



Body Electronics: Vital Steps for Physical Regeneration

Thomas Chavez

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Body electronics is a self-healing system that utilizes nutrient saturation through diet and supplementation. Thomas Chavez learned this discipline under its developer, Dr. John Whitman Ray, and in *Body Electronics*, Chavez expands it to cover every imaginable trauma and illness. The basis for the approach is the melting of melanin protein complexes (crystals) in the body that develop through years of poor diet, insufficient water, poor bowel ecology, and other factors.

The book addresses such topics as how to achieve appropriate levels of nutrient saturation with the right combination of enzymes and minerals; how much water to drink and why it's important; how eating cooked food can be a damaging addiction; and how to achieve a healthy relationship with bacterial flora for intestinal health. In addition to physical wellness, the book addresses spiritual and psychological well being. The results of body electronics have been called miraculous; this book shows why.

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