

GroveCanada's sandwich of blogs...

How to do sculpture in ferrocement...

By grovecanada on January 29th, 2012

We got a custom eco-friendly no voc concrete sealer made for us by [Eco-House.com](#) ...

Their mix is 1 part Rainsil to 9 parts Primasil, they will mix it & send you the right amount...They are in new Brunswick, Canada & are awesome!

Note: Sunday Dec. 4th, 2011: I did my first test of ADDING eco-friendly concrete sealer INTO the cement mix! So far so good...It increases flexibility & workability, but make sure to still add some water- you can't replace water with the concrete sealer...Now the proportions you choose can vary depending on your needs...I put as much concrete sealer in as I could & a tiny bit of water to activate the cement...This is NOT a traditional recommendation but I am trying to waterproof my cement for outdoor freezing cold Canadian weather...We'll see how it goes...I will post pics as it gets drier...So far so good though! promising...(I get my eco-sealer from Eco-House linked above)...They are the best...



Dec. 5th, 2011- this is a one day cured wire armature of copper, wrapped in white cement mixed with eco-friendly concrete sealer...What is significant is that i mixed the sealer INTO the cement not on it...This makes the cement more waterproof...I used mostly sealer with just a tiny dash of water...Totally works & makes the cement fluffy & more plastic...Going to let it cure for a while then do some in the freezer tests...The goal is to make a waterproof cement for Canadian winters outside...

<http://sarigrove.weebly.com/1/post/2011/12/how-to-make-a-trumpeter-swan-nest-this-is-prototype-number-8-in-progress-now.html> Read my new exciting post on how to make a better Trumpeter Swan Nest...yes, I am still designing these

things, trying to make them even better & safer...Feel free to insult the design- it seems to be quite helpful actually & prods me into improvement...

A Northern Pike fish is actually a slough shark, a freshwater shark, from the shark family but lives in lakes...

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The following little book(um, you can totally skip this book- but my rough work is important to showing the progression of my thoughts on my studies, that is more for that that I am showing this-the "where I came from" or how did you get this or that idea" kind of questions...))... contains my notes on beaded fingers for someone missing them, nutritional elements needed to regrow lost limbs, the paired elements that exist in each body part, & introductory thoughts in a few other topics...This may result in a more mature study, but it is always important to show one's work along the way, before you get there...

here is a diagram that came out of my notes for the book...It includes the body parts that are integral & the paired elements that live in each as opposites...Too much of one gives you a disease, so balance out & remedy by supplementing with the other...The key is to find out which organ is actually involved & to be honest, in a progressed disease, there may be more

than one organ, so try to figure out which organs, then which way the imbalance sways in each, then supplement with the opposite for each...Neat eh? This is my own idea & I think it is brilliant! (Don't you?)

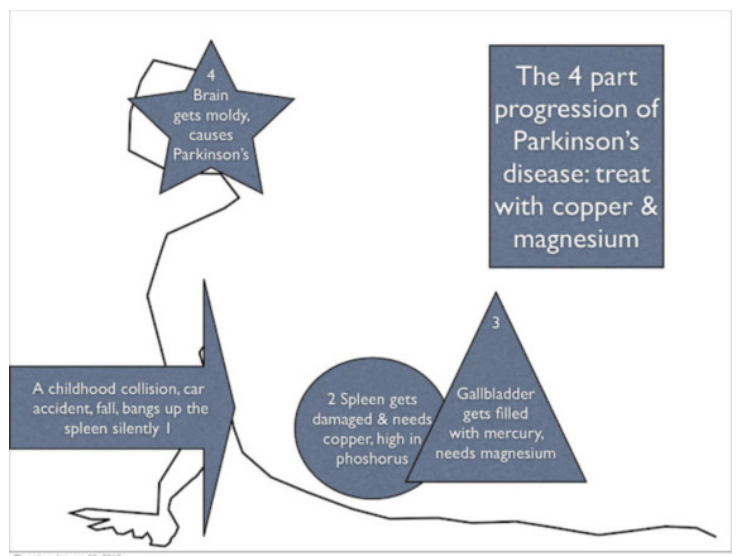
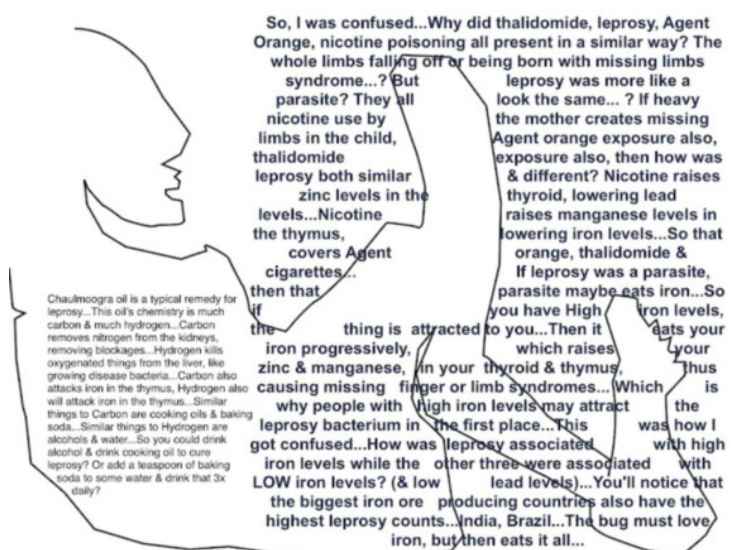


here's a for example: Graves disease is too much iodine in the adrenal gland...Which is organ number 10 on the Grove Pairs table...Calcium is the opposite element in that organ...So add milk to your diet or cheese...Taah Daah!



Dear Pizza Hut, You are using genetically modified grains in your pizza crust...Last night, we ordered delivery, & I had several pieces of my favorite, which is tomatoes, onions & pineapple...It tastes like a Hawaiian without offending the pizza makers who really don't like it when you order pork...Why make someone uncomfortable if you don't have to? So then I went to bed, happy & satiated...In the middle of the night my throat closed up to a pinhole, & I remembered that some companies are still using GM grains, even though the studies show that it is impossible to digest & can cause organ damage & most specifically kidney failure...I made a mental note to drink something sort of laxative in the morning- a teaspoon of baking soda in a glass of water, maybe a can of Labatt's Blue beer, don't have any Triple leaf slimming tea left which was too bad- a swig of cooking oil though gross works too...Thought I'd write this letter asking your company, Pizza

Hut, to consider using NON-Genetically modified grains in your pizza crust...Kidney failure is pretty serious & I am sure that your company does not want to be responsible for any of that...Why not take the lead & come out & state that Pizza Hut is going to boycott GMO foods? Maybe others will follow? I sure hope you do ban GM foods, because I really like how your pizza tastes...Just not stopping breathing in the middle of the night after would be nice...Sincerely Sari Grove



Spleen: I want to add that the thymus of a child born to a parent who had spleen damage can be compromised insofar as it will present as iron anemia bipolar schizophrenic (& high in manganese)...Treat that thymus weakness with iron...Treat spleen damage(causes excess phosphorus) with copper...Treat gallbladder damage(causes excess mercury) with magnesium...

About the Piracy Kaffuffle:

I think we are just experiencing the struggles of moving into a new paradigm...The internet...It was new & largely unregulated, so we have all enjoyed much free intellectual property for a while...Those people who have been the sharers may have lost revenue & are seeking reparation...Those on the receiving end have been spoiled & don't want the free ride to end...It has been established that this type of

intellectual property should cost money, that is not the argument...Well, it wasn't the argument, but it is becoming the argument...Normally we would all agree that things we see on the net cost money & those things should be paid for by us...But has it been too long? Has it been too good? Have we seen shifts in consciousness due to the free exchange of intellect not previously afforded? I think possibly yes...We are all smarter, internationally...In the world of Star Trek they speak of the fact that money no longer is an object...Those who watch Star Trek imagine this possibility...That money no longer be the driving force or motivator...Those thoughts give us pause & peace...But how as an artist can we reconcile giving away our work for free on the net with the dubious attempt to earn a living & pay bills? I reconcile this by trying to give back to the net when I take from it...After searching wikipedia for answers, I publish my own theories & findings also freely, rather than hoarding them for cash...A reciprocal arrangement...As a metaphor, when I see people taking photographs of the Trumpeter swans who live on Lake Ontario, I tell them to bring them wild bird seed as payment, as a modelling fee...If you want to Take a picture, you should also give something back to the model...All wildlife photographers & artists should be doing this...If you take from the internet, then share something back...If the net gave you freely then publish something in return for free...If an honour system occurs we can bypass regulating a bit...Of course the other facet of this is in fact that it is often an artist to artist sharing system, which is how it began...It is only now that the net has broadened, that the artists mind...(some don't)...It appears that the doctors have regulated the net with charging for articles, research...So have the lawyers with pay to ask a question...Many others are also charging...So I think what we are dealing with here, is, once again, the artists, who are woefully bad either on purpose or not, at business...I mean, all you have to do to regulate your content is either not publish it online, or encrypt it to force payment...At that point any other taking becomes illegal & a case for the cops, no? So possibly this whole kaffuffle is the ineptness of the artists to control their own product from theft?

The Ovaries & Fallopian Tubes:

The main cause of ovarian cysts, tumours, pain during intercourse, today, is, of course, the common use of progesterone based birth control methods, which cause retention of eggs, rather than normal disposal during your period. The way to correct: If you have cysts or tumours, you have to get rid of them. The main symptom will be pain during intercourse. Dr. Keskew makes over the counter formulations that will get rid of these. Called R30 & R38, they cost about \$25 a bottle & one is for the right ovary & one is for the left. You drink this 6 in about 48 hours the cysts fall out during peeing. You can take one bottle a month for about three months to clear a normal problem. Then you have to rid your body of birth control, which does not happen naturally, even if you get your period back. The main ingredient that flushes out birth control is called vinopocetine. There is a formulated product called HearAll from NaturalCare in Oregon which contains vinopocetine, which has the peripheral non-prescribed diuretic effect of removing progesterone. It is a hearing product which contains heavy metal detox ingredients, which do this...An herbal product called Madagascar Periwinkle available online over the counter from Herbistherbs in Toronto & online, also contains straight vinopocetine...You can take this herbal leaf & boil it or pour hot water on it & drink as a tea. Drink it daily for two weeks, then take a two week rest. If continues to work for a while, so be sure to take breaks, rest breaks. Vinopocetine is what they use for chemotherapy, so in essence you are doing home chemotherapy. This removes progesterone dominance from your whole body, including especially your ovaries. Again, if you have ever taken birth control, or been exposed by your mother, or wife, & were born with problems, vinopocetine corrects this...Progesterone dominance causes cancers as well as aids & gender dysphoria. Please stop taking this if you have corrected. In winter cold months, you may not see effects as quickly as in summer hot months. Still, take long rest breaks so you don't over medicate...Madagascar Periwinkle costs about \$25 dollars for a generous portion which is plenty to correct most normal problems. There are some people, like me, who want to correct problems without going through hospitals or doctors- that is not everybody, & does require brains & caution...

The Ovaries & Fallopian Tubes: The main cause of most cases of progesterone based birth control methods, which cause retention of eggs, rather than normal disposal during your period. The way to correct: If you have cysts or tumours, you have to get rid of them. The main symptom will be pain during intercourse. Dr. Keskew makes over the counter formulations that will get rid of these. Called R30 & R38, they cost about \$25 a bottle & one is for the right ovary & one is for the left. You drink this 6 in about 48 hours the cysts fall out during peeing. You can take one bottle a month for about three months to clear a normal problem. Then you have to rid your body of birth control, which does not happen naturally, even if you get your period back. The main ingredient that flushes out birth control is called vinopocetine. There is a formulated product called HearAll from NaturalCare in Oregon which contains vinopocetine, which has the peripheral non-prescribed diuretic effect of removing progesterone. It is a hearing product which contains heavy metal detox ingredients, which do this...An herbal product called Madagascar Periwinkle available online over the counter from Herbistherbs in Toronto & online, also contains straight vinopocetine...You can take this herbal leaf & boil it or pour hot water on it & drink as a tea. Drink it daily for two weeks, then take a two week rest. If continues to work for a while, so be sure to take breaks, rest breaks. Vinopocetine is what they use for chemotherapy, so in essence you are doing home chemotherapy. This removes progesterone dominance from your whole body, including especially your ovaries. Again, if you have ever taken birth control, or been exposed by your mother, or wife, & were born with problems, vinopocetine corrects this...Progesterone dominance causes cancers as well as aids & gender dysphoria. Please stop taking this if you have corrected. In winter cold months, you may not see effects as quickly as in summer hot months. Still, take long rest breaks so you don't over medicate...Madagascar Periwinkle costs about \$25 dollars for a generous portion which is plenty to correct most normal problems. There are some people, like me, who want to correct problems without going through hospitals or doctors- that is not everybody, & does require brains & caution...

The Ovaries & the Fallopian Tubes



I didn't change the channel one day after watching the Ellen Degeneres show...Something called TMZ came on...There was reaction on TMZ to Newt Gingrich's complaint that the Presidential debate opened with a question about a rumour that Mr. Gingrich had requested an open marriage with his now ex-wife...

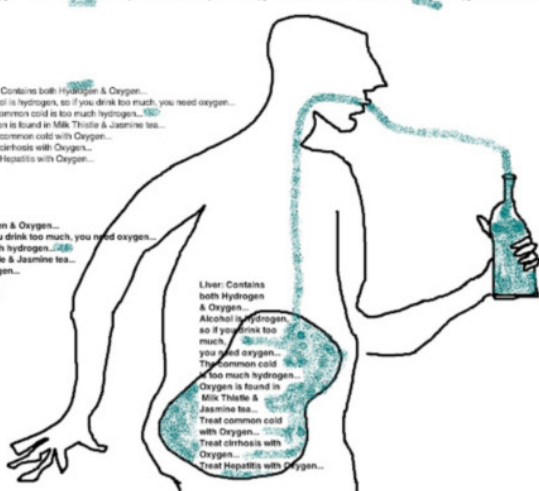
The TMZ folk, one of them, said that the journalist "had the right to ask that question" & so on, about rights...As a Canadian, I hear a lot of American rhetoric about I have a right to do this, & I have a right to say that...

Sure you have a right...That is important...But what defines you should not be that you have a right to do or say something...Your ethic should be higher...You should ask yourself: "Is this good?" ...Is it good to do or say this...? You may have the right, ok, but perhaps it is not a good thing to do...

Perhaps you have the right to own a gun...Ok...Does that mean you should go out to buy a gun? No, not necessarily...A gun might endanger your own family, since many of gun accidents happen at the home where no strangers were present...

There are certain circumstances that may require you to own a gun...Someone has threatened your life, someone dangerous...You are an officer of the law...You live in Jurassic

Liver: Contains both Hydrogen & Oxygen...Alcohol is hydrogen, so if you drink too much, you need oxygen...The common cold is too much hydrogen...Oxygen is found in Milk Thistle & Jasmine tea...Treat common cold with Oxygen...Treat cirrhosis with Oxygen...Treat Hepatitis with Oxygen...



The LIVER

park & the animals really don't like you...Even then, you still have to ask yourself: "Is this good?" ...

Having the right to do or say something doesn't mean that it is in your best interest...Sure journalists have the right to ask dumb personal questions...Is it good? Is that a good way to start a conversation with someone?

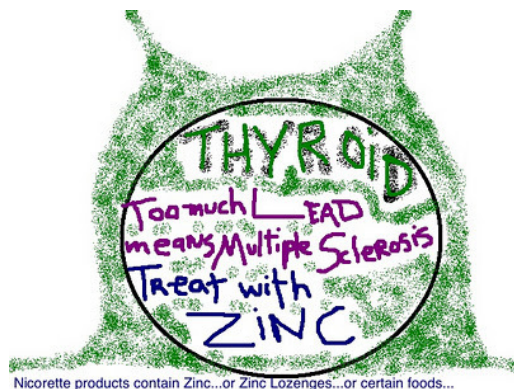
Let's raise our standards from I have a right to I think this is good...Having a right doesn't make something good...

I think that the right to own a gun might be ok, but I don't think that owning a gun is good...So I think most people on this planet should not own a gun, even if they have that right...

I think freedom of speech is a right, but I think journalists get way too personal & I don't think that is good...

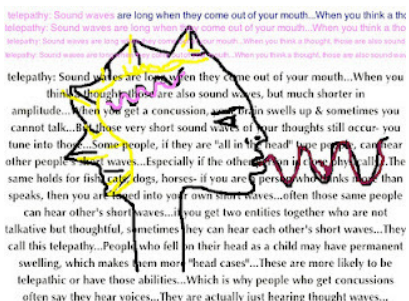


Bipolar Thymus



Thyroid Multiple Sclerosis

That said, this TMZ show was funny & I may watch again...I thought it was pretty good...



telepathy: Sound waves are long when they come out of your mouth...When you think a thought, those are also sound waves, but much shorter in amplitude...When you get a concussion, your brain swells up & sometimes you cannot talk...But those very short sound waves of your thoughts still occur- you tune into those...Some people, if they are "all in the head" type people, can hear other people's short waves...Especially if the other person is close physically...The same holds for fish, cats, dogs, horses- if you are a person

who thinks more than speaks, then you are tuned into your own short waves...often those same people can hear other's short waves...if you get two entities together who are not talkative but thoughtful, sometimes they can hear each other's short waves...They call this telepathy...People who fell on their head as a child may have permanent swelling, which makes them more "head cases"...These are more likely to be telepathic or have those abilities...Which is why people who get concussions often say they hear voices...They are actually just hearing thought waves...

Ok, so, here is how you do it...Case in point: I was

at the Bass Pro shop at Vaughan Mills [http://](http://www.basspro.com/webapp/wcs/stores/servlet/CFPage?storeId=10151&catalogId=10001&langId=-1&appId=94&storeId=11)

[www.basspro.com/webapp/wcs/stores/servlet/CFPage?](http://www.basspro.com/webapp/wcs/stores/servlet/CFPage?storeId=10151&catalogId=10001&langId=-1&appId=94&storeId=11)

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which is really like a world unto itself, not really just a store...Please forgive me dear reader, I know this is maybe a hunting & fishing store, but that was just not how I saw it...What I saw was a giant fish tank, an aquarium, with some really big beautiful fish inside...Again, when I say fish, I mean that loosely, these were more like people who live underwater...There are these rock formations in front of the tank, so I crawled onto one close to the glass & sat & "chatted" with my new boyfriend, I will call "Elliot"...Elliot is a blue catfish I think, um how big? Like, maybe 3 to 4 feet long? Huge...He is Very friendly...

So here is how you have to talk to a fish like Elliot- by telepathy...For those who have never tried this, at least on purpose, here is how you do it...Sit very close to the person or fish you want to talk to or listen to...Ok, now think a thought...If you want to talk...Think it with that little voice in your head, the one that says: "Hmm, this morning I am going to have tea instead of coffee"...or the voice that says: "Wow, I really need a bath"...Think something simple, like: "Hi"...If you are close enough to your friend, they should hear you...It helps to start with a visual connect, so they know where the sound is coming from...Yes, sound...That little voice inside your head makes a sound...A very very short sound wave...A fish like Elliot, with a smaller head, & the occasion not to talk too much with his mouth, will be used to talking & listening with his head...It still goes through his ears, but it is much quieter...Once you have started exercising the voice in your head place, then shut up & listen...Stay in that place in your head...Now listen closely...If Elliot is going to talk then you will hear him in that same place...He is making a sound wave too...Make

sure you are pretty close, because you really have to hear the sound wave & through glass & water can be difficult...This is a good way to talk to fish...Also good for your cats, if there is something they need to tell you, like their food sucks...Elliot

was very flirtatious with me, he said "Hey gorgeous!"...I

told him that the guy beside me was my husband, but he didn't seem to mind...What he did was he went sideways to show me how big he was...Very sure of himself...So I spent most of my time at this Bass Pro shop talking & listening to Elliot...Then my husband said we had better buy something, for all the time we were there, so I got some great black snug track pants with cool pockets at the back made of a lined material for warmth, a emerald rainforest top with thumb holes, a back pouch & little flowers climbing the side of it, & some sort of skillet candle in a cast iron frying pan made by Swan Creek candles & smells like cinnamon

buns oom...Prices were excellent & the store/world was gorgeous...Twice I think that day I told Joseph I thought the Vaughan Mills Mall was heaven...I mean, heaven to me is maybe a shopping mall where everything is spanking clean & new, with pretty sculptures & fountains, & great stores where everything is at factory outlet prices...Plus I got to make friends with Elliot...Later that day I got my face licked by a blonde blue eyed husky puppy at the pet shop there, we decided we would name her "Anika" if we got her...She was only a thousand dollars, which is a deal for a husky so pretty...But we decided the city life was not for her, & that there was nowhere anymore near us where she could pee daily...They have taken all our green grass away & replaced it with tall new buildings of cement & glass...I talk a lot to animals...They are good listeners...Mostly I talk out loud with my mouth...That is easy...Sometimes I try to talk or listen with my head...It is tiring because it is not a habit...But it comes in handy if you need to know something about a situation & you need to get it directly from the animal who lives there...Like the Trumpeter Swans at Bluffers park...But I don't talk or listen too much in winter because it is so cold that I don't want to make them think in the cold...Talk is cheap in freezing cold weather-mostly I just want to make sure they get some wild bird seed & stay alive...Most of the talk that comes from animals these days is about how they don't like their food...A lot of dogs complain to me about their food when I pat them...Some cats, but I don't see people's cats that often...My suggestion to people is to feed their dogs better food...An easy way to do that is to give them some human food, at least once a week...try even some canned food once in a while too...Mix it up...If you spend a lot on the doggy dry food you feed you will save a bundle on vet fees later...We've been feeding Innova dry to our bengal cats(Global Pet Foods or Petsmart), with Purina urinary chicken entree in little cans(Pet Valu) as a bonus a few times a week...We put Balance from Phytobet (SwallowHealthyDiet.com) in all their wet food, & have done so for 7 years now...It keeps them out of heat...(Yes, they are both intact)...Back to Elliot...If you go to Bass Pro shop say hi to the big blue catfish there...Also- tell the owners that he would very much like a female big blue catfish as a girlfriend or wife & possible mother...Elliot is lonely for a mate...(& don't think of Bass Pro shops as a hunting or fishing place- see it as a place to see gorgeous fish creatures, buy cute clothing & wonderful candles that make your home smell like a bakery...The more people who go there for those purposes, the fewer they will cater to hunters or fishers...& that would be neat...for Elliot, & for me...)



I think that when people use the word "green", they should be talking about things that are in fact green...Like trees &

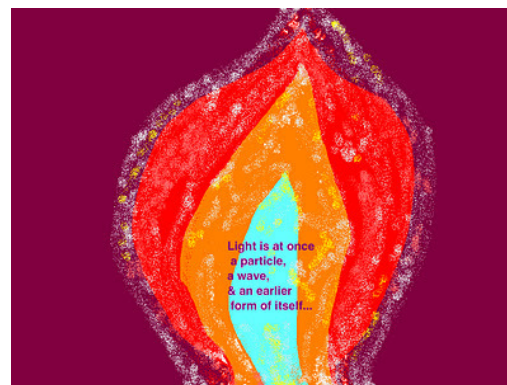
grass...For every normal size house there should be an equal expanse of green that goes with it...Thus, in that same ratio, a massive tall building, should have the same commensurate green space beside it...So if a normal family home has that big front yard & backyard, then for each family unit in that condo building there should be an equally sized patch of grass & trees...So your tall high rise should be sitting on a giant giant green park with tons of green grass & trees...A cement building is not green, no matter how you slice it...Green must be green & we have to stop euphemizing...(a little blue with the green too-like a koi pond would be nice...) Just because people are moving into condos doesn't mean their need for use of green grass is going to be less...In fact, people who live in high rises yearn for green trees more...Green requirements-actually green things, need to be made law before any building development be approved...Big green...Not trees planted in cement sidewalks...

http://www.creativeclass.com/richard_florida Richard Florida writes cool articles that artists & non-artists should read...(many are free at his site)...

<http://www.good.is/post/why-historic-buildings-are-greener-than-new-lead-certified-ones/> here's an article in a publication called "Good", which seems to also have some good reading material...(now that you are leaving me, you will need some things to read...)



Colon



Light is:

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC261216/pdf/iaio0117-0046.pdf> I was reading this link this morning (Saturday Jan. 28, 2012 & not only did it confirm my theories about parkinson's it shed some insight into thymus iron anemia which presents

as bipolar(as being inherited by a parent who suffered spleen damage in say a car accident as a child)...

Comments by me: An collision injury like person vehicle, causes slow spleen damage, often...the resulting copper deficiency with commensurate Parkinson's disease will also slowly collapse other organs- the pancreas will show diabetes sugars which need selenite supplement (garlic) to fix, the gallbladder will show mercury (like toenail fungus) poisoning which needs extra magnesium to fix...children of spleen damaged may show weak thymus which is manganese heavy but iron weak, thus displaying an iron anemia which presents as bipolar...



[grovecanada](#) Jan 28, 2012 06:31 AM

Myasthenia Gravis is too much iron in the thymus- so don't overdo the iron if you are bipolar!

Here is the continuation from the previous blog post about the GrovePairs table, & a close-up of each body part with its pair of opposing elements that live there...I will start here with the HEART:

By grovecanada on January 29th, 2012

Note(added Jan. 29, 2012 from Canada): Cardiomyopathy is in fact a lack of cobalt not an excess...It is a lack of B12, lack of taurine, (a powder form of cobalt which can be found in bodybuilding supplement stores & can be sprinkled on human & pet foods safely)...Overbreeding in humans or pets can cause cardiomyopathy, (or heart that is lacking in B12 cobalt)...The beer in Canada that was supplemented with cobalt did not cause the cardiomyopathy from the addition of the cobalt, but in fact, the ingestion of large amounts of beer, combined with the correlation to those who were studied (people who drink alot at the expense of full nutrition), may have skewed the findings...More likely is that people who drink much beer may correlate to those who have cardiomyopathy, insofar as cardiomyopathy presents more often in large families with multiple children, & those children may be more inclined to be social beer drinkers...Poverty can also correlate to much beer drinking which correlates back to multiple offspring & cardiomyopathy...All this to say that cobalt is good for those with weak cardiomyopathic hearts, as well as cats & dogs & other animals who suffer from HCM or hypertrophiccardiomyopathy...A sprinkle of Taurine powder on daily food helps sufficiently...Cobalt is also found in copal amber B12 beads, which can be worn around the neck or as a waist chain for continuous feed of B12 to a broken neck or back, or just for back pain, or whiplash pain...The copal amber beads are so strong that weight gain around the waistline occurs after continuous wear for back problems...Latvia & Lithuania are good inexpensive sources of copal amber beads, which can easily be ordered online...

Heart

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So the heart needs cobalt &...? (what is opposite to cobalt?) I will tell you later...Ok, it is later...Vitamin C...Vitamin C cleans out Cobalt, Cobalt cleans out Vitamin C...A glass of orange juice has Vitamin C in it...If you drink that while you eat some sort of cobalt containing food you get both...Cobalt exists in Taurine powder...Cobalt exists in copal amber beads...Cobalt exists in B12...Cobalt exists in clam juice (found in grocery stores)...So a plate of mussels or clams with your OJ gives you cobalt plus vitamin C...A heart healthy meal... A cloggy heart needs Vitamin C...A weak tired failing heart needs Cobalt...KNOW the difference...It is not enough to say you have heart trouble...Do you have a weak fragile heart or a full overly large cloggy heart? BIG difference in treatment...Either you need alot of orange juice or you need alot of steamed mussels...Or alot of Taurine powder or alot of Vitamin C...Depends on which element is dominant...A normal heart just needs love...A broken heart needs more love...