

From: **Ed Palmer** edwardgpalmer@mplsvocational.com   
Subject: [List] Vocational Alumni Newsletter October 24, 2022  
Date: October 24, 2022 at 7:39 PM  
To: Edward Palmer edwardgpalmer@gmail.com



Greetings Edward,

On September 8, we held our post-picnic review meeting. This newsletter will bring you up-to-date. Please excuse the length, as I also have some health and healing thoughts to share. I am happy to announce that "The Doctor's Death Diagnosis" book has been published and is now available as a \$2.99 eBook and low-cost PDF and print editions. I've attached the book's News Release and am requesting alum help spreading the word.

=====  
POST PICNIC REVIEW  
=====

I want to welcome some 70s alum additions to our picnic committee. Joe Rath, 74, John Rath, 76, Carrie Orr, 76, and Greg Peterson, 74, have joined Vocational's Picnic Committee. Joe was on vacation, so we elected him as the official leader of the committee in absentia. It makes sense, as Joe is putting together a team of 70s alumni that will eventually take control of the annual picnic operations. God willing, I expect to assist them with the website and newsletter operations.

Joe is a career radio DJ and will use a new PA and Music system at the 2023 picnic. The music will be less intrusive than my small PA, and the announcements will be easier to hear throughout the picnic area. Note: The picnic is on August 3, 2023, and our alum website is updated with the 2023 information. Everyone has a whole year to plan to attend the event, meet up with old friends, and make some new ones.

2023 will be a year when Joe's 70s group will shadow our existing picnic leaders. At this time, I expect Joe's leadership team will take over some more functions in 2024. Many 70s alums are retiring, so expect a more excellent turnout in 2023 and beyond.

Some other notes.

1. We had a lot of shadows on people's faces at the new photo location. The location for photos may have to shift for next year.
2. We will be rotating alum decades for photos and food lines. 1940s alums always come first. In 2023, the 70s alumni will go first, then the 50s and 60s. Every year we will switch decades.
3. Generally, we request alums bring fewer sweets.
4. Ice was an issue. A special thank you to all who contributed some ice.
5. Thank you to all non-picnic committee volunteers who just pitched in. We really appreciated the extra help.
6. The issue of food trucks was discussed, and the committee decided to keep the picnic as a "potluck."
7. It is often hot on the picnic day, and we request caution on any food dish using mayonnaise.
8. Thanks to alum donations, we ended the year up \$500. We are in good shape for 2023.
9. We will keep the recommended donation at \$5.00 per person and thank those who can contribute more.
10. Carpooling is recommended whenever possible due to the limited parking available at the shelter.
11. Overflow parking at the adjacent American Legion is no longer available due to it being torn down.
12. \$100 was budgeted for additional table decorations created by Carrie Orr.
13. The committee will have its planning meeting on June 8, 2023, at Wayne and Holly Lindstrom's home.
14. There are other picnic meeting notes, but they pertain to committee activities for 2023.

The above items will give you a flavor of the discussions we had at our review meeting.

=====

## MY STROKE IN JUNE

=====

On June 8 of this year, we held our 2022 planning meeting. At the planning meeting, I introduced several contingency thoughts into our picnic plan just in case I might not be around. On June 11, three days later, I had a stroke while driving down to Centennial Park at Southdale. Becky and I planned to go paddle boating. Maybe golfing on their putting course. I started to get tired, and my vision started to get blurry. Then suddenly, I started seeing double everything. The van in front of me appeared in both lanes ahead of me. Only when I shut one eye could I see a single image.

What happened is fully discussed in The Doctor's Death Diagnosis book in a chapter titled "Anatomy of a Health Crisis." It explains how I approached this health crisis and how I got healed. Strangely, the stroke focused my thoughts on the book. It allowed me to finish the book I started in 2018 after an alum friend announced she had ALS. It was a blessing from God and an impetus to thoroughly discuss 50 years of self-care, alternative health and healing, and spiritual healing strategies I've been exposed to. I finished the last 60% of the book writing with expanded computer text size and a patch over my defective left eye.

An infected root canal tooth ate away the bone in my upper jaw. This, in turn, raised my blood pressure to over 193/90 and caused the stroke. The stroke damaged the nerve controlling the movement of my left eye to the left of the center. My left eye would not move left, creating double vision. This was referred to as a nasty version of double vision, as it can be caused by a brain tumor or aneurysm. The medical professionals I consulted wanted a brain scan. My response to the doctor might surprise you.

Apparently, I had some uneasiness about life on the planet for a while. It might have been my body telling me something, and I wasn't listening very well. Strokes, cancer, root canals, and other health problems can be silent killers. It is because no severe symptoms are usually involved until it is too late. I was working on the root canal but was clueless about my blood pressure rising. Maybe I was a little uneasy about Becky wondering what she'd do with my electronic gadgets if I got my wings? :-)

=====

## THE DOCTOR'S DEATH DIAGNOSIS

=====

The book contains "100 Healing Secrets & Tips" and other alternative healing resources. To get the \$2.99 eBook, go to [www.thedoctorsdeathdiagnosis.com](http://www.thedoctorsdeathdiagnosis.com). There are also low-cost PDF and print editions available. Kindle and print editions are on Amazon. ePub (for iPhones and other standard ePub readers) and PDF editions are accessible from the website.

A book is an interesting object. Usually, a book sits on the shelf without a lot of money advertising or some viral activity. For most writers, it is a poor way to make a living. Your website and newsletter guru is just on social security. I sold my second car to pay for dental work, remove the infected root canal tooth, and get a bridge for missing teeth. No significant marketing funds exist for this essential alternative health and healing book.

I believe the book needs to go viral and will be of tremendous benefit to the health and healing of people, especially those with a terminal diagnosis. Doctors are trapped in a system that dictates what they can and cannot do. What they can and cannot say. Worse

yet, doctors are not usually trained in alternative health and healing strategies. That is why I wrote the book. I have 50 years of experience in alternative health and healing approaches that have kept me away from doctors and hospitals.

You can help me by getting the word out in several different ways. You don't even have to buy the book, simply sharing that it is available will bless many people stressed by our allopathic medical system. I fully believe you'll be blessed by this book, and if you are not, I will personally refund the purchase cost of any eBook purchased. Please help me get the word out that an alternative strategy for health and healing is now available.

#### THINGS TO DO TO HELP ME!

1. Use the sharing links at the book website to spread the word to others (no cost but time).
2. Email the News Release to your family, friends, and media contacts (no cost but time).
3. Purchase a \$2.99 ePub or Kindle eBook. Links are on the book website.
4. Purchase a print edition as a gift to someone you love and care about.
5. Write a review for the book on Amazon after you've read it.

Can you help me get the word out about this alternative perspective on health and healing? I hope so. People need to know there is an alternative to allopathic medicine's traditionally expensive and limited options. Especially those under a doctor's death diagnosis.

=====  
METAPHYSICAL HEALING  
=====

It was Mark 9:23 that changed my life forever in May of 1978. "If you can believe, all things are possible." This and other similar Bible verses challenge our human ability to believe. They also imply that even healing is possible if we only believe in it. I have been studying authors, Neville Goddard and Bruce Lipton. Neville is a spiritual guide, and Bruce is a biologist. Both explain that the metaphysical (our mind and thoughts) can be invoked for our body's physical healing. You'll find many videos from both authors on YouTube.

If you have a severe health issue, watch these videos until it sinks in that our bodies are energy vessels controlled by our mind's thoughts. That is the principle involved here. It comes down to our internal self-talk and what we focus mentally on. Metaphysical healing can occur despite a doctor asserting you are terminal. I have witnessed such healing several times, and I have experienced it. Mentally focus on the thought, "I am healed throughout my body." Keep it in your conscious mind until it becomes part of your subconscious mind. Make it mentally real to yourself. Don't look at your current physical condition. Instead, focus on the healing you want and "feel what it will be like as if you were already completely healed."

In this regard, Neville Goddard has a YouTube video titled "Feeling Is The Answer." It is also available as an eBook or small print book on Amazon. I gave a book report on Bruce Lipton's book "The Biology Of Belief" in my new book. Lipton explains how our thoughts control the biology in our bodies. This isn't the power of positive thinking. This is the power of controlling our self-talk and holding an image of our desired healing in our minds until our recovery becomes a physical reality.

Get a copy of my new book to understand more about this metaphysical (spiritual) aspect of healing. YES, after my stroke, I repeated the mental thought every day and night, "I am healed throughout my body." I went to sleep, focused on this thought, and made it a part of my life. It took ten weeks until I was able to see single images again. My eyes are back to

my life. It took ten weeks until I was able to see single images again. My eyes are back to normal, and I am again driving a car. I believe God has built this ability to heal ourselves into our body's chemistry "if we can only believe." Our thoughts can change our body's chemistry and direct our cells to heal and repair themselves. If you need healing, give this metaphysical process a try. You might get surprised.

That's it for now.

Thank you for any action you take to help me spread the word about "The Doctor's Death Diagnosis." I really appreciate your help!

May God Bless your continued health,

--

Ed Palmer, Webmaster

edwardgpalmer@mplsvocational.com  
(763) 370-8227 Cell

MAILING ADDRESS

=====

13570 Grove Drive #361  
Maple Grove MN 55311

Minneapolis Vocational High School All Alumni Web Site  
<http://www.mplsvocational.com>

Author Website  
<http://www.edwardgpalmer.com>

The Doctor's Death Diagnosis (book)  
<http://www.thedoctorsdeathdiagnosis.com>

God And Healing (book)  
<http://www.godandhealing.org>

ANTI-SPAM NOTICE

=====

I sent this email to Edward Palmer at the email address of [edwardgpalmer@gmail.com](mailto:edwardgpalmer@gmail.com). Our all-alumni newsletter list indicates that you were in or are associated with the Minneapolis Vocational's Class of 1964. To get removed from Vocational's All-Alumni Email List, respond with remove in the subject line. Alternatively, call my cell phone and let me know you want to get removed from this email list. No action is required if you wish to remain on Vocational's all-alumni newsletter list. If your name or class-year is incorrect, please email me the correct information.

FOR IMMEDIATE RELEASE

Contact: Edward G. Palmer, Author  
[edpalmer@edwardgpalmer.com](mailto:edpalmer@edwardgpalmer.com)  
(763) 370-8227

## "THE DOCTOR'S DEATH DIAGNOSIS"

JVED PUBLISHING (Maple Grove, Minn.) October 24, 2022. "The Doctor's Death Diagnosis" is a new book promising alternative health and healing strategies for those who have received a terminal diagnosis. The 252-page book covers a range of self-care, alternative health, and spiritual healing strategies. It is a \$2.99 eBook with low-cost PDF and print editions. Kindle and print editions are on Amazon. PDF and standard ePub editions are at the book's website of [www.thedoctorsdeathdiagnosis.com](http://www.thedoctorsdeathdiagnosis.com).

When a friend announced in 2018 that she had been diagnosed with Lou Gehrig's disease (aka ALS) and might only have two years to live, author Edward Palmer started to think. Precisely what did the doctor know? Standard medical treatment protocols limit traditional doctors; most have limited training in self-care, alternative healing, and spiritual healing strategies. The author has over 50 years of experience in these alternative approaches to health and healing. The author's biggest concern was that patients under a doctor's death diagnosis usually follow the doctor's palliative or hospice care to their grave. The author would choose from many existing alternative health strategies to improve his health and effect healing.

Author Edward Palmer said: "Recent news articles are questioning whether there is any remaining trust in the medical industry following the Covid pandemic. Today, the deductible for a family is often over \$6700 per year, and health care premiums might be \$15,000 or more. It's time for a more cost-effective approach to the family's health. In early 1971, I embarked on such an approach to my health. I emphasized nutraceuticals and self-care over traditional reliance on doctors. I discuss 50 years of alternative health practices in "The Doctor's Death Diagnosis." The book includes a list of "100 Healing Secrets & Tips" that most people do not know. When it comes to an actual death diagnosis, people should know that many alternative approaches exist to healing outside of standardized medical knowledge. Certainly outside of standard allopathic medical treatment modalities."

The author is available via Skype, Zoom, or phone to discuss the book.

###