

“The Instant Knee Rejuvenator”

‘Quick Start Guide!’

© 2016, Sept 2011 By John La Tourrette, PhD Sports Psychology, Energy Medicine Clinical Practitioner Transcription by Jack Williams

These are “self-help” methods of knee healing. If you actually have a real injury, see your health care practitioner. Just be aware that when you do that, they do NOT know these self-help methods, and out of their ignorance might deem them unsafe or valueless.



Hi I’m Doctor La Tourrette and I’m in the Backwoods of Oregon. This is going to be a quick start DVD for the Instant Knee Rejuvenator.

Now the instant knee rejuvenator gives a lot really good stuff so please go over the manual carefully...please watch the DVD carefully because we got a lot of stuff there we want you to learn.



OUCH!

First, let's go over some the simple basic things that you can do right now.

For an example, let's say I'm training and I'm doing kicks and I'm doing kicks and then I notice my knee hurts underneath the knee.

Now the simple thing to do when something like that happens is a lot of martial arts athletes especially the ones over the age of 45 who just keep on kicking.



HYPEREXTENSION

Well that's cool but they probably didn't warm up right first.

They did not do their flexibility right first.

They did not stretch right first.

And then they kick like I did. They kicked air.

That is a hyperextension.

If you actually are going to do training you can accidentally hyperextend your knee. No matter what exercise you were doing, running, skiing, playing football, or doing kicking.

Hyper extension means you kick nothing except air, so you over extend the joint. That can cause a tendon injury. That can cause ligament injuries. That can cause cartilage injuries.



KICKING “AIR” CAN CAUSE HYPEREXTENSION!

The good news is, in most of those cases “self-help” procedures can help you heal that injury in minutes, and sometimes in days.

Now we all do it, in fact in my martial arts school we don’t kick air anymore.

We kick real objects. We kick people. We kick muscle head. We kick the red bag. We kick blue man back there. We put pads on, we kick each other. So we always have targets.



Always Kick Objects!

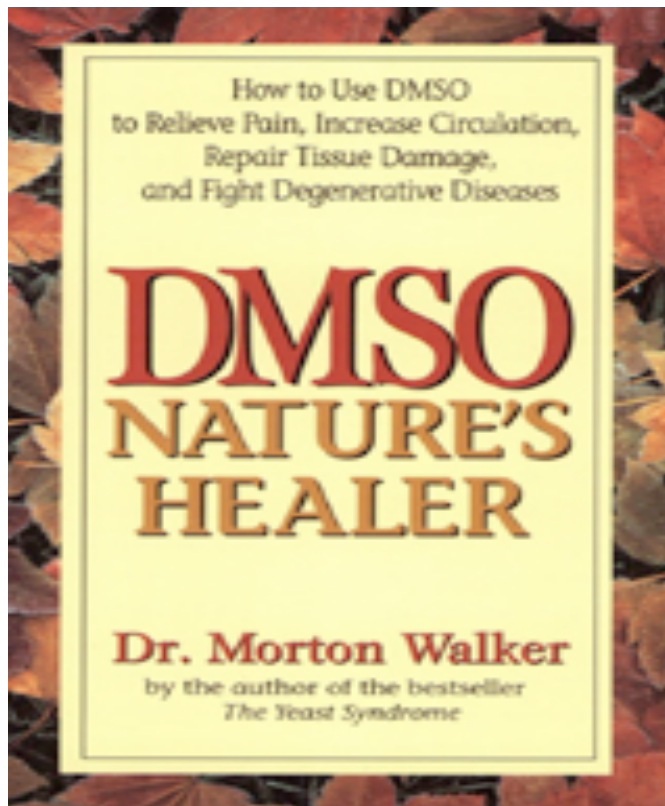
So we try to never hyper extend the knee because that is where most of the injuries come from. It makes your knee loose, and a loose knee is a weak knee.

When you do have something like a hyper extended knee-you don't keep working out with it.

What you do, if you're one of us.

You'll stop. You'll calibrate the knee joint, and the type of soreness.

You will go in there and you will take some DMSO and you will take the DMSO and you will just massage it quickly into the area that you have sore muscles.



Whether its a tendon muscle here below the knee, a tendon muscle attached to the back of the knee, whatever you're going to do-you're going to take care of it right then.

(DMSO was discovered by a Russian researcher in 1866. DMSO didn't come into wider use until almost a century later, when horse trainers used it on injured animals and sports trainers followed suit with their athletes. In the 1950s, an M.D. at the University of Oregon, Stanley W. Jacobs, M.D., discovered that it had the ability to pass through the skin's barriers to both water-based and oil-based substances and take itself (and other substances, if desired) through the skin into the bloodstream, without causing any damage to the skin. On April 3, 1965, in an editorial, the New York Times called it "the closest thing to a [health] wonder produced in the 1960s." In 1980, the TV show 60 Minutes did a story on DMSO, featuring startling, positive testimonials from users.)

The reason you use DMSO-is that it has a self-help remedy. By the way, we're not recommending you use it. But I use it, and I have horses so I can buy it.



A lot of my students work with horses, so they have access to it also.

When you massage DMSO into that muscle and tissue to stop cellular swelling which causes the actual damage.

When you have a contused cell and you hyper extend the knee...You actually have tissue damage under the cells, so when the tissue gets damaged then it swells up on the inside and it damages even more.

But if you will put an **icepack** on it and that stops the swelling almost instantly.



**Ice Pack on Knee,
Knee elevated with towel under ankle**

Let's say its right here, put the ice pack on it then take... I actually use duck tape, this is a nice little blue sack.



I don't want people to see it so I hide it. Here's how I hide it; I will roll up my pant legs and I will duck tape it there and then I will have it come down and they won't even know I got it. Then I will leave it on there for ten minutes.

After I leave it on there for 10 minutes, I will still go around and do my stuff but I won't do anything stupid. I won't kick with it, I won't spar with it.

I will train other people with it, but I will make them go work out hard like they are suppose to as I have them actually do the drills.

After 10 minutes then you take the DMSO, then you massage it in that area.

This is really important; we have something called "an attitude".

And...When I massage it I don't go, "Goddamn Knee." "Son of a bitch fucked up again." "This thing will never heal I will be a cripple for the rest of my life."

(Examples of normal negative self-talk)

Because what you're doing is putting the wrong energy... My knee wasn't hurting, but now it's hurting now.

You want to put the correct energy into it which is the emotional attitude of it.

You can do that with "talk".

Something like, "You're almost 70 years old dude. You've been doing me a good job and I really do appreciate you. And I know the both of us like to go out and kick the shit out of people because we are winners and we are good winners."

And I will use my type of affirmations that match my attitude that is in a positive winning way. Okay?

Very, very important.

Master Jack do you want to come over here?

Okay this is Master Jack, and he's wearing no belt but anyways.

He was having knee problems, ankle problems, he had elbow problems, one day he was using the mak jong (Wing Chun Kung-Fu training tool for hard contact) and he missed the mak jong and he full power hit a bolt sticking out and that bolt went into the bone.

Go ahead and talk about some of the stuff you've done...

Master Jack: Recently I've been doing a lot of combat conditioning. And...

...I noticed I had light pain on my elbow when I'm doing my 18 on my pull ups after 3 sets of them and I went up to here-when I fully extend up.

I could feel a sharp pain, my right I started to feel a tiny bit but the left one went away.

Anyways I asked Doc and he said to massage peanut oil right into the sucker after a warm bath for 10 minutes.

I did it. The pain was Totally gone. The elbow felt completely healed.

Dr. La Tourette: When you peanut oil what do you think inside your head?

Master Jack: I appreciate my arm for what it has done. For me and everything like that. When doing jiu-jitsu, locking people up in chokes and that type of stuff you get a lot of pressure on your knees, and on your joints of your ankles... Same thing there...

I had light knee things where you feel like you can't walk. But you put it on, and that day within 20 minutes after doing you feel 100% better.

The next day you feel...

Dr. La Tourette: He is young. He is only 28 years old. Even there I would lighten it down a little bit for that day. If it feels a lot better and you're talking about peanut oil right now.

So when do you use DMSO?

Master Jack: My kid was learning how to walk, took 8 steps 3-days ago and ever since then she has been going crazy walking around.

We have hardwood floors in a part of our house, and she walked and she ate shit and hit right on top of a toy because she slipped on the hardwood floor with her socks on and she had this big fat lip right under her top upper lip... And my wife is all freaking out about it.

And I say hey put some DMSO on it. And my wife has done it for herself but our daughter is precious so she doesn't want to do it...

I did it, and the fat lip instantly went down in about 10 minutes and she was beautiful.

Dr. La Tourette: Okay. Notice he mentioned something really important.

If you put fears at an attitude and you do anything, what is going to happen?

You're going to get the results of your fears.

Fear almost always instantly creates into anger. If you have anger, we have a great lady down here and I got an email from her today...

And she goes,

“I don’t know... I went home last night and all of a sudden I had indigestion. I started puking, and I came down with the flu.”

Even though this is a great lady and she has a great family... She gets angry 50 times a day and really insignificant little things.

Anger is a poison.

It turns on the gallbladder too much so it cannot do it’s job right... it turns on the liver so it cannot do it’s job right...and if you have any food in your system and you get angry...

Holding onto anger is
like drinking poison
and expecting the
other person to die.

Buddha

IT TURNS INTO POISON!

And if you don't know how to take care of it right (to normalize those emotions), Its going to cause that poison to go throughout your system and you will instantly get a cold.

And you will instantly get the flu. And it will blow your immune system out.

So lets say you are out there kicking and going, "goddamn knee" "mother fucker" and you start doing that... It's going to blow out anything good you are doing for it with the massage, with the ice, with the peanut oil, with the stretching, with the DMSO, and the other self-help methods of repairing sports injuries.

So "bless it" and say, "Okay. I screwed up. I'm going to kick muscle head over there." That is one of our kicking bags.

NOTE: Use the "Inner Demon Destroyer" to reduce the emotional charge on the anger, and then use "energy installation" to add a charge to the blessings.

Or, use the 2-10 Second Peak Performance Blow-Out, which works almost instantly in 90% of the times.

Or I'm going to kick blue man.

Or I'm going to have Master Jack hold the power shield so I can kick.

"I'm sorry I screwed up. I will do better on my training", as you massage the knee with the DMSO.

And later on when I get home at night-like you did. I will pull out the peanut oil, then I will put up the pant leg and I will put Gobs of peanut oil on it and I will massage it and bless it the same way I'm talking about.

I'll massage it For a minimum of 10 minutes.

What happens is the other knee then feels neglected and starts hurting. (Class laughs)

What I now do, I pull up both pant legs and I'm sitting a reclined chair like this.

So then I watch TV and I massage both knees with peanut oil at the same time.

So it still only takes 10 minutes, I watch a good movie-one that is fun for me to watch. So I'm using radiant circuits, and radiant circuits are some of the most powerful healing energy stuff on the planet... Now we got all sorts of things.

- 1. You can do ice,**
- 2. Elevation,**
- 3. DMSO...**
- 4. You can stop doing it, you can wrap that damn thing.**
- 5. You can erase the negative energy.**
- 6. You can bless it**

After I went into the medical doctors and I paid them \$12,000 cash to destroy my knee. I was using these (wraps) a lot.

And that is because they (during the surgery the MD's) damaged the ligaments.

So I needed something to hold my knee in... So these are great to get, but do NOT depend on them to keep you safe.

What they did for me, is they let me know I had an injured knee.

Okay. So that reminded me, so I didn't do safe things until my knee had healed enough to do what I wanted it to do.

Now I have a whole bunch of stuff I want to go over with you really quickly here.

Again it's peanut oil, it works magic. It really works magic... I mean just as long as its **cold pressed-natural peanut oil** it will work good.

If you believe it won't work, it will cancel out the good vibrations. Peanut oil has been written up in many books.

Like here this is the Edgar Cayce remedies by Dr. William McCearry. It has instantly healed a lot of things if you use it like we tell you to do it.

So use some common sense when you do this stuff. Because it is all self-help stuff... We had one of our clients today that was on a 13 mile bicycle ride...

Her brakes on her bicycle went out and she was going down a long hill and so she crashed and burned. When I saw her she had fantastic road burn/rash on her leg here, fantastic road burn/rash on her arm here. And she put castor oil on it.

Notice we talked about DMSO, we talked about Peanut Oil. Now she put castor oil on it.

Because she said, "I didn't want to smell funny when I went out to eat with my mother."

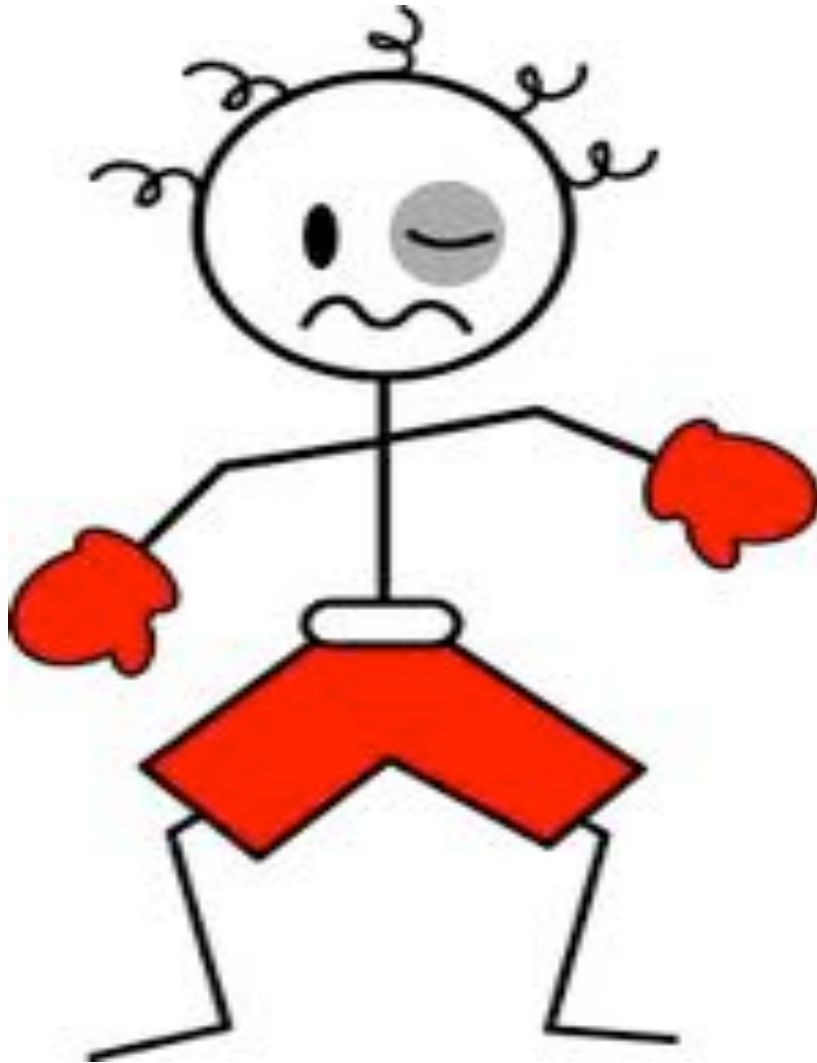
That is not a good reason. That is a stupid reason.



Okay. Number 1. Castor oil is fantastic if you put it on there, if you put a pack on there, if you put a heat on there. And just soak it with 3 or 4 layers of flannel. And leave it immobilized for a minimum of an hour. Then the healing energies goes inside deep like it's suppose to.

What she should have done right away. Wash it, clean it out, of course. Put ice on it. Leave the ice on it for 10 minutes, got it? Because of the swelling. She wants to stop the swelling.

Then she should have gotten something like DMSO that takes out the free radical damage which takes out the cellular radicals so her tissue don't swell anymore. It will take care of bruises before it happens.



If someone hit you in the eye in sparring class, and you go “God I have a black eye”.

If you at that time go wash it clean, then put clean DMSO around it...

...then a few minutes later put it on again...

Guess what? You will not have a black eye.

But if you wait until you go home and before you go to bed you put it on. You will have a black eye.

But it’s not going to be a bad black eye.

But if you wait until the next day and then you put it on... All the damage from the tissues swelling is already done, it will heal faster but you will still have 1 fantastic black eye.

Now if you want to go and show off your symbol of manhood that is fine. But I don't like black eyes myself. In fact, I'll be working Jiu-Jitsu techniques with people and I'll do something-and someone will kick the back of my hand or something...

Down here We are throwing punches at a 120 miles an hour, and if we can move faster than most people can see.. Were doing multiple shots, were doing 18 hits in a second, and shit happens once in a while.

If whatever I'm doing in there takes a minute, then I instantly go over there on my teaching stand. (Pointing)

I have DMSO sitting there. I will take it out and I will put it on that joint right there, and just dab it on.

Literally, within minutes pain is gone, bruising is gone, there is no sore muscles. Nothing.

(If used at once it seems to stop any swelling or tissue damage from swelling.)

Now were not trying to sell you DMSO, were not saying it's medically approved. It is not. But It's approved for a horse.

But it is real cheap, and you can buy it anywhere for around \$5, and that will last you a couple of years.

Which is a reason the big drug companies don't use it in the wood byproduct form. (They do have a very expensive version of it, I hear.)

This is a byproduct they started using in the mills in the 1800s. It's a waste product from wood. They found out those people who

cleaned all the tools after working in the DMSO solution did not get arthritis oh my God. You can research it on the internet if you want to.

I want to go over some stuff here.

If you are going to be an athlete and exercise...

We had this one student who was 14 years old and she was riding down the hill on her bicycle in Colorado Springs...and some idiot hit her with his car.

And she flew through the air 20 ft. She landed. They took her to the hospital, she didn't have a busted bone, nothing was broken, and nothing was torn.

She was in such good shape; she was like a hard hand ball.

She did bruise up, and she didn't know about DMSO... If you are in good shape, you won't bruise as bad. You will be like a hand ball; you will bounce and come back.

But if you're old, fat, sloppy-you will fall down and your ligaments are not tying your knees together. Your tendons are not tying your muscle to your bones the right way. They will be loose, not compact and tight like they are supposed to be. You will have a lot more injuries when you are out-of-shape.

Okay.

I went over attitude. A lot of times when we work on people...

Mr. Woodman, do you want to come over here.

They are back there working out and doing their lesson right now. Lets say he has a shoulder problem here, and I'm working on him because he can't reach it.

When I'm working on it, it's the same thing; he would have his shirt off and I'm doing a peanut oil massage.

When I do a peanut oil massage, here sit in this chair backwards, put them in a position where they can relax and you can get at that part, easily.

And as he is leaning forward so his pressure, then when I massage him...I have the peanut oil really, really thick there...

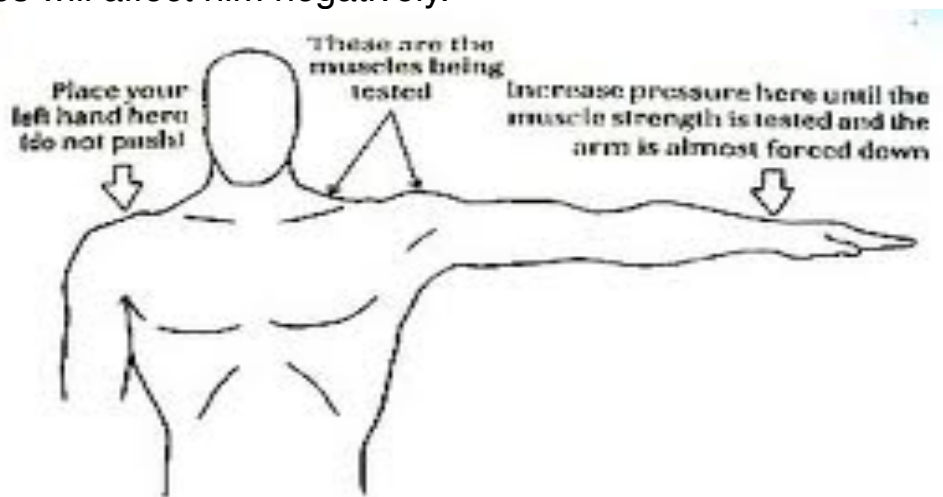
His muscle is really hot there because he has been working out. In fact (Doc energy calibrates both sides with the palm of his hands), both sides are real hot.

But the thing is, when you massage it in there don't go, "ahhh shit I don't want to do this...", "This bores me. I want to go over there and kick some big..."

Again with that negative self-talk you have the wrong attitude.

If you work on anybody else with a "crap attitude"...the old crap attitude, it puts that "crap energy" into them with your chakra field.

Because the old crap attitude is the 3rd chakra, and those energies will affect him negatively.



Basics of Muscle Testing

DEMO OF ENERGY TEST: Stand up let me show you something. So he is going to close his eyes. Arm up. And hold.

He is pretty dog gone strong. Because what I thought of that time is what I thought was, “this guy has strong muscles.” Now.

Hold. That time I just thought the thought inside my body, “this guy is wasting my fucking time. And I think he is a retard.”

(Guy tested “weak” because of Doc’s attitude)

Got it?

So your thoughts will affect him even if his conscious mind doesn’t know it... This mind does (pointing at his gut)... And every part of his endocrine system is a communication system with his psychic awareness skills and what you’re doing with them.

And what they’re picking up from the ethers around them...

Those are interconnected with consciousness. Very, very important. Thank you very much.

Okay. Now...

We have to use intelligence. That is very simple.

If it hurts, what did I do? When the doctor literally destroyed my joint and I paid his \$12,000 dollars...

This is Jack’s old ankle brace...

...Is I put this one, I walked on it every day, I used the peanut oil after I figured it out because I went and had the surgery 18 years ago...

I did not know this stuff. In fact, because I got hurt so bad like 8 times in 2 years. I was completely incapacitated.

I broke my back. I got my neck cracked, I tore out my hip... I had knee surgery.

One time I was actually walking with this u-shape thing I was holding on to here and I would lean step pick it up and put it down. Lean, step.



I actually had one of those near the toilet so when I could walk with a cane. I would walk over there and I would put my hand on that. Then I would grab that thing here. And so I couldn't even get off the toilet. I would come over here, and I would pull it over here and then I would push up cursing all the way...

Then I would walk over and grab my cane.



I had one at the office.

I had one at home.

In fact, I still have a walking cane my kids gave me so I can still go out and do stuff.

So I went out and researched all this stuff.

Now what I'm going to talk about now will seem off the wall.

Just bear with me. You don't have to believe it but just think about it.

Umm. There is something called instant karma. That really means you're trying so hard, you're not paying attention.

And so you do something stupid.

Like I had 1 person, there was this 3ft wall with steps coming down to the road. And here is their house door. And I'm over here waiting in the car, and I said "lets go come on we got to get going".

And this person got so hurried that they ran off the 3 ft wall and crashed. Like a roadrunner movie. It is funny now. But it actually hurt her a lot.

They just weren't paying attention. So there is instant feedback with some of this stuff.

But I also believe we come to Planet Earth with certain agendas to learn and you can't get the learning unless you go through some sort of school that teaches you persistence, awareness, that gets you moving out there to find other stuff, got it?

I really believe that.

And so I'm going to show you some of the books really quickly because we don't want this to go on too far. That I have actually studied and make a big difference for me.

First thing is, anyone that is an athletic training. You should get this book here. It's called Edgar Cayce's Massage and Hydrotherapy- the healing oils. This shows how to fix the spine, the knee and joints, colon, the mental attitude. All those really good.

I also suggest that everybody gets Edgar Cayce's Story of Attitude and Emotions... Now they get religious in this book and I just hate religion. Unfortunately I'm finding out a lot of their stuff is right because they go over all of the mental attitudes and what they do to the physical body.. How the mental attitudes effect healing of yourself. How the mental attitudes effect healing of somebody else. And a lot of times, when I was talking about that lady.

That now has the flu because she got angry so much yesterday that her food turned into poison in her body. It caused her immune system to falter, it turned into acid in her body. Any flu virus and cold virus, instantly has a place to live. Have the body stop that, have your

body alkalinized instead of acid. Very important. You should study that.

Go find these at used book stores, or you can go find them new.

It doesn't really matter, it's just good stuff.

Also the Edgar Cayce remedies, you have to sort through this book to find this stuff... As you can see as you zoom in. By the way, notice how torn this is? This is about my 7th copy. I keep reading because I keep forgetting it. Notice I underline a whole bunch of stuff, doesn't matter what page I turn to...

There is always stuff in here. Just like this, this has something to do with the chakra system and how they're energized and how they have to be focused in a certain way...

Your persistence, your will power, because even if you have...

Did you know that most people who smoke cigarettes don't get cancer of the lungs? They have to have a weakness in their lungs to get cancer of the lung from smoking. But if they change their attitude before that happens then they start being happy and they do the right diets, and none of that problem happens.

Okay here is another one...

It's a new one on attitudes by Robert C. Smith... Everybody that is in sports has to understand that attitude is really important, that doesn't mean you have to be a pussy.

It means you focus on what you want.

Then you figure out ways to get it.

Then you figure out ways to train it.

Then you find you master, a high level instructor-someone who can take you there.

There are all the ones on attitude here. Also, just like this one is a fantastic book. It's the Physician Reference Notebook. It goes over alternative healing methods that he found out in 99.9% of cases work better than regular medical work does. And he is a medical doctor okay. But he became an Edgar Cayce physician after he found the great work Edgar was doing.

Something for people who don't understand anything about the energies, anything here by Gerber on Vibrational Medicine anything by Bernie Siegel... It's all good stuff, anything by Norman Sealy-really good stuff.

Okay. Then the best book on self-help I have ever seen this is not the new one. This is the old one. This is the Edgar Cayce handbook for health through drugless therapy... And it has exercises to do, it has rejuvenation training to do... It has about anything anybody who has any brains would like to learn...

I also strongly suggest everyone get The **Ez Energy Method DVD's**.

It's a way of blowing out those negative emotions and negative beliefs using Meridian Energy Therapies (based upon the Acupuncture model), so that those attitudes cannot affect your healing in a negative way.

This is just a quick self-help DVD here, and I actually want you to go through the over 2 DVDs of this series and study them hard and please get back to me with your comments.

Okay because we will enjoy the feedback, thank you very much.

This is Dr. John La Tourette from the Backwoods of Oregon.