONCRETE BY SARI](#)

[5][How to make a Trumpeter Swan Outdoor Sculpture with my Custom Concrete recipe... by GroveCanada](#)



1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_8875982b6369f73f17127dde30dd1ae1.jpg_srz_965_765_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. <http://eco-house.com/>
3. <http://www.instructables.com/id/How-to-make-a-Trumpeter-Swan-Outdoor-Sculpture-wit/>
4. <http://www.instructables.com/id/How-to-make-a-Trumpeter-Swan-Outdoor-Sculpture-wit/>
5. <http://www.instructables.com/id/How-to-make-a-Trumpeter-Swan-Outdoor-Sculpture-wit/>
6. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_95ca27daab9799a76361d176982f2b7b.png_srz_290_218_75_22_0.50_1.20_0.00_png_srz.png

Homemade marble (2014-12-13 14:29)

Process Photos of making the homemade marble sculpture...This was a breakthrough try for me...I used plumber's pipes & coupling pipes to couple the pipe into a hard solid armature, it is awkward but it was still a leap forward in no-weld armatures...Later, I developed the more esoteric bendable rod design...But I had to get to here in order to get to there...[1](See the Daffodil for the newer ideas in no-weld armatures...)

[2]



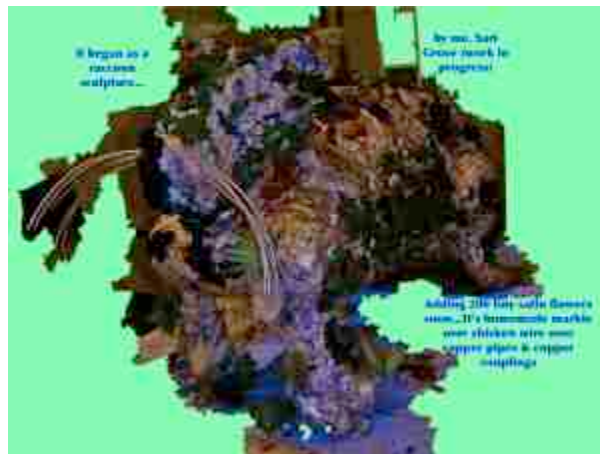
[3]



[4]



[5]



[6]



[7]



[8]

Note: The FINISHED sculpture is covered in (not real ones) flowers... I cannot find the right picture... Messy artist syndrome...

the recipe for Sari's homemade marble (her personal invention):

"Circa 1850" powdered waterproof marine glue (resin)... 1 part
 Aragonite Sand (marble) 2 parts
 3/4 inch alkaline resistant glass fibres 1 part
 water 1 part
 optional: gold powder, or mineral silicate paint (for cement)... to taste

(Truth is, it was an all brown raccoon with a very long & big nose, I think it was a different species than the grey & black & white bandit ones we see usually in Toronto...)

whiskers are of fibre optic fibre

taped to keep them clean while working... the aluminum screen mesh keeps them more separate from each other...

12/13

This No-Weld armature was made by cutting pieces of copper pipe, then using copper couplings to join them together... Then I ran wire through the whole thing to make sure it held together well... This was all wrapped in a large amount of chicken wire... It is a very stable form... My newer armatures are built using threaded steel rods bolted together using copper strapping as attachment device... The newer design allows for more curves, since the copper pipe design, well, it is hard to bend pipe easily... A ferrocement teacher named Nick Nickolson inspired my newer curvier design for a no-weld armature... He was welding, but his lines are very elegant & slim, which led me to ponder how I could make concrete more elegant & less boxy... Which forced me to think harder about the how part...

A question about making marble from India

"But Sari, it doesn't look like a raccoon..." Well, the raccoon died, it had been hit by a car... The jaw bone protruded... I

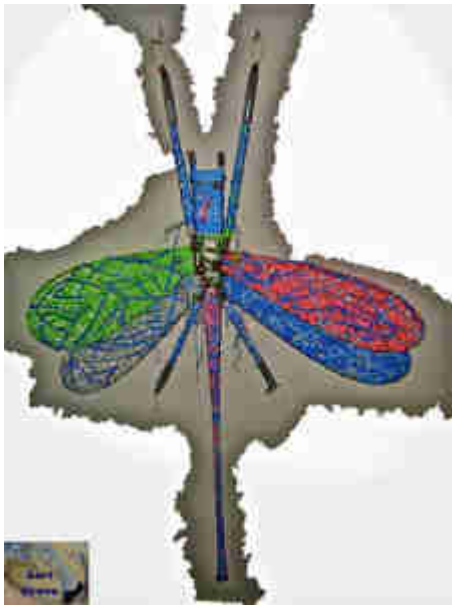
don't work from photographs...I didn't have a model anymore to work from...(Though a long nosed baby raccoon did some later modelling work for me)...Austin, a Portuguese Water Dog helped me fill in some of the blanks...I am an abstract artist, & that is how stories by me get told...

- A question about making marble... Hi...We live in Canada, which is very cold for 6 months of the year & wet because we are in Toronto near to lake Ontario...So my recipes for marble & concrete were designed by me for this particular climate...Also, based on what kind of supplies were readily available... Each artisan has their own recipe, that they have devised themselves for their own needs & tastes...
-
- You can't really just borrow someone else's because it won't suit you... The important thing is to try to understand the essence of what you are trying to do, then devise your own way of doing it...To suit your budget, climate, & abilities...It took me a year to understand concrete-by reading books online & asking other artisans, by being a member of forums like the artconcrete Google group forum...There is no easy fix nor answer... But it can be very rewarding...
-
- Once I understood cement, which is the basis for concrete, I was able to understand marble & porcelain...Very very basically, for cement sculpture, we needed 4 parts white cement to two parts aggregate...That aggregate was in 4 parts itself...Aggregate: white silicon sand for strength, perlite for lightness, calcium carbonate sand for malleability (also called marble sand or aragonite sand), & most importantly alkaline resistant glass fibres in 1/2 inch or 3/4 inch length at least...Plus 1 part water...To that water we added \"Milk\" also called latex adhesive (liquid) which makes it all more waterproof...Colour needs to be special cement paint, not regular paint...It comes in a powder & needs to be added into the mix, not on...You can also mix in cement paint in small amounts, the liquid kind...
-
- But only special for cement paint...Ok so that is concrete, for concrete sculpture...It must lie on top of an armature...I explain a very ingenious way of making a steel armature without welding on my site...
-
- Look for No-Weld armature how to...On top of the armature, you need a mesh or chicken wire for the material to grab to...I am not doing casting here...These are one at a time...Casting molds is different...The mix is more liquidy...Once you understand concrete, you can start to experiment with marble mixes...My concrete mix incorporates marble as Aragonite sand (marble sand or calcium carbonate sand)...Using cement in your marble mix can be very strong...Stronger than all marble...
-
- So you may want to change your ideas about what you want to do...A concrete marble mixed recipe may be much better for doing what you are trying to do...For all marble, essentially you need:Some sort of marble sand, Aragonite sand, calcium carbonate sand...Find out what is easily available in your area...Anything in that category...(I used aragonite sand because I can buy it from pet stores easily-it is a kind of marble)...Each kind of marble has different hardnesses...I found I needed the alkaline resistant glass fibres...
-
- I used 3/4 inch length & bought from a specialized cement supplier...These provide much needed strength...Very important! You may think it is expensive, but the work will last...Use them!\"Milk\"-latex adhesive liquid...This is a gluey liquid...25 % of it instead of water, then add your water...water is minimal or your mix falls apart...

-
- Err on less with water...Add more milk to water if you need it to be more waterproof...Milk will make it more pliable, less cracking, but can make it softer...Glue...
-
- Yes, this was your question...You need some sort of glue...I tried many different types of glues & they all work...I settled on Circa 1850 powdered marine glue in a can because it was very strong & waterproof...
- You need to always wear a respirator when working with glue...Not a dust mask, a respirator...With the two canisters at each side...Glue will give you a headache...
-
- It is what makes the process uncomfortable...because of the need for some sort of glue, it makes the concrete mix more attractive...because when you use cement it acts as your glue...
- It is still dangerous, but in some ways less annoying than straight glue...I used Eco-House\'s cement sealers...They made me a special mix that is graffiti resistant & no VOCs... eco-house.com (they can maybe advise you about eco-friendly cement sealers in India?)
-
- You can put gold powder into the eco-sealer & brush that into the wet material to give a gold finish...Or any colour...You need to find out what is available in your country, in your town, easily...
-
- You need to experiment with mixes to see what you like...
Find out what glues (you used the word "gels", they often call glue "resin"), are available in your town...You will have to use what is available locally to you...
-
- Use ECO-FRIENDLY materials if you possibly can...
- This will save you many many headaches later...You should know that making multiples is not a money making business because these days so many companies are doing this already for very cheap...If the work is truly great & original you may have a chance...But this is a labour of love...
- It is complicated...It must be done by a skilled person...
- Do not go into this as a money maker...You\'d be better off studying accounting...
-
- It is difficult...Understand also that when you cook marble it becomes porcelain...But in India, in the hot sun, your marble may do that without needing an oven...This makes it harder but in some ways more fragile, like a dish...Sanding the marble also makes it shinier...This is a bonus thing to do...
- The glue part is the problem...Sorry I don\'t know the names of what glues are in India...Look for the word "resin" when you search companies in your area...Then try out small batches...Make a small mix & see how it survives...You will have to invent something just for your little company...Part of what you are selling is your own genius...You can\'t just copy another company\'s genius & expect to make a profit...I hope this helps!Sari Grove(Sari created some of her infographics on Infogr.am)(the text above is from one of those infographics...)

1. <http://grovecanada.ca/research/no-weld-screen-daffodil/>
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/FotoFlexer_Photo-raccoon.jpg
3. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/raccoon.jpg>
4. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/raccoon-side.jpg>
5. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/raccoon-unknown1.jpg>
6. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/DSC02899-WM.jpg>
7. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/soldier-poster.jpg>
8. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/raccoon-heli.png>

Dragonfly (2014-12-13 14:35)



[1] Cool Wall Dragonfly, also stands up on its four legs if you want it free-standing...Wings & legs all move...Hand-knotted with Mason's line which is basically a strong nylon thread you find at hardware stores...It's like 3 feet long by 3 feet wide-ish...Sits about a foot off the wall, but that is adjustable depending on wear you put your L shaped wall hooks...(I invented the way to join steel rod to steel rod using copper strapping... & bolts...)[2]



[3]"Dragonfly" has been accepted into "CHILDSIGHT" (a juried show that looks at how children see things) March 13-March 24, 2013 Public reception: Thursday March 21st, 2013 See map for location (Papermill Gallery)

[4]10/11

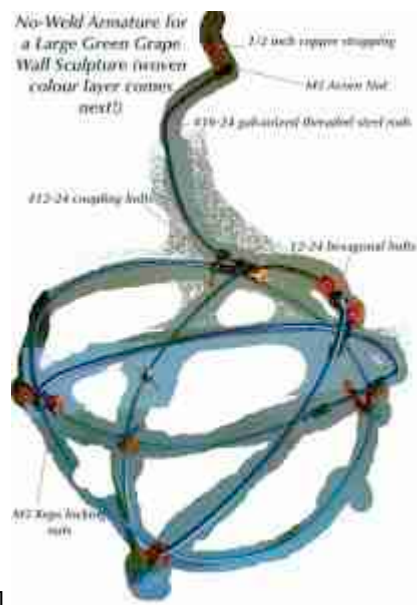
Dragonfly flew in PaperMill Gallery

Link to a page all about Dragonflies!

NO-WELD ARMATURE DESIGN BY SARI GROVE

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_97f40a90e7bb52dcc04f12751dbb74c0.jpg_srz_312_416_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_49a14333696d22654507da11cd1e791f.jpg_srz_620_465_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. <https://madmimi.com/p/6ffc83>
4. <https://madmimi.com/p/6ffc83>

No-weld Knots & grapes (2014-12-13 14:42)



[1]

This grape is called "Semillon Grape with Noble Rot"...This grape rots on the vine, & then the resulting sweetness left over in the very ripe grape, makes the great Sauterne wines...(think Chateau D'Yquem...)(My mother owns a wine



agency called Lorac Wine inc. , Lorac is Carol backwards...)[2]

[3]earlier try at the grape...This one came out too droopy. I was told by Joseph & my mother...![4]



[5]



"Noble Rot" three sculptures in one...

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_59fc52f5d26ad9a653a75f8fa3c5f5ec.jpg_srz_675_985_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_f01914fb376b493ac870d6d418729fa6.jpg_srz_563_750_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_66cb0c6ea4243cb6746249803236875c.jpg_srz_350_520_75_22_0.50_1.20_0.00_jpg_srz.jpeg
4. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_66cb0c6ea4243cb6746249803236875c.jpg_srz_350_520_75_22_0.50_1.20_0.00_jpg_srz.jpeg
5. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_7796f80e7777b95362909fc278221260.jpg_srz_535_395_75_22_0.50_1.20_0.00_jpg_srz.jpeg

No-weld magnetics prosthetic hand (2014-12-13 15:09)

Some of the things that I did along the way of trying to make a left hand prosthetic...

[embed]<http://youtu.be/g4k7JKZIlb4?list=UUHY6i7dLGRSxjffJfvKFrVA>[/embed]

In the beginning, before I put the Plasti-Dip rubber into the plastic tubing to hug around the mechanical aspect of the left hand...

[embed]<http://youtu.be/4-3DaRRPYEk?list=UUHY6i7dLGRSxjffJfvKFrVA>[/embed]

Demo of the two finger prosthetic-video above...



[1]

first try at the left hand prosthetic



[2]

the wrist that supports the hand...(got covered in marble & made into a sculpture...both were too heavy)...
materials:armatures inside the marble...steel rods, bolts, copper strapping, aluminum mesh, copper wire, not welded but threaded instead! (Sari's idea)...

This time I am going to cover this armature in black Plasti-Dip, a flexible rubber coating that will still allow the joints to move...The point of this complex armature is that it bends at all the finger joints & at the wrist...I really don't know if I will be able to make prosthetics that can be usable, but I figure it doesn't hurt to try, right?

Sari's Homemade marble recipe: Circa 1850 powdered resin, Aragonite sand, 3/4" alkaline resistant glass fibres, water...On top of no-weld armature: 10-24 threaded steel rods, bolts, 1/2 inch copper strapping, wrap with aluminum screen mesh tied on with copper wire...Last step: patina al fresco with real gold powder & resin with water...Notes: I cooked the piece later in the oven on low, which made the marble set better...Warnings: wear a respirator when



working, the glue fumes are headachey...[3]

(the gold one) It's made of homemade marble... On top of a no weld armature design that I came up with 'cause Joseph wouldn't let me weld... A gallerist broke the hand one day when she picked up the hand part (it's in 2 parts) & dropped it because she was surprised by the weight of it... The inside is heavy due to the steel rods & bolts & aluminum mesh screening... Also marble is heavy... But I left the break because it shows how an integral steel armature keeps marble from shattering... It is an important difference when a sculpture has an internal armature that is solid... lasts longer & is easier to fix when dropped... Covered in a real gold powder mixed with latex adhesive milk, brushed in al fresco (while marble was soft still)... It also went into the oven at 300 degrees Fahrenheit for several visits... I found out, while trying to repair the crack, that cooking the marble turns it into sort of porcelain... So it seems that porcelain is really just cooked marble... Neat eh? (accidents always happen for a reason don't they? Never would have discovered this if the marble hadn't gotten dropped)...

Notes: Ok so Powdered resin means powdered glue... You can actually use liquid glue too... Liquid glue is way easier to find in stores! Aragonite sand is calcium carbonate sand- you get this at pet stores, I got mine from Petsmart in the reptile section... Aragonite is a form of marble, so Aragonite sand is basically marble dust... But buying a bag of marble dust is really not easy at all... So go to the fish reptile section of your pet store & look for calcium carbonate sand or aragonite sand... That is marble! The alkaline resistant glass fibres are another strange beast... You can find these either at a sculptor supply house or from a company that specializes in cement supplies... The cement guys have the 3/4 inch version... The sculptor suppliers will have shorter one likes 1/2 inch... The glass fibres really help your marble hold together better, even just while you are applying it... It really is worth finding... It makes your sculpture a million times stronger...



[4]

Material Choices: M—, that is a question I ask myself all the time...Myself, I started with traditional materials...My mother stuck me in a ceramics lab at a local Y when I was just a dumpling...

There were real potters there...I learned the feel of clay, how to turn something on a wheel, how to make patinas & how they turn out if you fire them...Clay is hard & you learn that many shapes are not practical...It slumps...Colour is hard to guess...But it is a good learning ground for touch...That stays with you...Years later I wanted to be more serious...

I got several large pieces of alabaster, I mean LARGE...I got a chisel & hammer & decided I was going to carve pieces of a human body, to be strewn all over an outdoor garden...Carving like that is very robust, very physical...But wow you have to sand things...Sanding takes like months...I didn't like the sanding part...Plus I was frustrated that arms & legs couldn't protrude-they break if they are not tight into the work...Some more years later a product called Winterstone came out...It is basically a concrete type powder you mix with water...You build like a frame, an armature, then put mesh on that, then cover that mesh with the Winterstone...It comes ready to go...It is nice...This was more flexible for me...But it got expensive & I thought maybe I could figure out how to make the powder myself...Found out they call this "Ferrocement"...

There are books & groups you can join for Ferrocement...It is another "accepted" medium...I learned & designed my own custom mix, then I learned how to make an armature without welding...Then I decided to use my knowledge to make marble instead of cement...Cultured marble is also accepted...

But my husband thought my armatures were so cool he said I should leave them bare...No marble or cement...But I wanted colour so I started knotting coloured rope onto the frames...Which is sort of accepted as an art form, there are steel & nylon sculptures, but it is still a little out there...I am out on that limb right now, trying to decide whether I should go further with the rope & steel or whether it is too out there...In the meantime, I still have a homemade marble sculpture that for some reason I am covering parts of it with artificial grass & moss...

It is looking a bit now like those outdoor garden landscape sculptures-which are very chic right now- the ones with real grass & moss! So I am getting more ridiculous & less "accepted" in my media as I move forward...I think possibly this is how that progression works...I am actually careful about perceptions that way...

I like to be original but not so much that it is just weird...Polymer clay is really really cool to work with if you want to make prosthetics or miniatures...But yes, some artists are snobby about polymer-it is a niche group...Two

part epoxies like Apoxie Sculpt are very much like Winterstone- a concrete type material...I love that stuff too! A little pricey for a large work ...Blowing glass is HARD...Wood is a niche too-I feel guilty about using wood so didn't really go there...Made a cheese board once...A lot of sanding too...Bronze is a million dollars...You work in wax then often someone else casts for you...Then artists snob out that you didn't pour the bronze yourself...
Read More about the Spare hand...

[5]



This is a thumb & index finger prototype...I am starting again, again...

New magnetic spare hand

A spare hand project, some of the prototypes...(for someone who is missing their left hand, born that way... Thanks to Gwylym Owen @iliteratepoet on twitter for helping me come to the newer lighter more simplistic spare hand design...Gwylym spent many hours researching prosthetic hands for me, which helped me to coalesce the concepts...

[6]new magnetic spare hand version blog post

[7]<http://sarigrove.com/2013/02/11/sparrycarry-looking-for-a-name-for-a-prosthetic-hand-that-helps-you-to-carry-things-a-spares-hand/>

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_cbf0489acaf521b1fbad4a8433cd97b3.jpg_srz_280_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_4898e854430292c1bd78dd1dc132c471.jpg_srz_295_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_c6fae3838dcd4ca802b53e7a3dfcb6cc.jpg_srz_230_345_75_22_0.50_1.20_0.00_jpg_srz.jpeg
4. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_aa813546d97db9bd559f26014f867dde.jpg_srz_400_455_75_22_0.50_1.20_0.00_jpg_srz.jpeg
5. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_ab433774029b943a27025aac4c51b549.jpg_srz_400_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg

6. <http://sarigrove.com/2013/02/11/sparrycarry-looking-for-a-name-for-a-prosthetic-hand-that-helps-you-to-carry-things-a-spare-hand/>
7. <http://sarigrove.com/2013/02/11/sparrycarry-looking-for-a-name-for-a-prosthetic-hand-that-helps-you-to-carry-things-a-spare-hand/>
-

No-weld screen Daffodil (2014-12-13 15:37)



[1] *size 10-24 galvanized steel rods threaded, *same size bolts (*although one size up may be easier to thread), *1/2 inch copper strapping (comes in a box in the plumbing section of your hardware store)

[2]



The secret to making a cool No-Weld armature...

The key is the copper strapping, it bends...

By inserting your rods into the holes in the strapping & bolting them in, you can make all sorts of cool shapes...

(My invention because Joseph wouldn't let me weld...)

[3]<http://www.creationsculpture.co.uk/>

Creation Sculpture, Steve Blaylock...Here is an example of welded steel sculpture...Wonderful!

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_527c91c74a57cefa863896eb9139b1e0.jpg_srz_385_519_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/12Daffodil.jpg>
3. <http://www.creationsculpture.co.uk/>

No-weld essence of Bee (2014-12-13 15:44)

[1]



This was my first step in developing the no-weld armature concept...I don't use so much copper strapping anymore...You can see how the wings ended up flopping too in the finished piece...[2]



[3]

- bee recipe
- 2 parts white cement
- 1 part aggregate
- -the aggregate is aragonite sand plus alkaline resistant 3/4" glass fibres
- -Latex adhesive milk liquid plus water in one part as well
- I added Eco-House mineral silicate paint in blue to the mix for colour & underpainted a bee design on the body(stripey purple blue)
- -the gold is real gold powder from Exclusive Paints on Chesswood(new location) mixed with more latex adhesive milk brushed on with an Herban Cowboy shaving brush (unused before) put on AL FRESCO not after...
- The extra latex adhesive milk(Sutton Garden & Building Supply gave me extra strength) I over-added makes the bee move-it is more pliable than a regular 25 % to 75 % water mix, also more waterproof...
-
- But the wings do move or adjust to temperature differences, you will note the pictures look different...Hot weather can make cement crack due to dehydration & lack of "milk" in adequate proportion to climate severity...I put 50 % milk instead of standard 1/4, 'cause Canada is fierce!
- Winter March news: The bee is even stronger than before it likes its garden & is covered in dirt from spray, dog, & watering, as well as snow, from well, snowfall...
- So the mix works & yay! (Dog likes "Essence of Bee" too)...
-

- Thanks to Nick Nicholson Ferrocement Instructor for teaching me that elegance can occur in cement! (ok, I dropped the Perlite from my recipe 'cause it makes it lighter in weight but also more fragile/less flexible...
-
- I also dropped the white silicate sand because though it makes it stronger it does make it heavier...
-
- Personally also the Perlite makes it look lumpy in texture & the white silica sand is a little boring to work with...Bees are not lumpy at the wing, & certainly not boring...Ok that is a value judgement...They are a little lumpy & boring sometimes, but that's ok!)

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_9b947363a760b46121e5572f018b1bbd.jpg_srz_430_345_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_3f3d727426fb908c01df99ba276856f0.jpg_srz_995_830_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_d6524857126b3d3c8560105318bbdec9.jpg_srz_600_440_75_22_0.50_1.20_0.00_jpg_srz.jpeg

Nest for a Trumpeter swan (2014-12-13 15:50)

Nest for a Trumpeter swan...

(I should mention, these were designed for freezing cold winter weather...The swans sit on the ice of Lake Ontario in the winter...This is because when they are land, people come by with their dogs & the swans get scared...So they backtrack to the ice & sleep there...

When I put some of my test nests down on the ground near the water, the nests get hard from the very low temperatures...So what appears to be a tripping hazard, is not actually...

The Sisal rope was an earlier prototype, I did switch to a water-resistant rope that I was able to knot at a much tighter weave...

Also, putting some hay on top of the nest is a nice luxury...

I also took some of the thick colourful plastic wild bird seed bags that were now empty, & knotted them together into a flat circle shape, & used that UNDER a swan nest...This made the whole thing warmer...

My biggest problem was human predators...Parks & recreation people coming by & deciding to "clean" up by throwing the nest into the garbage bin...

These people even destroy natural swan nests, which should be illegal, but when a government agency does something illegal they call that a "Permit"...

It's like when ambulances or police cars speed, or the children of diplomat's kill somebody while drunk driving...It is all ok, because they work for the government...

Anywhoo...)

There is a how to on Instructables (see GroveCanada there)...

[1]<http://www.instructables.com/id/How-to-make-a-Trumpeter-Swan-Nest/>

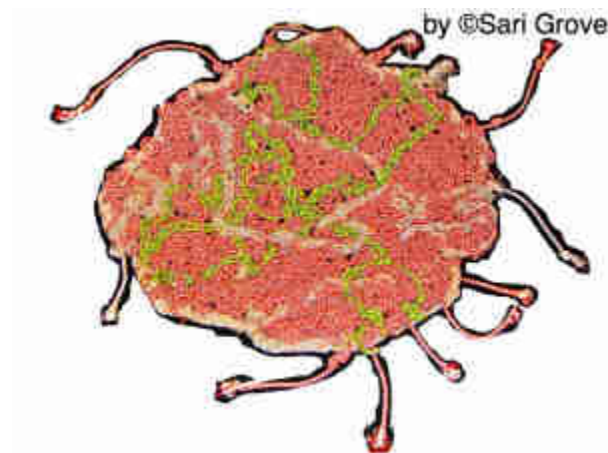
Sisal rope prototype...



[2]

This one is water-resistant ropes at 750 feet in diameter $\frac{3}{8}$ of an inch...(I made 8 different ones to get the design right...) About 43 to 48 inches in diameter...by Sari Grove, with help from swan fanatics...(also got help from Pepsi art grants)...

[3]



1. <http://www.instructables.com/id/How-to-make-a-Trumpeter-Swan-Nest/>
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_0ee1a60e790a3a46db60c086fd912ff9.jpg_srz_290_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_949e17eb40f9fed7438509c91ffd5c5a.jpg_srz_965_725_75_22_0.50_1.20_0.00_jpg_srz.jpeg

Tempesta oil Painting (2014-12-13 15:58)

[1]



Tempesta

A family of 4 Mute Swans who live on Lake Ontario...Drawn from memory into a Venn Diagram arrangement...Painted in Canadian made walnut oil paints without using any brushes...No turpentines were used either...Lovingly stretched by hand & attached to the hand put together Florida pine tongue & groove wood bars with black steel tacks at the back & copper tacks at the finished 2-1/4" sides...Length 48 inches horizontal...

[2]



Height is 36 inches upwards vertical...Finished in January of 2011...

A family of 4 Mute Swans who live on Lake Ontario...Drawn from memory into a Venn Diagram arrangement...Painted in Canadian made walnut oil paints without using any brushes...

No turpentines were used either...Lovingly stretched by hand & attached to the hand put together Florida pine tongue & groove wood bars with black steel tacks at the back & copper tacks at the finished 2-1/4" sides...Length 48 inches horizontal...Height is 36 inches upwards vertical...Finished in January of 2011...[3]



(Some of the yellow tones have been now retouched with some real gold powder(from Exclusive paints on Chesswood in Toronto) mixed with eco-dammar, 2012)...(because I felt the whole was slightly too much of yellow, which I love, but not everyone is a blonde, nor a fan of mellow yellow, like me...)

Buy a Tempesta peel 'n stick print

OILS, PAINTING, ECO-FRIENDLY, HANDSTRETCH

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_93b770419ba225a3166d48cc977e2cfa.jpg_srz_400_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_ff70da4f0730809c459e5845f155afc1.jpg_srz_400_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_3e329326c6b2e364d8a867d4690acfae.jpg_srz_400_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg

Knife painting Magnolia (2014-12-13 19:19)



Magnolia

Can you see the Husky Puppy named Sky eating the Amaryllis flower in the foreground? He was in my arms as he leaned forward to much on the floral delight...Sky works at Toose Art Supply if you are hankering to pat a friendly dog today...

The Magnolia tree bloomed & I caught it that evening, as I stood on the sidewalk, with my giant stretched linen canvas resting its crossbars on the construction cone's flat top...I stood & sketched each bloom in oil pastel...

Later, moving to a private garden, where I began laying down memory with walnut oil paint & painting knife, allowing my mind to drift a little so a happy accident might occur...Can you see the Husky Puppy named Sky eating the Amaryllis flower in the foreground?

He was in my arms as he leaned forward to munch on the floral delight...Sky works at Toose Art Supply if you are hankering to pat a friendly dog today...

[2]



My way of painting: Start with Plein Air...Oil pastels...Later use a knife & oils...Eco-dammar after 6 monthsI take a prepped linen canvas, already stretched...I like to prep with Liquitex clear gesso...Clear interferes less with colours...3 coats...

Then I bring along good oil pastels, Sennelier is nice...Lay your sketch down in oil pastels-you can use different colours

(buy the big box)...Then later, in oils & knife(outside in a garden with sunlight), I lay down colour in paint...What this does is it separates the image ever so slightly from reality-your colour memory will be different than true...

This liberates the subject a bit, so it is not quite real...It allows for some imagination to come through...The marriage of real & imagined is my hybrid style...Ya I'm totally into making things easier but still classy...if you learn to paint with a knife you don't need solvents at all, plus you save huge because brushes are pricy... (Also animal hair brushes have politics attached to them-depending on country & animal, so you get to feel self-righteous about the knife too)...

With the oil pastels you can lay down a really fresh well done sketch with your colour choices...Later, you can use oils with a knife (try this), & instead of using a palette that gets filled up with paint (messy & wasteful), just lay down your oils straight from the tube onto your pastel lines, all colours down first, then you can smush them in with the knife, which gives a wonderful marbly blend in places where colours touch & mingle...Then you get a thick painting with lots of texture...Ok the waiting to dry is way longer, but you get a total masterpiece...

You can photograph it fresh & post it on your Facebook or website & by the time it sells (maybe 6 months later), or goes to a show, you can lay on a coat of eco-dammar varnish...(I smear my eco-dammar on with disposable surgical gloves...Mine is from Eco-House.com)...I don't use solvents, or turpentines at all...How to paint my way...by Sari Grove

1. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/Under-the-magnolia-branch-a-husky-eats-a-flower-4618869285.jpg>
2. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/Back-of-Magnolia.jpg>

Pen & Paper Amaryllis (2014-12-13 19:26)



So...It began when my mum gave me & Joseph 3 giant white Amaryllis bulbs in a big green glass vase...Huge...I started drawing the bulbs as they bloomed, & then sent the sketches to my mum by email, by way of saying thanks...

Then, I needed bigger paper...Went to Grand & Toy & got a giant cardboard folder, & a giant pad of paper & a neat black pen (that came with a carabiner attached to a stretchy thing)...

Went home & did a giant pen sketch of the new blooms...

Took a photo of that sketch with my little sony dsc-t100 8 megapixel teeny camera from Henrys...

Uploaded that to Mac Snow Leopard from Sigma...

Then opened that sketch file in the free Mac Paintbrush application...

Went over all my lines again in black to make them bolder...(just with my mouse in hand)...

Then took that bolder sketch & stuck it in the online program called Psykopaint.com...

With the plain clear brush on the Van Gogh setting went over all lines again, to smush up the look a bit...

Threw in some scattered white scumbles...

Downloaded that file...

Uploaded that to Posterjack.ca ...Sent my mum a poster of this sketch...Went straight to her house as a thank you for the flowers...



[2]

The little sketch below uses the same method as the bigger sketch to the left...This one is just one of the blooms close-up...I threw some colour in the background using the Psykopaint program because the original was drawn on lined paper (with ballpoint...)

[3]



Buy Postcards on Zazzle (of the AMARYLLIS one, the sepia toned one-not the purple)click below...[4]http://www.zazzle.ca/blooming_bulbs_postcards-239225222204712795

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_98759a1ab1d279759acca7d27d6a9fce.jpg_srz_345_450_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_98759a1ab1d279759acca7d27d6a9fce.jpg_srz_745_1000_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_761da6fcd08c036340cd1ff190c2ce05.jpg_srz_415_496_75_22_0.50_1.20_0.00_jpg_srz.jpeg
4. http://www.zazzle.ca/blooming_bulbs_postcards-239225222204712795

Sari (2014-12-16 10:47:38)

Sigma:is the name of the Toronto company that sold me the Snow Leopard iMac I am using now... Deafness:The fluoride from the water from living near to a dental clinic can cause deafness in your dog... Links:Not all the links in this post are "hot", please fix...

Postcards:Consider ordering those postcards from Zazzle... Affiliate:would an affiliate banner slow load speed on this site? Yes...

Sari (2014-12-16 10:52:25)

Mint, leafs, cooked or raw, have lung cleansing effect & affect... Cilantro leafs are Copper to the brain for Parkinson's prevention... Laksa soup is good, recipe complex though...

Sari (2014-12-16 10:58:18)

[1]This the address of the Wix mobile site...

1. <http://m.sarigrove.wix.com/library>

Sari (2014-12-16 11:16:53)

[1]

1. <http://www.zazzle.ca/gifts?ch=grovecanada>

Sari (2014-12-16 11:19:12)

Click my name on this particular comment to see the Zazzle GroveCanada collaborative store historical archives... New work is at Society 6 GroveCanada store

Contact (2014-12-13 19:44)



[1] *Host***Awesome**

Our web host is called "HOSTAWESOME" & if you click on the little Mascot above it takes you to their website, where you can find out more information about Wordpress.org webhosting...

I have put this image & link there because I believe in HostAwesome & want to support them...

The link is also an Affiliate link which means if you decide to go with HostAwesome, they thank me with a commission...

Which is nice for me...

Grove@sent.com

is our eMail address...

If you want to write to us personally...

Please don't send us advertising or solicitations or mass stuff because then the real people's emails get lost in the pile & now you're hurting someone...

Thanks, Sari



[2]

Sari Grove Contact places & Info...(we use the web like we use galleries, we are nomadic...So as we grew as artists we moved blog sites...so you will notice it's like a historical resume-if you visit some of the older sites)...

[3]Oh...The site you are on is hosted by HOSTAWESOME & it is located at grovecanada.ca in case you forgot...This is a WORDPRESS.ORG site...(the plug-in kind)

[4]<http://h.bwell.mobi/grove>This is an ONLINE APP(HTML5)fully active

[5]<http://sarigrove.wix.com/library> This is the website on Wix we moved FROM to this one!

[6]Blog sarigrove.com(2014)

[7]Sari on Typepad(2103)

[8]Sari on Weebly(2012)

[9]Sari on Blogger(2011)

[10]Sari on Wordpress(2010)

[11]Sari on a different Wordpress blog(2009)

[12]Sari on Webs(I forget when-in between somewhere)

[13]Sari on Nabble(maybe 2007-ish?)

In Toronto:snail mail...(it is nice to get real mail...so go ahead)...

Sari Grove(or Joseph Grove)or both ie:Joseph & Sari Grove(don't say "Joe" he hates that)...

#306-15 McMurrich st.

Toronto, Ontario

M5R 3M6

Canada

phone:(Please don't call us if you can email instead, it really disrupts our work when the phone rings...)
416-924-9725
email:(if for some reason you think we didn't get your email, try grovecanada@fastmail.fm)
(but use this one first)

grove@sent.com

[14]



"It is easier to meet people when you are going in the opposite direction"...Sari Grove



[15] HostAwesome

1. <https://www.hostawesome.com/aff.php?aff=088>
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_ecf9d61efa92d57d1bcf071102bad956.jpg_srz_280_430_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. <http://www.grovecanada.ca/>
4. <http://h.bwell.mobi/grove>
5. <http://sarigrove.wix.com/library>
6. <http://www.sarigrove.com/>
7. <http://www.grovecanada.com/>
8. <http://sarigrove.weebly.com/>
9. <http://www.grovecanada.net/>
10. <https://groveontario.wordpress.com/>
11. <http://grovecanada.wordpress.com/>
12. <http://groveontario.webs.com/>
13. <http://grovegrove.1083874.n5.nabble.com/>
14. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_b12b3152c4b634fd26875b99ed25c23f.jpg_srz_485_340_75_22_0.50_1.20_0.00_jpg_srz.jpeg
15. <https://www.hostawesome.com/aff.php?aff=088>

Sari (2014-12-17 15:39:44)

<http://m.sarigrove.wix.com/library> This is the address of the Wix GroveCanada MOBILE site which can be accessed from a mobile device like an iPhone... I currently use an iPhone gold 4S & it works just fine... I got it slightly used on ebay.ca & had iPhix service in Toronto put in a new battery... iPhix comes to your home, picks up the device, does the repair offsite, & returns it to your home... They are the Robin Hood of fix-it services...Be forewarned...

About (2014-12-13 19:51)

[1]



Sari Grove. V.A.S.E. (a Vase is a 'visual artist self-employed').

[2]Cv Bio Artist Statement Chat with Sari Grove of GroveCanada



IFRAME: [3][https://www.scribd.com/embeds/109833480/content?start_page=1 &view_mode=scroll &show_recommendations=true](https://www.scribd.com/embeds/109833480/content?start_page=1&view_mode=scroll&show_recommendations=true)

A short story about how I am now doing sculpture again instead of painting:

It began when I stopped painting...This has happened to me before...My eyes start to "telescope", which is a painter's syndrome...

It means that each eye starts acting independently...You look left & only one eye goes that way...Some people used to think that telescoping was a gift, that it helped you to see your subject better...Either way my Dad was a neuro-ophthalmologist & eye health was & is an important way for me to honour him... So I decided to take a long sabbatical...

Then, of course, this Virgo workaholic got bored... So I started feeding Trumpeter Swans...They were the only waterbird that I was allowed to feed with impunity...I joined the Trumpeter Swan Society because I found out that members fed these black-billed-indigenous-to-North-America winter-loving swans who make trumpet sounds, from November to April(our winter), & this was totally legal...I feed Red Ribbon wild bird seed from Canadian Tire &

honestly, if I don't feed the smaller waterbirds first, the Trumpeter swans often won't eat...Very polite giants...

Anyhow...I noticed the swans weren't nesting...They didn't have nests...They were sitting on the ice...I thought that must be cold...So I decided to make them a nice nest that they could sit upon in the winter months so their bums wouldn't get cold...From my years & years of downhill skiing, which began at the tender age of 2 & a half, I felt tremendous sympathy for those who had a cold bum...As a child, sitting on those metal ski lift chairs, often in a windy icy cold climb, sometimes alone, sometimes with a kindly skier, sometimes with my brother, a cold bum was the only common denominator...

Most of the time when I skied I actually had no sense of bum at all- it's like it wasn't there, it was so numb... So I started weaving artificial Trumpeter swan nests...Took me 8 prototypes, & probably a year off & on, including help from kindly animal lovers who supported me in a grant request (from Pepsi)...Asking for money publicly online is a great way to get support & also people's opinions on your design...Once my prototype was public, I started scrutinizing it more closely than before...This led to a major design change... At some point, maybe halfway along the way, I asked for permission from TRCA to put a nest out on their land...TRCA is Toronto region Conservation Authority...They said yes but no goose could sit upon the nest...I was required to harass a goose off should that situation occur...Now I am old school & happen to know that it is federally illegal to harass a Canada Goose...So I said no...

I said I would build a giant sculpture of a Trumpeter swan & that would indicate to all waterfowl that this was Trumpeter swan territory & that geese would have to go elsewhere to nest... So then what happened is I didn't know how to build a giant outdoor worthy public sculpture that could survive Canada's winter & being near to a marina...So that is how I embarked upon another year long journey to learn how to work in Ferrocement... Ferrocement is basically ferro- or metal, with cement, actually concrete on top...It is actually a pretty-very-totally complicated thing to learn...

I loved it...So that is how I came around to working in sculpture again...(It seems to go in cycles...I burn out my painting eyes & then I end up sculpting...The last cycle I was carving alabaster stone with a hammer & chisel...As a potato dumpling child I spent an extensive period of time learning clay & patinas & firing in a kiln at our local highly equipped 'Y'...My mother came from a very serious couple of artist people, Grandpa's work is the founding collection at the Hockey Hall of Fame-see The Turofsky Collection at hhof.com, - & Grandma was a pianist...I inherited her long fingers...I think my brother got her toes...(His walk is that of a musician)...So my whole life I have been funded & encouraged & supported by my family...

My husband, Joseph Grove is also an artist...I say "VASE"...VASE stands for Visual Artist Self Employed...neat eh? (I invented that acronym, but you are free to use it...) Our intact lady bengal cats are also very artistic...Bengals are both very good with their hands/paws & are naturally very helpful...So they make perfect artist assistants...They especially help in areas I might forget, like smell...If something doesn't smell right they pooh pooh it...Like the nest...To be honest, the nest design I am on now, number eight, is made of very very lasting material...But the cats aren't crazy about it...They prefer the earlier version made of cheap Sisal rope...It smells better than the polypropylene stuff...The Sisal biodegrades...The poly doesn't...

I chose the poly...But I think I am wrong & the cats are right...The cats will sit on the Sisal one...The Poly nest they didn't go for... In the end, the Sisal rope nest is like a million dollars cheaper to make...Harder work for me, but the material is way cheaper...So Joseph will be happier if I make another...It's like 45 dollars compared to 300 dollars...Or 60 to 600, depending on how well I fill in gaps...I need about 750 feet of rope...For one nest...Like a 4 foot diameter that I weave by hand on my hula hoop...I may try using 3/4 inch Sisal rope next time if I can find it...But the cats are right...Biodegradable is a better choice...Number eight nest ended up as a base for the giant "Swanee" sculpture which sits upon a giant rock near a pond on a 45 acre property which lies on a Trumpeter swan flight path...The public permission process was too much for me, I went private...

Funny thing...As soon as the Trumpeter swan sculpture got installed, guess who showed up? The geese...Geese geese & more geese...With goslings...Omgosh goslings are so cute! So much for the territorial thing idea...Wonder when the swans will show up? At any rate, the people love love love the sculpture!!! (& I got about 12 thousand dollars, not including the cost of the nest & installation & all)... Now I am experimenting with making my own cultured marble...You will see some of the early works in the album... Sari Grove July 4th, 2012...



[4]
Joseph Grove, Sari's impossible husband...(looking angelic here, but don't be fooled)...

[5]



Sari Grove, supporting the November-men-growing-facial-hair movement...

Trivia: Sari was invited to join International Top Models at the age of 14...

One summer, in between university, Sari worked for Grolier selling encyclopedias door to door in rural country subdivisions of Ontario...

As an adult, Sari finally got to play harps, from Remenyi House of Music in Toronto...

[6]Sari's Author Page on Amazon

[7]WAMSOC Women's Art Museum

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_2fe235832b4644bc8eed8e415972436f.jpg_srz_400_300_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. <http://www.scribd.com/doc/109833480>
3. https://www.scribd.com/embeds/109833480/content?start_page=1&view_mode=scroll&show_recommendations=true
4. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_0b2b0fd627049a727aad82a90d1b8023.jpg_srz_265_405_75_22_0.50_1.20_0.00_jpg_srz.jpeg
5. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_de3feb19275c07f634f4cba5785e8eef.jpg_srz_325_270_75_22_0.50_1.20_0.00_jpg_srz.jpeg
6. <http://www.amazon.com/-/e/B00CDYF39Y>
7. <http://www.wamsoc.ca/>

Sari (2015-01-23 16:09:27)

About Sari Grove 1)They call me mellow yellow(Donovan) 2)'I'm your average everyday sane psycho supergoddess(Liz Phair)
3)Life is messy(Garth Brooks)

Links (2014-12-13 19:57)

Links:

Amazing people in the art world who have helped me & are brilliant, & nice...

<https://twitter.com/Iliteratepoet> Gwylym Owen (I innovated the prosthetic left hand during several conversations with this poet, who just inspired me with his wild ideas...had he had his way I'd be doing robotics by now, but the push was useful...I went with magnets...Small is beautiful...His poetry is very moving...)...

[1] http://plcolabs.blogspot.co.uk/2011/11/nihon-rising_07.html

...

Listen to an incredible voice, our very own @Iliteratepoet Someone to follow, support, hire & love...Sheer Brilliance

[2]<http://hwphenn.wordpress.com/>

Hanno Phenn... Unbelievable Digital artist & more...(Hanno helped me to move the Grove Body Part Chart forward into the future...First, I learned how to make a pop-up map for the chart...Then, I learned Anime, & made the Grove Body Part Chart movie using the animation skills I learned...I am now on the brink of going forward into

Anime, with thanks from this wonderful person...)

[3]www.nicholsonsculpture.com

Nick Nicholson...So I was stuck in thinking that concrete sculpture had to be thick & lumpy looking...Until I met this Ferrocement teacher whose work was elegant & graceful...I learned about sanding the work, about using wax to make it polished, & then I was able to invent my newer No-WELD model for armatures, where instead of using copper pipes & coupling, I use now steel rods & a unique way of connecting them using copper strapping that can bend...Forever grateful to this most generous Ferrocement instructor...

[4]<http://alphaomega.software.free.fr/contents.php>

Pascal helps to administer a wonderful piece of software called CPU SPEED ACCELERATOR...You can download it for free to see how it works...If you are doing 3d animation, like I am, in Blender 3d animation software, you will find that while Sculpting in Sculpt Mode, the program may crash due to increased processor needs...Once I downloaded cpu speed accelerator I was able to sculpt without Blender crashing...But this program works in the background for any application you use by streaming 100 % of the enrgy to the app you are on, so it won't crash...When I needed help, support, Pascal, answered me almost right away with a friendly & thorough answer...So they get a link here!

Jim Plaxco: [5]http://www.artsnova.com/art_mars_sands.html

His Martian Sand Ripples...

I was struck by how the sand on Mars came into 5 side nests...It reminded me of a trumpeter swan nest...That a circle is really sides attached together...So to make a circle shape for a nest for a swan, you could use 5 sides, instead of only trying to make that spherical shape which is tough...This is an ongoing environmental design project to make more permanent spaces for the swans & other waterbirds at Bluffer's Park & maybe of course elsewhere in the world...Our shores & islands are all bunched up, we need to make some on purpose spaces for our waterbirds...Jim Plaxco helped to broaden my brain about this...Thank you!

High Park Zoo Please support with prayers...

[6]<https://soundcloud.com/helen-davey-1/the-bridge-at-mirabeau>

Oh unbelievably good sound "painting" this means it is an instrumental musical piece that was inspired by another work of art in this case the classic great poem by Guillaume Apollinaire close friend to Pablo Picasso & inventor of the word "surrealism"...By Musician Helen Davey...feel your heart strings pull when you listen...Stunning!

MOZI-Q at [7]www.mozi-q.com

Gets rid of LICE...

It is pills that you can chew & they taste good...Homeopathic, the herbs inside contain the equivalent of these elements-Zinc, Iodine, Titanium, Manganese, & Magnesium, but in specific herbals that are all targeted to drive bugs away...If you or your children or your pets have been tormented by LICE try these pills...I ordered mine from Well.ca ...

I am a beta tester for [8]Happify.com If you or someone you know needs to be happier, go & request an invite...

Review of the Grove Body Part Chart:

"Sari, this is fascinating. And the structural, visual, theoretical framework around the balancing of the elements is elegant and beautiful. I'm awed at the amount of work and research involved. In all honesty, I don't think I will ever absorb more than a fraction of the information, but I love the presentation of the whole as a vision, a scientific work of art, or an artistic, scientific exploration. I appreciate how your access point to so much of what you do is your curiosity, empathy, problem-solving, engagement ... in the immediate world around you and the challenges it puts forth - as with the swans. I'd be interested to know more about the images: how they are formed, titles if any, particular point of inspiration... And I love the part about you being the yes person, and Joseph mostly just saying no. Sounds something like my relationship (I'm the one whose role it is to say no)."

Kirby Obsidian

[9]ObsidianBlooms.blogspot.com

[10]Happify(yes it's here twice! if you know someone who is sad or depressed, get them a free account at Happify...It is wonderful & it is scientific & it works!)

1. http://plcolabs.blogspot.co.uk/2011/11/nihon-rising_07.html
2. <http://hwphenn.wordpress.com/>
3. <http://www.nicholsonsculpture.com/>
4. <http://alphaomega.software.free.fr/contents.php>
5. http://www.artsnova.com/art_mars_sands.html
6. <https://soundcloud.com/helen-davey-1/the-bridge-at-mirabeau>
7. <http://www.mozi-q.com/>
8. <http://www.happify.com/>
9. <http://obsidianblooms.blogspot.com/>
10. <http://www.happify.com/>

How To (2014-12-13 20:07)

[1]Book of How Tos...



IFRAME: [2]https://www.scribd.com/embeds/105550130/content?start_page=1 &view_mode=scroll &show_recommendations=true

[3]<https://app.box.com/shared/xtn334dy9x1oqbqppouz> 7 awesome HOW To lessons from Sari...(online)

Hosted on Box.net is Sari's account there...

ferrocement

Do it yourself medicine

prosthetic left hand

knot a nest for a swan

armature no-weld

ferrocement sculpture

Grove Chart HOW

[4]How to...by Sari Grove (7 things)Here are those 7 awesome lessons as a cool PDF file you can download here...

(I am so nice!)

1. <http://www.scribd.com/doc/105550130>

2. https://www.scribd.com/embeds/105550130/content?start_page=1&view_mode=scroll&show_recommendations=true

3. <https://app.box.com/shared/xtn334dy9x1oqbqppouz>

4. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/How-to...by-Sari-Grove-7-things.pdf>

Bengal Cats (2014-12-13 20:14)

[1]



B'Elanna Grove born Dec. 1st, 2004



[2]

Jadzia Grove born April 16, 2005

Felis Bengalensis is the Latin root for both the Tiger & the Leopard...

Bengals are descended from the Asian leopard cat...

A geneticist at University of California Davis was able to breed an Asian Leopard Cat with a feral male black cat who hung out at a zoo...

She then bred the next 3 generations with Abyssinians & Ocicats(it is a little more complicated than I am letting on),

to get a stable domestic hybrid called the Bengal Cat...It is the 5th generation that is stable enough to live with humans...

The whole thing happened because they wanted to study why the Asian leopard cat didn't get feline leukemia, but they were too wild to study...Turns out 2 reasons...

1)They hide when confronted or ill, instead of attacking (which is why Asian leopard cats didn't work at the zoo-they hid too well)

2)They have a shorter bowel tract so they poop alot(the less domestic an animal is, the more able it is to poop whenever it has to)...

[3]



The pictures are a little old, because frankly, since both cats are still intact, we can no longer get them to sit still long enough for a decent picture...

Yes, these bengal ladies still have their ovaries...

Every day for 8 years now(update:B'elanna turned 10 on Dec. 1st, 2014), [4]they get 15 drops of Balance from Phytomet in their wet food...

We order 12 x 100 ml bottles from [5]Swallow Healthy Diet in England once a year,

which costs us about 12 dollars per month...As long as they both eat their food, they stay out of heat...

They both live indoors, & since they are both female, a breeding accident will not occur...

They also get a barbeque chicken from Longo's, chopped tiny, when it is on sale on Wednesday nights...A can of dolphin friendly tuna or salmon sometimes...

New: Sunday March 16, 2014: Petsmart is making their own food now...It is called Simply Nourish, it is grain free, we are feeding the chicken & turkey Adult cat food dry flavour, & our ladies love it! (I think Petsmart used the Innova recipe as a model, after last year's debacle when Innova food had salmonella in it-so petsmart decided to use the recipe but make sure it was fresh by making it in house...Anyway it is GREAT!)...(update: it was a little too organic & they poohed too much from it...)

We sprinkle some of ZiwiPeak's dry food(it's like beef jerky in little squares) on top of the Simply Nourish cat food dry Adult, for extra nutritional value & interest...

Update Dec. 17, 2013: Now they are eating ZIWIPEAK canned food (from Whole Foods market...made in New Zealand)...

They also get some chicken wings(no bones Mummy peels of the chicken for them) from the Crown & Dragon restaurant(Joseph's neighbourhood bar) & enjoy the occasional steak(Mum supplied the last one)...

We use Red Ribbon wild bird seed as cat litter...It is sold at Canadian Tire stores...It has no smell, is flushable, & is cheaper than cat litters...It also means that once we clean it out, we can reuse it to feed our neighbourhood pigeons, who have been getting fed once a week for many years now...By reusing the seed, we cut down significantly on garbage & plastic bags as well...

Kidneys: One of the first signs of kidney blockage is lack of poohing...Inappropriate peeing will happen too...This is your cat telling you she is not feeling well...This is what you can do right away...Pour some of your home olive oil or canola oil or whatever cooking oil you use on the palm of your hand...Then go to your cat & rub your hand along her or his back...They will lick it off...The oil will lubricate their chassy & help them to pooh...You can save their kidneys this way...Plus a trip to the emergency room...

Fleas or ticks or other bugs: Take a bare garlic clove & pierce it in several places with your fingernail, so the juices can flow out...Then pat your cat with the garlic clove in your hand...Rubbing the garlic juices into their fur gets bugs to leave quickly...(well, this sort of works but once they figure it out you cannot catch them again)...

Zodiac Flea spray for cats & dogs...We get ours at Wooftown in Toronto...You can spray it on your bed, you can spray it on your hand then rub it on your cat...It seems to be less dangerous than the other brands...(sprays are not my favorite thing though FEBREZE is a lifesaver-spray a pee area & all the smell goes away!)

Life brand lice shampoo from Shoppers Drug Mart (ask the pharmacist for it)...This shampoo is good for yourself, but also it works if you just put some on your hand then pat your cat with it...You can leave it on, or wash it off...You can rub some on your pillows or wherever too(without washing it out)...

Human Roundworm, Pinworms, bedbugs, etc. : This stuff is SERIOUS...If you think you have fleas or bedbugs but they are still driving you crazy after two years or some other ridiculous amount of time, you may have RING-

WORM or ROUNDWORM...

The product is called (oral)COMBANTRIN the drug inside is pyrethrel pamoate (same as all the other stuff but this is oral), get it from the pharmacist at Shopper's Drug Mart at Yonge & Davenport (RAVI)...

[6]or easier get Combantrin or pyrantel pamoate the drug name from WELL.ca online & they deliver to you fast...

1 pill for every 25 lbs of your human body weight...Yes you need to take this yourself...Buy a pill splitter...Cut a pill in half...Half a pill is for 12.5 lbs of body weight...Crush that on a plate with the back of a spoon...Mix in some delicious wet cat food...(oh yeah, pyrantel is indicated for roundworms but it totally works for lice for HUMANS & animals too-off label so be careful)...

Let your cat eat it(only for expert cat people by the way)...I am assuming your female cat weighs around 12.5 lbs...If your dog weighs 50 lbs. then two pills crushed in food...Do this to get your pet cleaned out...Worms are gross, painful, dangerous & can be fatal to both humans & pets...

Human Roundworm is a CDC parasitic infection (emergency to the centre for disease control people)-people died in 2003 in NY & in 2009(Ny as well I think)...Often raccoons will have ringworm (the topical form) or Roundworm(the inside your stomach form)...

They can take Combantrin too...(This is your vet won't prescribe stuff without you bringing your sick pet in in person & you don't want to stress them out further...) Dr. Paul McCutcheon is the HOLISTICPETVET.com (The Stress-Health connection is the book!)

ALSO:You can take Combantrin pills if you have lice or bedbugs or something driving you crazy & the topical stuff isn't working...These are pills & you will FINALLY get rid of whatever is biting you...(You can take more than the two rounds they say on the box-I did...My body weight was too high for the two rounds to work alone...I ordered mine from Well.ca because my phamracist wouldn't sell me more...)

[7]New: MOZI-Q at Mozi-q.com makes a pill that is homeopathic that makes lice hate you & your cats...You can give 1 pill for say like a 12.5 lb cat, or take like 8 pills a day yourself...(I get mine from www.WELL.CA)

Dec. 2014(they are now eating Ziwipeak canned food from Whole Foods market & Wysong Feline Uretic dry from Wooftown)...(Plus snacks like barbecue chicken from Longo's on Wednesday nights...)

Baths: A cat allergy is just an allergy to dirt...You'd be allergic to humans if they never took a bath! Our ladies get a bath every once in a while-if their dander is too fluffy, if they smell, if their bums are dirty & so on...

This is how we do it...Fill a bath about one third up with warm water & some sort of gentle shampoo...Ours get Paul Mitchell Special Tea Tree Oil shampoo because that is what mum uses...When bath is ready, approach cat with nothing in your mind...(They can read minds)...Pick up cat on either side of torso in a way they cannot scratch nor bite you...

Walk quickly to bathtub & put cat in...Holding cat now by scruff of the neck with one hand, as quickly as possible scrub bum, crotch, & do a once over of everything else...Face & ears are last...The entire thing should be faster than making toast...

You lose points if you get scratched or bitten...Wearing a tank top ensures there are no sleeves for cat to grab onto...Drying with a towel may not be possible as cat may just jump out soaking wet & run to hide under the

bed...Later cat will tell you what a good idea a bath was...Don't worry, scratches heal pretty fast...

Homemade Dry Food-We've used the one called "Kitty Biscuits at the link below...Though I skipped the bran...My variation was just one pound of ground chicken, one box of baby oatmeal, & some (1/4 cup)olive oil...brown the meat then mix with the oatmeal & oil...Form that into tiny shapes then put on cookie sheets in a preheated oven at 250 degrees for 3 hours...Let cool & air dry for 24 hours...

<http://www.nocans.com/cat-meat-treats.html>


Nails: Our cats bite their own nails...No trimming necessary by humans...

Better cat food:We have found that the Wysong feline Uretic dry food is amazing, & they also really like(Thank God for goodness!)the Wysong feline/canine canned food in the turkey & beef flavours & we get both from Wooftown which is across the street from the Summerhill LCBO on Yonge, but tucked in a little bit on that sidestreet at the back of a parking lot in warehouse type(really nice place & people)store...(first time it's a journey, 2nd time you know where it is-they now offer grooming, dogs I think only for now, about \$70 & I saw a "client" pooch come up happy & unstressed & flowing hair!)

Other stuff:There is a technique with a thermometer that takes a cat out of heat...We learned from a Youtube video...It works...We do use it if they haven't been eating their Balance & have gone into heat...Again, only for serious cat people...

1. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_8d4050c5668dfc7b7ee4cbddb995ca55.jpg_srz_400_300_75_22_0.50_1.20_0.00_jpg_srz.jpeg
2. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_568804dea453871f8adf25abcef45ebc.jpg_srz_254_190_75_22_0.50_1.20_0.00_jpg_srz.jpeg
3. http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/53c1be_32b7cd82b41d4462aba390e58532823b.jpg_srz_626_240_75_22_0.50_1.20_0.00_jpg_srz.jpeg
4. <http://www.swallowhealthydiet.com/Pet-Range/Animal-Supplements/Balance>
5. <http://www.swallowhealthydiet.com/>
6. <https://well.ca/>
7. <http://www.mozi-q.com/>

Tweeting to myself on Twitter(that is not a euphemism)...(about Glaucoma, Smoke, & toothpaste)!
(2014-12-13 23:34)

[1]  (image is a still image from an animated short film by Sari Grove made using Blender 3d animation software...The still was grabbed using SimpleMovie software for Mac, export as picture, then you get a PCT file, which then I used "image Converter for jpg" a free online service to convert pct to jpg...)

So I sent this tweet out...

@GroveCanada: "When smoke gets in your eye...I see a correlation between people who cook & glaucoma...Especially in Africa where you cook over a fire..."

& then I thought about it, & tweeted this response to myself...

@GroveCanada: "which means that Fluorine, antagonist to Bismuth(smoke) should reduce glaucoma risk...Could we send our toothpaste to Africa?"

Ok, so it occurs to me I should I explain my Tweets...140 words or less is maybe a little brief when it comes to talking about glaucoma...On the other hand, maybe if medicine was forced to limit itself to a Twitter sensibility, it might not bore people so much...

'Dude, it's going to kill you!' might be more helpful than the paragraphs of obfuscatory language warning people about possible side effects of a drug...It's like watching the credits after a film...Most people leave...A few diligent good people sit dutifully & read the names of strangers who have helped to make the film possible...Yawn...

Anyways...

Ok, about glaucoma...

It really strikes people in poorer areas...Especially in Africa...

I was thinking that maybe that is because people in poorer areas might be more likely to cook their food over a real wood fire...

The smoke from that can be amazing...

Smoke is airborne charcoal...Bismuth on the Periodic Table of Elements...

On our Grove Body Part Chart, we have Bismuth in the Colon section...

Here...[2] ✖ See the letters "BI"?

Bi stands for BISMUTH...

You will notice that the Bi Bismuth is in the PLUS element column of the Chart...

The letter F, is beside the Bi, & stands for FLUORINE...(Yes, like Fluoride, but Fluorine is the actual element-Fluoride is what they call it when it is in water, usually)...

F Fluorine is in the MINUS element column of our Chart...

Which means that Fluorine & Bismuth are opposites...

Now Glaucoma is an eye problem that happens very slowly over a very very long time...

It is a buildup of eye pressure, then fluids build up, & the clogginess(is that a word?) around the eye & the clogginess around the retinal nerve & the stem there & I am not going to be too technical here, well all that clogginess builds up...

Eventually the clogginess(yes I am sticking with clogginess)causes the fluid pressure to like degradate(another iffy word) the giant nerve that feeds the eye, & stuff starts to like, well, degradate...Like rust...Mold...Too much

water...Fall apart...Weaken...

Anyways, you start to go blind...

Now my idea about how glaucoma happens is that, well, smoke gets in your eye...For years & years you are cooking over an open fire...

You're inhaling alot of fire wood smoke too...Bismuth...Charcoal...Bi...

That Bismuth starts to clog things up...Over years & years...

Now that I think about it, or is it just the Bismuth, the clog, that is BLOCKING your vision PHYSICALLY...

Like you literally have Bismuth in your optical nerve?

That makes sense too...Bit of both then...(MY first was more from what I have read about glaucoma, but now that I think on it, the smoke in your optical nerve thing makes even more common sense...)

Anyways...

Fluorine is opposite to Bismuth...

I know that because I invented the Grove Body Part Chart...It's mine...

The whole idea, long story short, is that there are 2 elements that live in each body part that must be in balance as opposites for health...

Illness is imbalance...

So Glaucoma would be an imbalance of too much Bismuth not enough Fluorine...

hence the toothpaste Tweet...


North American toothpaste usually contains Fluoride...(Though I use non-fluoridated toothpaste, because our water supply here in Ontario is WAY too much Fluoride added & my teeth were getting thin in the front from it...)

So I was thinking if we introduce toothpaste from North America to poorer people who cook over fire in Africa, that the extra Fluoride from the toothpaste would help to mitigate some of the excess Bismuth in their system, possibly unclogging internally some of that charcoal clog in their optical nerve?

Ok, I am not being entirely serious, but still, the concept is right...

Plus, in North America, we have way too much toothpaste...

Smile...

[3]  My cup runneth over image by Sari Grove made using Blender 3d animation software(yes, this is a still shot from an animated sequence of water being poured into a glass & running over the brim...You'll notice the glass is cracked or flawed in its centre...Also there is no actual water IN the glass, it is actually just hitting the brim & running over...This is NOT photography...The whole thing was "drawn" in Blender...The program uses Physics to calculate how water or any liquid should flow, though you temper that by adjusting things like for viscosity in real water...

1. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/dandelion.jpg>
2. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/chartee.png>
3. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/001231.jpg>

Sari (2014-12-14 12:56:59)

<http://www.online-convert.com/> Online Convert is where I converted the PCT file picture of the Still Image from SimpleMovie into Jpg...

Facebook conversation about the 36 lbs. I lost recently on the raw plant based diet... (2014-12-14 08:21)

[1]  So...

If you ever wondered why women are spending so much time on Facebook, & what all they are talking about, here is an excerpt of something I wrote when asked about the 36 lbs. of weight that seemed to have just fallen off my body when I began the raw plant based diet thing...

I should note, I WAS NOT TRYING TO LOSE WEIGHT...

It was just a side effect, an accident...

I did not restrict calories AT ALL...

So anyways...People want to know WHAT exactly I ate...Here that is...

"Giant bowl...

Shredded cabbage, shredded broccoli, shredded carrots, avocados, green apples, trail mix nuts with dried

cranberries, sesame seeds, cherry tomatoes, really everything on the planet in the salad vegetable section, sprouts like those little sprouted mung beans I think they call them come in a package already sprouted for you , beans...

For salad dressing-olive canola oil a lot with some apple cider vinegar & horseradish mustard...

During the day, handfuls of nuts & raisins for snacks...

Absolutely no quantity restrictions, just no meat, no breads, no sugars, no dairy...

But I did it for health not weight loss-but the weight just fell off like wow fast...The raw stuff gives tons of energy, cooked vegetables not enough...

After 6 months, I stopped though...

I started grinding my teeth at night-apparently lack of B12 can do that...So your husband is right...It can be dangerous...

Didn't quit coffee or tea-THAT would be crazy!(smile)"

[2] ✖

Herbs, stale & antibiotics...

When you eat the herbal form of a medicine, like you take a pinch of Madagascar Periwinkle, the herb, it's like bits of dark grass pieces, you chew it a bit then swallow with some liquid-when you eat the herb straight like this, it travels all through your body gathering gunk it doesn't like, spreading its joy & beauty around, having an altogether good time & you get so healthy with the Iodine rush...

When you take a Vinpocetine PILL, which is the medicine derived from the herb Madagascar periwinkle, the Iodine thing, it travels PLOP down into your belly & sits there carving a hole there with its intensity & the pill maybe contains the BOTTOM parts of the herb like the stems & such which have a tendency to hit your ovaries very directly instead of gently like the herb format, so your ovaries get hit hard & you can feel that...

Now when you take TAMOXIFEN, which is the highest drug form of Madagascar Periwinkle, the prescription form of the Vinpocetine which you get over the counter, the tamoxifen hits your UTERUS like full force & can cause UTERINE lesions cause the Iodine is just so strong there...

Now women are taking Tamoxifen because they are in a CRISIS & need something in a big whole rush...So it is helping very much...Women are getting uterine lesions though cause it is a drug & it is an Iodine drug & that is so strong on your body...

Now if you go the herb route, you have to do this every day, like for a very long time...You have to buy the herb, & you have to chew it & swallow it & chewing is work & so is swallowing...Or you could boil it & make a tea & drink that...But boiling is work & waiting for it to boil is work & drinking it doesn't taste great plus drinking is work plus the waiting time of letting it cool off...

So this is why women(& men) opt for drugs...Because it's FASTER...

This is also why I am a supporter of the SLOW FOOD MOVEMENT...

I happen to be the slowest eater on the planet, so when the Slow Food movement began in Italy was an early adopter...(I was at VINITALY in Verona like in the early 1990s one summer with my mother for her wine agency business...She was scouting for new wine suppliers & I was dicking(cannot think of a better word forgive me) around wondering how she worked so hard cause I was exhausted...)

About staleness...In Canada things sit o the shelf for a long time...Drugs...Shipping times are extraordinary because it's cold & things are far...So drugs are often stale...(Probably good/safer when it comes to Tamoxifen though)...

So you could take a full round of antibiotics in Canada & still be chronically sick with a lung infection...

Stick some Cayenne pepper into your tea by the way, it works like antibiotics...

Antibiotics are basically garlic...Garlic gets stale fast...In fact you can eat raw garlic instead of antibiotics & you will get almost exactly the same results sometimes better with the garlic...Eat it with plain yogurt if you do cause wow it is hard to eat alone...

On our chart, garlic, antibiotics, Insulin, Cayenne pepper are ALL in the same SELENIUM family...

Se Selenium is in the Pancreas, a Minus element...(It's opposite is SULPHUR think Sugar)...

[3] 

1. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/001.001.png>
2. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/Photo-on-2014-12-11-at-16.45-3.jpg>
3. <http://grovecanada.hostawesome.com/wp-content/uploads/2014/12/smaller-chart.jpg>

R.E.D.D. & Lake Tahoe & Toluene as a toxin... (2014-12-14 21:47)

[1]

Grove Body Part Chart		
Organ	Minus Element	Plus Element
Thyroid	Frontal Lobe R Zinc	frontal lobe L Lead
Thymus	motor cortex l Manganese	motor cortex l Iron
Lung & Lymph Nodes	parietal lobe r Titanium	parietal lobe l Aluminum
Heart	medulla oblongata bottom Potassium	medulla oblongata top Aurum
Kidneys	Pons bottom Carbon	Pons Top Nitrogen
Pancreas	Occipital Lobe right Selenium	Occipital Lobe left Sulphur
Liver	cerebellum r Oxygen	cerebellum l Hydrogen
Adrenal Gland	pituitary gland r Iodine	pituitary gland l Calcium
Spleen	globus pallidus front Copper	hypothalamus back Phosphorus
Gallbladder	Broca's area front Magnesium	Wernicke's area back Mercury
Colon	temporal lobe r Fluorine	temporal lobe l Bismuth

So there was a toxin spill at Lake Tahoe & people got sick & many died & the toxin was called TOLUENE & one of the illnesses is called R.E.D.D. ...

REDD is an acronym...

Anyways long story short here is my take on Toluene poisoning...

Toluene's chemical composition is CH₃...

One Carbon...

Three Hydrogens...

Excess Carbon in the Kidneys is in the Down's Syndrome family of problems...Also Carbon Dioxide poisoning...You treat that with its opposite, Nitrogen...

Nitrogens are found in vegetables, plant based things, salads, green grass you sit on, & especially in Beets...Bodybuilding supplement stores carry Beet powder called ARGININE...It is way alot of Nitrogen...That is good for excess Carbons...Or just eat alot of Beets...Or Beet juice...

Now Hydrogen poisoning is in the family of hepatitis, Chronic fatigue syndrome, Alcoholism poisoning, Common Cold & Mononucleosis...They are all a wet drowning Liver...You treat those with Oxygen...Oxygen is OPPOSITE to Hydrogen in the Liver...I am using my Grove Body Part Chart(the one above also has brain parts so don't get too confused...)

Oxygen things are fresh mountain ski slope air, Goji berries, Dandelions, Milk thistle, Sundried tomatoes, the drug Colchicine is just like Saffron the thing you cook with but stronger...

In fact Saffron in high doses is medicinal too...5 grams of regular Saffron can kill you as can taking too much of any Oxygen thing, think Cyanide when you think Oxygen...

Cyanidins in grape skins & berries are also Oxygens by the way...

So pick your remedy...

That is what I think about Toluene poisoning...

Ken Wilber speaks more on that subject...His website is [2]<http://www.KenWilber.com>

Update this Monday Morning 1:25 am:

The brain parts involved in Toluene CH₃ poisoning, are,

For the Carbon C excess in the Kidneys, the brain part is the Pons, & in the body parts the polarity of Carbon should be on the left side of the body, so the left Kidney would have the excess of Carbon predominantly...In the Pons, which sits just above the brain stem at the back of the head above the Medulla Oblongata which sits more centrally on the brain stem at the back of the head & neck area almost...The Pons controls the Kidneys...So any kind of therapeutic massage technique that addresses the back of the head above the neck area, but the lower part of the back of the head, would help the Pons to cleans itself, & would stimulate better circulation to help the Pons rid itself of the excess Carbon from that first molecule of the Toluene...

[3]See Book V:The Brain

for more about the brain parts as they relate to the body parts,

& also see

[4]DIY medicine:A repair Manual for the introduction to the brain parts...

Note:It would be the RIGHT side of the PONS that controls CARBON output...

For the Hydrogen H excess in the Liver, the polarity would be on the right side of the Liver in the body, the right side is the Plus element dominant side & has the Hydrogen production...In the brain parts, the CEREBELLUM is in charge of the LIVER...IN the Cerebellum, the polarity of the brain parts would be that Hydrogen production would take place to the LEFT side of the Cerebellum...So the excess Hydrogen would be residing at the Left side of that brain part in the head in the brain...I like Saffron as an Oxygen thing that is relatively safe to ingest(people do every day in food), that will easily transmit through the blood brain barrier & reach the cerebellum to Oxygenate it & remove some of that excess Hydrogen that is drowning that brain part...

[5]



Sari Grove

[6]Follow Sari Grove's board Like "Places to Go" or "Recipes to Make" on Pinterest.

Update in response to a question [7]on our Facebook Page...

" [8]<http://www.integralworld.net/redd.html> I met two psychotherapists in Toronto at Whole Foods(their dog Gigi approached me!)...

(Blake Carter [9]<http://ontario.psychotherapyandcounseling.ca/blake-carter> & Diana-sorry I don't have a link)...

& was chatting with them about how art & medicine intersect...

Ken Wilber was mentioned because his field is Integrative as well...

Anyways, my chart, the Grove Body Part Chart, is a way to approach ailments & understand them at a basic level...

Diana said that Ken Wilber was suffering from something called "REDD", the aftereffects of the Lake Tahoe spill...

I offered to look into Toluene poisoning using my chart to get in to what the illness affects...

Which resulted in my blog post...

But the link here takes you to Ken Wilber himself talking about the spill in more detail & his analysis of the effects...He has more about that in various places which you can find by Googling his name & Lake Tahoe or REDD or Toluene...

(I should add two things here...Since Toluene is a CH₃ poisoning, that means it is Carbon & Hydrogen poisoning...

On my chart, Carbon is antagonized by Nitrogen, & Hydrogen is antagonized by Oxygen...

So if you were going to add Nitrogen & Oxygen to your diet, two powerful sources are:

1)for Nitrogen, Beet juice

2)for Oxygen:Apricot kernels..."

My Answer to a Facebook comment:"You're welcome! & Thank you! The more we all put our heads together, the better we can solve solvable problems...I'm sorry you have symptoms...I bet you can fix that...When you do, come back & tell what you did that worked...CFS chronic fatigue syndrome is very similar to the REDD problem(the Hydrogen excess), though minus the Carbon excess...A raw plant based diet for a little while will also boost your Nitrogen levels...The apricot kernels are a really strong source of Oxygen that will boost your energy...You can eat like 20 apricot kernels a day-they are nutty & a little bitter, but not totally terrible..."

1. <http://grovecanada.ca/wp-content/uploads/2014/12/brain-parts-sides.jpg>
2. <http://www.KenWilber.com/>
3. http://grovecanada.ca/?page_id=38
4. http://grovecanada.ca/?page_id=38
5. <http://grovecanada.ca/wp-content/uploads/2014/12/the-brain.jpg>
6. <http://www.pinterest.com/grovecanada/like-places-to-go-or-recipes-to-make/>
7. <http://facebook.com/sarigrove>
8. <http://www.integralworld.net/redd.html>
9. <http://ontario.psychotherapyandcounseling.ca/blake-carter>

Sari (2014-12-26 00:15:18)

Yoga is all about poses...Like being a supermodel & you pose for a photoshoot...Pose pose pose pose... (Bikram Yoga has about 27 poses...)(You have to remember 27 different outfit poses for your modelling photoshoot) Qi Gong is about animal movements & you make a sound like the animal...Grr you are a tiger & you pounce & you make the sound :”Grrr”... Tai Chi is about making the animal movement without making a sound...You are a spotted zebra running gently through the woods quietly without a noise of hoofs hitting the ground in long tall grass on a windy but warm summer day like good for sailing... Tae Kwan Do is all about the colour of your wind...Yellow stripe, brown stripe, ageing, time, experience...There are levels like Paschel’s levels in life...You actually have to learn each level...Or not...Some people think that levels of maturity just happen as life goes on naturally & you don’t have to force it... Karate is about fighting...Starting a fight...Picking a fight... Kung Fu is about ethics, like when do you fight, what moves are legal & which moves are not acceptable...Normally there are 5 acceptable things you can do when someone wrongs you, it is more defensive...There is a movie where the thief uses 6 moves & the defender uses only 5 moves & wins...This is because self-control, in a public venue like a movie, can win the respect of the audience, then you win by more votes...So even though a thief may be better at doing something, he still goes to jail because he broke the ethical law by using too many moves, too many cheats, too many machines instead of his own hands, too much money instead of paying her dues, & so on...Yes the meek can still inherit the earth in Kung Fu rules... P.S. This is an opinion piece that is still a work in progress...

Sari (2015-01-14 15:25:15)

<http://www.integralworld.net/redd.html> I met two psychotherapists in Toronto at Whole Foods(their dog Gigi approached me!)...(Blake Carter & Diana)... & was chatting with them about how art & medicine intersect...Ken Wilber was mentioned because his field is Integrative as well...Anyways, my chart, the Grove Body Part Chart, is a way to approach ailments & understand them at a basic level...Diana said that Ken Wilber was suffering from something called ”REDD”, the aftereffects of the Lake Tahoe spill...I offered to look into Toluene poisoning using my chart to get in to what the illness affects...Which resulted in my blog post...But the link here takes you to Ken Wilber himself talking about the spill in more detail & his analysis of the effects...He has more about that in various places which you can find by Googling his name & Lake Tahoe or REDD or Toluene...(I should add two things here...Since Toluene is a CH₃ poisoning, that means it is Carbon & Hydrogen poisoning...On my chart, Carbon is antagonized by Nitrogen, & Hydrogen is antagonized by Oxygen...So if you were going to add Nitrogen & Oxygen to your diet, two powerful sources are:1)for Nitrogen, Beet juice 2)for Oxygen:Apricot kernels...

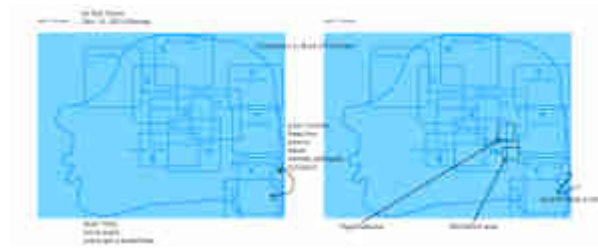
Can you hear what your cat your human your swan is thinking? You may have had a concussion...
(2014-12-15 16:01)

- Soundwaves are large...
-

- Thoughtwaves are smaller...
-
- Our brains are designed to hear soundwaves...
-
- When you get a concussion, your brain swells up...
-
- Sometimes you end up with a permanent swelling, edema, that stays that way...
-
- The swelling makes your brain smaller...
-
- If it makes your brain smaller anywhere near the hearing area, it affects what kind of waves you can hear...Because a concussed brain is now smaller, sometimes only the smaller thoughtwaves get through, where they did not before...
-
- So when you are very close to a person or an animal(people are animals but anyways), the smaller concussed brain can hear the tiny thoughtwaves in the other creature...
-
- if the brain heals & goes back to normal size, the larger waves come through again, & the brain is no longer able to process the tiny thought waves...Many people who were once concussed can hear the smaller thoughtwaves, but don't admit it because they think it's crazy...
-
- It's actually scientific...[1]



[2]



1. <http://grovecanada.ca/wp-content/uploads/2014/12/the-brain.jpg>
2. <http://grovecanada.ca/wp-content/uploads/2014/12/Book-5-Corrections.jpg>

The reason why Christians started softening their stance on likenesses in "art"... (2014-12-15 23:16)

The reason why Christians started softening their stance on likenesses in art...

Answer...They were getting killed...

Ok, I could flesh that answer out a bit...

Christians were running around getting really angry about "artists" doing likenesses in art...

Not just naked people...

Anything that looked like something God had created...

So anyway...

The people who had spent a really really long time making their statue of their wife or of themselves or of a golden calf did not like having their "work" denigrated...

Also...The people who were busy making things that sort of contravened what the Old Testament said weren't exactly religious people...

So, like, they were dangerous...

Kind of like that big scary guy at that biker bar who sits in the corner...

He might be nice, he might be not nice, either way, I am not about to go up to him & tell him what I think of his realistic tattoos...

That they should be more abstract...

It is just not a smart thing to do...

But Christians were doing this sort of thing & getting into alot of major trouble...

So anyways, one of the Popes saw this happening & was like:"Ok, enough...Leave it alone...This is not worth it..."

So then other Popes afterwards continued in that tradition of softening their stance on that, & some of them wrote little books about it, to make sure Christians didn't go bugging that big guy at the bar anymore & getting beat up for it...

So that is how Christianity started to soften its stance on realism in art...

You got to choose your fights...Pick your priorities..Weigh your options...Is this worth it to me or not?

ON another topic, but still in the religion section of my brain...

The video below is excellent & if you go to the Youtube page for the Video, there is a link to the book, which I just bought...

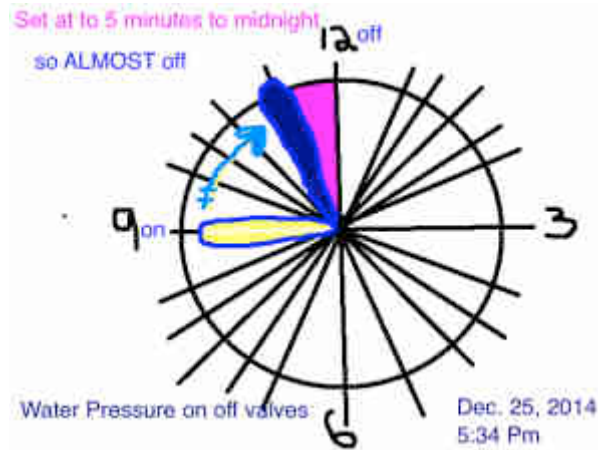
[1]or you could just click here & see the Amazon page directly without going first to Youtube (& buy the book...)

[embed]http://youtu.be/2l3hQ83LZNg[/embed]

1. http://www.amazon.com/Unlikely-Glimpses-Grace-Patrick-Vaughn/dp/0692341404/ref=sr_1_1?ie=UTF8&qid=1418680550&sr=8-1&keywords=unlikely+glimpses

Front Loader washing machines (LG in this case)... (2014-12-25 23:15)

[1]



So...

1) Look closely at the HANDLES of your water pressure on/off switches (ours are like handles)...Or take a picture & make it bigger on your computer...Or use your iPhone flashlight to see better...Or get a young person with big eyes to look & see which was on & off is...In the case in the picture, ON was to the LEFT at 9:00 pm...OFF was UP at Midnight...

2) Why? Because our handles (there are two), were both set to Full water pressure ON...9:00 pm on a clock...The water pressure in our building is so good that the water flowed very hard & fast & broke the Solenoid inside the plastic intake valve on the Cold water inflow...The Solenoid is a little door that keeps water from running into the machine when it doesn't want water...If the little door breaks you get leakage INSIDE the washing machine...(Front Loader Lg in this case)...

3) So...In Conclusion...The LG repairman (C. from Nova Scotia), set our (both) on off water handles to 5 minutes to midnight, where On is 9 pm & off is midnight...This means less noise & less likelihood of the Solenoid doorway inside the intake valve on the cold water intake place, less likelihood of it breaking & you get interior washing machine leakage...

4) What happens if your Solenoid is broken inside that plastic intake valve on the cold water intake (the one closest to the middle of the back of the washing machine on the LG model we have...) They have to unstack the dryer off the washer...Two people (preferably three)...They have to remove the top lid of the washing machine...Unplug some wires...Remove the broken intake valve & replace it with a new one...Put everything back together & restack the dryer onto the washer...(note: Unstacking & stacking is dangerous with one person because once a dryer fell on the one technician while attempting a solo lift)...(The whole job would have been far easier with 3 people who are technicians, or a homeowner with some savvy-that was me in this case...)

5) When the Installers install the washing machine, if they set the water pressure (using the on off handles) to 5 minutes to midnight they could avoid a broken solenoid doorway component inside the intake valve assembly (plastic)...

6) The installers (sent from Tasco where we buy our appliances mostly, & the Hudson's Bay company too, but not this time...), the installers upgraded the LG rubber hoses for cold & hot water going in to the washing machine to metal hoses...The problem with that is the heavier hoses, when the washing machine moves, UNSCREW themselves

& cause an external leak onto your floor...In our case the kitchen...(Condo)...

7)Not intuitive or is it? So the 2 technicians(also I. from Fresno, California), removed the upgraded metal hoses by the retailer & put in new rubber LG from the manufacturer rubber hoses...The rubber hoses marry better to the plastic male valve that inserts itself in a threaded way into the female hoses who have just a thin metal head & the rest is light rubber...We were told to replace them every three years...

8) it was mandated in 2011 that all buildings in Ontario have to have a ONE WAY VALVE to prevent water from coming in to our building from other buildings...When people in our building leave to go to warmer climate, or to their cottage, the very high water pressure demand of daily jobs becomes a very very low water pressure demand...The change in gravity causes a suck, it sucks the water outtake from other buildings(in our case from 890 Yonge street where the dental clinic is)...So we get fluoride in our tap water, our drinking water, FROM the outspew of Fluoride that the dental clinic dumps down their sinks...This happens every holiday, & includes Sundays, when people in our building rest & don't wash as much for work(or cook & clean)...This is why the teeth of people in our building look thinner, why people have insomnia & or Crohn's disease & their breath smells inordinately minty fresh during what was supposed to be a holiday when you can let your breath go...

9)On the upside...Fluorine is an antidote to excess Bismuth caused by too smokey air caused by too much woodburning fires caused by excessive coldness in winter caused by living in Toronto or any other cold climate...(Our ceiling has a thin layer of soot on it from the fumes of our neighbour's fireplaces rising upwards)...

10)On a similar topic, of loving thy neighbour by not having washing machine leaks by lowering your water pressure handles on your cold & hot water on off switch handles...Please consider also loving thy neighbour by not making noise above 45 decibels during 9 am & 5 pm hours...Those who go above that decibel limit are breaking the law & can be prosecuted...

[2]



In this picture, the handles have the on off directions printed right on the handle in white writing on the red background...If you click on the picture you will be able to see the directions better...Notice that the on off directions on the cold & hot are different...So in this case, 5 minutes to midnight is in different directions...So THINK & LOOK BEFORE you touch...We use Park Lane Plumbing in Toronto who also does the plumbing work for George Brown College in Toronto, Ontario, Canada(& they also have a fashion design division & an ESL English as a Second Language

division)...So, remember the ANGLE of 5 minutes to midnight & apply it to whatever direction you need to turn the handles...For example, mostly OFF except for a slice or wedge of cheese appropriate for one person...This reduces your water pressure so you don't bust your solenoid door & need an expensive or difficult repair...!

11)Task: Design a doorknob for a front loader washing machine that if the doorknob breaks off in your hand all you have to do is screw in a new doorknob or click in a new doorknob without having to replace the whole glass door & metal stainless steel silver colour frame! (We know this because when the plastic door handle of our front loading LG washer machine broke off in Joseph's hand, they could not repair the handle itself, they had to give us a whole new door, free labour, & free delivery, which cost LG about \$300 Canadian currency or more, plus they had to outsource the job to Tras appliance technicians, an authorized LG repairer but not the LG repairpeople, because the Lg people were so darn busy over this Christmas season...Way overbooked with these kind of repairs...Plus the poor call centre in Panama(for us that is where they were) had to use 3 different people to handle our call plus the manager had to get in on things, I mean the Supervisor...(to Comp the job)...(Tras had offered to comp us 15 % on the door part, then 15 % on the visit plus the labour, but that only took care of HST 13 % plus 2 % off the job, which is why we had to call back & say the design flaw of replacing a whole door when just a doorknob(so to speak) was broken) was not so good...

1. <http://grovecanada.ca/wp-content/uploads/2014/12/how-to-lower-water-pressure-washing-machines.jpg>

2. <http://grovecanada.ca/wp-content/uploads/2014/12/DSC03995.jpg>

Sari (2014-12-25 23:31:11)

By the way...Did you know that if you are renting a space in Toronto for your business or for your residence, & the Landlord says they want to tear the building down to build condos or something else, that you are entitled to a MINIMUM of 15 thousand dollars in relocation money...Ask for it...If they say no, go to City Council when those meeting are & say that you know there is precedent in Toronto for a 15 thousand dollar payout to renters if they are being kicked out for new building construction or some other excuse...(They will get an easy to get permit for a low rise demonstration room condo display building, kick the resident renters out, then tear their own building down & now that the protesters are out of the way, they build a giant giant tall new building while threatening City Council members with fire or some other under the table wink wink threat so that the Bylaw density amendment has to go through for a way too tall new condo building...)

Sari (2014-12-25 23:54:58)

Coffee is a Copper... Sugar is a Sulphur... Water is a Hydrogen... Stainless steel taps are made of Zinc coating & Lead pipe on the inside... If you use too much boiling hot water to make coffee or tea or espresso or whatever hot boiled water, then you can strip the Zinc off the coating of the inside of your hot water tap & the Zinc metal will fall into your coffee or tea...Also, the Lead will flavour your hot beverage with Lead particulate...On the upside, you can pooh out heavy metals...If the metal is Zinc metal, eat a Lead based potato pancake(a Latke in Yiddish I think)...If the metal is Lead particulate, then you can take a Vitamin D pill, a Vitamin D3 drops, or eat some Ginger root, or as a last resort smoke an e-cigarette for the nicotine(but it will make your hair turn gray if you smoke too much because it can strip the potato pancake Lead based sheath of your hair strand... The neat thing about using real sugar in real coffee (instead of art.sweeteners) is that Copper Coffee + Sulphur Sugar= Calcium milk froth...

Mathematics & working with the Grove Body Part Chart in inventive ways:Brouillon/sketch pad/grisaille/raw (2014-12-27 16:23)

Mathematics & working with the Grove Body Part Chart in inventive ways:Brouillon/sketch pad/grisaille/raw

If you take Coffee & mix some Sugar into it you get a slight milk froth look on top of the hot liquid...More from Espresso Coffee & real Sugar...

We know that Coffee is a Copper...We know Sugar is a Sulphur...We know Froth is a Calcium...We know Water is a Hydrogen...We know Fire is an Oxygen...

So, then...

Using the symbols from the Periodic Table of Elements, we are going to write the coffee plus sugar mixture in symbols...

$Cu + S + H + O = Ca$ or in English, Copper plus Sulphur plus Hydrogen plus Oxygen equals Calcium

The Calcium is the fine layer of Froth you see on top of your Espresso Coffee when you add some real granulated sugar to it...

(We are ignoring everything but the Froth for the sake of argument)!

So...If you get Calcium Froth when you add Sugar/Sulphur to Copper/Cu/Coffee then...

Let's go backwards & see how to get Sugar/Sulphur...

Let's simplify...

In Math, if several things add up to something, then ...

Let's do this...

$Ca - H - Cu - O = S$

or

Calcium minus Hydrogen minus Copper minus Oxygen equals Sulphur...

So to get Sulphur/Sugar you need to subtract the water/hydrogen from the Calcium/milk froth

So like if you subtract the water from a glass of milk you are left with Sugar...

Um, but we have forgotten to account for the Copper & the Oxygen...

Ok, let's get into it...

Copper is a Minus element on our chart...Oxygen is also a Minus element on our chart...

If you ADD a Minus element to something you are really just subtracting...

So if you subtract a Minus element, then you are really ADDING...

Because a "+" & a "-" in Mathematics equals a Minus...

But two minuses in mathematics equals a plus... $- + = +$

This is how Math differs from ethics, or Philosophy of Law...(McGill 1988)

In ethics, two wrongs don't make a right...

But in religion (McGill summer Theology 1988), An eye for an eye can be considered fair, though turning the other cheek if slapped again can be considered decent...(now in early Theology(McGill 1987 New Testament, King James Version), the person who hits first is wrong...

So back to the Chemistry of Math...Or the Math in Chemistry, whichever you choose...

If an orange is made of Zinc & Sulphur then an Orange has Minus element Zinc & Plus element S...

So you get Sunshine/Zinc/VitaminD3/VitaminC & you also get S/Sulphur/Sugar/Fructose/Sweetness...

If you pour boiling hot water through a stainless steel tap, the tap is made of Zinc heavy metal & Plomb Lead heavy metal...

The boiling hot water is made of Fire/Oxygen & also Water Hydrogen...Fire/Oxygen is a Minus element & Hydrogen is a Plus element...

Now on our ©GroveBodyPartChart2014-present, The Minus elements get STRONGER as you go DOWN the chart from Top to Bottom...

The Plus elements are STRONGEST at the top of the Chart, & get weaker as you go down the body parts...

(there are 11 body parts on the Chart & 22 brain parts that PAIR because 22 pairs makes 11 teams, like 22 people who are paired, like married, make 11 teams...

Each Team in the brain handles a body part or organ in common parlance...

So like in the Spleen there are 2 brain parts controlling each SIDE of the Spleen...

Each side of the Spleen makes one thing or element...

1)In the female the Left side of the body is dominant, & the right side of the brain...

2)In the female the back side of the body is dominant & the front side of the brain...

3)In the female the bottom of the brain is dominant & the top of the body parts, like the topside of the feet, or the top of the foot, where the pretty toenails are...

In the male, of the species, human, the dominance is reversed in all 3 cases...

Now both male & female have all their parts, but the dominant side should be appropriate to gender...

Could the human animal be totally ambidextrous?

Possibly, if gender is also ambidextrous, ambivalent, hermaphroditic(presenting with both male & female organs), bisexual(preference for both sexes), Androgynous...

Please note the Castrati, the castrated ones, people who have had their testicles removed, does not necessarily make them Androgynous because merely removing one male part does not trigger necessarily a cascade of all male parts or male dominance being removed...

Is it better to be fully ambidextrous or is it better to have sidedness dominance in Gender?

One would assume that sidedness dominance in Gender is better because it offers gender clarity between male & Female...

If one ingests Zinc heavy metal due to over-stripping the Zinc metal off a stainless steel galvanized pipe tap, then that gritty feel in your mouth is actually Zinc heavy metal...

Since Zinc is antagonized by Plomb Lead on our Chart, then ingesting something gentle & edible with Lead Plomb Pb in it should remove that Zinc heavy metal from your body...

For example eating a Lead Plomb Pb based Potato Pancake(latke in Yiddish/german), should GRAB the Zinc heavy metal particle from your body & you should be able to pooh it out!

Then you will see a shiny piece of your sink tap metal Zinc in your poop...

Conversely if you are drinking water that has a high Lead Plomb Pb heavy metal content in it & you have sluggish feel MS Multiple Sclerosis, then eating a Zinc filled Orange should remove the Lead Pb from your system...

But be careful...Oranges have Sulphur sugar in them too, so you may be raising your Sugar S Sulphur fructose levels in your Pancreas...

Cayenne Pepper is a Selenium...

Ginger root can be chewed & swallowed & is a Zinc...

Cottage Cheese, Nexium, Probiotics, Botox, Yogurt are all in the Phosphorus P family as is Mold

I put two slow squirts of President's Choice Organics Honey Sulphur into my coffee to make myself feel better after all that hard work of chewing & swallowing difficult to eat things...

Then I put half a teaspoon-ish of Cayenne pepper Selenium family into my coffee to make me feel less guilty about the honey Sulphur...

I am pasting the first comment to this post into this post because it is so good!

"re:Human Machine works & rolling with the Tides, breast cancer lump...Book 8 in paperback version(has a Google translate in french version at the back of the book)...

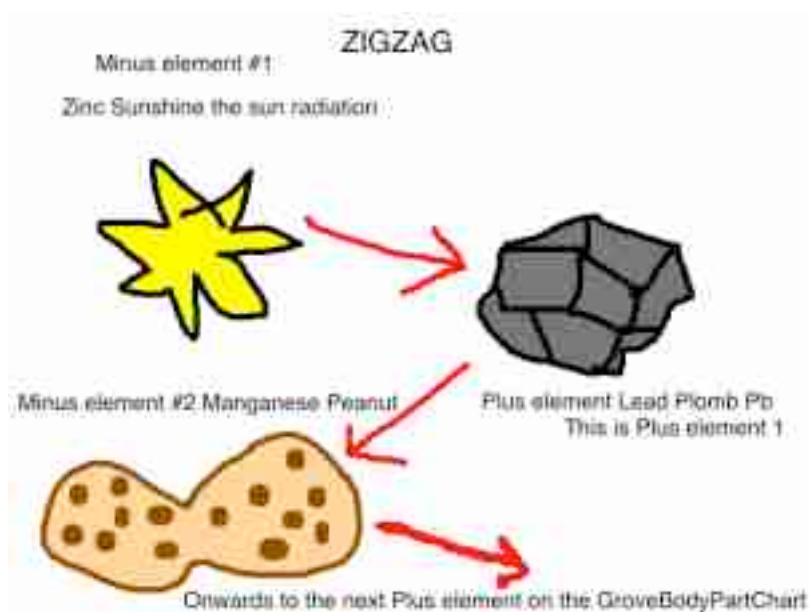
In answer to the question:" Do the female Minus elements all come first from top to bottom in the universe in the order of things from first to last, or did the world begin with first Minus element female then Plus element male, then female then male & so on? "

I would say, or I say, that, the universe is a macrocosm of the human body, or the human machine is a microcosm of the universe, so , knowing that in the body you need first a female element, like Zinc radiation sunshine, then a male element Lead Plomb Pb the boney skeleton, then in the universe in the Order of time, the Order of things, it should be the same..."

So if you Zig Zag down the Grove Body Part Chart you get the order of Elements through time, from the beginning of time...

So the beginning of time began with Zinc sunshine the Sun, then next the Male Plus element Lead Plomb like rocks or the human skeleton, then Zag back to the Minus female element Manganese then to Iron...

[2]



AS you ZIGZAG down our GroveBody Part Chart, you can see the Order of elements from the beginning of time too!

1. <http://grovecanada.ca/wp-content/uploads/2014/12/BookCoverPreview-1.jpg>

2. <http://grovecanada.ca/wp-content/uploads/2014/12/ZigZag.png>

Sari Grove (2014-12-31 22:04:33)

re:Human Machine works & rolling with the Tides, breast cancer lump...Book 8 in paperback version(has a Google translate in french version at the back of the book)... In answer to the question:" Do the female Minus elements all come first from top to bottom in the universe in the order of things from first to last, or did the world begin with first Minus element female then Plus element male, then female then male & so on? " I would say, or I say, that, the universe is a macrocosm of the human body, or the human machine is a microcosm of the universe, so , knowing that in the body you need first a female element, like Zinc radiation sunshine, then a male element Lead Plomb Pb the boney skeleton, then in the universe in the Order of time, the Order of things, it should be the same...

Sari (2015-01-25 08:04:04)

My take is that those two chromosomes are broken, which means that they are not working...I think the looking at the new entity they form, 47, is a red herring...I'd focus on what 9 & 22 are & add those...Food is easier to talk about because it is safer...Drug level things can be dangerous to discuss in an open thread...Anyways...I think 9 is a Carbon based on syndromes of 9 damage looking like Carbon deficiency...I'd say 22 is a Fluorine for the same reason-22 excess syndromes look like excess Fluorine syndromes(ie:big ears)...So theoretically you have a Carbon & a Fluorine deficiency or damage...9 & 22...In food items Carbon is baking soda or oils...Fluorine occurs naturally in water...Also artificially in water...So though you said no food talk-baking soda in water could help to rebuild those broken chromosomes 9 & 22...Hope this helps a bit...

Sari (2015-01-25 08:06:53)

Chromosome 9 excess(3 instead of a pair for example) look like Down's Syndrome, which indeed is Carbon excess, Kidneys...

Sari (2015-01-25 08:09:59)

There are 23 pairs of chromosomes... One from each parent... Our Grove Body Part Chart shows 11 pairs... Which makes 22 chromosomes... Both charts are similar... Mine is just missing one element, number 23...

2. 2015

2.1 January

If your mail has been tampered with:LSD dissolved in Printer Inks... (2015-01-04 23:10)

[1]



Gingerbread Liquid hand soap 7 squirts in closed sink with tap water hot...

So, fill your sink with hot water & squirt 7 good squirts of a delicious smelling Liquid Hand soap like Gingerbread Latte from Scentuals...

As you look through your mail, notice if the ink on some of your mail or freebie magazines looks different at all...

You can wear disposable surgical gloves while doing this...

Why?

Because LSD is a very potent form of Titanium that can be dissolved into printer inks...

Later when you handle paper that has that ink printed on it, the Titanium will reverse osmote into your skin...

This is called a "contact High"...

Now the effect of Titanium on the human mind is such that what you read will become more "suggestible" to you...

For example, if the NDP distributed political postcards with those inks, the reader would be more suggested to vote NDP...

Now is this bad or good or just ho hum?

Well, if you have high cholesterol levels, tuberculosis, an overly retentive memory, are a chocolate-o-holic, or suffer from asthma, or eat way too many eggs, then maybe you will like this free gift of excess Titanium in your mail or political pamphlets...

If you have Alzheimer's disease, memory loss already, low cholesterol, cracked heels, don't eat eggs, you may not want extra Titanium in your diet because you are getting enough...

Now Titanium does help to get rid of parasites that cling to cholesterol/Aluminum...

Titaniums like LSD or marijuana can help a cement worker's lungs to breathe because Titaniums antagonize cement which is an Aluminum...

Anyways...

To find out if your mail has been "doctored" or not, fill your sink with soapy hot water & wash your hands frequently after touching your mail...

Or wash the gloves you are wearing, while wearing them...You can use regular dish gloves too...

If the water turns black pretty quickly, you may have some interesting inks...

Inks that have been changed with a suggestible drug like a Titanium will come off in a different way than regular inks...

Also you will notice memory loss & a weird "high" feeling...

Maybe you like this, maybe you do not...Either way, it can be useful to be aware of this phenomenon...

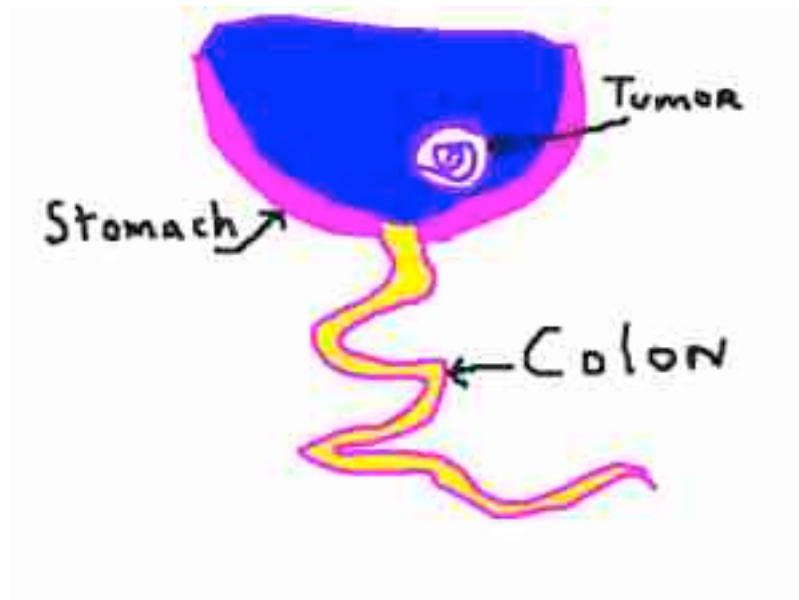
1. <http://grovecanada.ca/wp-content/uploads/2015/01/DSC04021.jpg>

Sari (2015-01-24 08:31:01)

Messing with your blood pressure... By the way, I'm not sure about several of the items listed in the article link & would not use this list as a shopping list for people with low blood pressure...Hawthorn for example is what people with high blood pressure use to lower it...It's a glaring flaw in the list that would make me turn elsewhere...Ginseng also lowers...The mechanism of licorice root is like coffee-not a true help for those with hypotension...ok...The other thing is that the body tends to return to its natural state if you leave it be...If you "tended" to be high blood pressure before the garlic, it should climb back up a bit naturally when you stop...Pushing it back up artificially could be dangerous for you...Just eat more meat & things you've been abstaining from...You'll be ok...

Missing Parts:Where do body parts like the stomach, figure in on the Grove Body Part Chart? (ie:stomach tumour?) (2015-01-05 16:56)

[1]



The recent Mayor of Toronto, Rob Ford, has a tumour in his stomach...But where is the stomach on the Grove Body Part Chart?

[2]

Grove Body Part Chart		
Organ	Minus Element	Plus Element
Thyroid	Zinc	Lead
Thymus	Manganese	Iron
Lung & Lymph Nodes	Titanium	Aluminum
Heart	Potassium	Aurum
Kidneys	Carbon	Nitrogen
Pancreas	Selenium	Sulphur
Liver	Oxygen	Hydrogen
Adrenal Gland	Iodine	Calcium
Spleen	Copper	Phosphorus
Gallbladder	Magnesium	Mercury
Colon	Fluorine	Bismuth

Well, the stomach is a bag type area that processes stuff, food usually, down into your Colon...Like a sink, if the pipe below is blocked, the sink won't drain...If the pipe below the stomach isn't draining, a lump may show up in the stomach...But I would put a stomach lump into the Colon area of our Chart...

Meaning the excess Element is Bismuth(think charcoal), the element in lack is Fluorine(think Fluoride), & that handles the particulars of the location...

Since the lump has been deemed cancerous, then it also follows the rules particular to that chemistry...Cancers begin as a Calcium excess in the Adrenal Gland, & then progress to being a Phosphorus excess in the Spleen...

How did these excesses happen?

Well a Bismuth excess in the Colon could be triggered by eating a lot of barbecued foods with the charred black stuff gunking up your Colon...This could be exacerbated by flying in airplanes a lot, because the microwave type effect of sitting in an airplane causes whatever is in your stomach to cook into a hard lump of coal that is hard to pooh out...It gets stuck...

The excess Calcium in the Adrenal Gland can be caused by exposure to environments where that element is in excess...Strip clubs for instance have workers who are on high levels of birth control drugs which chemically are massive doses of Calcium...So strip clubs are a lair for Calcium excess, as are strippers & other prostitutes & sex trade workers...If the police or Mayor or other military personnel have to frequent these clubs as part of their job, this can cause an excess of Calcium biochemically...

Phosphorus excess can be triggered by Salmonella Typhi bacteria, which are a parasite that live on spoiled meat & other spoiled stuff...Phosphorus is also found in human ejaculate, cottage cheese, Probiotics, yogurt, drugs like Nexium for acid reflux, the snot that is up your nose, mold like the mold that lives in the grotto between your toilet tank & your toilet, mold on old yucky food...

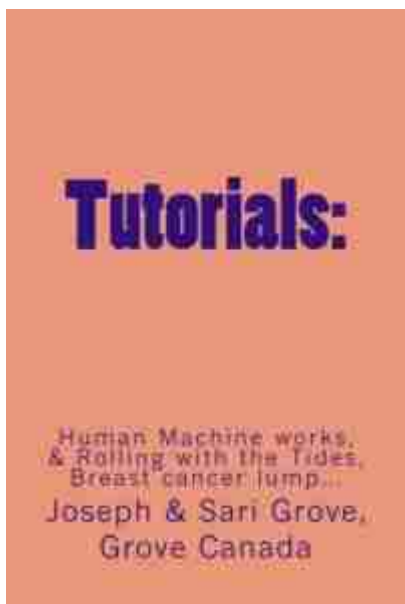
What about in your brain?[3]

Grove Body Part Chart with brain parts

Organ	Minus Element	Plus Element
Thyroid	Frontal Lobe R Zinc	frontal lobe L Lead
Thymus	motor cortex l	Manganese motor cortex l Iron
Lung & Lymph Nodes	parietal lobe r	Titanium parietal lobe l Aluminum
Heart	medulla oblongata bottom	Potassium medulla oblongata top Aurum
Kidneys	Pons bottom	Carbon Pons Top Nitrogen
Pancreas	Occipital Lobe right	Selenium Occipital Lobe left Sulphur
Liver	cerebellum r	Oxygen cerebellum l Hydrogen
Adrenal Gland	pituitary gland r	Iodine pituitary gland l Calcium
Spleen	globus pallidus front	Copper hypothalamus back Phosphorus
Gallbladder	Broca's area front	Magnesium wernicke's area back Mercury
Colon	temporal lobe r pituitary gland	Fluorine temporal lobe front pituitary gland left Bismuth

In your brain, the Bismuth excess (of a stomach cancer) will make your Pineal Gland sleepy all the time...The excess calcium will make you slightly gender dysphoric affecting the Pituitary gland...The excess Phosphorus will make your Hypothalamus overfilled with Phosphorus which makes mold & can cause Parkinsonian symptoms, but also an overabundance of ejaculate(not in a good way)...

So what do you do?



[4] Human Machine works, & Rolling with the Tides, Breast Cancer Lump... by Joseph & Sari Grove, Grove Canada, is our new Paperback book...

You get a step by step tutorial on how the Grove Body Part Chart works, & you get the How to get rid of a Breast Cancer lump protocol...Plus at the end of the book is a Google translate version of the book into French...

Now you may think that a Breast Cancer lump removal protocol is wrong for a stomach cancer lump...Not really...

The basic protocol for getting rid of Cancer is the same throughout the body....The main difference is that you target the body part involved directly...

So in the Stomach, add some Fluorine in your diet to attack the excess Bismuth...(see our Chart above to see which element antagonizes what in each body part...)

In the Breast, that falls into the Lung Lymph Node section, so you are adding Titaniums to your diet...

Now what about something on your knee? Like the stomach, it doesn't seem to be on the map...

Well the Knee is dominated by joints, tendons, things that are made in the Gallbladder...So a lump on your knee is related to an excess of Mercury in your Gallbladder, so add some Magnesium to your diet to antagonize that...Same as for Gallstones...Lavender contains Magnesium...Exercise increases Magnesium & decreases Mercury...Mercury builds tendons & joints so don't go crazy...Too much Magnesium & you get arthritis...

Our books have been published through Amazon Createspace, Amazon Kindle Direct Publishing, Smashwords, BookBaby, iTunes, Academia.edu, Infinite Monkeys- & on our SariGrove.com blog, our GroveCanada.com blog & a few other places...Some versions are free & some are not...We do not make a profit from any of our books, though making the world a better place to live is profit unto itself...

1. <http://grovecanada.ca/wp-content/uploads/2015/01/stomach.png>

2. <http://grovecanada.ca/wp-content/uploads/2014/12/smaller-chart.jpg>

3. <http://grovecanada.ca/wp-content/uploads/2014/12/brain-parts-sides.jpg>

4. http://www.amazon.com/Tutorials-machine-Rolling-Breast-Science/dp/150578736X/ref=sr_1_4?s=books&ie=UTF8&qid=1420475868&sr=1-4&keywords=sari+grove

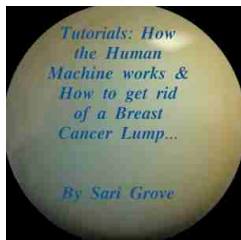
Sari (2015-01-24 14:13:43)

Sari Grove The two main herbs I take(the primaries) are: Madagascar Periwinkle(vinpocetine iodine family, it is also in regular chemo drugs)... & Licorice Root(highly absorbable Copper that causes Phenotypic reversion of Cancer cells-that means Cancer cells revert back to normal-Copper is also a regular component of chemo)...The way I take them I learned from Nigerian medicine(they take bitter lead this way)...You put a pinch or herb in your mouth, add some liquid, mash a bit, then swallow...It is stronger, cheaper & easier than boiling the herbs to make tea, & your herbs last longer... Like · More · Just now Sari Grove Ugh two typos..."Phenotypic" & Bitter "leaf"...Sorry...

Sari (2015-01-24 14:21:33)

Sari Grove I also chew Frankincense tears(the nuggets turn into gum-you spit it out when the flavour disappears...This method is from Oman)...

Tutorials: How the Human Machine works & How to get rid of a Breast Cancer Lump... By Sari Grove(free) (2015-01-09 17:01)



[1] [2]<https://www.smashwords.com/books/view/509160>

Tutorials: How the Human Machine works & How to get rid of a Breast Cancer Lump...

By Sari Grove(free ebook on Smashwords)

Tutorials: How the Human Machine works & How to get rid of a Breast Cancer Lump...

An introduction to the Grove Body Part Chart & the refined protocol for getting rid of a breast cancer lump...

Includes a Google translate into french version at back of book...

Update:I have known for a while that Cancer relies on Necrosis, which is a condition where there is too much Hydrogen(think water) & not enough Oxygen...It's like a part of your body is drowning & rot forms...That's necrosis...But I had not really addressed that problem in my solutions...Then I started learning about some major successes in beating Cancer using something you can eat-Apricot Kernels...The chemical nature of Apricot Kernels(which you can buy at a health Food store-get "organic" & "bitter"), is OXYGEN...You eat about 20 of them per day, more or less depending on how crazy you are(Cyanide is an Oxygen thing which is great but could be dangerous if you overdose)...Anyways, I tried them & the very next day when I did my DIY Mammogram picture I could see the lump was smaller...It was a pretty fast result...The testimonials & books about Apricot kernels for cancer, also called B17, or Laetrile, or Amygdalin, are overwhelming...Some people say it was the thing that solved their Cancer for them...I'm in...I'm a believer...I will update again after I have taken them for longer...

Oh also warning:Warning! I have been taking Licorice root for the Copper for a long time...Copper kills mold or Phosphorus & that is what makes cancer spreadable...I have not had any surgery so I was scared...Anyways...Long story short, if you take too much Licorice root, after a long time, you start to get some really deep & piercing emotional feelings...Fear, anxiety, sadness...It was overwhelming...I stopped taking the Licorice root for now, & have been eating more normal foods to try to get my emotions back in check...If you ever get into this situation, something like Pizza with all that melty cheese on it, should help rebalance back to normal...

[3]<http://jnci.oxfordjournals.org/content/91/16/1376.full> This study links the Epstein Barr virus with breast cancer...What that means is that the Oxygen therapy provided by the Apricot Kernel protocol, is even more justified in the natural treatment of breast cancer...Why? because the Epstein Barr virus is a Hydrogen excess in the Liver...Hydrogen excess responds to Oxygen...If breast cancer is related to Hydrogen excess, & the study says it is, then the eating of say 20 Organic bitter Apricot kernels a day(your Oxygen), should clinically reduce tumours...

1. <https://www.smashwords.com/books/view/509160>
2. <https://www.smashwords.com/books/view/509160>
3. <http://jnci.oxfordjournals.org/content/91/16/1376.full>

Sari (2015-01-17 04:21:10)

<http://breastcancerconqueror.com/category/httpbreastcancerconqueror-com7-essentials-5/> This Dr. really thinks that dental problems & Cancer are related...On the subject of breast cancer, add licorice root(capsules, tea, tincture, the herb, whatever you prefer) to your aunt's daily diet...The Copper in the Licorice root is highly absorbable & what it does is antagonize Phosphorus...Phosphorus is what makes Cancer malignant-a malignant tumour is Calcium Phosphate...A benign tumour is calcium Oxalate(oxalate is iron)...So by neutralizing Phosphorus you neutralize spread...Then all you are left with is a lump...I started with the tincture because it was the strongest...I took alot at the very beginning because I was scared...

Sari (2015-01-17 04:19:08)

Hi...So to neutralize Phosphorus you need a Copper...Licorice root is a Copper that the body absorbs well...Licorice root was also the basis for Deprenyl, a Parkinson's drug...It grows well in Hungary where the drug came to be...Parkinson's is a Phosphorus excess in the Spleen, but without the Calcium tumour factor Cancer has...Anyways, think of Phosphorus like mold-people put a copper penny into flower water to prevent mold-it's the same in the body...Phosphorus is what makes lumps spread...Which is why it was the first thing I addressed myself when choosing my attack...

Sari (2015-01-17 03:49:11)

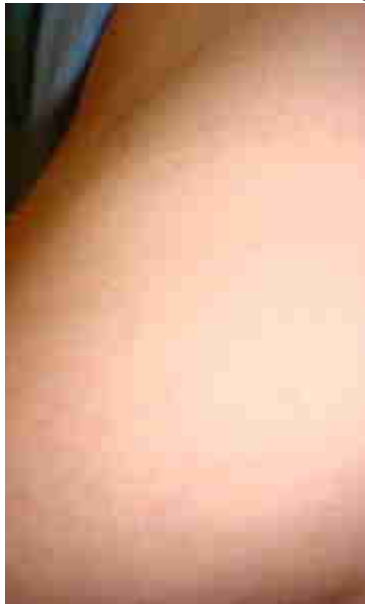
http://s3.amazonaws.com/academia.edu.documents/5406330/Wang_Zhuo-libre.pdf?AWSAccessKeyId=AKIAJ56TQJ-RTWSMTNPEA&Expires=1421187519&Signature=HErIdVG6tsYPxWob6B1g18C7yKo%3D So the link is to a PDF on Academia.edu written by Wang Zhuo & has pictures showing the difference between a malignant breast cancer lump & benign...Page 103 I think...

What if you wanted to try to do your own chemo with things you could buy yourself? | Artists innovating in the Medical Arts (2015-01-19 03:29:59)

[...] So I analyzed each category, & broke that down to what the active element is, using our Grove Body Part Chart as a reference... [...]

DIY Mammogram... (2015-01-10 00:54)

Take a picture of your breast where the lump is, close-up, in good light, with Flash On, & set to MACRO...It may take a few tries to get the whole area into the picture...Hold camera about 4 inches away from side of breast...(I have



cropped the nipple out of this picture for modesty)...[1]
Mac iPhoto program, pick the best one, & Click ENHANCE...

Upload your pictures to your



[2] In EFFECTS, BOOST your picture as much as possible...(For me this is 9 times)...



[3]

In ADJUST, SLIDE THE BLUE SLIDER ALL THE WAY TO BLUEST...



[4]

In ADJUST make SHARPNESS all the way to Sharpest...

[5]



In Adjust make SHADOWS all the way to brightest...[6]

In Adjust Make HIGHLIGHTS all the way to brightest as well...



[7]



IN ADJUST MAKE DEFINITION all the way to sharpest as well...[8]

In ADJUST make SATURATION all the way to most saturated...

[9]



In Adjust make CONTRAST all the way to most...

[10]



How to analyze...

If the lump is mainly all white, then it is just Calcium Oxalate which means it is made of calcium & Iron & it pretty benign...

The tiny dark spots in the lump indicate the presence of Phosphorus...The more dark spots there are the more Phosphorus there is & the more Phosphorus there is the more malignant the lump is...

If there is Phosphorus, know that Coppers like Licorice root antagonize that...If you start taking Licorice root capsules, tincture, teas, or even just chew & swallow Licorice root herb straight, this will lower your Phosphorus count immediately...Once you eradicate Phosphorus, all you are left with is a benign lump made of calcium & iron...

To get rid of the benign lump, take Madagascar Periwinkle herb(chew & swallow with some liquid), which is a great form of absorbable iodine...Iodine antagonizes Calcium...

To help to soften the lump you need to antagonize iron...Mugwort is an herb that is a Manganese herb which antagonizes Iron...This will soften the lump & help to shrink it...

Diet:

Herbs work best while you are on a raw plant based diet...Cut out glutens & dairy as well...

Exercise:

Walk 10 kilometres(6 miles a day) if you can...Exercise keeps your spirits up & help herbs to work their best & help your body to circulate & Oxygen is so important...

Additional supplements:

Vitamin D3 will speed up all processes...

Caffeine is fine as are artificial sweeteners...

1. <http://grovecanada.ca/wp-content/uploads/2015/01/lump1.jpg>
2. <http://grovecanada.ca/wp-content/uploads/2015/01/lumpenhance.jpg>
3. <http://grovecanada.ca/wp-content/uploads/2015/01/Boost9in-effects.jpg>
4. <http://grovecanada.ca/wp-content/uploads/2015/01/temperatureblueadjust.jpg>
5. <http://grovecanada.ca/wp-content/uploads/2015/01/sharpness.jpg>
6. <http://grovecanada.ca/wp-content/uploads/2015/01/shadows.jpg>
7. <http://grovecanada.ca/wp-content/uploads/2015/01/highlights.jpg>
8. <http://grovecanada.ca/wp-content/uploads/2015/01/definition.jpg>
9. <http://grovecanada.ca/wp-content/uploads/2015/01/saturation.jpg>
10. <http://grovecanada.ca/wp-content/uploads/2015/01/contrast.jpg>

Sari (2015-01-26 09:18:05)

I went to this lab as per doctor referral... The mammogram tore tissue at the top of both my breasts & carved an injury (internal wound) under the lump in my left breasts when the paddle squeezed the stone down over my heart... I couldn't take the subway home afterwards so my Mum came to pick me up... I had to postpone the core needle biopsy two weeks later because the internal scab hadn't healed yet under the lump & U had pain & was worried about my heart... I documented all of this on my blog with photographs(cropped) & later added it to my books... I also sent words to a medical malpractice lawyer as a witness & told some specific people... Your complaints process is too complex & does not protect the patient from reprisal from the lab... The fact that I cannot file officially without you sending them a copy has stopped me several times... It is bad law... Later an oncologist at Princess Margaret said I had nodes where the mammogram tore tissue under the skin at the top of my breasts-she could feel them... I began my first Mammogram with one lump... I know have new nodes in 3 different

places because of one Mammogram at Bluewaterinaging lab at Dufferin & Lawrence... I am not sure if the technician was out to get me or just violates all patients who go there... It is hard for me to believe that this person & this lab exists... My documentation is also in published books... Feel free to read them at your leisure for free at <http://www.grovecanada.ca> Go to the Books page to access free small Kindle versions... Book 3 tracks some of my experience s with Ontario Health care... Sari Grove
GroveCanada Sent from my iPhone

Sari (2015-01-22 17:01:35)

Generic anticancer ideas to research & do... Look into cannabis oil, Apricot kernels, Iodoral pills, raw plant based diet, daily 2 hour walk, vitamin D3,raw garlic, no sugar, no gluten, no dairy, faith...

Significant progress in the getting rid of a DCIS lump! (frankincense & periwinkle) | Artists innovating in the Medical Arts
(2015-01-23 00:46:58)

[...] did I take the picture? In the Books & in some of my blog posts I explain how to DIY Mammogram using a digital camera & a Mac computer...It's easy & I do it all the [...]

Our books, for free, on Smashwords, Scribd & Academia.edu...(*the Grove Health Science series by Joseph & Sari Grove) (2015-01-15 17:03)

Smashwords is the book publisher we use for under 10 megabyte versions of our books for free...This means you can even download them to your Kindle for iPhone, easily...So if you click on the book covers that takes you to the Smashwords page for each book, where you can choose which format you need...

If you want to see full bigger resolution versions of our books(still for free), our Scribd account has them & you can just read them online easily...Here is our Scribd profile address [1]<https://www.scribd.com/grovecanada>

We also have free versions on [2]<https://independent.academia.edu/SariGrove> for the Academic community...These can also be read online easily...

My Amazon Author page has our books in Kindle & Paperback formats...

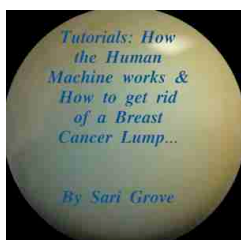
[3]http://www.amazon.com/Sari-Grove/e/B00CDYF39Y/ref=sr_ntt_srch_lnk_1?qid=1421340855&sr=8-1

They aren't free but I did price them at the absolute minimum that Amazon's Createspace would let me...

Ok, so below are the books...They are in reverse order...So Book 8 of the Grove Health Science series is first...

Tutorials: How the Human Machine works & How to get rid of a Breast Cancer Lump...

By Sari Grove



[4]

Price: Free! Words: 11,470. Language: English. Published: January 9, 2015. Category: Nonfiction » Health, wellbeing, & medicine » Cancer

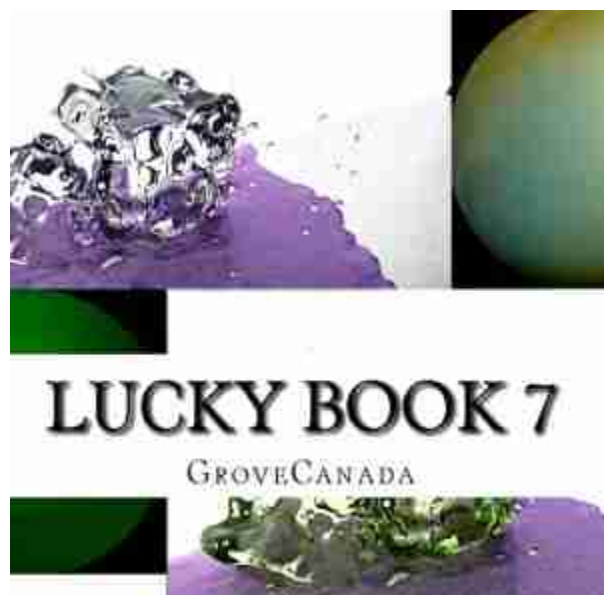
Tutorials: How the Human Machine works & How to get rid of a Breast Cancer Lump... An introduction to the Grove

Body Part Chart & the refined protocol for getting rid of a breast cancer lump... Includes a Google translate into french version at back of book...

Lucky Book 7:Homework Textbook for the Keen Medical Mind

By Sari Grove

[5]

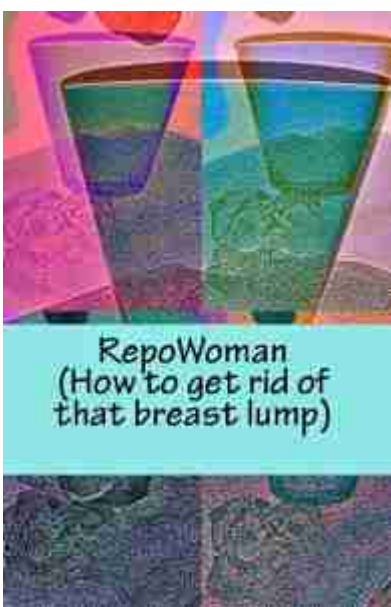


Price: Free! Words: 17,730. Language: English. Published: November 8, 2014. Category: Nonfiction » Health, well-being, & medicine » Medicine

"Lucky Book 7:Homework Textbook for the Keen Medical Mind" represents a summary of some of the big ideas from the Grove Health Science series... Step by Step DIY Mammogram in pictures... Removing a Brain or Body Part versus Damaging a Brain or Body Part...What are the effects one can expect? Examining Flow in the Body as it relates to Flow in the Universe & the beginning of things...

RepoWoman;Book VI...(getting rid of a breast lump)

By Sari Grove

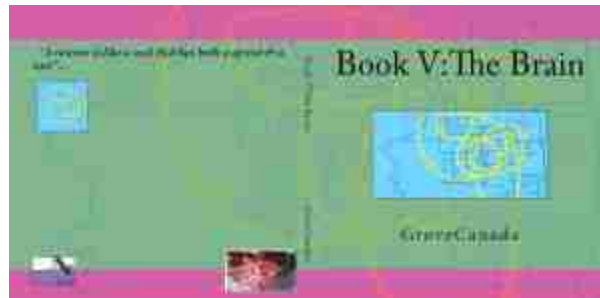


[6]

Price: Free! Words: 6,010. Language: English. Published: October 10, 2014. Category: Nonfiction » Art, Architecture,

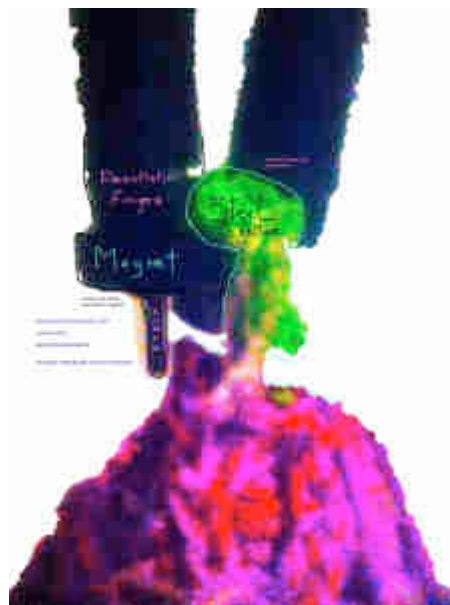
Photography » Crafts - Needlework/Crocheting
RepoWoman;Book VI...Nonsurgical breast cancer lump removal protocol...
Book V:The Brain
By Sari Grove

[7]



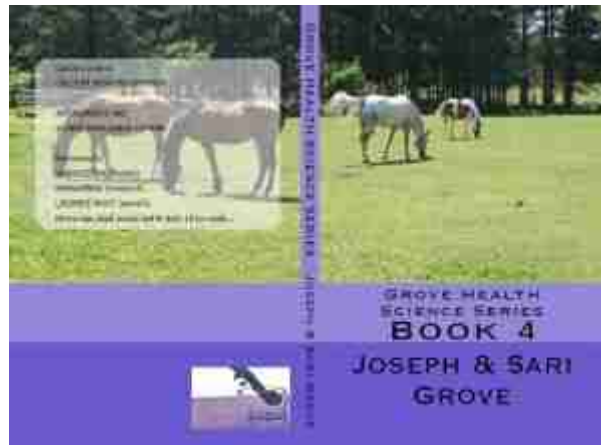
Price: Free! Words: 26,470. Language: English. Published: September 5, 2014. Category: Nonfiction » Art, Architecture, Photography » Fine art
Current original manuscript describing the brain parts to body parts connections...Lack of sightedness...Workplace injuries...Book 5 of Grove Health Science Series...Manuscript is updated as new information becomes available...DIY Chemo for cancer...DIY Mammography...
Theory Engineer:Book V (Grove Health Science Series)
By Sari Grove

[8]



Price: Free! Words: 780. Language: Canadian English. Published: August 27, 2014. Category: Essay » Author profile
Theory Engineer:Book VI (Grove Health Science Series) by J. Grove
The Grove Health Science Series:Book 4
By Sari Grove

[9]

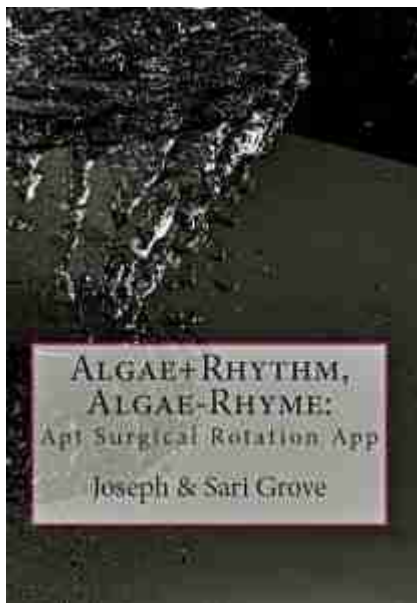


Price: Free! Words: 26,680. Language: English. Published: June 21, 2014. Category: Nonfiction » Science and Nature » Life Sciences / Neuroscience

Some topics in this Book: Oddball interviews about medical successes... *The assumption is that there are 22 brain parts that PAIR...The pairing should be in the Minus Plus format...So each paired couple of brain parts should have Minus & Plus designations...Female & Male possibly...This should straighten out some of the complexity of brain surgery for neurosurgeons...(& DIY Neurosurgeons LOL!!!

Algae+Rhythm, Algae-Rhyme:Apt surgical rotation app

By Sari Grove



[10]

Series: Grove Health Sciences, Book 3. Price: Free! Words: 43,010. Language: English. Published: February 19, 2014. Category: Nonfiction » Science and Nature » Ecology and Environment

A book is an app that you read...Algae is one of the most pervasive things that grow in Nature...Rhythm & Rhyme are known mnemonic methods in Medical school...This is Book 3 in the Grove Health Sciences series...The main push forward here is the creating of Sidedness in the brain & body parts according to gender...Could women be natural lefties? Is the front of the body male dominant? Big ideas...

Do It Yourself Medicine:A Repair Manual

By Sari Grove



[11]

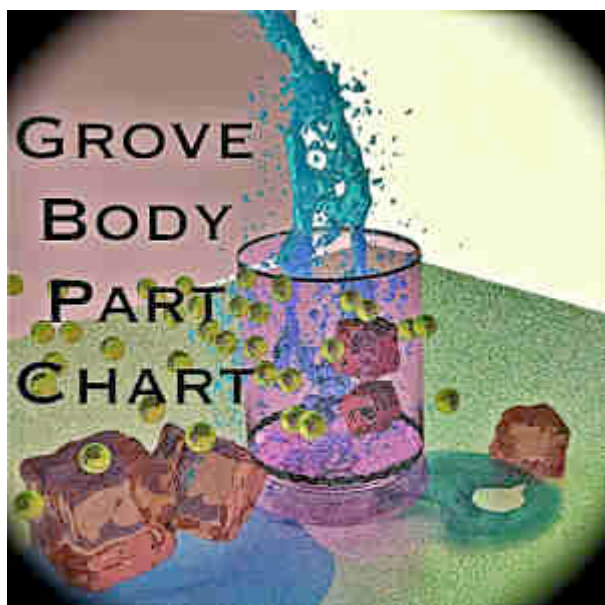
Series: Grove Health Sciences, Book 2. Price: Free! Words: 31,050. Language: English. Published: December 14, 2013. Category: Nonfiction » Health, wellbeing, & medicine » Medicine

The brain part connects to the body part... (sing to the tune of "the kneebone connects to the, thighbone, the thighbone connects to the, hipbone, the hipbone connects to the, ...) The Frontal lobe connects to the Thyroid gland, the Motor Cortex connects to the Thymus gland, The Parietal Lobe connects to the Lungs & Lymph Nodes... Note on Sidedness: (see long description for more)...

Grove Body Part Chart

By Sari Grove

[12]



Series: Grove Health Sciences, Book 1. Price: Free! Words: 18,800. Language: Canadian English. Published: August 20, 2013. Category: Nonfiction » Art, Architecture, Photography » Fine art

My name is Sari Grove and the Grove Body Part Chart is my medical theory...Basically, I break down the body into 11 essential organs & show how each organ has two elements inside, a Minus element & a Plus element, that live together as opposites...I tell which elements are what & where, tell what disease is what imbalance, & also give ex-

amples of where to find those elements in the real world...

1. <https://www.scribd.com/grovecanada>
2. <https://independent.academia.edu/SariGrove>
3. http://www.amazon.com/Sari-Grove/e/B00CDYF39Y/ref=sr_ntt_srch_lnk_1?qid=1421340855&sr=8-1
4. <https://www.smashwords.com/books/view/509160>
5. <https://www.smashwords.com/books/view/491561>
6. <https://www.smashwords.com/books/view/483808>
7. <https://www.smashwords.com/books/view/473689>
8. <https://www.smashwords.com/books/view/470872>
9. <https://www.smashwords.com/books/view/450714>
10. <https://www.smashwords.com/books/view/410343>
11. <https://www.smashwords.com/books/view/388051>
12. <https://www.smashwords.com/books/view/349426>

Sari (2015-01-24 04:58:40)

About Blood Cancers: Japanese medicine uses Mugwort(*Artemisia Vulgaris*) extensively in moxibustion(it's a whole field, you have to look it up), but also you can get Mugwort as pure incense cones & just breathe it in your home air(really nice way to take a medicine)...Here in North America, we use Black Walnut hull powder/tincture/capsules for similar effect on the blood...

Sari (2015-01-25 14:08:57)

Also, coffee is a Copper, a component of mainstream chemo, an antagonizer of Phosphorus...Since Phosphorus is what makes things spread, Coppers prevent spread & can even revert Cancer cells back to normal cells(phenotypic reversion)...So, however you take your coffee, front door or backdoor, it is sound science...Urine therapy has it's proponents- used to be in India people would go to let the Holy Bull pee on their eyes to heal blindness...In some cases, the bull pee had some good nutrients in it & it worked...Obviously the practice is now being credited with all sorts of healings...But, I mean, quality of life can mean not feeling degraded by medical treatments...

What if you wanted to try to do your own chemo with things you could buy yourself? (2015-01-19 03:29)

So the new thing in Cancer treatment is called Neoadjuvant therapy...What that means is maybe they give you chemo BEFORE you have any surgery to see if they can shrink or disappear your lump...

A lady went to Marseilles, France to the breast cancer centre there, had only 2 of the scheduled 8 neoadjuvant chemo sessions, & her 6.5 cm lump disappeared...She stopped the treatment, went home & started a raw plant based diet & exercise & added some herbs & stuff & didn't have any surgery...

So what if you cannot really afford to go to France for their chemo? Or what if you want to try to mimic what chemo does but with things you could source yourself?

I went to the site chemoth.com & looked at the page called type of chemo...There are 7 categories on their page...Two of them overlap, the Vinca alkaloids & the Aromatase Inhibitors both seem to be in the Iodine category, probably because of new naming of things or because Iodine is so pivotal in shrinking a tumour...

So I analyzed each category, & broke that down to what the active element is, using our [1]Grove Body Part Chart as a reference...[2]

Grove Body Part Chart		
Organ	Minus Element	Plus Element
Thyroid	Zinc	Lead
Thymus	Manganese	Iron
Lung & Lymph Nodes	Titanium	Aluminum
Heart	Potassium	Aurum
Kidneys	Carbon	Nitrogen
Pancreas	Selenium	Sulphur
Liver	Oxygen	Hydrogen
Adrenal Gland	Iodine	Calcium
Spleen	Copper	Phosphorus
Gallbladder	Magnesium	Mercury
Colon	Fluorine	Bismuth

Then I added to the list, which real world Alternatives I had tried & were useful & easy to get & there was research supporting its use, to each chemo element...

So say you wanted to build a DIY chemo protocol for yourself using all 7 elements of a regular chemo program...Get all 7 elements from my real world alternative list, & start using them every day...

Add that to your raw plant based diet, your daily 1-2 hour long walk, your morning Ginger root tea(for the Vitamin D-it is in the Zinc category on our chart), & you have the beginnings of a healthier body...

I have taken all of these alternative things myself, although I have been a little slack in taking them all at the same time or taking them on a regular basis...The Iodine things make me so tired I don't have the energy to exercise, & the Mugwort herb lowers my Iron so much I feel really sluggish too...The Hemp makes me a little bit kooky...I was fine with the Licorice root until I took too much & started feeling wildly emotional in a painful way...

I know intellectually all of these things work, I just need to get my act together & do it...I guess when you get chemo given to you at a hospital, you don't really have the ability to take it in small doses when you feel like it...

Anyways...I guess this post is as much for myself as for others...

[3]

What if you wanted to do your own chemo type thing at home with things you could buy yourself?

<u>Some Chemo drugs</u>	<u>Active Element</u>	<u>Real world Alternatives</u>
<u>Alkylating Agents</u>	<u>Oxygen</u>	<u>Apricot Kernels B17 Laetrile</u>
<u>Kinase Inhibitors</u>	<u>Copper</u>	<u>Licorice Root Tincture capsules Herb</u>
<u>Vinca Alkaloids</u>	<u>Iodine</u>	<u>Madagascar Periwinkle herb</u>
<u>Anthracyclines</u>	<u>Selenium</u>	<u>Garlic</u>
<u>Antimetabolites</u>	<u>Manganese</u>	<u>Mugwort herb</u>
<u>Aromatase Inhibitors</u>	<u>Iodine</u>	<u>Iodoral pills, Kelp, Seaweed</u>
<u>Topoisomerase Inhibitors</u>	<u>Titanium</u>	<u>Hemp Oil, Hulled Hemp seeds</u>

Chemo drugs taken from this site...

<http://chemoth.com/types>

www.grovecanada.ca

Alternatives by Sari Grove

what if you wanted to diy chemo?

Grove Body Part Chart		
Organ	Minus Element	Plus Element
Thyroid	Zinc	Lead
Thymus	Manganese	Iron
Lungs & Lymph Nodes	Titanium	Aluminum
Heart	Potassium	Aurum
Kidneys	Carbon	Nitrogen
Pancreas	Selenium	Sulphur
Liver	Oxygen	Hydrogen
Adrenal Gland	Iodine	Calcium
Spleen	Copper	Phosphorus
Gallbladder	Magnesium	Mercury
Colon	Fluorine	Bismuth
Gender	Boron	Molybdenum

New IMPROVED Grove Body Part Chart(notice GENDER is number 12 body part-that means the nasty bits, female, male)

1. <http://grovecanada.ca/tutorials-how-the-human-machine-works-how-to-get-rid-of-a-breast-cancer-lump-by-sari-grovefree/>
2. <http://grovecanada.ca/wp-content/uploads/2014/12/smaller-chart.jpg>
3. <http://grovecanada.ca/wp-content/uploads/2015/01/chemo.png>
4. <http://grovecanada.ca/wp-content/uploads/2015/01/lp-3.jpg>

Sari (2015-01-20 00:44:16)

Make a tea of the herb Madagascar Periwinkle, it is vinpocetine(iodine family)...The apricot kernels work-add them(they are Oxygen(...Licorice root tincture prevents spread(it's a Copper)...

Sari (2015-01-22 02:43:13)

(re:How to get rid of the Depo Provera shot if you already had one)... I took a product called HearAll from NaturalCare in Oregon...It has 3 of the top heavy metal chelators in it...It is actually for hearing...I didn't care...I bought it because it had the right ingredients for a heavy metal chelation which was suggested to me...This is how I began my journey in detoxifying from Depo Provera...Soon after I started taking the capsules, a large something appeared on my femoral artery at the top of my left

thigh...I squeezed it & omigosh it was a blob of Depo...Anyways...There is more to detoxifying than just a product...Raw plant based diet...Exercise...Iodoral pills...Or eat things with Iodine like seaweed vegetables...It is scary dangerous stuff & to get rid of it you have to work hard...Get rid of it as soon as you can before things happen...(ovarian cysts, breast lumps, gender dysphoria, adrenal problems...)

Sari (2015-01-19 03:46:28)

Oh Cayenne pepper is also a Selenium like Garlic but is a little easier to take...Sprinkle a teaspoon of Cayenne Pepper into your soup bowl or into your coffee or tea in the morning...

Sari (2015-01-19 03:36:29)

Things that are not on the DIY chemo list... Baking soda is a Carbon...Oils like Olive oils are also Carbons...Carbons are good anticancer agents... Potassium is not on the list either...Hawthorn is a Potassium herb...Potassium is also anticancer... Magnesiums are also anticancer... As are Fluorines...(no Fluoride does NOT cause cancer, it actually helps to prevent it)...

Sari (2015-01-20 16:13:24)

I think there is a semantic distinction to be made...Necrosis & Apoptosis are not the same thing...Necrosis is cell death that is characteristic of cancer...It is usually caused by hypoxia, lack of oxygen...Which is why things like apricot kernels, a cyanide which is an oxygen, seem to work on getting rid of cancers...Apoptosis means you are killing cancer cells...It means the cancer is dying...Apoptosis is good...Necrosis is bad...In terms of the size thing, I have noticed that my lump (in my left breast) swells after I go for my daily 10 km walk...But then later, it shrinks up smaller...On a sidenote, today I have been watching video about a woman(Sharon Kelly) who got rid of her lung cancer tumours using cannabis oil mixed with coconut oil & a syringe(backdoor)...They did it this way so she wouldn't get the high feelings...Anyways...I'm looking into getting maybe some cannabis oil capsules-in the meantime, just taking Hemp oil... <http://momcanada.ca/index.php> Mom Canada will deliver cannabis oil capsules or other cannabis products like edible cookies & more right to your doorstep...

Sari (2015-01-20 14:43:35)

<https://m.youtube.com/watch?v=Ilw142jNoKw> the Sharin Kelly story... More at <http://cureyourowncancer.org> Lung Cancer tumours eradicated after cannabis oil (technique of syringe half mil or less with half coconut oil-backdoor)...

So I joined a bunch of Facebook groups for lonely January, & here are some of the conversations I got to participate in...(alot of cancer healing stuff) (2015-01-22 03:18)



So January is a lonely month...It is very cold here in Toronto, & dark, & well, lonely...So I joined a whole bunch of Facebook Groups & started trying to answer questions that people had asked...People seemed to appreciate my efforts to help, & I, in return, got to be useful, got to feel like I wasn't so lonely, & well, those two things were pretty big for me...

I joined a bunch of Natural healing groups, some cancer healing groups, some self-published authors groups, & a few more that I unjoined soon after because there was too much self-promotion going on...

Since I am still getting rid of a stupid breast lump, the natural alternative type groups were excellent for my condition...

So anyways...I realized today that some of the answers I was giving were pretty good & should save them somewhere...So that somewhere is here in this post...

This is January's commenting by me so far...(just My comments, nobody else's or their questions...)

About getting rid of Depo Provera...

I took a product called HearAll from NaturalCare in Oregon...It has 3 of the top heavy metal chelators in it...It is actually for hearing...I didn't care...I bought it because it had the right ingredients for a heavy metal chelation which was suggested to me...This is how I began my journey in detoxifying from Depo Provera...Soon after I started

taking the capsules, a large something appeared on my femoral artery at the top of my left thigh...I squeezed it & omigosh it was a blob of Depo...Anyways...There is more to detoxifying than just a product...Raw plant based diet...Exercise...Iodoral pills...Or eat things with Iodine like seaweed vegetables...It is scary dangerous stuff & to get rid of it you have to work hard...Get rid of it as soon as you can before things happen...(ovarian cysts, breast lumps, gender dysphoria, adrenal problems...)

Foods for a leukemia remedy...

Oh...Hulled hemp seeds...They taste nutty...I only take a teaspoon but if you ate more, you'd probably get more dramatic effect...But they do really help...

More about leukemia remedies...

Feel free to write to me, as you scale mountains & fight this...In my own journey, honestly, the thing that got me in motion the best was switching to a raw plant based diet...(I did cheat with fish & seafood cause it was a big switch for me)...The 2nd thing that was significant was walking 10 km a day(I cheated too skipping days)...After those big deals, the herbs started working & I felt braver...Iodoral tablets are a no-brainer, easy, & just take them cause Iodine is a number one fighter...I also took a lot of Licorice root(a copper) to eradicate Phosphorus which is the spread factor...For leukemia, anything in the Manganese family, including handfuls of almonds...This cleans the blood...Recently I started apricot kernels(oxygen) & wow they are good & strong & you will notice them working...No sugar, no dairy, no gluten...(cheating does happen)...Plenty of sunshine or Ginger root cut & boil for tea...D3 helps speed the rest up-take alot(though too much & you go bipolar)...My mother is a Carol so I have an affinity for you! :) You commented on Oliver Sacks's link.

Villagers in Kazakhstan Are Falling Asleep En Masse for No Apparent...

ht.ly

It's the depleted uranium...They dismiss it in the article because one village is affected & the other is not, but it could be in the air currents, a river, in ground...Narcolepsy is a known effect of Uranium exposure...They need to clean the area & give the villagers heavy metal chelation & other detox treatments...

Leukemia success battles...

David refused chemo and healed leukemia naturally

chrisbeatcancer.com

[2][http://www.chrisbeatcancer.com/david-refused-chemo-and-healed-leukemia -naturally/](http://www.chrisbeatcancer.com/david-refused-chemo-and-healed-leukemia-naturally/) Here's an uplifting story about a man named David who beat leukemia naturally(which is way worse than what you have)...It's a good site too & there are links to other success stories & the Drs & products they used...Godspeed you CAN do this!

herbs for leukemia...

I know Mugwort herb is used for leukemia, & myelodysplastic syndrome is sometimes seen as a pre-leukemia situation...I'd study remedies for leukemia since you will get more info...

things to do with the herb Sage...

Sage tea boosts memory & makes armpits less stinky...

Husband think Kefir is a dairy product, should not feed to child with autism...(& he's right)...

Husbands can be smart...

About dark circles under eyes...

Mine were Iron deficiency...

How to lower blood pressure naturally...

A lady in a health store was buying Hawthorne loose which she said she took to lower blood pressure...

YESTERDAY

You like The Truth About Cancer.

What to do about headaches...

For paint headaches, I eat raw garlic in a little plain yogurt...For glue headaches, I eat a whole bag of Goji berries...(garlic is a Selenium that lowers blood sugar)(Goji provide Oxygen)...Fresh air & exercise help if you force yourself...A raw plant diet for a little while can clean things out & help...

First line of attack against a breast lump...

Women have taken Iodoral pills (iodine) & some had their breast lumps dissolve...

The common mistake of confusing necrosis with apoptosis...

Apoptosis vs Necrosis - Difference and Comparison | Diffen
diffen.com

Hi...I was just re-checking too...It seems like doctors now are using both words interchangeably...There used to be a clear cut difference...Most clinical trials I read talk about some remedy being tested for apoptosis of cancer cells...necrosis used to be reserved as a bad thing-like gangrene...You may want to check with your doctor about this distinction...Necrosis can occur inside a tumour, causing it to swell, & that is not good...Apoptosis means the cancer cells are dying...At least, that is what used to be the distinction...I'd double check the meaning with your doctor...Here's an article I found just now that talks about this common confusion...[3]http://www.diffen.com/difference/Apoptosis_vs_Necrosis Good luck & Godspeed...

About what to do for skin melanoma on dog...

I was just reading a comment about someone who applied Cannabis oil to their dog's skin cancer & it went away very quickly...(she said it was only 2 applications in 3 days, but it probably depends on how strong it is & how much you put on, plus if they lick it off or not, which apparently is ok if they do...)

Again about the necrosis apoptosis confusion of meaning...

I think there is a semantic distinction to be made...Necrosis & Apoptosis are not the same thing...Necrosis is cell death that is characteristic of cancer...It is usually caused by hypoxia, lack of oxygen...Which is why things like apricot kernels, a cyanide which is an oxygen, seem to work on getting rid of cancers...Apoptosis means you are killing cancer cells...It means the cancer is dying...Apoptosis is good...Necrosis is bad...In terms of the size thing, I have noticed that my lump (in my left breast) swells after I go for my daily 10 km walk...But then later, it shrinks up smaller...On a sidenote, today I have been watching video about a woman(Sharon Kelly) who got rid of her lung cancer tumours using cannabis oil mixed with coconut oil & a syringe(backdoor)...They did it this way so she wouldn't get the high feelings...Anyways...I'm looking into getting maybe some cannabis oil capsules-in the meantime, just taking Hemp oil...

You like Momcanada.(they ship cannabis products to Canadians)...

The Kelly Hauf Story: How she Beat Brain Cancer Naturally with Cannabis Oil

You like [4]Cureyourowncancer.org.

19 JANUARY

What to do for memory loss...

My cousin & his wife got through Harvard on chocolate...They eat a lot & try for the best...It boosts memory...

3 things to do to fight Cancer naturally...

Make a tea of the herb Madagascar Periwinkle, it is vinpocetine(iodine family)...The apricot kernels work-add them(they are Oxygen(...Licorice root tincture prevents spread(it's a Copper)...

Is Multiple Sclerosis location based?

There are some cross correlations-cold areas, dark areas no sunlight, & areas where old lead pipes are still used...(MS responds to sunshine very well btw, as well as sunshine vitamins like Vit d3 & ginger root is a natural way to get that...)

Sciatica...

Actually that is how I fixed my sciatica...Upped my bilirubin levels with food which padded the stripped tendon...

What happens if your baby's mother tries to break up with you while she is pregnant...

Pregnancy can cause weird emotions...Tell her that...Tell her not to make any big decisions until the baby is born & her hormones get back to normal...

Really bad strep throat...

Grate raw garlic into a bit of honey & sprinkle in some Cayenne pepper...Take this often...Natural antibiotics...

Sciatica...

Eat...Comfort food...Sleep all day...

18 JANUARY

You like Chris Beat Cancer.

Ovarian Cysts?

I got rid of my cysts with Dr. Reckeweg R38 & R39...Birth control drugs cause cysts-you will also need to detox after you get the arm thing out...Iodine, raw plant diet, exercise & more...

Toddler with UTI...(urinary tract infection)...

Baking soda works but he won't drink it...The bath in baking soda suggestion is solid-put a whole box in the water & get him to soak or play in the bathtub for as long as you can...

Parkinson's disease...

Parkinson's is excess Phosphorus in the Spleen & Hypothalamus...Deprenyl is based on Licorice root which is a Copper...Studies have shown other Coppers like Coffee help too...I'd up Copper, drop Phosphorus-in the diet...

Toenail fungus & Candida...

I got rid of toenail fungus by accident...It is cold here 6 mos of the year...Sp I got some Vit D3 drops...It said 4 drops but I took 4 dropperfuls straight...After 3 days or so of my mistake my toenail fungus started to clear up...(warning too much D3 does make you nutty!)

Lead poisoning from scraping off old lead paint from house...

Lead responds to Vitamin C, Vitamin d3 (drops are good),Zinc...A fruit & raw plant based diet with plenty of olive oil for digestion would help too...Saunas, steams, & fresh air exercise too...(long walks on a trail)...

17 JANUARY

Ovarian cysts...

I got rid of mine with Dr. Reckeweg R38 & R39...I drank it straight from the bottle, didn't mix with water, they fell out in the toilet 48 hours later...(sorry)

16 JANUARY

Sari, rhymes with Mary...

Parkinson's & cancer...(both Phosphorus problems...)

Hi...So to neutralize Phosphorus you need a Copper...Licorice root is a Copper that the body absorbs well...Licorice root was also the basis for Deprenyl, a Parkinson's drug...It grows well in Hungary where the drug came to

be...Parkinson's is a Phosphorus excess in the Spleen, but without the Calcium tumour factor Cancer has...Anyways, think of Phosphorus like mold-people put a copper penny into flower water to prevent mold-it's the same in the body...Phosphorus is what makes lumps spread...Which is why it was the first thing I addressed myself when choosing my attack...

Dental problems & cancer...

Essential #5: Embrace Biological Dentistry Archives - BreastCancerConqueror.com/ Healing Breast...
breastcancerconqueror.com

[5]<http://breastcancerconqueror.com/category/httpbreastcancerconqueror-com7-essentials-5/> This Dr. really thinks that dental problems & Cancer are related...On the subject of breast cancer, add licorice root(capsules, tea, tincture, the herb, whatever you prefer) to your aunt's daily diet...The Copper in the Licorice root is highly absorbable & what it does is antagonize Phosphorus...Phosphorus is what makes Cancer malignant-a malignant tumour is Calcium Phosphate...A benign tumour is calcium Oxalate(oxalate is iron)...So by neutralizing Phosphorus you neutralize spread...Then all you are left with is a lump...I started with the tincture because it was the strongest...I took alot at the very beginning because I was scared...

Vote - Play Exchange
vote.playexchange.ca

My mother's good friend is one of the organizers for "Good Coins" which needs votes to win on the Play Exchange...If you have a minute to spare, please vote(you have 3 votes & can use them all for Good Coins)...Thank you so much! (leave a comment if you did vote so I can tell my Mom & she can tell her friend)...[6]<https://www.goodcoins.ca/portfolio/rewards/>

(by the way, if you get the GoodCoins app for iPhone, then you get the partner app called Moves, you can track like how far you walk, then collect GoodCoins for each walk, then use those coins to actually buy things in the GoodCoins store!!!)

(it's all about motivating you to be healthy & more eco-friendly but it is also neat & it works! Free too!)

necrosis...

Necrosis means cell death, & in Cancer it is usually caused by Hypoxia which means lack of Oxygen,so Apricot Kernels are a Cyanide which is in the Oxygen family, so by bringing Oxygen it helps to Oxygenate the tumour...

Apricot kernels...

I just started taking apricot kernels, but slowly to see if I have any problems...Almost immediately the lump in my left breast got smaller...The science of it works too-since cyanide is an Oxygen & Cancer likes Necrosis, a Hydrogen excess, the one antagonizes the other...

15 JANUARY

On losing your sense of taste & smell after taking Levaquin...

Ok so...Levaquin is a fluoroquinolone which means it is an antibiotic that also contains Fluorine...My mum in law I think had her response while on Cypro a strong antibiotic, but she also has a Polio type problem which causes Fluorine excess symptoms...So that combo seems to be the winner for losing taste & smell...Since the antagonist to antibiotics/selenium is Sulphur/Sugar, & the antagonist to Fluorine is Bismuth/ charcoal...Well, melatonin is in the

Bismuth family & makes for a good sleep...Upping sugar levels isn't hard...That would be my chemical perspective, ballpark...

My mother in law had lost her sense of taste & smell...Years later, she got it all back, after a blood transfusion...Not sure how you could replicate that-there is a club here that serves fried chicken blood...(a blind friend's husband took her to see if it helped her eyesight...Transylvania club I think...)

Ovarian cysts...

I had ovarian cysts (a precursor) & got rid of them with Dr. Reckeweg R38 & R39...

My favorite place to have a solo art show...

After years of showing in a myriad of venues, I look back & think to myself that my favorite solo shows were at the beginning when I had them in my own studio...I could totally control the whole environment, serve cookies & hot apple cider, arrange the works for weeks before, do it at times when I felt up, the money came straight back to me...Better than any of the gallery shows, juried shows, library, cafe...Can't think of anything really unusual...(I mean unusual for an artist!)

Dogs & cancer & Apricot kernels...

While doing research for myself, I came across several stories of people giving their dogs ground apricot kernels in their food & having success...The kernels provide alot of Oxygen which seems to clear out the necrosis...

Fungal infection in eye...

If it is indeed fungal, then it will respond to liquid Vitamin D3 drops...Take them straight from the bottle, & take about 4 dropperfuls at a time(not drops)...This is more than the recommended dosage, but you need it, fast, for something so serious...

14 JANUARY

How to NOT get your bike stolen...

Somehow make the bike look crappy...I have a really great Gitane bike that I got secondhand, but the paint job is totally distressed & it doesn't look fancy at all...First bike that has not been stolen...(the shiny new ones went fast)...

1. http://grovecanada.ca/wp-content/uploads/2015/01/6398100649_3d4397a813_b.jpg
2. <http://www.chrisbeatcancer.com/david-refused-chemo-and-healed-leukemia-naturally/>
3. http://www.diffen.com/difference/Apoptosis_vs_Necrosis
4. <http://cureyourowncancer.org/>
5. <http://breastcancerconqueror.com/category/httpbreastcancerconqueror-com7-essentials-5/>
6. <https://www.goodcoins.ca/portal/rewards?>

Sari (2015-01-22 06:23:01)

Heavy metal chelators to detoxify from all birth control drugs including Depo Provera... Gingko biloba (St. John's wort) Copper... Vinpocetine Iodine madagascar periwinkle Hulled hemp seeds No breads please Butcher's broom sparteine Potassium

Sari (2015-01-22 06:52:15)

Sari Grove I had mild scoliosis & the orthopedist said to not do anything...when I turned 25 I found a doctor from China who had come to Canada for a short term who did electro acupuncture...The needles push the muscles that are misaligned back into place...It was \$1,500 over a year & a half(you wait a long time in between appointments for things to settle)...It corrected everything...He did not speak any English but he was a real doctor...Don't just go to any TCM traditional Chinese medicine practitioner ...Go to someone real...It will cost more today...

Sari (2015-01-22 03:53:55)

<http://phoenixtearsfoundation.com> Hi... I was watching the video by Sharon Kelly about her using the cannabis oil mixed with coconut oil 1:1 & putting it into a syringe & her husband put it in, um, backdoor... Anyways, her lung tumours are gone... I was thinking of trying this because she said you don't get high when going through the backdoor so to speak... Can you recommend where I could get some Cannabis oil in Toronto, Ontario, Canada? (by any chance, if not, I found some places, just not so sure of quality)... I had a horrible Mammogram(they tore tissue at the tops of both breasts & carved a scab under the lump-I now have nodes from the Mammogram injury)... Then after my biopsy, when I drank water it seemed to go into my lungs instead of into my stomach...For 2 months I thought I was going to get pneumonia... When I got an oncologist appointment after requesting a woman, I got a young man who was her assistant do all the prep work... Then when the oncologist arrived it was 5 minutes & she had another patient at the same time, she interrupted my mid-sentence to go check on them... It was awful... They did not tell me that DCIS is not Cancer...I was in terror until I did some research & found out what I had was a pre-cursor...Everyone kept telling me I was going to die...Turns out DCIS is not breast cancer... Anyways...because of all this I decided I don't want any part of any more protocols... No chemo, no radiation, no lumpectomy, no mastectomy, no tamoxifen... So I have been doing everything I can since Easter last year(2014)... I'd like to add cannabis oil to what I am doing... Anyways... Probably too much information, but if you have anything to send my way regarding breast lumps, DCIS, cannabis oil, the backdoor method, or anything else, that will help me in this journey... I pretty much know that this is a great idea having read alot about it already... So you don't have to waste your breath convincing me... The only thing is I don't want to get high... I am an artist, & am already pretty freethinking...Pot just screws me up further in that direction...Makes me way too kooky...I am a smart & fun person but getting high could send me to a mental hospital... But I think the backdoor method could work if there is no high involved? (I hear the suppositories are messy, so the syringe thing was better...) Thanks... Godspeed... Sari (rhymes with Mary)...

Sari (2015-01-23 00:11:25)

o I looked into Carnivora...It's from the Venus Flytrap plant...The active ingredient is Plumbagin...Plumbagin is a Copper...Studies support this & like most Coppers it is an effective anticancer agent...But there are side effects in the studies-probably because it is so strong...You could dumb it down & do licorice root or Ginkgo biloba, lesser Coppers but safer...Thanks for mentioning it-enjoy seeing new ideas that do work!

Sari (2015-01-23 15:27:42)

Advice to person with diagnosis... Sari Grove What wonderful answers! I'd add:put on some running shoes & a walking outfit right now, find the nearest ravine dirt walking trail & go alone for a long slow 2 hour walk...To clear your mind, get Oxygen, talk to God, be in nature, & relieve anxiety & depression...Come home, long bath, healthy dinner, watch mindless favorite tv shows, sleep(with melatonin if you can't)...Then repeat the walk as often as you can...This is what keeps me sane...

Sari (2015-01-23 14:04:58)

To group administrators on Facebook who are vetting me... Oh...Did I click join group & you are deciding whether to accept me? Hmm I see...Well...I'm not selling anything & I am not a scammer...I refused lumpectomy after diagnosis last Easter & have been attacking the lump with fury...I tracked my research & let people read my path via free access to my books & blog posts on my website...I do have paperback versions on Amazon but that is just to be able to have a hard copy available for those who are not digital-but everyone reads for free plus the price is the minimum Amazon will let me so there is no profit to me on sales...

Sari (2015-01-26 16:22:50)

Oh...I finally tracked down where the source of the wrong interpretation of the word "necrosis" was coming from... An Italian

doctor whose English is not very good used the word necrosis to incorrectly describe cancer cell death which is apoptosis... It was a simple language error... Necrosis means death so he used that word in English to describe apoptosis... Since he is an oncologist, people read his website & started quoting that & now there are all sorts of websites written by non-English speakers & now even English speakers, using the word necrosis incorrectly... Ahem...

Significant progress in the getting rid of a DCIS lump! (frankincense & periwinkle) (2015-01-23 00:46)



[1] Ok so the picture shows a side view of my left boob with a crop so you don't see my nipple...What is so significant today is that what is usually a circular blob now has pieces missing from its edges...Which means that whatever I am doing is eating away at the circle blob that is supposed to be DCIS...Yay!

Ok...Some backstory...Go to our [2]Books page & read our books for free to understand our medical theory & also get some history as to what I have been using to get rid of this thing...(book 3 is the beginning of that journey & is mentioned all the way through to book 8)...

How did I take the picture? In the Books & in some of my blog posts I explain how to [3]DIY Mammogram using a digital camera & a Mac computer...It's easy & I do it all the time...It's a great way to track what works & what doesn't work...You can even see chemistry changes...I tell you what to worry about...

Now...Why am I having such great progress today in particular?

Ok, so I figured out IN THEORY how to get rid of a DCIS lump...(DCIS is not actually breast cancer yet, it is a pre stage where you have to be really careful...Women don't usually die of DCIS...It doesn't usually spread...It's only IF it becomes INVASIVE breast cancer that you have to worry...Doctors want to change the name DCIS to something less terrifying...Anyways...)

So I had the theory & I had tried it out & my theory worked...There was only one thing...I didn't like taking one of the herbs...It made me tired & depressed & sleep all day...So I slacked off a bit because KNOWING that I had an answer was very powerful for me...I was the BOSS of my life again...

But ok...I took all my other things...Which all did work as planned...But the thing that would shrink the Calcium part of the lump itself I wasn't taking...

Ok so push came to shove & last night I decided heck with it I've got to take this stuff...So I took some last night, again in the middle of the night, & again this morning...

Then I did something new...I walked down to a Health Supplement Natural place one block west of Bathurst street on the North side of Bloor(it's a giant superstore you cannot miss it but I cannot remember the name sorry)...

I bought 2 little bags of Frankincense resin... \$3.00 & \$3.50...Total cost...They call them Frankincense tears...Little hard nuggets of resin...

On the way home I took a bunch from the bag, popped them in my mouth & started to chew them...The hard resin turns into gum...I chewed the gum all the way home & then threw it away when all the taste was gone, the frankincense...This is how the people of Oman chew their Frankincense & they have the lowest incidence of cancer in the world...

Later I took my picture, the one you see at the top of this post...

The herb that I have been slack in taking is called Madagascar Periwinkle...It is a vinpocetine iodine type herb...I grab a pinch, put that in my mouth, swish with some Diet Coke & swallow...Twice...(please don't tell me Diet Colas cause cancer because that is just not true...All they do is add potassium to your diet which is not always a bad thing...)

Ahem...

So the combo of chewing the Frankincense Tears & taking the Madagascar Periwinkle herb is a winning combo!!!

(oh, I also took a weekly 50,000 IU Vitamin D capsule this morning which probably helped speed up matters & also kept me awake...)

I am still walking almost 2 hours every day...

I am still trying but cheating on a raw plant based diet...

I have found bread is a really bad cheat & oatmeal is not helpful either...

I learned today of a new Copper...The Venus Flytrap(in a product called Carnivora) contains plumbagin which is a Copper & is anticancer...I used Licorice root for my Copper but could have used Ginkgo Biloba for my Copper...(I cannot take anymore Copper now as I sort of overdid the licorice root & it made me deeply emotional in a painful way...)

I am still using the [4]GoodCoins App & the Moves partner app to track my walking distances...Goodcoins actually gives me money each time I walk! They even have a store where you can spend it!

Research Notes(credits) & Links for January 2015...

Ginkgo biloba (St. John's wort) Copper...

Vinpocetine Iodine madagascar periwinkle

Hulled hemp seeds

No breads please

Butcher's broom sparteine Potassium

Chickweed for lipoma(it moves under the skin) similar to dandelion, parsley-Oxygen diuretic saffron

Broccoli walnuts raisins

Water lemon juice honey cayenne pepper

749 Dovercourt rd west of ossington north off Bloor 3.9 km frankincense

Plumbagin Venus flytrap copper Carnivora product...

[5]<http://m.mutage.oxfordjournals.org/content/24/5/413.full> Venus Flytrap/Copper/anticancer(clinical trial)

[6]http://www.healthy.net/Health/Article/Special_Report_Breast_Cancer_When_Its_Not_Cancer_at_All/2661/1
When it's not Cancer at all...DCIS (WDDTY)

[7]<http://www.nytimes.com/2010/07/20/health/20cancer.html?pagewanted=all> P rone to error(Cancer)NY Times

[8]<http://www.jesichashope.org/cancertreatments.html> Jessica's Hope alternative cancer treatments...

[9]<http://www.cannabisoil.ca/products/> Sanatio Strauss-cannabis oil & tincture in Canada

[10]<http://pccntoronto.ca/2012/03/28/video-holistic-and-herbal-two-approaches-to-diet-nutrition-and-the-treatment-of-prostate-cancer/> Holistic & herbal approaches to prostate cancer

[11]<http://www.exploreyourhealth.ca/viewpage.cfm?PageID=16> Canadian Naturopathic Foundation(walking daily & diet can change your prognosis forever)

[12]<http://vitalitymagazine.com/section/health-conditions/alternative-cancer-therapy/> Alternative cancer therapy

[13]http://www.askdrjj.com/article_view.php?id=34 Toronto Naturopathic doctor Oncology

[14]<http://www.registeredtorontonutritionist.ca/Blog/Entry/how-to-prevent-and-fight-cancer-with-natural-holistic-nutrition-toronto-nutritionist-cancer.html> Toronto Naturopathic Oncologist Nutrition expert

[15]<http://www.thepracticalherbalist.com/herbal-library/herbal-encyclopedia/chickweed-skin-rejuvenator/> Chickweed(Oxygen) for Lipoma

[16]<http://www.hitwebcounter.com/how-to/herbal-treatment-of-lipoma.php> Herbal treatment for Lipoma

[17]<http://universitynaturalmedicine.org/research/library-portal/> University Natural medicine Library Portal

1. <http://grovecanada.ca/wp-content/uploads/2015/01/DSC04035.jpg>

2. <http://grovecanada.ca/grovecanada-hostawesome-com/>

3. <http://grovecanada.ca/diy-mammogram/>
4. <http://www.goodcoins.ca/>
5. <http://m.mutage.oxfordjournals.org/content/24/5/413.full>
6. http://www.healthy.net/Health/Article/Special_Report_Breast_Cancer_When_Its_Not_Cancer_at_All/2661/1
7. <http://www.nytimes.com/2010/07/20/health/20cancer.html?pagewanted=all>
8. <http://www.jesichashope.org/cancertreatments.html>
9. <http://www.cannabisoils.ca/products/>
10. <http://pccntoronto.ca/2012/03/28/video-holistic-and-herbal-two-approaches-to-diet-nutrition-and-the-treatment-of-prostate-cancer/>
11. <http://www.exploreyourhealth.ca/viewpage.cfm?PageID=16>
12. <http://vitalitymagazine.com/section/health-conditions/alternative-cancer-therapy>
13. http://www.askdrjj.com/article_view.php?id=34
14. <http://www.registeredtorontonutritionist.ca/Blog/Entry/how-to-prevent-and-fight-cancer-with-natural-holistic-nutrition-toronto-nutritionist-cancer.html>
15. <http://www.thepracticalherbalist.com/herbal-library/herbal-encyclopedia/chickweed-skin-rejuvenator/>
16. <http://www.hitwebcounter.com/how-to/herbal-treatment-of-lipoma.php>
17. <http://universitynaturalmedicine.org/research/library-portal/>

Sari (2015-01-23 07:10:47)

Ok so Professor Louise Jones has been talking about a new test to see if DCIS will progress...The thing they test for is this thing with a weird name...Trying to know what element their novel cancer marker is led me to check Google results on early studies-see below... Notice they focus on the Thyroid & bone...There's your clue... Lead is the Plus element in the Thyroid gland that builds bone-think potato carrot vitamin A lead...Zinc or sunshine or vitamin d3 or ginger root is what cancels out excess Lead...If Lead is the marker for invasiveness possibility & I bet it is then make sure to get some Ginger root into your antiDCIS program!!! Integrin $\alpha\beta6$ as a novel marker for diagnosis and metastatic ... <https://www.oapublishinglondon.com/.../> .. We examined the expression of integrin $\alpha\beta6$ in thyroid tissue specimens by immunohistochemistry and evaluated the ... Integrin $\alpha\beta6$ Promotes an Osteolytic Program in Cancer Cells by ... cancerres.aacrjournals.org/.../1598.abst ra... by A Dutta - 2014 - Cited by 8 - Related articles Mar 1, 2014 - Here, we demonstrate that the $\alpha\beta6$ integrin is upregulated in human prostate cancer bone metastasis.

Sari (2015-01-23 03:14:18)

<http://www.simmsmanncenter.ucla.edu/> this centre in Los Angeles has an integrative approach...But there is a distinction to be made-alternative tends to mean instead of, complementary means with conventional medicine...All the alternative things we discuss in this group tend to be covered by alternative doctors...Regular oncologists might be interested in complementary therapies but they are not often even allowed to do alternative things unless they spent another 4-8 years getting certified on top of their MD...

Sari (2015-01-23 01:19:44)

http://www.naturalhealth365.com/food_news/ginkgo_biloba.html Ginkgo Biloba is indeed ANTicancer...

Sari (2015-01-23 13:39:52)

Mucormycosis can occur in people with high sugar levels, high iron levels, high Phosphorus & Calcium levels, high Hydrogen levels... So topically hydrogen peroxide(an Oxygen), povidone Iodine(An Iodine)...Internally then you need Manganese(Mugwort herb), Copper(St Johns wort, licorice root, ginkgo biloba, espresso coffee, tea), internal Iodines like Periwinkle herb & Iodoral pills Kelp , Bladderwrack, Poke root, Seaweed foods)...

Sari (2015-01-23 13:42:53)

Like · More · 1 hour ago Sari Grove:mucormycosis Ok so I looked into what the drug constituents are for standard care of this thing...It turns out Hypericin is a key component which is found in Hypericum which those who know is St. John's Wort...(it's in the Copper family which kill Phosphorus-Phosphorus is what makes a tumour malignant...)But you would need a high dose tincture of St. John's Wort to mimic a drug strength...(Licorice root tincture is also Copper as is Ginkgo Biloba as is Espresso coffee...)I'd throw them all at it (I tend to overdo things) ps.Raw garlic is a powerful antibiotic that won't hurt to keep doing just to keep sugar down... (Amphoriticin b, strepto-b, anthroquinones, hypericin, hypericum-my path through Wikipedia to figure out the drug for mucormycosis)

Transverse Myelitis & Melatonin... (2015-01-24 01:33)

So my theory about Transverse Myelitis is that it is a Fluorine excess...

on our Grove Body Part Chart, Bismuth is opposite to Fluorine

Now Melatonin is a Bismuth family drug...

So in theory, Melatonin should remyelite the stripped myelin

So I looked up to see if anyone else thought so too...

Yes...There is a study on a rat that shows melatonin remyelinated the white matter around the spine...

<http://www.ncbi.nlm.nih.gov/m/pubmed/20856166/...to>

-to my new gorgeous friend with transverse myelitis, please try taking one melatonin pill every night...

When the bottle is finished, please write to me grove@sent.com & tell me you are improved...

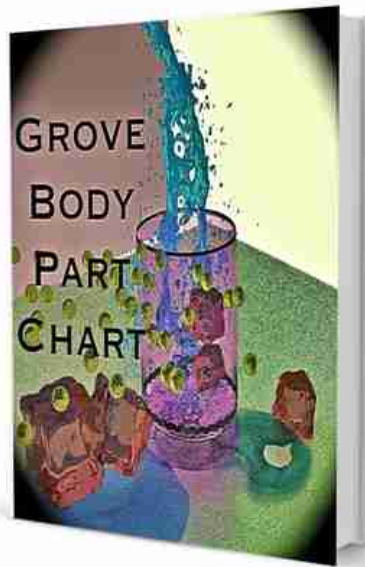
Ok...

I am writing this post so you can see it...

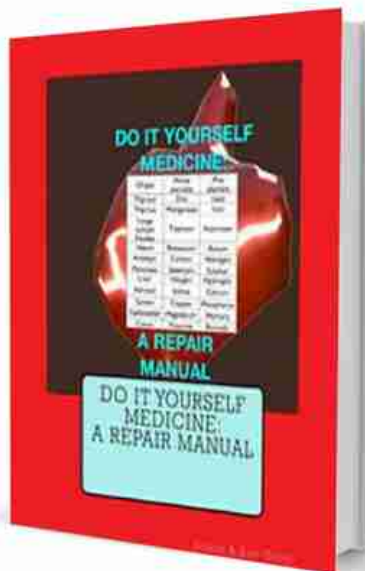
Hugs, Sari

[1]You can read (the now 8 books) The Grove health Science series of books for FREE on our BOOKS Page...

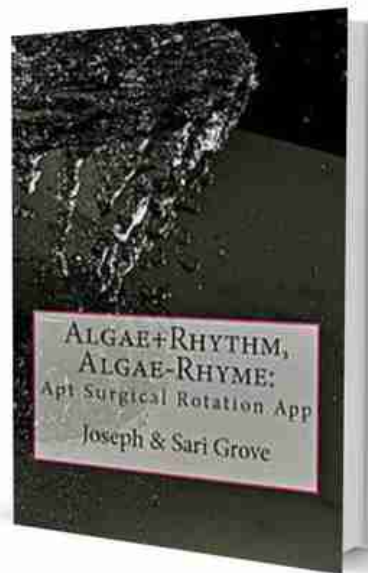
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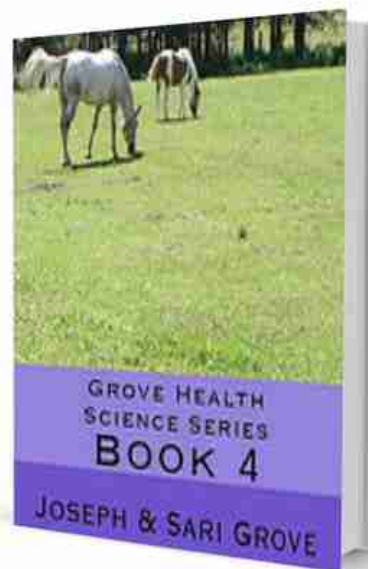
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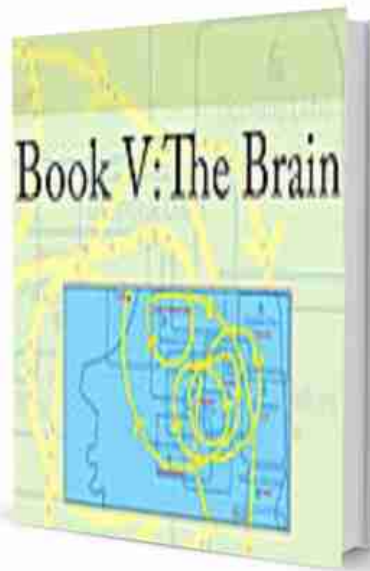
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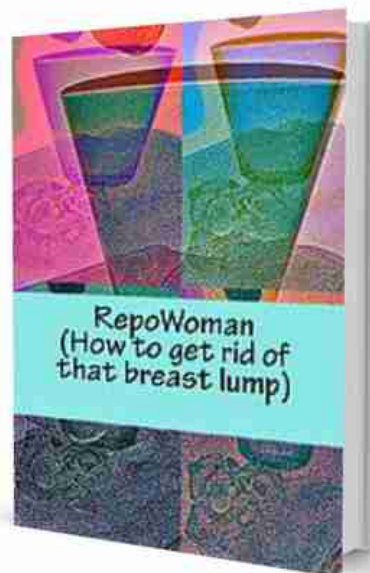
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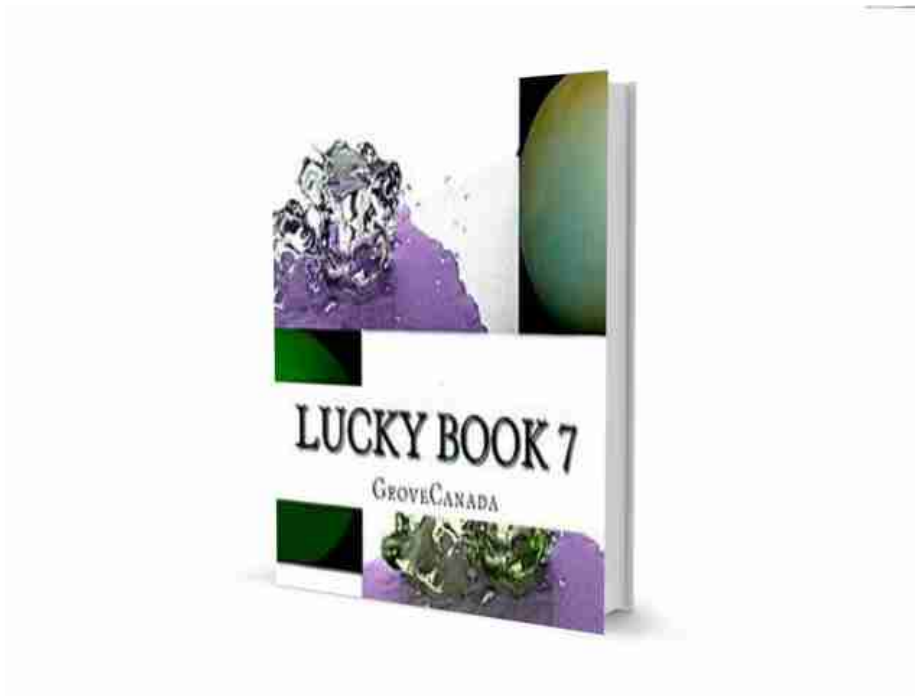
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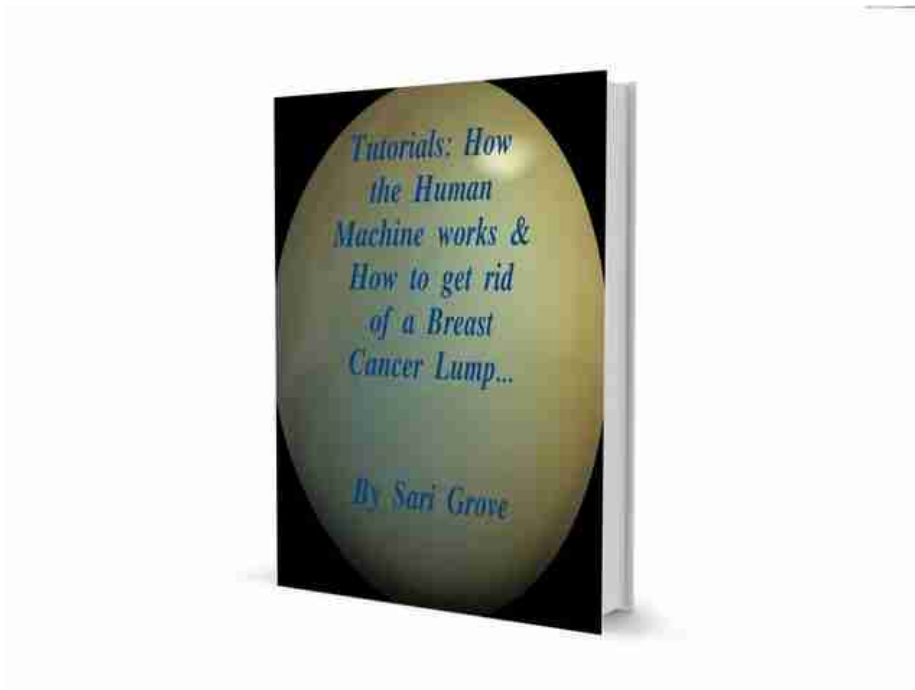
[7]



[8]



[9]



1. <http://grovecanada.ca/grovecanada-hostawesome-com/>
2. <http://grovecanada.ca/wp-content/uploads/2015/01/Book-1-3d-cover.jpg>
3. <http://grovecanada.ca/wp-content/uploads/2015/01/Book-2-3d-cover.jpg>
4. <http://grovecanada.ca/wp-content/uploads/2015/01/book-3-3d-cover.jpg>
5. <http://grovecanada.ca/wp-content/uploads/2015/01/book-4-3d-cover.jpg>
6. <http://grovecanada.ca/wp-content/uploads/2015/01/book-5-3d-cover.jpg>
7. <http://grovecanada.ca/wp-content/uploads/2015/01/Book-6-3d-cover.jpg>
8. <http://grovecanada.ca/wp-content/uploads/2015/01/book-7-3d-cover.jpg>
9. <http://grovecanada.ca/wp-content/uploads/2015/01/book-8-3d-cover.jpg>

Sari (2015-01-24 02:57:11)

Low blood pressure, what to do? Ok so I got it for my cats...Taurine powder...Bengal cats tend to HCM hypertrophic cardiomyopathy...I sprinkle it on their food once in a while...It makes them purr a little louder & you can tell they're a little friskier...Read up on it & found the pet grade & the human grade Taurine powder was identical- just different recommended dosages of course...So I put some in my tea...I felt clearer...Better...So after that, whenever I feel dizzy, I drop a teaspoon or more into some liquid...I haven't been to a doctor in a decade so I don't know my blood pressure change sorry...I think I used to be something like 80 over 60 does that sound logical? Our lady cats are 9 & 10, & I started Taurine off & on when they were kittens...If I had to guess I'd say my blood pressure was maybe 120 over 80 now...(God I forget how the numbers work-anyways, something like that-I don't pass out anymore at public events when I stand up suddenly-omigosh!!! Lol)

Sari (2015-01-25 07:15:00)

.That is a beautiful thing...While looking into the why of Coleus Forskohli's actions, I discovered that Forskolin(the active ingredient) is a Carbon Hydrogen Oxygen molecule...Which is a down up down molecule in terms of how it affects blood pressure...It does both...(There is a recipe for correcting leg paralysis called Hungary water which is rosemary & wine-also a down up type of recipe...)Anyways, thank you again-Seeing type molecules is truly fascinating...Don Quixote had a balm of rosemary,oil, salt & wine-boil all together...Also a complex healing recipe-paralysis?

Sari (2015-01-24 01:43:08)

<http://www.ncbi.nlm.nih.gov/m/pubmed/20856166/> Here is that study hotlinked properly... Hard to do that on an iPhone!

Cation, chitin, Molybdenum, Boron, chromosome 23, 12 item on grove body part chart (2015-01-25 19:57)

[1]Cation, chitin, Molybdenum, Boron, chromosome 23, 12 item on grove body part chart (PDF file of my thought process to discover the 12 item on our grove body part chart...Currently I only have 11 body parts on the chart, but there should be 12...the 12th will be the Gender Organs...The chromosome pair that decides XX or XY, female or male...

So the 12th column of our chart(which I will have to add)will look something like:

Gender Parts:Molybdenum Mo (Plus element):Boron B (Minus element)

Molybdenum would sync with testosterone, & Boron would sync with Androgen(in hormone discussions)

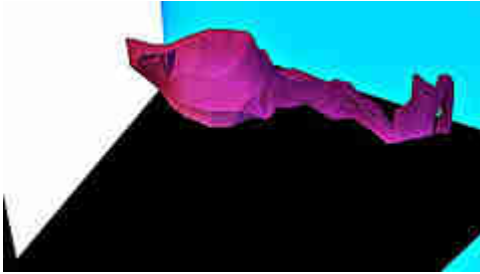
like Calcium is a Progesterone,

& Estrogen is a Phosphorus...

The combination of Molybdenum & Boron together would be something like human growth hormone, the thing that makes you grow & be able to reproduce, the thing that brings life to that protozoa stuff on Mars, the thing in shrimp shells, green beans, avocado,-the shiny coating on a green beans, that organic edible plasticky stuff God's wrapping...

[2]<https://www.flickr.com/photos/sarigrove/> Our photo stream on Flickr...

[3]



Notably in Turner's syndrome, the 23 chromosome is missing one element of the pair...

So in Turner's you see XO with the o implying Zero, instead of what it should be XX or XY...

Typically in Turner's syndrome, the X that is there is from the Mother(chromosome pairs are one from MOM & one from DAD)...So in the syndrome, mom donates the X, but Dad either donates nothing or the X or Y from the Dad is damaged...

Physically Turner's syndrome can be seen as a webbed neck(very thick & attached well to the shoulders almost more like a lizard)...Webbed toes in babies...It seen mostly in females & they are usually born sterile(not able to reproduce)...HUMAN growth hormone is one thing they may give to someone with Turner's...

On our [4]Grove Body Part Chart, chromosome 23 will be represented as the 12th body part on our chart...

I will have to draw up a new version...Stay tuned!

Update:Here is the new improved Grove Body Part Chart business card(front & back sides)...

I get mine printed at [5]Vistaprint.ca & I lay out the grid there too...[6]

Grove Body Part Chart

Organ	Minus Element	Plus Element
Thyroid	Zinc	Lead
Thymus	Manganese	Iron
Lungs & Lymph Nodes	Titanium	Aluminum
Heart	Potassium	Aurum
Kidneys	Carbon	Nitrogen
Pancreas	Selenium	Sulphur
Liver	Oxygen	Hydrogen
Adrenal Gland	Iodine	Calcium
Spleen	Copper	Phosphorus
Gallbladder	Magnesium	Mercury
Colon	Fluorine	Bismuth
Gender	Boron	Molybdenum

**"Artists innovating in the
Medical Arts"**

**Read our books for Free from
our website at
www.grovecanada.ca
The Grove Health Science Series
of Books**

**We are
GroveCanada
which means,
Joseph & Sari Grove
& our cats
email
grove@sent.com
phone(we prefer email)
416-924-9725
Toronto, Ontario, Canada**

Rough background notes(how I got to the ideas above sort of...):

Gingko biloba (St. John's wort) Copper...

Vinpocetine Iodine madagascar periwinkle

Hulled hemp seeds

No breads please

Butcher's broom sparteine Potassium

Chickweed for lipoma(it moves under the skin)
similar to dandelion, parsley
-Oxygen diuretic saffron

Broccoli walnuts raisins

Water lemon juice honey cayenne pepper

749 Dovercourt rd west of ossington north off
Bloor 3.9 km frankincense nuggets

Plumbagin Venus flytrap copper Carnivora
product...

Ginger root make sure!!! Vega one sugar free
energizer ginger turmeric

Learn feldenkraist!!

Flaxseed is manganese

chant

"nam myoho rengo kyo," (I am a
lotus flower is sort of what it
means-it means
more than that but I prefer to
ignore the religious meaning...)

I would say diet makes a great
deal of difference. More veggies
and fruits.

Rosemary oil wine salt balm of
don Quixote
Hungary water for paralysis
rosemary is mint titanium
wine red is hydrogen some oxygen
Forskolin is. CHO molecule
Toluene is a CH molecule

From Wikipedia entry on Rosemary
[8]<http://en.wikipedia.org/wiki/Rosemary>
"Hungary water was first prepared
for the Queen of Hungary Elisabeth of Poland to "
... renovate vitality of paralyzed limbs ... "
and to treat gout.
It was used externally and prepared
by mixing
fresh rosemary tops into spirits
of wine.
Don Quixote mixes it in his
recipe of the miraculous balm
of Fierabras."

In Chronic myeloid leukemia,
9 Carbon

22 fluorine
 Are both damaged
 (Baking soda and water with
 fluorine in it is a real
 world substitute for
 chromosome 9 & chromosome 22)...
 (47 is the new chromosome formed
 from the 9 & 22 fragments joining,
 carbofluorine)
 only supposed to be 23 pairs of
 chromosomes or 46...so 47 is wrong!

9 Carbon 22 fluorine forms
 extra chromosome carbon fluorine

In transverse myelitis
 (are they really just mermaids)
 Mermaid sirens song
 to the siren this mortal coil Ear wax (war)
 smash ships on the
 rocks...Ulysses story...

Topaz citrine is
 aluminum fluorine
 Memory Thin skinned Kind
 thin skinned sensitive

CF Turner syndrome 23
 chromosome 1s missing
 the Y So just X From
 mother Dad was sick
 no y sex donation
 You get a girl who
 was supposed
 to be a boy...
 Dad's excess Phosphorus
 also implies a lack somewhere
 else-23rd chromosome ...
 Sex male gene...
 (Human growth hormone is
 missing-accident at 8 years old) 12...
 paralysis below knees both
 mermaid syndrome...
 Cannot have children...
 Excess fluorine polio
 (descending & amplifying
 into BORON B)
 leads to degradation of
 23rd chromosome sex
 reproduction impossible...
 Water fluoride Scottish

alcohol drinking Winnipeg...

Girl first Then
boy Implies female dominance...
(the order of children)
Cadmium vs. Antimony//
Barium vs. Plutonium
Uranium bismuth
indium charcoal vs. Fluorine
chlorine water(fluoridated)

Testosterone Androgen
Both = avocado, saw palmetto,
toluene, coleus forskolin,
molecules that are
CHO Carbon AND Hydrogen & Oxygen
-give LIFE

Sent from my iPhone

end of rough notes...

1. <http://grovecanada.ca/wp-content/uploads/2015/01/cation.pdf>
2. <https://www.flickr.com/photos/sarigrove/>
3. http://grovecanada.ca/wp-content/uploads/2015/01/9765781116_08a5a8bac2_m.jpg
4. <http://grovecanada.ca/grovecanada-hostawesome-com/>
5. <http://www.vistaprint.ca/>
6. <http://grovecanada.ca/wp-content/uploads/2015/01/lp-3.jpg>
7. <http://grovecanada.ca/wp-content/uploads/2015/01/lp-4.jpg>
8. <http://en.wikipedia.org/wiki/Rosemary>

Just a quick hello from Jadzia & B'elanna Grove our intact lady bengal cats... (2015-01-26 02:06)



Jadzia likes the warm pizza box under her bum...She also enjoys pizza as well...

Food choices happening right now still...

barbecue chicken whole from Longo's in Toronto

Wysong uretic feline Dry Food from Wooftown in Toronto

Ziwipeak canned cat food from new Zealand

Balance from Phytobet 1 drop per lb of weight in all wet food from SwallowhealthyDiet.com in England

Water from tap

Notes: Jadzia recently ate 4 pieces of pineapple off the top of a Hawaiian pizza...She also enjoys the milk in your cereal, & pepperoni...Ice cream vanilla flavour once in a blue moon...

B'elanna is not a fan of milk...B'elanna is not a fan of chicken liver...B'elanna is not a fan of carrots & Jadzia agrees on this one...neither really like Beet pulp & even as kittens found Beets not worth discussing...

Both snows appreciate a good finely chopped up steak once in a while but do not try to pass off cheap cold cuts as food...Sardines are interesting but honestly mummy a little gross looking...Sushi is a definite yes, though sashimi is better but could you chop it up a little bit...Organic food makes us cr-p too much, but helpful if we are having constipation issues due to GMO grains hidden in our foods...Taurine powder makes us purr louder...McDonald's hamburger

patties are a yes, as are Wendy's, & Popeye's fried chicken is awesome we love the crispy fried breaded crust too...The breaded fried shrimp was a fun diversion...Shrimpo cocktail is a pretty definite yes, no sauce for us...

[2]



Reasons why my husband has to sleep on the couch...(hint:safety first)

[3]

“Quit
worrying
about your
health. It’ll go
away.” by
Robert Orben.

#TeamBossyGals twitter words

TeamBossyGals.com website

Good Ozone versus bad Ozone, Fireman fire station rosedale

Clouds should be Up there not down here...my interpretation

That theory where if you have icky Phosphorus & good Phosphorus, the body will select to process the good Phosphorus & theoretically excrete the icky Phosphorus...longshot

More likely is on 88...a nicely parallel number that connotes snakes & ladders...That the body will select the Good Phosphorus, & the bad Phosphorus will remain stuck in limbo, like The Walking Dead...(horror genre)

For example...

If you eat a lump of black disgusting moldy cheese by accident & it goes down & makes a home in your Spleen, then now you have a lump of black moldy cheese sitting in your spleen, nesting...

Now if you go to Sobey’s & buy some extra delicious yummy strawberry flavoured yogurt Kefir (pronounced KAY-FUR), then that KEFIR will go down into your spleen & your spleen will say THAT is delicious!

At that point, since your Spleen is competitive, it will CHOOSE the Kefir as the thing it wants to work on, to digest...

It is an easy choice for the spleen, the kefir is delicious & travels well, the moldy cheese is stuck & hard & lump & gross who would want to eat that eh? gross-en-nating...

So...(by the way you can eat blue cheese if it is SUPPOSED to be that way ask your daily grocer at the whole foods market. they have a good cheese lady)...Seinfeld refers...tv show reference

So now your body gets Kefir energy & the lump stays put...

You now have energy to walk, to work, to carry on, but you ALSO have a cold dark lump of mold (scarily growing maybe NOT) in your spleen... **

A better decision

Instead of drinking the Phosphorus filled Kefir, & causing your spleen to choose that to digest OVER the lump in your spleen, why not choose something that GETS rid of the Lump first?

THEN AFTER you can have your Phosphorus GOOD Kafir...

For everything there is a time & season...All the season turn turn turn...On the merry go round of life...Turn turn turn...

Caliope...What goes up must come down spinning wheels turing all around you got no money you got no time ride a painted pony let the spinning wheels spin...

Did ya need...(male voice)

Ok music break over for now sorry get back to work, but music IS work, ok get back to music...

So the better choice is to remove the bullet first then eat a potato pancake...

They gave us Lead bullets Pb, we asked for Bismuth bullets Bi, we got Copper bullets Cu...

On our chart the Plus elements are male(dominant), the Minus elements are female(dominant)...

Disease have Gender dominance too...Multiple sclerosis is Lead poisoning which is excess Lead from tap water running too hot maybe through older once galvanized Lead with Zinc pipes...Men like potatoes which are Lead...Pb Plomb...

Women prefer coconut water which has some Zinc...(also has Carbon & Potassium female elements)(low on the water part which is Hydrogen so nice low male)

BIG PICTURE...If you have a lump of coal in your body, take it out first...Then, celebrate afterward!!!

DON'T celebrate first by drinking Kefir, then & only then, decide to try to remove the coal...It will be harder to see, because it will be coated in white pink yogurty stuff & now you are just making matters worse because the body will SELECT to digest the Kefir & just BYPASS the lump of coal...

Now you have made the lump of coal or whatever the lump is actually made of under a microscope (you have to look btw and thank you for that Zhang Zhuo...), anyways all thank yous aside, you have made the situation worse,

not better...

since Better or worse is a rule, worse is not better, better is not worse, then worse is worse & don't do that to yourself...

so if you are NOT trying to remove your lump of coal or whatever, moldy in a bad way cheese, then you are doing worse to yourself & that is not good I don't like that because you are MY friend...

+if you are my enemy & you do worse I don't care because I don't care & goodbye sayonara to you not my problem...

Now how to get rid of the icky lump? Have a small cup of black coffee with sweetener & chat with a friend about it...

Then go watch the Australian men's Open Tennis championship in GeeLong Australia...with Rod Laver!

Team Bossy Gals .com

1960s reference.time warp.mercury in retrograde...pluto...secret ancient chinese secret(how to do laundry with Borax)spit is a paralytic, scorpions in mouth will go tame from the spit which is Fluorine...Survivor

The new improved RECIPE for how to get rid of a lump that is stuck somewhere in your body or your brain which is part of your body but anyways, is...

In the hands of a neuro-scientist in GeeLong, Australia...Initials B. E. (think beryllium Be)

Go ask him he won't bite...(warning you could die of a typographical error)...snakes

When detoxifying from heavy metals like birth control, start with the lightest metals first, which are at the BOTTOM of the Grove Body Part Chart...

Since the lightest metal on the chart is Molybdenum, Plus element, gender organ(s)(2), You need to start removing that excess element first, which is like the plastic natural skin on green beans...

Boron dissolves Molybdenum...Boric acid is the STRONGEST Minus element on our Chart(by the way did you know the new improved chart has 12 body parts/organs instead of 11? Yes , it's true...The new body part is called "gender"...It refers to those nasty bits that define whether we 'look' like a boy or a girl...A girl will have Boron dominance, a boy will have Molybdenum dominance...Nigella Sativa Black Cumin seed has both male & female parts...Interestingly enough, Toluene also has male & female parts...Mo or B...

Coelus Forskolin also has both male & female nasty bits...Gender...Gonads & Ovaries...

Theoretically the body will select which one it needs & discard the rest...

This is called competition...

The brain is also competitive...if I order a small coffee at Tim Horton's with skim milk & sweeter, I will get a small black coffee with sweetener in it...No skim milk...Why? Because the brain is competitive...The lady at the cash register's brain registered sweetener which is an unusual choice for this Canadian company...The brain selected that flavour as the winning flavour...Despite the fact that skim milk is an Awesome choice, it was discarded & ignored...It

is still in the Milk family, which is white in colour...The cashier was closer to coffee in colour than she was, like me, to milk, so she was HAPPIER to give me something she was familiar with...I was also happy NOT to get milk, because though I had ordered milk, it was only because my companion ordered a small coffee with double creme...I am not really supposed to ingest dairy on my diet plan, regime more like, but when in mixed company, ie:boy girl, I tend to compromise a bit for the sake of the group..

"The needs of the many outweigh the needs of the few..." Vulcan saying Mr. Spock

[4]

Grove Body Part Chart		
Organ	Minus Element	Plus Element
Thyroid	Zinc	Lead
Thymus	Manganese	Iron
Lungs & Lymph Nodes	Titanium	Aluminum
Heart	Potassium	Aurum
Kidneys	Carbon	Nitrogen
Pancreas	Selenium	Sulphur
Liver	Oxygen	Hydrogen
Adrenal Gland	Iodine	Calcium
Spleen	Copper	Phosphorus
Gallbladder	Magnesium	Mercury
Colon	Fluorine	Bismuth
Gender	Boron	Molybdenum

Concussion: Con-Cush-ion (pr.)

with-pillow(breast)-ions (colloq.)

stuff-on-my-cat.com (Jap.)

right frontal lobe hit=excess zinc production due to stimulation of right frontal lobe(not collapse or failure of organ)

thus control of left side of body, ier:hand is increased

visible mark=hill on right forehead

other effects=at left side of brain there seems to be a slight lack as the more zinc of the right side depletes the Lead Pb Plomb of the/de le/la cote (little hat sign), (ou(little backwards hay sign), (et(round hat sign), le accent aigu(on the u upside down smile sign, I mean right side up smile sign concave/convex to those who look)...

Top down in French...Let's start again with the introductions...

Bundling Bill Gates...synapses...

unlink zoo with sadness

link parenting with cleaning

reverse order...Happify.com

Zoo Steve Jobs, Linda McCartney, John Lennon, Yoko Ono...One legged female(hop-along)Blossom.=all in common, lowest common denominator-John McCain=they all eat frozen food dinners?

Save the Seals...Children's Miracle Foundation...Easter Seals/Mama's izza...(leaning tower of pisa)free association

Je suis Charlie...Je suis un sheepdog...Je suis un chien c'est quoi un sheep en fran-c-cedille-? ais, et?Automatistes Quebec

Old York New York Old France new France...The Big Smoke...

Alors le "fix" c'est que le main gauche et maintenant meilleure (n)! Dans les yeux(l'oeuil) du femme...

Gst 5 %, PST 8 %, HST 13 %= $5+8+13=26$ dollars accidental damages typo(s) , chaques 'typo' coutes(accent hay house balboa press)treize dollars, 50 %= 26 divisees par 2 est 13...aigu iguille Brazil...cephalopod asterisk et obelisk

David Lash et David Chernos...Sunatanning Salon...Tal & short...Goodlite fitness...

Frank...20=autobus, 5=cafe aigu...petit noi at interressante (r, ait) Somali...e.

Parce que vous etes indifel, indifelle, infidelleious, Mark Rowlands=Olivar Sacks- Aemon Callahana, bneirama, Benihana, Phillipino, Phillipines, Vientiana, Catherine Deneuve, Are animals Moral? of course they are honey, just not you...

Don't joke with him...

William Faulkner the sound & the fury...

Lemon, lamon, the flaw is Kim Cattrall asked if Viagra was good for women? The suggestion is that it is...It is NOT good for women...

Why NOT? because Saw Palmetto or Coelus Forskolin or Molybdenum is a MALE dominant vegetable plant like Nigella sativa Black Cumin Black seed & with the HULLS ON it ALSO has a hard exterior layer like Bull's Balls or Colorado KooLaid, which are "prairie Oysters"...LJSB...LYndon Johnson sucks Balls...plays tennis...Vera. Alice doesn't

live here anymore...Waitress...Busboy. Garcon, grenouille jambe de grenouille? NON...Je dit non...Nancy reagan dit non...Ronald reagan a dit oui...?? (reverse question mark espanol n avec le horizontal s dessus)

Accent aigu...accent grave...umlaut...I am ranking emoticons...the character palette in fonts...emotions...the flood...licorice root floods my emotions with depth...like new york is the best & the worst, toronto is less so in range but now the highs are so much higher & the lows are so much lower, with depth comes breadth, no...not sexual innuendo now nor euphemism...THAT

That, the bigger the fish(horizontal measure) the bigger the danger(risk)...

Don't scratch the surface it is merely the tip of the Titnic titanic tobermpory tobermory oil oil the fish is still alive charlie, tokuda tokuda Tokuda High park, Central Park zoo, parallels, parralels are not so much, they are two snakes

[5]



so your left hadn si enahnce & your right frontal brain is enhanced & now you look like a girl...(hand)

dyslexia poop sorry air is bad heare farted...River street Humane society...

cats Sajo...Boy...Spotty. Chkotay...Chakotay...Balls down...balls are down...balls are down, horses have a retractable penis...

did you know? Sake it off...Shake it off...(ewe eeewe ewe ugh ewe ewe hippo birdie two eswes wes

ewes.Mo...Satcho..Satchmo Louis Armstrong Dad Frank Sinatra the Brat Pack, Dean Dean KJames dean, rebel without
a cause...without. drunk & shrunk...

drubkn drunk & shrunk...means fire wire linkage...

injury injury reveals itself with "lump", fire wire bonding at reheat on injury point...[6]



i said oopse upside your head i said oops upside your head i said opps upside your head i said oopse upside your
head i said oops up side your head is said oops upside your head soccer...

"I said, Opps, Up, Side, Your, Head, I said , Ooiops, oops, upside your head..." =Hoops...dentist...Pierre?charlotte?
francois, ...furniture refinsiher...aix en provence...arkashon...dauphin...finisher finit...Hat...accent...blue eyes dad's
blue eye colour love...my hat is the same colour as the way my dad's blue eye colour is supposed to be at the
cottage...on his head, the picture of my me sitting on his shoulders...please keep...blonde...on the cottage with
the white shabby dfenche fence crying behind it behind it the white horixzontal fence painted by hand hwhi wide
slats...with nails...and yeye eye...withnail & eye...and dirt with grass & hayseed mom in hat with picket fence i was
normal m normamm norman mailer...hat hair hay hair hat hair hay hair hat broom hilda...

You gotto get up every morning with a smile on your face & show the world what a, video fee, two ladies, on
rocking horses...

the horse rocks...paint job nice blue sheen metallic.props. blowfish. props. yes. hi...married...grove. euphemism. i
am fne thank you how are you

fine. i

song lyric. beebop. muhammed ali again. ben johnson. steroids. calcium. food enhancers. nitrogen. hostility class.

vagina village. VV (VW)...drove...driven snow...as smooth as driven snow, antifreeze is BORON B. boring. BORom boroom Im malloon walloon willy belge. snow sheperd tango sheba shandy sheba 's date is a boy!

Phew finally border collie? woops. big ballzac honre de balzac...honore, and all night long it was honour and offer...

on her and off her.

ugh.

cunnininnnm cunninglingus, nunnalingus, cunna-lingus. oral sex. gaps...The Gap.Tiffany the Hive & grove...NLP neuro-linguistic programming, for. advertising. Team Bossy Gals...

Six degrees of separation...Kencin, Kevin Back, & cheese, burger. Burgher.

done! how would you like your fires? I would like fries with that wid dat. roll me one. no rolling papaers. stuck e-cigarettes have less fume but still pure nicotine but less paper stuff bismuth but more drug but less MOLYb-Denum, how do you pronounce that word?

BOOOOOOO-ROn...Boron. chocolate.

Molly-Bdenum, denimum, levi's red tab jeans(tag) lsd) Tom Hanks movie boots Footbalss Sidways...Boost s is my cat...

Boots...beans...SAJO=Sari plus Joseph love each other & are getting marreid to each other what year, .

1 994.

1993" studio 2007.

2 shows.

Dover E.

sale. tax?

16K x 4 years = capital gains...4 per year...no over. tax 13 %so...13 % of 16K equals. 25 dollars...16K karats carrots, rabbits?

rarebit they eat moneky in africa. monkey. mexico almost too idiots i steal their moneky from them in a cage.

the organ grinder stephanie & roland and romaine is not black really just caramel coloured club waiter guy bartender. better job more music clubbling sister...roxanna. roxanne... we'r e black sari.

what you see is just illusion your surrounded by confusion teah your parents well doctor of sociopatholoy social worker mike silverman old prof grey advertisisng fill you barry brown max webber webber paul webbers thrill yout olicvvia b newton john nails are long manicure oj og oh oh i wanna know I wann a ...i hear his voicces in his head, i hear his voice in my head i hear i wanna feel you oh i wanna touch you, please near nerm, can you hear what I am saying what I hope...

translating for hy husband...Why cant hear him? smell deaf...hit in the head concussion soccer...

fuorine...BORon windshield washer fluid rampant at moore park ravine is Boron blue my lips are blue england oxord rowing tea blue lips jordan blue lips are cold is blue windshield washer fluid they gave hin blue winshield washer fluid in england at the boardinh school to drink...why? short pants...to KILLLLLLLLL HIM...

or my b maybe to save him from himself...Molybdenum...Perfromamcne enhanicng drugs are ghb growth hormone giraffe the f giraffe has a long neck...smile. mom looks good now almosy the same as before but better! new improved version of MOMMMMY! t

Madeleine is a book about the nuns and two by two the nusn nuns nones get thee to a nunnery!

Our Lady of perpetual Elegance at St Clair & West of Mount Pleasant is NICE SCULPTURES!!! Magbnfica is a book with picture AND a defribbulator!!!

I wenst skating on ice with SHOES on...just shoes no skates...it was OK!

anf and the cemetray has a PLOT for me it is a little tiny head space with a number 6 & joseph got a number 7 liucky socks samuel taylor coleridge.! I am Sira! sirrah siren...no i forget...green tourmaline reserved at my box in the snow on the ledge i left it there for safe keeping how do i put it inside my box?

safety deposit boxy for crremeated remains? oh gross it's not a drawer at leadt frozen food! corppp copse...

Periods. period. dot do t dot dot o tot ot t. anemia...dot. lblue eyes. borwn . brown . brown eyes blue. brown. are you srrious? and your eyes are nrbbrown.

my teeth are blonde. her teeth are ered. your teeth are brown. his teeth are black raven haired beauty. her tethh have lauren hutton . raisins. gap. hurceptin her ceptin leptin rabbit plastick coating on green beans is her lrabbit snowbll happy new year curly hair lilith lilith fair, lesbianism,. tennis martinia navratilova vavavavv ...Zoolander...mining. coal. Bi.

Anthracite...

and her hair was perfect... warren zevon...trader vic's.

News: Firwire firewire. ballsy.curly hair stays stuck better than straight hair...ugh perm. vidal ssassoon...4 hours long..she ran. to get help. parking lot attendant. pantyhose is yours. shirt. hawaiian. noula. oula. st marin. martin. school capatain. mason. blond. e . nurse. long story. madame butterfly. M england. violin. classical. piano. ugh. kicked out. F. deaf. flat. breathy. effy.

low. erkle. Chopin. chppy waves. hacking thru it. chopin. esque. mark hammer ishm mc hammer stoned. high voice nasal. sex.

eek. yuck. fired. no paying him for that.

1. <http://grovecanada.ca/wp-content/uploads/2015/01/DSC04039.jpg>
2. <http://grovecanada.ca/wp-content/uploads/2015/01/DSC04042.jpg>
3. <http://grovecanada.ca/wp-content/uploads/2015/01/quit-worrying.png>
4. <http://grovecanada.ca/wp-content/uploads/2015/01/lp-3.jpg>
5. <http://grovecanada.ca/wp-content/uploads/2015/01/team-Bossy-Gals-hashtag.png>
6. <http://grovecanada.ca/wp-content/uploads/2015/01/lothian-mews.png>

Sari (2015-01-31 07:50:29)

I owe 2,0180 dollars to the CRA canada revenue agency... 16K over 4 years is called capital gains tax. 4k x 4 paintings. trade. the skim is that 13 % HST. 5 % GST good s and services taxes. pst seprsonal sales taxes (the chateau was cold so is tole his thing his leather chateau inkblot thing versilles whatever castle frank subway station train rolling elton johnis nice song finally...) Hst isharmonsnised sales tax...coldpaly... elliot. heddge hog...elliot...subway... cold darkness...new shoes on paolo nutini... mucisc. 50K? bmw. overspent.m dorian grey. wine chat alot. ate food. kichen. checf. heaven hell. chinses. you are what you eat. cat on lap.

Sari (2015-01-31 08:04:51)

Kylie Minogue msgill mcgill hockey. baseball. june. april. (skipped may).polite. jane? june. jene. geane. geane. gene therapy. christian science. xx xy oncotypeying. ugh. sil better. fluorine. F. PMH. wmch. uses. Boron. stringer. stronger. cat on lap. belanna. belle. banana. (leard you. listening in on auido. dan the hill touch. classical. genre) itune? 40K. owing... out. so far. garth brooks> ? Mo?...um... donkeyhoti. don cervantes. poussin. et in arkadia ego.ego to brutus. e tu . ? james spader. wine. short. show. legal la lwal. law. boys law. mes rea . reus. women's reus. rea. Breck Girl uts cody black Crawford House is for Blondes lewis red Althouse Brunette

Sari (2015-01-26 17:41:10)

Today Jadzia ate PINEAPPLE off a Hawaiian pizza from Pizza Hut... 4 pieces of pineapple... bengal cats are amazing... Never cease to amaze me.... Pineapple... It's like she's my daughter...

GENDER 12+ Bo 1- (bobo) (2015-01-31 11:43)

whetherF H M AI Ti O C Bo = Cu

11 6 10 10 3 7 5 12 9

- + - + - - - -

frankincense tears, zeolite rock(seal neck), cement black base, fire lighter bic (flint, grate, spit, whistle, blood sweat & tears), water hot boiled cold was flow clean taps hudson's bay

Ti B F H O AI

3 12 11 6 7 10

---++

snow, pine, resin, glue, blood of tree is nitrogen, sap, carve, willow, let, pot glass silicate sand salt Hg NaCl (Cl is chlorine rhymes with fluorine is just stronger fluorine)

Team Bossy Gals # hashtag hash=tree sap snow=owl turtles John McCain raccoons babies bears wolverine Detroit Michigan tree hug nose y 3 nests in trees ... ellipsis... mobius strip smile...reincarnation, i hate reincarnations... why not? do it now...just do it nike. skiing. cross country feldenkris pilates 8 fridays, saturday morning...

have i ever seen the rain coming down on a sunday day sunny day rainbow= burlington.

yes! grace. sunday's child is full of grace. malsiah. nurse. high fructose corn syrpu. cake.

silicone=salt=mercury=cartilage-tendon=joint(s) # # # bike...hands grease thak\s bye

[1]

TEAM BOSSY GALS Grove Body Part Chart		
Organ ©	Minus - Element	Plus + Element
Thyroid	1 Zinc	12 Lead
Thymus	2 Manganese	Iron 11
Lungs & Lymph Nodes	3 Titanium	Aluminum 10
Heart 4	Potassium	Aurum 9
Kidneys 5	Carbon	Nitrogen 8
Pancreas 6	Selenium	Sulphur 7
Liver 7	Oxygen	Hydrogen 6
Adrenal Gland	8 Iodine	Calcium 5
Spleen	9 Copper	Phosphorus 4
Gallbladder	10 Magnesium	Mercury 3
Colon 11	Fluorine	Bismuth 2
Gender FORM	Boron 12	Molybdenum 1

the chart now shows which metals are the lightest(hint start at he bottom right)...

1. http://grovecanada.ca/wp-content/uploads/2015/01/TeamBossyGals.com_.jpg

2.2 February

#SteveJobs #LindaMcCartney Eastman Kodak... (2015-02-04 06:54)

Diagnosis:

Jobs- right kidney block

mccartney- left kidney block

cause- GMO grains

cure - Carbon family

[1]

TEAM BOSSY GALS Grove Body Part Chart		
Organ ©	Minus - Element	Plus + Element
Thyroid	1 Zinc	12 Lead
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Lungs & Lymph Nodes	Titanium 3	Aluminum 10
Heart 4	Potassium	Aurum 9
Kidneys 5	Carbon	Nitrogen 8
Pancreas 6	Selenium	Sulphur 7
Liver 7	Oxygen	Hydrogen 6
Adrenal Gland	Iodine 8	Calcium 5
Spleen	Copper 9	Phosphorus 4
Gallbladder	Magnesium 10	Mercury 3
Colon 11	Fluorine	Bismuth 2
Gender	Boron	Molybdenum 1
FORM	12	

the chart now shows which metals are the lightest(hint start at the bottom right)...

Male remedy - baking soda

Female remedy- olive oil

Credit- the chicken in the freezer with whipple surgery half done not by me...found block in kidneys right & left

Kidney became by association...then descent into pancreas, became impossible due to GMO grain seed assumptions made by GroveCanada team bossy gals # dot com

After Geelong, Australia consult with Brian Allen scientist...

If you have a cancer...

It is a sphere...

Heaviest metal in the middle...

Lightest metal on the outside...

So...

To dissolve the sphere, one must use the corresponding appropriate, female detoxifier...

Since we have added a 12 row to the grovebodypartchart, to account for 23 chromosomes (or 24), then we now have

12 body parts or organs, times two is 24 chromosomes, with each chromosome having a donation from the mother (minus element), & the father (plus element)...

So row 12 is called "Gender" & Minus element is Boron , Plus element Molybdenum ...

Molybdenum is an edible...

Boron is also edible...

Both are found on the shiny skin of green beans, albumen, Amniotic sac of a horse(Robert Vavra), & that shiny Foggy coloured Sac you find lining the inside of an egg...

So if the lightest metal is molybdenum then dissolve that skin with something Boron first...

Continue with...

The lightest metal is at the Bottom of the chart...

The strongest female is at the bottom of the chart(think Stevie Nicks as Boron, or Wonder Woman as Boron)...

Then work your way Up the list/ chart, from bottom to top...

Then you are attacking the sphere/lump/cancer in the correct order...

The reason starting with IV Vitamin d didn't work exactly is because you are sending in your weakest female Zinc to attack your strongest male Lead Plomb Pb who is sitting in the middle of the prison, in the middle of the sphere, with guards all around...

Send your strongest female first, Your Boron, to attack the weakest male Molybdenum (the guy who played the lawyer on LA law Corbin Berenson)...

In marriage opposites attract...

A good marriage will cherish oppositeness...

The Valence of an element is whether it is Plus or Minus, Male or Female...

So begin your Cancer detox in this order...

Take or use or get or apply:

Boron 1

Fluorine 2

Magnesium 3

Copper 4

Iodine 5

Oxygen 6

Selenium 7

Carbon 8

Potassium 9

Titanium 10

Manganese 11

Zinc 12

Triplicates on the Periodic Table:

For example;

(Salt)bismuth, mercury, silicon...

salt is not one element actually it is made of Na salt +element & Chlorine Cl which is a minus - that rhymes with Fluorine & is a higher titration of such meaning same family but stronger...Like a son & a father...

Boron is found in borax(rhymes with the Lorax)! Also

Boric acid which I have heard you can drink in Geelong Australia but Should be diluted, like a lot ...(have not tried it need elf)? Sorry spell correct need elf should be "myself"...

Hydrogen Peroxide(oxygen),

Carbon salt(Carbon & NaCl salt chlorine) ,

Essential oil in (nice smell)
Liquid dish soap (something normal)

All 3 together maybe equals Boron cause that is bleach & that is what people use a lot to clean clothes!

So theoretically Boron is bleach which is pretty dangerous to drink but people accidentally do all the time from overdoing it on laundry soap in the machine or dishwasher soap in the dishwasher(run a load with Tang to " heal" the burnt frayed rubber - Tang has Sulphur sugar which heals overuse of Bleach Boron)...

If you have ingested bleach too much drink Tang...I like orange flavour best!

Note: In all detox there can be overdoing it...In that case, seek the Plus element of the Minus you overdid...

Overdosing licorice root copper causes severe emotional swings-Kefir is a Phosphate that counterbalances that...I needed 4 large hugs/jugs...(it's liquid yogurt)

Botox is calcium & phosphate & it sounds like the word buttocks...

1. http://grovecanada.ca/wp-content/uploads/2015/01/TeamBossyGals.com_.jpg

gads

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