

# The Classification of Sickness



Compiled and Researched by  
**Master Ali**

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\*Use these dates to check if you have the latest revision of my book.

\*Updates posted on my website. [www.MMSHealthyMalaysia.com](http://www.MMSHealthyMalaysia.com)



# THE CLASSIFICATION OF SICKNESS



Enjoy this new Mobile Friendly version of my eBook.



Enjoy my eBook, and please read my Final Word is at the back of the book.

*Thank You, Master Ali*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

***I begin in the name of Almighty God, the Most Merciful, the Most Compassionate.***

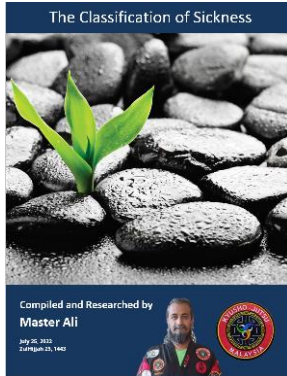
*Dedication –*

*All Praise and Thanks to God Almighty, the Creator of the Heavens and the Earth and ALL that is in between. Without His guiding me to the knowledge and wisdom of the truth, this book would have never been written.*

*I dedicate this book and thank my wife, Mastura and my three children, Fatin Amira, Haziq and Firzana for being the testing grounds of lecture after lecture after lecture, hundreds of sessions and after myself, the best who knows this book is my family.*

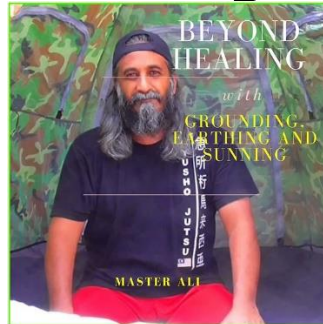
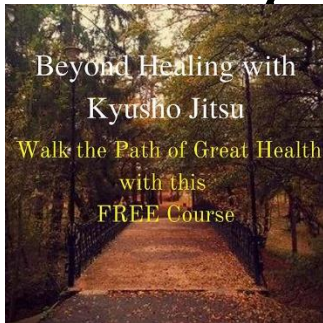
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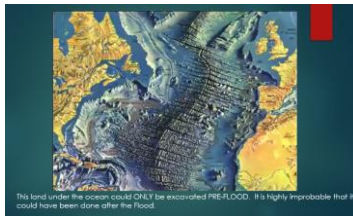
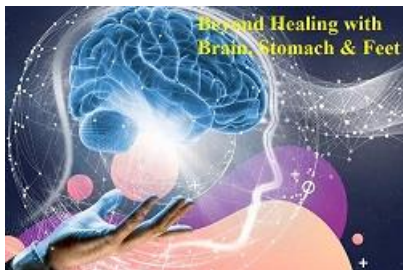
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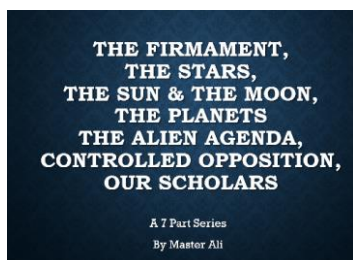
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# THE CLASSIFICATION OF SICKNESS

## Preface

After researching and learning about the true nature of viruses and sickness, I realized that everything I learnt and everything I was told about them was untrue. I also realized that everyone around me, family and friends, were on the same thinking levels as we used to think and that microscopic viruses were a huge threat to us. I was compelled to share my new knowledge with people with the way I was sharing it was jumping from here to there. So, I started to compile the information into an eBook, "The Classification of Sickness" and that's how it began. I have now expanded these ideas into this new edition of my popular eBook.

In today's world, I believe, almost everyone knows someone with some form of chronic sickness, but why are more and more people getting sick? This indeed is a great question. You may already have the answers to this question and some of you may not know, but in this eBook, my mission is to show you beyond any doubt the real cause of sickness amongst mankind today and more importantly how to reverse it.

I want to start by telling you sickness is not something for you to fear, on the contrary sickness is something to have patience with and there are blessings in

sickness. The Prophet of Islam, Muhammad (peace be upon him) said that you are never afflicted with harm because of sickness or some other inconvenience that God does not remove portions of our sins. This shows you the Mercy of our Glorious Creator, God Almighty.

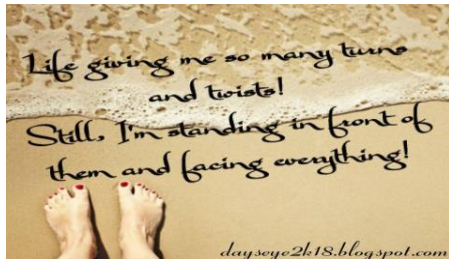
We must always approach sickness with the right frame of mind and thoughts. Our thoughts are very powerful and can move mountains. Much of our positive energies have been suppressed by negative media and news which was done on purpose. To overcome your sickness and regain your health, you will need to take control of your thoughts. Control the positive thoughts, control the negative thoughts and control whatever thoughts are coming into your mind. Words are mightier than the sword, if you truly knew.

I want you to be encouraged that there is always hope to overcome your sickness.



As long as you have hope, everything can get better. Your current

understanding of sickness has been twisted and turned, not for your benefit but for the benefit of those who profit from your sickness. This is the first thing that we need to turn around and to do that is very easy, we'll turn things around with knowledge.



When you start to understand the real nature of sickness, you will change. From a position of fear and desperation to a position that, "Hey, I can regain my health!"

So please make the effort to read and learn and share the information that I am presenting to you, I can promise you that it will be rewarding more than you can know at this point and do not worry, we'll do this together. I will guide you and take you to the end of this book. You will see an incredible transformation of knowledge and light take place within you.

I will uncover the lies and show you the real science and I will tell you, what our doctors have failed to do, to explain the real cause of sickness among the people today.

I have travelled down a long road to gain this knowledge and to comprehend it. Your journey will be a lot shorter

than mine. Why do I want to do all this? Because, your journey to regain and take control of your health will be all the reward that I seek.

I can tell you, though, that some of the things that I will share with you, no, many of the things that I will share with you, will be new to you. To the point that for some, they may get shocked and it'll turn their world upside down to all things that they once knew and learnt. Many of us studied these sciences in high school, college and universities and I am telling you now, you will need to UNLEARN what you have LEARNED. An open mind to different possibilities is the only way you can proceed. If in the end, you want to put your trust in that "old system" then that will be of your choosing.

For most people, I can assure you, you will be on a new road to freedom and great health, and you will never turn back to the "old system".

I thank our Creator, God Almighty, the Lord of the Heavens and The Earth and ALL that is in between, for opening my mind to truth and for granting me the ability to share this knowledge with more people. I pray for all those who are suffering from a sickness that God heals them and returns them to their natural state of great health. Aamin, Amen, Be it so our Lord.

*Thank You, Master Ali*

# THE CLASSIFICATION OF SICKNESS

This eBook has been compiled through years of study. If you have read the first edition of this book, please read this newer edition as it is a complete re-vamp in which I go deeper in my explanations. As you read through, you'll find some concepts repetitive and that is done on purpose so that I can make sure you fully understand what I am trying to teach you. I have tried to make the concepts easy and simple to understand, but please keep in mind that this eBook is a very powerful tool to fully understand the human body's healing process.

To make it easy to follow I have divided the book into the following sections.

**Section I: Introduction**

**Section II: Natural Body Detoxing**

**Section III: Chronic Sickness**

**Section IV: Healing Plan**

**Section V: Vaccines and their effects on the body + Vaccine Detox Protocol**

**Section VI: Additional Therapies**

**Section VII: Technology and Health**

**Section VIII: Preventative Medicine**

**Section IX: Non-Physical Sickness and Treatments**

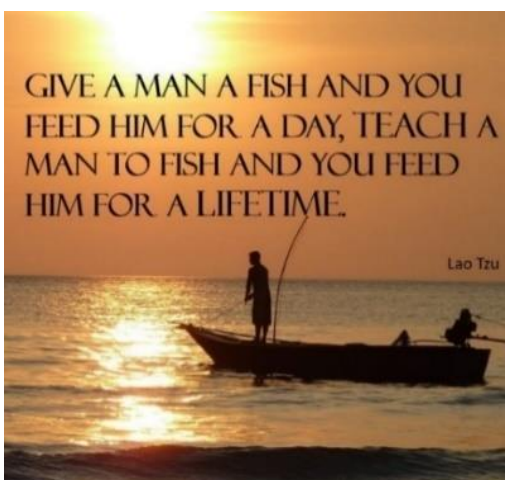
**Section X: Health Fact Checks**

**Section XI: The Final Word**

**Section XII: Sources – References**

**Section XIII: About Me**

**Section XIV: The Truth in Sight Video Series**



The purpose of this eBook is to provide you with the education, understanding and knowledge of how the body heals itself. Learn it, live it and share it with others.

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## Section I: Introduction

### Let's Begin!

To make this as simple as possible to understand, I have broken down sickness into three classifications.

#### Classifications of Sickness:

1. Natural Body Detoxification. (Section II)
2. Chronic Sickness. (Section III)
3. Non-Physical Sickness (Section IX)

**In this introduction, I will give you a summary of each type and then go into more detailed explanations of each, in their sections.**

#### For Sickness 1: Natural Body Detoxing

This information aims to explain to you the true nature of viruses and why viruses are not the reason people are getting sick. Having a clear understanding of the truth makes it easy to sift out the falsehood.

Let me begin by telling you that I am NOT referring to body detoxing in the sense that eating fruits or vegetables (juicing) or using products to cleanse your liver or kidney etc. That is something else. My choice of words "Natural Body Detoxing" is referring to something else. Please read on.

God has created the perfect system of balance within our bodies, with our Immune System being the front line. As the balance inside our body shifts as we breathe in toxins (chemtrails) or in-jest

toxins from foods (chemicals/processed) shift from healthy to unhealthy (toxic) and we will reach a stage where our Immune System will begin "Operation Toxin Clean-up". Understand that the way God has created our bodies is to absorb toxins and then when it is time, the body will release it naturally. **The body does not do these clean-ups every day but in cycles (4 times per year) or when there is a necessity.** This process of cleaning up is what you have referred to as "The Flu" or "A Cold". As you read through this eBook, you will understand why we should not use these words anymore. However, for the sake of your understanding and connecting dots, I will use those words with you, for now. The ultimate goal will be to break free from the terminology

used by the Medical Establishment, particularly those words that contribute to our brainwashing. We want to break free of their control over us.

To give you an analogy, take a sponge, when you soak it with water, it can only absorb so much water and then you need to squeeze out the water when the sponge is full. Then you can use the

sponge to soak up more water and squeeze out and repeat until the spill is cleaned up. The sponge is your body, the water is the toxins and then the process repeats again and again and again. Does that make sense? If yes, then that is how the body works. If it's unclear, don't worry about it because in Section I, we'll go through it together in explicit detail.

### **Beyond Healing with Kyusho Jutsu**

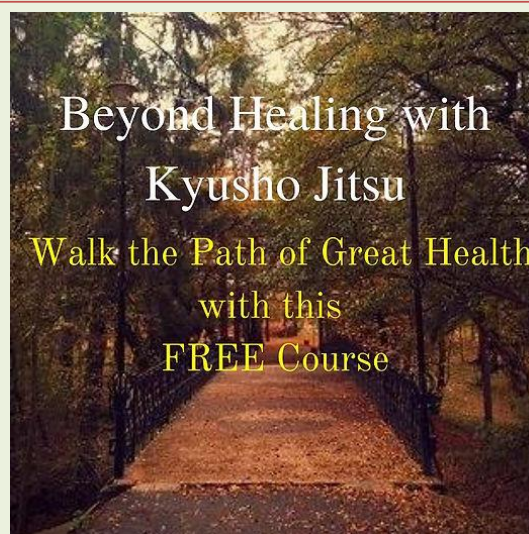
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### **For Sickness 2: Chronic Sicknesses**

Chronic Sicknesses occur when the voltage in our bodies drops, it is that simple. What is important to understand in this principle is that our bodies are electrical. Everything around us and in us is electrical. The electrical magnetic interferences around us and passing through us disrupt the electrical circuits in our bodies, lowering the voltage of our cells and organs. Let me give you a simple analogy, your car battery. If you leave the headlights on, after some time the battery will drain and you will not be able to start your

car, so what do you do? You need to boost or jump-start the battery. Hook up jumper cables and get a friend to assist and when the battery is charged again, your car will start. Our bodies are no different. If any of the 5 main batteries in our body goes down, organs will start to fail, we need to jump start the batteries to get the body system working again. Keep this analogy in mind when you come to the section on chronic healing.



I will now go through both classifications and explain deeper so that it all becomes clear in your mind. You will learn to distinguish sickness between these two classifications. You will not combine them, they are not the same, they are different and you will realize that your approach to healing each one will be separate. Don't worry as you read on it will be clear.

### **The Immune System** –

Before we go deeper into our discovery process of sickness, let's pause for a minute to give thanks to our Creator, God Almighty for creating the perfect system of balance in our bodies and healing. Thank You God!

We know that our bodies are equipped with a system to protect us from invaders – microbes, parasites and toxins – called the immune system. **What many people don't know is that about 80-85% of our immune system is located in the gut wall.** So, our digestive system can be seen as the biggest and one of the most important immune organs in the body! The immune system can be compared to an army with most of the commanding echelons located in the gut wall: the 'generals', the 'admirals' and the 'officers'. The immune system located in the gut wall has a very complex and close relationship with the gut flora. The gut flora feeds, informs, balances and keeps it healthy and well. Any army commander has to have information about the enemy to make decisions. It appears that a very large percentage of the information, your immune system is acting upon, comes from the gut. When the gut flora is

healthy and normal, the data coming from it keeps the immune system well-balanced and functioning normally. But, when the gut flora gets damaged, the immune system must act upon very different data that brings disease and disorder.

The data or blueprints to healing our bodies were programmed into all of us from the start by God.

A very important part of our immune system is THE LYMPHOID TISSUE. It is a fine mesh of fibres inhabited by immune cells, and it is spread all over the body through all our tissues and organs. In various parts of this mesh lymph nodes are positioned where the lymphoid tissue becomes dense and well-organized to trap and neutralize dangerous microbes and toxins. Lymphoid tissue is present in every mucous membrane of the body: in the mouth, nose and throat, digestive system, sinuses, eyes, lungs, urinary system and genital organs. It plays a very important role there, because that is where the human body comes in contact with the outside. Food, microbes, toxins and chemicals from the environment are met by the lymphoid tissue; it is the first barrier they have to face in the body.

We will go deeper into the Stomach (gut) and the Lymphatic system later on in this book as healing the stomach and strengthening the immune system should be a priority for everyone.

## Section II: The Truth Begins Here - Natural Body Detoxing

To begin the Journey of Truth, you must first realize that everything the Medical Establishment has taught doctors, nurses, and you about how viruses work has **been a lie**. I will share the true science of how our bodies and how viruses work. You first need to click on the link below and read this 13-page document on Viral Misconceptions by researcher Jeff Brown.

**If you tell a lie big enough and keep repeating it, people will eventually come to believe it.**

[https://drive.google.com/file/d/1HLmoly62vLmWIh77NE\\_Gvs2ZY34VVDf4/view](https://drive.google.com/file/d/1HLmoly62vLmWIh77NE_Gvs2ZY34VVDf4/view)

**Do not read further until you have completed reading the above document. Even read the document twice. The document has a great amount of information that is important for you to understand.**

All right, now that you have finished reading, you should realize now that **viruses are created inside the body**. They **do not enter your body from the outside in**. Outside in has been the BIG LIE of the Medical Establishment. For over 100 years, the Medical Establishment has been lying to the entire world and using their fake sciences to make you believe that viruses are floating around in the air and can enter your body at any time it chooses, as if the viruses have a life of their own. One hundred years is a long

time, which means every man, woman and child on this Flat Earth has been born into and indoctrinated into the lie, their entire life. Most people, have not come to realize yet, that they have been defending this lie for their entire life. Your parents and grandparents have been defending the lie. For some people, especially those who work in the medical field or have family working in the field will find this all hard to believe. Even the majority of natural health practitioners also have it wrong. The

truth has always been there and it's finally time for you to open your eyes.

**The True Science of Viruses.** So, let's go through the natural body's healing detoxification process.

Let's first begin by talking about toxins. Where do toxins come from? The air we

breathe (chemtrails), the food we eat (chemicals/processed), the water we drink (chlorine/fluoride), in soil (fertilizers), synthetic materials (chemicals), and self-care products (more chemicals).

### **These toxins accumulate in the body.**

<b>SYMPTOMS OF TOXICITY</b>		
▪ Loss of energy	▪ Nausea	▪ Body aches and pains
▪ Memory loss	▪ Insomnia	▪ Frequent Headaches
▪ Depression	▪ Allergies	▪ Muscle stiffness
▪ Anxiety	▪ Nervousness	▪ Frequent colds
▪ Restlessness	▪ Skin irritation	▪ "Cold spots" sensation
▪ Mental Fog	▪ Food intolerance	▪ Deteriorating vision

### **First-line of Defense:**

When the body goes into detox cleansing mode, the first thing that will happen is you'll begin to feel some aches and pains, then you will develop fever. The mistake that most people make is to bring down the fever by using

cool packs or patches on the forehead etc. **This is wrong!** Through movies (and doctors) we have been falsely led to believe that bringing down a fever is good and leaving the fever to run its course is bad.

### **What exactly happens at the aches and pains stage?**

**The body releases the toxins in the bloodstream; bacteria will then go and feed on the toxins.** This is the body's first line of defence. For those of you who are very healthy, or say that you have never been sick for the past 20 years, is not true. You have been sick, but because your body is strong, you didn't feel it. No matter who you are,

whether Superman or Alfalfa from the little rascals, our bodies must detox. But as I said, because your body is strong, it recovered without needing to go to any of the next phases of defence. Most likely you even skipped the aches and pains. That is the benefit of keeping in shape.

### **Second line of Defence:**

Thus **begins the fever stage**. If the toxicity is too much for the bacteria to handle, the body's second line of defence is to bring up the heat, by way of a fever, and create viruses in the cells to fight off the toxins and restore cellular tissues and fluids. This allows new cellular activity to thrive. This goes on for 72 hours. Do you see why you need to let the fever run its course? If you cool down the fever too early, you

### **Third line of Defence:**

**After 72 hours, the immune system will detect that the body still has a fever. Do you see why you should not bring down the fever too early? The cells will manufacture a new set of viruses with different cleansing mechanisms**, after the first set has been exhausted by the body. The second set will be a little bit different than the first set, but both sets are the same type of strain - the second set will cleanse what the first set did not. Again, you can see if you had reduced the fever, too early, using cool packs or patches then you would have interfered with the third line of defense mechanism, if it was required at all. This is why someone may have a fever for more than 3 days.

**Glory to God for creating a highly intelligent system of healing! This is truly amazing. Our bodies are miraculous.**

You do not want to suppress the body's healing process! What you should do is

are interfering with the immune system's defense plan. Once the fever starts the immune system has its internal clock and if you cool down the body's temperature you are interfering with that clock. As you will read next the importance of this clock. For most people within 72 hours, the fever will break and you will begin to feel better. If not, the body goes into a new plan of action.

wear a sweater, and socks and hide under a thick comforter or blanket and get your body hotter. This will help the immune system and in due time your body will sweat; that means the fever is broken and recovery continues from there. During the after phases, you'll get a runny nose or coughing or sneezing for a few days as the body is cleaning house.

As I said, **you do not want to suppress the healing process but assist it** and this is how you can help the healing when the aches and pains stages start. What you want to do is help the immune system. How? Taking vitamin C from fresh oranges, etc. there are other fruits higher in vitamin C, but you get the point. Fresh fruits are always better than synthetic vitamin capsules. Something that works really, really well is CDS and DMSO! (If you do not recognize those names, I will cover that later but for now continue reading.

### **Let's talk about the old idiom "feed a cold and starve a fever"**

This saying does have truth in it. The fever comes first, during the fever it is best to just rest and keep warm or warmer, the cold is the second stage and this is where your body wants to be fed. Don't worry about cold vs flu for now, I will explain more about that later on. Fasting from food during fever is highly recommended with just drinking

plain water, it is best to AVOID eating foods during the fever stage. Once the fever breaks you will know because you will sweat then the final stage starts where you get the runny nose, coughing, sneezing and all that fun stuff. Now is the time to eat and regain your energy levels, your body will automatically want to eat.

### **Bless the fever!**

Fever is good for us! It is a major tool our immune system uses for killing disease-causing microbes, destroying toxins and removing cancer cells. If you have a fever for a few days and do not interfere with it, but allow your body to run high temperature for as long as it needs to, you clean your body, remove chronic infections, prevent cancer formation and rejuvenate yourself. Researchers are experimenting with inducing fever in patients with incurable cancers, chronic fatigue syndrome and other severe illnesses, and are finding that fever can be very effective in the treatment of these disorders. During fever your immune system re-sets itself, re-balances its various branches, re-groups and becomes more effective at dealing with the environment.

Traditional societies around the world have known this for centuries, where increasing the body temperature regularly was done as a prophylactic measure. Russian Banja, Scandinavian

sauna, Turkish baths, Roman baths, sweat lodges of the Native Americans, bathing in hot springs in Japan, Iceland and other places around the world have long been prized as health-giving activities. Whole families in those cultures consider them to be a very important part of their weekly routine. Studies have been conducted showing that regular use of sauna and Russian Banja prevents many chronic illnesses from developing in the first place and can be very helpful in healing from those illnesses.

If you allow your immune system to use fever to the full, you can prevent autoimmunity from developing in your body. The trouble is, people are afraid of fever and, as soon as their temperature starts rising, they start taking medications to bring it down. If your immune system is not allowed to use fever properly, the ground will be laid for developing autoimmunity, chronic inflammation, allergies, chronic infections, parasites and cancer in the future.

It is particularly vital to allow the fever to run in our babies and small children. Children are born with immature immune systems, which require education. The first fever your child develops is a major educational experience for the child's immune system. If the fever is not allowed to run, the child's immune system has missed an important lesson. Instead it has received a wrong lesson, which may lay the ground for allergies and autoimmunity in the future. Of course, it can be quite frightening for parents to see their baby or toddler 'on fire' feeling ill. So, it is natural for them to want to stop the fever and to see their child well again. This is the time to focus on what is best for the child: let the fever run!

Just keep your child warm and well-hydrated. In most cases the fever will only last for 12–24 hours; and when your child has come out of it, he or she will have a stronger and healthier immune system!



### **Do Not Coerce the Ill Person to Eat or Drink (Flu stage)**

The Prophet Muhammad (Peace Be Upon Him) said:

“Do not coerce your ill patients to (have) food and drink. For indeed, Allah (God Almighty) feeds them and quenches them.”

The famous Doctor, Ibn Tarkhan al-Hamawi, quotes and expands on the statement of another giant in the field, Abdul Latif al-Baghdadi (629 AH), stating:

“How abundantly beneficial are these Prophetic words which contain divine wisdom, particularly for doctors and those who treat ill patients. That is, when the ill person is averse to food and drink, it is because the constitution is preoccupied with fighting the disease, or due to a drop or reduction in appetite as a result of weakness or subsiding of natural heat – whatever the

case may be, it is not permissible then to give food and drink in this state.”

“Know that hunger is simply the parts (of the body) seeking nutrition, due to the constitution replenishing them with it, as a replacement for what has been used up in them. Thus, the distant parts draw from the near parts until the drawing (effect) ends up in the stomach, and then the man feels hungry, so he seeks nutrition. However, when sickness is present, the constitution becomes distracted with its (toxic and waste) matter, processing and expelling it away from seeking food or drink.”

He goes on to emphasize the fact that going against this prescription – as is the case with going against any Prophetic prescription – is bound to aggravate the disease and cause terrible consequences:

“So, when the sick person is coerced into making use of some of that (i.e., food and drink), the constitution becomes hindered from its (natural course of) action, and it becomes distracted with digesting and disposing of it, away from processing and averting the diseased matter. And that becomes a cause of harm for the sick person, especially during a suddenly critical juncture, or during weakness or deterioration of the innate heat. Thus, it increases the affliction, and hastens the dreaded consequence (e.g., death).”

Many naturopaths in the west have also observed the spectacular benefits that can be derived from applying the very same or similar principles. As an example, we reproduce a citation on the famous naturopath, Dr. Trall:

“Dr. Trall practiced medicine in the USA during the mid-19th century. He practised conventional medicine until 1840, at which point he rebelled against the drugging and suppressive treatments because of their consistently high fatality rate.”

From 1846-1862 Trall treated many hundreds of sick patients with not one drug or suppressive measure. Many were severely ill and suffering from these “killer diseases”.

Trall used Natural Hygiene measures only. These consisted of water-only fasting, no drugs whatsoever, fresh air, complete bed rest and quiet.

He lost NOT ONE patient in those 16 years. They ALL recovered. Trall believed that the human body was capable of recovery in the vast majority of cases provided it was NOT interfered with: no food, no drugs, no heat or hydropathic (water) treatments, no

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*Slowly re-feed the patient on a vegetarian diet back to robust health (this is during the cold stage).*

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excitement, and no exercise.

Let the fevers run their course, watch the vomiting or diarrhea expel the noxious toxic load, and allow the skin to eliminate the internal putrescence, were Trall’s directives.

Trall stated:

“The effect of drugging is to lock up the causes of disease within the system, and to induce chronic and worse diseases. The remedial struggle, the disease – should be aided so that it may successfully accomplish its work of purification, not subdued or thwarted with poisons which create new drug diseases, and thus embarrass and complicate the vital struggle.”

Another famous western naturopath, Dr. Herbert Shelton, points out the fact that modern physicians with their unnatural treatments are themselves the cause of increased suffering and countless deaths: Physicians and patients rarely realize how much the

treatment is responsible for increased and prolonged suffering and death. Physicians are unaware of their (often deadly) fallacy to 'eat plenty of nourishing food to keep up your strength'.

Delirium, spasm, peritonitis, pneumonia, pleurisy, heart trouble, sleeping sickness etc are listed among the complications of influenza. These develop in those who are fed and drugged.

"Whether the condition is severely cold, influenza, or pneumonia, the first thing is to stop eating. Absolutely no food, but water, should be allowed until the acute symptoms have subsided. No drugs of any kind should be resorted to."

"Go to bed and rest. Keep warm. Rest, fasting, warmth – these are the needs. Have plenty of fresh air in your room. Under these conditions, you may lie in bed and get well in a short time with no complications and no sequels.

"You don't need treatment. The fever, inflammation, coughing etc constitute the healing process. Just get out of their way and permit them to complete their work. Don't try to aid nature – she doesn't need your puny aid – she only asks that you cease interfering"

**If viruses cannot spread, then why does everyone get sick at the same time? 'Illusion of Viral Activity'**

People say all the time that they've gotten sick from their loved one, or they caught this virus or that virus from their

loved ones. This is all but an illusion, the '**Illusion of Viral Activity**'. It ONLY appears to you that a "virus" has spread from one family member to another.

Let's start to understand, our bodies are on a cyclical timing, it dumps mass stored toxins after a certain accumulation occurs over a period of time. This occurs every year (4 times a year); sometimes milder, sometimes stronger. Temperature and climate changes (seasons) bring about the necessary signals to begin the cleansing processes. When you have households that live together, they almost always eat the same foods, drink the same water, and breathe the same air; sharing identical habits. It is common for them to have similar detoxification times; therefore, they will experience natural body detoxing around the same time. This does not mean viruses are contagious.

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*Viruses and bacteria are not contagious. No virus is.*

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The environment plays a role more than anything. It is much like how bears come out of hibernation each year around the same time. Climate plays a large role in their appearance, and they gradually come out one after the other depending on location. That is why we have a "flu season"—because humidity combined with cold or heat brings about bodily changes at the cellular level. We observe the same behaviours



in the microcosm of the body. Such changes signal the body to dump accumulated toxins so new cellular activity can thrive. Bacteria (or viruses) then manifest to disassemble and break those down to be excreted from the body—via the skin, mucus, the respiratory system, and the bowels.

It is very common for people to observe this illusion and believe it is contagious—that is the nature of mankind; they're easily self-deceived by coincidences. Health is rife with such misobservations because it cannot be directly seen.

### **Bio Receptors and Bio Resonance**

The truth be told, it is far from any 'Illusion'. Our bodies were created with perfection, by a most Magnificent Creator, God Almighty. Our cells, skin, eyes, ears, and organs are fitted with, Bio Receptors. **Bio Receptors are biological transducers that convert energy from both external and internal environments into electrical impulses.** They may be massed together to form a sense organ, such as the eye or ear, or they may be scattered, as are those of the skin and viscera. To put it simply, these are antennae radar like 'technology' that sends and receives signals. These signals are responsible for that invisible communication between people and allow us to pick up on other people's signals. This is truly fascinating stuff and I touched on this in my Beyond Healing with Brain, Stomach and Feet course. But let's get into it a little more, for the sake of this eBook

and to help you along in your understanding.

Do you know that instant 'rapport' connection you have with people? Well that's from these receptors too. If this science was truly studied by the Medical Establishment and taught to us, instead of their virus and germ lies and propaganda, we would have known about them in more detail.

The Prophet of Islam, Prophet Muhammad (Peace Be Upon Him) said, *"Do not place a sick patient with a healthy person."* The Medical Establishment loved this saying because they can twist it for their purposes and promote their contagion agenda. The truth behind his saying was that our bodies can pick up on the feelings of sick people and trigger responses in our bodies. Now, something else that I must add is the Prophet Muhammad (Pbuh) encouraged us to go visit the sick. There are great rewards for us and them. There are many sayings from the Prophet about visiting the sick. So there is no issue except for the Medical Establishment twisting the Prophet's words for their own self gains.

So how do these Bio Receptors work? When you see someone who is sick, these receptors pick up on it and they want to trigger the healing system in your body. And 'Presto' your Natural Body Detox has started. It may have been that your cycle was a few weeks later but the sign of the sick person triggered your body to respond too.

So can you see why, the father gets sick and then the mother and then the children etc? It has nothing to do with contagions but these Bio Receptors in our bodies are triggering the healing system to activate and respond. This research falls under the category of Bio Resonance and if we get to the heart of it? It's electricity! You'll learn more about that in Section III.

### How many times a year does our bodies detox?

When the body is toxic/stressed the cells produce exosomes (viruses) to detox themselves from the toxins which exit through our nose (sneezing/running nose) and mouth (coughing). **If exosomes (viruses) are produced by the body in response to toxicity they cannot be contagious as it did not come from another human, it came from within that person's body.** Viruses are exosomes, which are beneficial adaptive normal functions of the human body. At a cellular level they clean your cells and expel toxins, like snot. Natural Body Detoxing happens 4 times a year (equinoxes and solstices/4 seasons).

<b>December/January</b>	<b>March/April</b>
<b>June/July</b>	<b>September/October</b>

The above chart shows the months when most people have their detoxes. These are the common periods when people experience their natural body detoxing. Man-made radiation is affecting the natural circadian rhythm of the body. What that means is you may

also get sick in February, May, August or November. The chart is just a guide. This is why your mother used to say, when the weather changes come sickness.

### Covid Daily Stats Lie

Can you understand the "Con-vid" daily stats being posted? First, they used an illogical testing method of PCR testing which was never designed for this. And second, you need to realize that EVERYONE in the world naturally gets sick, the daily stats particularly in those months (chart above) will be higher. Followed by the fake news media keep displaying their daily fear propaganda to add fear into the minds of the people. **Covid-19 will go down as one of the greatest "cons" of mankind.** So many people have been duped, but a lot of people started to wake up.

### Things that will trigger a natural body detox to start

The reality is, the weather has nothing to do with sickness, getting wet (from rain/snow) has nothing to do with sickness it is a timing event of our bodies. It may be a coincidence that it rained during April, which happens to be the normal cyclic timing for our body to detox and the rain triggered the detox to start. But you should not say, it was the rain that made you sick as that is not how it works. Sometimes a body detox may be triggered when you see other members of your family getting sick. Your mind is very powerful and that may automatically trigger the body's system to activate. So again, it

has nothing to do with a virus spreading from one person to another person.

### **Do viruses exist in Nature?**

**NO!** The Spanish Flu, Influenza Flu, Corona Virus, SARS etc. are all made up names by the Medical Establishment. When you understand where viruses are created (inside the body) and a virus from inside your body can't spread to another human then how can these possibly exist? You just have to admit, we have all been lied to.

**Does that mean, people are panicking and running out to take a vaccine for a virus that does not exist? Standing in line for hours, waiting for their turn, happily rolling up their sleeves to get injected with God knows what to protect them from a virus that DOES NOT EXIST! Can you say OMG! The reality is viruses are created from inside our bodies and created to help us not hurt us as the Medical Establishment wants you to believe. WAKE UP, PEOPLE!**

In this Authentic Hadith (saying), narrated by Abu Hurairah, said that the **Holy Prophet Muhammad (Peace be upon Him)** said, "**There is no 'Adwa** [that is, **no contagious disease** is conveyed to others]," Sahih – Al-Bukhari 5707

**What did the Prophet of Islam say? He said there are NO CONTAGIONS which means viruses are NOT contagious in any way or form.**

To continue:

A Bedouin asked, "O Allah's Messenger! What about the camels which, when on the sand [desert] look like deer, but when a camel with an itch mix with them, they are all infected with itchiness?" On that, the Holy Prophet (pbuh) said, "Then who conveyed the disease [itch] to the first camel?" (Sahih Al-Bukhari, Book of Medicine)

The Prophet of Islam's (pbuh) knowledge was based on revelations from Allah (God) and not fake science views that the secular states impose on us.

### **What about Measles, Chicken Pox, Small Pox, Monkey Pox, and all the other Poxes?**

As the Prophet of Islam said to the Bedouin, "Then who conveyed the disease [itch] to the first camel?"

Exactly the point! So, if chicken pox is highly contagious then who had it first? Do you mean to tell me that it magically appeared decades ago and then started spreading to everyone? Randomly? Is a highly contagious disease just randomly choosing its hosts? Hmmmm... and this is what the Medical Establishment would like you to believe!

What has happened is the body has reacted to a foreign substance that has been entered into it. Let me spell that out for those parents who cannot understand what I just said. You brought your child to a pediatrician who injected a vaccine or immunization shot into your child and the body's reaction is very clear. It has detected a substance that is NOT compatible with the body and wants it out. The fastest way possible normally would be through

vomiting or diarrhea but in other cases through the skin. Then Presto! Chicken Pox.

Eczemas and other skin diseases are the body's natural reaction to some foreign substance and it wants it out. Garbage in- Garbage out as the computer phrase goes. If your child has eczema using creams or steroids as what the doctors give is NOT the solution, of course creams will help heal the

effect. But you need to realize the SOURCE of the issue. What caused the eczema outbreak in the first place? My bet is 100% from vaccines. So, my dear parents, please STOP vaccinating your children. Do your research and you will see for yourself; vaccines do more harm than good. Just google "Vaxxed the Movie" and "Vaxxed II" and watch them.

### **Where do the names chicken pox, measles and others come from?**

These fictitious names and diseases are created by the Medical Establishment. They need to create a distraction or diversion from the main cause of the problem which is vaccines, so to do this, they created contagious disease names to scare the parents. Therefore, the parents would not blame the vaccines but some "contagious diseases". Parents need to realize and as you read on through this eBook you will see for yourselves that the entire Medical Establishment has lied and fabricated everything about viruses and germs. For what purpose you ask? To hurt and injure our children and to make billions off of mankind, can you not see that the entire medical system is pure for money making and profit? Is it truthful and good to make tremendous profits from people's sickness? They have NO intention to heal anyone and all of their pharmaceutical medication does more harm than good. The earlier you realize this fact, the earlier you can begin to heal yourself and your children. Of course, if you are a doctor or work for Big Pharma you may disagree with this.

Bird Flu 🐦  
Swine Flu 🐷  
Mad Cow 🐮  
Rabies 🐕  
Plague 🐭  
Salmonella 🐟  
Covid 🦋  
Chicken Pox 🐔  
Monkey Pox 🐒



I don't know whether  
I should go and see  
a Doctor or a Vet

**A patient cured is  
a customer lost.**

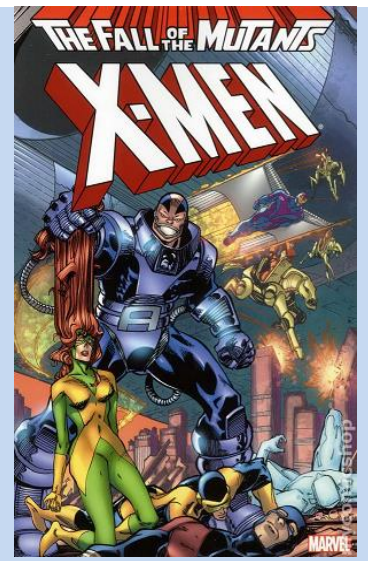


**-Big Pharma**

## X-Virus Mutations

Get it? X-Men? Mutants? X-Men Mutants the movie? X-Virus Mutations? OK never mind. The Medical Establishment needs you to keep believing in the lie. Ask yourself. If the coronavirus does not exist, how can it mutate? Is a veil of light being lifted from your eyes yet?

In 1918, they tried to prove that viruses are contagious and in all these experiments they failed 100% of the time. Moreover, **the results of the experiments proved beyond doubt that viruses are NOT contagious and that they cannot be transferred from one human body to another**, even if blood, snot from a flu-ridden nose and thick phlegm from the sufferer's throat is consumed by the recipient in large amounts.



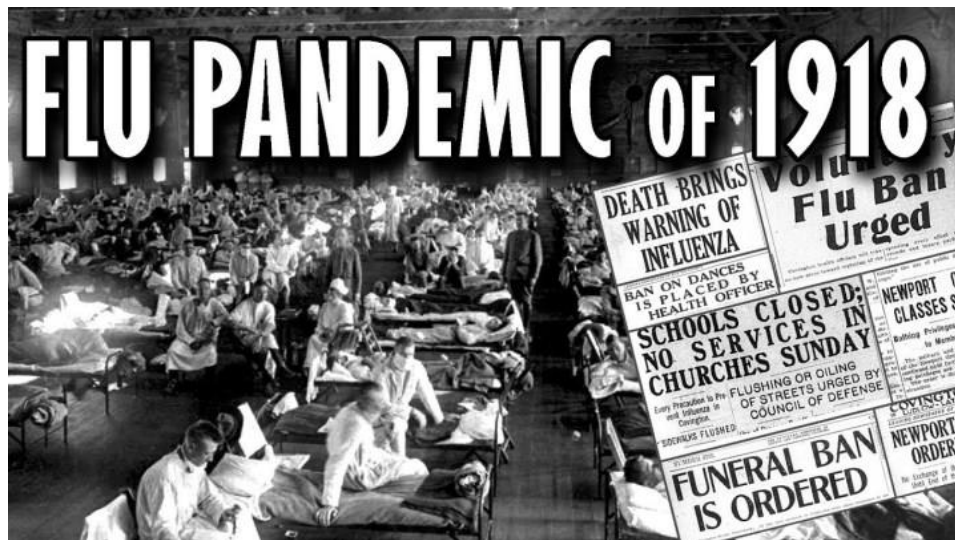
“Perhaps the most interesting epidemiological studies conducted during the 1918–1919 pandemic were the human experiments conducted by the Public Health Service and the U.S. Navy under the supervision of Milton Rosenau on Gallops Island, the quarantine station in Boston Harbor, and on Angel Island, its counterpart in San Francisco. The experiment began with 100 volunteers from the Navy who had no history of influenza. Rosenau was the first to report on the experiments conducted at Gallops Island in November and December 1918. **His first volunteers received first one strain and then several strains of Pfeiffer's bacillus by spraying and swabbing into their noses and throats and then into their eyes. When that procedure failed to produce disease, others were**

**inoculated with mixtures of other organisms isolated from the throats and noses of influenza patients. Next, some volunteers received injections of blood from influenza patients. Finally, 13 of the volunteers were taken into an influenza ward and exposed to 10 influenza patients each. Each volunteer was to shake hands with each patient, talk with him at close range, and to permit him to cough directly into his face. None of the volunteers in these experiments developed influenza.”**

The experiments also showed that vaccines do nothing good whatsoever.

Source:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2862332/>



## Scientists Proved Viruses Are Not Contagious in 1918

As documented by Arthur Firstenberg, a researcher, consultant and lecturer on the health and environmental effects of electromagnetic radiation with 40 years of experience, the only experiments attempting to prove viruses are contagious were carried out in the 1918 flu pandemic and these experiments failed 100% of the time.

**This means that Prophet Muhammad (pbuh) was right!**

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*Viruses DO NOT spread in the air; you CANNOT catch a virus from standing near or from touching someone. A human CANNOT spread any disease to another human nor can an animal spread any disease to a human.*

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For example, the Wuhan bat started spreading the coronavirus.

**We do not need to stay away from sick people nor does a sick person**

**need to stay away from us because a sick person cannot spread their disease to us.**

The science of exosomes is in line with the Hadith (saying from Prophet Muhammad) that there is NO contagion. Other scientific views that contradict this go against the words of the Prophet of Islam and are fake science used by the Medical Establishment to make money off of people as another one of their tools of deception. As you read in the document "Viral Misconceptions" **viruses are NOT ALIVE they cannot procreate.** Viruses are created from within our cells, coded with our specific DNA, and run only in our bodies. It is the same thing as taking a program written for a PC and running it on a Mac. It does not work. If I were to fill a cup with my saliva and give that cup to someone to drink (yeah disgusting, I know, but follow along) whatever viruses came from my saliva that entered into the other person's body, the viruses will NOT recognize the new host nor can they even duplicate

themselves. The viruses would either have gotten destroyed in their mouth or their stomach. If you do not understand this then go back and re-read page 2 of “Viral Misconceptions”.

So, if you want to disprove Prophet Muhammad (pbuh) then disprove him with true science not fake science. For if you try to disprove Prophet Muhammad (pbuh) with real science, you will be disproved.

### **Herd Immunity**

Herd immunity, by definition, “is a form of indirect protection from infectious disease that can occur with some diseases when a sufficient percentage of a population has become immune to an infection, whether through vaccination or previous infections, thereby reducing the likelihood of infection for individuals who lack immunity.”

**TEST TIME:** Now that we learned about the True Science of Viruses, does any of the above make sense? YES, OR NO?

If yes, then go back and re-read everything all over again because you are not paying any attention to what you are reading. Herd Immunity makes ABSOLUTELY NO sense at all. Why do you need to be immune to some virus that does not exist? Look at how the fake news media ABC news is pushing the false lie of herd immunity. Remember, if you repeat a lie long enough and keep repeating it, people will come to believe it.



### **What about Fungus? I suppose they are not contagious too?**

Yes, that's right! They are not contagious either.

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*If fungus is produced by the body in response to toxicity it cannot be contagious as it did not originate from another human.*

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There is a direct relationship between fungus and heavy metals. Dr. Dietrich Klinghardt, the world's mercury detox expert, says that fungus serves the purpose of absorbing and sequestering heavy metals - that fungus overgrowth is one of the body's defences to try and keep mercury and other heavy metals from damaging body tissues.

Why? Because mercury will kill us fast, the body proliferates fungi to save us from mercury and other toxic heavy metals.

When the body is toxic/stressed by heavy metal poisoning the body produces fungus to detox itself from the toxins which exit through our skin and nails. Eczema is a method of the body to

remove heavy metals like mercury through the skin.

So where did all this mercury in our bodies come from? Well from the safe

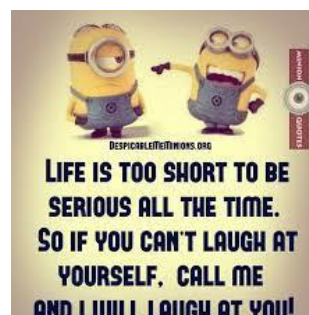
and effective vaccines that the Medical Establishment has been brainwashing you to inject into your children.

## Let's do a Review of what we have learned so far.

1. There are no such things as contagious diseases.
2. People, around the world, everywhere, get sick because of the body's natural ability to remove toxins itself. Hence the reason, there is a "flu season". A name conned by the Medical Establishment to masquerade the notion of a Flu Virus and to further sell their drugs.
3. This natural detoxing of the body happens several times a year, at least up to 4 times.
4. People worldwide do not all detox on the same day, but due to geographic locations and the body's timing, people get sick at different intervals. This explains why in one household, where multiple people get sick around the same time. It is not such that the father gets sick and spreads it to the mother and then the mother spreads it to the children. NO. They all live in the same house, breathe the same air, eat the same foods, and therefore it would naturally occur that their bodies mimic one another in the detoxification process and either they all get sick at the same time or very near to each other and that relates to entire towns and cities as well.
5. Herd Immunity does not exist.
6. Virus Mutations do not exist.



7. Fungus is not contagious.
8. Measles, chicken pox, Mumps, Rubella, Hepatitis, HIV, Polio, Rotavirus and all the other crap DO NOT EXIST! So please, for the love of God, stop injecting poisons into your children. Let your children develop themselves naturally and healthily. Too many children have died from vaccines, too many children have been crippled from vaccines, and too many children have suffered from vaccines. AND Big Pharma does not care, does not care, does not care for any of those children! STOP TODAY. NO MORE!





## Clarification of Plagues and Contagions (Diseases)

Plagues and contagions are two different things: Plagues exist, and contagions do not exist. Leprosy is a plague, not a contagion. Even in the Bible, Leprosy is referred to as a plague. So, people should not fear Leprosy as we cannot 'catch it'. The main point that people should realize is that **plagues and contagions are two different things and neither one should be feared. Do not refer to plagues as diseases.** The Medical Establishment is putting the two together to cause you to get confused. Separate them. It is difficult to understand the true meaning of a plague because most of what you read online is corrupted by the Medical Establishment. So let us look at this hadith (saying) from the Prophet of Islam.

Sahih al-Bukhari (5734) Narrated `Aisha: (the wife of the Prophet Muhammad) that asked Allah's Messenger about the plague, and He informed her saying, **Plague was a punishment which Allah used to send on whom He wished,** but Allah made it a blessing for the believers. None (among the believers) remains patient in a land in which plague has broken out and considers that nothing will befall him except what Allah has ordained for him, but that Allah will grant him a reward similar to that of a martyr. (Bukhari #5734)

**The inoculation of a plague inside the body is from God. The Bible also**

**confirms this.** They are real and exist but do not spread they are NOT contagious.

**The coronavirus is fake, make-believe and does not exist.**

**Can you see why it is nonsense to be wearing a facemask and social distancing for a virus that does not exist or if it did cannot harm you? Can you see why it is “a special kind of stupid” to be wearing 2 or 3 facemasks on top of each other or being alone in a car with their facemask on? And just to add, can you see why it is a “special kind of stupid” people who want to brag via social media or hold signboards to the entire world that they got vaccinated for a virus that does not exist? And there will be people, even after reading this document will still choose to believe in the lies of the Medical Establishment. I pray for these people so that they can see the truth.**

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*And just an FYI, I did not come up with that phrase; “special kind of stupid”, it was from a friend, Mufti Ibrahim of South Africa.*

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**VERY IMPORTANT:** If you have taken the Covid 19 vaccine, your goal should be to get it out of your body ASAP. At the end of this document, I will provide some information on how to do that.

**Can I provide other proof that viruses do not exist and cannot spread? YES...YES and YES! BUT before that, I am not done with this concept of plagues and quarantine as most people have this concept wrong, especially our Scholars.**

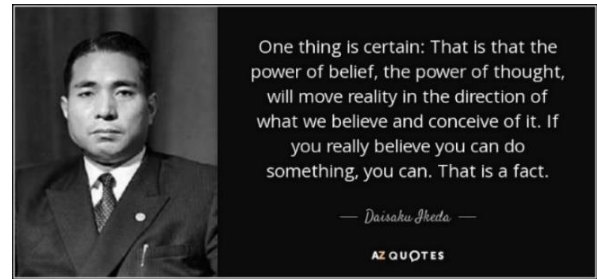
Let us address these two hadith (saying) of Prophet Muhammad (pbuh)

**Prophet Muhammad (pbuh) said:** "When you heard about a plague in any land, then do not enter it." "And if plague outbreaks in your land, then do not leave your land.

Some scholars state, "This hadith clearly states that Prophet Muhammad (pbuh) is telling us to practice self-quarantine."

I disagree with that. Firstly, in ANY hadith (saying) of the Prophet he has NEVER EVER used the words quarantine. So, we need to analyze and think about what he said and why he said it.

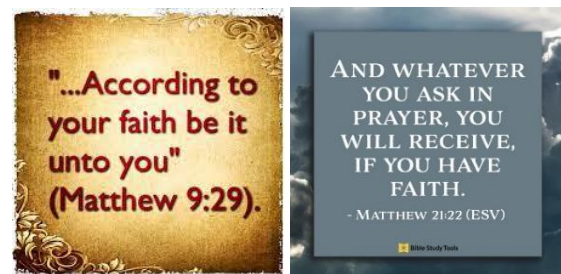
Why if you heard about a plague in any land, you should not enter it? There are several reasons, but the primary reason is for it to not affect your mind, thinking and belief in how the body works. Remember, your mind is very powerful and just thinking that you will get sick, you will get sick. Looking at a sick person or people, can trigger your body's system to get sick. The power of belief.



If you doubt that your mind cannot make you sick, then you clearly do not understand mantras, clearly do not understand the power of prayer and maybe you should watch my video in which I turn electron-stealing water into electron donor water with nothing but my energy and mind power. Here is the YouTube Link.

<https://www.youtube.com/watch?v=WOilpXTQEUo>

So, to prevent people from falling prey to false thinking, of contracting contagious diseases, the Prophet of Islam, said it very simply. If there is a plague there, do not go there, and again, it was NOT for the reason that you will contract a disease NOR was it for the reason that you need to quarantine yourself.



## Misunderstanding Regarding a Hadith about the Plague.

The hadith (saying of Prophet Muhammad pbuh) that I mentioned previously which I will now show the full narration:

Prophet Muhammad (peace be upon) said Sahih Al-Bukhari, Hadith no. 5707: "There is no contagion {*without Allah's permission*}, nor is there a bad omen from birds, nor is there a bad omen from owls, nor is there any bad omen in the month of Safar, and one should run away from the leper as one runs away from the lion."

I want to clarify something here, in the ORIGINAL Arabic there is NO reference to what is in {brackets} – *without Allah's permission*. This has been ADDED to the English translation for the sole person to cause corruption in the minds of the people. WHY then was it NOT added to the other parts of the same Hadith? Bad omens, owls, the month of Safar, WHY? Why not those too? You have eyes but do you not see? It is clear that someone added this in so that contagions can be blamed for sickness. Again, these words in brackets are NOT in the original Arabic hadith. NOT! The Prophet of Islam NEVER SAID, *without Allah's permission!* He was very clear and said NO CONTAGIONS!

I hope I have clarified that but it is not my intention for bringing this hadith back again for that purpose. I want to clarify this part "one should run away from the leper as one runs away from the lion."

Let us clarify something before that, lepers or those who suffer leprosy, leprosy is NOT a contagious disease (of course the Medical Establishment says otherwise). It is categorized, as I stated before, as a plague. **As per the Bible and the Qur'an, Plagues are ONLY spread by God Almighty to a person of HIS choice.** We need to understand this point, **plagues are NOT spread from person to person.**

There is another hadith in which Jabir bin Abd Allah narrated that the Prophet of Allah held the hand of a leper and allowed him to enter his hand in his bowl with him, and said: "Eat with the name of Allah, attesting of Allah and trusting in Him."

So, let's ask some questions. Why did the Prophet of Allah NOT run away? Why did the Prophet of Allah not self-quarantine himself or tell this man to self-quarantine?

The Prophet of Allah (pbuh) sat down and ate from the same bowl. They ate the same food together. The Prophet was NOT afraid to "catch" leprosy from this man. Why? Because he knew that you cannot catch leprosy or any disease from another person.

For those who are not aware of leprosy, it is a skin sickness and when you see a person in this condition, what is your first reaction? To stare. This affects the person and also affects you.



The Prophet of Islam realized this fact and this is why he told a group of people, among which there was a man among them who had leprosy, to stay in another area. So that other people would not stare and would not affect their minds. For some people, when you see someone different, they tend to go crazy and may do something that they would not have normally done. Can you imagine praying next to a man like this? Would you be focused on your prayer or will your mind be thinking about him? A prime example, is when you're standing next to a person who had Tuna fish with garlic for lunch or does not use deodorant. They smell and this disturbs you, especially when standing in your prayers. The Prophet realized this and you should too.

### Yawning and its effect on other people

Taken together, experts believe that contagious yawning may be a social communication tool specific to higher-order animals. In the context of the brain-cooling theory of yawning, perhaps **yawning evolved to become contagious to increase people's cognitive performance and vigilance within a group.**

### Why does my yawn make other people yawn?



What is known is that the behaviour is contagious. According to one study, the likelihood of yawning increases sixfold after seeing someone else yawn. As for yawning being a contagion, Giordano said it **may be related to a phenomenon called social mirroring, where organisms imitate the actions of others.**

So, looking at a person who is yawning, triggers the mechanism within you to yawn with that person. The experts

have their explanations for yawning but the main point of all of this is to prove to you that our bodies are connected. Just looking at a sick person can trigger the healing system in our body to activate and put us in a "healing state" so to speak.

The Prophet of Islam was not a doctor nor an expert on the body, but his knowledge was guided by God Almighty. Hence, he said there are NO Contagions but when you see a plague do not enter that area. Again, not for contracting anything, but because your mind is very powerful and the sight of sick people may and/or will trigger your healing system to start its cleaning. At this point, you, will believe the disease was contagious.



This could be another explanation for why within a family when the father gets sick, the mother then gets sick, then the children one by one get sick too. The father's body cyclic system activated as per his Natural Body Detox and then the wife's system got "triggered" because she is around him. Her cycle timing may have been later, however, due to the proximity of her to her husband, just seeing her husband with a fever triggered her own body to respond. It's pretty good, in a way, this proves beyond any shadow of any doubt that we are ALL connected as mankind. Christian, Muslim, Hindu, Jewish, Atheist, black, white, red, Indian, whatever, we are all from the same father and mother, Adam and Eve. May God be pleased with them.

**Now, let's continue on our journey to study what viruses and germs are really about.**

In 2001, Canadian astronomer Ken Tapping showed that the influenza pandemics over the previous three centuries (300 YEARS) correlated with peaks in solar magnetic activity, on an 11-year cycle. **It has also been found that some outbreaks of influenza spread over enormous areas in just a few days – a fact that is difficult to**

**explain by contagion from one person to another.** Also, numerous experiments seeking to prove direct contagion through close contact, droplets of mucus or other processes have proved fruitless.

**From 1933 to the present day, virologists have been unable to present any experimental study proving that influenza spreads through normal contact between people. All attempts to do so have met with failure.**

HERE ARE THE RESEARCH PAPERS FROM KEN TAPPING IN 2001. PLEASE READ FOR YOURSELVES.

[https://www.researchgate.net/publication/265988168\\_Influenza\\_pandemics\\_and\\_solar\\_activity](https://www.researchgate.net/publication/265988168_Influenza_pandemics_and_solar_activity)

**NOTE:** What you need to take from the above passage is they have tried and failed to make the "influenza virus" spread from one person to another. Of course, something that does not exist cannot be spread anyway, right?

**"The Misconception Called Virus".  
Dr. Stefan Lanka 2020**

*The virus misconception is at the heart of Operation Coronavirus, because without the concept of germ theory and the horror story of the killer virus, most people would not buy the NWO-directed official narrative of **COVID propaganda**. In a previous article on the nature of the virus, I discussed the heroic efforts of German virologist **Dr. Stefan Lanka**, who won a landmark case in 2017 which went all the way to the German Supreme Court.*

**Lanka proved in the highest court of the land that measles was not caused by a virus, and that there was no such thing as a measles virus.** Lanka is still busy working, and he wrote this article earlier this year (translated into English) entitled "The Misconception called Virus" in which **he explains the history of how mainstream science went wrong with its conclusions to demonize the humble virus and falsely ascribe pathogenicity to it when there is none.**

<https://www.globalresearch.ca/dr-stefan-lanka-2020-article-busts-virus-misconception/5719146>

<https://davidicke.com/wp-content/uploads/2020/07/Paper-Virus-Lanka-002.pdf>

### **VIRUS MANIA BOOK**

How the Medical Industry Continually Invents Epidemics, Making Billion-Dollar Profits at Our Expense by Torsten Engelbrecht and Dr. Claus Kohnlein

A daily scan through the news gives the impression that the world is constantly

invaded by virus epidemics. The latest headlines feature the human papillomavirus (HPV) alleged to cause cervical cancer and the avian flu virus, H5N1. The public is also continually terrorized by reports about SARS, BSE, hepatitis C, AIDS, Ebola, and polio.

However, this virus mayhem ignores very basic scientific facts: **the existence, the pathogenicity and the deadly effects of these agents have never been proven.** The authors of Virus Mania, journalist Torsten Engelbrecht and doctor of internal medicine Claus Kohnlein, **show that these alleged contagious agents are particles PRODUCED BY THE CELLS themselves as a consequence of certain stress factors such as drugs (medications), malnutrition (processed foods), pesticides (sprayed on vegetables and fruits), heavy metals (from vaccines, air/chem-trails, water), man-made radiation (EMF/RF/WIFI/Chemo Therapy) and other toxins.**

**So, if those references are NOT good enough for you, here are more PDF documents to read:**

[Statement of Virus Isolation. Certified by 3 Doctors.](#)

[Virology Fraudsters. Dr. Stefan Lanka](#)

[Viral Misconceptions Part 1. Dr. Stefan Lanka](#)

[Viral Misconceptions Part 2. Dr. Stefan Lanka](#)

[Bird Flu, AIDS and the Corruption of Medicine. Dr. Stefan Lanka](#)

[The Misinterpretation of the Antibodies. Dr. Stefan Lanka](#)

[Experiments Upon Volunteers to Determine the Cause and Mode of Spread of Influenza 1918](#)

[Virus Mania](#)

[Physical culture 1920-05, Vol. 43, No. 05 - Do Germs Cause Disease? A Symposium](#)

[History of Health and Medicine](#)

[The Cause of Diseases - Read Page 35 - Last but not least, Dr. John B Fraser....](#)

[You Cannot Catch Bugs, Germs, Bacteria or Candida/Fungi](#)

[CONTAGIOUS DISEASES and the GERM THEORY - PDF](#)

[Measles virus put to the test. Dr. Stefan Lanka wins in court - PDF](#)

**Take the time to read the above documents and you will learn and understand how viruses are our friends and not our enemies.**

### **Germs Cause Disease - The Next Big Lie!**

"Germs do not cause disease! Nature never surrounded her children with enemies. It is the individual himself who makes disease possible in his own body because of poor living habits. Do mosquitoes make the water stagnant; or does stagnant water attract mosquitoes? We should all be taught that germs are friends and scavengers attracted by disease, rather than enemies causing disease. As their internal environment is, so will be the attraction for any specific micro-organism. The germ theory and vaccination are kept going by commercialism." **Dr. Robert R. Gross**

"DO GERMS CAUSE DISEASE? Or could it be the other way around, first the disease, then the germs? Natural Hygiene contends that germs do not cause disease. They are not the originators. Most diseases occur when people allow themselves to become

enervated, that is, low in nerve energy [when your internal batteries run low you get sickness]. As a consequence, the organs of excretion fail to function normally and waste material accumulates in the body. When this waste continues to build up, exceeding the body's toleration point, a crisis arises. The body, to offset this overabundance of poisonous matter, begins to react. The result of this reaction is sometimes a cold, the flu, pneumonia, or some such, depending on the individual. At this crisis point of elimination, germs may or may not be present. They are sure to come later, not to attack, but to assist in the clean-up or cleansing process." **Dr. Alec Burton**

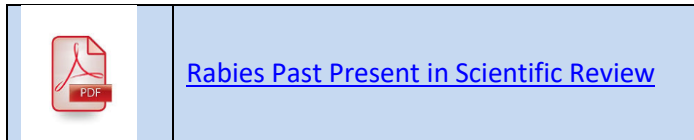
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**IMPORTANT REMINDER:** *Viruses, Germs and Bacteria are created AFTER sickness and NOT before.*

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## Can an animal spread disease to a human?

The answer is NO, as much as the Medical Establishment and their doctors want you to believe rabies is a contagious transmission of disease from



an animal to a human, they cannot prove it. Before I go on about this, here is a PDF document that you can read to further confirm what I have stated. There are many Doctor references that rabies is a lie in this PDF. Read it.

What about a snake bite? Well, that's a whole different thing. In this case, it is not a transmissible disease but the snake's natural defence mechanism to defend itself. You to separate the difference in your mind between an animal spreading disease and an animal defending itself.

Hospitals and Doctors still have some uses, don't get me wrong, there are times when we need to see a doctor, broken bones etc are a very good reason, or a snake bite.

## What about insect bites, mosquitos, do they cause dengue and malaria?

That is a good question and work this through your mind. Approximately 20,000 people, around the world, die from dengue every year. So, one question we need to ask is, was that little mosquito responsible for all those deaths? I highly doubt it.

First, "they" refer to it as the **dengue virus**, that is the first clue that it is a lie. Second, Dengvaxia is a vaccine used to help protect against dengue disease in people aged 6 to 45 years. At least a

million people are injected with this vaccine every year. They normally give this vaccine to those people who have "supposedly" contracted dengue. I use the words "supposedly" because anything virus-related out of the mouths of the Medical Establishment in my view is "questionable". They have created newer dengue vaccines for those who have not contracted dengue. Vaccines huh?

"Dengue disease is a mosquito-borne tropical disease caused by the **dengue virus**, leading to mild, flu-like symptoms in most people. However, a small number of patients develop severe disease, with potentially fatal bleeding and organ damage. The risk of severe disease is higher in people who have been infected a second time."

So we are back to the point that viruses outside of the body do not exist. How can a mosquito spread a virus? Their whole dengue smells like rotten fish to me.

You want to believe in dengue, that's up to you. It seems to me, there may be smelly rotten fish in that vaccine.





**Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the Joy of the LORD is your Strength." Bible 8:10**

**Mantras** are an interesting concept and I go more into this in my Beyond Healing with DIY MED BED course. But for now, understand that your mind's thoughts are very powerful. Positive thinking, and connecting your mind's thoughts to the Creator and the Creation raises your vibration, your frequency, and your energy and you get healed. Now, do you understand why Nikola Tesla said that?



**Time for a review again! I will do these reviews to make sure that you are paying attention**

Alright, before we move on to Chronic Sickness. Let's just recap and make sure our minds are on the same wavelength. At this point, IF you have spent the time to READ what I asked you to read then you should NO longer believe in viruses or germs causing diseases or spreading from one person to another, nor can an animal spread anything to a human. ✓

Viruses and germs are created from within our bodies, they are NOT from the outside in and they are created AFTER a sickness not BEFORE. It is very important to understand that statement. ✓

Plagues are not contagious. Sickness is not contagious. It is IMPOSSIBLE for a virus to spread from one person to another. ✓

OH, let's clarify something else as I used to do this with my family, back in the ignorant days. Rubbing your eyes, rubbing your nose cannot do you any harm, in terms of infecting you with a virus. It was said (by doctors) that a virus can enter through the eyes or through the nose. Based upon what you've learned to this point; you can see how this is ridiculous. ✓

And for those 99.9% Anti-Bacterial and Virus/Germ soap and cleaners – What do you think? If you said it's a marketing scam, then you're 100% right. They may as well state 100% effective against viruses and germs. As viruses and germs (outside) your body do not exist, so of course their cleaning solution will be 100% or 99.9% effective. This is a no brainer to understand. ✓

Let's do an overall review of a Natural Body Detox so that things will become even clearer in your mind, especially when you or one of your family members goes through the process.

### **Stage 1: (Flu stage)**

The first signs of a body detox coming on are aches and pains in the body, then comes the fever stage.

At this stage, you can help the body along by using natural vitamin C from oranges or other fruits, and avoiding synthetic vitamins. You can use other natural products like MMS/CDS or DMSO. Honey is very good and helps to raise the negative voltage in the body, I will explain voltage in more detail in the next section of this eBook.

Avoid synthetic vitamins. (i.e., Vitamins in a bottle or powder). Natural is always the best.

Remember to keep warm, bundle up, wear socks and a sweater, and use a thick blanket/comforter. AVOID using fever patches or anything to reduce the fever. Let the fever reduce itself.

Stay in bed, with little to no movements, sleep is the best option. With children, this may prove to be a challenge but do the best you can. Many children will complain that they are too hot, it may be a challenge for the parents but you

got to find a way to work around this with them. Explain what is happening and if they want to get better faster, then keep warm.

Avoid giving them food, unless they ask for it. Make sure they stay away from junk food. Fruits are best if necessary. The best remedy is rest and no food or drink. The body can only heal itself when it is at rest. Doing exercises or moving around will just slow down the entire healing process.

### **Stage 1 ends when the fever has broken.**

You or your children will sweat. Their T-shirt will become drenched and wet. That is PERFECT, that is what you aim to see. At this point, they will come to you looking to eat something, give them fruits to slowly build up their strength and help the body.

Sometimes the fever may reduce and it looks like they are getting better, then the next day the fever comes back. DO NOT PANIC! The body has a plan and it is executing the plan. Let it be. If the fever comes back, bundle up again and rest.

**Stage 2: (Cold stage)** After the fever has broken, you can stop with the MMS/CDS or DMSO. You can still give if you like, but it is not entirely necessary at this stage. The body has completed what it needed to do. Now at this stage, they still need rest, but they can also begin to move around. They do not need to wear any sweaters or socks or bundle up. They may start to develop a

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cough or a runny nose, as the body is dumping the remains of toxins. A blocked nose is also common as sneezing. These are ALL normal body recovery symptoms. There is NO need to run out and buy cough medicine. Let the cough clear on its own. Getting morning and afternoon Sun will help much better than cough medicine. As they cough, for a sense of having manners, they should cover their mouths not for the sake of any viruses flying around.

Remember at this stage, the body is still scanning itself for any intruders, and fever may return. Do not panic, and in some cases maybe even a rash may develop as the body is trying to eliminate the toxins. Again, no need to worry or panic, just go back to Stage 1 and follow what needs to be done, until the fever breaks again.

As parents, it is natural to worry about your sick children. You have been going through this process for many years but you hadn't understood it like the way I just explained it, so hopefully when it happens again you will be a little less worried. But for those who still worry and want to go to the hospital/doctor that is certainly your choice.

Something to note is that NOT ALL of the natural body detoxes will play out as I describe above. Sometimes you may

feel the aches and pains and feel extremely tired, then go lay down for an hour or two, rest and then wake up and you're fine. The fever will come and go while you were sleeping and you'll find none of the Stage 2 symptoms will occur.

Sometimes you'll encounter Stage 1 and after the fever breaks none of the Stage 2 symptoms will occur either.

The body's reaction and healing will differ from person to person, there is not a 1 set for all ruling of what will occur.

These are some of the things that we would expect our Medical Establishment to research and get to the deeper levels of, however, they rather brainwash and mind control us with their false beliefs and lies.

And one more thing, realize that when the body develops fever it may not necessarily be going through a body detox, it could be something else that caused this reaction. An infection may be, or for example, many people who have taken the covid vaccine reported having fever for up to 2 weeks. Someone with their thinking hat on should realize that if the body develops a fever after taking the vaccine, then it is clear as night and day that the body does not agree to the vaccine. Stop taking vaccines!

## Alright let's get back to the Cold vs Flu.

Based upon what you've learnt so far let's clarify this as most people (including the Medical Establishment) are of the understanding that these are two separate sicknesses, however, this is wrong. The Flu is the first stage of a Natural Body Detoxification and the Cold comes in the second stage. It is one after another. Here is a chart from the Medical Establishment and then you will see the comparisons between the two. If you look at the symptoms of the Flu, it all relates to what I described on the previous pages as Stage 1 of the body detox process and if you look at

the symptoms of the Cold, it all relates to what I described as Stage 2 of the same process. So now you understand that these are NOT two different sicknesses as "they" want you to believe but it is one after another, as I described. Stage 1 then Stage 2. Can you see why, I said, way back at the beginning that I wanted you to avoid using "their" terminology? Because it confuses people.

**We want to break free from their terminology. Only then we can set things straight in our minds.** This is all simple logic and it's pretty amazing that I figured this all out, and I am not even a doctor!

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

We are nearing the END of SECTION II. WOW, what a journey so far. I am very sure there have been new concepts and new thought processes achieved along this way. I highly suggest before moving on to Section III, please re-read entire Section II again. Make sure it is all fully understood and clear in your mind. Once you're ready, move on to Section III and then let us learn about Chronic Sickness and how it relates to voltage.

## Let Water Be Your Medicine

It is important that we spend some time here and talk about water.

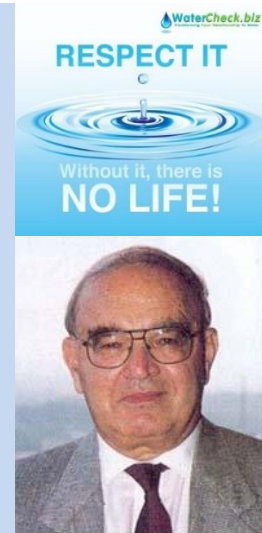
Water was the first creation of God Almighty. Water is in everything, including us. Without water, the trees won't survive, animals won't survive, and we, humans, won't survive. It is the binding force of life.

### We have lost respect for water.

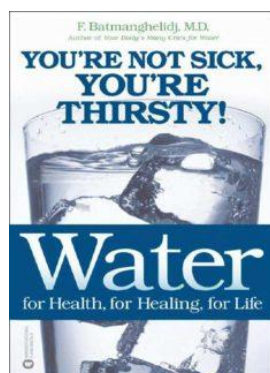
People just spit their water on the ground, a lack of respect for water. People will throw water from a cup, a lack of respect for water. People will drink half a bottle or less of water and just leave the water behind for someone else to discard. Again, a lack of respect for water.

People who drink water standing and who gulp down their water, show a lack of knowledge of how to drink water. Drink water sitting down and sip the water, don't gulp down water. Ideally, from the portion of water in your mouth, divide it into 3 portions and sip down in segments of 3. This gives you the maximum benefits of drinking water.

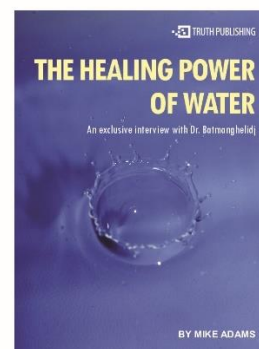
Dr. F. Batmaghelidj (Photo)



Water is life, water has life, it has memory, and it listens. It is one of the most powerful energy sources in the Creation. Please change your mindset when it comes to handling water. The same water that you drink can either heal you or harm you. Please be mindful when it comes to water.



<https://www.pdfdrive.com/water-for-health-for-healing-for-life-youre-not-sick-youre-thirsty-e193201198.html>



<https://vdoc.pub/download/healing-power-of-water-dr-batmaghelidj-4f9bcgk1d740>

## Create a Family Sickness Log/Calendar

Use a spreadsheet program or even use a diary and create a log of times when you and your family members go through their natural body detoxes.

Record the day/month that it started, and list down the systems that occurred. What happened during Stage 1, in Stage 2 and did they encounter any Stage 2 symptoms. List as much as possible so that you can review and reflect on the data later in the future.

The benefit of this will not be in the short term but let's say 5 years down the road, They can now have an idea of the general times that everyone got sick. This could help plan family trips. If on average you got sick within the first two weeks in April, then you wouldn't schedule your holiday time then, but towards the end of the month.

Remember you won't get sick every year on the same days. There are too many

factors today that are changing our circadian rhythms and body timing. But the purpose of this Sickness Log is for you to get a feeling of the sick times of your family.

I am probably the only one that has told you to record your sick days, this is something the doctors should be telling people or at least the health departments. Even something they should teach you in school to do during health class, but alas they do not.



It does not have to be anything complicated, could be something as in the list below, what you wish to record would be your choice.

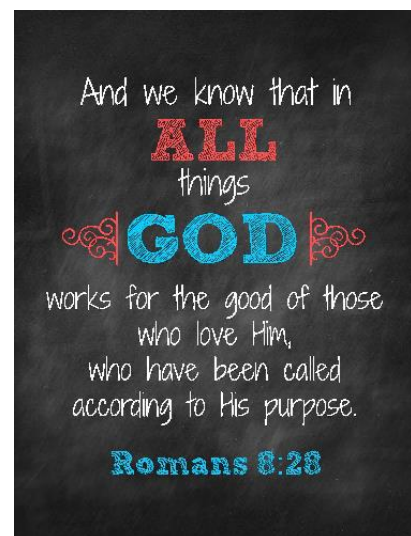
**My Health**



Child Name: \_\_\_\_\_ General Physician: \_\_\_\_\_

Date	Age	Illness/Injury	Duration	Symptoms	Medication Taken	Notes


  
[www.FreePrintableMedicalForms.com](http://www.FreePrintableMedicalForms.com)



## **The Benefits of Touch**

From the day we're born, humans are innately attuned to the sense of touch. Research shows that skin-to-skin contact between a mother and a newborn baby provides a multitude of benefits for both the baby and the parents. The baby may experience enhanced nutrient absorption, better body temperature maintenance, improved brain development, less pain and more, while the contact may help the mother have a more positive breastfeeding experience, lower her risk of postpartum depression and reduce stress. Studies show that fathers, too, can reap the mental health benefits of skin-on-skin contact following birth.

The benefits of touch last far beyond childbirth, too. Throughout our lives, a whole range of physiological and biochemical reactions happen when you touch another person, or someone touches you — particularly when it moves the skin. When you touch, you're stimulating pressure receptors and those receptors send neurons that go to the vagus nerve.

One of the 12 cranial nerves (those that start in the brain), the vagus nerve helps slow down the central nervous system, putting your body in more of a resting state, which helps lower the stress hormone cortisol. It can also increase natural "killer cells," which can strengthen the immune system.

Something else happens when another person touches you: Your levels of serotonin — a neurotransmitter that acts as the body's natural antidepressant and pain reliever —

increase. And don't forget that touching includes hugging too.



In addition to lowering cortisol and boosting serotonin, touch can also increase the hormone known as oxytocin, or the love hormone. It's a bonding hormone — it has to do with our sense of trust and attachment. It's the hormone released when moms breastfeed; it builds that bond and helps you feel attached and safe. In adults, oxytocin can help people feel secure in relationships and better handle stress, and research says it plays an important role in the early stages of romantic relationships.

## **The Medicinal Effect of Touch**

The cortisol-lowering effect that a hug, massage or another form of touch can have on someone who is sick can also offer healing effects. Cortisol, when up, increases blood pressure, heart rate, and inflammation — it can make healing harder, physically, but when you decrease cortisol, heart rate can go down, blood pressure can go down, and the immune system is more able to do its function.

Physical touch makes you healthier. Hugs, massages, and holding hands reduces stress while boosting your immune system.

Oxytocin can also aid healing in the sense that it can help you feel like you're not alone, like you're socially connected, which helps to improve psychological healing. When you're psychologically healthy and anchored, that's important in dealing with a major illness. This connects our concept of mind, body, heart and soul, as I will discuss later.

Some studies found healing touch therapy and massage helped relieve pain in cancer patients. Science has shown that people can communicate a wider range of emotions through touch than through words. By simply touching a friend's arm or putting your hand on a family member's back, you can relay a message of empathy, care and kindness. This can be powerful for both mental and physical reasons, because when we feel physically connected, we also usually feel less anxious.



### What Can We Do When We Can't Touch?

Sometimes your loved one is not near you and is in another state or country. We are all connected in more ways than one. Hold a picture of that person in front of you, then relax your body and mind, then visualize yourself touching that person. Your mind thoughts and energy will transgress all boundaries of time and space and you will connect with them. Feel that you are healing them and you will.

### What is happening at an electrical level?

The body is transferring electrons from one person, the healthy, to the other person, the sick. In simplicity, the sick person needs more electrons and as science has its explanation, we have ours at the electrical level. So, when you touch a sick person and the more you touch them, they will, without them even realizing it, will absorb electrons from you. Healthy person, they do not need to worry that they'll run out of electrons. When you drink water, eat or get some sun, your batteries will quickly recharge themselves.



### What about our pets can they heal us too?

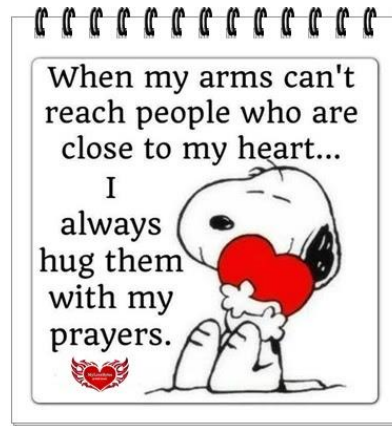
Of course, they can and don't be worried to take full advantage of borrowing some of their electrons. They will not run out as they know how to recharge themselves. So, snuggling up to your pet during your detox is very good and healthy for both of you.



### There is no transmission of sickness!

By now, you should realize, that there are no contagious diseases and your sick one won't transfer any of their sicknesses to you nor will you transfer your sickness to your pet. So go ahead, have no fear and hold each other, touch

each other and hug each other, and don't forget, all of this applies not only to natural body detoxing but to chronic sickness patients too. They need your sense of touch and connection too, even if it is just holding their hand. Remember this the next time you visit someone in the hospital.



Sometimes a hug is all we need to make us feel better.

@fromtheheart.peoplesstories



## **Understanding the Virus Scam**

At this point in the book you should be at the conclusion that:

HIV - Does not exist  
Malaria - Does not exist  
Hepatitis - Does not exist  
Influenza - Does not exist  
Measles - Does not exist  
ANY NAME + Virus at the end of it - Does not exist

**All these sicknesses are ONLY deficiencies in the body.**

That's all these viral illnesses are. You need to restore balance to the body; supplement the deficiency and you are better. Let me give you an example so you can understand the medical industry scam more!

Blood tests are garbage, that's the first thing, the blood system is polluted so why do you want to base your body's health on that? It is illogical but that is what these medical doctors do.

Doctors are good-,hearted people who have spent years of study to learn their field, because they genuinely want to help people. Unfortunately, their knowledge and education system has been corrupted and UNTIL the day that the Medical Universities have been cleaned up of all the lies and corruption, we cannot place our trust in all that they tell us.

So let's get back to it, the test results come back and all the doctors do is match up the deficiency.

For example, the results show:

Body Deficiency A --> You have HIV  
Body Deficiency B --> You have Hepatitis  
Body Deficiency C --> You have Aedes  
Body Deficiency D --> You have Foot and Mouth  
Body Deficiency E --> You have Chickenpox/shingles  
Body Deficiency F --> You have COVID-19 and so on and so on.

Do you understand the scam and lie now? That's all that the doctors are doing. And then they give you their poisonous junk medications or vaccinations.

**All you need to do is supplement the deficiency with natural healthy foods.** But of course, there is NO profit in that! How can Big Pharma make money from selling people an apple for \$1 when they can sell you a drug for \$100 that costs 0.0003 cents!

For those who have been labelled with hepatitis, HIV or whatever have you, YOU DO NOT HAVE ANY of these illnesses, you have a deficiency in your body and you need to restore balance to yourselves. Or else the deficiency will one day over run your body and you're dead!

In My Course Beyond Healing with Brain, Stomach and Feet I give a list of supplements that most people are deficient in. Get my course and supplement your sickness away.

## Dangers of Antibiotics

I believe more and more people today are realizing that Antibiotics are not good for our stomachs and overall health. Here is a full page of all the adverse side effects of antibiotics.

Table 2. Selected Adverse Effects and Dosing Considerations of Antibiotics

<p><b>AMINOGLYCOSIDES</b></p> <p>Amikacin Gentamicin Kanamycin Neomycin Paromomycin Streptomycin Tobramycin</p> <p><i>Adverse Effects:</i> BBW re renal, vestibular, and auditory toxicity; neurotoxicity, and prolongation of effects of neuromuscular blockers (e.g., succinylcholine, curare-like drugs)</p> <p><i>Selected Dosing Considerations:</i> Frequent dosing is avoided; once-daily IV dosing is preferred and slow administration is advised. Maintenance dosing in renal insufficiency can be based on serum creatinine or creatinine clearance, although blood level measurement is preferred</p> <p><b>CARBAPENEMS</b></p> <p>Doripenem Ertapenem Imipenem/cilastatin Meropenem</p> <p><i>Adverse Effects:</i> GI disturbances Imipenem may cause seizures, usually in patients with CNS abnormalities or renal insufficiency in conjunction with inappropriately high doses</p> <p><i>Selected Dosing Considerations:</i> Dosage adjustment of ertapenem and meropenem in renal insufficiency</p> <p><b>CEPHALOSPORINS</b></p> <p>1st G: Cefadroxil, cefazolin, cephalixin 2nd G: Cefaclor, cefotetan, cefoxitin, cefprozil, cefuroxime 3rd G: Cefdinir, cefditoren, cefixime, cefotaxime, cefepodoxime, ceftazidime, ceftibuten, ceftioxcane 4th G: Cefepime 5th G: Ceftriaxone</p> <p><i>Adverse Effects:</i> Hypersensitivity reactions <i>C difficile</i>-associated diarrhea (pseudomembranous colitis) Leukopenia Thrombocytopenia Positive Coombs' test (although hemolytic anemia is very uncommon)</p> <p><i>Selected Dosing Considerations:</i> Cefotetan can cause 1) disulfiram-like effect with ethanol 2) elevated PT, INR, and PTT</p> <p><b>MACROLIDES</b></p> <p>Azithromycin Clarithromycin Erythromycin Fidaxomicin</p> <p><i>Adverse Effects:</i> GI disturbances (primarily with erythromycin) QT-interval prolongation (with erythromycin) Cholestatic jaundice (commonly with erythromycin estolate) Otitotoxicity (tinnitus, transient deafness with erythromycin) Hypersensitivity reactions are rare</p> <p><i>Selected Dosing Considerations:</i> Azithromycin is the least likely macrolide to alter INR response to warfarin Inhibition of hepatic metabolism via the CYP450 system resulting in numerous DIs (erythromycin and clarithromycin)</p> <p><b>PENICILLINS</b></p> <p>Penicillin G (sodium, potassium, procaine, benzathine) Penicillin V potassium Ampicillin Ampicillin/sulbactam Amoxicillin Amoxicillin/clavulanate Carbenicillin Dicloxacillin Nafcillin Oxacillin Piperacillin Piperacillin/tazobactam Ticarcillin Ticarcillin/clavulanate</p> <p><i>Adverse Effects:</i> Hypersensitivity reactions, including rashes • Immediate: (anaphylaxis, urticaria, angioedema, and death) • Delayed: serum sickness, rashes, exfoliative dermatitis</p>	<p>CNS toxicity (e.g., seizures) Nephritis <i>C difficile</i>-associated diarrhea (pseudomembranous colitis) Coombs'-positive hemolytic anemia Leukopenia Thrombocytopenia GI disturbances with oral formulations</p> <p><i>Selected Dosing Considerations:</i> Very high IV doses of any penicillin can interfere with platelet function and cause bleeding; most commonly seen with ticarcillin in patients with renal insufficiency</p> <p><b>POLYPEPTIDES</b></p> <p>Bacitracin Polymyxin B Colistimethate</p> <p><i>Adverse Effects:</i> BBW re nephrotoxicity and appropriate use (bacitracin and polymyxin B) Central and peripheral neurotoxicity (polymyxin B and colistimethate especially with renal insufficiency)</p> <p><i>Selected Dosing Considerations:</i> Usually used topically</p> <p><b>QUINOLONES*</b></p> <p>Ciprofloxacin Gemifloxacin Levofloxacin Moxifloxacin Narfloxacin Ofloxacin</p> <p><i>Adverse Effects:</i> Serious effects are uncommon Upper GI adverse effects CNS adverse effects: headache, drowsiness, dizziness, insomnia, mood alteration; rarely seizures Tendinopathy and/or Achilles tendon rupture QT-interval prolongation that may lead to ventricular arrhythmias and sudden cardiac death <i>C difficile</i>-associated diarrhea (pseudomembranous colitis) Uncommon: anemia, diarrhea, leukopenia, photosensitivity, rash (except with gemifloxacin) Rare: nephrotoxicity BBW re: 1) tendon inflammation and/or rupture; risk increased with concurrent corticosteroids, organ transplant recipients, and in patients &gt;60 years of age 2) may exacerbate myasthenia gravis; avoid use (rare, potentially life-threatening weakness of respiratory muscles may occur)</p> <p><i>Selected Dosing Considerations:</i> Dosage adjustment required in renal insufficiency, except for moxifloxacin. Several agents are also available as ophthalmic and otic formulations</p> <p><b>SULFONAMIDES</b></p> <p>Sulfacetamide Sulfadiazine Sulfamethizole Sulfamethoxazole Sulfasalazine Sulfisoxazole</p> <p><i>Adverse Effects:</i> Hypersensitivity reactions (e.g., rashes, angioedema, SJS) are fairly common Crystalluria Hematologic disturbances Kernicterus in neonates</p> <p><i>Selected Dosing Considerations:</i> Potentiation of sulfonylureas, phenytoin, and warfarin can occur</p> <p><b>RIFAMYCINS</b></p> <p>Rifampin Rifabutin</p> <p><i>Adverse Effects:</i> Hepatitis (especially with isoniazid or pyrazinamide concomitant therapy) GI disturbances CNS effects (e.g., headache, drowsiness, ataxia, confusion) Myelosuppression Colors urine, saliva, sweat, sputum, and tears red-orange</p> <p><i>Selected Dosing Considerations:</i> If liver disorder, LFTs prior to therapy and every 2 to 4 wk during therapy Numerous DIs; dosage adjustments of rifamycins and concomitant agents may be necessary</p>	<p>Rifaximin</p> <p><i>Adverse Effects:</i> GI disturbances</p> <p><i>Selected Dosing Considerations:</i> Not systemically absorbed; for traveler's diarrhea (<i>Escherichia coli</i>) for 3 days only.</p> <p><b>TETRACYCLINES</b></p> <p>Doxycycline Minocycline Tetracycline</p> <p><i>Adverse Effects:</i> GI disturbances <i>C difficile</i>-associated diarrhea (pseudomembranous colitis) Candidiasis Photosensitivity Fatty liver Vestibular dysfunction (minocycline, especially in women) Bone and dental effects in children</p> <p><i>Selected Dosing Considerations:</i> Oral administration with at least 8 oz. of water and instructions to sit up for at least 30 min after taking to reduce the risk of esophageal irritation and ulceration. Tetracyclines may reduce the effectiveness of oral contraceptives and increase the effects of oral anticoagulants</p> <p><b>OTHER ANTIBACTERIALS</b></p> <p><b>Aztreonam</b></p> <p><i>Adverse Effects:</i> Phlebitis Rash Elevated LFTs</p> <p><i>Selected Dosing Considerations:</i> Dosage adjustment in renal failure</p> <p><b>Choloramphenicol</b></p> <p><i>Adverse Effects:</i> Bone marrow depression (i.e., reversible dose-related and irreversible idiosyncratic aplastic anemia) Nausea, vomiting, diarrhea Optic and peripheral neuritis with prolonged use Gray syndrome in neonates Hypersensitivity reactions are uncommon</p> <p><i>Selected Dosing Considerations:</i> Active drug does not accumulate in renal insufficiency due to hepatic metabolism. BBW re blood dyscrasias, appropriate use, and hospitalization for observation and hematologic monitoring</p> <p><b>Clindamycin</b></p> <p><i>Adverse Effects:</i> BBW re <i>C difficile</i>-associated diarrhea (pseudomembranous colitis) Esophagitis, if not swallowed with water Hypersensitivity reactions</p> <p><i>Selected Dosing Considerations:</i> No requirement for dosage adjustment for renal failure</p> <p><b>Daptomycin</b></p> <p><i>Adverse Effects:</i> Eosinophilic pneumonia Myopathy (skeletal, reversible)</p> <p><i>Selected Dosing Considerations:</i> Dosed parenterally once daily; adjust dosing for renal failure; monitor serum creatine kinase weekly</p> <p><b>Linezolid</b></p> <p><i>Adverse Effects:</i> Serotonin syndrome Peripheral neuropathy (irreversible) Myelosuppression (reversible) Optic neuropathy (reversible)</p> <p><i>Selected Dosing Considerations:</i> CBC monitored weekly, especially if dosed for &gt;2 wk</p> <p><b>Metronidazole</b></p> <p><i>Adverse Effects:</i> GI disturbances CNS effects (e.g., headache, syncope, seizures) and peripheral neuropathy Disulfiram-like reaction with ethanol Can darken urine BBW re carcinogenic risk</p> <p><i>Selected Dosing Considerations:</i> Dosage reduction by 50% for significant liver disease, but no adjustment required for renal failure Warfarin metabolism is inhibited by metronidazole and may result in an increased anticoagulation effect</p> <p><b>Mupirocin</b></p> <p><i>Adverse Effects:</i> Itching and burning when applied to denuded skin or mucous membranes</p>	<p><i>Selected Dosing Considerations:</i> Topical preparation only; chronic therapy causes mupirocin-resistant staphylococci</p> <p><b>Nitrofurantoin</b></p> <p><i>Adverse Effects:</i> GI disturbances Pulmonary toxicity (e.g., hypersensitivity pneumonitis) Hepatic toxicity Peripheral neuropathy Hemolytic anemia</p> <p><i>Selected Dosing Considerations:</i> Chronic pulmonary and hepatic reactions occur if used for &gt;6 mo</p> <p><b>Quinupristin/Dalfopristin</b></p> <p><i>Adverse Effects:</i> Venous irritation (phlebitis); administer via central IV catheter Arthralgia and myalgia Hyperbilirubinemia</p> <p><i>Selected Dosing Considerations:</i> Dosage reduction for severe hepatic insufficiency but not for renal insufficiency; BBW re VREF indication</p> <p><b>Telithromycin</b> (ketolide, related to macrolides)</p> <p><i>Adverse Effects:</i> GI disturbances QT-interval prolongation Severe hepatitis BBW re contraindication in myasthenia gravis</p> <p><i>Selected Dosing Considerations:</i> Inhibits CYP3A4, increasing levels of many drugs; levels of telithromycin are decreased by CYP3A4 inducers</p> <p><b>Tigecycline</b></p> <p><i>Adverse Effects:</i> Many similar to tetracyclines Nausea, vomiting, diarrhea Hepatotoxicity Photosensitivity</p> <p><i>Selected Dosing Considerations:</i> Dosage adjustment in hepatic impairment, but not in renal impairment. While warfarin levels are increased, the INR does not appear to be increased</p> <p><b>Trimethoprim/ Sulfamethoxazole (TMP/SMX)</b></p> <p><i>Adverse Effects:</i> See Sulfonamides, above Folate deficiency Hyperkalemia Renal insufficiency</p> <p><i>Selected Dosing Considerations:</i> Hypoglycemic effects of sulfonylureas may be increased by SMX; warfarin activity and levels of phenytoin, methotrexate, and rifampin can all be increased by TMP/SMX</p> <p><b>Vancomycin</b></p> <p><i>Adverse Effects:</i> Hypersensitivity reactions (e.g., rashes, fever, neutropenia, thrombocytopenia) Nephrotoxicity (rare) Phlebitis (rare; via IV infusion)</p> <p><i>Selected Dosing Considerations:</i> Dosage adjustment in renal impairment Serum level measurement requirements based on patient factors. While MIC has increased in the past decade, requiring higher dosages, the complication of higher rates of nephrotoxicity should be considered</p>
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*Note: Individual drug package information should be consulted for dosing guidelines, contraindications, drug interactions, and other comprehensive drug information.*

\* Some newer quinolones have been withdrawn from the marketplace due to severe hepatic toxicity (trovafloxacin) and hypo- or hyperglycemia (gatifloxacin).

BBW: Black box warning  
*C difficile*: *Clotidium difficile*  
CNS: central nervous system  
CYP450: cytochrome P-450  
DI: drug interactions  
G: genus  
INR: international normalized ratio  
LFT: liver function test  
MIC: minimum inhibitory concentration  
min: minutes  
mo: month  
PT: prothrombin time  
PTE: partial thromboplastin time  
SJS: Stevens-Johnson syndrome  
VREF: vancomycin-resistant *Enterococcus faecium*  
wk: week  
Source: References 5, 8, 16, 19, 24-26.

Best to avoid taking any antibiotics. Instead, take Probiotics and get digestive enzymes for your stomach health.

Here is an article that relates antibiotics to colon cancer:

<https://www.naturalhealth365.com/antibiotics-increase-risk-of-colon-cancer-recent-study-warns.html>

**Health Benefits of PROBIOTICS**

**Top 10 Probiotics Benefits**

- Digestive Health
- Fight Antibiotic Resistance
- Promote Mood & Memory
- Strengthen Immunity
- Healthy Hair, Skin, & Nails
- Increase Energy
- Prevent Skin Irritation
- Promote Healthy Cholesterol
- Fight Toxins & Pathogens
- Support Liver Function

**20 TOP PROBIOTIC FOODS**

- APPLE CIDER VINEGAR
- KVASS
- YOGURT, KEFIR
- MISO
- FERMENTED FOODS
- BRINE-CURED OLIVES
- RAW MILK, BUTTERMILK
- DARK CHOCOLATE
- SOME CHEESES
- SPIRULINA, CHLORELLA
- SAUERKRAUT
- TEMPEH
- NATTO
- PICKLES
- KOMBUCHA
- KIMCHI



## The Vitamin Myth: Why We Think We Need Supplements?



Nutrition experts contend that all we need is what's typically found in a routine diet. Industry representatives, backed by a fascinating history, argue that foods don't contain enough, and that's why we need supplements. Fortunately, many excellent studies have now resolved the issue.



On October 10, 2011, researchers from the University of Minnesota found that women who took supplemental multivitamins **died at rates higher than those who didn't**. Two days later, researchers from the Cleveland Clinic found that **men who took vitamin E had an increased risk of prostate cancer**.

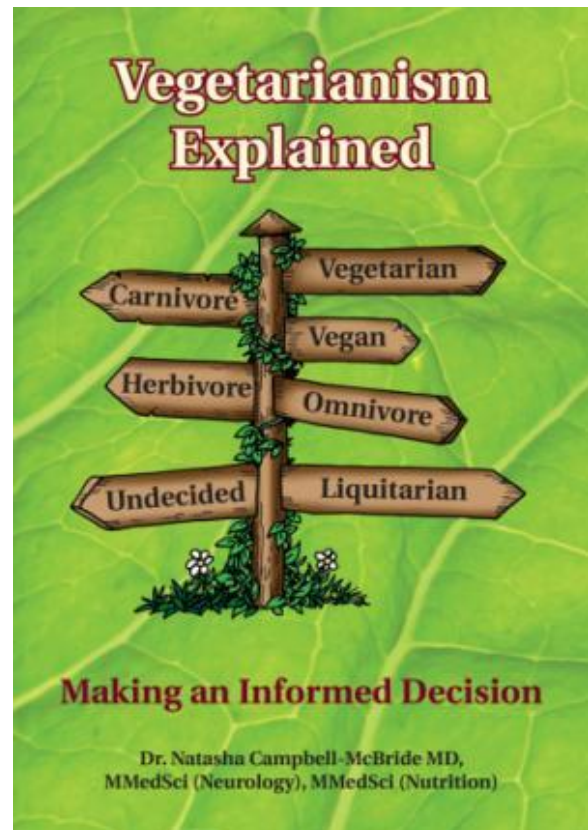
These findings weren't new. **Seven previous studies had already shown that vitamins increased the risk of cancer and heart disease and shortened lives**. Still, in 2012, more than half of all Americans took some form of vitamin supplements. Remember, these are synthetic vitamins, and not the vitamins found in your food intake. I highly recommend that you check your multivitamins with a pendulum but for that matter, just ditch (throw) them and get your vitamins and minerals from your foods.

Trust in the real food that was created by God for us to eat versus the synthetic man-made vitamin tablets.



### **The Vegan Myth:**











People who decide to avoid all animal foods are called vegans. A vegan regimen is not a diet; it is a form of fasting. Fasting is a powerful cleansing procedure, which can be beneficial for a body with a large toxic burden. But we cannot fast forever! Any fast has to be fairly short. When the body finished cleansing it will require feeding, and that is when animal foods must be introduced. Vegetarians who keep themselves healthy eat plenty of eggs and dairy products (animal foods, which sustain them) and, at least occasionally, they eat meat and fish. Misguided veganism has become an important cause of mental and physical illness in the Western world. In all vegans, their immune system is in a state of collapse; it is unable to mount a response to the environment. Vegans often say that they never have colds. In reality, they do go through Natural Body Detoxing, but their immune system is in no fit state to respond so there is no fever, coughing, sneezing or any other symptoms of the N.B.D process. Please read more on this subject in the book *Vegetarianism Explained-Making an Informed Decision*.



*In the next few pages, I include food charts from what you can eat to get your required vitamins and minerals.*

# HEALTHY FOOD

## VITAMIN CHART

<p><b>VITAMIN A</b> (FAT SOLUBLE) FOR Normal Growth and Development, Normal Night Vision &amp; Healthy Epithelium, Anti-infective.</p> <p>Deficiency leads to : Retarded Growth, Night Blindness, Diseased Epithelium, Dry Scaly Skin, Colds, Bronchitis, Diarrhoea, Xerophthalmia.</p>	 <p>Egg Butter Papaya Carrot Milk Liver Cabbage</p>
<p><b>VITAMIN B<sub>1</sub></b> (VITAMIN B) (WATER SOLUBLE) FOR Growth, Appetite, Normal Intestinal Function, Nerve and Muscle Function.</p> <p>Deficiency leads to : Beriberi, Loss in Weight, Loss of Appetite, Nervousness, Defective Carbohydrate Metabolism.</p>	 <p>Peas Meat Potato Soya-beans Milk Wholegrain Cereals</p>
<p><b>VITAMIN B<sub>2</sub></b> (VITAMIN G) (WATER SOLUBLE) FOR Growth, Healthy Skin, Mouth &amp; Eyes.</p> <p>Deficiency leads to : Retarded Growth, Dim Vision, Photophobia, Keratitis, Sore Tongue, Premature Senility.</p>	 <p>Green Vegetables Custard-Apple Meat Cheese Soya-beans Milk</p>
<p><b>VITAMIN B</b> (P.P. FACTOR) (WATER SOLUBLE) FOR Proper Carbohydrate Metabolism, Nervous System.</p> <p>Deficiency leads to : Pellagra, Glossitis, Dermatitis, Psychosis, Diarrhoea.</p>	 <p>Tomato Potato Peanut Banana Vegetables</p>
<p><b>VITAMIN B<sub>6</sub></b> (WATER SOLUBLE) FOR Proper Metabolism of Amino Acids, Disease-Resistance, Anti-Emetic.</p> <p>Deficiency leads to : Anemia, Atrophic Lymph Tissues, Poor Resistance against Diseases.</p>	 <p>Dry Fruits &amp; Nuts Peas Pulses Fish Meat Milk</p>
<p><b>VITAMIN B<sub>12</sub></b> (WATER SOLUBLE) FOR Red Blood Cells, Nitrogen Metabolism, Healthy Nervous Tissue.</p> <p>Deficiency leads to : Pernicious Anemia.</p>	 <p>Egg Meat Liver Cheese Milk</p>
<p><b>VITAMIN C</b> (WATER SOLUBLE) FOR Healthy Growth, Good Gum &amp; Teeth, Sound Blood Vessels, Rapid Healing, Resistance against Flu &amp; Colds.</p> <p>Deficiency leads to : Scurvy Swollen Gums, Burning of Blood Capillaries.</p>	 <p>Guava Tomato Orange Lemon Grapes Emblic</p>
<p><b>VITAMIN D</b> (FAT SOLUBLE) FOR Proper Utilisation of Calcium &amp; Phosphorus Formation of Bones and Teeth.</p> <p>Deficiency leads to : Rickets, Poor Growth, Weak Teeth &amp; Bones, Tooth Decay.</p>	 <p>Egg Cod-Liver Oil Milk Fish Sunlight</p>
<p><b>VITAMIN E</b> (FAT SOLUBLE) FOR Normal Reproduction.</p> <p>Deficiency leads to : Sterility, Muscular Paralysis.</p>	 <p>Banana Green Vegetables Soya-beans Egg Almond Wheat Germ Oil</p>
<p><b>VITAMIN K</b> (FAT SOLUBLE) FOR Normal Blood Coagulation, and Liver Functioning.</p> <p>Deficiency Leads to : Haemorrhage.</p>	 <p>Tomato Soya-beans Spinach Meat Turnip Lettuce</p>

# Know your Vitamins

## Vitamin A



- Also known as RETINOL
- Sources include Carrots, Green leafy vegetables and Sweet Potatoes
- Important for a healthy vision
- Its Deficiency causes NIGHT BLINDNESS also known as XEROPHTHALMIA



## Vitamin B

- Also known as VITAMIN B COMPLEX
- Sources include Animal and Dairy products
- Important for converting food into fuel, thus providing energy to the body
- List of Vitamin B includes Vitamin B1, B2, B3, B5, B6, B7, B9 & B12



## Vitamin C



- Also known as ASCORBIC ACID
- Sources include Citrus fruits, Berries & Tomatoes.
- Important for growth & maintenance of all body tissues hence for healing wounds.
- Its Deficiency causes SCURVEY



## Vitamin D

- Also known as CALCIFEROL
- Sources include Fatty fish like Salmon, Egg yolk and Cheese
- Important for maintaining strong bones and teeth.
- Its Deficiency causes RICKETS



## Vitamin E



- Also known as TOCOPHEROL
- Sources include Almonds, Peanuts and Soybean oil.
- Important for providing immunity and fertility in males
- Its Deficiency causes NERVE DAMAGE



## Vitamin K

- Also known as PHYLLOQUINONE
- Sources include Collard Greens, Kale and Spinach
- Important for Blood Clotting
- Its Deficiency causes HEMORRHAGIC DISEASES





# FOODS RICH IN VITAMINS AND MINERALS



LIVER

VITAMIN B12: 1176 % DV  
COPPER: 714 % DV  
VITAMIN A BAE: 1049 % DV



EGG

CHOLINE: 53.4 % DV  
SELENIUM: 44 % DV  
RIBOFLAVIN: 30.2 % DV



WILD SOCKEYE  
SALMON

VITAMIN D: 168 % DV  
VITAMIN B12: 74.5 % DV  
SELENIUM: 50.7 % DV



OYSTERS

ZINC: 406.9 % DV  
COPPER: 222 % DV  
VITAMIN B12: 215.2 % DV



RED MEAT

ZINC: 41.6 % DV  
VITAMIN B12: 41.5 % DV  
SELENIUM: 29 % DV



SEAWEED

IODINE: 2460 % DV  
VITAMIN B2: 458.3 % DV  
MANGANESE: 300 % DV



HEMP SEEDS

MANGANESE: 380 % DV  
MAGNESIUM: 175 % DV  
PHOSPHORUS: 165 % DV



SARDINES

VITAMIN B12: 149 % DV  
SELENIUM: 75.3 % DV  
PHOSPHORUS: 49 % DV



SHIITAKE  
MUSHROOMS

COPPER: 258 % DV  
PANTOTHENIC ACID  
218.8 % DV  
RIBOFLAVIN: 74.7 % DV



ALMONDS

VITAMIN E: 127.3 % DV  
MANGANESE: 109 % DV  
MAGNESIUM: 67.5 % DV



MACKEREL  
(ATLANTIC)

VITAMIN B12: 316.7 % DV  
VITAMIN D: 115.4 % DV  
SELENIUM: 73.7 % DV



CHIA SEEDS

VITAMIN K1: 886.1 % DV  
MANGANESE: 136.2 % DV  
MAGNESIUM: 97.5 % DV



MUSSELS

VITAMIN B12: 400 % DV  
MANGANESE: 340 % DV  
SELENIUM: 128 % DV



PUMPKIN SEEDS

MANGANESE: 224.5 % DV  
MAGNESIUM: 137.5 % DV  
PHOSPHORUS: 117.4 % DV



HERRING

VITAMIN B12: 219 % DV  
SELENIUM: 66.9 % DV  
VITAMIN D: 53.5 % DV



BRAZIL NUTS

SELENIUM: 2738.6 % DV  
MAGNESIUM: 94 % DV  
COPPER: 87.2 % DV



BEEF JERKY



WHEAT GERM

MANGANESE: 665.1 % DV  
THIAMIN: 125.5 % DV  
SELENIUM: 113.1 % DV



# THE 15 MOST NUTRIENT-DENSE FOODS ON EARTH



GRASS-FED LIVER



SHELLFISH



SALMON



EGGS



KALE



SEAWEED



CACAO



AVOCADO



SARDINES



SHIITAKE MUSHROOMS



SPINACH



ALMONDS



GRASS-FED BEEF



BOK CHOY



TOMATOES

[blog.paleohacks.com](http://blog.paleohacks.com)





## Nature's good offering

### VEGETABLES

**Spinach**

- Green leafy veggies generally protect against common chronic diseases
- Spinach is rich in vitamin E, a powerful antioxidant that plays a role in good cardiovascular health

**Beetroot**

- A cousin to spinach, both the leaves and root can be consumed
- The antioxidant in beetroot prevents premature ageing. For optimal nutrient retention, boil whole and then dice

### Onions (more effective when eaten raw)

- Can protect against cancer, the formation of blood clots and reduce blood lipids
- Can help to prevent strokes and heart attacks, and reduce oxygen radicals

### FRUITS

**Pineapples**

- The fruit increases serum melatonin, which is an antioxidant
- It can reduce the risk of age-related macular degeneration, especially in the eyes

**Mangoes**

- One of the richest sources of vitamin C
- The fruit moderates the concentration of folate (folic acid), which is required to synthesise red blood cells

**Bananas**

- High in potassium, which is good for maintaining a normal blood pressure
- A good intake of potassium lowers the risk of a heart attack

### Glycemic index for diabetics

**Low**  
55 and below – very good

- 22 Cherries
- 25 Grapefruit
- 29 Prunes
- 31 Apricot
- 33 Oranges
- 38 Apples
- 38 Pears
- 38 Plums
- 40 Strawberries
- 41 Peaches
- 51 Mango
- 53 Kiwi fruit

**Moderate**  
55 to 89 – to be consumed in moderation


- 59 Grapes
- 59 Pawpaw
- 61 Figs
- 61 Sweet potato
- 64 Raisins
- 64 Beets


**High**  
70 and above – to be avoided or taken in small portions


- 70 Bananas
- 72 Watermelon
- 74 Maize-meal porridge
- 75 Pumpkin
- 85 Potato
- 85 White rice


CP, Graphics24


## GOD's Pharmacy is Amazing!


 A slice of carrot looks like a human eye & it greatly enhances blood flow of the eyes.


 A tomato has 4 chambers & is red just like the heart. A tomato is loaded w/ Lycopine that is pure heart & blood food.


 A walnut looks like brain & helps develop more than 3 dozen neuro Transmitters to enhance brain functions.









 Grapes hang in a cluster that has the shape of the heart. It looks like blood cell & profound in blood vitalizing food.

 Beans kidney shaped and they heal and maintain kidney function.

 Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.

 Celery, this food specifically target bone strength & more look just like bone.

 Citrus fruits, look just like mamary glands of the female & actually assist the health of the breast & the movement of lymph in & out of the breast.

Living Out Loud

## God's Pharmacy! Amazing!

God left us a great clue as to what foods help what part of our body!



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain; a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



**Celery, Bok Choy, Rhubarb** and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



**Avocados, Eggplant and Pears** target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



**Figs** are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.





















**Olives** assist the health and function of the ovaries



**Oranges, Grapefruits,** and other **Citrus** fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



**Onions** look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

<p><b>COLD</b> → Carrot, Pineapple, Ginger, Garlic</p> 	<p><b>DEPRESSION</b> → Carrot, Apple, Spinach, Beet</p> 
<p><b>HEADACHE</b> → Apple, Cucumber, kale, Ginger, Celery</p> 	<p><b>DIABETES</b> → Carrot, Spinach, Celery</p> 
<p><b>ULCER</b> → Cabbage, Carrot, Celery</p> 	<p><b>ASTHMA</b> → Carrot, Spinach, Apple, garlic, Lemon</p> 
<p><b>HIGH B.P</b> → Beet, Apple, Celery, Cucumber, Ginger</p> 	<p><b>ARTHRITIS</b> → Carrot, Celery, Pineapple, lemon</p> 
<p><b>KIDNEY DETOX</b> → Carrot, Watermelon, Cucumber, Cilantro</p> 	<p><b>KIDNEY STONE</b> → Orange, Apple, Watermelon, Lemon</p> 
<p><b>EYES</b> → Carrot, Celery</p> 	<p><b>STRESS</b> → Banana, Strawberry, Pear</p> 
<p><b>CONSTIPATION</b> → Carrot, Apple, Fresh Cabbage</p> 	<p><b>FATIGUE</b> → Carrots, Beets, Green Apple, Lemon, Spinach</p> 
<p><b>HANGOVER</b> → Apple, Carrot, Beet, Lemon</p> 	<p><b>MEMORY LOSS</b> → Pomogranate, Beets, Grapes</p> 
<p><b>NERVOUSNESS</b> → Carrot, Celery, Pomogranate</p> 	<p><b>INDIGESTION</b> → Pineapple, Carrot, Lemon, Mint</p> 

year	species	family
1901	Yellow fever virus	flavi
1903	Rabies virus	rhabdo
1907	Dengue virus	flavi
1907	Human papillomavirus	papilloma
1907	Molluscum contagiosum virus	pox
1907	Variola virus	pox
1909	Poliovirus	picorna
1911	Measles virus	paramyxo
1919	Human herpesvirus 3	herpes
1921	Human herpesvirus 1	herpes
1931	Rift Valley fever virus	bunya
1933	Influenza A virus	orthomyxo
1933	Lymphocytic choriomeningitis virus	arena
1933	St Louis encephalitis virus	flavi
1934	Cercopithecine herpes virus 1	herpes
1934	Japanese encephalitis virus	flavi
1934	Louping ill virus	flavi
1934	Mumps virus	paramyxo
1934	Orf virus	pox
1937	Tick-borne encephalitis virus	flavi
1938	Cowpox virus	pox
1938	Eastern equine encephalitis virus	toga
1938	Rubella virus	toga
1938	Venezuelan equine encephalitis virus	toga
1938	Western equine encephalitis virus	toga
1940	Influenza B virus	orthomyxo
1940	West Nile virus	flavi
1941	Bwamba virus	bunya
1943	Newcastle disease virus	paramyxo
1944	Sandfly fever Naples virus	bunya
1944	Sandfly fever Sicilian virus	bunya
1946	Colorado tick fever virus	reo
1947	Omsk haemorrhagic fever virus	flavi
1948	Encephalomyocarditis virus	picorna
1948	Human enterovirus C	picorna
1949	Human enterovirus A	picorna
1949	Human enterovirus B	picorna
1950	Influenza C virus	orthomyxo
1950	Vesicular stomatitis virus	rhabdo
1951	Bunyamwera virus	bunya
1952	California encephalitis virus	bunya
1952	Murray Valley encephalitis virus	flavi
1952	Ntaya virus	flavi
1953	Human rhinovirus A	picorna
1954	Human adenovirus B	adeno
1954	Human adenovirus C	adeno
1954	Human adenovirus E	adeno
1955	Human adenovirus D	adeno
1956	Chikungunya virus	toga
1956	Human herpesvirus 5	herpes
1956	Human parainfluenza virus 2	paramyxo
1956	Ilheus virus	flavi
1957	Human adenovirus A	adeno
1957	Human respiratory syncytial virus	paramyxo
1957	Kyasanur forest disease virus	flavi
1957	Mayaro virus	toga
1957	Wesselsbron virus	flavi
1958	Human parainfluenza virus 1	paramyxo
1958	Human parainfluenza virus 3	paramyxo
1958	Human parechovirus	picorna
1958	Junin virus	arena
1959	Banji virus	flavi
1959	Guaroa virus	bunya

(Continued)

Alright before we end this section, let's do a final exam to make sure you got it.

Do you see this list over here on the left side?



Yes, that one.

This is from 1901-1959 and comprises a list of viruses and the year they were “supposedly” found. Remember this is not a complete list of all the viruses but just a few.

Now here is your FINAL EXAM.

Do you believe any of these exist?

**YES / NO**

*(Scroll down for the answer)*

**Answer: NO**

## **What else does our immune system need?**

The hygiene hypothesis, which is finally being accepted by our mainstream, has demonstrated that it is essential for us, humans, to be exposed to microbes in the environment to have healthy fully-functional immune systems. It has been demonstrated in several studies that people who grew up in close contact with animals, soil, animal manure and other sources of microbes, have healthier immune systems than people who grew up in a 'clean' environment. It is now a known fact that people who have intestinal worms are better protected from autoimmunity and allergy than people who don't have them. The Westerners are obsessed with sterilizing their environment, fighting microbes and, as a result, creating immune problems in the population. Small children need to be exposed to microbes in the environment, so keeping things too clean around them is doing them a disservice.

We are children of Nature; we need to be in close contact with it to keep our bodies healthy. It is important for us to walk barefoot on the soil and grass and to swim in the natural waters of lakes, rivers and seas. We need to be physically active in the fresh air in natural environments. We need to be in contact with animals and other forms of life on our beautiful flat Earth. We need to sunbathe regularly. All of these

activities help us build a robust immune system and a healthy beautiful body.

Babies are born with immature immune systems. God has created various tools to mature that immune system and prepare it for a long healthy life. These tools are various microbes in the environment, including those that cause childhood infections and natural body detox. These are our friends; we need to allow our bodies to meet them fully to develop healthy strong immune systems. We just need to feed our bodies properly to make the whole process healthy (which, unfortunately, often doesn't happen in modern families). We live in a world teeming with microbes, and our bodies are full of microbes that are essential for our very survival! Their constant interaction with our immune system is part and parcel of good health. The vast majority of microbes are not only harmless for us, but beneficial. Some immune cells look and behave like microbes and it is known that antibiotics kill immune cells.

Nature works on cooperation! Everything in Nature supports each other, balances each other out and creates an environment for each other. We must stop fearing Nature and its creatures, instead we must respect them and try to live in harmony with them. Our human body is one of those creatures!

Modern humans have changed their environment substantially removing themselves from Nature, i.e. living in



cities. This is another reason chronic diseases are becoming more and more rampant. The only real answers are to be found in Nature! We must nourish our bodies properly, keep ourselves and our environment unpolluted and allow our immune systems to do their work unimpeded.

### **Bulletproof Your Immune System with Infrared Sauna Use**

As the body rids itself of accumulated toxins through regular deep sweating, the immune system's function grows noticeably stronger. **Heating the body** increases white blood cell activity. Raising the core temperature of the body disables harmful heat-sensitive microorganisms, eliminating many infections, and viruses and reducing asthma, breathing and allergy symptoms.

A Far Infrared Sauna Session is a passive cardiovascular workout that delivers increased amounts of healing oxygen to every part of your body: brain, lungs, heart, ligaments, tendons, muscle, soft tissue, every blood vessel, and each capillary. Increased amounts of vital oxygen are delivered directly to the areas that need it to function at their optimum level.

According to the University of Southern California's Dr. Jeffrey Spencer, "Far Infrared wavelengths penetrate the body to create heat, which creates profound therapeutic benefits. They increase blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal."

As the body becomes more detoxified through regular Far Infrared Sauna Therapy, the body's resistance to Natural Body Detoxing is dramatically improved. As we decrease the amount of our toxic load, accumulated over the years, it makes good common sense that our bodies are more empowered to heal themselves.

### **Radiant Heat Can Destroy Harmful Germs**

**By deep heating the body with radiant heat, the infrared sauna can raise the core body temperature by 2 – 3 degrees F. This elevated body temperature acts as an induced fever, and the heat itself can destroy harmful germs and bacteria.**

Fever increases the body's resistance level to disease and combats infection. By increasing the body temperature, more leukocytes (white blood cells) are released into the bloodstream, where they attack harmful microorganisms and deprive them of the nutrients they need to survive.

There are several types of leukocytes present in our blood and lymphatic systems, and each category is effective in combating different bacteria, fungi, parasites, allergic reactions, and inflammatory responses. Lymphocytes make antibodies that bind to pathogens to enable their destruction.

### **Natural Healing Processes Reproduced**

By creating an "induced or artificial fever," infrared saunas can reproduce

the natural healing responses our bodies use to keep us healthy. **Regular sauna regimens will help you to increase your body's immune system.**

### **How Does Infrared Heat Heal the Human Body?**

Infrared Heat warms all the tissues, joints, bones, ligaments and tendons in a particular damaged area. Increased blood flow and vasodilation bring needed nutrients, hormones, and healing oxygen to the damaged area while draining off cellular waste products.

Heat causes tissue expansion in the damaged area which relieves pressure on the affected area, thereby reducing pain. As the muscles relax from the heat, tension subsides and a soothing relaxed feeling is readily noticeable.

Radiant Heat (Sun) rebalances and nourishes the enzymes in Synovial Joint Fluid which help keep joints healthy, flexible and properly lubricated.

Far Infrared Energy activates Arginine in the body to create an increased supply of Nitric Oxide (not Nitrous Oxide... that's Laughing Gas!) in the blood which enables the hemoglobin to deliver higher concentrations of healing oxygen and nutrients to injured cell areas!

Nitric Oxide relaxes artery walls and expands blood vessels and capillaries, which helps to maintain normal blood pressure. It is a free radical scavenger that lowers serum cholesterol and prevents 'bad' LDL from oxidizing and becoming worse.

### **The Power of Nitric Acid**

Nitric Oxide is used by different immune system cells to kill bacteria, and even shrink some cancerous tumours.

Nitric Oxide stimulates the body into releasing its human growth hormone, which is a key to Longevity. Lean muscle mass and bone density are boosted while decreasing fat tissue. Insulin regulation, increased rate of healing, long term memory and adequate blood flow to the brain are all characteristics of Nitric Oxide in the body.

"Nitric Oxide is a beneficial neurotransmitter in the brain and peripheral autonomic nervous system which causes all the muscles and body systems to relax causing the body to become unstressed and relaxed." according to Harper's Biochemistry, 24th Edition, Chapter 58.

Pharmacologists, Robert Fuchgott, Louis

"In my 25 years of research, I have never seen a molecule [like Nitric Oxide] that so pervasively influences normal and abnormal body functions." - Dr. Solomon Snyder, Director of Neuroscience, John Hopkins Medical School

Ignarro and Ferid Murad won the Nobel Prize in 1996 for their work regarding the effects of Nitric Oxide in the human body. There are more than 10,000 Clinical Studies on Nitric Oxide.

Stretching during your Infrared Sauna Session produces an elongation of muscles, ligaments and tendons which will have a residual effect allowing you to have more body flexibility and an increased range of motion. This is very

useful in warm-ups for athletic endeavours and helps to minimize the time needed to heal from injuries.

Ischemia (localized tissue anemia due to lack of arterial blood flow) manifests itself in chronic knotty muscles and muscle spasms. Infrared Hyperthermia causes blood vessel vasodilation and increased blood flow to difficult areas, reducing pain, expanding constricted tissue and relaxing muscle areas and eliminating muscle spasms at the source.

Radiant Infrared Heat eliminates pain sensation via direct cause and effect on free nerve endings, tangled nerve ganglia and peripheral nerves. Infrared Hyperthermia increases endorphin production which negates pain signals sent from the nerves in the spinal column.

Infrared Sauna Therapy has a wonderful effect on the skin and complexion. Remarkable Results for Acne conditions are achieved by purging the acne causing bacteria and excess skin oils through rigorous sweating. Facial Lines begin to diminish and Crow's Feet fade away. Pores are unclogged ridding the skin of dirt and waste accumulated over

the years. Enlarged pores become smaller. Age Spots fade and eventually disappear. Eye Bags and Dark circles under the eyes are clear due to improved circulation. The complexion takes on a distinctive, healthy glow and your facial skin and hands become smooth and soft.

As the body is detoxified through Infrared induced expulsion of toxins via sweating, kidney and bowels, the Immune System is noticeably strengthened! Increased white blood cell production helps ward off viruses, harmful bacteria and germs. Enhanced cardiovascular activity and peripheral blood circulation keep veins and arteries flexible and help eliminate plaque and cellular waste. As the body's pH level becomes slightly alkaline, disease and infections cannot multiply. Since the body no longer has to fight off an unmanageable toxic overload, accumulated over time, it can function at an optimum level of cellular healing and disease prevention. Regular Infrared Sauna Therapy has proven to be one of the fastest and most efficient methods for ridding the human body of heavy metals, acids, and hazardous toxin waste accumulated over time from polluted air, water and food.



## **8 Benefits of Living Near Nature**

For those who are deliberating if you should purchase property near a park, perhaps this list stating the benefits of living near nature can convince you to do so.

### **1. Being Near Nature Can Lower Your Stress Levels**

A high percentage of working adults report feeling stressed. If you are chronically stressed, spending just 20 to 30 minutes in a natural setting can help lower cortisol levels, your body's main stress hormone. Individuals who spent this recommended amount of time in nature reported a significantly lower level of physical and psychological stress.

To get your daily dose of nature, you can choose to sit still and listen to the sounds of nature, or take a walk and observe the various flora and fauna.

### **2. Greenery Can Motivate You to Keep Fit**

Exercise is another effective way to combat stress and improve your health. It has been proven exercise can improve your mood and reduce stress levels due to increased serotonin production. If you find it hard to start, exercising in a green space can motivate you to do so as it feels easier.

One study showed participants who exercised outdoors felt the activity required less physical exertion. Additionally, you'll also experience more

positive moods. A study found "walking in a natural environment is more restorative than walking in urban surroundings" or an indoor exercise facility. Set yourself up for success by creating a positive feedback cycle when you choose to exercise.

### **3. Being Outdoors Gives You an Energy Boost**

Most of us lead sedentary lives, spending 8 hours a day glued to a chair. Being outdoors for 20 minutes can give you an energy boost. It is a better, more natural way to get energized than drinking another cup of coffee.

### **4. Greenery is Good for Your Eyes**

As more people work from home, it becomes more important to take daily vision breaks. Ideally, you should spend two hours a day outdoors looking at green plants if you want to keep myopia at bay.

Even if you don't go outdoors, rest your eyes by gazing at far-off trees for a few minutes every hour.

### **5. Nature Can Be Inspiring and Enhance your creativity**

If you can't figure out a tough problem at work, heading to a nearby park for a stroll might give you inspiration for a creative solution. Research has shown the combination of walking and being outdoors in nature elicited the most novel and highest quality ideas (as opposed to sitting down and being indoors).

For those working in artistic fields, this could be a useful strategy when experiencing creative blocks. Take a stroll along a coastal boardwalk

## **6. Nature is Peaceful, Encouraging Better focus**

Modern living is filled with countless distractions. Social media notifications, ringing phones, car horns, sirens and alarms... They collectively assault our minds and hijack our attention.

Being in nature removes the overwhelming stimuli and is a deliberate act to slow down. This allows the executive attentional system to replenish and restore focus. Alternatively, walking along a body of water surrounded by trees is a wonderful calming exercise.

## **7. Being Away from Hustle and Bustle Will Improve your Sleep**

Living in urban cities means we experience moderate to high levels of light and noise pollution. This can make falling asleep difficult or disrupt your rest. Living near a park would mean there are fewer people, street lamp glare and sound. And if you still can't fall asleep, you can pop by the gardens for a night-time stroll.

## **8. Living Near Nature Helps You Live Longer**

All the benefits of living near green spaces cumulate. On top of having improved physical and mental health, studies have shown that individuals living close to nature tend to live longer than those who do not.

# THE TRUTH IN SIGHT SERIES

*An educational truth series by Master Ali*

## **-TIME OUT INFORMATION BREAK -**

For those who have followed the Biblical narrative of Gog and Magog or the Qur'anic narrative of Ya'juj and Ma'juj you will find my 5-part video series quite interesting.

Through my knowledge and uncovering the lies in History, I have pieced together the storyline of Gog and Magog and how they connect to Prophet Adam (mankind) (peace be upon him).

Once you've completed reading this eBook and have studied the ways to recover your health, please continue your journey of learning in this series. I can assure you that my point of view will be something that you've never heard of before.



## **Part 1**

<https://youtu.be/CiWuWqpChaM>

**Now Back to our Health, please continue reading on to Section III and Chronic Health Sickness**

## Section III: Chronic Sickness (Healing is Voltage)



When it comes to Chronic Sickness, you need to begin the measures to heal yourself immediately, do not delay. Our bodies are always warning us of things to come, however, many ignore the warning signs until it is too late. Early realization is always better to treat and heal yourself than at the last minute.

So please pay attention to your body and also pay attention and be aware of others around you, especially your parents or other older people. Pay attention to body signals or differences in behaviour. Some people may label you as a busybody interfering with their life but you are just showing love and concern. However, if they ask you not to interfere then you may need to respect their decisions.

If you've been diagnosed with a chronic sickness, start to do the research immediately don't put it off. Look for natural healing remedies. There are

remedies for everything, search and you'll find. Remember that when you use search engines like google, you will have to sift through the first few pages of the Medical Establishments propaganda before you find home remedies and natural treatments. Take note of the websites that you read. Is the source related to the Medical Establishment? Remember the Medical Establishment does not have your best interest in mind and I will prove that to you over the next few Sections of this eBook.

If you need to do further tests to understand the exact nature of your sickness then do so. Once you know what you're dealing with then you know how to tackle the problem. Use the knowledge of this book to begin your Healing Plan and take a course of action to heal yourself.

**NOW, THIS PART IS IMPORTANT.**

**When you get the test results back and for example, say that your doctor tells you that you have Hepatitis B. The first thing that you should realize or find out during your research is that Hepatitis is contracted by a VIRUS. A VIRUS? So, your new programming should tell you that You do not have Hepatitis.**

**Another example is the Doctor tells you that your son has Hand, Foot and Mouth Disease. So, you ask the Doctor, how did my son get this? He says, from a Virus. A VIRUS? So, your new programming should tell you that your son does not have HFMD,**

**Start to apply THINKING! And DON'T PANIC!**

**What is happening inside my body? In Section II, I said that your body is deficient in some type of vitamin or another.**

Ok you've come a long way but the journey is not over yet. We're only on Section III. And this next part of the journey is going to be an eye opener for you too. We'll do it together and I'll be right there beside you and explain things as we progress. I am going to share with you the real truths behind your sickness but before you hear from me, you need to hear from them, the doctors and what they are saying about the medicine that they have been prescribing to you. We need to move forward together; you need to hear the truth. Please spend the time to watch this full medical documentary as they tell you The Big Secret.



#### The Big Secret - Full Medical Documentary

Indie Rights Movies For Free • 697K views

This documentary explores the truth behind some of today's most widely-accepted medical practices, and seeks to expose how the...

<https://www.youtube.com/watch?v= QGPxlx0oOY>

Now that you have watched that film, it will make my job easier and as I discuss things with you, you will understand much faster. If I told you that it was your doctors that were making you sick and sicker, you'd probably wouldn't believe me, but if the doctors themselves told you this, then hey, you would stop and think about it.



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*The VERY FIRST THING when facing chronic sickness is DO NOT PANIC. Take things step by step and have a Healing Plan, we'll discuss this in Section IV.*

---

Let's begin our next journey on to the second part to discuss chronic sicknesses, we're going to spend much time on this section and I will go into great detail and explain in various ways, to make sure you understand, I will even repeat concepts.



This section is to further understand how the human body works and how we need to adapt to today's electrical magnetic interferences.

The constant bombardment of invisible electrical frequencies, from Wi-Fi, electrical lines, towers and others, are disrupting the body's natural electrical voltages and pH balances of our cells and organs. Different organs work at different pH levels it is not just one standard pH level. Cells need -25 millivolts of energy (pH of 7.35) to run correctly and -50 millivolts of energy to

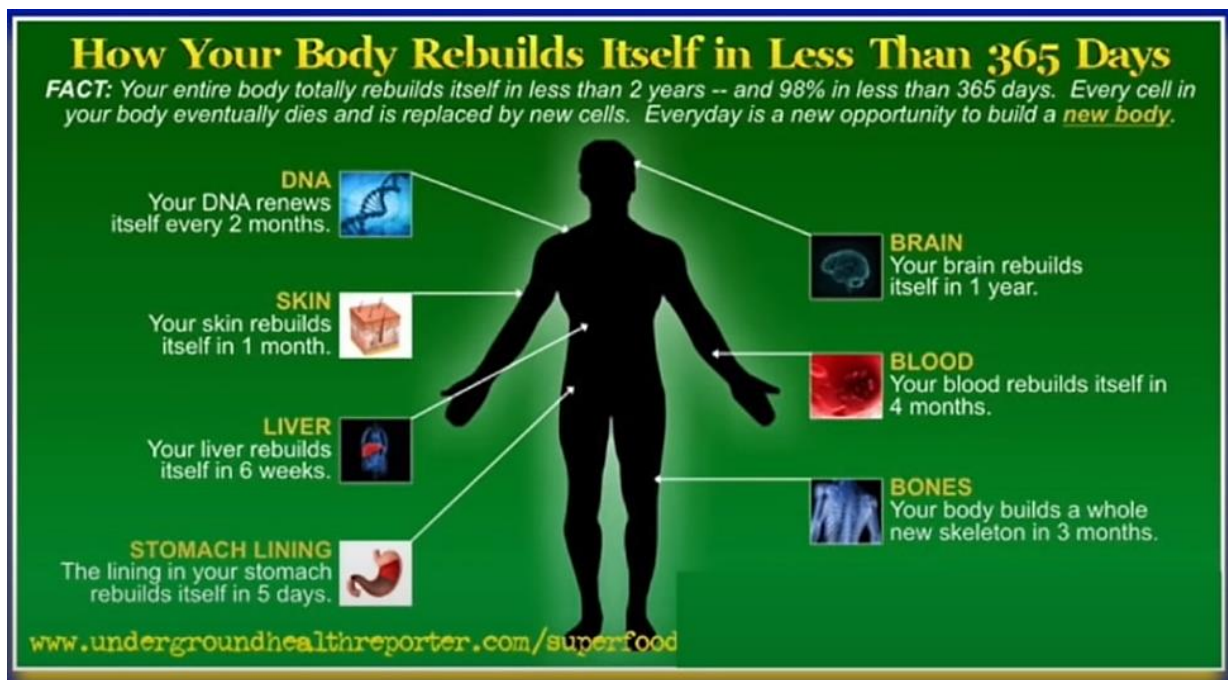
make new cells. We are constantly wearing ourselves out and having to

---

*Chronic Sickness only occurs when we lose the ability to make new cells that work. All chronic sickness is characterized by having inadequate voltage.*

---

make new cells. The following two charts show you the time frame it takes for the body to rebuild itself.



### What does it take to make new cells that work?

We need all the materials that are necessary to make new cells. This is called "nutrition" and requires a functional digestive system including stomach acid. We must deal with any toxins that destroy cells as fast as we make them.

**The body has five battery packs.** Our Muscles are rechargeable battery packs. The fascia around the muscles serves as the body's wiring system. Our cell membranes are small batteries called "capacitors". Inside the mitochondria, we have a rechargeable battery system called ATP/ADP. Our DNA has its battery using scalar energy. I will make this simpler to understand. **The electrical magnetic interferences around us, and passing through us are CHANGING OUR NATURAL VOLTAGES** beyond the limits ordained by God, in our cells and organs and they cannot function efficiently. As I said, God created our Immune system with a balance (scale) and when the balance is off problems occur.

cell type	turnover time
small intestine epithelium	2-4 days
stomach	2-9 days
blood Neutrophils	1-5 days
white blood cells Eosinophils	2-5 days
gastrointestinal colon crypt cells	3-4 days
cervix	6 days
lungs alveoli	8 days
tongue taste buds (rat)	10 days
platelets	10 days
bone osteoclasts	2 weeks
intestine Paneth cells	20 days
skin epidermis cells	10-30 days
pancreas beta cells (rat)	20-50 days
blood B cells (mouse)	4-7 weeks
trachea	1-2 months
hematopoietic stem cells	2 months
sperm (male gametes)	2 months
bone osteoblasts	3 months
red blood cells	4 months
liver hepatocyte cells	0.5-1 year
fat cells	8 years
cardiomyocytes	0.5-10% per year
central nervous system	life time
skeleton	10% per year
lens cells	life time
oocytes (female gametes)	life time

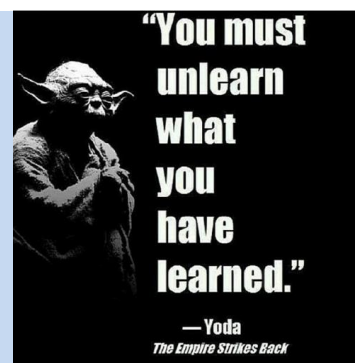
When you add, improper diets, lack of exercise, lack of daily sun, lack of proper sleep, and a bombardment of stress and anxiety, our cells cannot regenerate effectively. When you add vaccines and toxins in the air that contain heavy

metals working as antennae to pull in more electrical magnetic interferences in you it causes the scale to change faster. This is a very good reason not to take any vaccines or give any to your children.

### MAN MADE RADIATION IS THE ROOT CAUSE OF CHRONIC SICKNESSES.

It has nothing to do with viruses spreading, or genetics or hereditary as the Medical Establishment would like you to believe. I did not inherit heart disease from my father and his father nor did your son inherit autism from his mother.

Remember, you are learning new knowledge, but **you must UNLEARN the lies of the Medical Establishment and LEARN to separate sicknesses of natural body detoxing and chronic sicknesses.**



Life lessons from Star Wars.



---

*When your body becomes POSITIVELY charged that is when chronic sickness occurs. For example, at +30mv cancer will develop.*

---

I tested myself, just standing outside in my yard, using a multimeter, and my reading was +30v (Volts). **Cancer starts at +30mv (millivolts).** If we convert +30mv to Volts, we get 0.030v. And my body's voltage reading was at +30v!!!!!! I am 1,000 times over the cancer-causing state and this is from just standing outside! Across from my house is a 4G Telecommunications tower and these towers are EVERYWHERE!

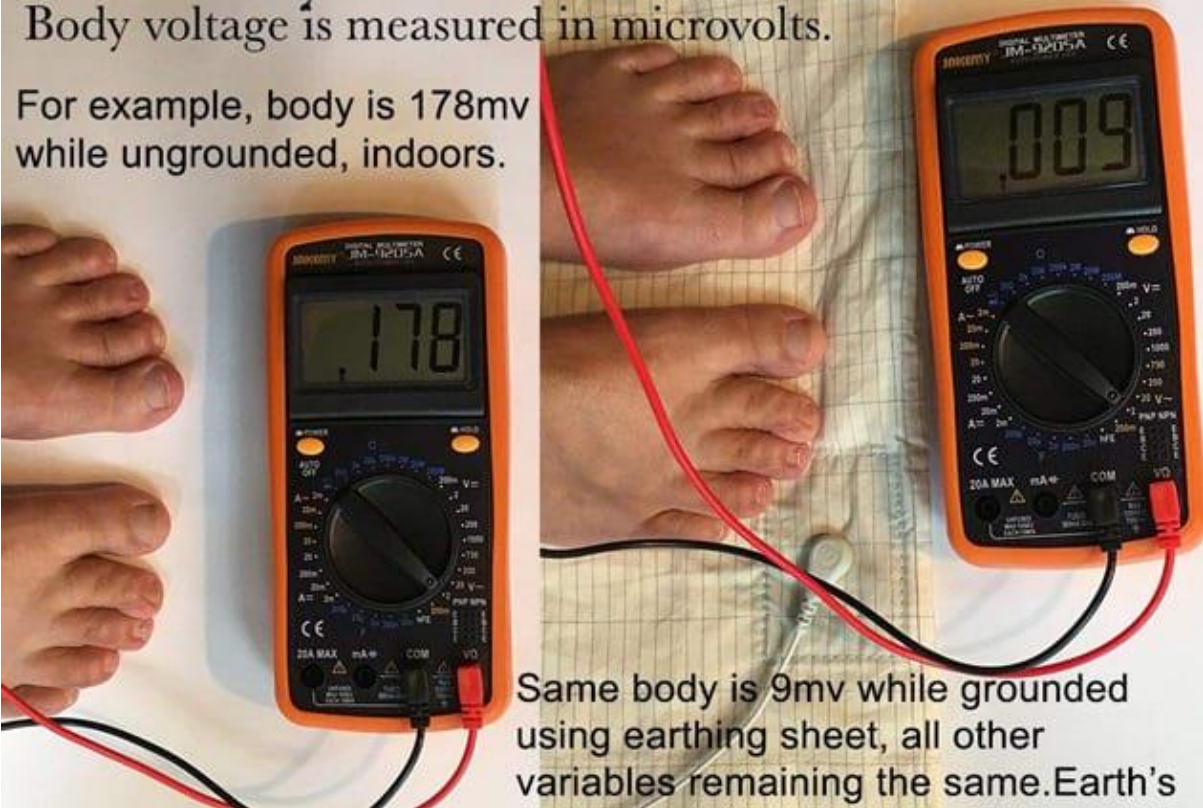
If 4G brings my body's voltage to this level, and puts my body 1,000 times at risk of contracting cancer, can you imagine 5G? What will your body's voltage reading be? Can you see why the "conspiracy theorists" are saying 5G is causing the Covid pandemic? They are right that 5G is harming the body but it has nothing to do with Covid symptoms, as Covid DOES NOT EXIST!



Our bodies are constantly bombarded with positive ions brought about by our modern ways. We have created a positive ion prison for our body as we are surrounded by air conditioning, electrical equipment, television, computers, and other devices, not to mention air pollution.

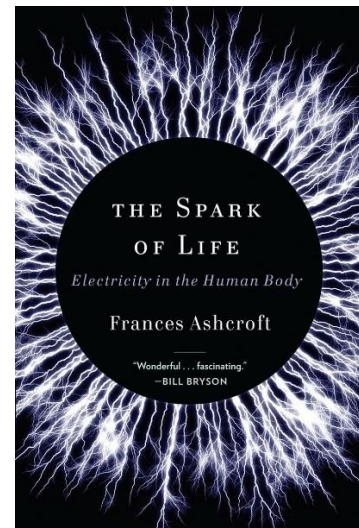
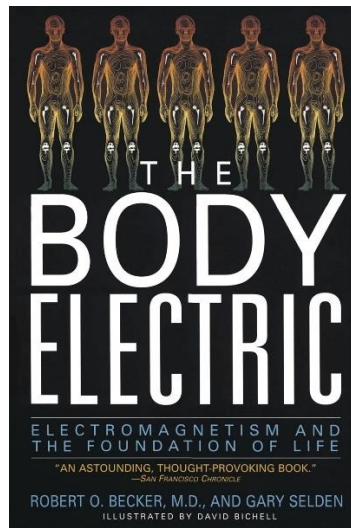
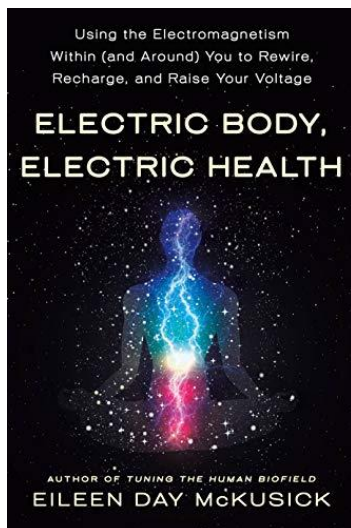
**The body is electrical.**  
Body voltage is measured in microvolts.

For example, body is 178mv while ungrounded, indoors.



Same body is 9mv while grounded using earthing sheet, all other variables remaining the same. Earth's electrons lower body voltage naturally.

BeWellGrounding™



OK let's look at this another way to make sure you understand. We all know the pH scale.

Healing System Activates -25mv 

Body Tiredness Activates -15mv 

Cell Voltage	Cell pH	
-50	7.88	Make New Cells
-45	7.79	
-40	7.7	
-35	7.61	Normal for kids
-30	7.53	
-25	7.44	Normal for adults
-20	7.35	
-15	7.26	Tired
-10	7.18	Sick
-5	7.09	
0	7	Change polarity
+5	6.91	
+10	6.83	
+20	6.65	
+30	6.48	Cancer occurs

When your body's pH is high, it is in a negative mode (alkaline). When your body's pH is low, it is in a positive mode (acidic). Ok making more sense now.

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*What I really want you to grasp from all of this is Negative voltage is Good, Positive is Bad.*

---

So, our goal is to use various methods to raise the body's voltage from being in a positive (BAD) state to one that is in a negative (GOOD) state. Then the body can heal itself. Does that make sense?

There are a ton of supplements on the market and when we take them and feel better, we believe that it was the supplements that healed us. That is only partly true. The supplements only helped to raise the body's cellular voltage and that allowed our Immune System to heal us. Do not forget to give

credit to our God-given perfect Immune System. I will discuss the dangers of using the word cure, a little later on.

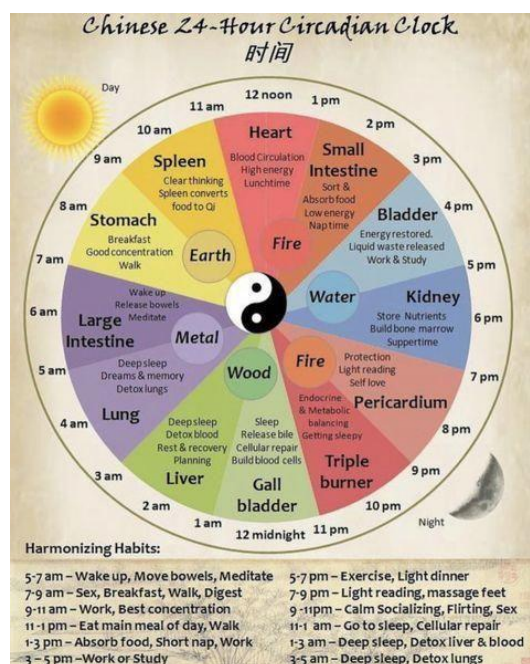
### **Tiredness and letting the Body Rest.**

All right, while we are at the above chart, there is something very important that I need to explain to you. Tiredness. If you notice on the chart at a cell voltage of -15 or 7.26pH you will feel tired. It is VERY important that you understand what change is happening with your body. For your body to heal itself it MUST be at REST. If you are active, it won't heal effectively. Before the body goes to -25 it triggers the rest mode at -15, your body is talking to you START TO LISTEN.



When the tiredness kicks in, what people end up doing is taking coffee and other substances and this throws off the body's timing rhythm, can you see the harm you are doing? Your body wants to heal you but you do not let it do its job. Another example is the best healing period is between 10 pm to 2 am. However, many people today are up late, either watching tv, on the computer or their phones, until late at night, catching up on social media. You missed the best timing that the body repairs itself! This is another major

problem with mankind today. They do not understand the body's timing of events. We can easily throw the blame on the doctors as they should have been educating us. Instead, they brainwash you with useless knowledge of viruses and germs harming you. You can do some deeper studies on the Diurnal Cycle and the body's Circadian Rhythm. Here are some quick charts to give you an example, that the body has cycles and timing, the more you understand these things the better your body will be.



So going back to the tiredness, in regards to Natural Body Detoxing, when you encounter Stage 1, aches and pains your body is changing to -15 and it wants you to go and take a rest and sleep. Listen to it and do it. This allows you to heal faster. The same goes with Chronic Sickness, you need to rest more.

Now that I have brought this matter of tiredness to you, you are going to notice that when you take natural supplements, for example MMS/CDS or DMSO, you feel tired after taking them. These products are raising your negative voltage and trigger the tiredness phase. So, this is the reason why you are getting tired, AFTER taking these natural supplements. Of course,

another reason, for tiredness, is people are not getting enough sleep and rest. Other contributing factors are stress and worries, which will trigger this tiredness mode. You see the body does not want you to be sad or depressed so it may trigger this mode for you to go and sleep off these feelings. Afternoon naps and power naps are very good things for the body to rest and recover itself. Sometimes with today's lifestyles we are just pushing the body too much.



**This concept of Voltage is Healing is SO VERY IMPORTANT TO GRASP** before we continue and to make sure that you understand I will explain it a different way.

Our bodies can be either one of two states, positive or negative.

---

*Positive denotes sickness.*

*Negative promotes healing.*

---

It is a tug of war and most people are losing it. Why? Because their bodies are in a constant state of positive charges. Want Proof? Go look at the number of people going to hospitals and clinics and the constant expansion of hospitals. There is your proof.

So, factor in your lifestyle as well, as maybe it's your lifestyle that is causing tiredness and not necessarily the body triggering the healing system. Learn to apply your logic, common sense and understanding. Learn to think for yourself and don't be that others, or even myself have to tell you everything to do. Read and further research the things that I am sharing with you so that your understanding becomes more rooted and clearer.

The best way and from what I see, and possibly **the only way to remove the positive charge from your body is by grounding and/or earthing.** If you know of another way, please do contact me and tell me.



As long as your body remains positively charged it will not heal effectively. Healing will be slow even if you're taking Prophetic Medicine. Medicine of the Qur'an or the Bible. The body can only heal when it is negative. Believe it or not, you can change your body's state through your mind's power. You can raise your negative voltage with it alone or willpower as they call it. Your will to heal, your will to survive and the will to overcome all obstacles in life.

But most people's mind power is being squashed by medication and negativity in their lives as well as mental programming. Negative friends and family, negative news, there is too much negativity surrounding people today. All of this has been done with the purpose to limit us. Your thoughts can change all of this and turn it all around, as I mentioned in my preface.

Another example is being happy, laughing, and smiling, these things raise your negative voltage. Good news, happy news, raises your negative healing voltage. Don't you remember the saying that **laughter is the best medicine?** You can now start to understand why.

Now do not confuse a positive mental attitude versus a negative mental attitude against positive electrical charges versus negative electrical charges.

Follow this chart:

**Positive mental attitude = raises your voltage**  
**Negative electrical state = raises your voltage.**

**Positive electrical state = lowers your voltage**  
**Negative mental attitude = lowers your voltage**

What you need to understand is that God created us to be in a negatively charged state. As I stated for the body to effectively heal itself, it must be negative.

Is that clear?

Worries, stress, depression, anxiety, and debts, all of these cause your voltage to go positive.

Grounding or Earthing will remove the positive charges in your body, so it is priority that we sleep on grounding mats.



I said that our bodies are in a constant tug of war, with whom? Radiation. Cell phone towers send radiation to your body 24/7 along with EMF. The electricity leakage in your home. You cannot escape it. All of this man-made radiation is being absorbed into our bodies. How is it being absorbed? **Through heavy metals in our bodies. These metals make our bodies act as an antennae for attracting the positive voltages into our bodies.** The more you walk around or not even walk, just sitting on your couch and



watching a movie, your body is absorbing positive charges and it is becoming positive.



Where did all of these heavy metals come from? Vaccines, air, water, food etc. Now can you begin to see the purpose of the whole pandemic and vaccination program? The pandemic and lockdowns began just as they were rolling out 5G. Is it starting to make sense to you? "They" load the people up with multiple vaccines containing heavy metals, 1<sup>st</sup> shot, 2<sup>nd</sup> shot, booster shots, then they'll turn up the 5G frequencies and watch them turn into zombies, at least those who made it that far. What is interesting, before the lockdowns, people around the world were protesting 5G, when the lockdowns started the protesting stopped, this gave them 2 years to freely go about and install 5G towers without interference from anyone. Then the same protesters changed from protesting 5G to protesting the lockdown. Is it starting to make sense to you?

Grounding takes away the positive charges in our body, and leaves us in a negative state. Remember that a

negatively charged state is what our body needs to heal itself. The body can remove the heavy metals inside of it, but you need to provide it with the right environment to do so. If you took the vaccines there is hope, continue reading on, and it'll become clearer to you. I will not leave you without hope. Trust in God.

**Remember the -25 mV? Do not forget about that.**

---

*Let's try to simply this even more:  
Positive charges – bring down  
Negative charges – bring up*

---

So, I have already told you, I think several times, that grounding is the most effective way to reduce the positive charges in our bodies. Why isn't your doctor telling you this? Well, that's another story.

You would think that the simple solution would be to go and lay down on the grass for an hour or two and you're fully discharged of all the positive voltage, right? Wrong! What happens when you step off the grass? Do you think all that man-made radiation pollution has magically stopped? Or will you get bombarded again and be made positive again? Well, **this is the real reality of today.**

Thirty and forty years ago, that may have worked but today it doesn't. Now wait a minute, do not get me wrong, the Earth is our healer, and sitting outside

has other tremendous benefits, such as sunning, listening to the birds, watching the clouds and meeting new people. Spending time outside improves our vision and don't get me started on the psychological aspects of being in tune with nature. So please do not say that

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*You need to understand something very, very important here before I go on and it is a question to you.  
When does healing occur in our body?  
The Answer is – When we sleep.*

---

Master Ali said, it is a waste of time to go outside, I did not say that.

When we are active, i.e., moving around, talking, working, exercising, etc, our bodies are not able to repair themselves. **IT MUST BE in a state of rest.**

So, **bear in mind**, how do you expect to sleep/rest on the grass all night long? And survive all those mosquitoes? Or minus freezing climates, you cannot.

**Remember your entire body does not need to be grounded. As long as an arm or toe is touching the mat, this grounds the entire body.**



There is a very easy solution, using a grounding mat. Grounding mats are great because they discharge your body of positive charges and can send them into the Earth via the ground plug or if you have your mat wired directly to the Earth, as in my case in my home.

We can sleep comfortably on our beds, not get eaten alive by mosquitoes and still effectively ground ourselves.

You will need to buy an Earthing mat, as I described in my Beyond Healing with Grounding, Earthing and Sunning course. **THIS IS A MUST HAVE COMPONENT** that I recommend in my Beyond Healing with DIY MED BED course too. The size of the mat will depend upon your budget and also if you wanted to set up the DIY Med Bed to be used for 1 person or up to 2 people at a time. If you are setting up for a 2 people Med Bed, you don't necessarily need to get a huge mat; you get a single and turn it sideways as in this picture. So, you can still set up a Med Bed on a budget, for 2 persons.

**“bear in mind”**



### Grounding and Earthing Mats.

Earthing mats can get pretty expensive, this company from China that ships worldwide sell at very affordable prices.

[https://www.aliexpress.com/store/sale-items/728327.html?spm=a2g0o.store\\_pc\\_allProduct.pcShopHead\\_11884439.2](https://www.aliexpress.com/store/sale-items/728327.html?spm=a2g0o.store_pc_allProduct.pcShopHead_11884439.2)



Now we are not finished yet. I want to explain this, “ Negative charges you want to bring up. “ So, you know how to dump the positive right? That’s clear, so how can we raise the body’s negative voltage? Is there a shortcut? Yes

**Zapping. A zapper raises the negative charge to bring your body to -25 mv to activate the healing system.**

It is all that simple. Now you are asking, what the heck is zapping and a zapper?

A zapper is a device that you can strap on to your body that uses a battery to send a constant stream of negative voltage into your body. Pretty Cool Huh?

Now, why do we need to use a zapper, can’t we just let the body increase the

negative voltage on its own? For most people, their bodies are too toxic. The body needs a boost and this is the zapper's function. It sends a constant stream of electricity into the body to keep the body negatively charged. At first, most people will wear the zapper 24/7 for a couple of months, but in time, you only need to wear the zapper at night while your body is resting/sleeping as this is the time when the body heals.



## Organise Africa Zapper

I recommend these zappers because they are very affordable and easy to wear, just strap on your arm or leg on even under your feet. Everybody should have a zapper in the house as an effective tool to raise our negative voltage.

<https://www.organiseafrica.com/en/?acc=1a3c31f4aad8845d25e421c69b07610d>

**If you are in Malaysia or Singapore, you can order Zappers from me.**



Can we do Zapping without the grounding mat? Can I still heal? Yes, however, let us analyze what is happening inside your body. The zapper is raising your voltage and the surrounding radiation (WIFI, towers etc) is lowering your voltage. It is a constant tug of war. Your body is fighting and flipping back and forth. Help your body and make it easier for your body by using a grounding mat. This eliminates the tug of war and your body can do what it was designed to do, heal.

### Let's follow this path of Voltage is Healing a little deeper.

In my Beyond Healing with a DIY Med Bed course, I said, to control 2 of the body's systems.

### Consumption system and Elimination system

We'll start with Consumption.

Consumption is as it says, anything you consume which is food and water. Eat natural foods that are electrical. How do you know they are electrical? Check it with the pendulum that they spin to the

right, as I demonstrate in the DIY Med Bed Course.

Non-electrical foods (i.e., Processed foods/junk foods) will spin to the left.

Drink only electrical water - water from the tap or even boiled/bottled water is non-electrical. By adding MMS and DMSO to the water it changes it to electrical water.

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*What does eating and drinking electrical mean?*

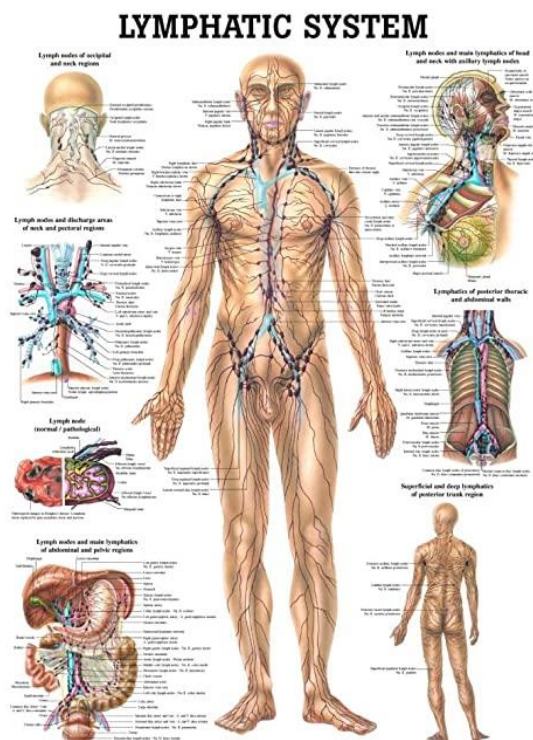
*It raises the negative voltage in our body.*

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When your body is running at the right negative voltage it will heal itself. It will automatically remove toxins and it will remove extra weight.

A healthy body is a lean body. Pure and simple. Nowadays you see a lot of people with tummies/bellies bulging over their belts and from behind their backs. These are all signs of poor drainage of their lymphatic systems. Which we will get into next.

## This is the Lymphatic system.



This system comprises 2/3 of the fluids in your body. 1/3 is the blood system.

The lymphatic system takes away the toxins that the body disposes of. If this system is blocked it clogs up and you see people with large oversized bellies.

You can be drinking and eating electrical foods and water but if your elimination system is clogged you will run into a problem. More toxins will sit in your body and eventually turn cancerous, so this is why you need to work on both (consumption and elimination) at the SAME time.

You need to perform lymphatic drainage massages daily until you fully recover your body, we'll go over all that in detail so do not worry.

## Nutrition, Diets & the Lymphatic System (Part 1)

**NOTE:** I have included this Part 1 section from my Beyond Healing with DIY MED BED course, when you purchase my course, you will find Part 2 and I explain further the importance of the Lymphatic System and Diets. Understand that **this section is connected to your Healing Plan.**

Getting well isn't magical, getting well is a process of unwinding what you have created in your own body. With that in mind, we need to start eating Electrical Donor foods ONLY. ESPECIALLY if you have a chronic sickness.

**I am going to repeat myself here, as it is very important.**

You need to check and test all of your foods and water before taking them. Anything that is an Electron Stealer MUST be cut out.

In my first Beyond Healing series, Beyond Healing with Kyusho Jutsu, I first introduced you to this concept and I will include the video in this course as it is very important. Throughout the videos, in this course, I will be using the pendulum to teach you that you can use the pendulum not only for food but for everything.

**The human body system consists of 2 parts - Consumption and Elimination.**

We need to make sure that we monitor what we eat and we also need to make sure the elimination system of the body,

aka the Lymphatic System is working and doing its job.

So first watch my video and understand about electron donors and stealers and get yourself a pendulum, it does not have to be expensive, less than \$10 is fine and less than \$5 is even better. You can take a shoestring tied to a rock if you have to, as long as there is some weight to it.

Start practicing using the pendulum, because everyone's energy levels are different, you may find it takes a while to start spinning and for some people, it may not even spin. Don't give up, just relax and it's best you stand up when testing, with practice the energy will flow more and more, so don't worry.

**You can only get these results.**

**Spins to the left:** Electron stealer (AVOID)

**Spins to the Right:** Electron donor (GOOD)

**Does not spin at all:** Could be your energy level is low.

**Moves in a straight line:** This item is borderline/neutral, neither bad nor good for you.

### **Electron Stealers and Electron Donors**

Whatever we put into our body can be categorized as one of two, either it steals (negative) electrons from our bodies or it donates (negative) electrons to our bodies.

So, of course, we want to eat and drink more negative electron foods.

At this point, please watch my video on **Electron Stealers and Electron Donors** as I demonstrate how to test the food and water around you.



[https://www.youtube.com/watch?v=7WwdDwo\\_src](https://www.youtube.com/watch?v=7WwdDwo_src)

So why is all this IMPORTANT? As you do grounding and zapping to recover your body, if you continue to keep putting electron stealing foods and drinks into your body, the body will revert to a positive state (chronic sickness). You're going to go nowhere! Does that make sense?

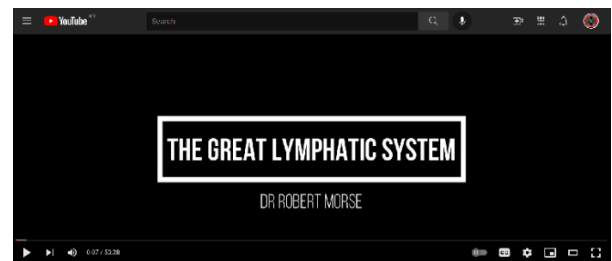
So, you have to make some lifestyle changes and understand that we live in a world of Positive charges all around us. The body is constantly absorbing positive charges. Some things we cannot avoid, like WIFI and Cell phones and cell phone towers etc. BUT there are some things that we can avoid, such

as what we eat and drink and this is what you need to try to do.

All right, so I hope that we are crystal clear on Consumption, now that we got that out of the way, let's get to the Elimination part and that is the Lymphatic System. We need to make sure this system is always functioning, as sometimes and for the majority of people this system is generally blocked up.

**I will include A LOT of material and videos on the Lymphatic system, it's imperative that you read and watch everything and even go learn and read more.**

**So, start here and watch this YouTube video by Dr. Robert Morse:**



<https://www.youtube.com/watch?v=H2bltyjsR6Q>

This is EXTREMELY important!

If you are suffering from any form of chronic sickness, such as cancer. The more negative your body is and stays negative; the body's own system will rid itself of the cancer or sickness.

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*God Is Always Great And Keep The Joy Of The Lord Inside You Always.*

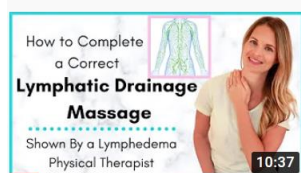
*Negative outlooks harm the health of our brain and body.*

*Positive outlooks actually protect it.*

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**SUMMARY:** When your Lymphatic system blocks up, it causes your body to go acidic and when that happens pain happens, sickness happens, and going downhill happens.

We need to learn how to drain our Lymphatic system and these videos will help you:

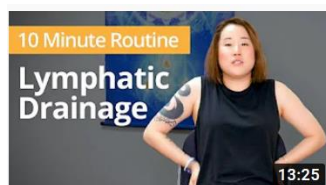


Lymphatic Drainage Massage a Lymphedema Physical...

Cancer Rehab PT • 187K views

Lymphatic Drainage Massage plays a major health. Lymphatic health is essential to your

[https://www.youtube.com/watch?v=6laR5c\\_y2IA&t=3s](https://www.youtube.com/watch?v=6laR5c_y2IA&t=3s)



LYMPHATIC DRAINAGE f Hips, Armpits, Neck, and

Brain Education TV • 537K views

Do you suffer from chronic puffiness, you get sick often from having a low i

<https://www.youtube.com/watch?v=A9HDY9QxU60>

And here is another one, using cupping to drain the Lymphatic system. In the Additional Therapies section of this Manual, I will go deeper into Cupping, but for now, you can watch the video.



Cupping for Lymphatic Drainage, Tightness, and Fibrosis/Scars ...

Cancer Rehab PT • 11K views

Cupping for lymphatic drainage is explained and d video. Cupping therapy is commonly used for bac

<https://www.youtube.com/watch?v=GQBLOgN-UzA>

**Always Remain Positive With Good Vibrations For Your Own Health.**

Here are the Proofs:

This medical study, published more recently in 2020, found that optimism reduces stroke severity and is associated with improved clinical outcomes.

<https://newsroom.heart.org/news/optimism-reduces-stroke-severity-inflammation?preview=479b>

And this one, from 2017, found that optimism reduces mortality in all causes, including cancer, heart disease, stroke, infection and more.

<https://pubmed.ncbi.nlm.nih.gov/27927621/>

And this one, from 2019, found that elderly folks who were optimistic improved their rate of remaining free of major chronic diseases as well as maintaining good physical functioning and having no cognitive decline by 24%.

<https://pubmed.ncbi.nlm.nih.gov/30834429/>

And this study, from 2015, found that elderly folks 85 years or older increased their lifespan, living on average 5 years longer, if they had higher morale.

<https://academic.oup.com/ageing/article/44/4/630/66375>



**Monitor consumption:** drink/eat electrical water and food (Foods that spin to the right). Avoid non-electrical



God is Great and He wants us to be happy and healthy. He created us that way. It is the devil who wants us to be down and depressed.

Why do you let him win over you?

foods and processed foods (Foods that spin to the left).

**Monitor elimination:** terahertz wand blower, lymphatic drainage massage, hydrotherapy

**Grounding:** reduce positive charges

**Zapping:** increase our negative charges.

## THE NEW NORMAL

You know what that is right? Social Distancing, no handshaking, no hugging, no kissing, wearing face masks, signing in to every store you enter and taking an endless number of vaccines. Sounds about right?



All based upon illogical fake sciences, I hope by now that you can see that. I have turned this phrase around and what I describe as the New Normal is this:

## Grounding and Zapping. That should be, no that MUST BE the New Normal.

Why? It's very clear to me, but let me explain it.

If you're reading this and you are at least 40 years of age, in your childhood playing days, your body did not have to fight, WIFI routers or Cell Towers, correct?

However, you now do, and more importantly, your children do too. If you do not teach your children about these concepts, they are inevitably going to get sick and die. We all die right? But they will die at very earlier ages and most likely will end up in a suffering

---

*Our bodies were created with resilience. We can do it and we can overcome all obstacles, do not lose hope and do not give up!*

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*Do you now see the importance of teaching your children about grounding and zapping and how it relates to the body?*

---

death.

Right now, they are rolling out 5G. 5G is not in every city yet, and if it is not in your city, thank God, but it is just a matter of time before it is.

The important thing that you need to know is that they have not turned up the full capacity of 5G. Once they do, you will start to see people dropping like flies, especially, especially the vaccinated people. Don't believe me? Just wait and see.

2030 is the tentative target release date for 6G. Can you see that they are not stopping! And do you think they will stop at 6G?

For certain their school nor teachers are teaching our children this knowledge so if you do not make the effort, your kids are doomed! Sorry to say, but that is the true reality.

**By now, you should have a very good understanding of my Voltage is**

*Lower down the positive charges and raise up the negative charges.  
How simpler can you get?*

**Healing concept and when you start to share it with others, you'll see how simple it is to explain, very simply.**

### **The New Normal for our Pets**

Grounding and Zapping can be applied and used with our pets. What is good for us and also good for them too. Remember our pets are also affected by the same electromagnetic pollution. Their body's voltage is also changing. You should be providing them with a grounding mat too. If they sleep outside on the ground then they are fine as they have the best ground, the Earth, however, if they sleep inside, especially in the winter, then order a grounding mat for them too. Remember hair is electrical, and some dogs and cats are quite hairy, so once the hair makes contact with the mat it can ground them. Our pets can sick too and the same treatment concepts that apply to us, apply to them too. Grounding and Zapping. The same Organise Africa zapper can work for them too. The only challenge you may have is, strapping the zapper to their bodies. You may need to be creative here and use other materials like cloth bandages to place the zapper on the body and wrap the bandage around the body. Where there is a will there is a way.

## Our Pets Need Earthing Too!

FYI: In my Beyond Healing with Grounding, Earthing and Sunning course, I have an entire section dedicated to Grounding and Earthing ideas for your pets.



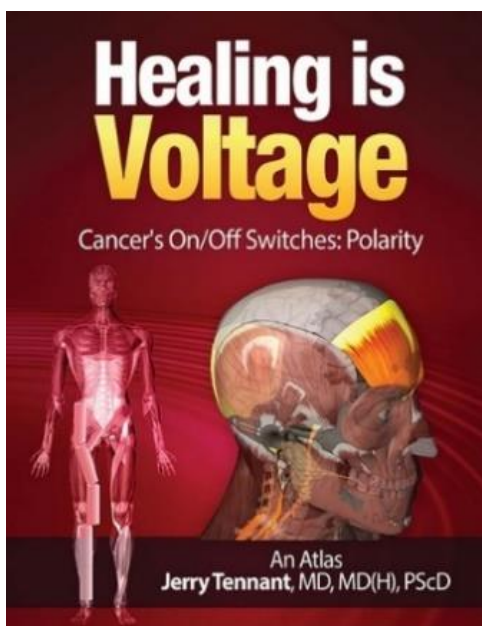
**So now let's move on and see how this all relates to chronic sickness.**

**What is the solution to chronic sickness?** Eat right and eat in moderation, do not overeat, cut out all sugars and flour (Both are non-electrical spinning left foods), exercise, get sun and the sun does not cause cancer, (that's another lie to sell skin lotions) sleep earlier, relax more through breathing exercises and meditation. This will help 99% of the people.



Sometimes, in cases of severe chronic diseases your batteries will need a jumpstart, and there are devices that can scan the body and it will check specific organs and will tell you whether they are working at their correct voltages, if they are not, it will restore the organ to the correct voltage. A Jumpstart! These devices are not cheap. BUT they are incredible devices, if you only knew. In my Beyond Healing course, I tell you about some of these devices. I won't go through it here though.

What that means, is if you are suffering from chronic disease, and you restored the voltage of your cells, the body will repair the organ by creating new cells. If you would like to get a deeper understanding of this, here is a video by Dr. Jerry Tennat. He has done a considerable amount of research on this:



<https://www.youtube.com/watch?v=J8hmGUQTCAs>

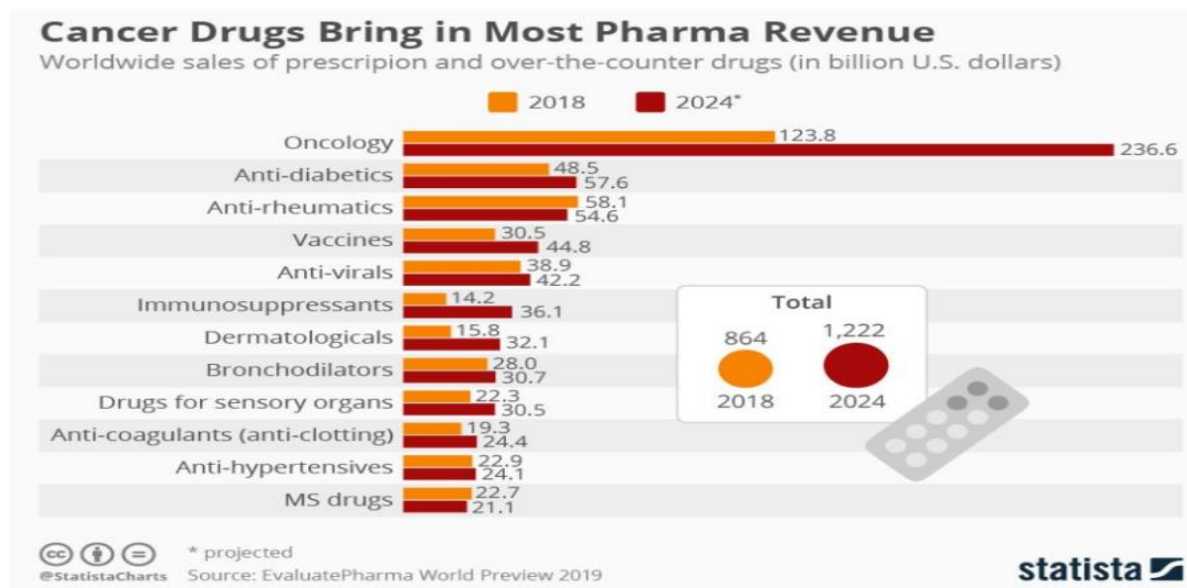
**This is also the basis of principles for regenerating limbs.**

This is truly amazing stuff, but the Medical Establishment is keeping this knowledge from mankind!

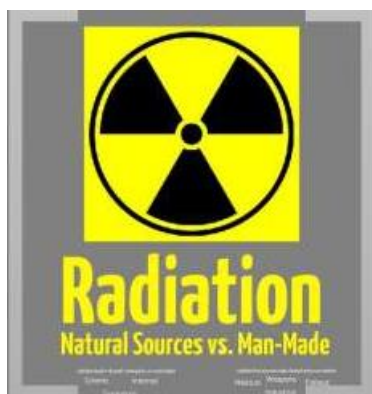
My God, this is what the hospitals should be doing, curing people. Instead, they are treating people with non-electrical medication that is not compatible with our bodies and some of you, you do not understand this and do not get it. Please take more control of your health and know when you need to go see the doctor and when you do not. **Learn more natural ways to heal and raise your negative voltage.**

Keep in mind that doctor's tests were designed to find something wrong,

whether there was anything wrong or not. I'm not saying that doctors are consciously, deliberately lying about their patient's conditions so that they could make money off their treatment (although doctors are regularly being prosecuted for doing just that, and it's just the tip of the iceberg). But the tests themselves are NOT sound science and are purposely skewed to come to certain conclusions. It is all money making for hospitals and increasing profits for their shareholders and for those who know the deeper truth it is all about depopulation agendas. Fifty years of cancer research, where has it gone? All these young people at airports asking you for donations to support the Cancer Society and for what? To go straight to the pockets of Big Pharma. If you are on a monthly donation plan, cancel it! Immediately! A simple \$1 remedy of sodium bicarbonate will STOP cancer from growing and spreading. Completely cutting out sugar and flour will take you from Stage 4 to FULLY RECOVERED. So why does it take 50 years to figure that out? Because they do not want to and they have no intention of ever wanting to. Instead, they want to take your donations and continue to lie to you. They want to treat you with man-made radiation (chemotherapy) which does more harm to the body than any good.



**Man-made Radiation is the real underlying cause of ALL chronic sickness;** therefore, **healing is voltage.** Once you understand that, then you can heal yourselves.



God Almighty created our bodies perfectly. He created our immune systems with a blueprint to follow. A set of instructions as it were. Technically, we do not need to supplement the

immune system with vaccines, it knows what to do. But we need to help it do its job. The below article proves that our bodies are affected by electrical interference. Our body is electrical and we operate on a specific Earth frequency, the same frequency of the Earth itself. This in itself disproves Darwin's Theory of man evolving from apes and proves we were created from the elements of the Earth. God is Great!

**The below passage on “Chronic Electrical Illness” was extracted from the book by Arthur Firstenberg: The Invisible Rainbow – A History of Electricity and Life [Radiation Sickness Explains All Past and Present Flu Outbreaks Including Wuhan Virus and Radiation Sickness on Cruise Ships] 5G in Context**

### **Chronic Electrical Illness -**

From the end of the 19th century onwards, urban landscapes were transformed by the installation of telegraph lines throughout the industrialized countries. This technology used voltages of the order of 80 volts on a single conductor, with the return current being earthed.

That period saw the emergence of the first stray currents to which living beings were exposed. It was then that one saw the appearance of diseases of civilization such as neurasthenia, which afflicted Frank Lloyd Wright and Theodore Roosevelt, among other well-known figures. It should be noted in passing that neurasthenia is very similar to electro-hypersensitivity, which is the more modern term for the same sensitivity to electricity. Around half of the telegraphists who were employed to manipulate the electrical current sent through the lines, and were thus exposed to very strong electromagnetic fields, were afflicted by telegraphic sickness. Once again, the symptoms were the same as those of EHS. Later on, in around 1915, it was the telephone operators who were experiencing the same symptoms – for they were exposed to electromagnetic fields from

the communications for hours on end at their desks. In 1989, it was noted that in Winnipeg 47% of the telephone operators were suffering from the same symptoms.

However, in 1894, the noted Viennese psychiatrist Sigmund Freud wrote an article whose effect was disastrous for all the unfortunates who suffered from telegraphic sickness, neurasthenia, microwave syndrome or EHS. Rather than seeing the external cause – which was electromagnetic pollution – he attributed these symptoms to disordered thoughts or poorly controlled emotions. **As a result, today millions of citizens affected by electronic smog are being medicated instead of reducing their exposure to this pollutant.** Sigmund Freud renamed neurasthenia – which was known to be caused by electricity – as neurosis anxiety, an anxiety attack or a panic attack. This opened the way for the reckless deployment of electrification to continue unimpeded. Sigmund Freud was a devil!

It should be noted that in Russia, neurasthenia is listed as an environmental illness, as Freud's damaging redefinition was rejected there. Good for the Russians!

## 5G and Electrical Magnetic Interferences

### Study On the Dangers of EMF On Our Body.

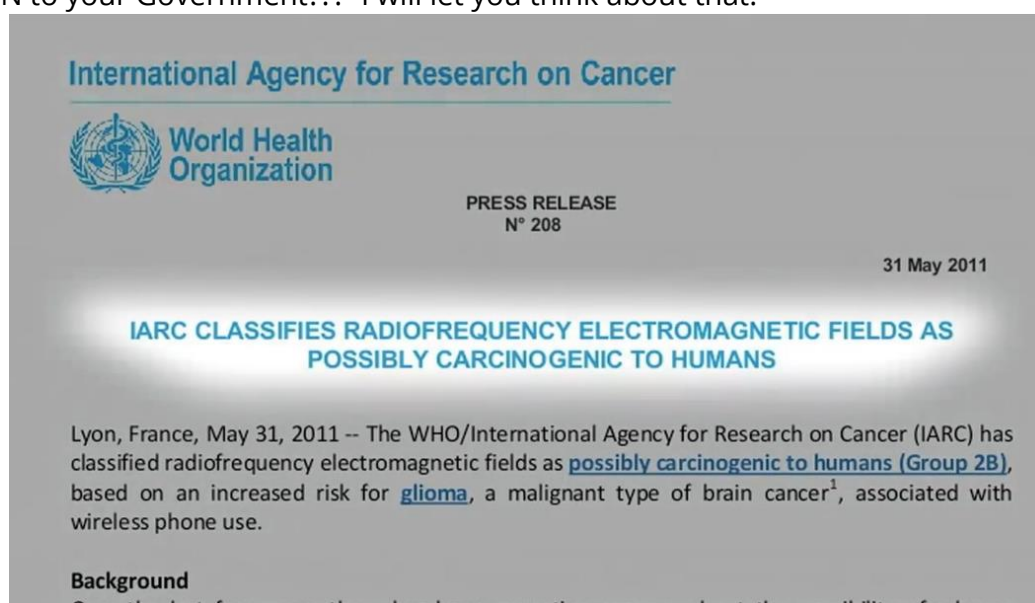


The Pentagon Already Knows That EMFs Are Impacting Brain Function... Here's Why | Intuition Physician

The Pentagon is now investigating if EMFs are to blame for billions of  
[www.intuition-physician.com](http://www.intuition-physician.com)

<https://www.intuition-physician.com/the-pentagon-already-knows-that-emfs-are-impacting-brain-function-heres-why/>

The Governments are already aware that EMF and RF Radiation are damaging to our brains and bodies, yet they still proceed with pushing 5G. Can you still TRUST and LISTEN to your Government??? I will let you think about that.



What more proof would you like? WHO acknowledges that EMF fields as “possibly” carcinogenic to humans, “Possibly” very nice of them isn’t it, to know the truth and then make it doubtful.

Before the advent of Radar Towers (1935) there were no known cases of Cancer. Cancer only started when more and more towers were put up.

Think about then and think about now, we have had 3G, and 4G and now being pushed is 5G. What does this tell you?

They are not changing their systems for our bodies. They know that these technologies are creating chronic sicknesses, yet they continue to push them. WHY? For the love of money or their depopulation agenda. The cell phone and electrical industries are feeding the medical industry. They are all profiting together. **So, if they are pushing forward to bombard our bodies with higher frequencies, we have to take measures to shield and protect ourselves. That last statement requires considerable**

**thought and research.** There are devices sold online that will shield your body against electrical magnetic interferences. Now that you are more

educated, research the BIOGeometry devices on the next page and get some for your house and your family.

The Importance Of Grounding Is Not Just For Us, But For Our Future Generations, Our Children And Grandchildren. They Will Grow Up In A Generation Of SICKNESS.

**It Is Important For Us To Educate Them Or Else They Will Get Sick! It Is Inevitable!**

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*The Prophet Muhammad (pbuh) said:  
In the name of God, the soil of our Earth  
heals our sick by the permission of our Lord.*

---

The **SOLUTION** to discharging yourself from these man-made frequencies is **GROUNDING**.

But mankind has lost sight of this. We all go around wearing rubber sole shoes that prevent our bodies from being grounded. Parents chasing the latest Nike shoes that have ZERO health benefits for their children. For what purpose? In the end, isn't the life of your child what matters? Seems that many parents have lost sight of that. I teach you how to ground your shoes in my Grounding course even those Nike shoes. (See the advertisement below)

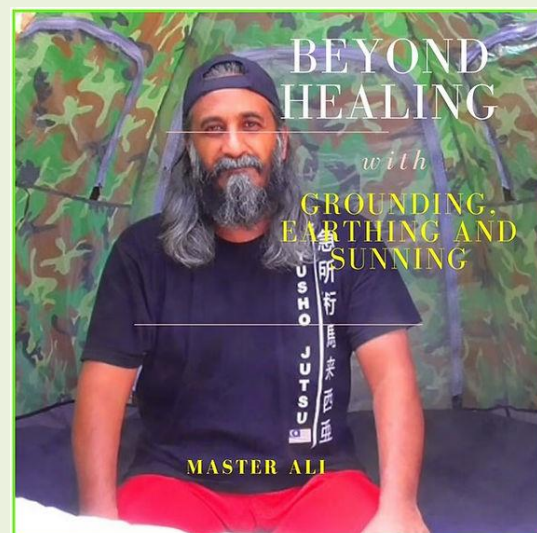
### **Beyond Healing with Grounding, Earthing and Sunning Course.**

Your body can heal itself of anything if you provide it the right environment to do so.

6 Hours of Video training.

I will teach you how to check your own body's voltage as well as to ground your house. To make budget grounding straps or where you can buy grounding mats with up to 27% discount. Ground your bedrooms, dining rooms, kitchen, living rooms, your car and more. Everyone needs this course!

Includes a 23-page Study Guide Book And as a special added bonus, my Grounding Budget spreadsheet to help plan out your financial requirements for your next grounding project.





So, either you bring your family outside...  
OR you bring the outside to them.

And that is the point of my video course, which is to teach you how to bring grounding inside your homes and make it a part of your lives.

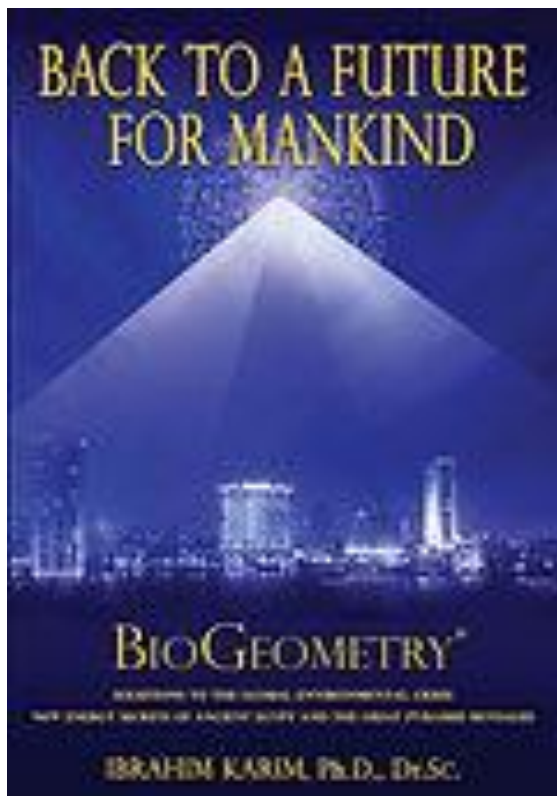
EMF is not going away,  
RF is not going away,  
Radiation is not going away,  
Technology is not going away.

You cannot fight it. You need Beyond Healing with Grounding, Earthing and Sunning to defeat this. And if not, the only other way to fight it, would be to go up into

the mountains or in the middle of nowhere with no technology. So that's not practical for the majority of us. So, what we can do, however, is to bring the outdoors into our homes and ground our environment. This is the best way to safeguard our health and the health of our children and future generations.



## BIOGeometry and EMF/RF



**Back To A Future For Mankind by Dr. Ibrahim Karim**

This first-ever published collection of writings by Dr. Ibrahim Karim reflects the holistic essence of his worldview. Dr. Karim is the founder of the Science of BioGeometry in the early 1970s. BioGeometry is the science that uses shapes, colours, motion and sound to induce harmony into the subtle energy qualities of the environment. At the core of this harmony is a subtle energy quality found in the transcendental centers of the forming process of nature and is the main quality in sacred power spots of humanity that give a spiritual dimension to the timeless monuments erected since the dawn of humanity. With his experience as an architect and a scientist, Dr. Karim has synergized aspects of Pythagorean Harmonics, Subtle energy sciences, Radiesthesia, Geobiology, Building Biology, Sacred Architecture, and modern wave

theories to produce a new Physics of Quality from which the science of BioGeometry emerged. \*BioGeometry bridges science and spirituality to produce a natural harmony in the environment. \*BioGeometry provides a viable solution to transform the quality of the effect that electromagnetic radiation has on living systems. Successful projects in Switzerland in collaboration with & acknowledgment of Swiss authorities

prove their efficiency to take our modern science into the future. \*BioGeometry provides new solutions to Earth Radiation, which is a serious health hazard if not acknowledged in the location and design of our buildings. \* A new energy-quality-based analysis of the Great Pyramid of Giza, reveals new knowledge on the foremost of the wonders of the world and the essence of the great Ancient Egyptian civilization.

## <https://www.biogeometry.ca/introduction-to-biogeometry>

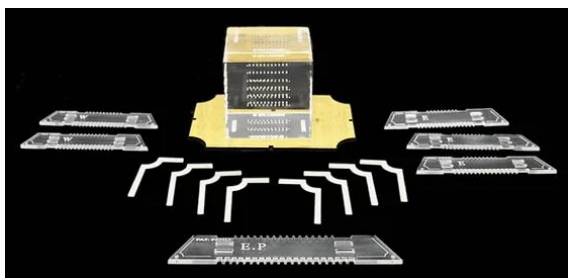


### Electrosmog Hemberg Project

BioGeometry • 11K views

BioGeometry solutions to balance negative electromagnetic radiations in Hemberg Switzerland.

## <https://www.youtube.com/watch?v=M0nmOx3ru6M>



### Home Energy Balancing Kit

The BioGeometry Home Energy-Balancing Kit was developed and tested as an individual home solution, to be used to reduce the symptoms suffered from environmental stress.

The 1 cube home kit covers an area of approximately 3000 sq. ft.

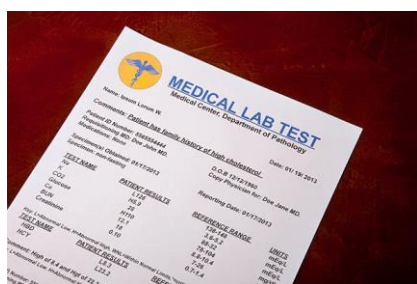
**Visit Dr. Karim's Website on BIOGEOMETRY for pricing and to learn more.**

<https://www.biogeometry.ca/>

## Blood Tests Reports and Organ Detoxing

I had this question sent to me:

**Master Ali, do you have a good recipe for liver cleansing detox? I think I need one. My liver bilirubin is quite high. This is my blood report. {And she attached her blood report}**



I found this question pertinent to the book and have added it, because I need to address these issues.

There are two things that we need to address in this question to me. The first is the request for a liver cleansing recipe and the second is regarding the blood report.

Let me address the blood report first, the body contains 70% water, as we've been told.

However, out of this two thirds comprises the lymphatic system fluids and one third is the blood system fluids. Now with this in mind, one can assume that since the lymph system is 2/3 and the blood is 1/3 greater emphasis and priority should be on the greater system, right?. Why aren't our Doctors and Medical Establishment also thinking this way too? Why is the focus on the secondary system (blood) and not the

primary? I.E. Blood Test Report, why is there not a Lymphatic System Report? Did they do this on purpose? You sure bet they did. And to further add, the lymphatic system and its function in the body are far greater than the blood system and this will be explained to you further in this book. Then why are the doctors removing people's lymph nodes, aka tonsils, appendixes, spleens etc.? God put them in there for a reason and purpose, why are they so quick to pull them out? These are words for you to

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*To further understand cholesterol, please read the Health Fact Checks #1 and #2 at the end of this book.*

---

contemplate and study over. I will come back to this later, in the book, and give you an analogy of your kitchen sink. Just remember this part.

What you need to understand are these tests, and blood test reports are nothing but fakery by the Medical Establishment designed to purposely find faults in your body and therefore progress to diagnosing you with chronic sickness and prescribe medication or further

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*Do NOT mix the old system of what you knew with the new system of what you've learnt.*

---

surgery. The body dumps toxins into the bloodstream, can you not see that this will produce a lot of false positives?

Now, of course, any medical doctor reading this right now would be fuming at my words, but that is the true reality of your profession, dear Doctor. Blood Pressure, years ago, 150/100 was considered Normal, then it got changed to 140/70. Why? So that doctors can prescribe medication. Cholesterol, HDL, LDL, good and bad, sorry to say, but this is more fakery by the Medical Establishment. There is NO such thing as good or bad cholesterol. There is ONLY cholesterol and it is your body that creates the cholesterol, this nonsense about fatty, oily and fried foods and saturated fats is pure B.S., and another reason for them The Medical Establishment to prescribe statin medication to you. So, if you want to do a blood test, it's your choice, but be aware that the scales are lowered as you don't need their fear mongering running through your mind and that is all these reports do. They create fear in the hearts and minds of the patient, nothing good ever comes from these reports.

If you sit down and shut off the distractions around you and listen to your body, through meditation, you can talk to your body, it will talk back to you. What better reporting do you need? But the problem are people too busy multitasking their minds to listen. And I will address this in more detail in the Meditation section of this book.

Now, let me address the initial question on the liver cleanse. The picture that I showed, at the beginning of Section III

on Chronic Sickness, states that the body rebuilds its liver every 6 weeks. That is one and a half months, not very long, so why in the world would you need to do liver a cleanse? There is no logic to this type of thinking. In one and a half months, you have a new liver! This is the type of thinking that we've been brainwashed into believing that we need to cleanse our body's organs. God created the body perfectly, why then do we need to cleanse it? The body was designed to cleanse itself without our help, think carefully about that, those are words of wisdom. So, we need to adjust our thinking and get away from these detox cleansing concepts. They are nothing but misdirected ideas from the Medical Establishment's Health Departments to make us focus on patching the body instead of letting the body rebuild itself. We need to focus on providing our body with THE RIGHT ENVIRONMENT so that it can conduct its affairs. That it can rebuild itself is the goal. Now, what does patching the body mean? It means that we are not focusing on the root issues as to why the body cannot rebuild itself and therefore we need to patch it together. For example, if you have a leaky roof, your solution, put some duct tape on the leak. Does it work? Sure, maybe, is patching the best solution for the job? You think about that on your own.

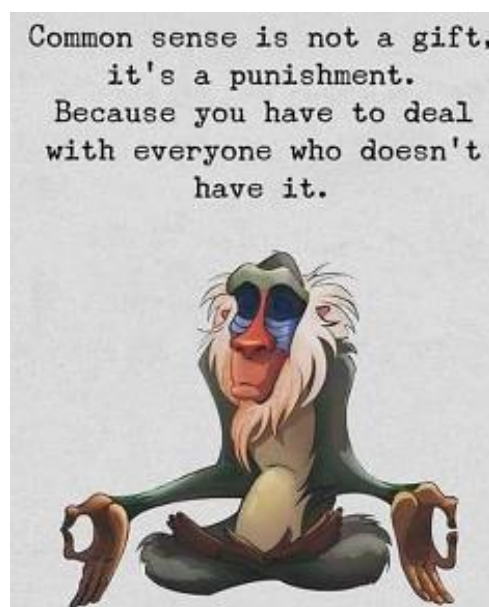
Now, this analogy that I am drawing is clear in my mind, but I have a feeling it is not clear in yours, so let me address this a little further. As I can hear

someone in the background, saying. “But Master Ali, isn’t cleaning our liver a good thing to do and then it can rebuild itself easier?” That all depends. You see, based on your old way of thinking, you were cleansing the liver with this detox, but you failed to address the root cause of why your liver needed to be detoxed in the first place. The man-made radiation. So now that you’ve come a long way in learning and understanding the root cause of sickness, your job is to provide the body with the right environment, and the right voltage that will cure and heal itself. The body is designed to do that. Let it. So now that you have a new belief system of healing, based upon what I have taught you, don’t mix it with the old system and this concept of detoxing is what you are doing. Don’t do that! Keep moving forward with the new concepts and beliefs that I have educated you on.

You’ve just learnt new ways of how the body heals itself, and the last thing you want to do is confuse yourself by mixing the corrupted knowledge from the Medical Establishment with what I have taught you. I did the same thing myself at the start but as I learned to distinguish between the two I have learned to take the good from the bad of the old system ways. Learn to connect the dots and learn to think on your own. The important thing to take away is don’t stop learning.

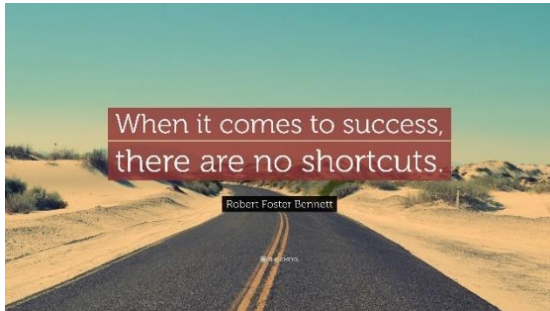
Is taking an apple, adding celery, tomatoes, and cucumbers and blending

them and drinking that a bad thing? Absolutely NOT! It is wonderful, but understand why you are doing it? Not to detox your liver but to raise your negative voltage for your body to heal and rebuild itself. This is your new way of thinking. Apply this thinking now to your healing. People are taking all kinds of products, jumping from this product, to this product and that product. This is all foolish thinking. The analogy that comes to my head is a chicken running around with its head cut off. They have no idea what they’re doing!



**Build your healing plan**, as I will discuss in Section IV of this book and understand what you’re doing and what you are going to do before you do it. MMS and DMSO (two products that I talk about later in this book), these two products, along with the grounding and zapping is ALL you need to get your body tip top. You don’t need this milk product or that product or this cleanse and that cleanse or this diet and diet

etc, **what you need to UNDERSTAND is what you need to do to get your body to cure itself.** And spending the time to read my eBook, this book, The Classification of Sickness from cover to cover and to understand the concepts that I am conveying to you is what you need to do.



**YOU ARE SO WORTH IT.**  
Stay Strong

forever-happyandhealthy.tumblr.com



## **The Stomach-Gut-Brain**

### **Connection**

In our attempts to heal our bodies, we generally leave out the most important organ, the stomach. As stated in the early pages of this book, the immune system predominately lies in the stomach.

**The Prophet of Islam stated that the stomach is the house of diseases, and diet/regimen (or prevention) is the best medicine and He also said, that man's worst vessel is his stomach.**

If you think about it, since 85% of the immune system is located in the stomach (gut) and most people's immune systems are probably running at 50% less than that, then it becomes very easy for disease to enter and move to other parts of the body. Think about it this way, you have a security guard on duty but he's fallen asleep on the job, and the intruders can just walk right past him and take whatever they want.

So we need to wake up our security guard so that he's on full alert for any intruders. Now keep in mind, an active security guard will not just stop intruders from entering your premises but he will also make rounds and deal with any other intruders that he finds. So you can see the importance of having a top notched security guard!

We need to increase our Gut health and how do we do that?

Through Digestive enzymes and probiotics.

## **17 Top Probiotic Foods**

Where can you find probiotics? Here are the top 17 foods in which you can find this beneficial bacteria.

### **1. Kefir**

Similar to yogurt, this fermented dairy product is a unique combination of milk and fermented kefir grains. It has been consumed for well over 3,000 years; the term originated in Russia and Turkey and means "feeling good." It has a slightly acidic and tart flavour and contains anywhere from 10 to 34 strains of probiotics.

It is similar to yogurt, but because it is fermented with yeast and more bacteria, the final product is higher in probiotics and lower in lactose, making it a suitable choice for many who are lactose-intolerant.

### **2. Sauerkraut**

Made from fermented cabbage and other probiotic vegetables, sauerkraut is not diverse in probiotics but is high in organic acids (what gives food its sour taste) that support the growth of good bacteria.

Sauerkraut is extremely popular in Germany today. It is high in vitamin C and digestive enzymes. It's also a good source of natural lactic acid bacteria, such as lactobacillus.

### **3. Kombucha**

Kombucha is an effervescent fermentation of black tea that is started by using a SCOBY, also known as a symbiotic colony of bacteria and yeast.

Kombucha has been around for over 2,000 years, originating in Japan. Many claims have been made about kombucha, but its primary health benefits include digestive support, increased energy and liver detoxification.

#### **4. Coconut Kefir**

Made by fermenting the juice of young coconuts with kefir grains, this option has some of the same probiotics as the traditional variety but is typically not as high in probiotics. Still, it has several strains that are beneficial for your health.

Coconut kefir has a great flavour, and you can add a bit of stevia, water and lime juice to make a great-tasting, refreshing drink.

#### **5. Natto**

A popular dish in Japan consisting of fermented soybeans, natto contains the extremely powerful probiotic *Bacillus subtilis*, which has been proven to bolster your immune system, support cardiovascular health and enhance digestion of vitamin K2.

Natto also contains a powerful anti-inflammatory enzyme called natto kinase that has been proven to prevent blood clotting and is loaded with protein, securing it a top slot in the list of probiotic foods.

#### **6. Yogurt**

Possibly the most popular probiotic food is live cultured probiotic yogurt or Greek yogurt made from the milk of cows, goats or sheep. Yogurt, in most

cases, can rank at the top of probiotic foods if it comes from grass-fed animals and has not been pasteurized.

The problem is there is a large variation in the quality of yogurts on the market today. When buying yogurt, look for organic, grass-fed varieties that are made from goat's or sheep's milk.

#### **7. Kvass**

This powerful ingredient has been a common fermented beverage in Eastern Europe since ancient times. It was traditionally made by fermenting rye or barley, but in more recent years has been created using probiotic fruits and beets along with other root vegetables like carrots.

Kvass uses Lactobacilli probiotics and is known for its blood and liver-cleansing properties along with its mild sour flavour.

#### **8. Raw Cheese**

Goat's milk, sheep's milk and A2 cow's soft cheeses are particularly high in probiotics, including thermophilus, bifidus, bulgaricus and acidophilus. Always buy raw and unpasteurized cheeses if you want to receive any probiotics, as pasteurized and processed varieties are lacking in beneficial bacteria.

#### **9. Apple cider vinegar**

Is apple cider vinegar a good source of probiotics? In addition to controlling blood pressure, balancing cholesterol levels, improving insulin sensitivity and



even enhancing weight loss, apple cider vinegar can also help ramp up the probiotic intake as well. Drink a small bit each day or use it as a salad dressing to maximize your results.

### **10. Salted gherkin pickles**

These fermented tasty treats are also a little recognized probiotics source. When shopping for pickles, be sure to choose a smaller food manufacturer that uses organic products. If you can find a local maker, you'll be getting some of the best probiotics for your health.

### **11. Brine-cured olives**

Olives that are brine-cured are an excellent source of probiotics. Like with salted gherkin pickles, be sure to select a product that is organic first. Next, be certain that your olives aren't made by a huge manufacturer and try to select a smaller company that advertises probiotics.

Also make sure that your olives don't contain sodium benzoate, a food additive that can negate many of the health-promoting properties of this probiotic power-food.

### **12. Tempeh**

Hailing from Indonesia, this fermented soybean product is another awesome food that provides probiotics. Tempeh is created by adding a tempeh starter to soybeans. The product is then left to sit for a day or two, which results in a cake-like product.

You can eat tempeh raw or by boiling it and eating it with miso. It can also be

used as a substitute for meat in a stir fry meal and can be baked, grilled, marinated or sautéed.

### **13. Miso**

Miso is a traditional Japanese spice found in many of their traditional foods. If you've ever been to a Japanese restaurant, you may have seen their miso soup. Not only that, but it is also one of the mainstays of Japanese medicine and is commonly used in macrobiotic cooking as a digestive regulator.

It is created by fermenting soybean, barley or brown rice with koji. Koji is a fungus, and the fermentation process takes anywhere from a few days to a few years to complete.

Miso soup is famous throughout the world, and it's very easy to prepare. Simply dissolve a tablespoonful of miso in a pot of water filled with seaweed and other ingredients of your choice. Miso can also be spread on crackers, used in place of butter or added to marinades and stir-fries for an added dose of flavour.

### **14. Traditional Buttermilk**

Traditional buttermilk, also sometimes called cultured buttermilk, is a fermented drink that is made from the liquid that is left over after churning butter. It's considered one of the top probiotic Indian foods and is also commonly consumed in countries such as Nepal and Pakistan as well.

Keep in mind that most types of buttermilk found at supermarkets do not contain probiotics. Instead, look for

varieties that contain live cultures to boost the benefits of your buttermilk.

### **15. Water Kefir**

Water kefir is made by adding grains to sugar water, resulting in a fermented, fizzy beverage that is jam-packed with probiotics.

The water kind is one of the top natural vegan probiotic foods that can be enjoyed as part of a healthy plant-based diet. It's also thinner than the regular version and can be flavoured using a variety of herbs, fruits and spices to create your own customized concoction.

### **16. Raw Milk**

Raw cow's milk, goat's milk, sheep's milk and A2-aged cheeses are particularly high in probiotics. Just remember, all pasteurized dairy is devoid of healthy bacteria, so to get the probiotics, you need to stick to only high-quality, raw dairy that hasn't been pasteurized.

### **17. Kimchi**

Kimchi is a cousin to sauerkraut and is the Korean take on cultured veggies. It's created by mixing a main ingredient, such as Chinese cabbage, with several other foods and spices, like red pepper flakes, radishes, carrots, garlic, ginger, onion, sea salt and fish sauce.

The mixture is then left aside to ferment for three to 14 days, resulting in a flavour-filled, probiotic-packed ingredient.

### **Other Pro-Biotic Options**

For some people, you may not be able to "stomach" some of the above foods so there are other options that you can get Pro-biotics. Supplements are the fast and easy way.

There are many on the market and some are better than others and they vary in price.

This website compares several brands and explains the differences between them.

<https://www.prevention.com/food-nutrition/g33704757/best-probiotic-supplements/>

### **Probiotics and Prebiotics: What's the Difference?**

Probiotics and prebiotics even though they sound similar, play different roles in your health.

Probiotics are beneficial bacteria, and prebiotics is food for these bacteria. I'll explain what you need to know about the two.

#### **What are probiotics and prebiotics?**

Both prebiotics and probiotics are important for human health. However, they have different roles:

**Probiotics.** These are live bacteria found in certain foods or supplements. They can provide numerous health benefits.

**Prebiotics.** These substances come from types of carbs (mostly fibre) that

humans can't digest. The beneficial bacteria in your gut eat this fibre.

The gut bacteria, collectively referred to as the gut flora, or gut microbiota, perform many important functions in the body.

Eating balanced amounts of both probiotics and prebiotics can help ensure that you have the right balance of these bacteria to keep your gut microbiota healthy.

### **Which foods are prebiotic?**

Before you go out and buy expensive prebiotic supplements, remember that many foods naturally contain them.

That's because prebiotics are types of fibre found in vegetables, fruits, and legumes.

Humans are not able to digest these types of fibre, but your good gut bacteria can digest them.

### **Foods that are high in prebiotic fibre include:**

- legumes, beans, and peas
- bananas
- berries
- Jerusalem artichokes (not the same as regular artichokes)
- asparagus
- dandelion greens
- garlic
- leeks
- onions

And foods that are high in Probiotics, well I have already given you the list of 17 foods.

The bottom line. Keeping your gut bacteria balanced is important for many aspects of health.

To do this, eat plenty of both prebiotic and probiotic foods, as they will help promote the most ideal balance between good and bad gut bacteria.

### **Enzymes vs. Probiotics and Why We Need Both**

There's much confusion as to what digestive enzymes and probiotics are, since both play key roles in the gut and are key to digestive health. People ask all the time: Should I be taking probiotics or enzymes? If I take one, do I need the other? These questions are understandable! To answer these questions, we must first understand the basics of what each is. Let's take a look.

### **Digestive Enzymes 101**

Digestive enzymes are non-living, protein-based molecules made and secreted by the GI tract. They are designed to break down the proteins, carbohydrates, and lipids in the foods we eat, so that we can absorb and use the nutrients they contain for the many thousands of biological tasks the body must carry out every day to be healthy and functional. The various kinds of proteases break down proteins into amino acids; amylase, lactase and alpha-galactosidase break down complex carbohydrates (starches and

complex sugars) into glucose; lipases break down fats into fatty acids and monoglycerides. Masters of efficiency and execution, digestive enzymes are 'one-trick-ponies' in that they do a very specific job of making or breaking their 'assigned' molecules both extremely well and extremely fast. For example, a protease enzyme breaks a protein in a specific place in its chain as rapidly as one million times per second. They mean business!

Supplementation with digestive enzymes makes sense for several reasons:

In nature, enzymes are present in fresh, raw foods and do up to 60% of the digesting for us, before the food moves into the bottom of our stomach for further digestion. Industrial processing and cooking foods destroy (denatures) all in-food enzymes, rendering them non-function.

Supplementary enzymes help ensure all foods are completely broken down into their absorbable nutrients, including when we overeat. They keep digestion strong, freeing your immune system to do other important jobs: digest microbe, yeast, and cell debris, break down inflammatory and autoimmune proteins, and repair cells and tissues.

They help relieve food intolerances and sensitivities, and allergy symptoms. This includes an estimated 75 percent of the world's adults who deal with some degree of lactose intolerance

(hypolactasia) from lowered lactase production after weaning.

They can be used to help manage some of the digestive symptoms related to more serious conditions like celiac disease and cystic fibrosis.

### **Probiotics 101**

Probiotics are beneficial bacteria that are present in a healthy GI tract and that makeup part of the intestinal microbiome (the total of all the different kinds of microbes within the gut). These living organisms normally maintain a mutually beneficial relationship with the host, bringing with them far-reaching metabolic, immunological, nutritional, and psychological benefits. Masters of protection and balance, probiotics keep harmful, intestinal microorganisms in check. In addition, they help with digestion; manufacture some vitamins (B and K) and short chain fatty acids; stimulate protective 'mucin' secretion in the lining of the gut; and break down cholesterol in our bowels.

Probiotic supplements are considered a safe therapy and play a role in health because they:

Replace the probiotics that are naturally present in fresh, raw foods but are destroyed by industrial processing and cooking.

Compensate for poor dietary and lifestyle choices.

Serve as a way to improve microbial balance in the intestinal tract and

restore a baseline microbial community following disruptive events (dysbiosis) such as infection or taking antibiotics.

Support immune function.

Among hundreds of different kinds of microbes naturally present in the gut, research shows that two types of probiotics known as Lactobacilli and Bifidobacterial confer the most benefits.

### **Digestive Enzymes vs Probiotics: So, what's the same?**

Both are destroyed by heat: If you empty the capsules into foods, be sure to add them to foods that are cool enough to eat!

Both do their work inside the digestive tract.

Both improve gut function, but in different ways.

Both support immune function.

### **And, what's different?**

Enzymes are active but non-living molecules; probiotics are living organisms/bacteria.

Enzymes expertly split foods into absorbable nutrients, but that's all they do; human-adapted probiotics live in the gut for up to two weeks, eat, multiply, and fight other microbes.

Enzymes come from raw foods, supplements, and the body's production; probiotics cannot be made by the body. They only come from raw foods, outside contact, or supplements.

Enzyme molecules are much smaller than probiotic cells: you can fit 100 million times more enzymes into the same sized capsule. It's one of the reasons enzymes are so efficient.

Enzymes do not require refrigeration; probiotics do.

The Bottom Line: Enzymes break down foods into smaller nutrients that the body can then use. Probiotics protect the digestive tract. A diminished number of probiotics in the gut and poorly digested foods both place a burden on the body that it must then work harder to fix. Understanding the different ways that digestive enzymes and probiotics work, gives us a much better chance to effectively address digestive health. If you want the best of health, both of these different functions need support.

### **10 Signs of an Unhealthy Gut**

If you have digestive issues, you're not alone. Each year, nearly 70 million Americans are affected by digestive diseases, from irritable bowel syndrome (IBS) to gastroesophageal reflux disease (GERD).

Many factors affect your gut health. There are factors you can control, like stress and diet. When your gut functions properly, there's a good balance of bacteria helping your body process and get energy from the foods you eat, clear toxins, fight against disease, and boost your mood. You're also free of symptoms like diarrhea, constipation,

loose stools, gas, bloating, and abdominal pain.

**THE BIGGEST WARNING SIGN THAT YOU HAVE AN UNHEALTHY GUT IS IF YOU SUFFER FROM ANY FORM OF CHRONIC SICKNESS. IF YOU HAVE ANY CHRONIC SICKNESS YOU NEED TO WORK ON IMPROVING YOUR GUT HEALTH IMMEDIATELY.**

**Here are 10 other warning signs you may have an unhealthy gut.**

**You have an upset stomach.** Frequent discomfort, gas, bloating, constipation, diarrhea, and heartburn could be signs that your gut is having a hard time processing food and eliminating waste.

**You feel tired more often than not.** People with chronic fatigue may have imbalances in the gut. One study found that almost half of the people with fatigue also had IBS.

**You have trouble sleeping in general.** An unhealthy gut can cause insomnia or poor sleep, which leads to fatigue. The majority of your body's serotonin, which affects mood and sleep, is produced in the gut. So, when there are bacteria or inflammation in the gut, your sleep may be affected as well.

**You are intolerant to some foods.** Food intolerances may be caused by the poor-quality bacteria in the gut. You may have a food intolerance if you struggle to digest certain foods. This can cause bloating, gas, diarrhea, nausea, and abdominal pain.

**You have extreme food cravings, especially sugar.** Eating too much sugar can cause too many “bad” bacteria in the gut. High amounts of sugar, especially high-fructose corn syrup, are linked to inflammation in the body and put you at risk for other diseases.

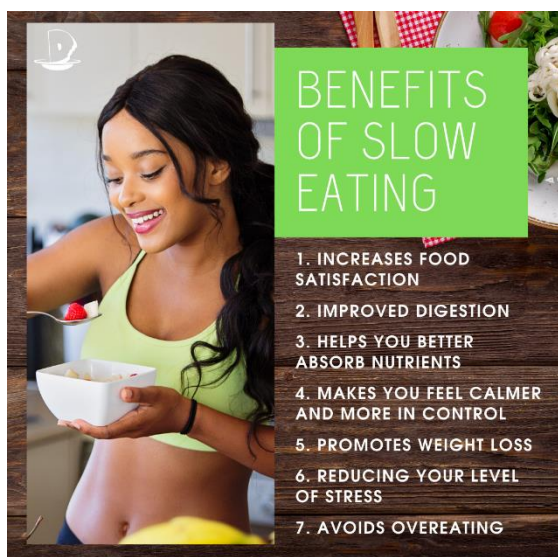
**You have unintentional weight gain or loss.** When your gut is imbalanced, your body may struggle to absorb nutrients, store fat, and regulate blood sugar. Weight loss or gain may be caused by bacteria overgrowth or lack of nutrients.

**You have skin irritations.** Some skin conditions like acne, eczema, and psoriasis may be related to gut issues.

**You get migraines.** There may be a link between headaches and gut health, especially if you experience nausea or vomiting with migraines. Studies suggest that people with frequent headaches are more likely to have gastrointestinal disorders too.

**You have autoimmune problems.** Some “bad” gut bacteria may trigger autoimmune conditions like thyroid issues, rheumatoid arthritis, multiple sclerosis, and type 1 diabetes.

**You have frequent mood changes.** Gut problems and inflammation in the nervous system can lead to anxiety and depression.



### 5 Powerful Reasons to Eat Slower

One of the problems in our daily life is that many of us rush through the day, with no time for anything and when we have time to get a bite to eat, we gobble it down.

That leads to stressful, unhealthy living.

And with the simple but powerful act of eating slower, we can begin to reverse that lifestyle immediately. How hard is it? You take smaller bites, you chew each bite slower and longer, and you enjoy your meal longer.

**It takes a few minutes extra for each meal, and yet it can have profound effects.**

You may have already heard of the Slow Food Movement, which started in Italy almost two decades ago to counter the fast-food movement. Everything that fast food is, Slow Food isn't.

If you read the Slow Food Manifesto, you'll see that it's not just about health — it's about a lifestyle. And whether you

want to adopt that lifestyle or not, there are some reasons you should consider the simple act of eating slower:

**Lose weight.** A growing number of studies confirm that just by eating slower, you'll consume fewer calories — enough to lose 20 pounds a year without doing anything different or eating anything different. The reason is that it takes about 20 minutes for our brains to register that we're full. If we eat fast, we can continue eating past the point where we're full. If we eat slowly, we have time to realize we're full and stop on time. Now, I would still recommend that you eat healthier foods, but if you're looking to lose weight, eating slowly should be a part of your new lifestyle.

**Enjoy your food.** This reason is just as powerful, in my opinion. It's hard to enjoy your food if it goes by too quickly. I think it's fine to eat sinful foods if you eat a small amount slowly. Think about it: you want to eat sinful foods (desserts, fried foods, pizza, etc.) because they taste good. But if you eat them fast, what's the point? If you eat them slowly, you can get the same amount of great taste, but with less going into your stomach. That's math that works for me. And that argument aside, I think you are just happier by tasting great food and enjoying it fully, by eating slowly. Make your meals a gastronomic pleasure, not a thing you do rush, between stressful events.

**Better digestion.** If you eat slower, you'll chew your food better, which leads to better digestion. Digestion starts in the mouth, so the more work you do up there, the less you'll have to do in your stomach. This can help lead to fewer digestive problems.

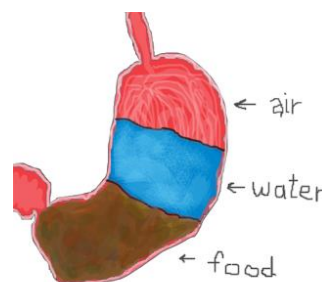
**Less stress.** Eating slowly, and paying attention to our eating, can be a great form of mindfulness exercise. Be in the moment, rather than rushing through a meal thinking about what you need to do next. When you eat, you should eat. This kind of mindfulness, I believe, will lead to a less stressful life, and long-term happiness. Give it a try.

**Rebel against fast food and fast life.** Our hectic, fast-paced, stressful, chaotic lives — the Fast Life — lead to eating Fast Food, and eating it quickly. This is a lifestyle that is dehumanizing us, making us unhealthy, stressed out, and unhappy. We rush through our day, doing one mindless task after another, without taking the time to live life, enjoy life, relate to each other, to be human. That's not a good thing. Instead, rebel against that entire lifestyle and philosophy with the small act of eating slower. Don't eat Fast Food. Eat at a good restaurant, or better yet, cook your food and enjoy it fully. Taste life itself.

### **Eating: The 1/3rd Rule**

The Prophet of Islam said: "No human ever filled a vessel worse than the stomach. Sufficient for any son of Adam are some morsels to keep his back straight. But if it must be, then one-third for

his food, one third for his drink and one third for his breath."



### **And use the 3-Burp rule to know when your stomach is full.**

To avoid overeating, follow this rule. For most people you may not be aware of the 3-burp rule and as such haven't paid attention to your body. Your body will tell you when you had enough to eat. After the first burp, it is time to slow down and start drinking water, but if you missed the first burp, there will be a second, and if you missed the second, there will be a third. Stop at the third. This simple acknowledgement from your body will help with your digestion and restore balance to your stomach health.

### **Health Benefits of Apple Cider Vinegar and Honey**



Have you heard about the potential health benefits of apple cider vinegar and honey? Health experts have advised us that drinking a mixture of apple cider vinegar and raw honey benefits the body in ways that may surprise you.



While it's a bit of an acquired taste, a blend of apple cider vinegar and honey has some important therapeutic uses and health benefits both internally and topically.

Apple cider vinegar is low in calories but high in nutrients

Apple cider vinegar (also called ACV) is made from fermented apple juice. ACV has only 3 calories per tablespoon, but it also has several important nutrients, including:

- Vitamins B and C
- Magnesium and Manganese
- Iron
- Amino Acids
- Phosphorus
- Antioxidants

### **Raw honey is healthy too**

Raw honey is also rich in phytonutrients and antioxidants that can contribute to better health and overall well-being when consumed regularly. Raw honey contains hundreds of different enzymes, minerals (calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc), vitamins B and C, and other micronutrients and trace elements. Some of the ways that raw honey helps with holistic health include:

- aids in healthy vision
- promotes good digestion as a prebiotic
- promotes more even blood sugar levels
- can be calming and help to reduce stress

speeds wound healing by killing bacteria and fighting infection when used topically



### **Apple cider vinegar and honey are even better when combined**

When combined, apple cider vinegar and honey are even better for promoting good health. **Internally, these health benefits include:**

- reducing the severity and duration of coughs and colds
- alleviating the symptoms of seasonal allergies
- decreasing bloating
- balancing cholesterol and triglyceride levels
- improving insulin production and reducing sugar spikes
- aiding with heartburn and indigestion

### **Externally, or topically, a blend of apple cider vinegar and honey can help to:**

- treat acne and reduce the severity of breakouts
- soothe and heal sunburn and certain rashes
- promote faster wound healing
- promote smoother and more elastic skin

give more lustre to hair and reduce hair frizz  
treat dandruff by increasing moisture in hair follicles

### How often should you drink apple cider vinegar and honey?

For optimal benefit, you can safely drink a blend of apple cider vinegar and honey every day. Select a robust herbal tea (such as rooibos or hibiscus) and let steep until lukewarm. Then stir in a tablespoon of apple cider vinegar and a teaspoon of raw honey. This healthy blend of apple cider vinegar and honey can be consumed in other ways. Combine ACV, honey, oil and spices for a zesty salad dressing or flavourful meat marinade.

Apple cider vinegar should be diluted before drinking (with water or herbal tea) as the acidity in undiluted ACV may cause digestive stress and stomach pains. Some people prefer to take a daily dose of ACV in the form of capsules or gummies.

### What type of Apple cider vinegar and honey should you use?

Buy the raw and unfiltered versions for both. Check the ACV label. You want to see the word "mother" on it. This means that apple cider vinegar contains beneficial bacteria and enzymes. ACV with the "mother" will be cloudy with a layer of sediment at the bottom. Shake the bottle each time before using it to get this good stuff in your blend.

As for honey - same thing. You want to purchase raw and unfiltered honey which is minimally processed to preserve the enzymes, vitamins, minerals and other phytonutrients. As for flavour, you will want to use robust honey that will not be overpowered when combined with vinegar. Some good honey choices include tupelo, wildflower, and basswood.

**19 HEALTH BENEFITS OF APPLE CIDER VINEGAR**

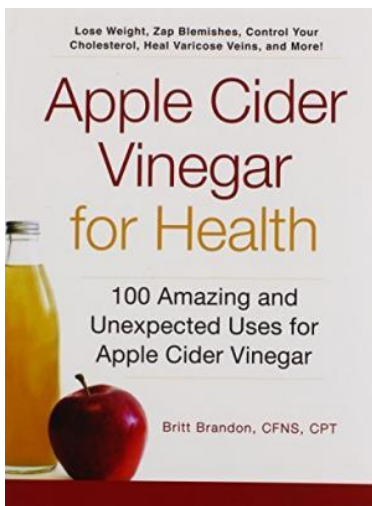
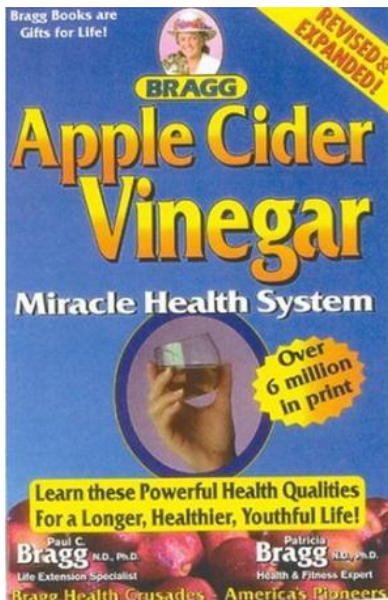
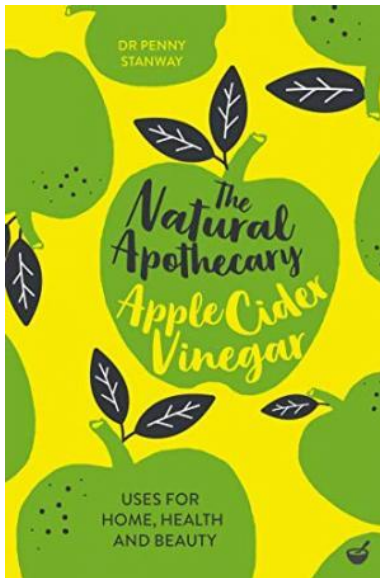
- improves digestion
- lowers blood sugar levels
- improves insulin sensitivity
- helps you lose weight
- improves hair health
- anti-aging properties
- makes you feel fuller
- helps reduce acne
- reduces belly fat
- reduces bloating
- aids heartburn
- lowers blood pressure
- improves heart health
- decreases cancer risk
- kills bacteria
- lowers cholesterol
- improves heart health
- contains antioxidants
- just 3 calories per tablespoon

**THE HISTORY OF APPLE CIDER VINEGAR**

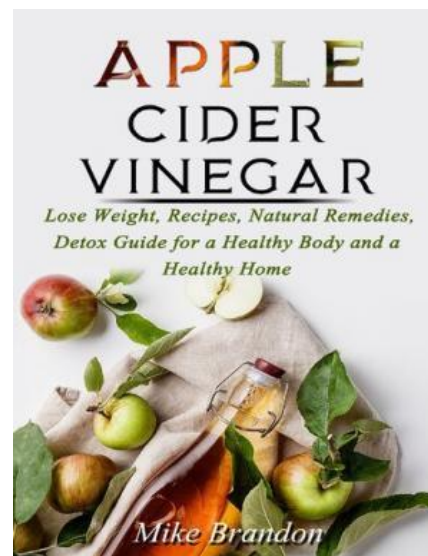
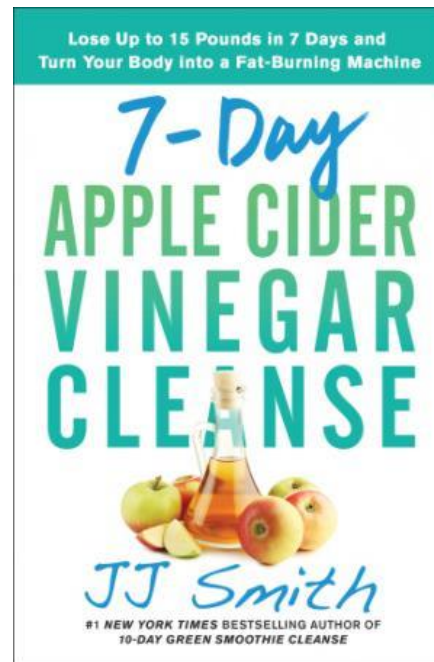
- Apple cider vinegar has been around for thousands of years and has many uses and benefits.
- It was used in the US Civil War and World War I to treat wounds on the battle field.
- Hippocrates, often described as the father of medicine, prescribed apple cider vinegar to help with many health issues.
- Japanese Samurai warriors were said to drink it for strength and power.

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## Apple Cider Vinegar eBooks



Go to <https://www.pdfdrive.com/> to find PDF downloads of these books:



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*Remember with EVERY chronic sickness you need to work on improving your stomach gut health at the same time. Otherwise your healing will be slow.*

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## Chronic Sickness Solutions

### High Blood Pressure

This is probably the most common chronic sickness, next to high cholesterol, which I will get to next.

**Emergency Medical Technicians and Doctors were taught that healthy blood pressure was 100 plus your age over about 60-90 (systolic over diastolic). So, if you are 65 years old, and have a BP of 170/70, your BP is perfect. However, doctors are telling their patients that they have high BP and need to take BP medicine.**

The pharmaceutical industry, which controls what the medical schools teach, simply lowered those numbers arbitrarily, without any science in support of such a lowering, and thereby immediately made millions of people "in need" of BP medications. If you are still passionate about lowering your BP then go online and look for natural options.

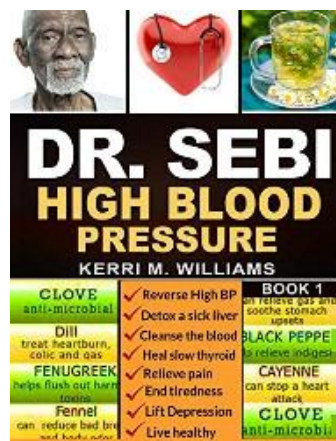
**Taking Omega 3, 6, and 9 is quite helpful for lowering BP. Find and use natural products like Sacha Inchi. I explain more about it in this eBook.**

What we need to understand about BP is that if your BP is rising, it is your body alarming you that something is wrong. Taking medication to lower it is not addressing the root cause of the problem, just buffering it. Start asking the pertinent questions, what has changed around you? New diet? More workload? New Boss? Are you lacking exercise? (if so, get a Rebounder). Are you checking your BP in the afternoon, as most people their pressure rises during that time?

**Your stress reaction may affect your blood pressure.**

Your body produces a surge of hormones when you're in a stressful situation. These hormones temporarily increase your blood pressure by causing your heart to beat faster and your blood vessels to narrow.

**The point is, there has to be a reason.** Many books teach natural ways to reduce BP. **Find them.**



## High Cholesterol

All right, the second biggie is High Cholesterol. You need to check the first two Health Fact Checks at the back of this book. Please read them and watch the video link with it. But in a nutshell, having high cholesterol is another scam by the Medical Establishment, the Government Health Departments and

doctors. The truth of the matter is OUR BODIES create cholesterol, and it creates a lot of it because our brains need high cholesterol. Without high cholesterol in our brains, the brain gets weaker and begins to fail and function as it should. The result is, you will get Alzheimer's and other memory related sicknesses as well as heart disease.

**Cholesterol has absolutely NOTHING to do with fatty saturated fats.** That is another huge lie by them for their doctors to prescribe statin medication to you. What are statins and what do they do to your body? **Statin were originally used by farmers as pesticides.** WHAT! And they add this to medication? Statins are highly toxic!

So now you can see why so many people have heart related issues.

From a simple blood test, showing high cholesterol, to taking prescribed medication by the doctor, AND notice how, you never stop taking this medication but he (your doctor) is happily willing to prescribe more to you. Next thing you know, your memory has failed or you've got heart problems. When you watch the video by Dr. Natasha in the Health Fact Check, she explains in more detail. Please MAKE the time to watch her video. **She is a Medical Doctor and she is WARNING YOU NOT to take cholesterol lowering medication.**



## Cancer - The big one.

**The first thing is do not be afraid, fear will change your voltage to positive.**

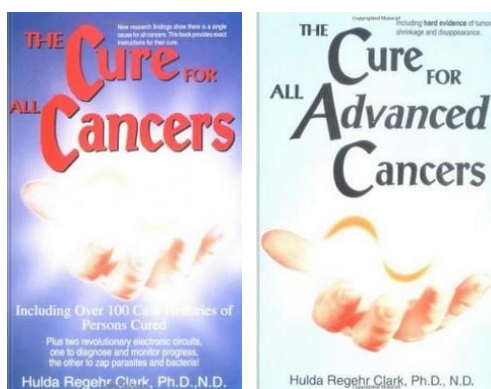
The **second thing is that YOU never asked for cancer, "they" gave it to you.** So now that you have it, work with it and adjust your life as you need to adjust and move forward. No need to crawl under your bedsheet and cry. Stay strong and you know to change your health and take back control of your health. Use the knowledge that I

am teaching you and maintain your body. You can do it!

The **third thing is IMMEDIATELY CUT OUT ALL SUGAR AND FLOUR INTAKE.**

If you're making herbal teas and used to adding sugar then stop, and use honey. DO NOT even use brown sugar. ALL sugar products, including cakes, cookies, creamers, etc. etc. ALL SUGAR means ALL SUGAR and ALL FLOUR. Sugar and Flour are the food for the cancer cells. So cut off their food supply. Then start your natural remedy treatments. There are a few products that I mention in this

eBook. Use them, they have helped others from all forms of cancer and all stages of cancer. Look for Dr. Hulda Clark's books, the Cure for All Cancers and also the Cure for All Advanced Cancers. She is the inventor of the Zapper back in the 80s. That's right the Zapper has been around for decades and has been used for Cancer treatments EFFECTIVELY.



<https://b-ok.asia/book/1291577/8b9e2e>

In my DIY MED BED course, I talk about the Orgone Accelerator and Orgone Blankets and even show you how to make your own. These are ALL effective treatments for Cancer. All these were suppressed by the Medical Establishment.

Let's take a mini-time out and talk more about mad-made radiation. I have already stated that WIFI, EMF, RF, Cell Towers, Electrical towers, and Smart Meters are ALL causing our body to turn positive, this is why you got cancer in the first place, including those cataracts and glaucoma too. Yep! That's right, all of the eye problems and poor vision are caused by radiation. Too much phone usage may be a secondary reason. **There is another man-made radiation**

**that is NO GOOD for your body. Chemotherapy.** You are exposing your body to this radiation. Overall, it does not help you at all and will do more harm than good. Of course, the doctors would say otherwise but they are paid to say that. Now there is another type of radiation that I have not talked about yet, Earth mineral radiation.

Now back to Cancer, the solution is simple, ground yourself as much as possible, all the time and this will keep

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*Earth mineral radiation: All minerals from the Earth give off radiation, however, they do not harm your body in any way. Please remember the difference.*

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the positive radiation down to a minimum. Then as much as possible raise your negative voltage. Use a zapper and eat and drink electrical spinning right foods and water ONLY. Get Sunshine every day, as much as you can. Take additional remedies that are designed to raise your body's negative voltage. In my Beyond Healing with DIY MED BED course, I recommend several awesome natural products. Hundreds of people have overcome cancer. If they can do it, then YOU can do it too! FIND these people and investigate WHAT THEY TOOK! Look for these B17, apricot kernels, sodium bicarbonate, and olive oil and there is more that help. Remember none of these are the CURE, your own body is the cure. I will explain that in the next few pages.



This product is called Olivie, it is manufactured in Malaysia. It is 30x more potent than normal extra virgin olive oil. Find it or find something similar if you are in another country. This works well to raise your voltage. **YOUR OBJECTIVE IS TO CONSUME ITEMS THAT CAN RAISE YOUR BODY'S VOLTAGE. I HOPE THAT IS CLEAR.**

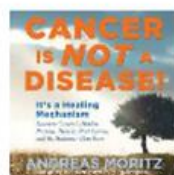
<https://olivehouse.my/olivie-plus-30x/> Here is their website, use google translate to convert it to your language.

### Cancer Check List of things to do and use:

- ✓ Connect to God in Prayers for your healing and recovery.
- ✓ Immediately START a FASTING HEALING PLAN. (See Next Section of this book)
- ✓ Implement Grounding Mats and get the Standard Zapper.
- ✓ Monitor food and water consumption using a pendulum. Eat electrical donor foods. (explained in this eBook)
- ✓ Perform daily Lymphatic drainage massages (explained in this eBook)
- ✓ Reduce your meal portions and do water fasting from 9 pm to 12 pm, no eating, only drinking MMS and DMSO water.
- ✓ Eat more asparagus, papaya and soursop, and search for other cancer fighting foods.
- ✓ Increase Omega 3, 6, and 9 use natural products like Sacha Inchi oil.
- ✓ Increase Omega 7, use natural Sea Buckthorn Berry oil.
- ✓ Use Olive House Olivie Power Up extra virgin olive oil & look for Oregano Oil
- ✓ Get more Rest. DO NOT EXERCISE. The body heals itself when sleeping.
- ✓ Get more Sun, Morning Sun, Afternoon Sun, any time of the day is good. Do not use sunscreens. At least 20-30 mins twice per day. Do Earthing at the same time.
- ✓ Meditation, do not forget to balance the mind, body, heart and soul. Explained in later sections of this eBook.
- ✓ Search and learn for other natural remedies that worked for others. B17, apricot seeds, sodium bicarbonate etc.
- ✓ There are plenty of books out there with the knowledge to fight and beat cancer, here are some examples. Search.



Cancer Is Not a Disease - It's a



Cancer Is Not a Disease! -



The Cancer Cure That Worked by



Never Fear Cancer Again by Raymond

## Sodium Bicarbonate and Cancer

### It is important to start adding Sodium Bicarbonate to your Cancer Healing Plan.

It is a simple and cost effective treatment for cancer.

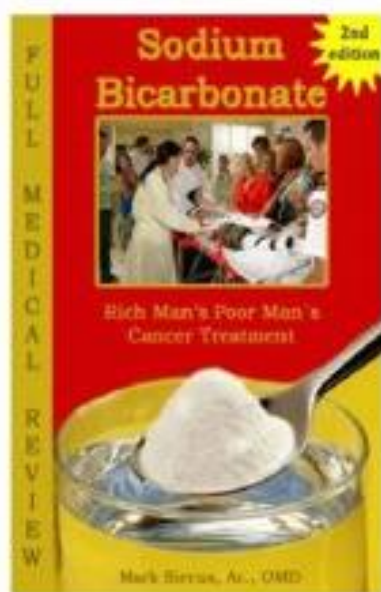
#### Health Benefits of baking soda

- Help with Digestive issues
- Boosts kidney health
- Whiteness your teeth
- Kills off harmful Bacteria
- Help with Exercises
- Kills off fungi
- a face exfoliator
- skin irritation relief
- Feet and hand suther
- cancer prevention
- **17 more benefits** of baking soda



Here is an eBook with more details:

<https://www.pdfdrive.com/sodium-bicarbonate-e51288470.html>



My Course Beyond Healing with Brain, Stomach and Feet gives complete instructions on incorporating Sodium Bicarbonate with your Cancer Healing Plan.

Please get my course. It is all there.

## Infrared Sauna Therapy and Cancer Treatments Involving Heat

Saunas have a wide range of health benefits like relaxation and improved sleep, but did you know that they can also be used as a treatment for cancer?

Cancer patients need to have more immune and digestive activity, and using a sauna can help with that. When stress activates the sympathetic system of the body, the immune response and digestive activity are decreased so that the brain, muscles, and glands can respond to the stress. Fortunately, infrared saunas can lower the activity in the sympathetic system and relax the body.

### Hyperthermia

Hyperthermia is a popular method that has been used to treat weaker cancers that are sensitive to heat. Infrared saunas heat the body gently and gradually, making the heat easier to tolerate.

For this purpose, infrared or IR saunas are better than traditional ones because the heat enters the body and doesn't remain only on the skin. Increased heat penetration leads to stronger hyperthermic effects. The lights from IR



saunas can also be pointed so that they are aimed directly at the areas with cancer.

Furthermore, Dr. Irvin Sahni explained in The Quest for the Cure Continues that the hyperthermic effects of an IR sauna are only harmful to malignant cells, and not cells that are normal and healthy. This is because the malignant cancerous cells are less viable and hyper thermally challenged, while the normal cells are not affected by infrared radiation.

One study in the Journal of Science and Therapy discovered that 30 days of treatment with infrared lights reduced cancerous masses in mice by as high as 86 percent. Another rodent study found that infrared treatment leading to hyperthermia significantly reduced the spread and growth of breast cancer cells.

### Improved Circulation

Cancer is often linked to poor blood circulation. This can be improved by entering a sauna because the heat will cause the blood to move closer to the skin in an attempt to cool down. This improves circulation throughout the body and leads to better oxygenation in the lungs.

Oxygen therapies are a developing area of cancer research, but you can easily experience these benefits in an IR sauna. Especially for older people and cancer patients who cannot exercise, these are powerful benefits.

Better Circulation Decreases the Likelihood of Other Infections

When your temperature increases in a sauna, it's similar to having a fever. When you have a fever, the body environment is less friendly to infections. In this way, a higher temperature and improved circulation can help to kill microorganisms in your system.

## JOHANNA BUDWIG



### THE DOCTOR WHO FOUND A CURE FOR CANCER

By Emma W. Wiese

BoW Private use only!

1



#### DR. BUDWIG – ORIGINAL CANCER PROGRAM

Dr. Johanna Budwig

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Check [www.pdfdrive.com](http://www.pdfdrive.com) to find these eBooks and others.

## Food for Cancer Treatments



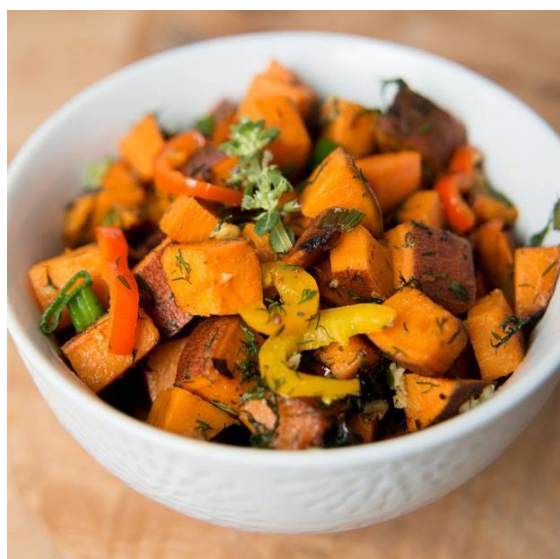
**Oregano Essential Oil** Kills 99% of Breast Cancer Cells in Vitro: Researchers have shown that oregano oil kills >99% of human breast cancer cells at remarkably low concentrations. Oregano was the most powerful of four essential oils (sage, ginseng, stevia) at killing all six different cancer cell lines tested, including cervical, breast, leukemia, lung, and colon cancer. How? It was discovered (surprisingly) that oregano almost completely depletes

cancer cells of their glutathione—an antioxidant they need to survive. Without glutathione, cancer cells are highly vulnerable to oxidative stress and quickly die. Oregano has also shown such potent antifungal activity (sharply reducing *Candida* growth) and antibacterial activity (inhibiting listeria, salmonella, pseudomonas and others) that it's now being tested as a natural preservative for raw chicken meat (with promising results already). This super-herb is traditionally used in the cuisine of Mediterranean, Middle Eastern and Latin American countries, and has been used in traditional medicine to treat disorders of the respiratory, urinary and gastrointestinal tracts, arthritis, and even sore throat. It can be made into tea, and used in many different recipes, so why not try adding more oregano to your diet? And be sure to use it generously on your pizza and Greek salad.



**Bitter Melon** Found Highly Toxic to Breast Cancer Cells: An extract of bitter melon was found to kill up to 96% of human breast cancer cells in vitro, in this new lab study. The extract worked by targeting & disrupting key cellular organs (endoplasmic reticula) of the breast cancer cells. Bitter melon (also known as bitter gourd, or *Momordica Charantia*) is well known as an anti-cancer and anti-diabetes super vegetable. It was recently found to

possess the unique ability to wipe out cancer stem cells (which are otherwise very hard to kill) and has also been seen in lab studies to potentially kill cancers of the prostate, colon, pancreas, liver, and stomach as well as leukemia. It's so powerful that bitter melon juice was shown to reduce pancreatic tumours in mice by 64% at a dose equivalent to just six grams of powdered juice for a 75kg human adult. Bitter melon has also been shown in double-blind clinical trials to improve fasting blood sugar and post-meal blood sugar in adults with diabetes, and it lowered cholesterol levels in studies on mice. It's even been shown to lower oxidative stress levels in brain tissue! Bitter melon is widely available as a supplement or juice. It's grown and eaten widely in China and Southeast Asia, and if you can find it fresh in Asian food stores it goes great in a vegetable stir fry, in a stew, or baked.



**Sweet Potatoe** Kills Leukemia Cells and Fights Multiple Cancers: This Thanksgiving you may want to indulge

in extra sweet potato. Researchers have discovered that a simple hot water extract of baked sweet potato killed up to 65% of human leukemia cells in vitro. This follows other studies showing that this amazing vegetable also kills lymphoma and liver cancer cells. But sweet potato's health benefits are not limited to lab studies. A study from Japan showed premenopausal women eating sweet potato (s) more than three times weekly had 30% less breast cancer risk. In other studies, sweet potato was associated (along with other foods) with reducing the risk of kidney cancer by 56% and gallbladder cancer by 67%. Sweet potatoes are an excellent source of antioxidants like beta-carotene, vitamin C, and manganese, along with B vitamins and the alkalizing mineral potassium. Not only do they have a low glycaemic index, but they've even been shown in a clinical trial to help reduce blood sugar levels and improve insulin sensitivity in adults with type II diabetes! It may even help with weight loss: a new study has just shown that sweet potato reduces appetite and food intake (in mice)! So this Thanksgiving try some new sweet potato recipes! They're great in pie, oven-roasted with herbs and olive oil, boiled and mashed, baked, as stew or as fries.



**Pumpkin**—The New Superfood For Breast Cancer: Pumpkin is a rich source of cucurbitacin E, a unique and powerful anticancer compound which researchers have just discovered is highly toxic to triple negative breast cancer cells in vitro. Cucurbitacin E killed up to 85% of these highly aggressive breast cancer cells by triggering programmed cell death. This is not surprising, as several studies have already shown pumpkins to reduce breast cancer risk in women. And it doesn't take much. One study out of Japan showed that eating at least three servings of pumpkin per week reduced breast cancer risk by 25% for premenopausal women and 34% for postmenopausal women. Another study showed that three servings weekly reduced women's breast cancer risk by 22%--and also reduced lung cancer risk by up to 41%! Cucurbitacin E has shown activity against several other cancers, such as ovarian, skin, prostate, pancreatic and colon. Beyond cucurbitacin, this super-vegetable is a

very healthy source of several vitamins, and minerals (such as potassium), alpha carotene, beta carotene, lutein and zeaxanthin. So do indulge in pumpkin pie this Thanksgiving, but also try other pumpkin recipes such as pumpkin bread, pumpkin soup, cake, curry, stew, or simply roasted in the oven with olive oil and herbs.



**New Anti-Cancer Compounds Discovered in Okra:** Researchers have just discovered two new cancer fighting compounds in okra by using state-of-the-art analytical methods never before used on okra. The two new compounds called Carolingian and 4'-hydroxy phenethyl trans-ferulate were seen to be highly toxic to breast cancer, lung cancer, ovarian cancer and leukemia cells in vitro, with Carolingian being the most potent. This discovery follows closely behind several other studies... showing okra to powerfully kill breast cancer and melanoma cells, as well as being a key part of the "Southern" diet pattern which may reduce prostate cancer risk in men by 40%. This super-

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vegetable's health benefits don't stop there: it's been shown to program our immune systems to attack cancer (similar to mushrooms), and in animal studies significantly lowered fatigue, increased physical endurance and even boosted mood! As for diabetes, the science for okra is now rapidly building: it's already been shown to lower blood sugar and cholesterol levels in diabetic mice. In Africa, diabetics who regularly ate okra reduced their risks of blindness by 76%, cataracts by 91%, and glaucoma by a stunning 94%. And now, a clinical trial has just been initiated in Canada to test a Mediterranean diet specifically including okra for adults with type II diabetes. It's about time!



**Pecans**—The New Superfood Against Cancer: In this study, extracts of pecan nuts were shown to kill colon cancer cells (up to 90%) and liver cancer cells (up to 70%) more powerfully than any other nut tested, except for walnuts. We already know that eating nuts is highly protective against cancer and heart disease: just three servings of nuts

weekly may cut your risk of cancer death by 40%, and risk of fatal heart disease by a stunning 60% (1 serving = 1 ounce, or 28 grams). But pecans are special because they contain more cancer-fighting antioxidants than almost any other nut: a single serving of pecans delivers the same antioxidant power as 2,104 mg of vitamin C (yes, over two-thousand mg of vitamin C)! And the health benefits of pecans don't stop there: a recent clinical trial showed that adults consuming 68 grams daily of pecans saw their total cholesterol and harmful LDL cholesterol significantly decrease after 8 weeks! And another study showed that eating nuts helped overweight women lose weight, decrease their hip size, lower their cholesterol and blood sugar, and even lower their blood pressure! Bottom line: do enjoy a slice of pecan pie this Thanksgiving, but also try to make pecans (and nuts in general), part of a healthy, balanced diet which includes plenty of vegetables, fruit, herbs, and spices.



**Nigella Sativa (Black Seed)** Kills 93% of Breast Cancer Cells in Vitro: Thymoquinone, the unique anti-cancer compound found in nigella sativa, was discovered to kill 93% of human breast cancer cells in vitro. In addition, mice treated with thymoquinone showed breast tumours 48% smaller than untreated mice after two weeks. And in stark contrast to chemo drugs which are often toxic to the liver, thymoquinone increased the levels of antioxidant enzymes in the mouse livers. Past research has shown nigella sativa to be also highly toxic to other cancers such as prostate cancer, pancreatic cancer, liver cancer and cervical cancer. Nigella sativa is a powerful medicinal herb which has been used for thousands of years in traditional Chinese, Ayurvedic, and Arabic medicine for many conditions. Recent clinical trials are proving nigella's quite powerful health benefits: nigella sativa oil lowered blood pressure in adults (dose: 1 tsp daily), markedly improved the condition of rheumatoid arthritis patients (dose 1000 mg daily), for patients with type II diabetes it lowered blood sugar, reduced insulin resistance and improved pancreatic function (dose 2 grams daily of seeds), in healthy adults, it improved memory, attention and cognition (500 mg daily), and in infertile males, nigella sativa oil improved sperm count, motility and morphology (dose 1 tsp daily).



### **Newly Discovered Apple Compound**

**Halts 87% of Breast Cancer Cells:** Researchers have just discovered a new compound in the peels of apples that is so toxic to breast cancer cells, it halted their growth by 87% and killed 79% of them outright. And when given to mice, this natural compound (a triterpenoid) slowed their breast tumour growth by 49% and resulted in tumours 57% smaller than untreated mice. But apple's health benefits are not just for the lab: a recent study from Italy showed that women eating more than one apple daily had a 24% reduction in breast cancer risk. Population studies have shown that apples significantly lower the risk of prostate cancer, colon cancer, ovarian cancer, and mouth, throat and lung cancer. These super-fruits health benefits are not limited to cancer: a recent clinical trial showed that eating two large apples daily actually lowered harmful LDL-cholesterol in healthy adults by 6.7%! And amazingly, this super-fruit may even help to lose weight: a clinical trial from Brazil

showed overweight women lost 1.3 kg (3 lbs) over ten weeks by including 300 grams of fresh apples daily in their weight loss program. More clinical trials are now ongoing, testing an apple-based dietary supplement for reducing heart disease risk, and eating two fresh apples daily for reducing heart disease risk in patients with type II diabetes.

**And there is more! Go to the Eden Prescription Facebook page and search through the pages for more**

**fruits, vegetables and herbs that will kill the cancer cells naturally.**

<https://www.facebook.com/TheEdenPrescription>



**Autoimmune diseases** – It is common today to find un-curable autoimmune diseases at least that is what the doctors claim. **BIG LIE! Another way to continue pushing their endless drugs and medication onto you. Zapping and Grounding is very effective to treat Autoimmune diseases. It will work. Please also read - Health Fact Check #8: The Cancer Lie, The Blood Pressure Lie, the Auto-Immune Disease Lie.**

**My concept is to RAISE our Cellular Voltage and let the body heal itself.**

**Diabetes** – Diabetes is a common form of chronic sickness today. Of course, by now you should realize it was caused by too much sugar, added to the fact that your voltage was positive and the body just deteriorated. The hospitals/doctors claim that it is un-curable however, have hope there are solutions and it is recoverable.

**Fibromyalgia/Arthritis** – All right next I will talk about these two chronic sicknesses that are prevalent today. These

are parasites in your body causing this grief and pain. The BEST solution is to Zap them and it all goes back to our principle of raising the body's voltage to let the body rid itself of the parasites. I found this interesting article done by a research Team.

**Far Infrared Sauna Therapy for Fibromyalgia**

The more than 3 million patients who suffer from Fibromyalgia Syndrome

(FMS) report both widespread pains throughout their bodies and localized tenderness. They describe the sensation as being similar to having pulled or overworked muscles, or a bad viral infection. The symptoms resemble those of Chronic Fatigue Syndrome, which many doctors and scientists believe to be the same ailment as FMS.

Doctors and scientists blame the so-called “net toxic load,” of these sufferers and the fact that many of them have been exposed to heavy metals such as mercury, lead cadmium, and arsenic in the environment and vaccines. These medical practitioners theorize that lowering the overall toxicity level in these patients may lead to a reduction in the severity and frequency of their symptoms.

### **Reduction of toxins in the body**

For the FMS or CFS patient, a consistent program of far infrared sauna therapy, combined with mild exercise, and relaxation is recommended to release the powerful toxin reduction benefits of far infrared sauna therapy for myalgia. This regimen was tested in a 2008 study conducted by K. Matsushita. 13 middle aged female patients underwent far infrared sauna therapy for fibromyalgia once a day for 2 to 5 days per week. The patients were seated in a far infrared sauna for 15 minutes. The cabin temperature was maintained at a steady 138 degrees F, after which they were moved to a room and covered with a blanket to maintain their warmth, where they stayed for 30 minutes.

The results of the therapy were dramatic. All patients experienced a reduction of about half in their subjective reporting of pain (as determined using the pain visual analog scale or VAS and the fibromyalgia impact questionnaire or FIQ). While initial results varied, the positive effects stabilized after 10 treatments and remained low throughout the period of observation. Doctors concluded that far infrared sauna therapy played a critical role in the observed improvements.

### **A promising treatment for FMS and CFS**

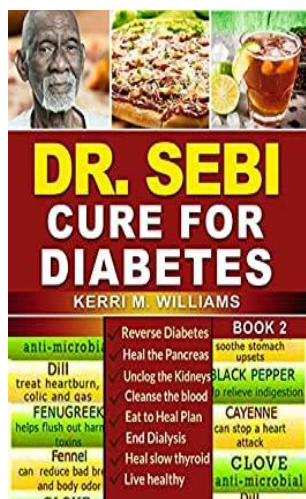
In the Holistic Handbook of Sauna Therapy, Dr. Nenah Sylver notes that the far infrared sauna possesses a strong ability to restore autonomic nervous system functions (which control sweating, blood pressure, digestion, and muscle tension), as well as cardiovascular activity, white blood cell counts, and enzyme and beta-endorphin levels. As suggested by the K. Matsushita study, these improved functions promoted nutrient absorption and the efficient elimination of toxins.

(Article Source:  
<http://EzineArticles.com/162326>)

In short, all indications are that far infrared therapy is a promising treatment for fibromyalgia sufferers, as well as those afflicted with CFS, reducing muscle pain, digestive problems, visual disturbances and other symptoms of these afflictions.

By reducing the net toxic load placed upon your body by our modern lifestyle, far infrared therapy for fibromyalgia may lead to significant improvements in health.





## ZAP ARTHRITIS PAIN AWAY!

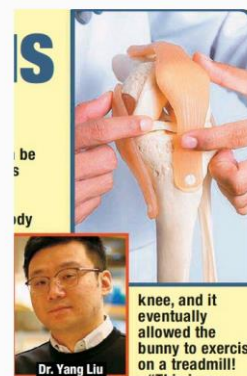
Medicine · Health · Science · Healthy Living  
21 Feb 2022 · +3 more

ACURE for agonizing arthritis pain may be on the horizon for the 27 million Americans who suffer from the joint-ravaging disease!

University of Connecticut bioengineers say they've developed a revolutionary treatment that regrows cartilage by zapping bones with small electric shocks! Cartilage, a naturally occurring connective tissue, is vital for cushioning joints. But regular wear and tear can cause it to deteriorate — a condition known

as osteoarthritis, which leaves bones grinding against each other. That makes daily activities, like walking, extremely painful — and sometimes impossible. Current invasive treatments include replacing damaged cartilage with healthy tissue from another part of the body, which can be problematic. Donor cartilage is also an option, but it's in short supply and can be rejected by a recipient's immune system.

Previous attempts to stimulate the



Dr. Yang Liu

human body to regrow cartilage have failed. But the UC team believes they may have discovered the missing ingredient: electricity.

**Always remember, that ALL FORMS OF SICKNESS ARE RECOVERABLE! Believe It and You Can Achieve It!**

**If you have been diagnosed with diabetes start using Sodium Bicarbonate.**

Warning: there is a maximum amount of sodium bicarbonate that your body can take per day. If you take too much you can do more harm than good.

**My Course Beyond Healing with Brain, Stomach and Feet gives complete instructions on using Sodium Bicarbonate with your Stomach "Reset" healing plan.**

**I received a great testimonial.**

A woman we know called my wife and updated her about her diabetes. She's been suffering from diabetes for several years. Her blood glucose readings are usually between 15 to 20.

She was very excited and happy when she talked to my wife. I had given her a protocol from my Stomach "reset" from

my Beyond Healing with Brain, Stomach and Feet course.

Within a short time, her readings at home came down to 10 and she went to the hospital clinic for her normal monitoring, in which they tested her and the reading was 7. The doctor was amazed and told her no need to come for regular monitoring, and that she can monitor herself at home.

She was really happy.

My advice to her was based on my new course, Beyond Healing with Brain, Stomach and Feet.

If you are interested to get my course, please get in touch with me.

**UPDATE:** The woman's blood-sugar readings have been maintained at around 6 for the past 1 month.

**Testimonial #2:** "The sodium bicarbonate worked. Acid level normal. BP normal. Sugar normal. My mother has stabilized last night and is now in a normal ward."

**Another suggestion is Chromium Picolinate. This is a natural substance that regulates the body's sugar levels.**



Various companies are producing it and you can search online for it. Usually, you'll find it in either 200mcg or 1000mcg. Depending on your diabetes you can choose which one to start. Ideally, use it and begin to decrease using it as your body recovers. Try not to think that you have to take these medications or even natural products

**We're not done yet. Monitor your diet and eat electrical donor foods and water. Very Important, WALK...WALK and DO MORE WALKING... at least 10,000 steps per day. Walking is the key to recovering from diabetes.**

forever. Everything has a beginning and an end, believe that. When your body can manage on its own, then stop taking the tablets. Trust your body to balance and work on its own. This is another mistake of people they follow the labels of tablets to the letter "T" especially the worst ones, hospital medications and then they believe that there is no end in sight and must continuously take it for the rest of their lives. Well, that is kind of true when it comes to hospital medication. It does no good for your body.

**So, get Chromium, it will help you get off whatever the hospital put you on.**

**For those who suffer from Thyroid and/or Asthma issues be sure to check Section VI: Additional Healing Products,** I have solutions for those sicknesses using natural remedies. We're not done yet, there is more knowledge for you to acquire, but you are doing a great job so far and thank you for your efforts.

Throughout this entire Beyond Healing Series, I focus on the fact that Healing is Voltage. In this video course, I will tell you how I built my own **Do It Yourself MED BED**, that I used for myself and my family.

There are companies selling MED BEDs in the thousands of dollars. Healing does not have to be expensive. From \$500 USD you can put together a MED BED that is effective to heal you.

I will teach you to return **BALANCE** back to your body, **by healing the Body, the Mind, the Heart, the Spirit and the Soul.** ONLY with true balance can you really begin to heal yourselves.

## Beyond Healing with DIY Med Bed



A New Course by Master Ali

Includes instructional videos, **247-page DIY MED BED Manual** and Healing Education. Spreadsheet to plan your DIY MED BED project. AND MORE.

## Autism and ADHD

“ADHD stands for **attention deficit hyperactivity disorder**. It is a medical condition. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect a child at school, at home, and in friendships.”

The above is copied and pasted from a website that supports the views of the Medical Establishment, but what they did not tell you is that Autism and ADHD are all caused by childhood vaccines.

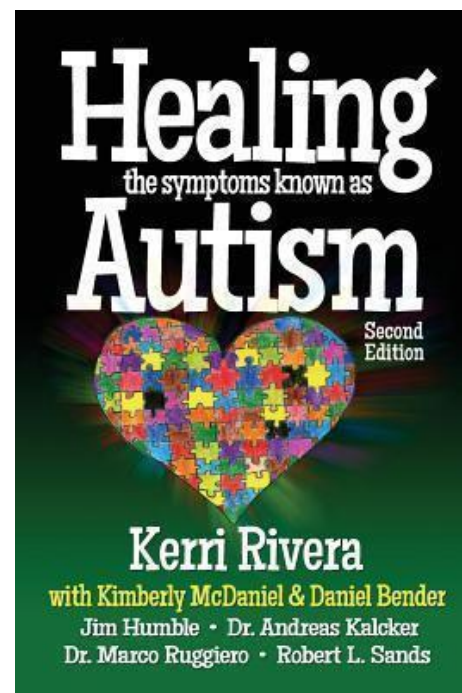
The doctors tell parents that there is nothing that they can do, their child is like that and that's that. Moreover, they want to do tests to see if you genetically caused this upon your child. What pure rubbish nonsense and these brainless, idiot \$#@#\$\$ Doctors are %#\$#! Sorry for the language, but they (doctors) caused these issues to your child and have the nerve to throw the blame on you (the parents).

**WAKE UP PARENTS and realize what has happened.**



## Search for Vaxxed the movie and Vaxxed II.

NOW, there is HOPE for the RECOVERY of your child. Autism and ADHD are recoverable. BUT NOT through the hands of your doctor! Take matters into your own hands, and get Kerri Rivera's book.



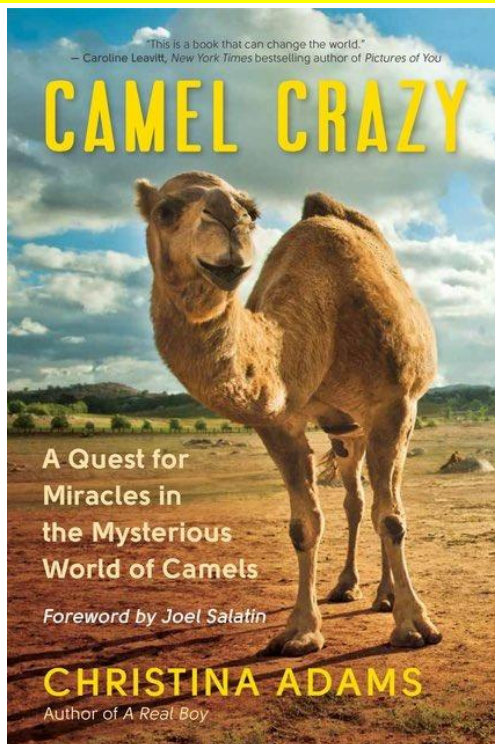
She is using the same products that I recommend at the back of this book called MMS/CDS and DMSO.

These products work! She has recovered hundreds of Autistic children back to their normal wonderful selves.

**AND WARNING:** The Main Stream Media and their Controlled Opposition Agents are flooding the Search Engines with their lies and propaganda against Kerri and portraying her as the enemy. Where they (MSM) are the enemy! So do not fall for their crap and their lies.

Push forward to find the truth. Recover Your Children!

### Camel Milk for Autism and More!



<https://3lib.net/book/18709122/7319dd>

5G 11:18

### Camel Crazy: A Quest for Miracles in the Mysterious World of Camels

When Christina Adams, a journalist by training, discovered that camel's milk might help her son with autism, she started a journey she never expected. A faraway doctor helped her bring the milk into America and her son got dramatically better overnight. Adams wanted to know more, so off she went to find camels; to understand why camels are cherished, regarded as family members, and hailed as healers; and to help make camels the second-fastest growing livestock in the world because of new demand for their milk. Meeting camels face to face, Adams found the creatures fascinating: large teeth and height scared her even as their soft lips and gentle, curious eyes won her over. Along with Adams, you'll visit the camel farms of Arab royals; meet passionate Amish farmers, elusive Indian camel caregivers and white-swathed Tuareg nomads. But the most fascinating characters in Camel Crazy are the camels themselves. Cute and mischievous but also huge, adept fighters, they are the inspiration for this moving and rollicking ode to "camel people" and the creatures they — and readers will — adore.

christinaadamsauthor.com



CAMEL CRAZY: A Quest for Miracles in the Mysterious World of Camels  
New World Library • 1.2K views  
Author Christina Adams introduces her book CAMEL CRAZY: A Quest for Miracles in the Mysterious World of Camels (Available...

<https://www.youtube.com/watch?v=1LJHCQxkhXU&t=329s>

Camel milk is known in Asia and Africa for 5000 years for its benefits to human health. Therefore, it is not only consumed as food, but also as a remedy. Many studies have reported, that camel milk has very high concentrations of mono-and polyunsaturated fatty acids, serum albumin, lactoferrin, immunoglobulins, vitamins C, and E, lysozyme, manganese and iron, as well as the hormone insulin. Therefore, camel milk can be prescribed as remedy for many human illnesses. **It**

**has been proven as a useful application in stomach and intestinal disorders, Diabetes-1, and food allergies. In addition, camel milk has been used to reduce cholesterol levels in the blood, avoid psoriasis disease, to heal inflammation in the body, to assist patients with tuberculosis, helping to strengthen the human immune system, reduce the growth of cancer cells and to cure autism.** Even if the patient can benefit from the biological factors in camel milk, it must be consumed raw, fresh and free of pathogens after a good machine milking. These potential health benefits of camel milk should be further studied.

### **Why You've Never Heard of The Mayo Clinic's "Raw Milk Cure"**

In the early 1900s, Mayo Clinic doctors were curing just about every disease under the sun with just one simple medicine — raw, grass-fed, cow's milk. Learn why Big Pharma and Big Dairy don't want you to know about "The Milk Cure:"



In 1929, the Mayo Clinic's Dr. J. R. Crewe wrote about the miraculous healing abilities of raw, grass-fed milk.

The protocol for his "Milk Cure" was simple – put patients on bed rest and feed them nothing but a couple of gallons of milk a day.

While some of you may be thinking that sounds like a recipe for a severe case of lactose intolerance, consider that the milk he was speaking of is nothing like the kind you find in the grocery store today.

Like almost all milk of that time, the milk Dr. Crewe was speaking of was the unpasteurized, non-homogenized, rich-in-butterfat milk of heritage-breed, pasture-raised cows.

The results were so "uniformly excellent" that they changed Crew's entire "conception of disease and its alleviation" and inspired him to open a sanitarium where he used raw milk almost exclusively in the treatment of all kinds of disease.

His 1929 article, "The Milk Cure," became the subject of two subsequent books and quoted an earlier medical textbook of the day, suggesting he was not the only doctor of his time using milk as medicine.

"For more than 16 years I have conducted a small sanitarium where milk is used almost exclusively in the treatment of various diseases," Crewe wrote in *Certified Milk Magazine*. "The results have been so regularly satisfactory that I have naturally become enthusiastic and interested in this method of treating disease. We used good Guernsey milk, equal to 700 calories to the quart."

Crewe and his colleagues used the milk cure to treat countless conditions, including tuberculosis, cancer, heart disease, kidney disease, diseases of the nervous system, diabetes, anemia, obesity and underweight patients.

“Striking results are seen in diseases of the heart and kidneys and high blood pressure,” he wrote. “Patients with cardiac disease respond splendidly without medication.”

“One patient reduced from 325 pounds to 284 in two weeks, on four quarts of milk a day, while her blood pressure was reduced from 220 to 170.”

“One patient with very advanced cardiac and nephritic disease lost over thirty pounds of edema in six weeks. One would expect the large quantities of fluid would increase the edema but the above experience has been repeated many times to lesser degrees.”

Crewe spoke of the “worst case of psoriasis” he’d ever seen: “This boy was covered from head to foot with scales. We put him on a milk diet and in less than a month he had skin like a baby’s.”

He also spoke of a “very sick” diabetic man: “As milk contains about five percent milk sugar, it was feared that he could not manage this amount of sugar. But he did manage it and improved in every way, and in eight weeks was sugar free”

“A professor of surgery in one of our state universities once said to me, ‘Since I have used your method in preparing prostate cases, I have had most excellent results and no mortality.’” Crewe wrote. “I replied that if he had

continued the treatment a little longer, he would not need to operate. All infections of the urinary tract are greatly improved by this treatment.”

Crewe received a letter from a soldier quarantined in a government hospital with tuberculosis. He’d heard about Crewe’s method from a former patient and was doing so well on it that he’d inspired several other patients in the ward to try it.

“The patients had to buy their milk and received no encouragement from the hospital authorities,” he said.

Crewe said he even had several patients who used the raw milk fast as a beauty treatment: “The tissues become firmer and the general appearance is markedly improved.”

“It is well known that there is no time in the life of practically any mammal, but especially of the human, when the body is so beautiful and perfect as during the period when milk is the only food,” Crewe writes.

“The Arabs are said (Encyclopedia Britannica) to be the finest race, physically, in the world. Their diet consists mostly of milk and milk products with fruits and vegetables, and some meat,” he adds.

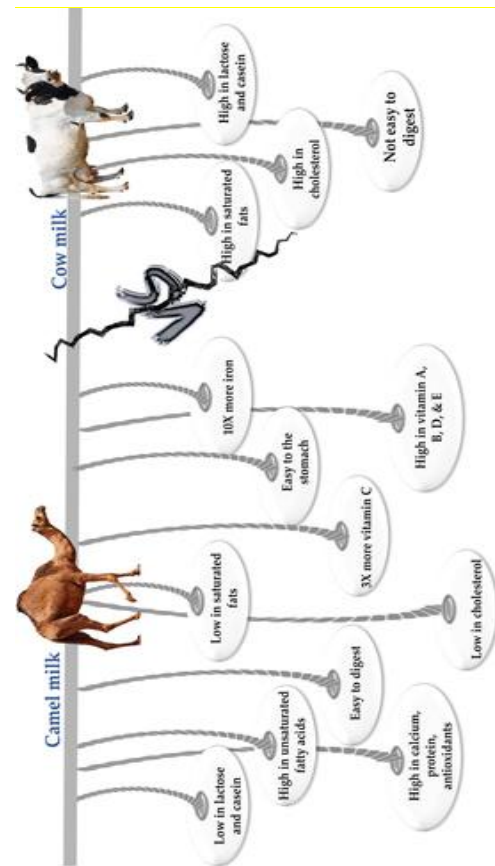
“The treatment of various diseases over a period of 18 years with a practically exclusive milk diet has convinced me personally that the most important single factor in the cause of disease, and the resistance to disease, is food. I have seen so many instances of the rapid and marked response to this form of

treatment that nothing could make me believe this is not so.”

Despite the wild success of “The Milk Cure,” it has since been long forgotten. The Weston A. Price Foundation speculates two reasons for this: 1. Mainstream milk is **no longer a medicinal super-food**, it’s a disease-causing, denatured, highly processed product of factory farming. 2. The medical industry can’t make any money from it.

“The method itself is so simple that it does not greatly interest most doctors and the main stimulus for its use is from the patients themselves,” Crewe noted.

Luckily, if you look hard enough, you can find a growing number of farmers providing the good, old-fashioned stuff, straight from healthy, pasture-raised cows.



### A Testimonial from a woman in my Health Group - Thank You Aiza!

#### Raw Milk Diet:

I was off my thyroid medicine now, but still feeling weak and tired. I was having the best food, all organic. I used to wonder why I’m still feeling tired and weak. I was also doing zapping and grounding and also tried MMS for some time. I just wondered if there must be something else that I’m missing. I once read about raw milk benefits in the Islam Health and Science Whatsapp Group and wanted to try it. I had one glass of raw milk and the next day I felt really tired, so I decided not to take it.

Since I was already feeling tired, I thought maybe I needed to change my

Master Ali’s comments regarding the above article on Milk.

1. For the part on Arabs, they mostly drink Camel’s Milk.
2. Remember what is happening based upon what I have mentioned about the stomach gut and that 85% of the immune system is located in the stomach. Natural cow’s milk is improving the stomach which therefore has a direct impact on strengthening the immune system which then has a direct impact on curing and healing the body of any disease.

So please do not lose sight of this, the milk is not the cure but our bodies are the cure.

probiotics, because I realized that I had been taking them for the past two years, changing between the two brands. When I switched to a new probiotic, I felt the same way as with the raw milk, tired but felt something good coming in. So this got me thinking, that raw milk has probiotics. So I was missing the probiotics in my diet. So I got the raw milk from a farm nearby:

<https://yourfamilyfarmer.com/navigation/store>

They are very good, God-fearing people and they make food just as God designed it. They also ship it to different places in the US as well. I got raw milk, raw kefir, water kefir, and raw cream from them. I started with the blueberry water kefir, just took 2oz of it, and I felt AMAZING!! I felt something good going inside of me. I did not take it more because I knew it was going to make me tired. I still felt tired because I knew my body started to work. I also started the raw cream and the yogurt. It tasted DELICIOUS!!, just like our bodies wanted it, created by God. All I can say is thank GOD for blessing us with such beautiful, tasty and amazingly delicious food created solely for our bodies to nourish it from deep inside, and thank Him for everything.

So I started with 20oz of raw milk every other day, with the water kefir and raw cream as well as mixed yogurt and fruit. Immediately I felt the energy that I was missing for years. I felt active throughout the day and did not even

feel hungry. But I felt tired as well because your body in the healing state will utilize the energy to heal your body, hence you feel tired. So I get happy when I feel tired 😊 I just close my eyes and take some rest for a few minutes or maybe take a nap. I'm into my third week of raw milk, and now I can take half a glass of milk every day. Feeling better every day, praise be to God, for creating such powerful healing food.

So the new norm should be:

1- Grounding

2- Zapping

3- Heal your gut by having raw dairy, and probiotics— most important- If you do not have good bacteria or enzymes, your body will not heal, even though you are grounding and zapping. You need the good guys in your body, which is what I was missing, for the past couple of years. Nothing was working for me because I was lacking good bacteria.

4- Selenium- raw Brazil nuts. They say that you should have one or two of these every day. I say have as much as your body needs. I have around 10 to 15. My body craves it. Selenium is good for building your immune system and acts as a powerful antioxidant.

<https://www.healthline.com/nutrition/selenium-benefits#1.-Acts-as-a-powerful-antioxidant>

Three weeks after starting raw milk, I feel the energy and feel active, my hair



got softer, fatigue is gone (only feel tired when the body is working). If you want to try just the milk diet, you can check out the link below

[http://milk-diet.com/classics/macfadden/macfadde\\_nmain.html](http://milk-diet.com/classics/macfadden/macfadde_nmain.html)

I might try this diet once I get used to one glass of milk every day.

In the Islam health and science post, it was said that there was a doctor back in the 1900s who tried the raw milk diet and he cured many patients with it. Patients were on the milk diet for about 3 to 4 weeks and he saw amazing results.

<https://www.realmilk.com/milk-as-medicine/>

The farmer, where I buy the milk, tried the raw milk diet for about 3 to 4 weeks and lost weight. Here is his story.

<https://yourfamilyfarmer.com/blog/i-really-shouldn-t-tell-you-this>

Guys! Please do this favour on your body. Get raw milk and raw dairy from your farm. I'm not talking about organic milk from the store. Get it from your farmer who raises the cows organically. You need to get the REAL, ORGANIC MILK /DAIRY THAT GOD CREATED, and see how your body will thank you for it.

Raw milk/ dairy is a complete food with all the active vitamins, minerals, and probiotics that your body needs. It is called the "WHITE BLOOD" because it has all the constituents needed for the functioning of the blood. In other words, it's a complete food. You can

just live off raw milk as well. It's complete nutrition.

### **Why do we need it nowadays?**

It's because our food, air, water and soil are filled with chemicals and pesticides. Hence, we are devoid of good gut bacteria and enzymes in our bodies. It wasn't a problem 100 years ago, as the food at that time was all organic. Now we need to define the food as "Raw, real, organic".

We need these good guys in our bodies. The only way you can get it is through pills/ probiotics or naturally by having raw milk/ dairy. Raw milk does not only have probiotics but other benefits for the body too.

### **(Aiza)**

### **Lower Back Pain and Joint Pains**

Indeed, it is common today that as we get older, we feel pains in our bodies. We assume it's old age, or maybe from just sleeping on the wrong side of the bed and waking up with a sore shoulder or elbow or lower back pain.

I am an Advanced Chi Energy Instructor with the School of Chi Healing. (In case you didn't know this.)



<https://www.chienergyheals.com/>

I learnt some pain relief techniques from them and I have shared those techniques through videos in my Beyond Healing with DIY Med Bed course, however, I will elaborate on them here.

Let us start with an explanation of where this pain can originate from. Energy is all around us and passing through us and **our mind thoughts can generate a huge amount of energy**, hence the reason to lower your mind intensity. So, what happens is that energy can accumulate and build into our joints causing joint pain and into our kidneys causing lower back pain. The solution is to release this energy and the pain will go away. The wonderful thing about these techniques that I will share with you is that they are ones that you can perform on yourself and free from any medications and don't cost you anything, it's FREE, LOL.

So here we go, we'll start with the lower back pain. Sit upright in a comfortable position with your bottom on the front part of the chair, meaning do not lean back as you need to get your hands around to your lower back area and if you sit back then you won't be able to achieve this. So that is what you want to do first, wrap both of your hands around your back and hold it there in the lower back area, remember this is also where the kidneys are located. Now, feel the energy from the kidneys being pulled into your hands. This will require some visualization. It is easy to do, nothing complicated, just relax your mind and body and visualize. Then quickly, move both of your hands around your waist to your front, and bring both hands to where your belly button is. Then quickly throw the energy to the floor. DO NOT throw it in

the air or throw it on to someone or throw it on to an animal. Throw to the ground. Then repeat this exercise 5-10 times as needed. The pain may or may not subside immediately, it may take some time for the effect to work. But keep repeating it whenever you feel the pain and you will see, the pain will reduce; IF the pain was caused by energy build up. However, even if it wasn't it will still help to some degree, especially for those with **Kidney Stone pains**.

**All right let's go into joint pains.** Now, we are going to use a similar but slightly different technique here. Let's say you are having shoulder pain, particularly the right shoulder. Now, take your left hand and place it just over the shoulder where the pain is. I want you to visualize a snowball forming inside the shoulder which also extends outside, therefore, not a small snowball that is hidden inside the shoulder but one that is just larger than your shoulder. Now as you hold your left hand right above and over your right shoulder. Visualize the snowball starting to turn in a merry-go-round direction (horizontal) and going COUNTER CLOCKWISE. This is VERY IMPORTANT. Counter clockwise dissipates the energy and releases it from the shoulder. Spinning the snowball clockwise will contract the energy and therefore the pain will linger on longer. Remember the body naturally releases excess energy but using this technique will help it faster. Now we're not done yet, spin the

snowball for a couple of minutes unless your hand gets tired then stop and do it again later. **You may also move your hand in a circular fashion counter clockwise too as if you are moving the snowball.** As part of your visualization keep the snowball cool, now cold but cool. Insert into it good feelings, of happiness, joy, love etc. The pain may or may not clear immediately but it should decrease in a few minutes. Then keep it up if the pain continues. This technique can work for ankle pains, knee pains, and tennis elbows.



### **The Dangers of Using the Word "Cure"**

MMS/CDS/DMSO, for example, does not cure your body. It does not kill viruses, bacteria, pathogens, worms etc. This was our old way of thinking. It was wrong!

And we must change our thinking to sanctify our belief system with God. God said he created us perfectly. He created the perfect healing system that does not need help to cure.

**God said that he sent down all the diseases with all the cures.** This statement has caused mankind to search high and low for that wonder cure.

Honey, black seed, exotic super fruits and foods, spices, herbs, and products like MMS/CDS and DMSO etc., etc.

But what "we" failed to realize, the cure is us. **Our own body is the cure. Our Bodies have been equipped with all the blueprints to combat ANY disease. ALL of the possible cures are within us and this is by God's design.**



If I say that black seed cured me or CDS cured me or the Zapper cured then I am 100% sinning, a crime against God almighty and I have unintentionally rejected his statement that he created me perfectly. I say unintentionally because I did not realize what I was doing wrong. This is what the devil wants us to do, he wants us to reject God and God's perfect system of healing. **The Devil wants us to change our Trust in God, to Trust in Doctors.**

So, I would like everyone to understand and correct their thinking so that we do not cross this grey line with God. It is very important.



We know that the body needs to be at -25mv for the healing system to be activated. Your body is programmed to heal itself of everything and anything, it has all the blueprints to follow.

The body is being attacked by man-made radiation; it is a huge tug of war. Negative vs Positive. Good vs evil.

This is why I said, **our new normal is grounding, zapping, and stomach health.**

Grounding reduces the positively charged radiation in our bodies, zapping helps to push up the negative. Once you add into that CDS and DMSO it pushes up the negative voltage to hit -25mv. **Bingo! The healing system is activated the body then cures itself.**

Got it? The thought of CDS or DMSO or the Zapper or whatever it may be as healing you is all but an illusion, it is your body that is doing the work, and your body is doing the healing.

What we must understand is that if the body does not reach -25mv the healing system will not activate. A simple analogy is the scale is tilted to one side, the positive side, like a teeter-totter. So

how do we counter this? By adding more weight to the other side. Let me expand on this example.

If one side of the scale is 50 kg (positive side) and the other side of the scale is 20 kg (negative side) of course the positive side will go down because the weight is more. What do we do? We add more weight to the negative side.

We add Grounding 10kg  
We add Zapping 10 kg  
We add MMS/CDS 10 kg  
We add DMSO 10 kg

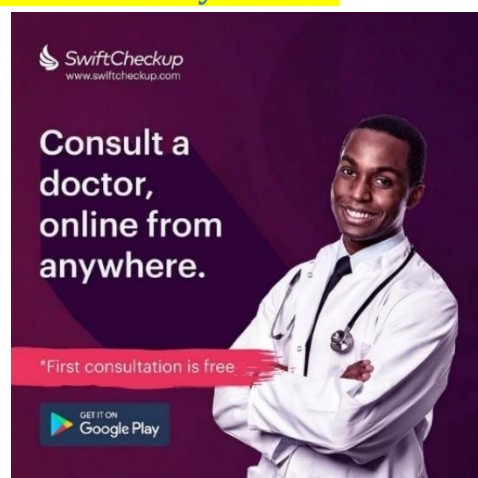
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*All of our knowledge on voltage and on healing has led us to this point, that we may become closer to God. God is Great.*

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What's the scale now? 50kg positive vs 60kg negative. The negative wins! The body heals itself! I hope that it has become crystal clear in your minds now, let's continue.

**Do you know that phrase "Consult a Doctor or Physician"?**



You can kind of see this everywhere today, but have you thought about it? For example, if you want to start a new exercise program, it tells you to consult your doctor or physician before starting. If you want to start a new diet; it says to consult your doctor or physician before starting. For all medication labels, consult your doctor or physician before starting. Pretty soon, even if you want to go to the toilet, consult your doctor or physician.

Do you get my point? Is it because of considering people's health? Or is this the dumbing down of people's intelligence and their ability to learn to heal themselves? This is brainwashing pure and simple and if you do not see that, then your mind has been programmed not to see it.

Why can I not study and understand how my own body works and make my own decisions? Why do I need to consult a doctor? This kind of mental programming is everywhere today. Now that I have brought it to your attention, you will begin to see it too. The doctors are just puppets of the Medical Establishment, the doctors are trained by them to follow whatever **How Long Does It Take for Me to Be Healed?**

The Prophet of Islam, Prophet Muhammad (Peace be upon him) said:

Anyone suffering from an illness should remain patient, for there is no reward better or more enriching than that reserved for those who endure.

orders they tell them, even the natural healing doctors you may need to weary of, as their knowledge of viruses is corrupted too. And if you're a doctor reading this, and you disagree with what I have said, then too bad for you, this is the real reality of your profession. Just that you are too blinded to see it and acknowledge it.

Here is the real reality of this world, the school systems are creating generations of indoctrinated children. Colleges and universities are creating generations of mindless programmed graduate students. A whole generation of non-free thinkers but those who "love" to defend the system. What we need is lesser "educated" people and more "thinking" people. Unfortunately, schools do not teach our children to think.



Some will choose to disagree with what I just said, and some will applaud me. Think carefully about which one you are. Why would the Prophet say to have patience? Healing the body is not a quick fix for all solutions. It does not happen overnight; it takes time to achieve results. Be patient.



Don't treat your symptoms like a medical condition you have to fix. By treating your symptoms like a dreaded disease, you are only getting in your way and blocking your true healing potential!

When you try to fix your health (with strong medications, endless tests, scans and scopes etc), you assume you are broke and once fixed, nothing more needs to happen, until the next breakdown.

Healing is not a service tune-up, where you just go in for a 5,000 km oil change or a new filter and forget about your health. It's a daily commitment and a lifestyle change.

We have lost trust in the healing ability of our body; our physiology has become so disconnected from our biology. We have become more connected to the physical world that we put our health in the same category as we do technology

and machines. This does not work! Popping toxic pills daily without addressing the root syndrome, and not expecting severe repercussions someday is the height of foolishness.

Everything we do has a biological consequence, and when making nutritional and lifestyle changes during healing, we create even more shifts. These shifts are ongoing, ebbing and flowing, not always perfect BUT, always moving us towards the betterment of self.

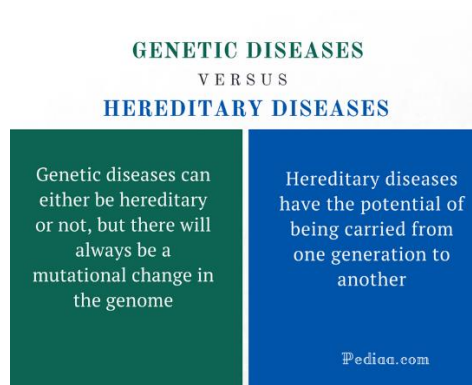
When we begin to make this shift mentally, understand there is nothing "wrong" with us, and all we have to do is learn how to manage our physiology.... Illness is not a sign of our being broken, but the body's innate desire to be healed!!

Cancer, for example, is not a death sentence, but the body telling us "Enough of abuse now. Start looking after yourself."

We now move from frustration, trying to fix, exhaustion and confusion, to a place of understanding, acceptance, awareness and curiosity. Now only the journey becomes less chaotic and insane, and we begin to enjoy life in a whole new way and with a whole new appreciation.

## Genetic and Hereditary Sickness

You may have heard from your doctor or heard from someone that diseases (sickness) can be passed down from generation to generation.



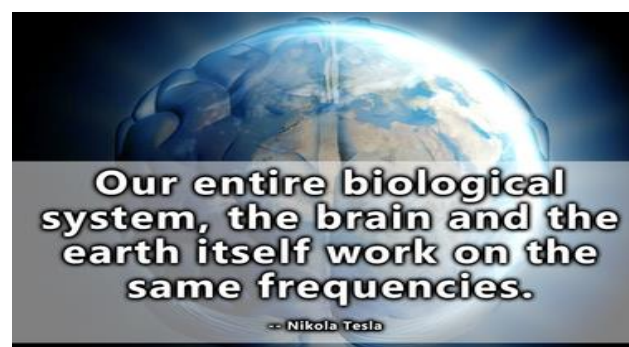
This is another lie from the Medical Establishment to throw the blame away from their dangerous vaccines and medication to your mother or father or

grandparents. We have all been created perfectly by God Almighty, therefore, how does it make sense that our sickness was from our mother? It doesn't make any sense at all. So please do not fall for these lies. Another example is heart disease, if my father and grandfather suffered heart attacks, then chances are I will too. Of course, I will suffer because you \$\$\$@#\$ Doctors implanted the idea into my mind.

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*You need to understand their dirty mind tricks so that you can break free from it before your mind makes you sick.*

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## What is Schumann Resonance and why it is important for your health?

The Earth's natural heartbeat rhythm is the frequency of 7.83 Hz, also known as the

"Schumann Resonance". A 7.83 Hz frequency is an alpha/theta brainwave frequency in the human brain. Alpha/Theta brainwave frequency is a relaxed, dreamy, sleepy state, that is also when cell regeneration and healing happens. It is no

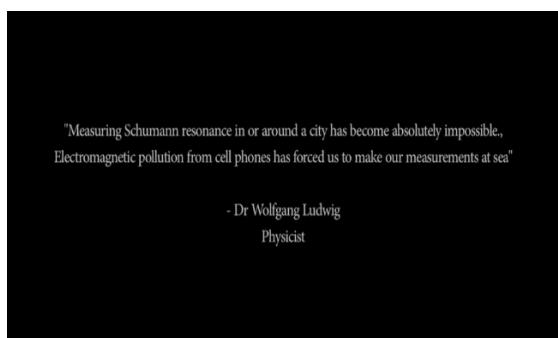
surprise that people nowadays, especially in bigger cities, are unbalanced, irritated, reactive, and angry and diseases are rising in astronomical numbers. We live in a time of technology, with superficial wavelengths that disrupt the natural earth's frequency. Wi-Fi, cell phones, and an array of electronics are part of our everyday lives. It is also why our bio-electromagnetic waves are out of balance. We are out of balance with Earth's electromagnetic frequency. For example, the frequency of radiofrequency electromagnetic radiation (what powers cell phones, TVs, radio etc.) ranges from 30,000 Hz to 300 billion Hz. That is a significant amount of more than 7.83 Hz that the earth radiates. No wonder we are all out of balance and crave healing.

"The electromagnetic fields generated by power supply systems, telecommunications, appliances, computers and other technology produced by humans are extremely powerful and, in some cases, have been associated with increased incidence of cancer, heart disease, depression and other diseases. Exposure to strong electromagnetic fields in residential areas

and certain occupations have been documented as significantly increasing the incidence or risk of the listed diseases. Certain groups of people such as the elderly, children, women who are pregnant and the weak are more sensitive to adverse effects from these fields than the rest of the population. (As is often the case with research, there are opposing opinions on the existence or extent of such adverse effects.)", Hearth Math Institute

It has been proven by scientific experiments that by tuning into 7.83Hz, the Earth's magnetic frequency people experience benefits like enhanced learning/memory, body rejuvenation, balance, improved stress tolerance, anti-jetlag, anti-mind control, and grounding. On the other hand, experiments were done, where Schumann resonance, the exposure of 7.83 Hz frequency was removed from individuals' environment. The subjects reported migraine headaches, emotional distress, and other health problems. This shows how important it is to be in tune with the Earth's magnetic frequency.

BUT even the Schumann resonance is under attack!



## **Earthing and Grounding**

Think of Grounding as hitting a reset button. And you can reset it any time of the day or night in just a few minutes. Grounding is a good thing to know about (and share with

others) because all day, every day, around the clock, we are bombarded with horrific world events, stressful local news, court rulings and more, that reasonably leave us



feeling discouraged or even defeated. It's normal to feel stressed out, unsure, depressed and anxious over these current events, but it's also possible to find relief and hope through the power of grounding.

By connecting with the earth, we can release tension from our muscles, shift the brain from high strung beta waves to calming alpha wave patterns, and decrease the stress signals in our body by supporting vagal nerve function (which helps loosen that knot you feel in the pit of your stomach pretty quickly) and boost your mood, all naturally.

And the best part is that the Earth is free and always available to you. If you are feeling utterly overwhelmed, all you have to do is walk out your front door, step out of your office, or pull over your car at the nearest rest stop and touch the Earth.

Grounding is an instantly accessible healing tool that can provide immediate support during periods of stress no matter where you are or what you are doing. Whether it's just a few deep breaths as you sit on a patch of grass, taking a walk through a local park, or standing outside at night looking up at the stars, grounding supports your outlook and stabilizes the body.

The Earth is waiting out there to center and support you.

So, the next time you are having a panic attack, a pounding tension headache from stress, or a knot of worry growing in your stomach, just go outside. Get out there. Don't force anything, just touch the Earth and let nature work its magic. The Earth can hold even your worst of days and remain an immovable source of strength.

The effects of grounding the human body starts instantly, so there is no time too short for getting grounded — if it can only be 30 seconds, so be

it. If it can be 15 min or 30 minutes, all the better.

If you have one rock outside you can touch, one blade of grass (even a weed!) you can touch, one leaf on a tree or bush outside, one corner of a cement driveway or garage or one square inch of sidewalk you can stand on, you can be instantly grounded. Even in an urban location, or in the winter, or when you travel... you can and should get grounded outside.

**If you're feeling overwhelmed by the news, try this: Grounded deep breathing.**



It only takes three deep breaths to calm your heart rate, decrease muscle tension and feel more centred. Combine that with grounding outside and you'll get exponential benefits. Grounding has been medically shown to decrease stress, help release fight or flight mode, and even shift the brain into calmer brain wave patterns. It can be as simple as sitting outside on the Earth and just taking three deep breaths.

To go further with it, consider adding a longer session of meditation to this practice. Focus on breathing slowly in and out, starting with a few minutes and working your way up to 10- or 20-minute sessions. You will feel a complete reset of mind and body.

**If you're feeling sad or despondent, try this: Grounding in morning daylight.**



Studies on grounding have shown that being grounded can significantly boost our mood. Combining that with morning light exposure helps to take that even further, reducing feelings of depression and boosting outlook.

Sunlight therapy has been shown to naturally treat depression better than a prescription anti-depressant!

So, try your best to go outside and get as much natural light as possible. Try to get into a daily routine of taking just a few minutes every morning when you wake up to step outside — you can even take your coffee with you — to greet the day grounded, and feel your mood brighten.

**If you need a break from stress at work, try this: Grounding on a sidewalk.**



More surfaces than you think will ground you — you can get grounded on a city sidewalk just as easily as at the beach. You get just as grounded by touching a metal signpost anchored in the Earth as you do by touching a living tree. So, if you are at work, travelling, or live in an urban setting and just

need to take a breather, head outside and find your favourite sidewalk square.

Stand with a foot touching it or sit down and let your hand touch the sidewalk and allow grounding to go immediately to work, stabilizing your autonomic nervous system, decreasing muscle tension, calming your racing heart and deepening your breathing. You'll return to your task at hand feeling much more centred.

Didn't know that sidewalks will ground you? There are lots of other surfaces waiting outside to ground you, no dirt, mud or mess (or even bare feet) is required!

<https://www.intuition-physician.com/surfaces-you-ignore-daily-that-would-actually-ground-you-and-the-ones-that-wont/>

**If you need a boost of positivity, try this: Touch a tree outside.**



Multiple studies have found that having access to a garden or other green space — even simply viewing plants — decreases depression rates, anxiety rates, and dramatically reduces stress. We have such an innate need to be submersed in a world with foliage and plants around us that one study found that patients who simply had a view of plants through a window while recovering from surgery had better moods, used fewer pain medications, had less surgical post-op complications, and even decreased their length of stay in the hospital.

You can get all of those benefits by seeking out a favourite tree, and taking it one step further by touching it. All plants that are growing in the ground — including trees, bushes, flowers, and even a single blade of grass — are grounded and will ground you instantly when you touch them. So, reach out and hold on to your favourite tree, and visit it often, through all the seasons, to add the healing benefits of grounding for a powerful energy boost and mood lift.

You might become such a fan of ground through touching plants that you consider gardening — whether a small container garden or a few edible bushes to a large in-ground garden, you may be inspired to create a late summer or even a fall garden to get your daily grounding dose.

**If you are feeling fatigued or run down, try this: Eat lunch outside.**



The midday slump is real, and dealing with stressful news when we are already feeling depleted makes us feel even worse. That's why one of the best habits you can get into is taking your lunch outside and eating it grounded, to help you power through the afternoon. EEG studies of brain activity show that connecting to the soothing energy of the Earth instantaneously shifts our brain wave patterns and reduces ambient stress levels. Another study on participants who were grounded while at work showed that this significantly boosted mood and energy

levels while decreasing feelings of depression, pain, and fatigue.

Head outside with your lunch and sit on a bench, slipping your shoes off and resting your feet on the ground while you eat, or sit on a sidewalk or cement steps, or even simply touch a metal railing while outside on your lunch break, all of these will ground you. If you are lucky enough to have a park within walking distance, sit at a picnic table and slip a shoe off to touch the ground while you eat, and don't forget that the cement floor of picnic shelters is also grounded.

As a bonus, grounding boosts digestion by supporting your vagal tone and allows you to process the nutrients you are eating even better.



**If you are having trouble sleeping, try this: Look up at the night sky.**

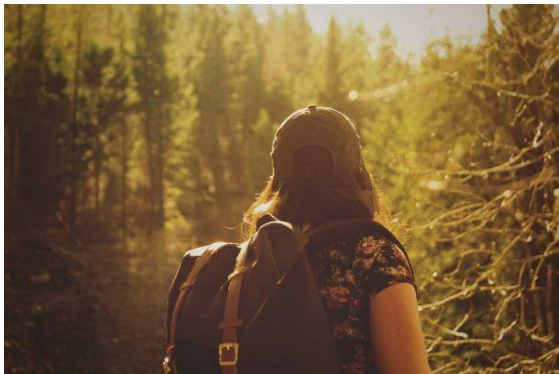


A great way to ground — especially when you've been too busy to ground all day long — is to ground standing outside looking up at the stars and Moon. Turning your gaze upwards, reconnecting with the wonder of

being a human being standing on our Flat Earth looking up at the Heavens will lift your spirits for the better. Doing it while grounded helps even more, as grounding helps deepen sleep and allows the sleep you do get to be even more restorative, letting you get a deep recovery from stress.

So, if realize you are carrying the stress of the day into bed with you, stop. Go outside and look up. When the rest of the world is shut up tight at bedtime, taking a few minutes to ground outside under the night sky is wonderful for clearing the mind, grabbing a few minutes of beautiful fresh air, and preparing your body for sleep.

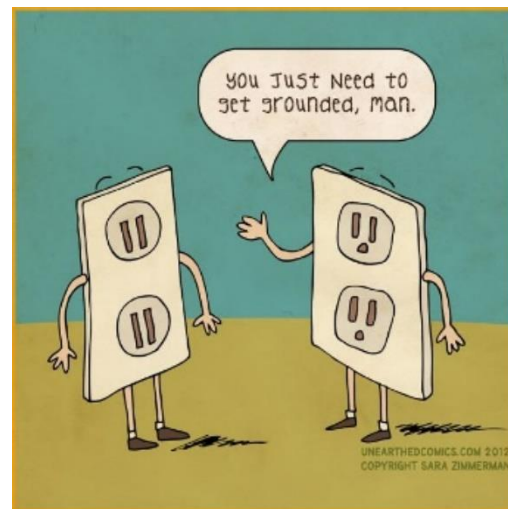
**If you are feeling anxious, try this: Go on a walk.**



Movement gives your body a natural opioid fix, and other neurotransmitters get a boost too. Endorphins decrease pain and boost a feeling of wellness, serotonin improves mood and decreases anxiety, and anandamides decrease stress.

If you are feeling anxious, with pent up nervous energy, move that beautiful body of yours! Do it grounded and you will be adding an even deeper level of support from the Earth that will decrease anxiety and help you feel more centred. Go on a walk barefoot, even if that is just up and down a small patch of grass or a few squares of sidewalk. If you can't go on a walk barefoot, sit grounded outside and move your body in other ways, like giving yourself a foot or neck massage, or doing a few stretches.

Grounding helps move the body from fight or flight mode towards feeling calm and safe. If you feel a panic attack approaching, stop everything and touch the Earth. Pull over if you are driving, go outside if you are home or at work or in a crowded shop or restaurant and let the stability of the Earth ease your panic and calm your anxiety with its power.



## Section IV: Healing Plan – Connecting Mind, Body, Heart, and Soul

Healing goes through stages. It is like peeling an onion: the body peels off the outer layer of disease and you start feeling better than before. Then the body accumulates enough resources to start peeling the next layer of the disease, and you start feeling ill again. Once that layer of the disease is removed you feel better again; until the body decides to peel the next layer off. Please understand that it is your own body that heals itself; not the doctor, not the diet, not the medicine nor the supplements!

The bodies of people in the Western world today accumulate countless numbers of man-made poisons, all of which cause damage, manifesting as a long list of diseases. When you start Nutritional Protocols, your body will start removing toxins and healing the damage. But it cannot deal with all of it at once, because that would take a lot of resources which your body may not have. To deal with all the damage, your body has to prioritize: what part of the illness must be dealt with first and what has to wait for a while. Once the first part is dealt with, then the body will start on the second priority. Depending on how ill you are and how much healing your body has to accomplish, the list of priorities for your body to deal with can be quite long. So, don't be disheartened if a particular symptom does not disappear for a year or two; pay attention to symptoms that are going or have already gone.

Let's devise a plan to get you on the road to recovery. I copied this Healing

Plan from my DIY MED course. Enjoy.

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*If you fail to plan, then you are planning to fail! Makes sense?*

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**The human body comprises 2 primary functions – consumption and elimination.** Animals are the same, trees are the same, and even our cars are the same, they have consumed and they eliminate waste.

Your NEW goal, UNTIL YOU GET YOUR HEALTH BACK IN ORDER, will be to focus on eating and drinking **ONLY** electron donor foods and chewing gum using the method of testing that I taught you. What? Chewing gum? Scratch that off the list. ~~Chewing Gum.~~ Who said that? I was only seeing if you're paying attention. So, this is consumption!

Next, we need to clean up our body's elimination system, the Lymphatic System. There's no point in raising our voltage to heal ourselves and remove our sickness only for it to get caught back up inside the body. Does that make sense?

Let me emphasize this point by giving you a clearer example. You're ready to wash your dinner plates and you got a new bottle of Sunlight dish detergent and a new sponge, so you're guaranteed to have clean plates, but your drain/pipe is clogged and the food that you are washing off the plates is getting stuck in the drain. Next, the water starts to fill up into the sink, because the drain is

clogged, the dirty water cannot drain fast enough, and soon your entire sink is overflowing with dirty water. However, your plates are nice and clean, but now you have a bigger mess on your hands. Dirty water everywhere. So, if this analogy has happened to you, then you know exactly what you need to do before washing the dishes, clear the blockage first.

Now, I am going to add further to this analogy to make it clearer. How can we prevent our drains from getting clogged in the first place? Well, use a drain cover to catch the fine food debris before it goes down the drain and common sense would dictate that if you see any

**Let's play with the vocabulary so you get it.**

**Electron donor foods** = this means that you cleaned off all the last bit of food on the plate into the garbage bin first before washing it.

**Electron stealer foods** = This means you just washed whatever is left on the plate, into the sink, without cleaning it into the garbage bin, and expect the drain cover to do all the work of catching the food.

**Drain/Pipes under the sink** = Refers to your Lymphatic system and Lymph nodes, tonsils, and appendix. Etc.

**Drain Cover** = Preventative measures a.k.a, education of how your body works and what to eat and what not to eat in the first place. And how to be responsible for your health.

**Sunlight + new sponge** = Refers to

leftover foodstuff on the plate don't throw it into the sink, throw it in the garbage bin. If there's no food on the plate, then there's nothing to get clogged in the drain. Right! But we are all guilty of this and we assume the drain cover will catch all of it, but sometimes stuff gets through and starts to accumulate OR we forgot to use a drain cover. So don't blame diets or supplements that don't work, blame yourself for not thoroughly cleaning the plate into the garbage bin before washing it. Your health, whether good or bad, is caused by yourself. CLEAR? You may need to repeat that analogy in your head again until it is clear.

raising our Negative (healing) voltage to make squeaky clean our plates.

**Too diluted Sunlight (adding too much water) + old flimsy sponge** = Refers to raising our Positive (sickness) voltage and the plates still feel greasy.

So, you have been eating/drinking Electron stealing food and water and some of it escaped through the drain cover and started to accumulate in the pipes and it accumulates and accumulates and accumulates to the point that the dirty water starts to back up and soon enough the sink is full of dirty water and then it begins to overflow.

The problem with people is they get all these great supplements and/or try these diet programs but they don't realize that their drains/pipes (Lymphatic system) is clogged and the dirty water takes so long to drain and by the time the dirty water drains out, they've given up on the supplements

and diet programs blaming that they don't work. So now that you know what caused the blockage in the first place... and now that you know how to undo/fix the problem, who are you gonna call? NO, not Ghostbusters... ;)

Your first thought is to call the doctor to fix your drains/pipes.

The Doc checks over everything and says, "Ma'am/Sir, it's confirmed, your pipes, under the sink, are blocked, we're gonna need to remove 'em."

Then you say, "But Doc, don't we need those pipes?"

And the Doc says, "I have been trained to tell you, that you don't need those pipes, your sink can still function without pipes."

And then you say, "But Doc, wouldn't the dirty water and filth accumulate under the sink, inside my cabinet?"

And the Doc says, "Well maybe."

And you say, "Didn't God put those pipes (aka tonsil, lymph nodes and appendix) into our body for a reason?"

And the Doc says, "Who's the Doctor, you or me or God?"

And you foolishly say, "OK Doc, I trust you."

So that's that, your tonsils are gone, your appendix is gone, lymph nodes are gone. Removing body parts, that God put in there for a reason. This is the reality of the Medical Establishment and its illogical cut and removal methods. The same way the pipes work is the same way your body works. I hope the

above role playing has opened your mind so that you start to question the Doctors and start to look for other options, or another plumber, hahaha.

First, we will need to use grounding methods to drop the positive voltage in our bodies. To learn about these methods, PLEASE get my Grounding, Earthing and Sunning course. Please get your beds and your children's beds ALL grounded. So, as you and your family sleep, your body is healing. I would highly suggest grounding the other rooms in your house, living room, dining room, kitchen, computer workstations, and any other room that you spend time in and don't forget your pets, cars and shoes. I am not going to go into the reasoning for all this as I have already explained it in extensive detail in my course, it's a 6-hour video course, and I am sure you will learn a lot. So, grounding will drop/lower the positive voltage in our body.

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*Remember this?*

*Positive voltage carries chronic sickness and pain. You want this lowered.*

*Negative voltage carries healing and well-being. You want this increased.*

---

Next, is raising your body's voltage (Negative voltage), and we're going to do that in two ways, by eating electron donor foods (Prophetic foods) and water and second through our skin. The skin is an electrical conductor and electricity flows through your skin. How do I know? Very simply, rub your feet on a woolly carpet and touch something metal. Got a static shock? That's electricity!

So now back to our final analogy, we have dirty plates, but we have Sunlight and a new sponge, and clean and clear drains. As we wash our plates, the dirty residue and stuff go, we do not need to worry about the drains/pipes getting clogged because either there is nothing to get it clogged or it's so small, we do not need to worry.

**That's the plan and if you carry out this plan, you will succeed to regain your health and life.**

Give a man a fish, and you feed him for the day, teach a man to fish, and you feed him for a lifetime and that is what I

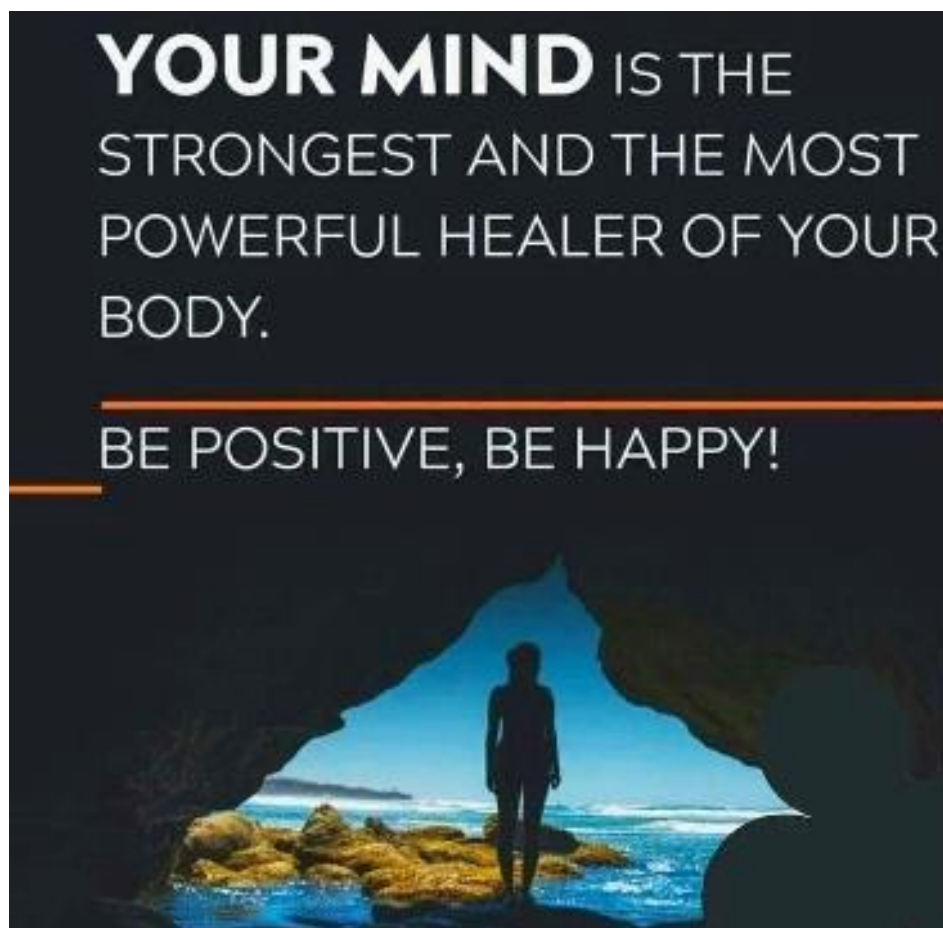
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*The two primary methods of raising our electricity through our skin, first via the Zapper and the second will be with Red-light therapy. Both have been proven to work.*

*In my Beyond Healing DIY Med Bed course, I go into more details of Red-light therapy.*

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have just given you. This is special knowledge and this is the kind of education the Doctors and Hospitals should be teaching you, however, they don't and that is for reason.



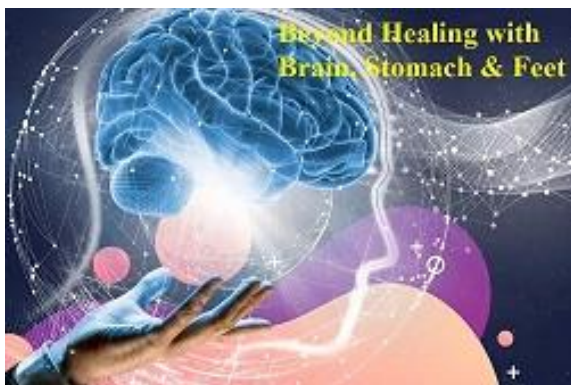


## Fasting

### The Most CRUCIAL element of your healing plan is Fasting.

Always remember ALL healing from God and only thru Him will you be healed. Therefore, ask for Him and His help during your healing regime. And remember whenever God gives you sickness, He removes sin from you too. So there is a blessing and patience during this time of sickness.

Fasting - You need to start a fasting plan. If you fast, your healing will be faster. If you do not fast your healing will be very slow and take a long time. So this is your choice. In my course **Beyond Healing with Brain, Stomach and Feet**, I will teach you to slow down your mind, and how to "reset" your stomach.



#### What Really Happens When We Fast?

Dr. Eric Berg DC ✓ 9.4M views

Check out these incredible health benefits of fasting, and learn why these effects of fasting occur. Dawn Phenomenon: <https://www.youtube.com/watch?v=12njrfrfMg4> <https://www.youtube.com/watch?v=...>

<https://www.youtube.com/watch?v=vhmt0AYVRS0&t=249s>

OK Let me explain what this means to your health:

There is electricity running through our entire system. Our brain is electrical, our heart is electrical, our body is electrical, and our soul is electrical.

This means our immune system is also electrical. For our bodies to heal, we need high electricity. We need to raise the voltage. When we multi-task and keep our minds busy, it speeds up the electricity, but instead of raising the voltage this lowers the voltage and the result is slow or no healing at all.

**To raise the voltage in our bodies we need to slow down our minds. The slower your mind the higher the voltage and therefore your healing becomes faster.**

My course will teach you to slow down your mind and the causes of what is speeding up your mind.

My course includes a 30-Day fasting healing plan, complete with week by week diet and important supplements that you need to buy and take. Also incorporating Sodium Bicarbonate into your treatment and the correct dosage.

## Effects of Core Body Temperature on Human Health / Far Infrared Efficacy

Medical Research has shown that by regularly increasing the core temperature of the human body by 1.8 degrees Fahrenheit, the human immune system is improved up to 30%.

In contrast, patients who exhibited a chronic body temperature below the normal 37 degrees Celsius/98.6 degrees Fahrenheit had a significantly reduced immunity level.

**Therefore adding heat to your healing has a significant impact on your recovery time.**

Low temperature body state is created by work stress, hypertension, fatigue, depression, environmental body toxicity, improper diet, diabetes, gout, improper sleep routine, Lyme Disease, over acidic blood pH, hypoglycemia, being overweight, & lack of exercise, just to mention a few common causatives.

This section deals primarily with the very predictable problems seen in low body temperature and the profound importance of restoring and maintaining normal core body temperature. This is true not just in Chronic Fatigue Syndrome, but in every degenerative disease of our day.

Your core body temperature is the temperature taken under the tongue. When human physiology books refer to

the “normal” core body temperature it is presented as a range sometimes listed between 97.0-99.0°F. Understand that the “Normal Range” for temperature or even the normal ranges in blood tests are based upon the average person of our day. That is why “normal” changes periodically, because as our average population continues to get sicker the normal ranges must be adjusted. So in this discussion, I am speaking about what is an optimal core body temperature – 98.6-99.6°F.

Much emphasis in conventional medicine is usually placed upon feverish conditions; however, a low body temperature can be a much more sinister condition. Where a fever can be viewed as an active developmental and corrective process of the healthy body, a low body temperature can never be viewed as a normal or healthy condition, nor is it a mechanism for a learning or developmental process in the body.

A low body temperature creates a happy home for chronic sickness and is a sign of degeneration and gradual cellular death. The problem with a low core temperature is that no effective immune response can be mounted, therefore, no fever is generated and infections go undetected. The sickest person is one who gets the same infections but never misses a day of work because there is no response by their immune system, so they have a false sense of wellness as healthier individuals go through healthy fevers

and immune responses that may cause them to miss work.

Low body temperature is the plague of the 21st century. People with low body temperature have a weak reaction to even the most ideal medicines and therapies.

**As the body's core temperature decreases all cellular energy also decreases thereby leading to profound and chronic fatigue that is not relieved by sleep.**

The effects of low temperature:

The cooperative and collective intelligence of the human organism is short-circuited as the body temperature cools. As a result, all cellular functions decrease. There is a decrease in the production of all hormones, neurotransmitters, and other body chemicals necessary for the healthy regulation of energy.

In this mild hypothermia condition, there is an increased susceptibility to infectious disease as the temperature drops the acidity of the body increases and the normally predominantly negative polarity of the cells becomes more positively charged.

The colder the body becomes the more prone to depression and other psychological abnormalities and all degenerative illnesses of the body, mind and spirit.

Until the causes of the lowered temperature are addressed and

corrected, the best that can be hoped for is only temporary or mild improvement of symptoms and a gradual but steady overall decline in health.

**Chronic sickness prefers and promotes a cold and acidic environment and replicates at a much more rapid rate when the body is cold.** Some bacteria such as Lyme spirochetes prefer and promote a cold environment and can remain in a chronic state as long as their cold environment is maintained. Therefore, in the interest of the prevention and treatment of any bacterial, or chronic illness, this topic must be understood.

In many chronic cold illnesses such as fibromyalgia, chronic fatigue, cancer, Lyme disease, Multiple Sclerosis, diabetes, and heart disease, we see that the body becomes progressively colder. As the body cools, the electrical oscillations of the fluids in the body slow down and there is a shift in the body's polarity which promotes infectious microbes and cancer.

We can see the same principle of what happens in the body by observing the same dynamics in a water molecule. When the electrical oscillations of a water molecule slow down it becomes a solid, ice, as we speed up a water molecule's electrical oscillations it liquefies and ultimately becomes a vapour.

The colder a body becomes, the slower the electrical oscillatory rate and

therefore the thicker, more viscous, or syrupy the body fluids become. The more viscous the fluids become the more difficult it is for the body to push the fluids through the body. The lymph fluids that are normally supposed to bathe the outsides of all of your cells become progressively stagnant as it is too thick to move efficiently.

Now, consider the fact that just like your skin is constantly dying and flaking off and being replaced, so it is that every cell in your body is in a constant state of dying and being replaced. Only now the cold, syrupy lymph fluid cannot wash the dead cellular debris away. As a result, the body becomes a toxic waste dump!

Muscles normally have a high energy demand. Through contraction and relaxation muscles assist in eliminating their cellular waste products. In a cold body, however, the liquidity of the fluids inside of the muscles is gone, and the muscles cannot move the toxins and cellular debris.

The deeper you go into the belly or center of the muscle, the colder and more difficult it is to move the toxins. Without normal viscosity of the body fluids, muscular contraction and relaxation grind to a halt, like an engine with no lubricating oil. The belly of the muscle develops a knot that can be felt when massaging the muscle. This is the knotted, painful, muscle condition commonly known as “trigger points” of Fibromyalgia Syndrome, which is being

diagnosed in millions of people every year.

### **Organ Circuits and low temperature**

The body is set up with dedicated electrical circuits all of which are interdependent and interconnected. A circuit in the body has a specific organ, gland, teeth, muscle, and nerves. If anything goes wrong in one of these organ circuits the circuit energy goes down approximately 60% of normal.

In the 50,000 miles of blood vessels, the cold thick blood is more difficult to flow through the veins and arteries. Arteriosclerosis, the progressive hardening of the arteries, and the clogging of the blood vessels are manifesting the same problem that is being experienced by every tissue in the too cold body.

Edema in the extremities is seen as the muscular walls of the blood vessels seize up and can no longer maintain tone and the fluids leak out of the pores in the vessels.

Many older patients, and some not so old, are experiencing all the signs and symptoms of death in the extremities. They are dying in their extremities first, from the feet and hands up to the legs to the torso. To touch their feet is just like touching an icy, stiff, corpse. The foot is deathly whitish blue and etched in blue/black blood vessels from devitalized, stagnant blood.

The overcooling of peripheral blood returning from cold legs and feet causes depression of the temperature in the vital organs with slowing of metabolic processes, particularly in the brain and medullary centres.

Death occurs when a vital organ reaches the point of being too cold.

Your physician can name your disease, he can call it cancer, he can draw your blood and show you everything that is wrong with it, but he is simply describing the process I have just outlined. When the core temperature of the body is cold every organ, gland, and tissue is affected and becomes hypo-functional or may even become hyper, as in the case of hyperthyroidism, in a last-ditch effort to compensate for the hypothermic condition of the body.

Hypo-function in the body means that there are fewer hormones and less of every chemical involved with normal body and brain function. Even the psyche is affected leading to virtually any type of psychological problem, especially depression.

How many people are told that they have psychological depression from a deficiency of a certain brain chemical?

Many!

Can you see that of course they are deficient in “happy” brain chemicals possibly due to the overcooling of the body?

It might be said that you are dying in direct proportion to the coldness of your body. Follow this logic: Cells degenerate and die in direct proportion to the depletion of oxygen. Blood that is overcooled from a cold core temperature is too thick to efficiently carry oxygen and the lung vital capacity is reduced leading to shallow breathing.

This means that the oxygen to carbon dioxide exchange rate in the lungs is minimal. Now combine the degenerative effects of oxygen deprivation and the cold temperature and the fact that all of this and the overgrowth of microbes promote an acidic environment and you have greatly accelerated cellular degeneration and the onset of life-threatening disease.

[There is an optimum body temperature at which all chemical reactions need to maintain health 37° C/98.6° F.](#)

Keep in mind that the body has been too cold possibly since birth, due to multi-generational use of suppressive medicines, vaccines, fever-reducers, heavy metal and chemical toxins, and from the consumption of energetically dead food.

The retraining and resetting of the body's thermostat is just the beginning of healing the body of chronic illnesses. The normal body temperature must be held steady possibly for a year or more in some cases before the body can undo the damage of a lifetime of coldness.

**You can now connect the dots to Sunning and why sitting out in the Sun is an effective form of treatment. Our ancestors used to walk everywhere and they were not afraid to walk under the sun, unlike the people today who cover their arms and use umbrellas. The heat from the sun is a great way to heat our bodies to restore the core temperatures. Daily sunning is a requirement for anyone suffering from a chronic sickness.**

### **Understanding your Temperature**

Everyone can afford a simple thermometer. Track your temperature when you first awaken in the morning, before even getting out of bed. This reflects your core body temperature when it is not influenced by what you just ate, drank, or your activity level. Many of you will likely be surprised to see just how cold you already are. This is the result of generations of suppressive therapies and an imbalanced life. You may just save yourself.

Low body temperature must be addressed to bring the body back to balance. The temperature must be elevated to end the dying process of the body and to help the body eliminate the cellular debris or the “sludge” in the body.

Other supporting therapies designed for restoring the natural organ and glandular functions of the body must be applied. Infrared Sauna Therapy

detoxifies your body from environmental pollutants, pathogens and carcinogens, activates your lymph system, gives a cardiovascular workout and supports the involuntary nervous system to heal and eliminate cellular waste.

### **Infrared Efficacy:**

Increases blood circulation, and delivers increased amounts of healing oxygen throughout the entire body. Essential for beautiful youthful skin. A new “inner glow” is achieved as the skin is freed of accumulated dirt, dry skin cells and cleansing of impurities and bacteria.

Improves the conditions of acne, eczema, psoriasis, burns, skin lesions, and cuts. Open wounds heal more quickly with reduced scarring. Removes roughness, leaving skin baby smooth and soft again. Firms and improves skin tone and elasticity. Look years younger without pills, potions and lotions.

**As Core Body Temperature is restored to normal range, the entire body can operate at more efficient and healthy levels. Noted improvements include:**

- a. improvements in Immunity.
- b. improved fat to muscle ratio, i.e.: weight loss, and reduction of cellulite tissues.
- c. effective pain relief for arthritis, rheumatism, back pain, joint pain, muscle spasms, fibromyalgia, sprains, injuries, etc.

d. Removes stress in a peaceful, comfortable, warm environment

e. Improved mental clarity without 'brain fog'

f. increase in the amount of daily energy and long-haul stamina without coffee or 5-hour energy drugs.

g. significant gain in the range of motion and body flexibility.

h. restore lymph system to proper working level.

i. Best and Safest Method to detoxify your body. The EPA estimates that 95% of all diseases, from the common cold to cancer, are environmentally caused. Infrared Sauna Therapy is the most effective tool to accomplish the tough task of cleansing your body from the inside/out.

## Happiness Plan

One of the MAJOR issues of having a

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*It is VERY IMPORTANT that you incorporate as part of your Healing Plan a Happiness Plan.*

---

chronic sickness is stress. This stress is caused upon you by your friends, family and even the doctors. The doctors tell you that you have 3-6 months to live. Isn't that stressful and it will stick in your mind 24/7. That stress alone is enough to kill you. So, you got to use mind over matter and get these thoughts out of your mind. Your family and friends, in a loving way, will tell you, to go to chemotherapy, take your medication, and listen to your doctor. They mean well, out of love, but they haven't a clue what they are talking about. They are just following what has been programmed into their minds, so you may have to shut them off in your mind too.

Remember, stress and anxiety are two things that you need to eliminate, both

will change you back to positive again. This is why meditation is important, but an easy solution to stress and anxiety is just being happy.

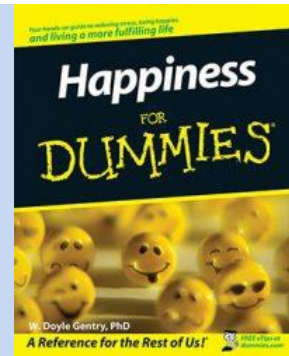
In the world today, our minds are being attacked by HAARP signals which are detrimental frequencies and these frequencies are switching off the happiness mode in our minds.

Why is it that today, people say they need a vacation from the vacation? Vacations are becoming too stressful, with the planning, the costs, etc. So, it seems that people are forgetting how to be happy and how to find enjoyment in the simple things of life. Maybe you need to watch that old 80's movie, The National Lampoons Family Vacation series again.

♪ ♪ ♪ ... The **smile on your face** lets me know that you need me  
There's a truth in your eyes saying you'll never leave me  
The touch of your hand says you'll catch me wherever I fall  
You say it best, when you say nothing at all

Sorry, that song popped into my head while writing this. A Smile on your face is enough to heal you, never lose sight of that.

And if you've forgotten how to be happy, get this book, maybe that may help.



Whatever it takes to change your mindset. There are many books available on making a happiness plan, maybe take a look at some of them and get one. I have never read this book but if you feel you need to, then please do.

**GROW YOUR HAPPINESS**

*Build*  
Mindfulness, resilience,  
positivity and more...

**LEARN HOW**

With Dr. Tchiki Davis, M.A., PhD.

Maybe you need something like this, action steps towards becoming happier.

**GREAT DREAM**  
Ten keys to happier living

- GIVING** Do things for others
- RELATING** Connect with people
- EXERCISING** Take care of your body
- AWARENESS** Live life mindfully
- TRYING OUT** Keep learning new things
- DIRECTION** Have goals to look forward to
- RESILIENCE** Find ways to bounce back
- EMOTIONS** Look for what's good
- ACCEPTANCE** Be comfortable with who you are
- MEANING** Be part of something bigger

**ACTION FOR HAPPINESS**  
[www.actionforhappiness.org](http://www.actionforhappiness.org)



There are a lot of studies done on how happiness can overcome sickness. Search for them if you need it, but if you already have the belief that happiness can overcome your sickness then why are you holding back on it?

Spend more time with your family and watch comedy movies, you can do some google searches to find the Top Comedy movies, just watch out for the ratings on some of these movies if you're watching with children.

There are plenty of funny videos on YouTube that will bring you to tears in laughing. One of the best series that comes to my mind is the Just for Laugh Gag series done by my fellow Canadians.

<https://www.youtube.com/gags>



There are great series like this done by people in other countries too and don't forget to look for funny home videos, especially with children, you'll laugh up a storm. Watch with your family, it will be great stress relief for everyone too. Laughter should not be contained to just you alone, spread the joy. It will come back to you in more ways than one.

If you are a teacher, you'll enjoy these: [https://www.youtube.com/watch?v=hQJn-DV\\_m1l](https://www.youtube.com/watch?v=hQJn-DV_m1l)

**Nailed it**

History Exam (F)

Part 1 (1 hour 45 Minutes)

DEFEND your answer.

SARGE I DON'T KNOW HOW MUCH LONGER WE CAN HOLD THEM!

ANSWER

6:34

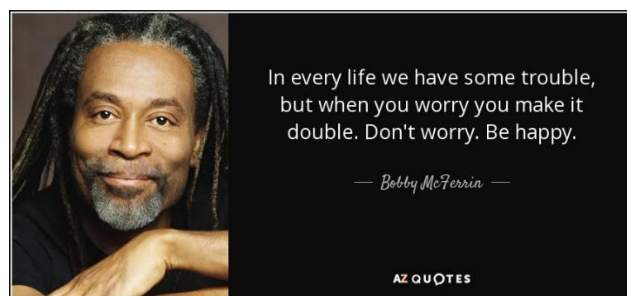
**FUNNIEST KIDS TEST ANSWERS THAT WILL MAKE YOU LAUGH** 😂😂😂||#1

6.8M views · 3 years ago

Fun Outside the Box

These are some FUNNIEST KIDS TEST ANSWERS which you all will like. All rights goes to the artists / meme makers in this video ...

So, allocate some time, and even several times a day, and remember, laughter is the best medicine and above all, it's free. You will always feel energized and good after laughing.



## Don't OVER COMPLICATE your Healing Plan

I will end this part with something very, very, very important. **DO NOT OVERCOMPLICATE YOUR HEALING PLAN.**

When you sit down and design your Healing Plan, designing I mean by listing down and choosing what fruits or products will best help you with your ailment. For example, Soursop and Papaya are just two fruits that are super incredible for cancer related issues. These fruits target specific issues. Sea-lodine is also very good for cancer and also the Olivie virgin oil that I recommended too.

So, part of your Healing Plan development is listing down what best you require to recover. For EVERY Healing Plan, Grounding, Zapping and building Stomach Health should be TOP OF EVERY LIST.

Now, something very important is to try not to overcomplicate your plan. I have seen people, trying 10 different products all at the same time, and then they complain that it's not working. Well for you, reading this book, you should be able to assess by now, why it's not working for them.

But the KEY POINT here is to keep it simple. Remember our healing concept is not necessarily that we need to try everything and the kitchen sink but we just need what is required to raise our negative voltage to activate our healing system. If all it takes is two products

then that's wonderful. I met a lady, who was paying RM2,000 per month for products that she takes every month. That is in Malaysian Ringgit but it could be the same as someone in the USA paying \$2,000 per month. It is a lot of money! So, there are companies who will enjoy profiting off of you because you don't have a clue about what you're

---

*Remember it is NOT the products that is curing you, make that clear in your mind, it is your own body that is curing you.*

---

doing.

Even when it comes to your Natural Body Detoxing, (Section II), you can create your healing plan. The body detoxing plan should not be much, and it would be the same plan to use over and over again.

A chronic sickness healing plan will be specific to the sickness. Cancer will have one plan, diabetes another plan, and in some cases, there may be multiple sicknesses, so you may have multiple plans. I suggest if you do have multiple issues, create a plan for each sickness. For example, you have cancer, autoimmune disease and diabetes too. So, make three plans and then merge the three plans into one plan.

**Grounding Plan:** Your plans should consist of grounding mats, for sleeping,

at work (office), around the house, and even in your car.

**Consumption Plan:** What fruits and vegetables and other foods you are going to eat? You can also create, if you like, a short list of foods that you will cut out, just as a reminder. Consumption also includes drinking. The energy donor water is a priority. The list may include special herbal teas. As you like, double check your food and drink options with the pendulum. Be careful of network marketing products, they can be expensive. Do not get me wrong, there are some very good products out there. I have used some of them. But why do you need to spend \$100 for a product that gives you apple extract when you can spend \$1 and eat the apple itself?

**Elimination System Plan:** The elimination system is the lymphatic system, and this includes the drainage massage to be done every day and every time you take a shower. Incorporate the Hydro Therapy (Hot and Cold showers) as I taught you in this book.

**Sunning Plan:** The time that you'll get more sunlight in the mornings and

**The above plans combined are your Healing Plan, the plan to restore balance to you, and not just your body, but your mind, your heart and your soul.**



afternoons. Remember NO sunscreens or lotions. NO!

**Family Happiness Plan:** Spending time with your family to have fun and enjoy the time together.

**Spiritual Plan:** Trusting in God's design of the Perfect Body to heal itself. Faith over Fear. Praying to be Cured. All things are possible for our Lord, Thy God, The Creator of the Heavens and The Earth and ALL that is in between. Listening to the words of the scripture empowers you and brings you closer to The Creator.

**Meditation Plan:** Sitting down quietly and contemplate the creation, then quiet down your mind's thoughts and lower your mind's intensity. Relaxing, not overthinking, and stop multi-tasking your mind. Focus on one thing at a time.

**Music Plan:** Select your favourite songs and make a playlist that you can listen to and dance to. Have fun with it.

**Additional Plans:** Add in any other plans that you believe you need.

**With Balance, Your Health is Restored.**

Do more research on your sickness and remember to be careful when you read websites, or watch videos, especially from doctors and natural healers, as they are knowledgeable in the “old system” of healing and are not educated in this “new system” of healing that I have taught you. Some of their knowledge is mixed with truth and some are mixed with falsehood. Learn to recognize this and learn to separate

what they are telling you as factual and what is not. If they start talking about diseases like hand, foot and mouth disease and which is contagious and is spread by a virus, then that is pure garbage and throw that part out the window. Listen to their healing advice and see if there is anything that you can take from it. I love this saying from Pirates of the Caribbean.



I will not provide you with any healing plans, you need to start to learn to do things on your own. I know you can do it; believe you can do it.

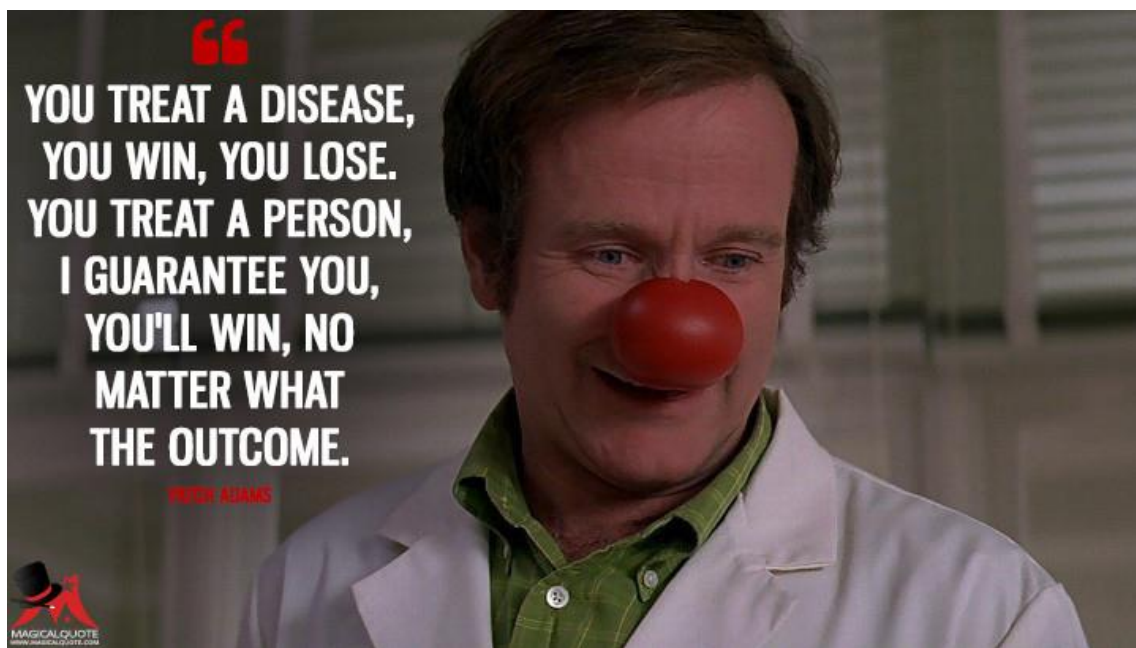
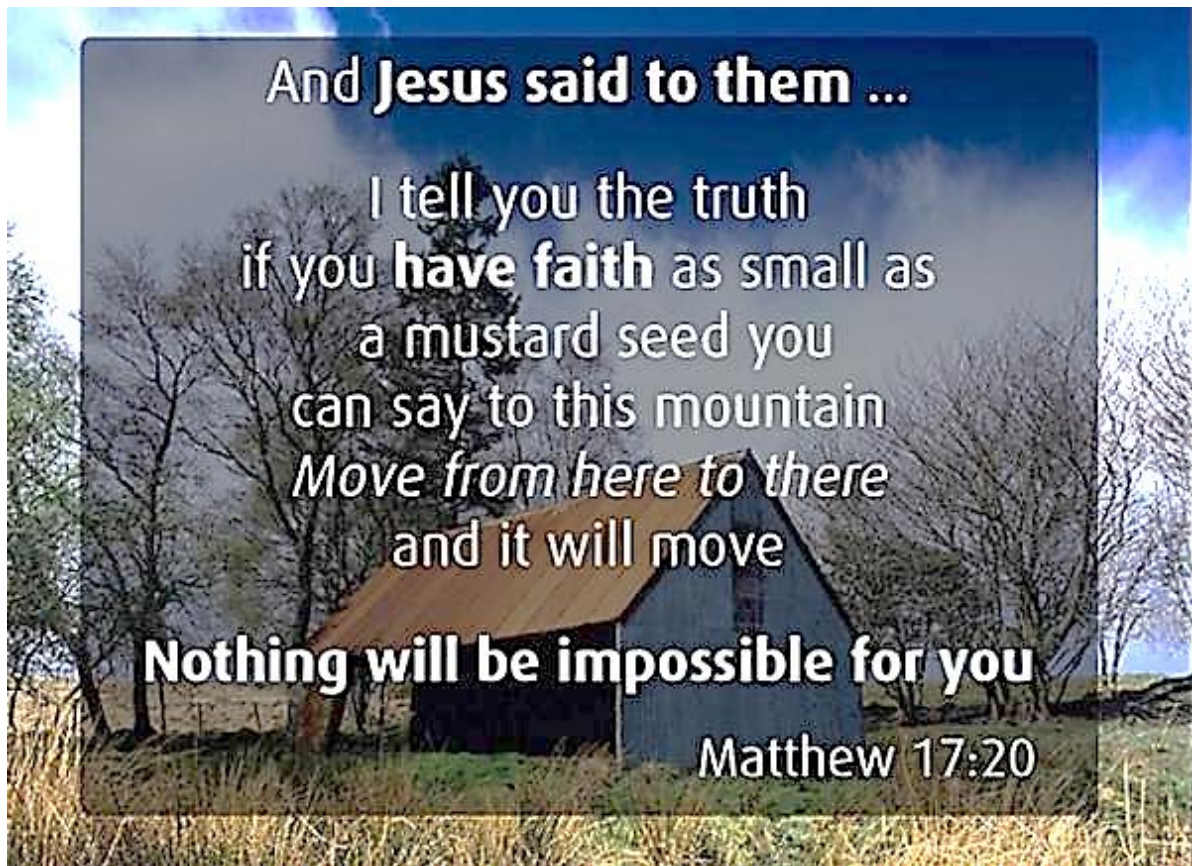
Remember the body takes time to heal itself, you cannot try a product for a few days and say it's not working for you. It takes time and patience. However, you may need to change products on your plan list, as required. Trust in God to show you the way to healing.

If you have a chronic sickness related to a blood issue, and as you've learned the

blood system replaces itself in 4 months, you cannot expect to be fully cured after one and a half months. You cannot push your body more than its time.

Your liver replaces itself in 6 weeks, so after a couple of days, how do you expect the liver to be fully cured? Give it time, and understand healing takes time. God has ordained certain times for each organ and part of the body to rebuild and regenerate itself. Follow God's plan not your mind and delusions that you want to be cured overnight.

**Believe that you can overcome your sickness and you will. The Power of Life and Death lies with Almighty God, not with the doctors.**



In Section II and Section III, I talked about the Body, from Natural Body Detoxing and Chronic Sickness. All of this was related to healing the body.

As I mentioned that my concept of healing goes beyond the body and this is where this eBook differs from ANY other book that you have read.

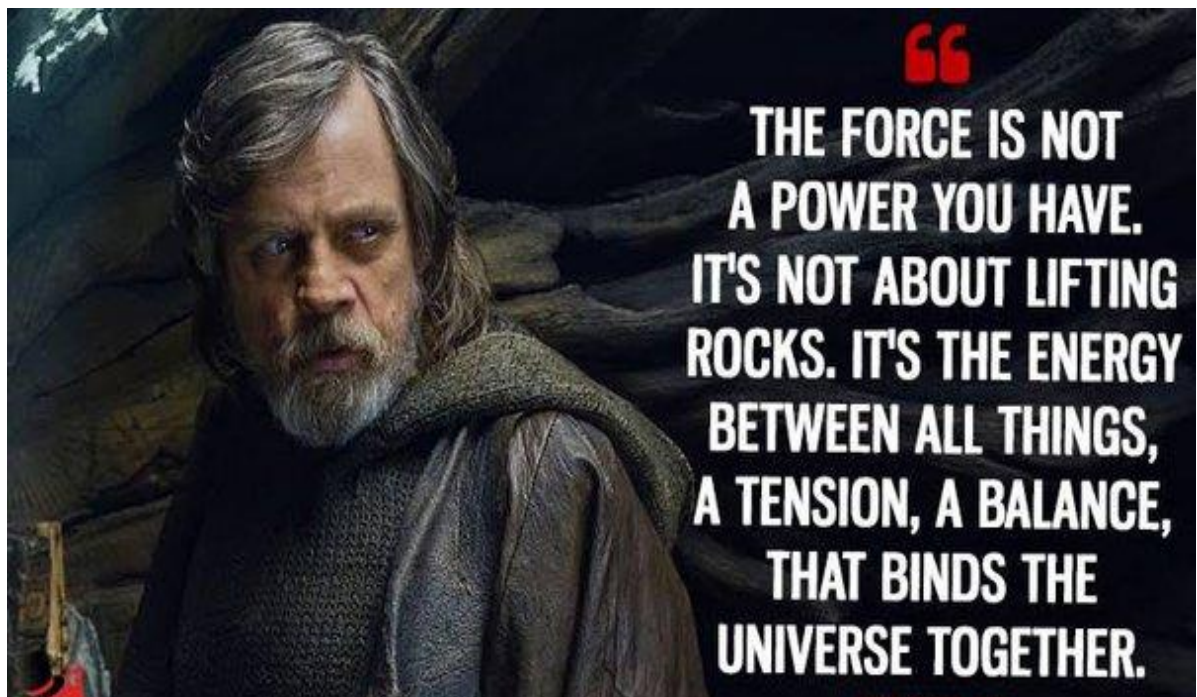
We will now focus on the Mind, the Heart and the Soul.

The ultimate objective is for us to not just heal the body but to restore balance to our entire being. Our Minds, Bodies, Hearts and Souls working as one.

We are far from being done, join me and let's continue our learning experience as we truly make this a holistic healing experience.

We'll begin with the Mind.

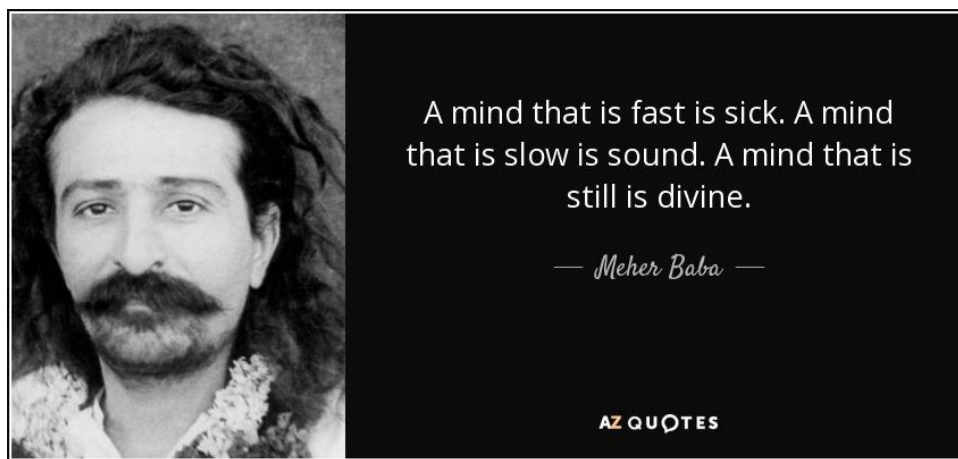
*Thank You, Master Ali*



## The Mind: Meditation and Breathing

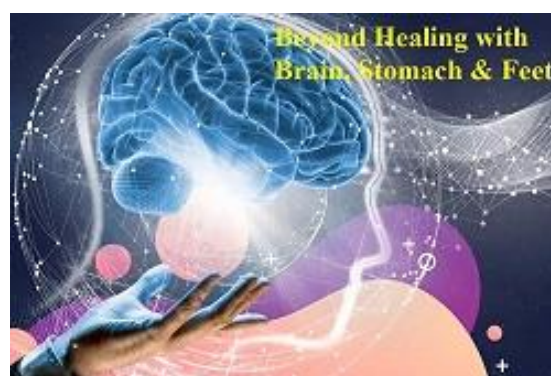
Meditation is a key component of my Beyond Healing with Brain, Stomach and Feet course, I hope you can take my course to learn more. Meditation is nothing physical that you can buy and attach to but through it, it creates a spiritual connection to our Creator, God Almighty through our souls/spirits.

Meditation also has a direct impact on the mind, body and heart. What happens during meditation is that you learn to relax your mind, through breathing techniques. By slowing down your mind, it increases your voltage levels and this has a direct impact on your body and that is what you want, right?



This is another reason why technology is a dangerous thing, especially handphones, as it keeps your mind busy and thinking and it speeds up your mind. Now when your mind moves fast and faster, it has a direct impact on the heart, it causes your heartbeat to increase. For most adults and even children their heart beats are 80 bpm or higher. This is too high! At this heart rate, it puts your body in a Yang state. Yin Yang relationship. Yang being that you will attract arguments, you will find yourself quick to get angry, and quick to complain. Most road rage situations are because people's heart rates are beating too fast. So, when you slow down your mind, you will automatically slow down your heart rate. Ideally, you want to be around the 50-60s range. You will not

get into any arguments at this heart rate.



**My course Beyond Healing with Brain, Stomach and Feet goes into more detail on Brain issues, tensions and sicknesses of the brain. It is important to understand the cause of the sickness and that is the focus of my course.**

**Mind intensity is another important thing to control and turn down.** You want to lower the dial on your thoughts. This will take some time to achieve and practice and the realization that you're thinking too hard. You can help to

achieve this by talking from your spirit body to your physical body and tell it to calm down and think more quietly. When you do that, it will help slow down your mind and your heart.

Here is a short article that I wrote for my Health Group, as it relates to this subject:

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*“Verily, in the remembrance of God do hearts find rest.” (Qur’an 13:28)*

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All Muslims are very familiar with this line from the Qur'an, but have you thought about the science behind it? Myself, no, until I started learning and doing more research into the body.

I will add the quote by Meher Baba and then connect the relationship between these two quotes.

"A mind that is fast is sick. A mind that is slow is sound. A mind that is still is divine."

Having a busy mind is not healthy at all. Keeping yourself busy is not healthy at all. Have you noticed how many people, and probably including yourself and I admit, I used to be like this before, keep themselves busy by scrolling through Whatsapp, Facebook or other social media pages, at traffic lights or the mall or if waiting for someone? Nowadays it's becoming quite common to see and if you do not see it then you are blind. It's very common at restaurants that people including families do not talk but all are on their phones. It has become that checking what other people are up to is a higher priority than the people

right in front of you. Parents, why do you allow your children to do this? Why do you allow them to use handphones at the dinner table? Or maybe they are learning from an example?

Do you know what is happening when your mind is busy? A fast-paced mind is causing your energy to leak out and when enough energy leaks out it causes your body's voltage to drop.

So where does the energy go to? Into the air, should be your first guess, right? This is true, but where it goes is an area of space about 6 feet around you called your biofield, some may call it aura but I believe they are not the same but they have some connection. This energy leakage is similar to an app that is draining your smartphone's battery, now can you relate?

So, what happens to this leaked energy in your biofield? It becomes stagnant and will stay there for your entire life. Even trauma that you might have had when you were 8 years old is still there. Years and Years of leaked energy building up, do you think this will be good for you? No, it won't! It will make you sick. Can we do anything about this stagnant energy, YES you can but that requires you to research the body's electrical system. Do I know how to return this stagnant energy inside the



body? YES, I DO! Will I tell you? Maybe later in the future. For now, I have planted a seed in all of you, for some of you, you will water the seed and watch it grow, for others you will let the seed die. It's your choice.

So, let's all think about the science of the Qur'anic verse above. "Verily, in the remembrance of Allah do hearts find rest."

Try this experiment. Sit on the floor, or a chair and make sure there is no noise and distractions around you. Mute your phone(s). Then close your eyes and try to feel the pressure in your mind and around your head. First, try and clear your mind but after 30 seconds or so your thoughts will come back and they will soon race around in your head. Let the thoughts come back and try to feel that pressure of racing thoughts. For some of you, you will feel the pressure, but for others, you won't feel anything at all and you need to practice this some more. BUT sooner or later you can all feel it.

The pressure that you're feeling is energy being leaked out. Why is it that the majority of your body heat escapes from your head? For those who have experienced cold weather, you will know that we wear hats to keep the heat from escaping. You can see if heat is escaping why not energy?

Once you feel it, now think about God. Even just say the words in your mind. "God is the Greatest". Then feel/observe the pressure in your mind. You should notice something very interesting. The pressure decreases. It's quite fascinating and I discovered this on my own.

What is happening is when you think about God and the more you think about God, your energy is not leaking out. Whenever you feel your thoughts are racing, the fastest way to slow things down is to remember God. "Verily in the remembrance of God do hearts find rest."

Why did God refer to the heart? Why didn't God say, just remember me and that's enough? Why did he mention heart? Everything is for purpose and reason and I will explain to you. As your thoughts race this increases your heartbeat. For many people today, their at rest heart beats have increased and for many around 80-90 beats per second. This is not a sound heart, not a healthy heartbeat. At this beat it causes you to quickly get angry when provoked. Ideally, at rest, we should be around 50-60. You can buy finger monitors online, like those you see used in hospitals and they are pretty cheap. Then you can monitor your heartbeat.

Now let's connect the dots some more. This fast heartbeat causes the 5 battery packs in your body to drain faster. And if you are not able to keep boosting the batteries sooner or later the batteries will drain resulting in Chronic Sickness.

## **Breathing**

Most people have lost sight of the way to breathe. I am not going to go into detail here on breathing, search YouTube for stomach breathing techniques and learn and apply them. In my DIY Med Bed course, I go into more detail about it. But you need to understand the importance of breathing as it is one of the dots that need connecting. The mind and the breath need to be as one.

**Try my PHI Breathing Technique discussed later in this book.**

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*A breath in which God is not remembered is a breath wasted.*

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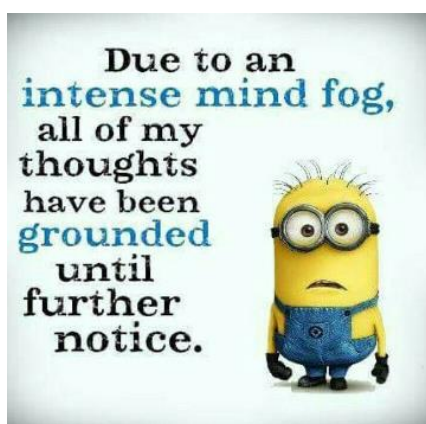
## Multitasking the Mind - You are playing a dangerous game.

How to quit multitasking for a clearer mind

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*Multitasking is one of the leading causes of brain fog or scrambled thinking.*

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For a clearer mind, try focusing on one thing at a time. Brain fog is often a sign that you're overwhelmed, exhausted, or stressed. It's a little warning signal from your brain to slow down or take a break.

Sometimes, brain fog is caused by stress, anxiety, depression, or fatigue. But, often, it's caused by something less obvious and far more widespread: multitasking.

Multitasking exhausts your brain. As one neuroscientist, Daniel Levitin, explains: "the kind of rapid, continual shifting we do with multitasking causes the brain to burn through fuel so quickly that we feel exhausted and disoriented after even a short time."

When you multitask too much and too often, your brain struggles to cope, resulting in that foggy feeling.

Normal – but not necessary

Multitasking is a perfectly normal response to living in today's world, which is fast-paced and distracting. From emails to social media to smartphones, it's becoming increasingly difficult to focus on one task at a time. But, the more you multitask, the foggier your brain might feel – resulting in a vicious cycle.

So, what can you do to quit multitasking and clear your mind? Here are a few ideas.

### Three ways to quit multitasking

#### 1. Tackle 'accidental multitasking' first

For a quick win against brain fog, consider all the ways you multitask without even realizing it and see if you can improve your focus.

Examples of 'accidental multitasking' include:

Keep your email inbox open all day, which means you're distracted every time a new email arrives.

Try this: Check your emails at designated times, for example once every hour or make time to try the 'Inbox Zero' method and clear your inbox every day.

Allowing social media notifications to disrupt your thinking at any given moment.

Try this: Turn off all social media notifications when you'd like to focus or when you feel brain fog coming on.

Browsing the internet while speaking on the phone. Try this: Focus on listening to the person on the phone, instead of getting distracted by what's in front of you.

## **2. Chunk your time**

Time chunking = focusing on one task (or one group of related tasks) at a time.

See if you can break your day up into chunks of focused time, instead of always bouncing from one task to the next.

For example, set aside 9 am to 11 am to focus on responding to emails and 1 pm to 3 pm to focus on returning phone calls. Minimize all distractions throughout that time and give the task at-hand all of your attention.

Time chunking works best if you allow for 'reactive time' throughout the day, i.e., periods where you have no set agenda and can respond to urgent requests and tasks as they come up.

## **3. Plan to daydream**

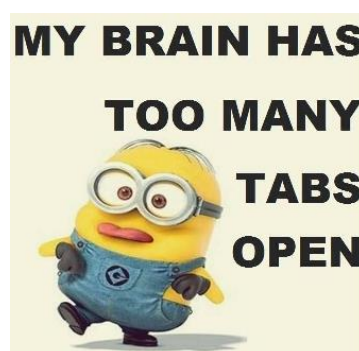
Give yourself 15 minutes every couple of hours to daydream (and to stop any multitasking in its tracks).

Trying to cram every moment of your day with something 'productive' is a fast-track to brain fog. Allowing for pockets of time to gaze out the window and watch the clouds floating by will give your brain a much-needed rest, help to keep brain fog away, and help to stop you from trying to do too many things at once.

Even better, when you daydream, you give your brain a chance to digest everything you've been focusing on for the past few hours. That's why your best ideas often 'drop in' when you're doing absolutely nothing.

Multitasking is a major cause of brain fog, but it's not the only one. Here are some other tips for reducing brain fog.

- Get enough sleep.
- Take a walk-in nature.
- Breathe.
- Take regular breaks from screens, even just for a few minutes.



## Relaxing the Mind and Your Thoughts



I know I talked about Meditation and Multitasking the Mind and all that just now, but I cannot help but stress the importance of this on the body.

**You need to relax your mind and lower the intensity of your thoughts, this will help you relax your body.** It is not just a matter of doing some zen yoga positions but finding a way to tune out the negative and stressful thoughts.



For everyone it will be different, some may find relaxation in the garden, some while listening to music, some while watching old movies, some from

dancing, some from reading a book and some from just lying down on their bed. You have to find what works for you and try different things. There are all kinds of videos on YouTube to relax the mind and body. Find them. And remember relaxing your mind and body is not just for 5 mins but do it as much as you can and often. When your body is tense, the healing system will have to work harder. The more relaxed you are the better the electricity will flow and the faster your body can heal itself.

And very important, once you've recovered, don't go back to your old ways of living, change and adapt to a newer better happy and healthier lifestyle.

### How do I know that my Mind's Thoughts are intense?

Well, you'll sweat more. This is a sure tell-tale sign. When your mind is relaxed and your thinking is relaxed, you'll find your body will not sweat as much. When your thinking is high it raises the body's temperature and then it activates the sweat mechanism. So, if you find yourself sweating a lot during a conversation with someone, it means you are thinking too deeply. Take note of this and you'll soon observe the difference and then observe it with others.



**There is electricity running through our entire system. Our brain is electrical, our heart is electrical, our body is electrical, and our soul is electrical.**

**This means our immune system is also electrical. For our bodies to heal, we need high electricity. We need to raise the voltage. When we multi-task and keep our minds busy, it speeds up the electricity, but instead of raising the voltage this lowers the voltage and the result is slow or no healing at all.**

**In order to raise the voltage in our bodies we need to slow down our minds. The slower your mind the higher the voltage and therefore your healing becomes faster.**

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*Important Note: If you are suffering from a severe chronic sickness or going through your natural body detox it is advisable NOT to exercise better for you to get more rest.*

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### **Exercise & Accessories**

Getting outdoors more often is a very important part of your healing process. Breathing the fresh air, and seeing objects in the distance will help improve your eyesight and feel the beauty of the

trees and the ground. Swimming, walking, jogging, or playing a sport are great ways to get outdoors. Whatever it takes. Sometimes due to different reasons, weather, or timing, we cannot go out as often as we like so you need to exercise at home.

Exercises do not have to be strenuous nor do you need all of these callisthenics programs that you see being promoted. We just need something light and effective to strengthen our bodies and that gives results.

### **Rebounding!**

If you don't have one, GET ONE and if you have one and are not using it, YOU MUST! 20 minutes a day is all it takes.

The key point to rebounding is that it opens up the blockage in your lymphatic system. The Lymphatic system is the garbage removal system of the body and when it blocks up, sickness occurs and obesity. What is important to understand is that our lymphatic systems unblock by vertical activity. So just horizontal movements such as walking aren't effective as vertical movements with the rebounder.



Now you can understand why skipping was so good when we were kids.

You can get rebounders with handles that you can hold on to for balance and support and this part is **VERY IMPORTANT. DO NOT JUMP.** When I first mentioned rebounder, you're probably thinking, you're going to break your knees or your neck but no, all we want to do is bounce, **YOUR FEET SHOULD NEVER LEAVE THE MAT.** Start slow 10 mins a day for the first week, and build to 15 minutes on the second week and 20 minutes by the third week. Slow and steady wins the race. If you

can start with 20 minutes from the get go then go ahead, if not build slowly and at your own pace. And while you're rebounding listen to some music or play the recommended music included with this course and have fun. Please read on to learn more benefits of rebounding. The importance of rebounding is we need to flush the lymphatic system. This will have a domino result, first, it will remove toxins from your body and help boost your immune system, then once your immune system is working in full gear, it will remove the sickness in your body. As a bonus, you will lose weight.

### **Mind Thoughts, Heart Rate and Exercise Review**

I talked about mind thoughts, and heart rate in the meditation section and exercising just now, but I want to review and emphasize the importance of all three and how each is connected and interrelated.

Our heart rates are spinning out of control and why is that? It is due to the intensity of our mind thoughts and why are our mind thoughts becoming intensified? Because we are multi-tasking our minds too much. You need to realize that our minds are NOT meant to be multi-tasked.

We're driving and we stop at the red light, and while we wait for it to change, we pick up our phones and check through messages. We're in a line, whatever line it may be, lining up for the cashier at the supermarket, we pick up our phones and check through

messages. We're at the restaurant, and you see families do this and friends as well, they pick up their phones and check through messages. This is Multi-tasking our minds. Keeping our minds busy. We should be keeping our minds busy in the remembrance of God Almighty instead of who posted what. So, this is the CAUSE and the EFFECT, it raises your mind intensity, and then it raises your heartbeat. And what does a high heartbeat have to do with anything? It causes you to turn quickly to anger, you lose patience, it causes you to be more stressed and creates anxiety and then it changes your voltage to positive. And positive voltage opens the door to chronic sickness. Do you see the chain reaction now? Do you see why, if you do not do something about it, it will affect your health? I certainly hope that you're getting my point.

You have to make an effort to change yourself and your family otherwise your entire family will just spiral out of control. Don't control your family but educate them. Get a finger pulse monitor, they are very inexpensive and you can order them online.



You need to test your RESTING heartbeat, resting means sitting down without using a phone and sitting on a chair or lying down for 10 to 15 mins then test with the monitor. Don't walk up the stairs and test your rate that's not what we want. We want a RESTING heartbeat.

After relaxing the mind and body for 10 mins then check the reading. Ideally, you want between 50-60 beats per minute. 70-80 is borderline and anything over 80 is high. People with heart beats over 80 are prone to be easily agitated and angered. Can you see why there are increases in road rage around the world? Have you ever thought to connect the dots between road rage and heart beats? Everything has a reason along with cause and effect.

If your heartbeat is high, you need to work on reducing it, for your health and

I will give you several ideas to help bring this down.

- Reduce or limit your time with all social media. It is great and nice to keep track of your friends on Facebook or via Whatsapp groups, but to what expense? Your Health? It does not make sense to me. You can still keep track of your social media but limit the time, and mute ALL conversations and groups, so your mind is not alerted to every time a message is posted. Unless there is a specific reason that you need to be alerted then that is different, otherwise MUTE everything.
- Do at least 20mins preferably up to 30 mins meditation per day, this will help quiet down your mind.
- Exercise, get on the Rebounder for 20 mins per day. If you do not have a rebounder, there is an exercise app called Home Workout, it is FREE to download and use, I have been using it for the past 1 year with my family with great results. Exercise at least 5 days per week. Just takes 10-20 minutes a day. (see below)

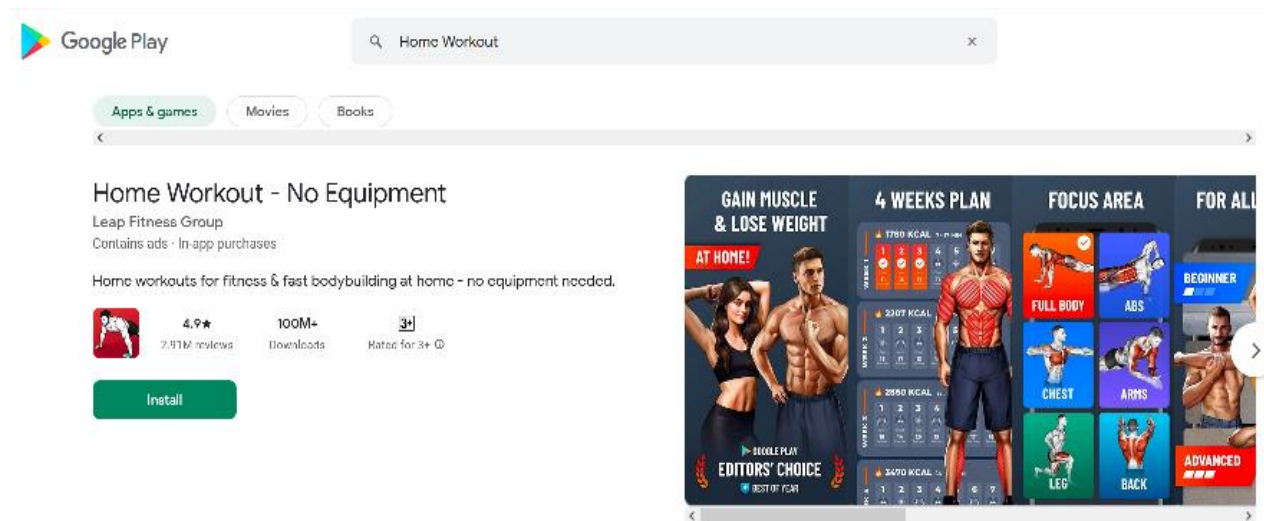
Regularly exercising will get your heart stronger and reduce your heartbeat. Reducing your mind's multi-tasking will reduce your mind's thought intensity and will reduce your heartbeat even further.

What is important is your health and your family's health. "With great power comes great responsibility". If other people are living that lifestyle and putting their health at risk then that's their problem. We all have choices and you are choosing to read my eBook because you want to improve the

quality of your health. Make the hard choices for your family's benefit.

With great power comes an even greater electricity bill.

**NOTE: Reducing your heartbeat will take months or even years for some people, it all depends on your intensity and if you make the effort the results will show. Patience.**





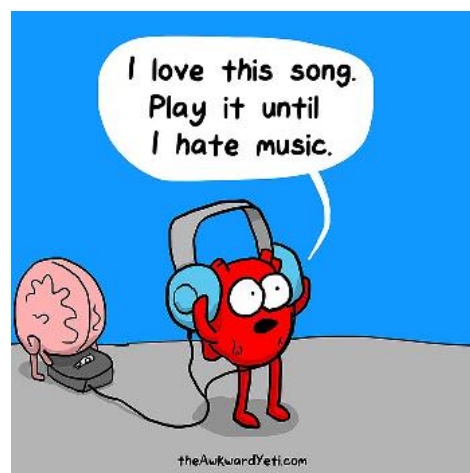
Alright, we will now move on to healing the Heart. The previous section on lowering your heart rate does have relation to this section too. Having a slower heartbeat brings peace and tranquility to the heart.

### The Heart: Sound/Music Therapy

Music can penetrate your heart to fill your heart with joy. Do you remember this song?

I-I love the colorful clothes she wears  
And the way the sunlight plays upon her hair  
I hear the sound of a gentle word  
On the wind that lifts her perfume through the air

I'm pickin' up good vibrations  
She's giving me the excitations (oom bop bop)  
I'm pickin' up good vibrations (good vibrations, oom bop bop)  
She's giving me the excitations (excitations, oom bop bop)  
I'm pickin' up good vibrations (oom bop bop)  
She's giving me the excitations (excitations, oom bop bop)



If you don't recognize the lyrics, then you're not from that era of music and that's OK, play songs that make you feel good, and that put a smile on your face. Songs that make you sing along. Get your body moving and grooving to the music. Create your own music play lists on YouTube and play the songs. This will create internal happiness and raise your negative voltage. And don't forget to listen to the Qur'an (for Muslims) or your favourite Bible (Christian) songs/hymns. The ones that uplift you. Uplift is the keyword. **FEEL THE JOY OF THE LORD INSIDE YOU!**

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*In my Beyond Healing with DIY Med Bed Course, I have an entire section on sounds and healing music and frequencies.*

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As for the above lyrics, it is to the Beach Boy's song Good Vibrations.



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*Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving sleep; reducing pain, blood pressure and levels of anxiety, depression and stress.*

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### **Forgiveness: Letting go of grudges and bitterness**

*When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge — or embrace forgiveness and move forward.*

Who hasn't been hurt by the actions or words of another? Perhaps a parent constantly criticized you growing up, a colleague sabotaged a project or your partner had an affair. Or maybe you've had a traumatic experience, such as being physically or emotionally abused by someone close to you.

These wounds can leave you with lasting feelings of anger and bitterness — even vengeance.

But if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

### **What is forgiveness?**

Forgiveness means different things to different people. Generally, however, it involves a decision to let go of resentment and thoughts of revenge.

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused

the harm. Forgiveness brings a kind of peace that helps you go on with life.

### **What are the benefits of forgiving someone?**

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem

### **Why is it so easy to hold a grudge?**

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your bitterness or sense of injustice.

Some people are naturally more forgiving than others. But even if you're a grudge holder, almost anyone can learn to be more forgiving.

### **What are the effects of holding a grudge?**

If you're unforgiving, you might:

- Bring anger and bitterness into every relationship and new experience

- Become so wrapped up in the wrong that you can't enjoy the present
- Become depressed or anxious
- Feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs
- Lose valuable and enriching connectedness with others

### **How do I reach a state of forgiveness?**

Forgiveness is a commitment to a personalized process of change. To move from suffering to forgiveness, you might:

- Recognize the value of forgiveness and how it can improve your life
- Identify what needs healing and who needs to be forgiven and for what
- Consider joining a support group or seeing a counsellor
- Acknowledge your emotions about the harm done to you and how they affect your behaviour, and work to release them
- Choose to forgive the person who's offended you
- Move away from your role as victim and release the control and power the offending person and situation have had in your life

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

### **What happens if I can't forgive someone?**

Forgiveness can be challenging, especially if the person who's hurt you doesn't admit wrong. If you find yourself stuck:

- Practice empathy. Try seeing the situation from the other person's point of view.
- Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.
- Reflect on times you've hurt others and on those who've forgiven you.
- Write in a journal, pray or use guided meditation — or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.
- Be aware that forgiveness is a process, and even small hurts may need to be revisited and forgiven over and over again.

### Does forgiveness guarantee reconciliation?

If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. This isn't always the case, however.

Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Still, forgiveness is possible — even if reconciliation isn't.

### What if the person I'm forgiving doesn't change?

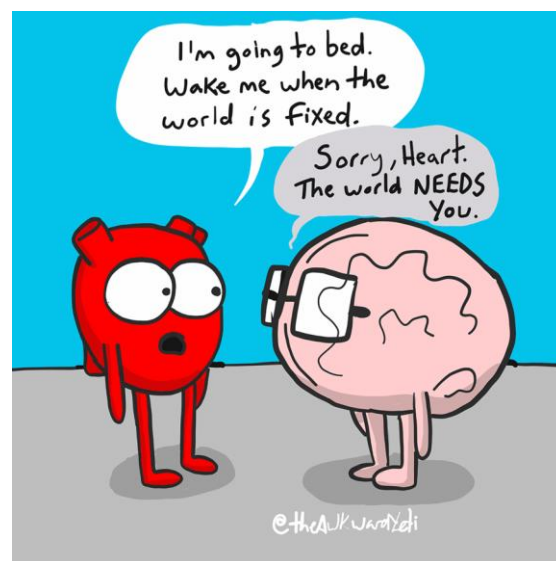
Getting another person to change his or her actions, behaviour or words isn't the point of forgiveness. Think of forgiveness more about how it can change your life — by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life.

### What if I'm the one who needs forgiveness?

The first step is to honestly assess and acknowledge the wrongs you've done and how they have affected others. Avoid judging yourself too harshly.

If you're truly sorry for something you've said or done, consider admitting it to those you've harmed. Speak of your sincere sorrow or regret, and ask for forgiveness — without making excuses.

Remember, however, you can't force someone to forgive you. Others need to move to forgiveness in their own time. Whatever happens, commit to treating others with compassion, empathy and respect.



Lastly, we will move on to healing the Soul. The soul has a direct connection with our Creator, the connection may have some static noises or may have been broken, but the connecting line is still there. Re-connect and as you fill your heart with the Joy of the Lord, you will see the connection will become crystal clear.

### The Soul: "Treat your sick with charity."

**'The best of you  
are THOSE WHO  
FEED OTHERS'.**

[AHMAD]

The above saying was from the Prophet Muhammad (peace be upon him).

There are two types of *medicine* (this is not referring to pharmaceutical medicine):

- (1) that which heals the body and
- (2) that which heals the soul.

The Prophet Muhammad (peace be upon him) is indicating the second type here. He is advising that we treat the sick with charity and other pious deeds, like doing what we can to remove difficulties and suffering from our brethren. Treating the sick in this way is a tried and tested method. The righteous have found that spiritual treatments are effective and may provide healing even when conventional medicine does not work. Indeed, charity is a proven treatment for ailments.

Some mentioned that the Prophet (peace be upon him) would advise treatment in three ways:

- (1) natural treatments,

- (2) spiritual treatments, and
- (3) a combination of both.

Giving charity when facing a difficult situation is a highly recommended practice. The pious would turn to God and give charity when facing difficulties, including illness. When a dearly beloved person became ill, some righteous individuals would liquidate their most precious possessions to give as charity.

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*It is not the charity that will heal you  
but your intention to cleanse your  
soul.*

---

They would treat the illness of a precious loved one by giving their most valuable material possession as Charity. Charity can be anything, from all of your wealth to \$1 to even a smile to someone who needs it.

If you give charity with the expectation that you must be healed then maybe you're not having the right intention. You want to give because you want to give from your heart for seeking the pleasure of God. You don't know whether you may live or you may die from the effect of your disease or injury, but you have made the effort and intention to cleanse your soul.

**I LIKE GIVING. DOING  
SOMETHING FOR  
SOMEBODY ELSE  
FEELS GOOD.**

PATCH ADAMS  
PICTUREQUOTES.COM

Again remember, our system of healing our body is healing all aspects of the body, mind, heart and soul. This is how we will return the balance to ourselves.

**Incorporate this into your Healing Plan.**

There will be people reading this eBook of various faiths, so at this point best you connect with God as per your beliefs. There are many resources online about reconnecting your soul with God. Search and if your intention is correct, God will direct you. Trust in Him.



## Prayers, Daily Mantras and thought Vibrations

**[NOTE: THIS SECTION HAS BEEN TAKEN FROM MY BEYOND HEALING WITH DIY MED BED COURSE]**

Before you begin any MED BED session, say your prayers and/or have a mantra.

All cures or treatments of any illness are only possible with the Will of Almighty God, the treatment we take is meant to be an outcome determined by God. This should be your belief. None of this Universe nonsense so reach out to Him before every session and ask Him to heal you of your sickness(es).

Since there will be people of various faiths reading this DIY MED BED manual, I will leave it to you, in your way to offer your prayer to God to

heal you before each session, it does

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*In the Hands of God, Anything is Possible! Anything!*

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not have to be long, it can be a few words and short and sweet. God knows your intentions.

Having positive thinking is also very important and especially from those around you.

I will post one of my favourite mantras throughout this Manual to remind you.



Here is a scientific study that proves that repeating mantras to yourself does work.

This study comes from research done on combat-related PTSD (post-traumatic stress disorder) and insomnia in veterans.

This is the first randomized controlled medical study comparing mantram therapy as a treatment for PTSD. Results from this study were published in the [American Journal of Psychiatry on June 20, 2018](#).

- 173 veterans were enrolled in the study, 89 of them using mantra therapy (focusing on repeating a mantra) and 84 using talk therapy (with a focus on problem solving) for an hour-long session once a week for 8 weeks straight.
- They were randomly assigned to each group and the assessments were done blindly (meaning the therapist did not know which patient was doing which therapy when assessing symptoms and monitoring progression) before treatment, after treatment on week 9, and at the two months follow up after the conclusion of the study (week 17.)
- The results showed that focusing on a mantra provided a clinically significant, meaningful improvement to the veteran's PTSD symptoms that were sustainable, and worked particularly well for insomnia... better than the talk therapy did.
- Patients from the mantra group had larger improvements to their insomnia and equally good improvements to other symptoms, such as depression and anger.

The results showed that the mantra results were as robust as traditional talk therapy treatments that were trauma-focused.

That means that even if you have resistance to focusing on the actual traumatic event to work through your trauma, you can have every bit of a meaningful recovery when you focus on a mantra as opposed to the trauma!

This is huge news.

In addition, equally exciting is that the improvements from mantra therapy were sustained for months after the treatment ended, with more patients being PTSD free after mantra therapy than traditional talk therapy (60% of mantra patients were PTSD free at 2 months after the intervention,

compared to 40% of the talk therapy group.)

It's simple, it's convenient — and it's free

This study is so incredibly valuable because knowing that just repeating a single word has been clinically shown to make a significant difference in improving quality of life and treating insomnia, anxiety and other PTSD symptoms is such a relief.

Slowing down your thoughts and practicing sustaining a point of attention on just a single repeated word or phrase was shown to help patients cope with daily anxiety, fear, anger, depression and insomnia.





You can practice a healing mantra anytime, anywhere. It's very private and very powerful.



Please watch this video that I made for my Med Bed Course that I talk about Prayers, Mantras and watch me demonstrate the power of Vibrational Thought Energy. This is a seriously cool demonstration, don't miss it!

<https://www.youtube.com/watch?v=WOilpXTQEUo>



## Body Reversal Plan – Returning to Balance

Overweight and bulging stomachs is become common to see everywhere. This is NOT healthy. Our bodies were designed to be slim; do you think that God Almighty sculpted Prophet Adam, the first man, with a bulging stomach and love handles? No way.

So, let's do something about it. As this is related to your chronic sickness. I will share with you a Weight Plan, the same plan that I have been doing for the past 6 months and has allowed me to lose over an inch and a half on my waist. My bulging stomach is mostly gone, my love handles are mostly gone, and the extra weight on my lower back is nearly all gone. My back is pretty much flat. I love it. So let me help you achieve the same.

The first thing you need to do is believe you can lose weight; you've probably tried it all right? Well not all, because you have not tried my program. I do not want to call this a diet plan or weight plan or any of the names commonly used, hence the reason I am calling it a *body reversal plan*. Your goal is to return your body to balance.

We are going to use all the methods that I have taught you in this book and bring it all together, right here, right now.

---

*Review each section as it corresponds in this eBook before starting the Body Reversal Plan.*

---

I will make a list and explain.

1. **Monitor Consumption** – use a pendulum and eat/drink as much as you can of electrical donor foods. Make this 80-90% of your intake. You are allowed to have your cheat days, pizza, burgers and fries, etc, I did. No need to count calories or fat or whatever you're counting.



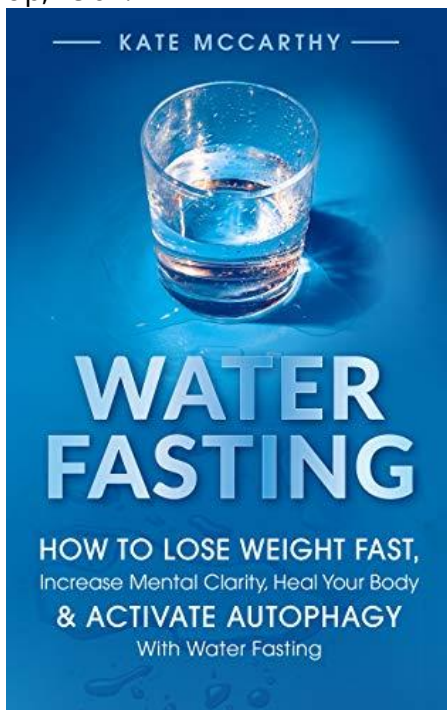
2. **Reduce your meal portions** – As part of your consumption, reduce your meal portions and avoid taking seconds. Don't just cut your means in half, as this sudden change will cause you to feel hungry. Gradually do it then you won't even notice. Start by not taking any second helpings and then start to reduce your portions as you're increasing your water fasting time.



3. **Hydro Therapy** – hot and cold showers, perform lymphatic drainage massage during every (hot) shower.



4. **Water Fasting**- from 9 pm to 9am, no food, only water. After the first month try to increase to 9 pm-10 am, and then 11 am and then 12 pm. You're allowed to have cheat breakfasts now and then, I did. Don't beat yourself up, relax.



5. **Get a Rebounder** and **bounce** for 20 minutes per day, If you need to build up to that time then do so, start from 5 minutes

and increase over time. If you're on a limited budget then download the **Home Workout App**, it's free and do the daily beginner exercises. Abs, chest, arms, legs, shoulders & back, that's 5, start on a Monday and end on a Friday, or choose your day to start. Then 2 days off.



6. I've been using this **Lymphatic Drainage Ginger Oil** and I would rub it on the same areas that you perform the lymphatic drainage massage. I have been using this **Huang Jia variation of the oil**. Search for it or anything similar.



7. **Be Happy**, don't even think that you are on a diet program. **Don't even measure yourself, don't**

**even weigh yourself.** Just maintain the routine. That's all you need to do. The results will show for themselves in time. This is not an overnight plan. Gradually the keyword is consistency.

**My name is consistency, I am related to success. We should hang out more than... every once in a while.**



8. If you want to add in anything else, such as slimming teas or anything else, sure go ahead, that's your choice.



And that is about it, as you find the weight is going, your body is becoming stronger and its ability to raise the voltage on its own becomes easier. Your body will cure itself of any or all chronic sicknesses and prevent any from forming.

Now I called this plan a Body Reversal Plan – Returning the body to balance. So, this plan focuses on your body. As part of this plan, incorporate your Happiness Plan to return balance to your heart. Some breathing and meditation about 10-15 minutes per day and reduce your social media time to return balance to your mind. Then perform some charitable deeds towards your family, friends, or total strangers, it does not need to be in the money but giving a smile or your time, just for the pleasure of helping someone, the rewards you seek are not from helping that person but from our Creator.



NOTHING  
TASTES AS GOOD AS  
*healthy feels*

## Putting it ALL together – Mind Map To Health Recovery



We have covered a tremendous amount of knowledge and information about health and recovery from sickness. Now, I am not going to leave you on your own just yet, as you may be feeling overwhelmed with the knowledge. I am going to share with you a mind map just so that you/I don't miss anything. You can make your mind map to get an overall view of your healing plan. This website allows you to make free mind maps. <https://www.mindonmap.com/>

You'll find the Mind Map on a couple of pages from this one but below I will explain each part of the mind map for a last overall Review and these explanations are based upon things that I am doing with myself and my family.

We'll start from the top, following my Mind Map.

### **Voltage –**

*Zapping* – using the Organise Africa Zapper. We sleep with zappers every night to keep our voltages high. Remember at night they normally rank up the frequencies on the cell phone towers, very nice of them, isn't it? If you have chronic sickness then I would

recommend wearing the zapper 24/7 until recovered.

**Grounding** – Using Grounding Mats for sleeping is a must for you and your entire family. If you want to take things further, get grounding mats for your dining chairs, sofa, computer workstation, your car, your pets, and kitchen. Ground every room that you use. And whenever possible, take your shoes and socks off and walk on the grass and don't be afraid to get your feet wet and dirty. It's great for your immune system.

**EMF/RF** – I purchased Orgonite blocks that I placed around my house and I also made my very own cloudbuster. I purchased pendants to shield EMF/RF. I get frequent ringing in my ears, and I purchased an EMF/RF shielded cap that I wear around the house, watching TV and even while sleeping and the ringing noise has stopped.

### **FOOD –**

*Water* – We drink MRET activated water and sometimes will use Zamzam water too.

*Cow's Milk* – We started drinking fresh cow's milk in the mornings, we cannot

get fresh camel milk in Malaysia but we are using that instead. Note, we do not boil the milk, but drink it straight from the bottle. There are no abnormal tastes and smells from the milk. Those who claim that fresh cow's milk smells and taste bad are lying. My kids used to buy Milk from the supermarket but we have since stopped. We will buy, on occasion Goat Milk, and add into it fermented kefir grains. Kefir repairs the whole-body cells and builds inner immunity which makes us healthier. Kefir also helps in detoxifying our body in the process of repairing and removing many diseases.

*Eating Slowly* – We have started eating our meals slower, the initial effect of this is that you can feel your mind slowing down and being more in the present. When you eat fast, your mind moves faster and then your mind starts to jump into the future or back into the past.

*Electrons* – And of course reducing electron stealing foods, we haven't stopped altogether, we still will have the occasional BK and Pizza Hut and enjoy Carmel popcorn at the cinema as well as iced lemon tea. But this (stealers) remains within 10-15% of our diet.

#### **Mind** –

*aromatherapy* - We will sometimes burn incense sticks fragranced with Loban (Frankincense) and other natural aromatherapy oils and burners. It does make you feel good when the environment around you smells good too.

*Positive Thoughts* – We try to keep positive attitudes and be grateful to each other and to our Creator.

*Meditation* – We do breathing exercises every morning after our physical exercises. Our breathing is simple, we breathe in through our nostrils Praising God and breathe out through our nostrils Thanking God. This helps to slow down our minds and thinking. We also perform our daily Chi Energy exercises; we also train to expand our energy by filling the room and lowering our mind's intensity.

**Soul/Spirit** – We do charity and our daily prayers to God as well as read from the scripture (Qur'an) daily. This keeps our souls connected to the Creator of the Heavens and the Earth.

Now for the bottom categories:

**Body** – *Sleep Earlier* – sometimes not always the case but we try to turn in by around 10:30 pm.

*Temperature* – Our body temperature is very important to our healing, as you have read. In today's environment, we sleep in air conditioning, we drive in air conditioning and we work in air conditioning, so it is easy to see how this coolness to our bodies will adjust the internal thermostat. So Sunning is very important to raise our natural body temperature and, we have started taking a day in the week, in which we sleep without air conditioning. In the beginning, they'll complain, and probably you will too, but that 1 night

per week might be a good recovery night for your body plus it will help reduce your electric bills.

*Sauna* – we try and do regular weekly saunas.

*Wand Blower* – My wife uses the wand blower.

*Red Light Therapy* – and we use the red lights (from my Beyond Healing DIY MED BED course) when we feel it's required.

*Supplements* – There are a few supplements that I found that you can use as a family, some I have listed here which include MMS, DMSO, Sacha Inchi, Oregano oil and Black Seed. We also eat Brazilian nuts.

**Stomach** – *Digestive Enzymes and Pro/Pre-Biotics* – These supplements can get expensive but they may be essential for those with chronic sickness. I use ACV + Honey to help maintain my

stomach health. We implement water fasting too.

**Lymphatic** – Hydro Therapy with Lymphatic Drainage massage is a daily routine for us too. And the water fasting is on and off. Since doing water fasting for 12 months, I now don't eat a large breakfast anymore. A simple RM1 *nasi lemak* is sufficient to eat.

**Heart** – *Rebounding* is good, try to do it at least twice a week. We do morning exercises for around 20 minutes alternating using the Home Workout app and Warrior Wellness, joint strength training program.

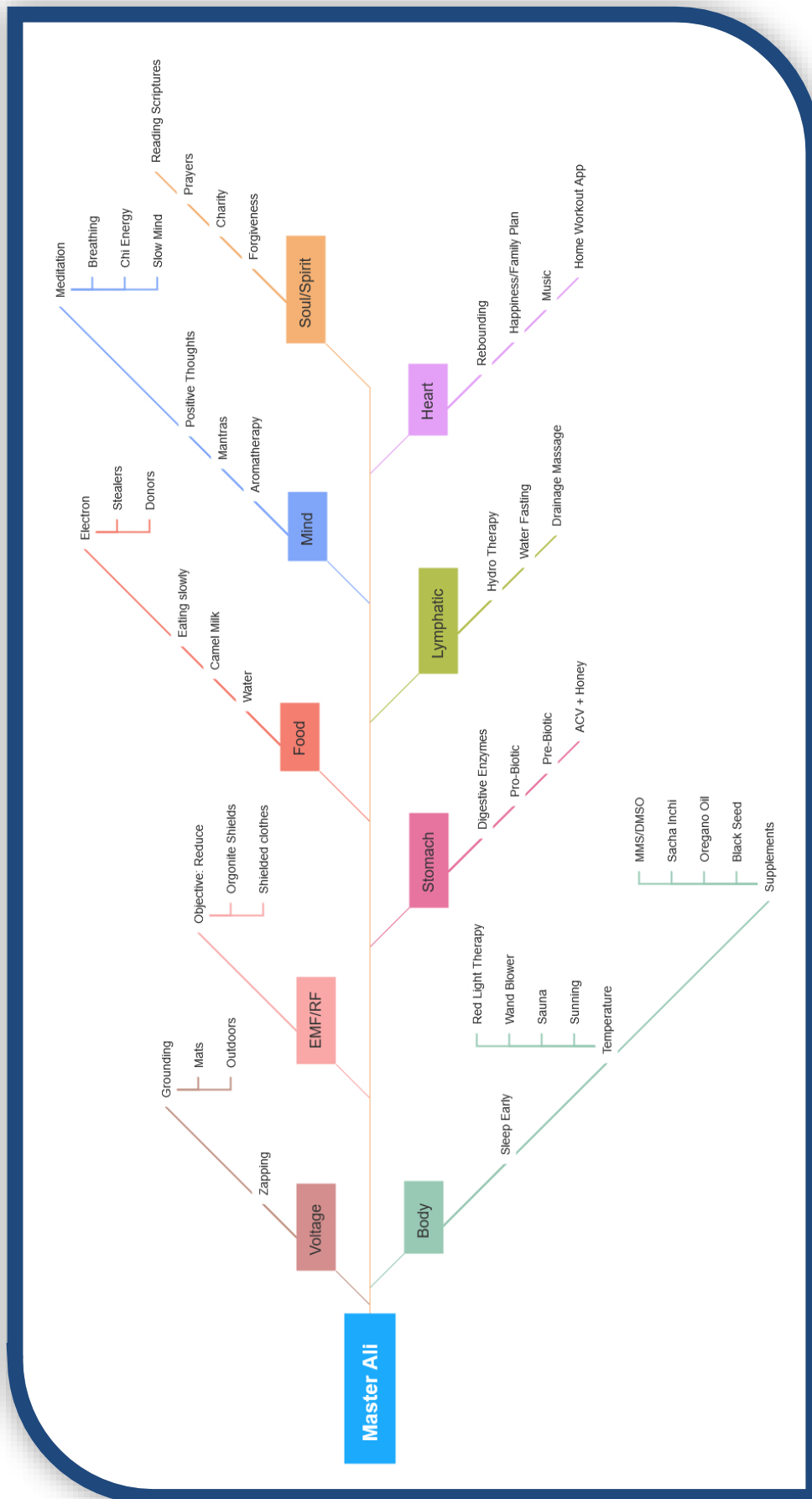
*Family happiness plan* – We go out to the movies together as well as have our movie nights at home and do family renovation projects together.

*Music* – Sometimes we'll throw back and listen to the 80's classics.

#### **YOU MUST INCLUDE FASTING IN YOUR HEALING PLAN.**

Fasting - You need to start a fasting plan. If you fast, your healing will be faster. If you do not fast your healing will be very slow and could take a long time. So this is your choice. I have a course **Beyond Healing with Brain, Stomach and Feet**. This course will teach you to slow down your mind, and how to "reset" your stomach.

The course includes a 30-Day Fasting to Recovery Healing Plan along with especially recommended supplements to add to your fasting program.





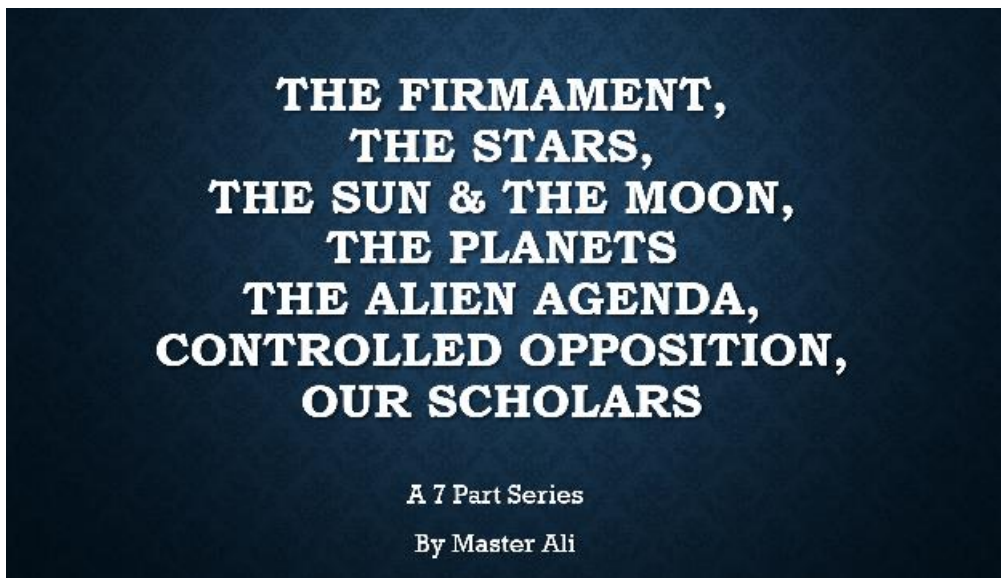
# THE TRUTH IN SIGHT SERIES

*An educational truth series by Master Ali*

## **-TIME OUT INFORMATION BREAK -**

For many, they do not realize that much of what we have been taught about Astronomy is a lie. In my 7-part video series, I uncover those lies and bring forth the truth. I use references from the Bible and the Qur'an and I assure you that you will be amazed at what you will learn. It's another journey of knowledge.

Once you've completed reading this eBook and have studied the ways to recover your health, please continue your journey of learning into this series.



## **Part 1 (The Firmament):**

**<https://youtu.be/XW8nrvknBHE>**

**Now Back to our Health, please continue reading on to Section V: Vaccines and Adverse Side Effects**

## Section V: Vaccines and Adverse Side Effects

Is your government warning you about any of the adverse side effects of taking the Covid 19 vaccines? **YES, OR NO?**

**In October 2020, two months before the rollout of the vaccine program, the FDA had a very big meeting in which they revealed a list of adverse side effects of the vaccine. They already knew what would happen but did not demand that Big Pharma be stopped. WHY? For the love of money! Your health and your life mean nothing to them. Please think about these words every time you defend this fake 'pandemic lie narrative'. Let's take a look at that list.**

**FDA Safety Surveillance of COVID-19 Vaccines :**  
**DRAFT Working list of possible adverse event outcomes**  
**\*\*\*Subject to change\*\*\***

- Guillain-Barré syndrome
- Acute disseminated encephalomyelitis
- Transverse myelitis
- Encephalitis/myelitis/encephalomyelitis/meningoencephalitis/meningitis/encephalopathy
- Convulsions/seizures
- Stroke
- Narcolepsy and cataplexy
- Anaphylaxis
- Acute myocardial infarction
- Myocarditis/pericarditis
- Autoimmune disease

- **Deaths**
- Pregnancy and birth outcomes
- Other acute demyelinating diseases
- Non-anaphylactic allergic reactions
- Thrombocytopenia
- Disseminated intravascular coagulation
- Venous thromboembolism
- Arthritis and arthralgia/joint pain
- Kawasaki disease
- Multisystem Inflammatory Syndrome in Children
- Vaccine enhanced disease

**FDA U.S. FOOD & DRUG ADMINISTRATION**

**CBER Plans for Monitoring COVID-19 Vaccine Safety and Effectiveness**

Steve Anderson, PhD, MPP  
Director, Office of Biostatistics & Epidemiology, CBER

VRBPAC Meeting  
October 22, 2020

Source: <https://www.fda.gov/media/143557/download>

Your Government and the Medical Establishment including the W.H.O are telling you that mild and moderate side effects may occur.

### **Death is not a mild and moderate side-effect!**

You owe it to yourself and you owe it to your family to do your research! The Government and the Medical Establishment does not control your body or your mind. Remember that! No one has the right to tell you what you can and cannot put into your body. You do have a choice!

**Vaccines are reducing the effectiveness of your immune system.**

Don't believe me, look at the article that I posted after the next page and read it for yourself. Why didn't they tell you

about adverse reactions from the beginning? Why are they not telling you now? Why don't they have a plan to boost your immune system to restore it to balance?

Does your government's Health Minister care about your health? You should be asking yourselves these questions. BUT maybe some of you lost the ability to think and ask questions. As for the document I didn't bother to post Page 2 as their preventative measure suggestion is to stop taking future

booster shots. BUT what about all those who have taken the first 2 shots and 3<sup>rd</sup> or 4<sup>th</sup> shots? How to repair and recover their immune systems. The document leaves you hanging on these questions. Seems that the researchers were not concerned at all about it.

Yamamoto *Virology Journal* (2022) 19:100  
https://doi.org/10.1186/s12985-022-01831-0

Virology Journal

COMMENT

Open Access

## Adverse effects of COVID-19 vaccines and measures to prevent them

Kenji Yamamoto\*



### Abstract

Recently, *The Lancet* published a study on the effectiveness of COVID-19 vaccines and the waning of immunity with time. The study showed that immune function among vaccinated individuals 8 months after the administration of two doses of COVID-19 vaccine was lower than that among the unvaccinated individuals. According to European Medicines Agency recommendations, frequent COVID-19 booster shots could adversely affect the immune response and may not be feasible. The decrease in immunity can be caused by several factors such as N1-methylpseudouridine, the spike protein, lipid nanoparticles, antibody-dependent enhancement, and the original antigenic stimulus. These clinical alterations may explain the association reported between COVID-19 vaccination and shingles. As a safety measure, further booster vaccinations should be discontinued. In addition, the date of vaccination should be recorded in the medical record of patients. Several practical measures to prevent a decrease in immunity have been reported. These include limiting the use of non-steroidal anti-inflammatory drugs, including acetaminophen to maintain deep body temperature, appropriate use of antibiotics, smoking cessation, stress control, and limiting the use of lipid emulsions, including propofol, which may cause perioperative immunosuppression. In conclusion, COVID-19 vaccination is a major risk factor for infections in critically ill patients.

**Keywords:** COVID-19, Risk factor, Critically ill patients, Vaccination, Vaccine-acquired immunodeficiency syndrome

### Dear Editor,

The coronavirus disease (COVID-19) pandemic has led to the widespread use of genetic vaccines, including mRNA and viral vector vaccines. In addition, booster vaccines have been used, but their effectiveness against the highly mutated spike protein of Omicron strains is limited. Recently, *The Lancet* published a study on the effectiveness of COVID-19 vaccines and the waning of immunity with time [1]. The study showed that immune function among vaccinated individuals 8 months after the administration of two doses of COVID-19 vaccine was lower than that among unvaccinated individuals. These findings were more pronounced in older adults

and individuals with pre-existing conditions. According to the European Medicines Agency's recommendations, frequent COVID-19 booster shots could adversely affect the immune response and may not be feasible [2]. Several countries, including Israel, Chile, and Sweden, are offering the fourth dose to only older adults and other groups rather than to all individuals [3].

The decrease in immunity is caused by several factors. First, N1-methylpseudouridine is used as a substitute for uracil in the genetic code. The modified protein may induce the activation of regulatory T cells, resulting in decreased cellular immunity [4]. Thereby, the spike proteins do not immediately decay following the administration of mRNA vaccines. The spike proteins present on exosomes circulate throughout the body for more than 4 months [5]. In addition, *in vivo* studies have shown that lipid nanoparticles (LNPs) accumulate in the liver, spleen, adrenal glands, and ovaries [6], and

\*Correspondence: [yamamoto@okamura.or.jp](mailto:yamamoto@okamura.or.jp)

Department of Cardiovascular Surgery, Center of Varicose Veins, Okamura Memorial Hospital, 293-1 Kakita Shimizu-cho, Sunto-gun, Shizuoka 411-0904, Japan



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## **Big Pharma - Sinister Secrets and Black Magic in Modern Medicine**

Updated: Mar 20, 2019 BY ZAHRAH SITA

<https://www.zahrahsita.com/post/big-pharma-sinister-secrets-and-black-magic-in-modern-medicine>

**(Please read her full article on her website)**

There seems to be a pill or medication for just about everything these days. Our culture has sped ahead to the quick-fix way of living, including how we address our health issues. This get-it-done-fast lifestyle has been the perfect playing field for Big Pharma. The pharmaceutical industry has infiltrated modern medicine and convinced the masses that they have the perfect solution for whatever ails you. The loyal allegiance and trust of the majority of the population have helped the industry become one of the biggest financial giants our world has ever known. Perhaps we should take a moment, slow down, and dig a bit deeper into what Big Pharma is serving up. Remember – knowledge is a form of power.

### **Understanding the Etymology**

The roots of the word Pharmaceutical come from the Greek words “Pharmakeuein” meaning “TO PRACTICE WITCHCRAFT” and “Pharmakon” meaning “POISON.” Given that words carry vibration and power, we could ask ourselves what kind of vibration do these words carry? “Big Pharma” or the Pharmaceutical Industry is a trillion-

dollar industry! It is an INDUSTRY, not a loving, health-based approach to helping people accomplish true healing.

“Pharmaceuticals are specifically designed to block specific receptor sites or to pass false information to certain cells to trick the body into giving up the symptoms.” – David Stewart Ph.D.

What that statement above is saying is that these medications are based on lies and tricks. This is not the path to true healing. This is masking symptoms, avoiding healing the root cause of the illness, and often creating dependency, addictions, and additional illnesses – for the sake of profit. In my lifetime alone I have witnessed this industry grow to epic proportions. I have witnessed false diagnoses and made-up illnesses be created and pushed upon the masses so that the dark sorcerers of the pharma world can have fat bank accounts – by poisoning and enslaving the people. I have seen children poisoned with mind and behaviour control drugs. I have watched lives destroyed by opiates. I have seen people tricked into believing toxic chemicals are the way to “heal.” I could go on and on.

Much of America has become a heavily medicated nation – a people in a stupor and riddled with sickness and addiction.

### **Look behind the veil**

The evil spell was cast and the gullible masses fell for all the false propaganda. Doctors have been revered as gods. Many people trust anything and

everything the doctors are saying. Little do they know about who has been paying for and creating the curriculum and learning material for the medical schools. Do you know? It is the dark wizards of Big Pharma. They control what is being taught. Modern medicine has been bought! They also continue enforcing their sinister agenda by sending their minions to hospitals and doctors' offices to sell all their newest poisons – giving tempting incentives so that “healthcare” practitioners peddle their poisons on the poor, unaware souls seeking help. Incentives such as cash bonuses, luxury vacations, catered parties, and lavish gifts.

We do not heal from lies and poisons. Masking symptoms and prolonging pain is not healing. God has provided a cure for every illness imaginable. It may take research and a willingness to find the

### **Spiritual Negative Reaction to the Vaccines – Separation of the Soul**

Once you take the vaccine, this poison & filth going into your body is so horrific the soul cannot stand to stay inside your body. As hard as this may sound to believe, I am an Energy Healer and I have the same report from Energy Healers around the world. The soul separates itself from the body. The soul

cures – yet they are there. Looking into the wisdom and ways of our grandparents and great grandparents can be one of the best ways for discovering these cures. I have healed many illnesses from my own body without the use of pharma poisons or invasive procedures. I have guided and assisted numerous individuals in the natural healing process – and joyfully witnessed remarkable returns to true health and liberation in so many who chose a natural route. For far too long many humans have abandoned their intuition and their sovereignty.

Far too many lives lost or enslaved through dependency on the evil wizards of the medical and pharmaceutical industries.

**(This Ends Her Article) – Now back to me.**

is still connected but floating somewhere in its dimension outside of the body. How many of you are in tune with your Mind, Body, Heart and Soul so that you can sense your soul/spirit? Not many I imagine. For the majority of you when you close your eyes, all you hear is noise. Do you not realize it is our souls that guide us to choose between right and wrong? What if you removed this guidance? What is the result?

World

"They've Killed God; I Can't Feel God; My Soul Is Dead" AstraZeneca Halts COVID-19 Vaccine Trials after Second Volunteer "Develops Neurological problems"

WORLD | NEWS DESK | 20 SEPTEMBER 2020 | HIT: 194774



What is clear is that the longer the soul stays outside of your body, the more distant your body will become to the remembrance of God Almighty.

You may not observe it, but you will start changing and become more neglectful and mindful of God. Now, imagine the long-term effects on an entire society. As it were before the lockdowns the football stadiums were full of people and the Masjids, Churches, and Temples were half full. So, what do you think the long-term impacts will be? Can you not see people becoming so distant from God that they start advocating for the closure of Masjids, Churches and Temples?

Now, this is where EDUCATED people should think. Wasn't this the GOAL of the DEVIL since the beginning of man's creation? A distant man from his Creator?

Maybe the Devil's plan of doing all of this is leading the path to the coming of the Dajjal (Anti-Christ). He wants to make it easier for people to follow the Dajjal. Remember what Prophet Muhammad (pbuh) said in a hadith (saying) narrated by Muslim, I won't give

### Vaccines and Black Magic

Vaccines are a tool used to do black magic. Basically, for those who know about how black magic is done. Abortion is a satanic ritual and **the fetus is used to do black magic. You have to insert human substances, blood and other forms of filth into the body to create a portal into the body that the jinn (demons) can enter.** Inserting these into the body in any form (including via vaccines) is a form of witchcraft. **This can explain the**

the entire hadith because it is very long but this line stands out "He (Dajjal) will come to the people and call them to his obedience and they will AFFIRM their FAITH in him". Can you connect the dots and see a connection without me spelling it out? The Believers will AFFIRM their FAITH in the ANTI-CHRIST!

When people want to rush out and go get this new vaccine, they clearly do not have a clue as to what they are doing.

**increasing number of people that are suffering from the effects of black magic and jinn (demon) possession.**

The entire Medical Establishment and Pharmaceutical Industry are based upon black magic. The hospital medications that you're taking contain black magic. The evil entities (Jinns/Demons) are working with the Establishment and Industry to indoctrinate doctors and nurses to blindly follow their evil wicked ways. Some doctors and nurses are aware and just do not care, but many do

not know what is the real truth that happens at the higher levels of their profession. If they knew the truth, I

would say the majority would quit in a heartbeat.

**AstraZeneca Ingredients are below. It's in plain sight to see. If you just open your eyes and look!**

## 2. Qualitative and quantitative composition

One dose (0.5 ml) contains:

COVID-19 Vaccine (ChAdOx1-S\* recombinant)  $5 \times 10^{10}$  viral particles (vp)

\*Recombinant, replication-deficient chimpanzee adenovirus vector encoding the SARS CoV 2 Spike (S) glycoprotein. Produced in genetically modified human embryonic kidney (HEK) 293 cells.

This product contains genetically modified organisms (GMOs).

For the full list of excipients, see section 6.1.

### 4 Examples of "Bought" Science

- ✓ The tobacco industry **paid doctors** to lie to us that cigarettes are healthy. They also **paid scientists** to counter science showing cigarettes cause cancer.
- ✓ The sugar industry **paid Harvard scientists** to publish a paper in The New England Journal of Medicine to say that fat (not sugar) was triggering heart disease.
- ✓ Coca-Cola's **paid scientists** to blame obesity on lack of exercise, rather than on drinking sodas full of sugar.
- ✓ Monsanto **paid scientists** who claim GMOs are safe to eat and chemicals like Roundup weed killer don't cause cancer. Now it's known to cause cancer, and lawsuits are being settled in the billions.

### Detoxing the body from ANY of the Covid 19 Vaccines – Spike Proteins, mRNA and Shedding

The controlled opposition doctors and people came out with videos on the spike proteins and shedding, I never believed in this. What we have learnt is that there are NO spike proteins in the vaccines, none of the vaccines have

spike proteins, and NO mRNA. It is all lies. So how can shedding occur if there were no spike proteins in the first place? (THEY) the controllers are just manipulating your minds

A top virologist organized 18 virologists around the world tested 2,300 vials of every Covid vaccine that was made. They secretly tested all the covid

vaccines and concluded that they are full of garbage and crap, EXTREME heavy metals which are designed to break down and destroy your body from the inside out. She tells you exactly what is inside these vaccines. I have added her video to my website under the Virus Hoax section. I am not going to tell you here, watch the video and listen carefully.

[https://www.mmshealthymalaysia.com/Virus Hoax](https://www.mmshealthymalaysia.com/Virus%20Hoax)

SO VERY, VERY, VERY IMPORTANT, if you have or anyone you care about, who has taken the vaccine, send them this video and tell them to get detoxed ASAP!

Too many people are dropping dead from the vaccine. Hearts stop just like that.

IF anyone has any questions about the vaccine detox, then please message me or visit my website to see my vaccine protocol.

<https://www.mmshealthymalaysia.com/graphene-oxide>

I am not just warning you, I have provided a solution for you. LISTEN CAREFULLY!

It is NO joke and you cannot ignore it anymore. YOU NEED to DETOX!!!

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### ***Stand Up and Stand Strong.***

*And say, "Truth has come and falsehood has departed. Indeed, is falsehood (by nature) ever bound to depart." (Qur'an 17:81)*

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### **To Dump my medication or not?**



Now, this is an important one, I have just explained that the pharmaceutical industry uses black magic in their medication. Whether you want to believe what I am telling you or not, is

up to you. If you spend the time to do further research you will come to only one conclusion, I am right. Master Ali is right! So, should you continue using medication from the doctor? I am not going to tell you what to do, you need to think and make on your choices. I know what I would do, and that's because everything that I wrote in this book I understand, I have researched, and I believe it. I choose to put my Trust in God. So hopefully you will attain the level that I have. God Willing.



You need to analyse your current health status and you need to analyse what is in the medication you are taking now. Will it help me? Or will it hurt me? As in the case of cholesterol medication. Are you taking your medication for emergency purposes as if you did not take it, you would die on the spot?

Some medications you can just throw away. I am not your doctor and your doctor will tell you to discard everything that I am telling you as that is what they are trained to do. So, learn, take some responsibility for your life and health and make your choices.

### **Should I get into a debate with my doctor on the truth about viruses and germs and chronic sickness?**



Sure, if you want to get slapped in the head.

Remember, your doctor still has to pay off his/her medical school bill, so he/she may not be so quick to jump on board with all of this.

### **Graphene Oxide/Spike Proteins Vaccine Detox Protocol**

#### **Graphene Oxide (GO) dangers:**

- GO fibres are in plastic masks.
- GO fibres are on PCR test swabs.
- GO is in all Covid-19 vaccines.
- GO creates thromboses.
- GO causes blood clots.
- GO disrupts the immune system.
- GO can trigger a cytokine storm.
- GO toxicity can instigate pneumonia.
- GO creates a metallic taste in the mouth.
- GO causes inflammation of the mucous membranes.
- GO produces a loss in the sense of taste and smell.
- GO is magnetic (especially at the injection site.)
- GO blocks detoxification in the body by blocking glutathione.
- GO may be activated by 5G frequencies.
- GO was already included as an adjuvant in the flu shots in 2019.
- GO passes thru the blood-brain barrier.

## Vaccine/Graphene Oxide Detox

### Protocol:

#### (2-month Protocol)

So far, we do not know of any 1 fix removal option for the G O. So below are three recommended removal products to detox the G O from your body. If you are aware of other treatments and would like to incorporate them into this protocol, feel free to do so.

Because this is the first time G O is being used in vaccines, the period of

#### FIRST MONTH PROTOCOL (30 Days)

Many products need to be taken, however, there is a company here in Malaysia that has produced an All-in-one vaccine detox product, which I highly recommend.

It is called Detox Life x10. **Detox Life x10 (eXTEND)**

Here are some screenshots of the product info and you can read more on their website, linked provided as you read on.



#### Survive post-vaccination injuries

A combination of detox regiments are required following an injury / illness caused by vaccines.

We have combined them all into one formula.

usage for these methods may differ per person. **Some people may have to use them for a longer period especially if they opted for booster shots.** This protocol can also be used for those suffering from side effects of the vaccine. Depending upon the severity of the side effect you may need to continue past the 2 months.

These protocols are whether you have taken 1 jab or 2 or more jabs.



#### Escape vaccine shedding effects

Reduce symptoms when you experience sensitivity from being around or having physical contact with the vaccinated.



**Here is their website:**

<https://www.advancedherbs.co/lifex10>

At the **CHECKOUT** use my coupon code to **get a further discount** on the price: **“MasterAli”**

Here is your first month’s protocol:

Use the Life x10 by taking and drinking a cup of water 1 time per day for 30 days.

Each of the Life x10 includes 30 sachets. So if you wanted to include your partner and family members in the protocol, you will need to order additional packages of the Lifex10.











Additional to the First Month’s AND the Second Month’s protocol I recommend getting and using the **Orgonite Zapper** - Zapping will be helpful. It will break down the spike proteins and will help the body to get rid of the graphene oxide nanoparticles too.

---

*Life and Death are in the hands of God, so I pray for your good health and so should you.*

---

### Value Comparison DETOX LIFEX10 vs Buying 10 items separately

	NAC	RM88.20
	Quercetin	RM89.90
	ALA	RM64.50
	PQQ	RM238.00
	Melatonin	RM83.31
	Zinc	RM39.99
	Milk Thistle	RM48.90
	Iodine	RM69.90
	Vitamin D3	RM23.90
	Vitamin C	RM43.90

**TOTAL : RM790.50**



**DETOX LIFEX10 : RM420.00**

SAVE RM370.50 when you buy  
DETOX LIFEX10 instead of  
everything separately

### **SECOND MONTH PROTOCOL (30 Days)**

**MMS** - Miracle Mineral Supplement (also known as CDS - Chloride Dioxide

Solution) - Chlorine dioxide neutralizes the spike proteins that cause blood clots.

**DMSO** - DMSO has high sulphur content, higher than glutathione. If you want to take both together is your choice. DMSO will help remove the G O

### **Daily Protocol- Monday to Saturday**

5 drops MMS and 5 Drops DMSO with 1.5 L water. Drink this water during the day, from morning to afternoon. Have a fixed starting time, i.e., 8 am to 4 pm and finish the 1.5 L during this time. **Please read the MMS FAQ to know what neutralizes MMS and Watch my Video on how to mix the 2 substances.**



<https://www.mmshealthymalaysia.com/mms-video>

Please note: if you are in Malaysia or Singapore you can order MMS and DMSO from my website, link above.

If you are overseas you can order from <https://www.mmshealthy4life.com/>

Also note that 1 set of MMS will be enough for your entire family, as same with the DMSO bottle. You DO NOT need to order 1 set per person.

### **Daily Protocol- Sunday**

Let your body rest and recover day. You can eat fruits and vegetables. Go for a walk and get some Sun.

**IMPORTANT:** While you are on the G O Detox Protocol, please go for long walks at least 3 times per week. Eat healthy foods for breakfast, lunch and dinner. And get 15 minutes of Sunlight every day. DO NOT USE SUNSCREENS!!!

**Please Note:** there are NO guarantees that the above protocols will remove 100% of the spike proteins and G O from your body, as it may depend upon the time from when you took the vaccines and the time that you started the protocol. Do your very best to maintain the daily protocols, it will require a lot of discipline to maintain every day for 1 to 2 months but your health and your life may depend upon it.

---

*Highly recommended that you perform water fasting and hydro therapy as explained in this eBook.*

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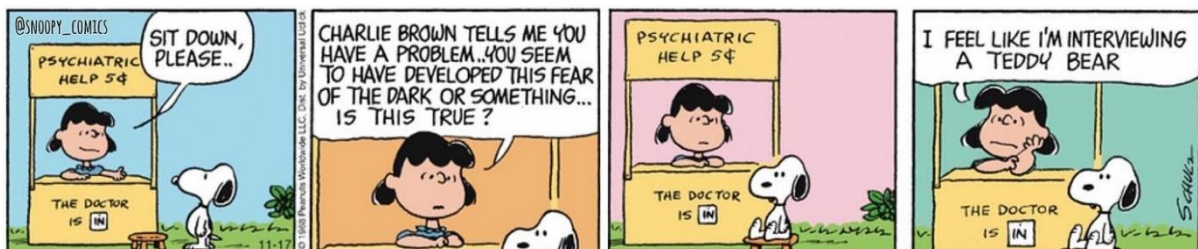
## Section VI: Additional Healing Products & Therapies

On the following pages, I have include information of several products that have proven track records in healing the body, through raising the negative voltage. You can read the information and do your own research, however, if I have included it here is because I have done thorough research on these products. Products such as MMS/CDS I have been personally using for 18 years.

These pages include a few Additional Therapies, however, in my course, Beyond Healing with DIY MED BED, I include a few more.

If you want to take your knowledge of healing one step further, please get my course.

MASTER ALI



## **Bowen Therapy**

**It is very important to note that I have listed Bowen Therapy as the first for ALL additional therapies.**

**I highly recommend you investigate it more and seek out a massage therapist in your area.**

### **What is Bowen Therapy?**

**The Bowen Technique is a gentle therapy that is applied to areas of the body, using thumbs and fingers in a specific process or order.**

The move is a rolling-type move of the thumbs and forefingers and is designed to stimulate nerve pathways which allow a 'conversation' to take place between different nervous systems of the body. Between each set of moves, the therapist leaves the room to allow the communication process to take place. These breaks increase the effectiveness of each subsequent set of moves.

The move does not slide or flick over the surface of the skin as with typical body massages but uses the slack in the overlying skin to move over the underlying tissue (fascia), so each move covers a small area, defined by how far an individual's skin can move over a targeted area. Bowen is very gentle and suitable for all ages.

### **The Bowen Move**

**The Bowen move is very distinctive and is applied at very precise points on the body. It involves the movement of soft tissue in a specific way. The move is a rolling-type move**

**of the thumbs and forefingers, and is designed to stimulate the tissue and nerve pathways, creating a focus for the brain.**

### **The Two Minute Break**

Tom Bowen was a man who had a great ability to accurately observe the often very subtle imbalances in the body and could therefore start the process of correcting these very quickly. Once he had started the process with a few well-chosen moves, he would leave the client alone in the treatment room before returning some minutes later to check how the body had responded and determine what more, if anything, needed to be done.

This element of allowing the body to rest for two minutes initiates the process of repair and is important. The length of the breaks will vary from client to client and with different procedures, but on average we will leave clients for around two minutes in between each set of moves. The implications for these breaks become more apparent for experienced practitioners, but at the start of training many people find this a very difficult concept.

The breaks are probably one of the least understood parts of Bowen and yet it is during the breaks that the work starts to take effect and changes are implemented. The most fundamental principle of Bowen is that it is the client's body that is doing the work, not the therapist, and for this to happen the body needs time and to be left alone.

**Bowen's principle matches the principle of this book to the letter. Meaning that it is the body that heals itself, not the massage therapist. It is important to realize this fact.**

### **How Does It Work?**

One of the most interesting areas of the body is the brain. The basic function of the brain is to receive information from our sensory organs and interpret this information, such as light, sound, pain, and movement. This enables conscious communication within our body. Neuroplasticity which is the brain's ability to recognize itself by forming new neural connections allows the nerve cells in the brain to adjust their activities in response to new situations or changes in their environment. This includes a stimulus through touch.

There are something like 600,000 signals that travel from the brain into the body every second and these in turn come back to the brain with information which is then interpreted and sent back out. Whenever we feel, hear, see or even think something, the brain brings in experience to categorize the sensation and create an appropriate response.

In the case of the Bowen move, the brain is unable to do this instantly and needs more information to form a response. As it is, just when the brain is asking for more information, the therapist has left the room, and therefore the brain has to send specific signals to the area to gauge a response. If the client is lying down, the immediate response is nearly always rapid and

deep relaxation. The client will also often report that they feel a tingling sensation or warmth in the area just worked on. "It felt like your hands were still on me," is a common comment.

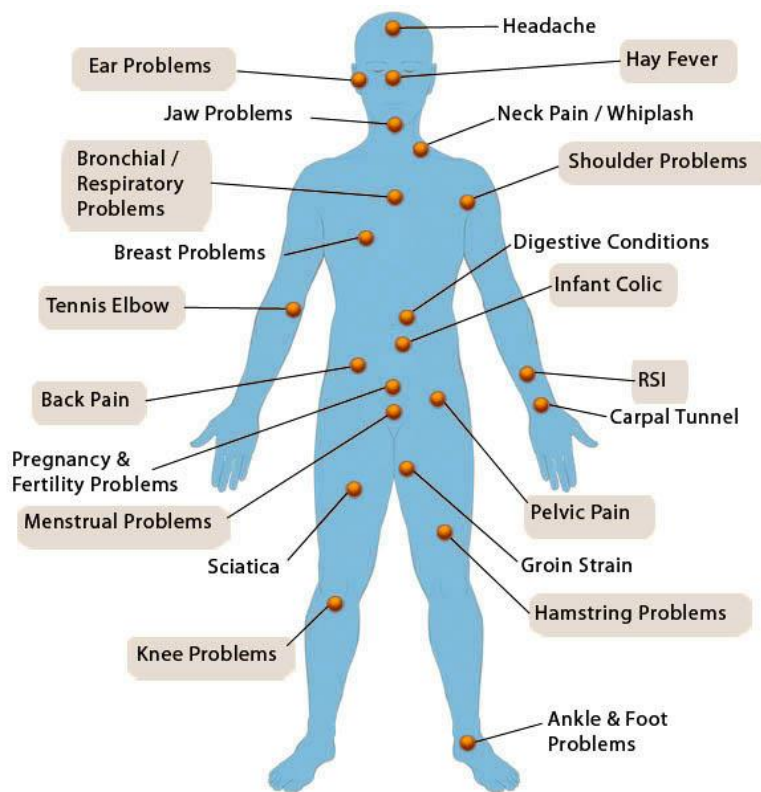
### **Does It Always Work?**

One of the more difficult elements to come to terms with is how little 'hands-on work' is done during a session. In addition, the client may well walk out of the treatment room having felt little or no improvement over and above a sense of relaxation.

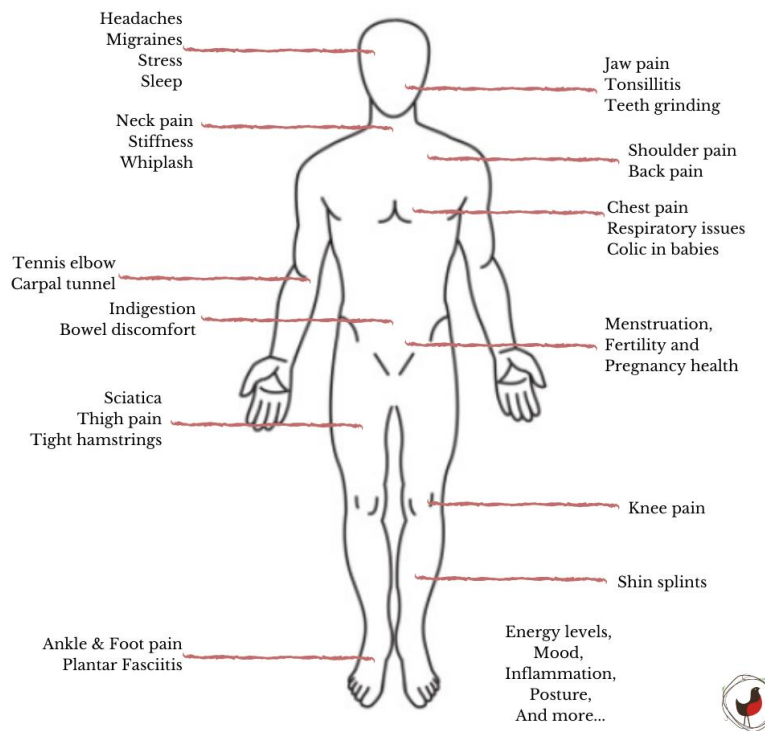
However, the reactions to Bowen in the days following a treatment can often belie its soft and gentle approach. Stiffness, soreness, headache and feeling like "I've been run over by a bus!" are common, demonstrating that the brain and body have started the process of repair. This process, when started, is generally rapid and it is not uncommon for even longstanding pain to be reduced or resolved in two or three treatments.

Although musculoskeletal problems such as frozen shoulder, back and neck pain account for the majority of conditions brought for Bowen treatment, it can also be helpful with more organic problems. Clients have reported significant improvements with asthma, migraines, irritable bowel, infertility and other reproductive problems. There are no such things in this life as guarantees and this can be said of Bowen as well. If the body responds to the treatment, then it can and will start the process of repair. If it doesn't respond, then no harm is done.

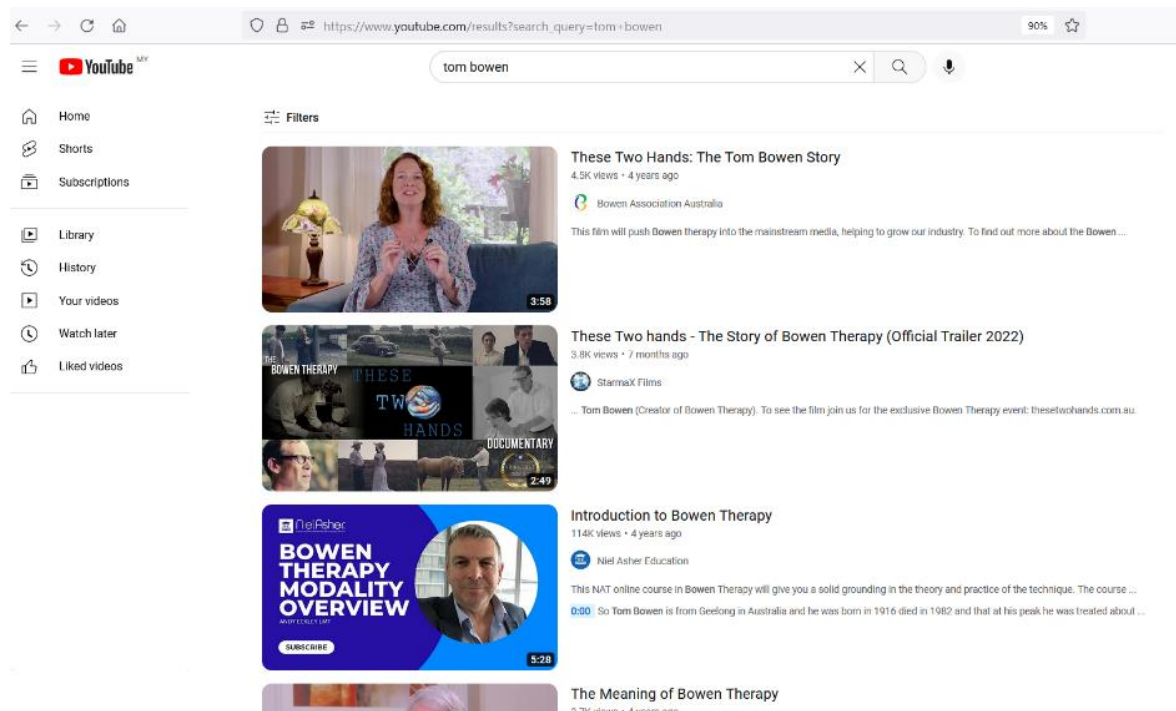
**Bowen Therapy can help with all of these issues**



**Bowen Therapy Can Help With...**







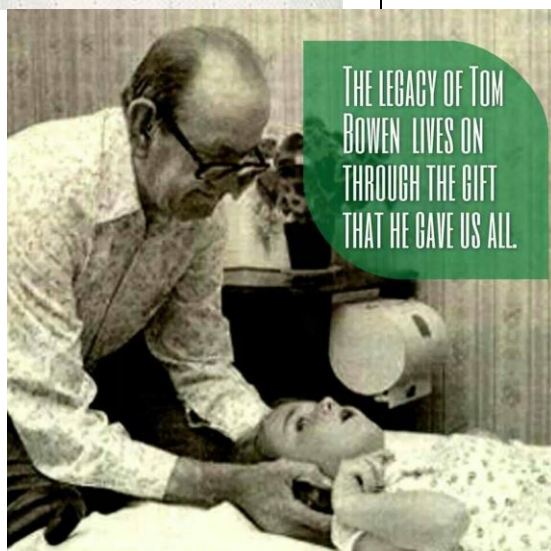
[https://www.youtube.com/results?search\\_query=tom+bowen](https://www.youtube.com/results?search_query=tom+bowen)



**The best thing you can do for yourself and your family is to learn more about Thomas Bowen and how he used to heal thousands upon thousands of people.**

<https://www.bowentherapy.org.uk/testimonials.php>

Thousands of case studies and testimonials are found in the above link.



“ After over 30 years of medical practice, I am finding the Bowen Therapy the most effective and efficient hands-on procedure I've ever studied. I fully recommend this technique to all health practitioners. ”

Dr. Robert Flemming MD  
8 May 2013 10:24 am

## Bowen Therapy Online Courses

I have taken and recommend the two following courses, from beginners to advanced levels. **NOTE:** there are always promotional discounts for Mark Perron-Jones courses. So if you check and the price is at its regular price then wait and keep checking until the price goes down. Every month, several times a month you'll find discounted prices, ranging from 80% to 95% discounts. It is worth the wait.

The screenshot shows the Udeemy website interface. At the top, a yellow banner reads "Holiday Sale ends Dec 15 | Courses from RM49.90. Use code GIFT15 to save an extra 15%. 2 days left!". Below the banner is the Udeemy logo and navigation links: "Categories", "Search for anything", "Udeemy Business", "Teach on Udeemy", "Log in", and "Sign up". The main content area features a course card for "Bowen Therapy NO MASSAGE Healing Certificate Course (8CEU)". The course is categorized under "Health & Fitness > General Health > Massage". The description states: "An incredible NO MASSAGE remedial therapy for massage therapists or anyone else that wants to learn how to heal people." The course has a rating of 4.8 stars (616 ratings) and 3,664 students. It was created by Mark Perren-Jones and last updated on 08/2022. The course is available in English and English [Auto]. A video preview shows a person lying down. The price is RM54.90, marked down from RM349.90 (84% off), with a "2 days left at this price!" warning. There are "Add to cart" and "Buy now" buttons.

<https://www.udemy.com/course/bowen-therapy-the-incredible-no-massage-healing-modality/>

The screenshot shows the Udeemy website interface. At the top, a yellow banner reads "Holiday Sale ends Dec 15 | Courses from RM49.90. Use code GIFT15 to save an extra 15%. 2 days left!". Below the banner is the Udeemy logo and navigation links: "Categories", "Search for anything", "Udeemy Business", "Teach on Udeemy", "Log in", "Sign up", and a globe icon. The main content area features a course card for "Advanced Bowen Therapy NO MASSAGE Certificate Course". The course is categorized under "Health & Fitness > General Health > Massage". The description states: "Continue learning some of the most powerful Bowen Therapy No Massage techniques to see incredible results!". The course has a rating of 4.9 stars (79 ratings) and 1,329 students. It was created by Mark Perren-Jones and last updated on 08/2022. The course is available in English and English [Auto]. A video preview shows a person lying down with hands on their head. The price is RM64.90, marked down from RM399.90 (84% off), with a "2 days left at this price!" warning. There are "Add to cart" and "Buy now" buttons.

<https://www.udemy.com/course/advanced-bowen-therapy-no-massage-certificate-course/>

## My Certificate:



## Learn more -

<https://www.youtube.com/@mybowentherapy4822/videos>

<p><b>Vertigo</b></p> <p>Vertigo Treatment 6 views • 1 month ago</p>	<p><b>Slipped Disc</b></p> <p>Slipped Disc Treatment 20 views • 1 month ago</p>	<p><b>Scoliosis</b></p> <p>Scoliosis Pain Treatment 15 views • 1 month ago</p>	<p><b>Sciatica</b></p> <p>Sciatica Pain Treatment 13 views • 1 month ago</p>
<p><b>Parkinson's Disease</b></p> <p>Parkinson's Pain Relief Treatment 27 views • 1 month ago</p>	<p><b>Neck Pain</b></p> <p>Neck Pain Treatment 23 views • 1 month ago</p>	<p><b>Knee Pain</b></p> <p>Knee Pain Treatment 12 views • 1 month ago</p>	<p><b>Insomnia</b></p> <p>Insomnia Treatment 20 views • 1 month ago</p>
<p><b>Infertility</b></p> <p>Infertility Treatment 4 views • 1 month ago</p>	<p><b>Plantar Fasciitis Heel Spurs Foot Pain</b></p> <p>Heel Pain Treatment 9 views • 1 month ago</p>	<p><b>Frozen Shoulder &amp; Shoulder Issues</b></p> <p>Frozen Shoulder / Shoulder Pain Treatment 6 views • 1 month ago</p>	<p><b>Elbow Pain</b></p> <p>Elbow Pain Treatment No views • 1 month ago</p>

## Relief from Sciatica with Bowen Therapy

Do you experience tingling, aching or burning sensation in your lower back, buttock, hip or down the back of your leg? The sequence of sciatic pain is tough to break. You may be caught in this cycle of anti-inflammatory, muscle relaxants and painkillers.

### What is Sciatica?

It is a pain, tingling and/or numbness that travels down your leg and originates in the lower back. There is a sciatic nerve in the back of each leg, and it is this nerve that gets irritated or compressed causing an array of symptoms.

Some of the symptoms experienced could be:

- constant pain in only one side of the buttock or leg (rarely in both legs),
- Pain that is worse when sitting,
- Leg pain that is often described as burning, tingling, or searing (versus a dull ache),
- Weakness, numbness, or difficulty moving the leg, foot, and/or toes,
- A sharp pain that may make it difficult to stand up or walk,
- Pain that radiates down the leg and possibly into the foot and toes (it rarely occurs only in the foot).

### Sciatica and Bowen Therapy

Suffering from frequent or daily back pain or sciatica pain doesn't need to be the norm.

Unfortunately, many find Bowen Therapy when they have tried everything else, only to find that the technique has been what they have been looking for.

Bowen therapy has proven highly effective in treating sciatica as it is a form of physical therapy for sciatica treatment. Bowen's form of physical therapy work to relax the nervous system as well as tense muscles, tendons and ligaments thereby allowing the pinched sciatic nerve to be released.

Not only is Bowen Therapy superb in addressing sciatica, but is it also very effective for other issues originating in the lumbar/pelvic region including lower back pain, hip pain, hip flexor issues and sacroiliac pain.

### Long Lasting Results with Bowen Therapy

While many clients have been referred by friends who have experienced the results first-hand, other clients are quite often skeptical, having invested hundreds or thousands of dollars on other unsuccessful treatments. Rest assured that Bowen Therapy can achieve results even with stubborn, chronic conditions.

Bowen Therapy treatments are generally spaced about a week apart. Many clients only require about 3 treatments for complete resolution, while others require more treatments to reach their goal.

## How Bowen Therapy can help your dog

By Donna Woodstock

Originally developed over half a century ago for use in humans, Bowen Therapy has also been adapted to animals – including dogs — with great success.

Bowen is a holistic therapy – it's not meant to isolate a specific ailment, symptom or condition, but factors in the body as a whole. Animal Bowen Therapy takes into account the dog's lifestyle, emotional state and overall well-being. By observing the dog's movement, physical symptoms and imbalances, a practitioner can tap into his blueprint and reset his body to heal itself.

### What are Animal Bowen treatments like?

A Bowen treatment consists of a series of small light-touch moves across fibres, muscles, tendons and ligaments at precise locations on the body. The practitioner generates a vibration (Bowen Move) in a specific area, which if given enough time, resonates until the tissue tension in the area is reduced and relaxed.

Each dog's unique needs dictate the treatments and moves. The dog is either lying or standing comfortably and is never forced to physically participate. Periodic breaks are required to allow the body time to realign and rectify itself before the next sequence of moves.

The first Bowen treatment takes about an hour and includes an assessment of the dog's movement, imbalances and symptoms. Sessions are spaced a week

apart for optimal results. A series of treatments is generally recommended for most conditions, each building on the last. Longstanding issues may require additional treatments or a maintenance plan.

### What are the benefits?

Animal Bowen Therapy can effectively relieve acute and chronic pain, improve posture and joint mobility, speed recovery from injuries and accidents, reduce physical and emotional stress, and enhance overall health and energy. Here are just some conditions Animal Bowen Therapy can help resolve:

- Stifle injury
- Shoulder/neck injuries
- Degenerative myelopathy
- Digestive issues
- Spondylosis
- Spine misalignment

Most dogs experience relief after three sessions, and often the results are surprising. Many people report that while their dogs were undergoing treatment for one concern, they also experienced restored movement and energy, changes in hair coat, and reduced emotional and behavioural responses.

Animal Bowen Therapy is a safe and gentle modality, with rapid and powerful effects that will promote your dog's health and overall well-being.

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*Bowen Therapy is very effective for horses, dogs, cats and other small animals.*

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## **Humic & Fulvic Acid**

The benefits of Humic and Fulvic acids are undeniable to anyone who has added this supplement to their daily routine. But for those who have just discovered it, it's worth taking a deep dive into what they are, what they do, and why it's important to choose the right product.

### **What is Humic and Fulvic?**

During the decomposition of plant matter, friendly soil-based bacteria create these natural acids. As a plant's minerals, amino acids, and other phytonutrients are released into the soil, they combine with humic and fulvic to create what is collectively known as humic substances.

Humic substances are essential to the next generation of plant life. They are responsible for transforming inorganic minerals into ionic forms that can easily be absorbed through plant roots, chelating toxins in the soil to keep them from damaging plants, increasing plant cell permeability, and increasing soil microbial activity. The interesting thing about this is that animals and humans receive very similar benefits from humic substances.

### **Why do we need Humic and Fulvic?**

We used to eat our crops with humic and fulvic residues, so there was no need to supplement. Unfortunately, our modern farming practices have all but eliminated this essential part of our diet.

It's common practice to treat our crops, whether conventional or organic, with pesticides and herbicides to increase

yields. As a result, our soils can't maintain the healthy bacterial ecosystem needed to produce humic substances. The cascade effect of this means our crops receive fewer minerals from the soil and thus, produce fewer vitamins.

Several studies, including one based on United States Department of Agriculture data, show US crops to have significantly less calcium, iron, potassium, vitamins A and C, and many other nutrients than just 50 years ago. This means that no matter how much effort we put into consuming fresh fruits, vegetables, legumes, and other plant foods, we still can't get the nutrition we need.

Further complicating the issue, our stressful modern lives, lack of quality sleep, and often compromised digestive tracts all increase our nutritional needs.

### **The Benefits of Humic and Fulvic**

Humic and Fulvic support nearly every area of health and wellness and they can even help you get more from your other supplements.

- Providing ionic trace minerals
- Natural detoxification
- Nutrient absorption and cellular delivery
- GI health
- Immune function
- Brain Health

### **Ionic Trace Minerals**

Humic and fulvic naturally carry 72+ plant-based, ionic minerals in ideal ratios for human health. A single daily serving can help you get the trace

minerals often missing in our foods today.

Despite how often we hear about the importance of vitamins and macro-minerals like calcium and magnesium, it's trace minerals that are the unsung heroes of health. While we only need trace minerals in small amounts, they are essential to a multitude of biological functions including hormone production and balance, tissue growth and repair, and the formation of new cells.

### **Natural Detoxification**

Just as humic and fulvic help protect plants from toxins in the soil, they also help protect us from toxins in a few different ways. First, humic acid works in the digestive tract by binding with toxins. Since humic molecules are so large, our bodies will remove them and the toxins instead of absorbing them. Then, fulvic acid works at the cellular level by helping to improve cell permeability. This allows cells to release natural toxic by-products instead of keeping them trapped inside. Once released, immune cells target these toxins and remove them from the body.

### **Nutrient Absorption and Cellular Delivery**

Fulvic acid molecules effectively bind with nutrients and are capable of carrying many times their weight in vitamins and ionic minerals. Fortunately, fulvic molecules are so small that our bodies absorb them easily, even when carrying so many nutrients. As these molecules travel throughout the body, they can help improve cell permeability by donating electrons to cell membranes. This is important because

cell membranes must have adequate, balanced electrical energy to function correctly. At this point, the molecules can pass the nutrients they carry to cells where they can support numerous biological processes.

Humic and Fulvic can even help you get more out of your other supplements by supporting their absorption.

### **GI Health**

The health of our digestive systems is under frequent attack by pesticide residues, medications, and poor food choices. Over time, the intestinal lining that prevents unwanted bacteria, toxins, and food particles from entering the body can become damaged. As a result, inflammation and leaky gut develop and our ability to absorb nutrients declines.

Fortunately, humic acid can help reduce this damage by supporting healthy bacterial balance, binding with harmful substances like glyphosate, and potentially decreasing the production of inflammatory cytokines (TNF $\alpha$  and IL-6).

### **Immune Function**

Humic acid helps support immune function in 2 primary ways. First, it acts as a prebiotic fibre. These fibres are for having a robust and healthy gut microbiome. The friendly bacteria that make up this microbiome are the front line of our immune system. They begin attacking bacteria and pathogens in the GI tract.

## **Brain Health**

Our brains are under constant attack by free radicals, but fulvic acid may help limit the number of active free radicals in the body through its antioxidant potential.

Additionally, our brains can experience a build-up of abnormal tau proteins. Tau proteins are essential in the proper functioning of our neurons, but when they mutate, our bodies are not able to effectively remove them. Thus, they build up and become a contributing factor to various degenerative cognitive diseases such as Alzheimer's.

Fulvic acid has been shown in test tube studies to effectively reduce the accumulation of abnormal tau proteins and may help slow the development and progression of these diseases.

The Benefits of Humic and Fulvic don't stop there. As research increases, new potential benefits are being discovered like the ability of fulvic acid to support the production of coenzyme Q10 (CoQ10). At the same time, consumer interest is growing and with it a wider variety of products. Unfortunately, not all of these products are equal in their ability to support health and wellness. It all comes down to the quality of the raw material, how it is processed, and how concentrated the final product is.

## **Choosing the Right Product**

Humic and Fulvic deposits can be found all over the world with varying degrees of purity, concentration, and mineral composition. But, one of the most important factors in creating a high-quality deposit is the organic material it

comes from. Since it takes millions of years for these deposits to develop, we must look at various plant species and environmental conditions in these locations before the deposit formation.

For example, during the Cretaceous period, jungle-like vegetation was abundant, dense, and remarkably large with extensive root systems. Thus, plants were able to benefit from previously formed mineral layers (silicon) deep underground and didn't have to rely on topsoil for their nutrients. As time went on, the expansive Cretaceous jungles gave way to smaller forested areas and grasslands. As a result, the exceptionally rich jungle soils were buried where the shallow root systems of these new plants couldn't reach. Overtime, these protected soils developed into raw humate and coal deposits abundant in full-spectrum minerals and humic and fulvic acids.

One such location is the Fruitland Formation located in the Northwest corner of New Mexico. During the Cretaceous period, this area was a lush estuary bountiful with diverse land and marine vegetation. Thus, the resulting humate deposits are rich with unparalleled mineral (silicon) profiles.

Unfortunately, other locations around the world didn't benefit from such conditions. As such, products made from materials in these locations provide inferior humic and fulvic. An example of this is Himalayan Shilajit. These deposits are relatively new and form from limited vegetation. Many Shilajit sources form from only a handful of plant and mould species. Not only does this limit the concentration



and diversity of the mineral profile, but it also carries risks. Read more about the different types of source materials here.

**Experience the Benefits of Humic and Fulvic for Yourself**

Humic and Fulvic is a true gift from God and with a high-quality, potent product, you can give yourself a chance to experience true cellular wellness.

<https://www.motherearthlabs.com/store/>

## Dr. Jerry Tennet Products

### Who is Dr. Jerry Tennant?

Dr. Tennant has provided patients around the world with superior care for over 60 years. Tennant Products is proud to be a family-owned and run business.

Dr. Jerry Tennant, MD, MD(H), PScD is a world-renowned physician, international author, and integrative health practitioner. He is a Harvard-trained ophthalmologist, founder of The Tennant Institute for Integrative Medicine, and was named one of the Top 20 Alternative Doctors in America.



Dr. Tennant holds over 13 patents for medical devices including intraocular lenses and surgical instruments. He is a pioneer in helping with the integration of a more holistic approach to the practice of medicine today, sharing an integrative practitioners Who's Who list—with names like Drs. Oz, Mercola, Weil, Sears, Brownstein, and others.

Dr. Tennant's story is not just that of a doctor but mirrors what many regular people face with their health issues today. From experiencing normal health to a drastic change in illness, to dealing with a modern medical system that doesn't always have the answers, Dr. Tennant's journey of healing is remarkable and revolutionary.

**Dr. Tennant's Fulvic Super-Concentrate** is the highest concentrated 100% Fulvic Acid available, and provides the following benefits:

- Heavy metal and mineral metal detox
- Nutrient transport and absorption
- Nature's best electrolyte
- Supports immune system regulation
- Highly energetic, super antioxidant
- Energy at the cellular level

**Dr. Tennant's Fulvic Super-Concentrate** molecules act like "mini-batteries," providing electrons to charge cell membranes and re-establish cell membrane dynamics, helping restore optimal cellular function. When cells and cell membranes are fully charged, they absorb nutrients more easily. Nutrients must be absorbed into cells to be used in the biochemical processes that support life. These processes only occur inside the cells.

Waste products that build up can significantly impair cellular function. Dr. Tennant's Fulvic Super-Concentrate also provides electrons that help restore or optimize cellular energetics, especially in the mitochondria—the cell's powerhouse—so the mitochondria can produce the energy we need for life and vitality.



Practitioners often use fulvic acid to help jumpstart the cell's natural detox functions, especially for chronically ill patients. Fulvic acid has also been shown in studies to help detox heavy metals and mineral metals in the deepest tissue.

**4 oz (120ml) bottle**

A 120-day supply using one dropper (fills ½ pipette) per day; a 60-day supply using two droppers per day.

**Dr. Tennant's® Raw Materials Capsules** with humic and fulvic acids, provide the micro and trace nutrients required for optimal health at the cellular level. These nutrients help replace the microorganisms often lost in the food eaten today.

- Transports vitamins, minerals, amino acids & phytonutrients
- Binds with heavy metals & toxins to safely eliminate them from the body
- Promotes energy at the cellular level
- Nature's most powerful electrolyte
- Super-antioxidant

Humic and fulvic acids are super-antioxidants that aggressively neutralize free radicals and bind heavy metals and other toxins to safely eliminate them from the body system.

Did you know that even if eating only organic food, the quality of the nutrition we absorb is significantly less than that of food 30 years ago? Current farming practices often deplete nutrients found in the soil and the body requires supplementation to replace these lost microorganisms for optimal nutrition. Dr. Tennant's® Raw Materials provide these micro and trace nutrients that the body requires in a complete solution.

Available in 2 forms...

Raw Materials Capsules



Raw Materials Liquid 4oz. bottle



<https://www.vesica.org/tennant-products/>

**You can order Dr. Jerry's products from the above link or you can also search for similar Fulvic and Humic acid products.**

**Natural Remedy Reference Guides**

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<p><b>Cold/Flu</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Elderberry syrup</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Vitamin C</li> <li><input type="checkbox"/> Hydrogen Peroxide in ears</li> <li><input type="checkbox"/> Oil of Oregano</li> <li><input type="checkbox"/> Eucalyptus Oil (external)</li> <li><input type="checkbox"/> Peppermint</li> <li><input type="checkbox"/> Vitamin D</li> </ul> <p><b>Digestive Issues/Ulcers</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Digestive enzymes</li> <li><input type="checkbox"/> DGL</li> <li><input type="checkbox"/> Bromelain (pineapple)</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> Papaya enzyme</li> <li><input type="checkbox"/> Aloe Vera juice</li> <li><input type="checkbox"/> Vitamins A, C, E</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Zinc</li> <li><input type="checkbox"/> Silica</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Cabbage Juice</li> <li><input type="checkbox"/> Linoleic Acid</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Peppermint</li> <li><input type="checkbox"/> Ginger</li> </ul>	<p><b>Anxiety/Stress</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> L-Theanine</li> <li><input type="checkbox"/> Cherries</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> Skullcap</li> <li><input type="checkbox"/> Kava Kava</li> <li><input type="checkbox"/> Passion Flower</li> <li><input type="checkbox"/> Valerian</li> <li><input type="checkbox"/> Lemon Balm</li> <li><input type="checkbox"/> Rescue Remedy</li> <li><input type="checkbox"/> Calms Forte</li> <li><input type="checkbox"/> 5-HTP</li> <li><input type="checkbox"/> GABA</li> <li><input type="checkbox"/> Magnesium</li> </ul> <p><b>Heartburn/GERD</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Digestive enzymes</li> <li><input type="checkbox"/> DGL(Deglycyrrhizinated Licorice)</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Silica</li> <li><input type="checkbox"/> Aloe Vera juice</li> <li><input type="checkbox"/> Ginger</li> </ul> <p><b>High Blood Pressure</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Cayenne pepper</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Calcium/magnesium</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Hawthorn</li> <li><input type="checkbox"/> Primrose oil</li> <li><input type="checkbox"/> Cinnamon</li> </ul>	<p><b>Arthritis</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Epsom salts (external)</li> <li><input type="checkbox"/> Alfalfa seeds</li> <li><input type="checkbox"/> Bromelain (pineapple)</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Vitamins C and D</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Glucosamine</li> <li><input type="checkbox"/> Selenium</li> <li><input type="checkbox"/> Onions and leeks</li> <li><input type="checkbox"/> Tart cherries, black raspberries, and grapes.</li> </ul> <p><b>Seasonal Allergies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Quercetin</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Honey (raw, local)</li> <li><input type="checkbox"/> Saline nasal rinse</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Stinging Nettle</li> <li><input type="checkbox"/> Butterbur</li> <li><input type="checkbox"/> Peppermint</li> </ul>
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<p><b>AUTOIMMUNE DISEASES (MS/FMS/RA/ETC.)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> DHEA</li> <li><input type="checkbox"/> EPA, DHA</li> <li><input type="checkbox"/> Gentian</li> <li><input type="checkbox"/> Indole-3</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Pycnogenol</li> <li><input type="checkbox"/> Tryptophan</li> <li><input type="checkbox"/> Vitamin C</li> <li><input type="checkbox"/> Vitamin D</li> <li><input type="checkbox"/> Vitamin E</li> <li><input type="checkbox"/> Pasteurized Dairy-Free diet</li> <li><input type="checkbox"/> Apigenin</li> <li><input type="checkbox"/> Ashwaganda</li> <li><input type="checkbox"/> Green Tea</li> <li><input type="checkbox"/> Curcumin</li> <li><input type="checkbox"/> Cordyceps</li> <li><input type="checkbox"/> Biofeedback,</li> <li><input type="checkbox"/> Massage, Self-Hypnosis</li> <li><input type="checkbox"/> Craniosacral Therapy</li> <li><input type="checkbox"/> ALA</li> <li><input type="checkbox"/> Andrographis</li> <li><input type="checkbox"/> Allergy Testing</li> <li><input type="checkbox"/> Exercise</li> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Quercetin</li> <li><input type="checkbox"/> Threonine</li> <li><input type="checkbox"/> Yucca</li> <li><input type="checkbox"/> Boswellia</li> <li><input type="checkbox"/> Devil's Claw</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Selenium</li> <li><input type="checkbox"/> Magnesium</li> <li><input type="checkbox"/> Aloe Vera</li> <li><input type="checkbox"/> See "Inflammation"</li> </ul>	<p><b>ASTHMA</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Magnesium</li> <li><input type="checkbox"/> Acupuncture</li> <li><input type="checkbox"/> Acupressure</li> <li><input type="checkbox"/> Butterbur</li> <li><input type="checkbox"/> Lobelia</li> <li><input type="checkbox"/> Pasteurized dairy-free diet</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Shuan Huang Lian</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Massage</li> <li><input type="checkbox"/> Chiropractic</li> <li><input type="checkbox"/> See "Inflammation"</li> </ul> <p><b>DEPRESSION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Biofeedback</li> <li><input type="checkbox"/> Meditation</li> <li><input type="checkbox"/> Chiropractic</li> <li><input type="checkbox"/> 5-HTP</li> <li><input type="checkbox"/> SAMe</li> <li><input type="checkbox"/> Schisandra</li> <li><input type="checkbox"/> Vitamin D</li> <li><input type="checkbox"/> B-vitamins</li> <li><input type="checkbox"/> Magnesium</li> <li><input type="checkbox"/> St. John's Wort</li> <li><input type="checkbox"/> Kava</li> <li><input type="checkbox"/> L-Tyrosine</li> <li><input type="checkbox"/> L-Tryptophan</li> <li><input type="checkbox"/> Saffron</li> <li><input type="checkbox"/> Blue-green algae</li> <li><input type="checkbox"/> EPA</li> <li><input type="checkbox"/> Goji berries</li> <li><input type="checkbox"/> Homeopathy</li> <li><input type="checkbox"/> Motherwort</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Rhodiola</li> <li><input type="checkbox"/> Panax ginseng</li> <li><input type="checkbox"/> Nulmeg</li> <li><input type="checkbox"/> Curcumin</li> <li><input type="checkbox"/> Aromatherapy</li> </ul>	<p><b>DIABETES (I &amp; II)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vitamin D</li> <li><input type="checkbox"/> ALA</li> <li><input type="checkbox"/> Exercise</li> <li><input type="checkbox"/> Benfotiamine</li> <li><input type="checkbox"/> Resveratrol</li> <li><input type="checkbox"/> Curcumin</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Omega 3 Fatty Acids</li> <li><input type="checkbox"/> Fenugreek</li> <li><input type="checkbox"/> Oyster Mushroom</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Banana</li> <li><input type="checkbox"/> Alfalfa</li> <li><input type="checkbox"/> Arginine</li> <li><input type="checkbox"/> Chlorella</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Grape Seed</li> <li><input type="checkbox"/> Vitamin C</li> <li><input type="checkbox"/> Magnesium</li> <li><input type="checkbox"/> Avocado seed extract</li> <li><input type="checkbox"/> Bee pollen</li> <li><input type="checkbox"/> DHA</li> <li><input type="checkbox"/> Caraway</li> <li><input type="checkbox"/> Caper</li> <li><input type="checkbox"/> Agrimony</li> <li><input type="checkbox"/> Coriander</li> <li><input type="checkbox"/> Juniper</li> <li><input type="checkbox"/> Chard</li> <li><input type="checkbox"/> EPA</li> <li><input type="checkbox"/> Pasteurized Dairy-Free diet</li> <li><input type="checkbox"/> Cacao</li> <li><input type="checkbox"/> Pantethine</li> <li><input type="checkbox"/> Chromium</li> <li><input type="checkbox"/> Zinc</li> <li><input type="checkbox"/> Acorus calamus</li> </ul>	<p><b>INFLAMMATION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flavonoids (bilberry, blueberries, spinach)</li> <li><input type="checkbox"/> Curcumin</li> <li><input type="checkbox"/> GLA</li> <li><input type="checkbox"/> ALA</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Vitamins C, E</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Resveratrol</li> <li><input type="checkbox"/> Rosemary</li> <li><input type="checkbox"/> Pineapple (bromelain)</li> <li><input type="checkbox"/> Papaya (papain)</li> <li><input type="checkbox"/> Aloe Vera</li> <li><input type="checkbox"/> Boswellia</li> <li><input type="checkbox"/> Cat's Claw</li> <li><input type="checkbox"/> Echinacea</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Goldenseal</li> <li><input type="checkbox"/> Pau d'arco</li> <li><input type="checkbox"/> Red clover</li> <li><input type="checkbox"/> Yucca</li> <li><input type="checkbox"/> Aromatherapy (Helichrysum, eucalyptus, lavender, chamomile)</li> </ul> <p><b>MIGRAINE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Biofeedback</li> <li><input type="checkbox"/> Chiropractic</li> <li><input type="checkbox"/> Acupuncture</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Magnesium</li> <li><input type="checkbox"/> Riboflavin (Vitamin B-2)</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Butterbur</li> <li><input type="checkbox"/> Feverfew</li> <li><input type="checkbox"/> Niacin</li> <li><input type="checkbox"/> Aromatherapy (Helichrysum, eucalyptus, lavender, chamomile, peppermint, spearmint, sandalwood, basil, rosemary)</li> </ul>
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Ask your health practitioner before taking any remedies. Herbs, vitamins and supplements may interact with each other and with medications. Combining more than one remedy may be dangerous.

## Natural Remedy Reference Guide III: Skin Edition

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*\*All remedies are external, unless noted otherwise.*

<p><b>Acne</b></p> <ul style="list-style-type: none"> <li>• Tea tree oil</li> <li>• Coconut oil</li> <li>• Sunlight exposure</li> <li>• Acupuncture</li> <li>• Digestive enzymes (internal)</li> <li>• Basil</li> <li>• Green tea</li> <li>• Low glycemic diet</li> <li>• Guggul extract (internal)</li> <li>• Probiotics</li> <li>• Probiotics (internal)</li> <li>• Mangosteen</li> <li>• Vitamin A &amp; E (internal)</li> <li>• Copaiba essential oil</li> <li>• Blue light irradiation therapy</li> <li>• Zinc gluconate (internal)</li> <li>• Hops</li> <li>• Licorice</li> <li>• Rosemary essential oil</li> <li>• Oregano oil</li> <li>• Echinacea</li> <li>• Avoid or limit dairy</li> </ul>	<p><b>Age/Sun Spots</b></p> <ul style="list-style-type: none"> <li>• Apple cider vinegar</li> <li>• Onion juice</li> <li>• Aloe vera gel</li> <li>• Lemon juice</li> <li>• Castor oil</li> <li>• Vitamin E oil</li> <li>• Potassium (internal)</li> <li>• Vitamins C &amp; E</li> <li>• Zinc &amp; Selenium (internal)</li> </ul> <p><b>Dry Skin</b></p> <ul style="list-style-type: none"> <li>• Borage oil (internal and external)</li> <li>• Sesame oil</li> <li>• Cacao (internal)</li> <li>• Dead sea salt baths</li> <li>• Argan oil</li> <li>• Vitamins A, B &amp; E (internal)</li> <li>• Coconut oil</li> <li>• Oatmeal</li> <li>• Stay hydrated</li> <li>• Flaxseed oil (internal and external)</li> <li>• Evening primrose oil (internal and external)</li> </ul>	<p><b>Eczema Psoriasis</b></p> <ul style="list-style-type: none"> <li>• Sunlight exposure</li> <li>• Coconut oil</li> <li>• Evening primrose oil</li> <li>• Digestive enzymes (internal)</li> <li>• Probiotics (internal)</li> <li>• Aloe vera juice</li> <li>• Sea salt bath</li> <li>• Calendula</li> <li>• Poppy seed &amp; water paste</li> <li>• Avoid stress</li> <li>• Eliminate foods causing allergies</li> </ul>	<p><b>Wrinkles</b></p> <ul style="list-style-type: none"> <li>• Mangosteen</li> <li>• Argan oil</li> <li>• Aloe vera gel (internal)</li> <li>• Red ginseng root extract, mixed with <i>Torilus fructus</i> and <i>Corni fructus</i> (internal)</li> <li>• Blackberry leaf extract</li> <li>• B-Complex (internal)</li> <li>• Pomegranate (internal)</li> <li>• Pomegranate oil extract</li> <li>• Turmeric</li> <li>• Honey and ginger (internal)</li> <li>• Date kernel extract</li> <li>• Cork extract</li> <li>• Soy extract</li> <li>• Rosaceae</li> <li>• Cabbage juice</li> <li>• Pineapple juice</li> <li>• Peony extract</li> </ul>
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## Green Tidings' Natural Remedies for Anxiety, Stress, and Insomnia

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<ul style="list-style-type: none"> <li>Acupuncture</li> <li>Ashwagandha</li> <li>Ayurvedic Medicine</li> <li>B-Vitamins (not before bed)</li> <li>California Poppy</li> <li>Calms Forte</li> <li>Chamomile</li> <li>Catnip</li> <li>Cherries</li> <li>Chiropractic</li> <li>Essential Oils</li> <li>Exercise</li> <li>Feng Shui</li> <li>5-HTP</li> <li>GABA</li> <li>Hops</li> <li>Hypnotherapy</li> <li>Kava Kava</li> </ul>	<ul style="list-style-type: none"> <li>L-Theanine</li> <li>Lavender oil (external)</li> <li>Lemon Balm</li> <li>Magnesium (with calcium and D)</li> <li>Massage</li> <li>Meditation (progressive muscle relaxation, visualization, TM)</li> <li>Melatonin (Insomnia only)</li> <li>Passion Flower</li> <li>Rescue Remedy</li> <li>Skullcap</li> <li>St. John's Wort</li> <li>Traditional Chinese Medicine</li> <li>Valerian</li> <li>Vitamin D</li> <li>Wild Lettuce</li> <li>Yoga</li> </ul>
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*Ask your health practitioner before taking or combining any herbs or supplements, especially if you're taking pharmaceutical medication. Herbs and supplements can have serious side effects, especially if you are taking medication. This list is educational only.*

**NATURAL REMEDY Reference Guide**  
www.fitlife.tv We're in this together

*Amazing for you*

**Cold/Flu**  
 Probiotics  
 Garlic  
 Elderberry Syrup  
 Apple Cider Vinegar  
 Vitamin C  
 Hydrogen Peroxide in Ears  
 Oil of Oregano  
 Eucalyptus Oil (external)  
 Peppermint  
 Vitamin D

**Anxiety/Stress**  
 L-Theanine  
 Cherries  
 Chamomile  
 Skullcap  
 Kava Kava  
 Passion Flower  
 Valerian  
 Lemon Balm  
 Rescue Remedy  
 5-HTP  
 GABA  
 Magnesium

**Heartburn/Gerd**  
 Probiotics  
 DGL/De glycerized Licorice  
 Co-Q10  
 L-Glutamine  
 Silica  
 Peppermint  
 Ginger

**High Blood Pressure**  
 Apple Cider Vinegar  
 Celery  
 Cucumber  
 Co-Q10  
 L-Glutamine  
 Calcium/Magnesium  
 Garlic  
 Primrose oil  
 Cinnamon

**Arthritis**  
 Turmeric  
 Omega-3 Fatty Acids  
 Epsom salts (external)  
 Alfalfa seeds  
 Cinnamon  
 Ginger  
 Vitamins C and D  
 Green tea  
 Glucosamine  
 Selenium  
 Onions and leeks  
 Tart cherries, black raspberries, grapes and eggplant

**Digestive Issues/Ulcers**  
 Probiotics  
 DGL  
 Vitamins A, C, E  
 Co-Q10  
 Zinc  
 L-Glutamine  
 Cabbage Juice  
 Linoleic Acid  
 Celery  
 Cucumber  
 Kale  
 Peppermint  
 Ginger

**Seasonal Allergies**  
 Probiotics  
 Quercetin  
 Apple Cider Vinegar  
 Turmeric  
 Honey  
 Saline nasal rinse  
 Omega-3 Fatty Acids  
 Stinging Nettle  
 Butterbar  
 Peppermint

**TOP NATURAL PAINKILLERS**

**GARLIC** made into a special oil for earache

**CLOVES** toothache / gum inflammation

**APPLE CIDER VINEGAR** heartburn

**GINGER** muscle pain

**CHERRIES** joint pain, headaches

**TURMERIC** chronic pain

**PEPPERMINT** sore muscles

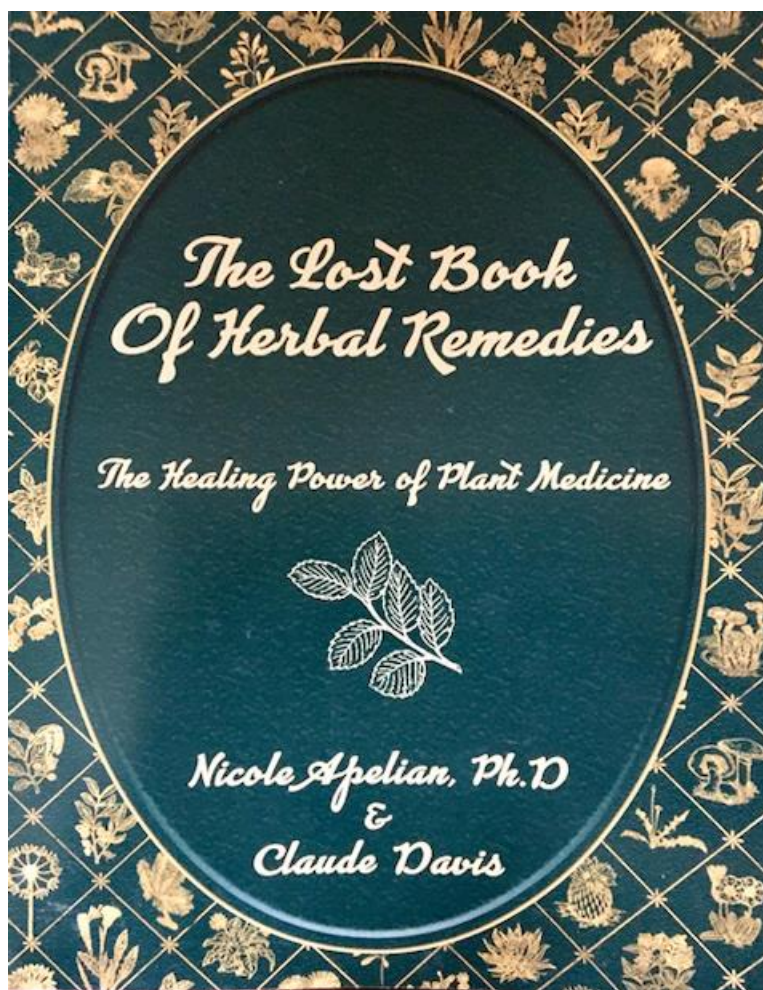
**PINEAPPLE** stomach bloating, gas

**WATER** general injury pain

**HORSERADISH** sinus pain

**BLUEBERRIES** bladder / urinary tract infections

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<https://b-ok.asia/book/5499417/862169>

## **The One Surprising Food To Eat For a Stronger Immune System**

You may want to start purchasing regularly.

By Kiersten Hickman



It's likely you think that the food to eat for a stronger immune system would be oranges, or at least some other food rich in vitamin C. But that wouldn't be so surprising, would it? Sure, vitamin C does help boost your immune system, yet it's not the only nutrient out there that can give you a stronger immune system once consumed. So what's this surprising food we speak of? Why it's Brazil nuts!

Didn't see that one coming, did you? Compared to the popular peanut, almond, or even cashew, Brazil nuts aren't exactly the top choice nut at the store. But once you learn about all the ways Brazil nuts can help strengthen your immune system, you may be so inclined to grab a bag on your next grocery run.

Brazil nuts are one of the richest sources of selenium. According to the journal *Molecular Nutrition Food Research*, selenium is a mineral that can help with improving immune function within the body. Another Cambridge University study also shows that selenium is effective in reducing the risk of developing chronic diseases like cancer and cardiovascular disease.

Now here's the real kicker—you don't even need to eat a handful of Brazil nuts to get your Recommended Daily Intake (RDI) or selenium. Simply eating one Brazil nut will give you 175% of your selenium intake for the day. Eating an entire ounce of them will give you 988% RDI. One Brazil nut contains 96 micrograms of selenium, which is significant compared to other nuts which usually only provide around 1 microgram per nut.

So how many Brazil nuts should you eat? Simply adding two Brazil nuts to your plate when you eat a meal will increase your selenium status, according to the *American Journal of Nutrition*. You'll get a sufficient amount of selenium in your body on a regular basis, which will help with giving you that strong immune system you desire.



## Is Sweating Good For You?

**SWEAT CLEANSSES  
FROM THE INSIDE. IT  
COMES FROM PLACES  
A SHOWER WILL  
NEVER REACH.**

Sweat Cleanses From the Inside. It comes from places a shower will never reach.

Sweating is one of the best ways to detox the body.

Sweat Now. Smile Later.

You will feel refreshed and revitalized from a far infrared heated sweat session.

SWEAT 

Chances are you're not doing enough of it.

Our society has programmed us with this thought that sweating is undesirable or unclean and must be restricted to certain times/activities and this misconception must be addressed immediately.

Sweating is Vital to your Health!

It is one of the ways your body excretes toxins and it is an imperative process for homeostasis.

Let's take a step back and think with some common sense. What happens if you throw trash in the garbage can?

It fills up, right? And when it gets full you tie it up and take it out.

Well what if you didn't do that, what if you just kept piling on the trash and never taking the waste out to the dump?

Your house would be pretty toxic, pretty fast, right?

That's exactly what's happening to your body when you impede the natural excretory processes, like sweating.

And I'm not just talking about physical waste. The energy that comes from releasing stress and pent-up emotions through sweating is incredible!!!

Why do you think so many cultures have different types of heat therapy like sweat lodges and saunas?

You should be breaking a sweat daily. Yes, every single day.

When you don't sweat your body is unable to purge the unmetabolizable toxins that come from the air, water and food we use every day.

The bottom-line result is that your body is depleted of its strength, immunity and energy.

The longer you don't sweat, the worse the physical and mental effects become.

\*\*\*\*\* An overaccumulation of toxins leads to disease.

Toxins also impact your body's ability to absorb nutrients, therefore making you more susceptible to illness.

Sweat it out. Daily.

Skip the antiperspirant, and opt for some natural deodorants that help reduce odour if you feel inclined, but ditch the chemical laden sweat stoppers that add and trap toxins in your body.

Recognize that we are made in God's perfect design, our bodies are incredible and efficient.

If we tune in and align with our true selves and avoid unrealistic and unhealthy societal ideas, we can thrive and grow mentally, emotionally and spiritually.

Get out of your climate controlled, fluorescent lit, recycled air dungeon and go breath in some fresh air, feel the sun on your skin, and the dirt under your feet, and move your body.

Take the time to sweat regularly and your renewed energy level, stress relief, and peace of mind will be your reward.

A far infrared sauna is the easiest and most pleasant way that your body can sweat.

Relax, Kick Back, Play some mellow music and let the far infrared sauna do the heavy lifting for you.

Skin Rejuvenation, Weight Loss, Pain Relief, Better Sleep, and Stronger Immune System are just a few of the benefits you will reap from sweating in an infrared sauna.



## **Is A Traditional Steam-Based Saunas too Hot for you?**

TRY AN INFRARED SAUNA, BUT MAKE SURE YOU CHOOSE CAREFULLY

Basking in the warmth of a sauna is one of the best ways to relax, lower your blood pressure and improve your sleep, studies show. There is growing evidence that regular sauna use will lower your risk of major diseases and extend your life. But not everyone can stand the high heat of your average home sauna. Temperatures typically range from 150 to 180 degrees Fahrenheit. For some people, especially those with chronic health conditions, excess heat in that range over a 20-minute or more period may be too much to bear.

But not all saunas require high and uncomfortable temperatures. An increasingly attractive alternative is an infra-red sauna, which does not rely on the steam from hot rocks but instead applies heat directly to your body. As the name suggests, an infrared sauna relies on infrared light. About 80% of the heat generated by this light goes directly into your body. The heat penetrates your body more deeply, which means that you need not expose yourself to the same high temperatures as a traditional sauna. The typical temperature range of an infrared sauna is just 120-140 degrees Fahrenheit, which is safer and more comfortable for those with an aversion to high heat.

Moreover, infrared saunas appear to provide the same health benefits as a traditional sauna. For example, a small 10-person study found that people with chronic fatigue syndrome benefited from using an infrared light therapy sauna as part of their overall treatment. Another 10-person study found that infrared saunas helped decrease muscle soreness and increase recovery from strength-training sessions. In addition, several studies have found that infrared saunas may help reduce blood pressure, just as traditional saunas do.

The light from an infrared sauna may have additional health advantages. Studies show that infrared light can heal several brain disorders by restoring tissue damaged due to strokes, traumatic brain injuries or Alzheimer's disease. While more research is needed, infrared sauna users might position their head close to the infrared light to enjoy these special healing benefits which are not found in traditional steam-based sauna use.

### **Are Infrared Saunas Safe?**

Infrared saunas are perfectly safe if used properly. Do not use the sauna when you are extremely tired. Falling asleep can lead to permanent skin damage, dehydration and even death. Set a timer and stay alert. If you have a chronic sickness, start slow maybe 5-10 minutes and then increase over time.

## Conclusion

Due to rising consumer demand, infrared saunas may well be the wave of the future. Not all consumers have the time or the resources to construct a traditional steam-based sauna. Infrared saunas appear to have the same health benefits and may even provide additional ones. Traditional saunas have a special feel that appeals to consumers with Old World sensibilities and concerns. They are custom-built using natural wood and stone materials

### Sea Iodine for Thyroid

Thyroid issues are becoming common today and many people are taking hospital medications for it with side effects. Some of these effects are lack of energy, heavy headed, congestion and probably a lot more.

The best solution is to get off of these hospital medications and go with something natural that works and has no side effects.

Try this Sea-Iodine. There are various brands out there and you can do your research, I have experience with this brand and it works fine.

and may be adapted to a variety of indoor and outdoor environments.

The main issue may be safety which is related to cost. Choosing an appropriate infrared supplier that has tested its equipment and its effects on sauna users is essential. The jury is still out on near-infrared and full-spectrum infrared. Whatever path you choose, with more regular sauna use, get ready for a healthier more satisfying life.

	<p><b>What Is Sea Iodine?</b></p> <p>Iodine is a health-promoting trace element essential for life and is usually ingested by consuming table salt. But many people avoid salt for health reasons. Sea-Iodine™ provides 1,000 mcg of this essential element, without upping your salt intake. Promote thyroid health and beyond with Sea-Iodine™.</p> <p><b>Sea-Iodine™ uses ingredients harvested from a blend of organic marine algae to support healthy iodine levels.</b></p> <p><b>Sea-Iodine™ Benefits</b></p> <ul style="list-style-type: none"><li>• Essential for thyroid health support</li><li>• Supports healthy iodine levels, without salt</li><li>• Convenient way to get your daily iodine intake</li></ul>
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## **Miracle Mineral Supplement (Chlorine Dioxide Solution)**

### **Miracle Mineral Supplement or also known as Chlorine Dioxide Solution (CDS)**

#### **Why All the Interest?**

This impressive compound, more commonly known as MMS or the Miracle Mineral Supplement, has been around now for close to a decade, and was discovered perhaps 6 decades ago - & has been used ever since as a water purification product.



#### **Why is Chlorine Dioxide Solution (CDS) so Potent?**

This potent little molecule has long been used in the water purification industry for making municipal water safe to consume. This compound has the unique ability to break down the protective biofilm on the surface of pathogenic stressors - causing them to collapse (implode).

As it stands, the chlorine dioxide molecule has proven itself amazingly versatile across a wide range of applications - proving deadly to most pathogens known to exist. MMS is made from Sodium Chlorite, which is a natural Earth mineral.

If you do a google search on MMS, you'll find the first 15 links ALL negative, mostly from the mainstream media and doctors who are connected with Big Pharma. The FDA has worked to suppress MMS from the people. WHY? Because it's cheap, it works and it is a natural product that cannot be patented. I have personally been using MMS for 17 years and I can vouch for its effectiveness.

Here is an MMS Forum Where you can get more support.

[www.MMSforum.io](http://www.MMSforum.io)

If you would like to order MMS/CDS you can try to find a local/nationwide seller, but in the USA, it is getting harder as I said, FDA and Big Pharma are attacking the sellers.

**You can order from this Australian supplier that ships worldwide.**

[www.MMSHealthy4life.com](http://www.MMSHealthy4life.com)

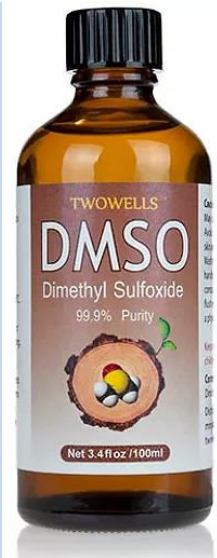
**If you are in Malaysia or Singapore, you can order MMS and DMSO from me.**

## DMSO Dimethyl Sulfoxide

### Why All the Interest?

DMSO is a powerful free radical scavenger and an effective anti-inflammatory agent. It also has pain-relieving, collagen-softening, and anti-inflammatory characteristics, making it an incredibly effective natural pain reliever.

Dimethyl Sulfoxide (DMSO) is a colourless, transparent, hygroscopic fluid over a wide range of temperatures. DMSO rose to fame due to its ability to easily pass through the skin and other biological membranes. It's a sulphur-based compound with some amazing healing properties. First discovered in late 19th century Germany as a by-product of wood pulping, DMSO can also be found in fruits, in the sea, and the atmosphere.



### What is DMSO used for?

People have been known to use DMSO to try to help with a plethora of issues including but not limited to:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Arthritis</li><li>• Inflammatory diseases</li><li>• Joint pain relief</li><li>• Cancer side-effects (pain)</li><li>• Gastrointestinal disorders</li><li>• Headaches and Migraines</li><li>• Fibromyalgia</li><li>• Psoriasis</li><li>• Shingles</li><li>• Candida</li><li>• Eczema</li><li>• Tendonitis</li><li>• Interstitial Cystitis</li><li>• Autoimmune Disorders</li><li>• Amyloidosis</li><li>• Scleroderma</li></ul> | <ul style="list-style-type: none"><li>• Ulcerative Colitis</li><li>• Diabetic Neuropathy pain</li><li>• Varicose and Spider veins</li><li>• Burns and scar tissue</li><li>• Musculoskeletal disorders</li><li>• Furuncular otitis</li><li>• Complex Regional Pain Syndrome</li><li>• Hemorrhoids</li><li>• Muscle spasms</li><li>• Bursitis</li><li>• Acute Respiratory Distress Syndrome</li><li>• General stiffness and soreness</li><li>• To improve range of motion</li></ul> |
|--|---|

Side effects of DMSO can be temporary local irritation of the skin and a potential taste and/or sometimes smell of garlic upon use.

**If you are in Malaysia or Singapore, you can order MMS and DMSO from me.**



## The Untapped Healing Potential of DMSO

Stanley Jacob, MD, has long fought to make DMSO freely available. Despite evidence supporting the efficacy of DMSO in treating stroke, Alzheimer's disease, cancer, arthritis and other inflammatory disorders, governmental agencies have chosen to deny Americans access to this remarkable, non-patented therapy.

Scientifically reviewed by: **Dr. Gary Gonzalez**, MD, in January 2021.  
Written by: Sue Kovach.

Despite decades of research and thousands of studies attesting to its health-promoting properties, dimethyl sulfoxide (DMSO) remains virtually unknown to the medical professional and the public.

This inexpensive compound demonstrates potent anti-inflammatory and analgesic properties, has been shown to relieve painful musculoskeletal and urinary conditions, and may even fight Alzheimer's disease and cancer. Unfortunately, its widespread acceptance and use have been stymied by the FDA and their allies in the pharmaceutical industry.

For more than 40 years, Dr. Stanley Jacob has been battling the establishment over DMSO. In this article, Dr. Jacob reveals new data showing the potential of DMSO in treating brain trauma injuries that afflict more than 50,000 Americans each year.

### DMSO WHAT YOU NEED TO KNOW

- An inexpensive compound called dimethyl sulfoxide (DMSO) holds great promise in managing a diverse array of health conditions, yet has largely been ignored by the medical community.
- Originally discovered as a byproduct of paper manufacturing, DMSO has demonstrated remarkable anti-inflammatory, analgesic, and antioxidant properties.
- DMSO is currently approved for only one clinical indication: interstitial cystitis, a painful chronic inflammatory condition of the urinary bladder.
- One of DMSO's most promising roles is treating severe closed head trauma. Research by Dr. Stanley Jacob shows that DMSO relieves brain swelling and restores blood flow and oxygenation following such injuries.
- Studies suggest further applications for DMSO in fighting illnesses such as arthritis, fibromyalgia, Alzheimer's disease, and ulcerative colitis.
- DMSO's benefits are largely unknown and unavailable to the US public, primarily because it is an inexpensive compound that is ineligible for patenting by pharmaceutical companies.



## **FDA Overreacts, Halts DMSO Research**

Dr. Jacob recalls that the FDA “halted all studies of DMSO on November 10, 1965, even though they had data in their files on more than 70,000 patients submitted by approximately 1,500 physicians in the US showing its safety and effectiveness.”

FDA critics contend that the agency overreacted in halting the studies, considering how unconcerned the agency appears today with the number of deaths that occur from both trial and approved pharmaceuticals.

According to Jack de la Torre, MD, PhD, who has researched DMSO’s role in treating central nervous system injuries, “Years ago the FDA had a sort of chip on its shoulder because it thought DMSO was some kind of snake-oil medicine. There were people there who were openly biased against the compound, even though they knew very little about it.”

Adding to the FDA’s scepticism was that, in many ways, DMSO simply sounded too good to be true. Says Dr. Jacob, “In the 1890s, if someone had said, ‘I have this little white pill and if you take it, it will relieve pain, reduce inflammation, protect you if you have a heart attack, and so on,’ you’d say, ‘Well, I don’t believe it.’ Yet aspirin does all those things. DMSO is similar in that it doesn’t fit the ‘one-pharmacologic-agent-for-one-indication’ philosophy of the FDA”.

Since DMSO was knocked off track, it has been a gruelling uphill battle for Dr. Jacob and other researchers trying to get FDA approval for DMSO for any use.

## **The DMSO Cancer Treatment**

As a treatment for cancer, DMSO prevents rapidly growing cells back to their regular form. It also stimulates the tumour-suppressing protein called HLJ1, which reduces the growth of the adjacent cancer tumour cells. To put it simply, Dimethyl Sulfoxide arrests the development of cancer.

Chemotherapy extravasations can sometimes cause problems during cancer treatment. Chemotherapy medicine may leak from the affected part, trapping it in the surrounding tissues. With the help of DMSO, the toxicity rate reduces to a significant degree. Research also shows that topical application successfully reduces pain, inflammation, and swelling. The chemical properties of DMSO as a solvent make it readily absorbed by the skin. It increases the body’s absorption of other medications.



Studies conducted by Dr. Hoang and his colleagues confirmed that DMSO prevented the advancement of two types of cancer: Prostate cancer and Gallbladder cancer. Each study expounded a significant improvement in clinical symptoms, blood tests, and quality of life. Both case studies saw the benefits of the therapy persisting long after DMSO administration.

### **What is DMSO Used For? (Cancer Types that DMSO Can Treat)**

According to laboratory reports, here's a list of the types of cancers that DMSO can treat.

- Melanoma
- Colon cancer
- Leukemia
- Lung cancer
- Ovarian cancer
- Lymphoma
- Prostate cancer
- Gallbladder/ Bile duct cancer

### **Bottom Line**

Based on the clinical records and researched facts, DMSO shows high potential in treating a wide variety of cancers. The evidence available so far provides a substantial amount of relevancy regarding DMSO as a treatment for cancer. Therefore, we conclude that the verdict against DMSO as an unproven treatment for cancer is false, although more clinical research needs to be done to confirm its benefits and make it available for wide applications.

We hope that we've provided you with sufficient information about the subject. Information about cancer treatment is vital to all the people involved. That's why we're here to enlighten you with facts and evidence.

## **DMSO's Many Potential Medical Applications**

Since the early 1960s, DMSO's pharmacological actions and efficacy have been documented in hundreds of laboratory studies. According to Dr. Stanley Jacob, DMSO holds promise in treating the following conditions:

**Alzheimer's disease.** DMSO has been shown to dissolve amyloids, the proteins that occur in the hallmark brain lesions of patients with Alzheimer's and almost invariably lead to the functional loss and eventual death of brain cells.

**Arthritis.** With its ability to penetrate tissues, DMSO shows value in reducing pain and inflammation in osteoarthritis, rheumatoid arthritis, and possibly gout.

**Atherosclerosis.** In laboratory animals, DMSO has demonstrated its ability to retard the development of atherosclerosis induced by dietary cholesterol, as well as suppress the accumulation of cholesterol in tissues despite severe hypercholesterolemia (elevated blood levels of cholesterol).

**Down's syndrome.** Researchers have noted that when children born with Down's syndrome were treated with DMSO, mental and neurological functions improved in several areas.

**Drug extravasation injury.** When chemotherapy drugs exude into surrounding tissues (extravasate), the effects are highly damaging. DMSO application significantly improved anthracycline-associated extravasation tissue injury in a study conducted by Stephen B. Strum, MD, a member of the Life Extension Foundation's Scientific Advisory Board.

**Fibromyalgia.** According to Dr. Jacob, 70% of fibromyalgia patients he treated with DMSO for several years experienced benefits with no side effects. He believes these effects were due to pharmacological actions of DMSO such as free-radical scavenging, analgesia, anti-inflammation, softening of scar tissue, reduction of muscle spasms, and stimulation of healing.

**Herpes.** DMSO has been used to enhance the penetration of alpha-interferon ointment in the treatment of herpes.

**Interstitial cystitis.** Instilling DMSO in the urinary bladder is an FDA-approved palliative treatment for this chronic inflammatory condition.

**Malignancy.** Researchers concluded DMSO exerts a significant survival

advantage in gastric cancer.

**Plastic surgery adjunct.** DMSO has been shown to aid healing and reduce pain and swelling.

**Prostatitis.** Significant symptomatic relief occurred when DMSO was injected by catheter into the prostatic urethra.

**Reflex sympathetic dystrophy.** DMSO helps relieve the pain of this condition, an autonomic nervous system disorder characterized primarily by overwhelming pain in the extremities. Dr. Jacob notes that in Holland, a physician is breaking the law if he does not prescribe topical DMSO for reflex sympathetic dystrophy.

**Scleroderma.** In basic work done at the Cleveland Clinic, topical DMSO was found to have an anti-inflammatory effect while increasing blood supply to the skin.

**Spinal cord injury.** Data shows that if DMSO is given intravenously within the first 45-60 minutes after injury, the number of laboratory animals that recover was much higher than in those not receiving DMSO. Dr. Jacob says this is an area he would like to pursue, noting, "If we have 10,000 severe spinal cord injuries per year in the US—quadriplegic and paraplegic—there could be fewer patients who will need long-term care."

**Stroke.** DMSO combined with sugar that fuels energy production was well tolerated in elderly stroke patients, and could be of benefit in reducing neurological disability after stroke.

**Ulcerative colitis.** In controlled human studies, orally administered DMSO produced some improvement in the condition.

For more information, please visit Dr. Jacob's website at [www.dmsso.org](http://www.dmsso.org).

## Therapeutic Properties of DMSO

16 Major Therapeutic Properties of DMSO: Referenced from "DMSO, Nature's Healer" by Dr. Morgan Walker pages 50 and 152:

- ✓ It blocks pain by interrupting the conduction in the small c-fibres, the nonmyelinated nerve fibres.
- ✓ It is anti-inflammatory.
- ✓ It is bacteriostatic, fungistatic, and virostatic.
- ✓ It transports numerous pharmaceuticals across membranes.
- ✓ It reduces the incidence of platelet thrombi in blood vessels.
- ✓ It has a specific effect on cardiac contractility by inhibiting calcium to reduce the workload of the heart.
- ✓ It stimulates prostaglandin synthesis - cyclical fatty acids that possess diverse biologic activities that affect cell function in every organ system. PGs have sedative and anticonvulsive effects on the central nervous system.
- ✓ It enhances antifungal and antibacterial agents when combined with them.
- ✓ It is a vasodilator, probably related to histamine release in the cells and to prostaglandin inhibition.
- ✓ It inhibits the release of cholinesterase.
- ✓ It tends to soften collagen by its peculiar cross-linking effect.
- ✓ It scavenges the hydroxyl free radical.
- ✓ It stimulates various types of immunity.
- ✓ It is a potent diuretic, especially when administered intravenously.
- ✓ It brings about interferon formation in the organism.
- ✓ It stimulates the healing of wounds.

**Check locally to buy DMSO (look for 99% Pharmaceutical Grade)  
Please watch this video on this 200-year-old effective natural suppressed ailment.**



**DMSO: The the Cheapest and most Effective Natural...**

Master Ali • 82 views

Malaysians and Singaporeans visit [www.MMSHealthyMalaysia.com](http://www.MMSHealthyMalaysia.com)

<https://www.youtube.com/watch?v=Kz6O8iROL08>

**If you are in Malaysia or Singapore, you can order MMS and DMSO from me.**

## Sacha Inchi Oil

Perhaps you've heard about the recently acclaimed superfood Sacha Inchi.

Despite its newfound popularity, it's been used around the globe for hundreds of years.

It boasts an impressive nutrient profile, has many potential health benefits, and is versatile, delicious, and easy to enjoy in a variety of recipes. All these attributes make it a great addition to a well-rounded diet.

### What is Sacha Inchi?

*Plukenetia volubilis*, or Sacha Inchi, is a perennial plant native to certain parts of South America and the Caribbean. It produces a fruit that's cultivated for its large, edible seeds.

Because it was traditionally consumed by indigenous groups in Peru, it's sometimes referred to as mountain peanut or Inca nut.

Although the fruit itself is not commonly consumed, the seeds are roasted and eaten. They're also ground into a fine powder and added to food products. Plus, the oil is extracted from the seeds and used in cooking or skin care products.

Additionally, the leaves of the plant can be dried and brewed to make herbal tea.

Like flaxseed oil, Sacha Inchi is a potent source of fatty acids. It is especially high in alpha-linolenic acid (ALA), a type of omega-3 fatty acid found in plants, and linoleic acid, a type of omega-6 fatty acid.



### Health Benefits

The health benefits of Sacha Inchi seeds are largely due to their richness in good-for-you fats. It may help improve several markers associated with chronic diseases. It can regulate your blood pressure, and because of its Omega 3, 6, and 9 it will be good for those with cancer.

**As a further note:** Add Sea Buckthorn berry oil to your healing plan, it adds Omega 7. Omega 7 is hard to find in nature. Omega 7 is known for **boosting cellular health** and moisture within the body. The fatty acid may be helpful for digestive system problems. It's great for supporting the most delicate tissues in the body. Omega 7 promotes a healthy inflammation response in the body as well. Sea buckthorn is the best source of omega 7 and beats all other sources.

## Asthma

Asthma is another Chronic Sickness that is affecting children and adults around the world. Many are using inhalers daily and doing more damage to their lungs.

There is a simple and effective treatment for Asthma that WORKS! And after a few days of this, you will never use your inhaler again. You can use this natural remedy for other lung issues too.

In Malaysia, they call it Hati Unta (Camel Liver) and the best ones originate from Saudi Arabia. You can search for it online in your own country, if not try to find it elsewhere and order it online. They sell it as a dried substance, so there is no issue to import it.

You can also find it in capsule form. It is very inexpensive.



### Preparation instructions if buying the dried liver.

The liver will come to you in dried slices. Take one and cut it into smaller pieces using scissors and then roast it on the stove using no oil. Roast until dry, light and crispy, you will see that it will start to break easily. After that, pound it/grind into powder and then put it into a small air-tight bottle.

When you start roasting the liver it has a smell so be prepared for that.

Every morning when drinking your coffee add a pinch of the power. For children, you can add it to their food or drink.

Continue using until the Asthma is gone.

If you order the capsule version then just follow the directions on the bottle and there is no preparation needed.

This Camel Liver natural remedy has worked for my wife (who was using an inhaler all the time) and EVERYONE else to that we have recommended it.

**Asthma (Excerpt from Guts and Physiology Syndrome book by – Dr. Natasha Campbell-McBride. (page 113)**

Asthma is a GAPS condition. It develops because of abnormal gut flora and a damaged gut wall, which lets toxins through for the lungs to deal with. At the same time, the immune system is out of balance, creating atopy (which we have discussed in the chapter Immune System). The first asthma attack usually happens in childhood, though it can happen at any time in our lives after we damage our gut flora. The majority of people develop their first asthma attack after eating ice cream or a similar high-fat processed substance. The fats in ice cream will carry fat-soluble toxins (chemicals added to the ice cream) directly into the lymph and the lungs. On top of that, sugar in the ice cream will feed the pathogenic flora in the gut and get converted into toxins, many of which will also be carried to the lungs. The immune system is likely to attach its cells and complexes to the toxins, ready to start inflammation or an allergic response. As these toxins and immune complexes get into the lungs, they inflict damage on the lung tissue and bronchi. God has created a good method for dealing with such a situation, called bronchospasm. During bronchospasm, the smooth muscles in the bronchial walls contract and close up the damaged part of the breathing passages, so it can be repaired. The repair process usually takes from a few

minutes to a quarter of an hour, and once the damage is repaired, the bronchus opens up again. This experience can feel alarming as you get short of breath and start wheezing. However, it does not last long, and at the end of it, your lungs are as good as new. Natural bronchospasm is not dangerous, particularly in childhood, because the body keeps enough lung tissue open to compensate for the closed part. So, it is important to keep calm and still, and allow the body to do its work. Bronchospasm is essential. Imagine that a big accident on a motorway has damaged the road surface. To repair the motorway it has to be closed, so the builders can do the work. The same thing happens in the lungs: the damaged part of the lung gets closed up by bronchospasm, so the body can repair it. This process worked perfectly well for us all this time until anti-asthma medications were invented. These drugs stop the bronchospasm: they do not allow the bronchial motorway to close up. Imagine builders trying to repair a motorway while lorries and cars are going past them at 70 miles per hour. They cannot do it! The same thing happens in the lungs when anti-asthma medication is used: the body cannot heal and repair the damaged airway. Asthma is the most common long-term medical condition among children in the world. How do children develop asthma? Here is the typical scenario: a child gets its first bronchospasm, usually in the second year of life and very often after eating

an ice cream (or something similar, full of sugar, fats and chemicals), which is rapidly converted into a toxic flood coming from the gut to the lungs. The child gets short of breath and starts wheezing. The parents call an ambulance and rush to the hospital. A diagnosis of asthma is made and the child has been prescribed an inhaler with an anti-asthmatic medication designed to stop the bronchospasm. As a result of using this medication, the child's damaged airway is left unrepaired after an asthma attack. In a few days, the child eats another ice cream and another part of his bronchial tree gets damaged the same way. The body knows that the previous part of the lung is damaged, so it uses bronchospasm to try and repair both parts of the lung at the same time. Anti-asthma medication is used again, and the child finishes up with two parts of the lungs damaged and unrepaired. With the next asthma episode three parts of the lungs will be closed up by bronchospasm, making that episode more severe than the previous one and, if medication is used again, they do not get repaired. From episode to episode the child finishes up with more and more of his lungs damaged, and not repaired. This process continues until enough of the lung closes up with the next asthma attack to make it life-threatening. In old medical books asthma was always described as a benign and self-limiting condition; it did not require any treatment and doctors never saw deaths from asthma. Today

asthma has become a deadly disease and we have to thank the wide use of anti-asthmatic medications for that.

### **What should the parents do when their small child gets the first wheeze?**

When your child gets his first asthma attack, don't rush him to the hospital!

Instead, wrap him up in a blanket and sit him on your lap. Keep him warm, keep him calm, make him feel safe and give him some hot water or mild camomile tea using a teaspoon. The crisis will pass in minutes, and you will watch your child happily playing again as if nothing has ever happened. But most importantly, your child's lungs will feel as if nothing has happened, because they were allowed to heal the damage and bring themselves back to normal.

Make a note of what has triggered this asthma attack and avoid it. Often it is something sugary, fatty and processed (such as ice cream), that pathogens in the gut can quickly convert into a toxic flood to absorb through the child's damaged gut wall. In the long run, you need to concentrate on healing the child's digestive system: healing and sealing the gut lining and normalizing the gut flora. As the toxicity in the body drops, the liver and lungs will do their jobs properly, without the lungs having to initiate bronchospasm anymore.



### **What about a child who has had asthma for a while and is taking medication for it?**

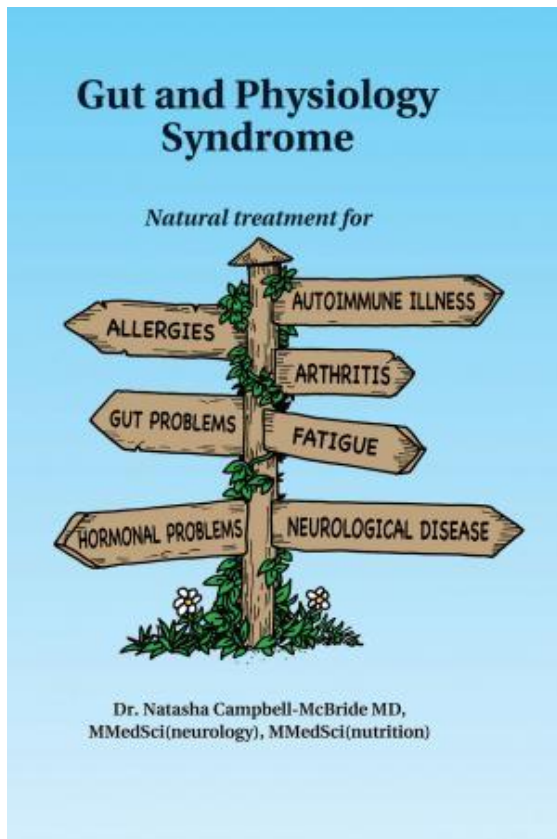
Don't stop the medication. Start working on healing the child's digestive system using the GAPS Nutritional Protocol. As the gut starts healing, you will observe that your child's asthma attacks become less frequent and milder. At this stage start reducing the dose of the medication gradually, and with mild attacks try not to use it at all. As the gut heals, the asthma attacks will stop and there will be no need for medication anymore.

### **What about adults with chronic asthma who have been taking medication for many years?**

It may take them longer to recover than it would a child. It is important not to stop the medication abruptly, because asthma in adults can be a deadly disease. Start working on healing your gut and changing your gut flora first, without changing your medication. As the flow of toxins from the gut to the lungs reduces, you will find that you need to use less and less medication with your asthma attacks, and with milder attacks you can skip it altogether. Gradually and slowly you will be able to remove medication completely, but it is important not to force this process and listen to your body. In my clinical experience asthma is quite easy to treat with the GAPS Nutritional Protocol. Apart from asthma, people with this condition often have many other health

problems: digestive symptoms, allergies, learning disabilities, mental illness, autoimmune disease and hormonal problems. While we are working on those other conditions, asthma very often quietly disappears.

**Conclusion:** our bodies are beautifully designed! The liver and the lungs guard the body against anything harmful that can come through the gut. At the same time, these organs take the first pick of the nutrients coming from the digestive system. Why? Because the liver and lungs work very hard and require high-quality nutrition. A GAPS person does not digest or absorb food well and develops multiple nutritional deficiencies. This situation puts the liver and the lungs in peril, making them weak and unable to fulfil their functions optimally. These organs are part of a very important system in the human body, called the detoxification system. This system cleans our bodies all the time, dealing with by-products of our metabolism and toxicity coming from outside. When the liver and the lungs are overwhelmed by toxins coming from the unhealthy gut, our detoxification system doesn't work very well, it can even break down. When this happens, the body starts accumulating toxins.



Go to <https://www.pdfdrive.com/>  
to find PDF downloads of these  
books:

## Plants that can absorb EMF/RF Radiation

### How Plants Absorb EMFs

It turns out that scientists have had a long interest in how plants react to electromagnetic (and other forms of) radiation.

What the researchers have discovered is that as EMF radiation turns into heat inside plants, most of the energy is spent breaking hydrogen bonds between water molecules. The negative O in one H<sub>2</sub>O molecule is attracted to the positively charged H in adjacent H<sub>2</sub>O molecules, and vice versa. This leaves the water more “watery,” and freer to move around.

Breaking hydrogen bonds gives a gentle push to other contents inside a cell. Maybe a nutrient molecule is a fraction of a micron closer or farther away from its destination. Maybe a regulating hormone gets nudged away or nudged closer to a cell that needs it.

But the electromagnetic radiation that is absorbed by plants isn’t absorbed by anything else. The more stability there is in the **structure** of a plant’s water, the better it buffers everything around it from EMF.

### *Plant Stability*

It isn’t just about how “watery” a plant is. It’s more about how stable the water is in a plant, and how many bonds there are that can absorb electromagnetic radiation.

Fortunately, absorbing electromagnetic radiation usually does very little damage to the plant while offering a great deal of protection for people. Plants can **prevent** the health effects of EMF.

Certain other plants can treat the effects of ionizing radiation through an entirely different process. Ionizing radiation causes massive damage inside cells, but sometimes cells can repair themselves if they can just “turn off” the toxic processes.

These plants contain compounds that the body can use to make more of a “quenching” enzyme called glutathione peroxidase. They don’t directly repair radiation damage. They give the body the raw materials it needs to do its repair work.



**1. Aloe vera** is famous for its sap, and sap is rich in water. The water content of aloe vera makes the plant protective against radiofrequency radiation (EMF) for everyone in your home.

Every home should have at least potted aloe vera plant, or, better, several. Aloe vera is useful as a burn remedy. And its sap can be applied directly to the skin affected by mild (first- or second-

Of course, it’s better if the body has these raw materials before radiation exposure. But wouldn’t it be a good thing to have the herb sources of these raw materials on hand when you need them most?

The effects of the kinds of radiation that directly attack the structure of DNA are much more dramatic, and having a potted plant sitting in the corner isn’t going to be very helpful against gamma rays or charged particle beams. Plants that are beneficial against ionizing radiation need to be in you, not around you; they must be consumed. But it’s a great idea to have these on hand for natural first aid should the need ever arise.

So, what are some of the plants in your radioprotective garden?

degree) thermal burns.

Aloe vera requires both regular watering and good drainage. Its growing medium needs to be moist but not so watery that air cannot flow between the roots. Do not allow the plant to freeze. Beware that excessive dosage of this plant internally can cause stomach upset; in many countries, its primary use is as a laxative. Using the plant on your skin will not affect your digestive tract.



**2. Asparagus fern** (which is a kind of grass) protects against non-ionizing radiation with its dense mat of roots and its fine fronds. This plant constantly packs water in its root. The molecules of water generate hydrogen bonds that can be broken by electromagnetic radiation that dissipates heat. Placing the plants so roots are at router level adds radiation protection.

The asparagus fern is not a plant you would ever take internally. You will want to grow the Meyeri cultivar, which has more erect stems to 70 cm (28 in) and denser foliage.



**3.** As an ornamental, **betel leaf** can be grown as a wall of protection against EMF generated by home electronics. Taken internally, as it is in much of Southeast Asia, the plant can cause far more genetic damage than EMF itself.

Make sure your betel leaf plants are trained so they grow upright. Place multiple betel leaf plants between sleeping areas, pet crating spaces, cribs and your router or electronics. Just don't take up chewing betel!



**4. Every cactus** has a phenomenal ability to store water. These desert plants have to be able to make the most of rain that may fall only once every few years to survive unending days of drought. Up to 90 percent of the mass of a cactus may be water. And many cacti are well-adapted to heat so they will suffer no stress as EMF is converted to heat in their stems.

Cacti tend to have thorns. Don't place cacti where they can injure pets or children. Be sure to give them the needed sun.



**5. Fiddle leaf**, also known as Ficus, is a tropical plant adapted as a houseplant. Like many plants of tropical origin, it stores enormous amounts of water.

Fiddle leaves don't need direct sunlight, but they cannot withstand temperatures below 50 degrees Fahrenheit (about 10 degrees Celsius). Place them

strategically to block EMF flowing from electronics in your home. It's possible to make an antioxidant radio protective herbal extract from this species of fig, but if you are allergic to latex, you may have a severe reaction to this fig in tea.



**6. Ivies are climbers.** To keep on growing up on the surfaces to which they are trained, they need to be able both to “pump” water through their stems and to store it in their waxy leaves. Both qualities help them protect people and pets against EMF.

Ivy leaves contain soap-like chemicals called saponins. They are extremely bitter. There are herbal remedies made from ivy (they don't help with radiation exposure) but their bitter taste can trigger an unpleasant release of stomach acid.



**7. Mustard greens** are a leafy green in

the cabbage family popular around the world. Examples of mustard greens includes gai choy, Korean red mustard, Japanese giant red-leaf mustard (which may look more purple to some observers), mizuna, straight-leaf mustard, and curly-leaf mustard. All of these varieties of mustard are full of antioxidants that help the body make the glutathione it needs to fight the effects of ionizing radiation. They are not a buffer against EMF. But they are an excellent source of the nutrients your body needs to fight other kinds of radiation.



**8.** Even if you have a black thumb, you may find that you can still have success with a **rubber plant.** Tolerant of neglect as long as it gets bright sunlight (without severe overheating), the rubber plant still appreciates generous watering regularly. And the complex chemistry of rubber creates numerous hydrogen bonds that can absorb EMF radiation.

Don't eat rubber plants. They would be incredibly chewy, and you cannot digest them.



**9. Snake plants** are great for generating oxygen indoors. Their long, spiky leaves make them useful in-home decoration. And they are great for soaking up EMF radiation from your computer, router, and printers, both paper and 3-D.

Don't place snake plants in direct sunlight. And remember: Snake plants are meant to be seen and not eaten.



**10.** *Chlorophytum comosum*, better known as **spider plant**, but also known as hen and chickens, ribbon plant, airplane plant, and St. Bernard's lily, is a perennial flowering plant native to South Africa. It's easy to grow as a houseplant. It's also one of the best houseplants for reducing indoor air pollution from household chemicals, plastics, and treated fabrics.

It's hard to kill a spider plant, but they must not be allowed to freeze, and it's better not to give them fluoridated water. They are also sensitive to cockroach baits; the boron they contain can kill the plant. Everything about a spider plant is EMF-protective, especially when it generates enormous blooms. Placing this plant in a hanging basket maximizes its radiation-blocking potential.



**11. The split leaf** plant is also known as the Swiss cheese plant and the split leaf philodendron, even though it is not a philodendron. This plant grows heart-shaped leaves that split as they mature. The massive leaves offer a useful buffer against EMF. Split leaf plants are poisonous, so don't let your children and especially your kittens and puppies have access to them.



**12.** Can't risk exposing your children or pets to spikes and needles of full-sized cactus? Use a **stone lotus** (*Lithops pseudotruncatella*) in a beautiful ceramic container as desk protection against radiation. Place this ornamental plant next to your computer on your desk for added radiation protection.

Your stone lotus won't need a lot of maintenance. After all, most of the time, this living plant can be mistaken for a stone. You don't need to leave the light

on for it when you aren't at your desk. But be sure to be present to enjoy its rare blooms in late summer and early autumn.

### Conclusion

The modern devices on which our communications and many of our jobs depend, all generate radiation. Radiation has serious health effects. But 11 houseplants and one spicy vegetable protect us from their permanent effects.

### Vagus Ear Massage

In my first Beyond Healing Video, Beyond Healing with Kyusho Jutsu, I included techniques for massaging your ears. I had a lot of great feedback on these techniques.

Recently, I found this video on YouTube and if you add these new techniques to the ones that I taught you, your eyes will love you forever.



#### Vagus Nerve Massage For Stress And Anxiety Relief

Sukie Baxter - Whole Body Revolution • 1.3M views

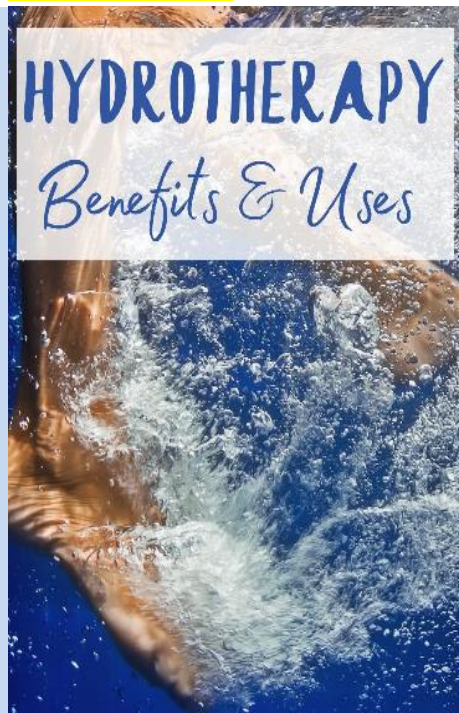
Vagus nerve massage is a great way to increase vagal tone through direct manual stimulation for stress and anxiety relief anytime you...

<https://www.youtube.com/watch?v=LnV3Q2xlb1U>

The original ear massage video is in the Self-Care Routine section of my Beyond Healing with Kyusho Jutsu video course. It's a free course! The download link is at the beginning of this book.



## Hydrotherapy



Otherwise known as alternating between hot and cold water on the skin. The hot water will help you to relax and reduce stress, The cold will help to reduce inflammation and stimulate the lymphatic system to remove toxins. Other benefits include a reduction in muscle tension and increased circulation. This is going to give an incredible boost to the immune system as well as metabolism.

When you first get into the shower, find a warm comfortable setting that you are used to. Then start slightly increasing the hot water. To the point that you can still tolerate the heat without stepping out of the water. Let the warm water run down your body from your head and feel the body relaxing, feel any pressure in your head being released. Make sure your face is not under the water so you can relax your eyes.

Do the hot water therapy for 1-2 minutes, then start decreasing the hot water and let the cold water run down your head. Go as far as you feel comfortable with. Lift your arms and let the cold water run down your underarms and ribs, there are a lot of pressure points and nerves there too. Also massage your skin lightly below your armpits, as there is a lymph node there and the heated water will help release and drain the lymph node. One of the most sensitive areas of the body. After 1 -2 minutes in the cold, then increase the hot water to where you were before and stay under the hot water for 1-2 minutes, then switch again to the cold, again for 1-2 minutes. No matter how many times you do this therapy, always end with the cold shower to continue with your shower, soap and shampoo your body using the cold water.

So ideally, when you are doing hydrotherapy do not soap or shampoo your body and head first. Just relax and feel the muscles relaxing the lesser your body movements, the better. Hydrotherapy is not about going to extremes; we don't want to burn ourselves or turn into penguins. Go to the levels that YOU are comfortable with, everyone will have different tolerances and you will find after time, you will be able to push yourself a little further but again, it's not about hurting your body. You might have to work yourself up to the cold-water component of this mix, so try doing 5-10 second bursts until you get comfortable going for longer.

## Hydrotherapy Benefits

1. Pain Relief
2. Boost Immunity
3. Elimination of Toxins from body
4. Controls Stress
5. Helpful in Arthritis
6. Cures Back Pain
7. Helpful in Headaches
8. Cures Sciatica
9. Joint Pains
10. Cures Insomnia
11. Acne





## Water Fasting

### **The Number One Secret to Superhuman Rejuvenation, Mental Focus and Weight Loss**

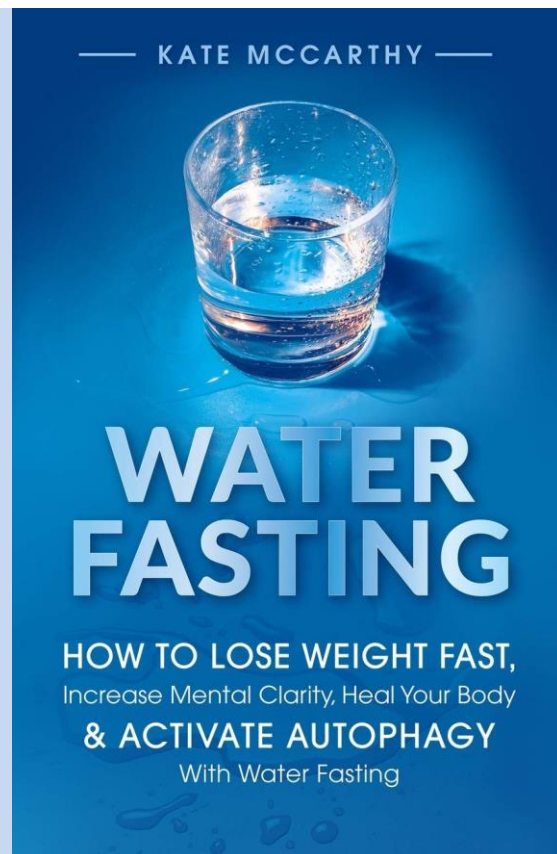
It's time to kick yo-yo diets to the curb! Millions of people have spent years trying to find the secret to sustainable weight loss, good health and slow aging. What they've failed to realize is that the secret has been around for millennia.

This secret is called water fasting.

Water fasting has been practiced for thousands of years to strengthen the body and the spirit. Not only that, it's been the number one medicinal strategy.

It's been the number one medicinal strategy.

Water fast is one of the most affordable ways to boost your health, and once you get the hang of it, you'll find the completion of your fast to be a breeze.



We've been taught that we need a lot of food to feel good and be healthy. That's not the case. Our predecessors went long periods without consuming any food at all. At the same time, they were warriors and hunters who needed energy and strength to survive, protect their families, and thrive. The Western way of living has only made us sicker, and fatter, and it has reduced our lifespans. Adopting a more mindful approach toward nutrition is one of the secrets to living longer, being healthier, and even being happier.

- The number one way to lose weight and keep it off without spending a cent
- How to set a healthy weight loss goal and achieve it in a matter of weeks
- A prominent strategy that Hippocrates, the father of modern medicine, considered the best way to heal the body
- A prominent strategy that Hippocrates, the father of modern medicine, considered the best way to heal the body
- A list of great foods you should eat regularly before doing your water fast
- And much more.

(The above is the promotion for her book, but it does give you the gist of water fasting, right!)

The idea behind water fasting is NOT to go to extremes and don't eat for 7-10 days, though some people have done this and had terrific results. **Remember, Slow and Steady Wins the Race!**

You can use one of the schedules below and start your water fasting or you can adapt to your schedule.

### Alternate day fasting

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12 AM - 7 PM Normal eating schedule	12 AM - 7 PM Fasting	Normal eating schedule all day	12 AM - 7 PM Normal eating schedule	12 AM - 7 PM Fasting	Normal eating schedule all day	12 AM - 7 PM Normal eating schedule
7 PM - 12 AM Fasting	7 PM - 12 AM Normal Eating Schedule		7 PM - 12 AM Fasting	7 PM - 12 AM Normal Eating Schedule		7 PM - 12 AM Fasting

Source: Cleveland Clinic INSIDER

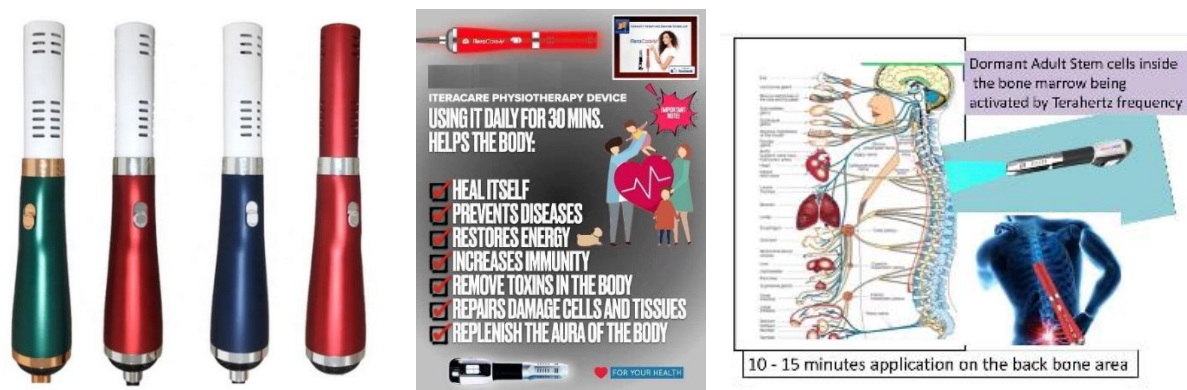
### 14:10 Method

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12 AM - 10 AM Fasting	12 AM - 10 AM Fasting	12 AM - 10 AM Fasting	12 AM - 10 AM Fasting	12 AM - 10 AM Fasting	12 AM - 10 AM Fasting	12 AM - 10 AM Fasting
10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule	10 AM - 8 PM Normal eating schedule
8 PM - 12 AM Fasting	8 PM - 12 AM Fasting	8 PM - 12 AM Fasting	8 PM - 12 AM Fasting	8 PM - 12 AM Fasting	8 PM - 12 AM Fasting	8 PM - 12 AM Fasting

Source: Cleveland Clinic INSIDER

## Terahertz Wand Blower Therapy

**The latest craze in healing devices are these Terahertz Wand Blowers.** Here's a picture of what they look like. These are the latest 6<sup>th</sup> Generation Blowers (2022).



They look and work like hair dryers that blow out hot air, but it's a little more to that, the colours are just for personal choice. I have seen some great testimonials from people using these devices and I have one also that mostly my wife is using and she likes.

I have discussed the Lymphatic system and that heat is the key to getting the lymphatic system flowing, that is why these blowers work and they work well. A lot of health problems can be alleviated, including losing weight, just by working on this elimination system as I referred to it. In the past few pages, I talked about using hydrotherapy and your hands to unclog the lymphatic system using the concepts of lymphatic drainage massage, that works for me, but if you want to go a little further and

don't mind spending a few bucks this device might be an excellent addition to get. **You would use the blower on the same areas neck and body as described in the lymphatic drainage massage videos. You can also use it on your face, arms and legs. Where ever you need to be worked on. There are videos on YouTube where people demonstrate the uses of wand blowers, and search for them.** I found them on AliExpress in China selling for less than \$100 including shipping. There are other brands on the market and the prices range from \$100 to \$800 for more professional models, so I will leave it to you to decide. I have the \$100 model and it also includes the terahertz crystal lights and if you ask me, it works quite well.

### International Orders:

[https://www.aliexpress.com/item/1005004181076689.html?spm=a2g0o.detail.1000014.7.4cec364708Dqkh&gps-id=pcDetailBottomMoreOtherSeller&scm=1007.40050.281175.0&scm\\_id=1007.40050.281175.0&scm-url=1007.40050.281175.0&pvid=6e483915-1963-41f7-8bc1-96240c69d430&t=gs-id:pcDetailBottomMoreOtherSeller.scm-url:1007.40050.281175.0.pvid:6e483915-1963-41f7-8bc1-96240c69d430.tpp\\_buckets:668%232846%238110%231995&pdp\\_ext\\_f=%7B%22sku\\_id%22%3A%2212000028552875905%22%2C%22scenId%22%3A%2230050%22%7D&pdp\\_npi=2%40dis%21USD%21%2178.4%21%21%21%21%21%400b89a67916557960099642781e35e9%2112000028552875905%21rec](https://www.aliexpress.com/item/1005004181076689.html?spm=a2g0o.detail.1000014.7.4cec364708Dqkh&gps-id=pcDetailBottomMoreOtherSeller&scm=1007.40050.281175.0&scm_id=1007.40050.281175.0&scm-url=1007.40050.281175.0&pvid=6e483915-1963-41f7-8bc1-96240c69d430&t=gs-id:pcDetailBottomMoreOtherSeller.scm-url:1007.40050.281175.0.pvid:6e483915-1963-41f7-8bc1-96240c69d430.tpp_buckets:668%232846%238110%231995&pdp_ext_f=%7B%22sku_id%22%3A%2212000028552875905%22%2C%22scenId%22%3A%2230050%22%7D&pdp_npi=2%40dis%21USD%21%2178.4%21%21%21%21%21%400b89a67916557960099642781e35e9%2112000028552875905%21rec)

### Malaysian Orders:

<https://shopee.com.my/Guozhiyuan-Xiaoshen-Blowing-Terahertz-Home-Lightwave-Health-Physiotherapy-Apparatus-Quantum-Cell-Hyp%E5%9B%BD%E4%B9%8B%E6%BA%90%E5%B0%8F%E7%A5%9E%E5%90%B9%E5%A4%AA%E8%B5%AB%E5%85%B9%E5%AE%E7%94%A8%E5%85%89%E6%B3%A2%E4%BB%AA%E5%85%BB%E7%94%9F%E7%90%86%E7%96%97%E4%BB%AA%E9%87%8F%E5%AD%90%E7%BB%86%E8%83%9E%E7%83%AD%E7%96%97%E4%BB%AA%E5%AE%98%E6%96%B9-uuu118.my7.23-i.354001431.8381607109>

## Section VII: Technology and Health

As important as this section is, you may be wondering why I left it towards the end. I wanted you to go through the book and get a firm understanding of everything as now I will bring it all together to make sure your understanding is complete.

They say the root of all evil is money, well I say the root of all sickness is technology. Is technology evil? You be the judge.

Technology is causing your mind to spin and overwork itself; this has a direct effect on the heart, and the heart then has a direct effect on the body and the body to the soul. So, one by one, person-by-person technology is our demise. So, we need to address this and the importance of reducing our time with technology.

You may or may not know Facebook's old catchphrase, but I certainly didn't, until a new friend, Dr. Azadeh from California, USA told me.



So, as you've learnt from me, moving fast is detrimental to our minds. Remember, a fast-paced mind is an unhealthy mind. We all

must try to cut down and spend lesser time using technology.

### Technology Addiction



Recent studies show that the average teen spends 7.5 hours a day using some type of digital technology. That number jumps up to 9-11 hours a day when you factor in multi-tasking and the many screens that teens find themselves in front of at the same time.

45% of teenagers in one recent study admitted they are online "almost constantly". Technology addiction (also called **internet addiction or internet use disorder**, among other names) is a broad term used to describe any obsessive tech-related behaviour – be that gaming, online shopping, social media, video watching or anything else involving digital technology.

Although "**Internet gaming disorder**" was classified as a mental health condition by the World Health Organization (WHO) in 2018 and may soon be included by the American Psychiatric Association (APA), the international behavioural and mental health community doesn't yet recognize technology overuse as an official clinical

addiction. Sooner or later they will; they created all of this technology and made it part of our lives and now want to label a sickness to it so that they can prescribe medication for it. It never ends with the Medical Establishment does it?

Do not fall victim to their games but realize what is transpiring and do something about it. Save yourselves and save your family from the velocity of technology.



We've talked about 5G, EMF and RF but let me explain what they are doing. Oscillation is dealing with pulses; you know the kind of waves you see on oscilloscopes. Something like this:



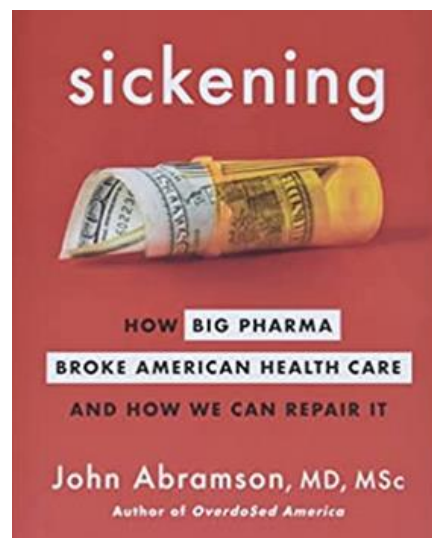
These man-made radiations are sending pulses to and through our bodies. Our bodies are not designed for this. It is killing us. These pulses are the very thing that changes us to a positive charge. Atoms vibrate and everything around us vibrates, the Heavens vibrate, trees vibrate, the animals vibrate and YES we vibrate. These pulses are affecting the natural vibrational rhythm of our bodies, but it is not just affecting

us, it is affecting the insects, the bees, butterflies, animals, trees, fruits and vegetables, it is affecting everything.

And there is NO stopping them, 5G has not been fully implemented yet and they already have 6G on the horizon.



Now let's go deeper here and let me throw something at you that you probably did not know. The Medical Establishment in their planning and plotting has developed a 3% per year plan for each of us. They need us to be 3% sicker every year to keep their billions flowing. So, it means that in 10 years, you should be 30% sicker. Can you connect the dots between technology and sickness and their 3% plan? It is all sickening as this book title says:



Remember, the body does not oscillate it vibrates and we need to return to this natural state for the peace and tranquillity of our mind and heart. There are different ways to tackle this, one is to cut off the head of the snake, which is technology, are you willing to dump your phones and your WI-FI? Recall what I said above, these pulse waves are affecting our minds (brain). So, before it spreads to the heart, then the body, then the soul, stop it at your mind. How? I have already shared with you several ideas; one is meditation and slowing down your thinking. Technology wants you to go faster so then you go in the other direction.

Here's another option, getting EMF hats, beanies and hoodies that help to block out the radiation going to your brain.



And you can keep going, there are even EMF-shielded T-shirts and underwear too. The point is, you have to do whatever it takes, because they are doing whatever it takes to maintain their 3% quota on you. The Medical Establishment has labelled us as **Processed People**, is that what you want to be labelled as?



### Dr. Fuhrman - Processed People Trailer

Dr. Fuhrman • 12K views

A promotional clip of Dr. Joel Fuhrman from the movie "Processed People".

<https://www.youtube.com/watch?v=4K7xVjsGkHE>

**Do not follow the trend, make your path and make your trends.**



### LIFE WITHOUT SMARTPHONES. HOW IT WAS

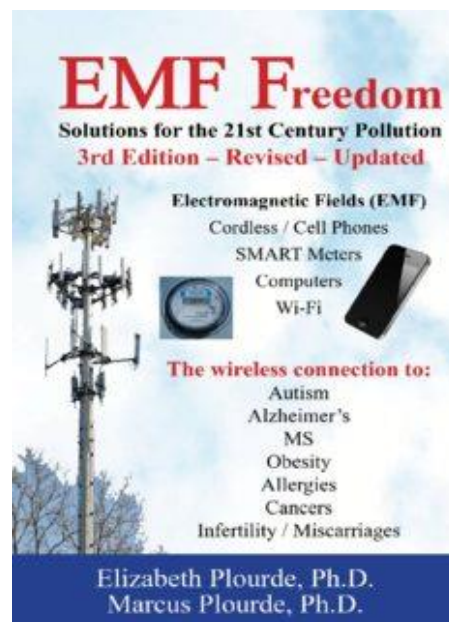
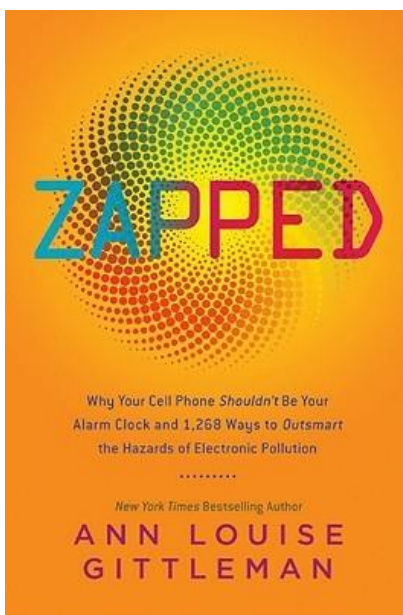
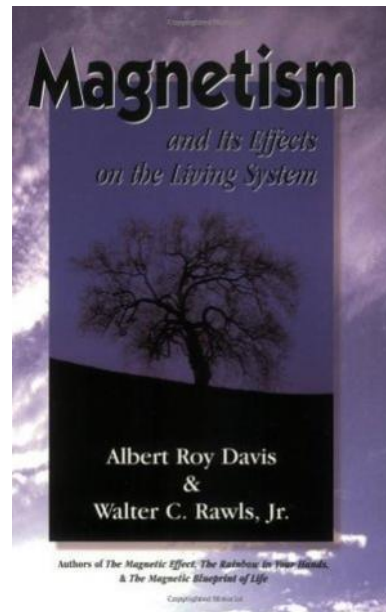
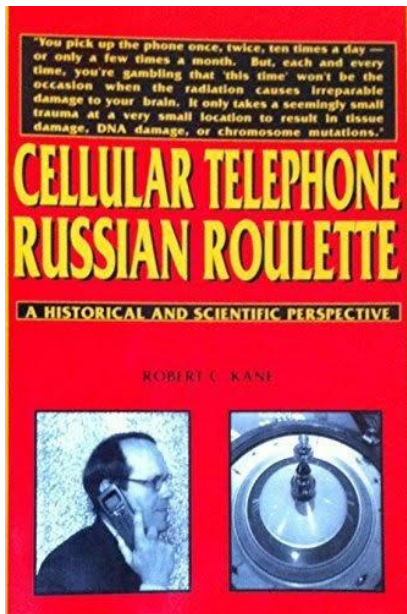
5-Minute Crafts PLAY ✓ 7.1M views

DO WE SPEND TOO MUCH TIME WITH OUR GADGETS? These days we are so addicted to our smartphones so that it's even difficult to...

<https://www.youtube.com/watch?v=Mih1D2wsEx8>

**You can start slow, have a Technology FREE night at your home and increase from there. Go back to walks in the park, family BBQ or playing board games, like Monopoly. It worked for generations! It will work again!**

Here are some eBooks for those who wish to go deeper. These links are to the PDF versions of the books, you are welcome to order and buy the hard copy versions too.



Go to <https://www.pdfdrive.com/> to find PDF downloads of these books:

## Section VIII: Preventative Medicine

I do not like using the word medicine as it reminds me of “them”. However, for the sake of understanding, I will use it.



The best thing for you and your family is to put measures in place to prevent the onset of a chronic sickness. As I have said in the past section, you need to look out for the warning signs from the body. DO NOT ignore them and do not wait for Stage 4 Cancer and then say “I wonder how it happened?” So, pay attention to your body and I have already shared with you ways to do so. **Reduce your mind intensity by reducing technology/phone time, which includes social media.** Replace that time with going outdoors and physically with visiting friends and family, and have a phone/technology FREE night, which includes NO television too. This is an easy and great way to start. Now let’s look at ways that we can minimize the oscillation - pulse waves of these man-made damaging frequencies. There are many EMF/RF clothing available, there are pendants that you can wear, there are things that you can place on your phone to reduce RF, and there are organite pyramids and 5G blocks that you can put around your house.

**Make grounding and Earthing a part of your life, get grounding mats for your beds and everyone else in your household, but do not stop there, ground your sofa, your dining chairs, kitchen floors, your computer workstations, your shoes and even your car.**

**Drive while being grounded. If you do not know how to do any of these please get my course Beyond Healing with Grounding, Earthing and Sunning.** This should be the first thing on your list. Sleep grounded while wearing the zapper. Go for walks and get more sun, do not use sunscreens, the sun does NOT cause cancer. Do not be afraid of the Sun at ANY time of the day.

Get Organite Zappers for you and all your family members, they are inexpensive and they help to raise your voltages.

You can **make a cloudbuster** like this one that I made myself. In my Beyond Healing DIY MED BED course, I give details on how you make your own, or you can buy one too.



To give you an update on that, since we (my family and I) built it, we’ve not had heavy-heavy rains around our house causing flooding, nor has lightning come overhead. Lightning over the years has caused me to replace a few internet routers. Now the other interesting thing is, in the background of the pictures is a tree. This is a mango tree and I have two of them, and for the past 10 years, they have not flowered and produced any fruits, ever since they installed a cell phone tower across the street from my house. We tried nails, talking/threatening, and special



fertilizers but nothing. Then after we completed the cloudbuster, this is the first year after 10, that BOTH trees have flowers and fruit. So, this is an example of how you can use devices to help reduce the EMF/RF fields around you.

The next area of concern is our food and water supply. I have already taught you how to use the pendulum and to check your foods and water for spinning right and spinning left. And I had a few pages on vitamins and minerals that we need to obtain from our foods. **Our food supply is at war**, again by “Them”. They are using glyphosates to spray on our fruits and vegetables but what’s happening is these glyphosates are leaking into the soil and killing the bacteria that the minerals absorb. The result is deficiency of minerals in our foods. “They” are doing this to push us to use their synthetic vitamin tablets, which I suggest you avoid. Try to go towards organic foods and if at all possible start growing your own, that’s the best option.

**Eat out less and eat more home cooked meals**, and when I say homecooked, I am not referring to can or microwave foods. Eat lesser processed foods and get rid of your microwave for that matter, it is another piece of technology that is killing your food. Get a small tabletop oven or use your main oven to warm up your foods, it will be much healthier than using the microwave. If you are spending 80% of your food/drinks with processed food or eating out and 20% eating at home, REVERSE THAT, this will help turn your health around. Reduce your sugar (white and brown) intake and reduce your flour intake (cakes, cookies, anything that uses flour), and eat more fruits and vegetables. Start to juice your fruits and make smoothies. Change your iodized salt to Rock Salt, it is much healthier.

**Add more spices to your meals**. Spices are great to raise your voltage and keep it high. Try to avoid the supermarket seasoning as many will contain MSG or one its 40 alias. Please read the Health Fact Check at the back of this book on MSG and its dangers.



# HEALTH BENEFITS OF SPICES

**Has anti-inflammatory properties**

**Helpful in boosting immunity system**

**Helps in improve hair and skin**

**Helps control diabetes**

**Fights infections**



**Acts as antioxidants**

**Improves digestion**

**Regulates metabolism**

**Improves memory and brain function**

**Prevents allergies and helps fight nasal congestion**



## 10 herbs that heal

Hang this poster in your pantry for food pairings that will help you breeze through sick season

<p><b>Coughing?</b> <b>ADD ROSEMARY</b></p> <p>The <i>eucalyptol</i> in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.</p> <p><b>Pairs well with:</b> white beans, chicken, Brie cheese, roasted meats and poultry, potatoes, polenta, apples</p>	<p><b>Crampy tummy?</b> <b>ADD MINT</b></p> <p>Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms. This reduces belly discomfort by 40 percent, according to German researchers.</p> <p><b>Pairs well with:</b> eggplant, tomatoes, lamb, green peas, melon, couscous, hot and cold beverages</p>	<p><b>Congested?</b> <b>ADD CAYENNE</b></p> <p>The fiery capsaicin in cayenne deactivates <i>substance P</i>, a neurotransmitter linked to inflammation. The result: less sinus congestion and pressure.</p> <p><b>Pairs well with:</b> root vegetables, roasted poultry, rice, chocolate, leafy greens, shrimp, eggs, popcorn, grilled-cheese sandwiches, beans, creamy soups</p>
<p><b>Menstrual cramps?</b> <b>ADD OREGANO</b></p> <p>Enjoying 2 tsp. of fresh oregano daily during menstruation reduces or eliminates cramps, according to a Greek study. That's because this herb's <i>thymol</i> and <i>carvacrol</i> relax uterine muscles to prevent painful contractions.</p> <p><b>Pairs well with:</b> mushrooms, tomato sauce, olives, summer squash, fish</p>	<p><b>Achy joints?</b> <b>ADD CURRY POWDER</b></p> <p>The curcumin in curry inhibits the body's production of <i>prostaglandin E2</i>, an inflammatory compound that over-sensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.</p> <p><b>Pairs well with:</b> lentils, mangoes, rice, cauliflower, spinach</p>	<p><b>Feeling down?</b> <b>ADD BASIL</b></p> <p>The <i>eugenol</i> and <i>rosmarinic acid</i> in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.</p> <p><b>Pairs well with:</b> tomatoes, olives, strawberries, melon, fresh mozzarella, pizza, pasta, white fish, feta cheese</p>
<p><b>Upset GI tract?</b> <b>ADD DILL</b></p> <p>Indian scientists found that dill's <i>limonene</i> works as well as prescription antibiotics at killing harmful intestinal bacteria such as <i>E. coli</i>.</p> <p><b>Pairs well with:</b> salmon, eggs, cucumbers, chicken, Cheddar cheese, mixed greens, clear soups, cream cheese, beets, carrots</p>	<p><b>Bloated?</b> <b>ADD PARSLEY</b></p> <p>Thanks to its stores of <i>apiol</i> and <i>myristicin</i>, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.</p> <p><b>Pairs well with:</b> grains, onions, Parmesan cheese, pasta, salads, seafood, tomatoes</p>	<p><b>Nauseous?</b> <b>ADD GINGER</b></p> <p>Ginger's <i>gingerol</i> and <i>shogaol</i> calm digestive-tract spasms to reduce nausea better than motion-sickness drugs, according to a study at Brigham Young University in Provo, Utah.</p> <p><b>Pairs well with:</b> citrus fruit, tea, sweet potatoes, pork, coconut, miso soup, onions, relishes, pears, rice</p>
<p><b>Always tired?</b> <b>ADD CILANTRO</b></p> <p>The <i>carboxylic acid</i> in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.</p> <p><b>Pairs well with:</b> avocados, seafood, corn, black beans, steak</p>		

# Uses of Different Spices



## **Basil**

Use in soups, stews & chilis.



## **Cinnamon**

Essential baking spice.



## **Chili Powder**

Spice up chicken, chili or pasta.



## **Crushed Red Pepper Flakes**

Sprinkle on pizza, stews & soups



## **Cumin**

Toast whole seeds or use ground in savory dishes.



## **Garlic**

Add to almost anything savory.



## **Ginger**

Used in Asian dishes or baked goods.



## **Nutmeg**

Grate whole seeds into baked goods & bechamel sauce.



## **Oregano**

Sprinkle on salads, pasta or soups.



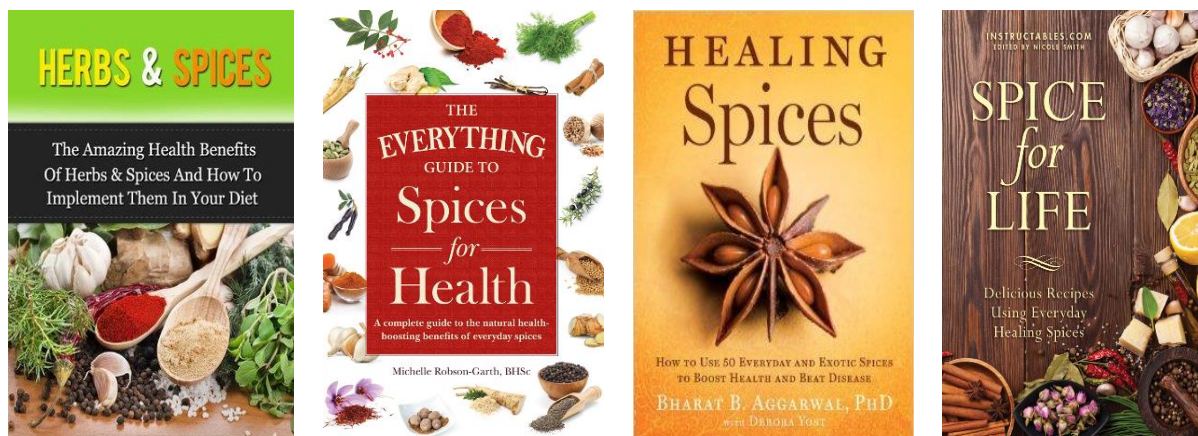
## **Pepper**

Freshly grind for optimal flavor.

brought to you by: [alcofoods.com](http://alcofoods.com)



If you are not sure how to incorporate more spices into your foods or which spice has better healing effects, search for books that will help you.



We're not done yet, still more to discuss, **find more natural types of soaps and shampoos as well as toothpaste**. Most of what you'll find at the supermarket is chemical based. Search for organic or if at all possible make your own.

**Get an MRET Activator and drink more linear water**. Your current water could be making you sicker. Your tap water, bottled water or even water from filters are electron stealing water. The more water you drink it will dehydrate your cells as opposed to hydrating them.

**Get back to eating more Prophetic Medicine from your Qur'an or Bible**. Honey is mentioned in both scriptures. Don't use supermarket honey as they add sugar, best to find reputable brands of honey. Honey from Yemen, called Sidr Honey is one of the BEST honey in the world. Good quality honey is more costly but worth it, find it and use it daily.

**Reduce or stop all hospital medications**, if it is not essential for your life to live then search and find natural equivalents that have ZERO side effects.

Do weekly treatments such as self-massages and saunas to help expel toxins. You can buy a home DIY sauna for very cheap. Look into cupping massages, and try to find someone in your area that is knowledgeable, there are two types of cupping therapy, wet and dry. I talk about both types in my Beyond Healing with DIY MED course. It's a great course.

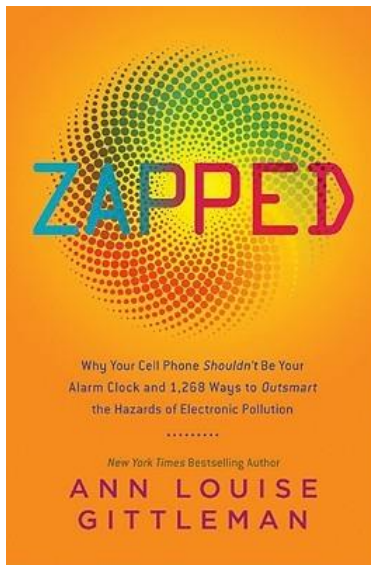
**In my course, I also talk about negative IONS and Red Light Therapy, including aromatherapy and sound frequencies that you can play in your home and car**. These are all effective ways to help prevent chronic sickness.

And **do not forget ALL of the things that I have taught you in this book**. Water fasting, hydrotherapy with lymphatic drainage massage, do these things...IT'S FREE!

**Review the entire Healing Plan section** and use these concepts to restore balance to your mind, body, heart and soul, this is another form of preventative medicine.

**Join Telegram groups that share ideas about EMF/RF protection and shielding** and find other like minded friends from whom you can learn and benefit from their experience and

knowledge. Check on YouTube for simple and innovative ideas.



This is a great book and I gave you the PDF link to it a few pages back, it has over 1,000 ideas to reduce EMF, and surely some of these will help you.

And by all means, **do not forget our plants!** Review the section on plants that absorb EMF/RF frequencies and place these plants around your house both on the inside and

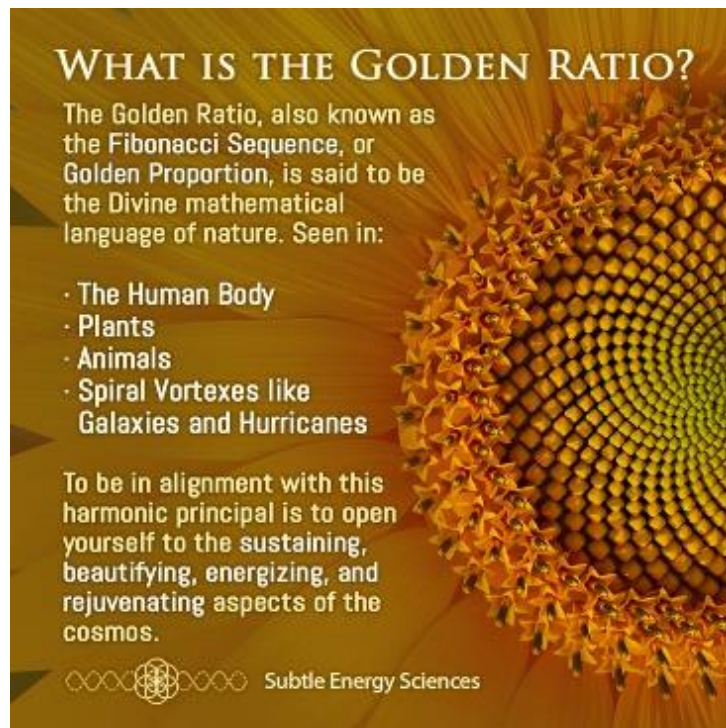
outside. They will not only beautify your home and make you feel good but absorb radiation. They were designed for this.

**Think about the air quality in your home**, did you know that the air inside your house is more polluted than the air outside your house? The plants will help clean the air but you may want to consider getting an air filter that also shoots out negative ions.

There are many more ways to research and learn. You do not need to be paranoid about your health, slowly implement these changes into your life and the results will start to show for themselves.

I have said in this book and my video series, Learn the truth, speak the truth and live by the truth and the devil can do you no harm.

**Do some research on the Golden Ratio, God's signature in Creation.** It is everywhere and inside all of us. Research it and implement it in your daily lives. The Golden Ratio (PHI) should be taught in schools, instead, they teach irrelevant things like Pi.



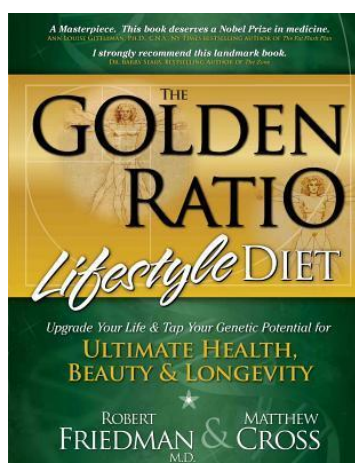
## Golden Ratio PHI

$$\varphi = 1.618034\dots$$

### How and Why the Golden Ratio Can Improve Your Health

The article was written by Danica Collins, Underground Health Reporter

The Golden Ratio is expressed throughout the physical human body in innumerable ways, including our bone structure (for example, in the proportions of the sections of each finger and each toe of our hands and feet, and the proportions of our faces). These examples are just the beginning of the endless number of ways the Golden Ratio governs our bodies' formation and functioning. Therefore, understanding this principle can have a profound impact on helping you achieve your ideal health and overall improve your health.



For Dr. Robert Friedman, the connection between the Golden Ratio and ideal health comes as no surprise. During his

medical residency in the 1980s, Dr. Friedman began observing the Golden Ratio throughout the human body—on the anatomical, physiological, and molecular levels. “The deeper I looked,” said Friedman, “the more deeply I discovered this incredible and ubiquitous Code to be embedded throughout the structure and function of the body...it only followed that the more one could harmonize with this grand principle, the more efficient and effortless life could be.”

### A Heart of Gold

Friedman's early intuition has since been supported by a variety of scientific studies. In December 2009, the British Medical Journal published a study showing that the Golden Ratio can be an important predictor of heart attacks.

The study's lead author— Professor Hanno Ulmer, from Innsbruck Medical University in Austria—says healthy hearts “exhibit the harmonious golden ratio.”

After analyzing blood pressure readings from over 160,000 people, Ulmer and his team found that those with a ratio of 1.6180 (the mathematical value of the Golden Ratio) between the systolic (maximum) and diastolic (minimum)

blood pressure were significantly less likely to have a fatal heart attack.

### **The Golden Ratio Diet for Supercharged Health**

<http://www.diet-code.com/>

Here in the United States, a baker and all-around Renaissance man in Maine is using the Golden Ratio to bake bread and change lives through an ideally proportioned diet. Stephen Lanzalotta, owner of Sophia's Bakery and author of The Diet Code, has been interested in the Golden Ratio his entire life. On his website, Lanzalotta notes that the mathematical school of Pythagoras, one of the earliest sources of documented use of the Golden Ratio, "saw such perfection in [the Golden Ratio] they called it Hygeia, or health." Lanzalotta uses the Golden Ratio his bread recipe. He also used it to create his now famous "Da Vinci Plates."

Lanzalotta's Da Vinci plates are the precursors to the Diet Code he developed. "When it comes to health and weight control," said Lanzalotta, "the foods you eat are important, but the proportion in which you eat them is critical." He used the Golden Ratio to form the parameters of his diet plan: 52% carbohydrates, 20% protein and 28% fat.

"The same Golden Ratio formulas that structure the universe, the same math that describes the human body," Lanzalotta writes, "naturally creates a diet that will give you everything you

need (and nothing you don't) to fuel your day and your life."

### **Nature's "Secret Nutrient"**

Typically we think of nutrients as edible forms of sustenance, things that we can taste and swallow like vitamins, minerals, or herbs. What if there was another nutrient, a different nutrient, one with no mass, taste, calories or cost?

Renowned strategist and lifestyle coach Matthew Cross and immune system and longevity specialist Dr. Robert Friedman argue that just such a mysterious nutrient exists. They call it Nature's Secret Nutrient (NSN).

Put simply, NSN stands for the application of the Golden Ratio to your diet and lifestyle. The idea is similar to the diet devised by Stephen Lanzalotta, but the ideas proposed by Cross and Friedman go much further than the food you put on your plate.

Both men were drawn powerfully to the power and potential of the Golden Ratio. By age 12, Cross was already researching its practical applications. As mentioned earlier, Friedman's fascination began during his residency. Before penning The Golden Ratio Lifestyle Diet, Cross and Friedman collaborated on two other guides to accessing the benefits of the ratio.

After 10 years of collaboration, the two experts compiled The Golden Ratio Lifestyle Diet. The remarkable book



integrates the Golden Ratio into the fields of physiology, nutrition, health, and human performance. Rather than addressing all those areas separately, Cross and Freidman use the rule of the Golden Ratio as a “common thread [to] pull together all of the vital factors which support optimal human health.”

The authors have identified 9 major drivers to improve your health and longevity...

- Air/Breath
- Water/Hydration
- Sleep/Rest/Recovery
- Nutrition
- Posture
- Exercise
- Detoxification
- Happiness/Inner Peace
- Natural Beauty and Attraction

They believe that knowledge of the Golden Ratio can help you to reorient yourself within the “Universal fractal of creation.” While this may sound quite esoteric, the book backs up these claims with real evidence of how the Golden Ratio can transform your entire life.

Overall, it can lead to “more happiness, health, and a stronger inner vitality to deal with the challenges of modern life.” Best of all, applying the Golden Ratio requires no fancy equipment or complicated dietary restrictions. It’s just a simple principle that, when understood and applied in as many ways as possible, brings “greater efficiency, harmony and success” into your life.

## Golden Ratio PHI Breathing Technique



In this breathing technique, I would like you to sit on a chair or the floor or what would be ideal is sitting outside on the grass or even on cement steps. (concrete grounds you by the way) Then close your eyes and take about 3 or 4 deep breaths in and let them out. Do not hold your breaths, just in and out in a relaxed way. (holding your breath may lead to increased blood pressure, so best not to hold your breath) Then focus on your nostrils as you **breathe in think in your mind the word “Alhamdulillah”**, in Arabic which means “Praise be to God”, you can also say the words in English or the equivalent in your native tongue. Then **breathe out and think in your mind the words “Shukran Allah”** in Arabic which means “Thank You, God”, you can also say the words in English or the equivalent in your native tongue. Your focus should be on your breath going in and out of your nostrils, and just take regular relaxed breaths. If for some reason you want to change to breathing out from your mouth, you can as well. It

is your choice. If your mind starts to wander off and thoughts come in, then just let those thoughts fade away and go back to your breathing.

This PHI methodology of breathing brings you into the remembrance of

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*A breath in which God is not remembered is a breath wasted.*

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God. Do you remember this saying that I made in the meditation section of this book?



Do this breathing technique for 10 minutes and as many times during the day as you can, if you would like to go longer than 10 minutes, go ahead. After a time, you will find yourself remembering God in your breaths when you don't even realize it. Everything around you and including you will change for the better. Things that seem not possible will be possible.

Your mind will become more relaxed, your heartbeat will lower itself, this PHI breathing will increase your negative voltage and your body will heal itself as you connect back to God Almighty our Creator your soul will become bright with light.

**You will have achieved what we have sought, the Return To Balance of your mind, heart, body and soul. Praise be to God.**



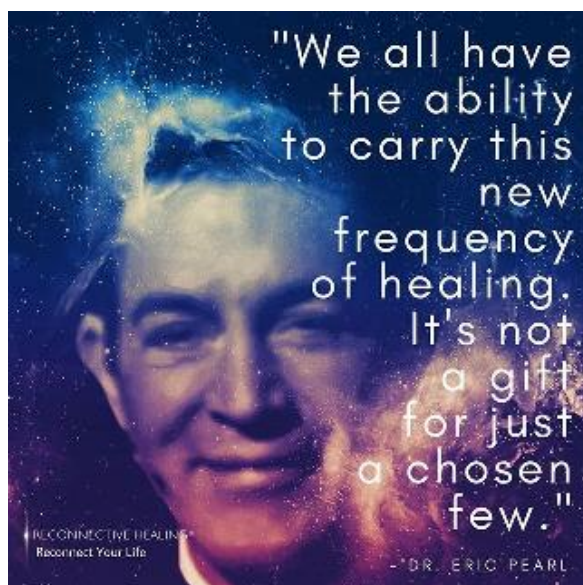
**Best to do this PHI Breathing outdoors BUT if for reasons that you cannot, then do it indoors. God is Everywhere and you can remember Him, anywhere and at any time.**

## Learn to Heal Yourself using Chi Energy

### Reconnective Healing

Look into courses that teach you how to reconnect with your body's energy and heal yourself and others. Below is a short 8-hour course that might be suitable for you to get started in Energy Healing.

#### What is Reconnective Healing and The Personal Reconnection



Reconnective Healing is a way of returning to balance and wholeness within leaving one in a state of being that is peaceful with love, joy and happiness, potentially releasing that which is no longer needed in one's life, be it stress, sickness, illness, fears, beliefs or programs that are holding us back. Results are often seen in Life Progress where Relationships improve, jobs may change for the better and many more things - the point is to allow life to unfold, and with that new

state of being we find ourselves with life changes in all areas. For some, it can be an instant healing where physical symptoms may disappear, for others it is about Life Progress. This can be achieved between 1-3 sessions by connecting with frequencies that go beyond time and space, bringing in an intelligence of light, energy and information that knows where to go to bring balance back - this being scientifically proven by various scientists working alongside the founder Dr Eric Pearl - please see [thereconnection.com](http://thereconnection.com). This approach to healing is not about fixing what is Wrong with anyone - it is not a therapy or cure, but rather Reconnecting with what is Right within us, the love, light or essence of who we are, from where we return to balance and release that which is not needed anymore.

The Personal Reconnection is also bringing in the new bandwidth of frequencies of light, energy and information, but here using these frequencies we trace the meridian lines of the body, also known as acupuncture lines, and we reconnect these to the gridlines of the Earth with those of the Heavens, stars and beyond. It is thought that we over time became disconnected from this. This is an evolutionary acceleration onto our life path reconnecting us to ourselves in all aspects of who we are in all dimensions.

<https://www.thereconnection.com/>

## **The School of Chi Energy and Healing**

If you want to deeper into healing for the long term and reap the great benefits of Yin energy please visit this website and look at their videos and curriculum.

I am a 5<sup>th</sup> Year Advanced Chi Instruction with this school. I highly recommend them.



### **An Extraordinary Chi energy Cultivation method**

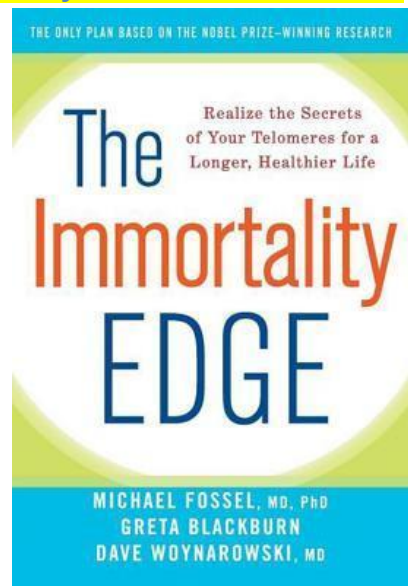
**Learn to Build-up Abundant Amounts of Yin Energy Electrically from your nerve fibre system; which will become incredibly Healing to your body & mind while you learn Unique Chi Techniques and Abilities.**

As a Student at the School of Chi Energy online training, you'll experience a very unique chi cultivation process; we'll teach you how easy it is to build up your own body's energy by creating electrical Specialized Circular Forms of Chi Energy.

In School, you'll learn that your body's Bio-Energy or Bio-photons have amazing attributes to them. An extraordinary thing about these bio-photons is that they can be cooled, paused in space and filled with healing emotional content. You'll be taught how to amass biophotons together and form these electrical chains into **Circular Forms of Healing Energy**.

<https://www.chienergyheals.com/>

## Telomeres: Repair your body at the Cellular Level



Based on Nobel Prize-winning genetic research—a simple plan to keep your telomeres healthy for better health and longevity

**Telomeres play an important role in protecting our chromosomes from critical damage.**

The shortening of the telomere disrupts vital cellular function and promotes the previously seemingly inevitable onset of aging and various diseases, including cancer and Alzheimer's. Drawing from the ground breaking discoveries about telomeres that won the 2009 Nobel Prize in Medicine, this book includes a highly prescriptive program that shows you how to live longer by slowing telomere shortening and rejuvenating your cells through relatively simple alterations in nutrition habits and other lifestyle changes.

- Written by authors with extensive knowledge of genetics, telomeres, and longevity
- Offers a simple action plan you can start using immediately
- Includes a revolutionary new eating plan
- Recommends individualized supplement programs
- Shares a diet and exercise approach grounded in solid scientific research

The exciting recent discoveries about telomeres promise to revolutionize our approach to anti-aging much as antioxidants did ten years ago. Unlike trendy diet and fitness books with no basis in science, The Immortality Edge targets health at its innermost level by laying out a realistic, lifelong plan using easy steps that can fit into any busy schedule—steps that can improve the length and quality of your life.

Go to <https://www.pdfdrive.com/> to find PDF downloads of this book.

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	<p><b>The Telomere Diet and Cookbook</b>  <i>Maggie Moon</i>  <b>A delicious way to hack your DNA and prevent early aging</b>          While some enjoy extremely active and healthy lives as they age, others spend years of their lives burdened by heart disease, dementia, and other age-related diseases. Until recently, this was often chalked up to luck or "good genes." But fascinating new research suggests that telomeres, the protective caps on your chromosomes, are directly linked to aging. Telomeres, when protected, can lead to a longer, happier life. Fortunately, one of the key components to protecting your telomeres is a balanced diet. <i>The Telomere Diet and Cookbook</i> is the first book to offer an easy-to-read, targeted overview of telomeres and nutrition. Including detailed meal plans and shopping lists, this book offers a simple step-by-step starter program and over 75 delicious recipes.</p>
	<p><b>The Telomere Miracle: Scientific Secrets to Fight Disease, Feel Great, and Turn Back the Clock on Aging</b>  <i>Park, Edward</i>  <b>What if everything you think you know about getting older and staying healthy is wrong? Ed Park, M.D., offers the revolutionary idea that disease and aging in humans all arise from a single source: genetic errors caused by the shortening of telomeres, or the sequences of DNA at the ends of our chromosomes.</b></p> <p>Telomeres naturally wear down over time, and thus when cells replicate (as they do all the time in our bodies), they're creating progressively poorer-quality duplicates of themselves, like making a Xerox of a Xerox. Ultimately, the body deteriorates, resulting in a range of ailments, many of which we associate with aging—from diabetes to hypertension to macular degeneration to cancer.</p> <p>Happily, Ed tells us, it's possible to slow or even reverse this process and effectively turn back the clock. In <i>The Telomere Miracle</i>, he explains cutting-edge science in a lively style, using illustrations and metaphors ranging from auto parts to superheroes. Then he shows readers how they can intervene in the aging process by boosting the activity of the enzyme telomerase naturally by understanding and optimizing six key areas of breathing, mindset, sleep, exercise, diet, and supplements.</p>
	<p><b>Telomere Lengthening: Curing All Diseases Including Aging and Cancer</b>  <i>Bill Andrews, Jon Cornell</i></p> <p>"Telomere Lengthening: Curing All Disease Including Aging and Cancer" is Dr. Bill Andrews' follow-up to the 2014 release "Bill Andrews on Telomere Basics: Curing Aging." It reviews the basics of telomere biology before focusing in depth on the promise of telomere lengthening as a cure for disease and its potential for the indefinite extension of a healthy lifespan.</p>

## iHeRQles™

The major step in understanding aging and related illnesses was represented by the creation of the INSTITUTE OF GERONTOLOGY in the mid-1950s, located in Bucharest, Romania. The worldwide known Professor Dr. Ana Aslan became the Director of that institute and remained the leader for more than 4 decades. The “secret” of increased longevity was properly demonstrated in countless cases.

A safe anti-inflammatory looked like a dream, but now it is a reality.

The next step to avoid fast aging came up in 2009 when three researchers were NOBEL PRIZE awarded for using **DNA TEST (on TELOMERES) for biological age evaluation**. This was a good tool to demonstrate the “biological age reversed” developed also by the European scientists using SELF STEM CELL ADVANCED TECHS. If Liquid Gold Qx acts like a toxin neutralizer that allows the body to diminish inflammation throughout the entire body, the new technology SSC ADVATECHS made a big step forward by activating the immune system to

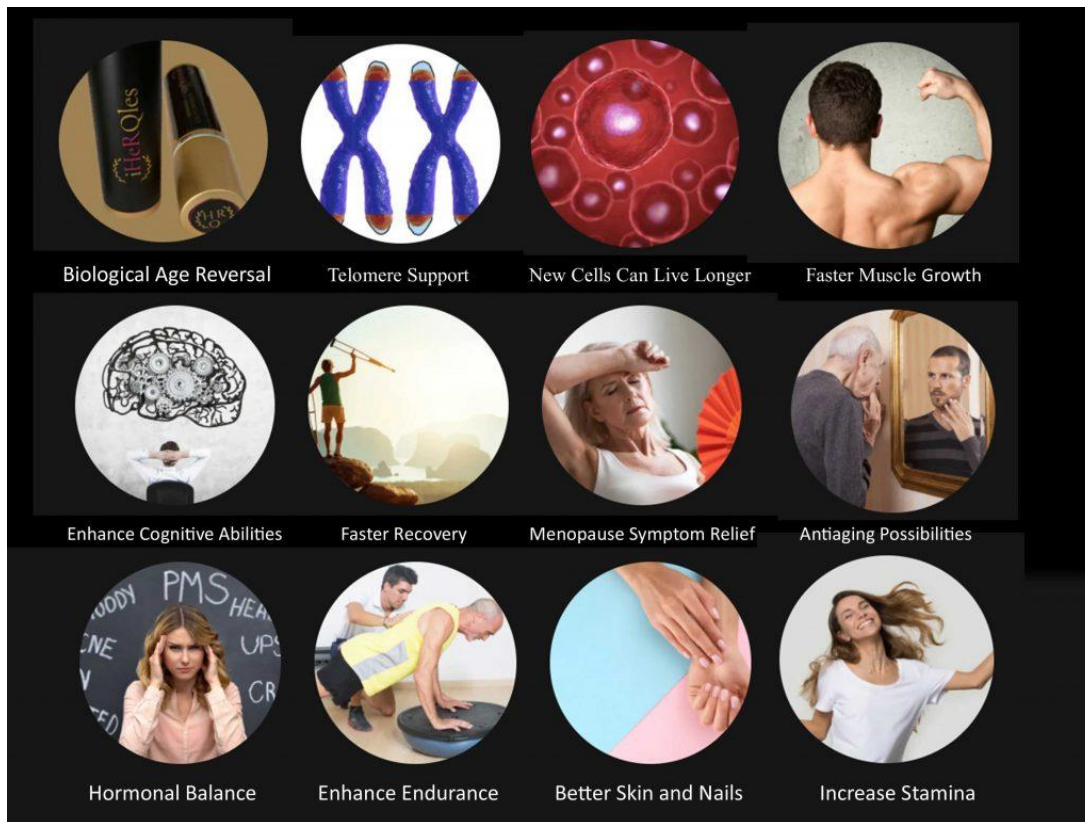
eliminate the “faster-aging cells” at a higher rate. This way, the “biochemical signal” signals the need for the stem cells to replace the faster-aging cells. The final step was achieved by a powerful computerized system that formulated the “perfect nutritional support” for the new, healthy stem cells to grow and replace the old, fast aging cells. Many of the “traditionally used plants for longevity” were intensively studied as well.

iHeRQles is based on the ultimate, most advanced nutritional support using a computer-assisted combination of plant extracts (partial extracts). This product offers a safe way for a possibly longer life. All devastating, debilitating illnesses are directly related to early age inflammation and impaired microcirculation due to fast aging cells. Most neurological issues should be treated first as inflammation/ circulatory system problems.

iHeRQles is a major breakthrough in age related issues! ... take advantage of something unprecedented!



# iHeRQles™



iHeRQles is the Scientific Breakthrough of the Century!

Would you like to reverse your biological age up to 20 years+?

~ this is not anti-aging, it's biological age reversal ~

No chemicals, No side effects, No prescription drug interference,  
Formulated with raw, pure Master Molecule plant extracts.

iHeRQles has been Certified by a 3rd party Lab, called TeloYears,  
that was founded by Noble Prize winners for anti-aging research

<http://www.nuxtrax.com/kismat>



## Prophetic Medicine

by MASTER ALI

For thousands of years, Prophetic Medicine was the remedy for every known disease. It Worked! Prophetic Medicine was the remedy for everything up to the 1900s. However, today, the vegetables that we eat and even honey don't seem to help cure us. So why is that?

There are several reasons for that. The first is that mankind has lost faith in Prophetic Medicine by turning towards the Medical Establishment (Hospitals). What's my proof of that? Well, there are more and more hospitals being built or expanded. People today, for the slightest issue run towards the doctor and they bring their children for treatments. They believe they are doing the right thing because the Hospitals "appear" to have cutting-edge technology and after all, we're living in a technological society, right? Well, maybe that's the problem. Another example, some people want to "try" Prophetic Medicine. Something that has worked for thousands and thousands of years, why do you want to "try", can you not see how corrupted their minds and belief is? Either you DO or DO NOT, there is NO TRY! And when the results are not to their liking, they run back to the Doctors. There is NO belief in these people. They have already blocked off or closed off their minds to Prophetic Medicine as being an option to heal them. And maybe that's because they're scared or have fear, but who is the one

pumping and pushing all of this fear? The same Medical Establishment!

So let's move on to the second issue, Technology. Technology that we believe is the "cure", is actually what is making us sicker and sicker.

The general problem with mankind, especially, with the "educated men and women" is they have no faith in themselves that they can treat and heal themselves.

You see this saying written everywhere, on internet blogs, on product labels, it's being pumped everywhere. "Consult your Physician or Doctor before using". So you cannot consult yourself, you MUST consult your Doctor! This is right in everyone's faces but people are too blind to see it.

Want to start a new diet and nutrition plan? Consult your Doctor.

Want to start a new exercise program? Consult your Doctor.

Want to use Prophetic Medicine or Alternative Cures? Consult your Doctor.

Want to grow and eat organic food? Consult your Doctor.

Want to use your brain to think? Consult your Doctor FIRST!

Am I the only one seeing this everywhere?

The FACT-CHECK on Prophetic Medicine is very clear, IT WORKS BUT due to the

beliefs of the "educated men and women", they rather put their trust and faith in their Doctors, than their Prophets. How can I prove that?

Simple, look at all the people taking this Covid vaccine and booster shots. So easily they believe their Governments, so easily they believe their Doctors, that they have no belief in themselves and that of their Creator, God Almighty by using Prophetic Medicine.

The Government says to take the booster, so people take it. Case and Point settled!

This lack of faith in the Prophets and God Almighty has resulted in a lack of faith in Prophetic Medicine. And the sad reality to all of these "educated men and women" is Prophetic Medicine is what works. It is what the body needs to heal and cure itself. The "stuff" (I would rather use other harsh words) the Medical Establishment creates does not heal you, it only treats the symptoms and buffers the root underlying causes of sickness. How many people using hospital medications do you hear being healed from diabetes, high blood pressure, cancer or anything? So is this where the "educated men and women" place their trust? An evil failed system that has no intention to heal people! And if someone does say the "SYSTEM" healed them, then ask them if they took any Prophetic Medicine or Alternative "Cures" and let the truth speak for itself. I place the word "cures" in quotes because it is our own body that cures

us, not Prophetic Medicine. Prophetic Medicine just raises our voltage levels to allow our body to heal itself.

So the first is belief, and I mentioned that there is a second issue that is preventing Prophetic Medicine from working. As I said, before the 1900's Prophetic Medicine WORKED and WORKED FAST! So what has CHANGED since then...The short answer... TECHNOLOGY!

In particular, EMF/RF Radiation, is what has happened. People started to get sick with the introduction of Radar towers, and then more people got sick with the introduction of Electrical towers, and now more people are getting stuck with the introduction of telecommunication towers, in particular 4G and 5G.

This invisible technology, aka Radiation, is slowly killing all of us, even the "educated men and women", the same technology that they put so much trust in, will affect them too. I guarantee you!

Our body is electrical, and the body's electrical state of the environment to heal itself MUST be NEGATIVE. The Earth is NEGATIVE. God created us from 7 types of clay from the Earth, which confirms we are NEGATIVE. What more proof do you want?

The body's cellular energy works at -25mv (millivolts) (minus means NEGATIVE). For the body to regenerate and repair cells it MUST change the voltage from -25mv to -50mv (STILL NEGATIVE). For Prophetic Medicine to

work fast, the body needs to be in a negative state. What is VERY, VERY IMPORTANT to note is, Prophetic Medicine is NOT the cure! OUR GOD-given BODIES and IMMUNE SYSTEMS ARE THE CURE. All Prophetic Medicine does is RAISE THE BODY'S VOLTAGE. Raising to the levels that the body needs to heal itself. The Body is the Healer, by God's Permission of course.

If your body is NOT at -25mv, there is NO way it can go to -50mv. -25mv is the God set required voltage for our cells to work at. Can you see why using Prophetic Medicine takes longer to heal the body?

So by stating the above, this DOES NOT mean the Medical Establishment has the upper hand with their medication. How do I know this? I have checked several medications from them and every single one of them that I have tested all show to be Electron Stealers, meaning that they will steal your negative electrons and turn your body to a Positive state. If you want to learn how you can check your food, water and medication to see if they are electron donors or stealers, then ask me. For now, let me explain the Positive states of the body.

What do 4G, 5G, and EMF/RF Radiation do to the body? It changes the body's state from NEGATIVE to POSITIVE. Did you know that at +30mv (Plus Means Positive), cancer will develop in your body?

I tested myself, just standing outside in my yard, using a volt meter, and my

reading was +30v (Volts). Cancer starts at +30mv (millivolts). So if we convert +30mv to Volts, we get 0.030v. And my body's voltage reading was at +30v. I am 1,000 times over the cancer-causing state and this is from just standing outside! Across from my house is a 4G Telecommunications tower and these towers are EVERY WHERE!

If 4G brings my body's voltage to this level, and puts my body 1,000 times more at risk of contracting cancer, Can you imagine 5G? What will your body's voltage reading be? Can you see why the "conspiracy theorists" are saying 5G is causing the Covid pandemic? They are right that 5G is harming the body but it has nothing to do with Covid symptoms, as Covid DOES NOT EXIST!

So to effectively benefit from Prophetic Medicine, you need to change your body's electrical state from Positive to Negative. Prophetic Medicine will do this, but you probably need to increase the portions more frequently. So you can now start to understand what is happening in your body when you take Prophetic Medicine. First, it has to change your body's state from Positive to Negative, and that takes time, and then as you take more it, only then can the body begin to heal. BUT at the same time, your body is being bombarded by WIFI Routers, Towers, Bluetooth devices, and leakage from electrical wiring in your homes, so you can see why the healing process takes time and is difficult. Your body's healing abilities are being attacked by an invisible enemy!

And NO, not by some non-existent virus but by the same technology that the "educated men and women" so happily attached themselves to and use for hours a day and that we have been brainwashed to think that we must depend on.

The question is who is brainwashing us? And for what purpose? That's another article.

We can still benefit from technology, I am not saying to throw it all in the garbage, but you need to adapt/protect yourselves when using it.

There is an easy solution to all of this and to help us we need the Earth; we need to GO BACK to the Earth and I do not mean by digging a hole and burying yourself! Touching, walking on, playing with the Earth AND most importantly, taking off your shoes. Remember the soles of our shoes are rubber and rubber will insulate you from the Earth. Hmmm, I wonder whose brilliant idea was to use rubber soles???

So even if you spent hours running and playing ball outside but wore sneakers or running shoes, the grounding effect was very little. Of course, you had great exercise and that helps, but if you had removed your shoes, that would have been a tremendous boost to your body.

With the way technology is moving forward, 5G, 6G and beyond, you have to adapt your healing methods to suit. Technology is changing and WE have to change too, otherwise, the Medical

system for curing is a failure and Prophetic Medicine will work even slower, the result is more and more and more people are guaranteed to get sick!

We cannot stop the advancements in technology nor can we sit on the ground for 24 hours a day. We need to bring the Earth into our homes and ground ALL aspects of our being. Remember, as I said, we are electrical beings and when you think about it, our computers are grounded, our TVs are grounded, even our fridges and electric stoves are grounded, and ALL of our electrical appliances are grounded...WHY ARE WE NOT?

Since most healing takes place while we sleep, we start by grounding our bedrooms so that our body's electrical state can be negative while we sleep and our body can repair and regenerate new cells. That is the ideal time to take our Prophetic Medicines.

Next we ground our living rooms, dining rooms, kitchen, cars, shoes and even our pets. And if you think this will be an expensive task to achieve, think about the alternative and enduring the pain and suffering of being sick, not mention the costs. However, on the contrary, there are ways to ground your lives without breaking the bank.

Here are some simple mathematical formulas, for you to think about.

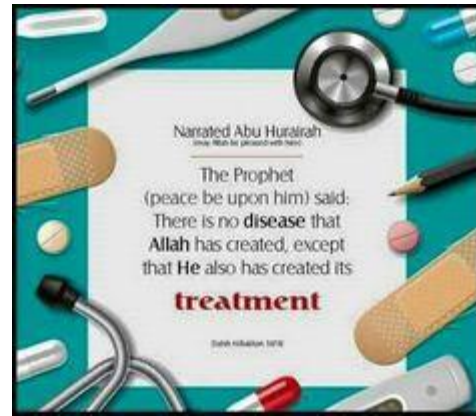
**Healing** = Voltage (When you think healing, relate it to voltage)

**Voltage** = Prophetic Medicine

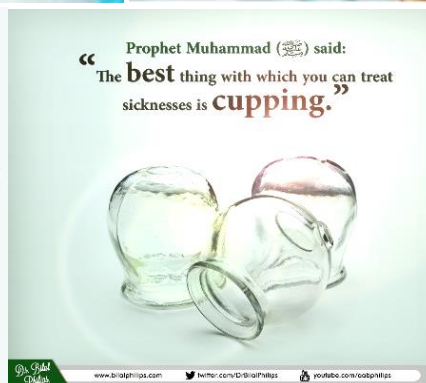
**Prophetic Medicine** = Well-Being

And Well Being is our ultimate state of health that WE ALL WANT TO ACHIEVE.

You have to fight against technology for your Health, if not you will lose. So either you fight to Win or you lose the fight which either is up to you.

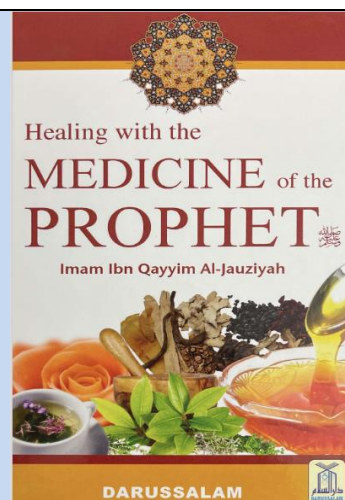


I hope this short article has been of benefit to all of you.



## Prophetic Medicine of the Qur'an

# QURAN & SUNNAH



### Healing with the Medicine of the Prophet saw

*Imam Ibn Qayyim Al-Jauziyah*

About the Book: Healing with the medicine of the Prophet (Peace be upon him) is the panacea for those in search of good health. It is a magnificent work that is a treasure for every Muslim household. Although it was written by the author, Ibn Al-Qayyim, over six hundred and fifty years ago, it is an extremely timely work for our generation in which health and natural healthcare products have become an important aspect of the lives of so many. The author presents the guidance of the Prophet (Peace be upon him) in dealing with a variety of health issues, including treatment of the Qur'an and Sunnah are the main sources of Islamic lifestyle, it only stands to reason that they should likewise be referred to in the matters of health as he presents verses of the Qur'an, and statements of the Prophet (Peace be upon him) as his main reference in these issues of health and medicines. The final chapters of this work include an extremely beneficial glossary of remedies, herbs, foods and other natural substances that aid in the journey toward better health. Healing with the medicine of the Prophet (Peace be upon him) is an invaluable reference guide for the Muslims of every land and every generation. May Allah bestow His mercy and blessing upon the author, Ibn Al-Qayyim, for surely his work will be cherished throughout time

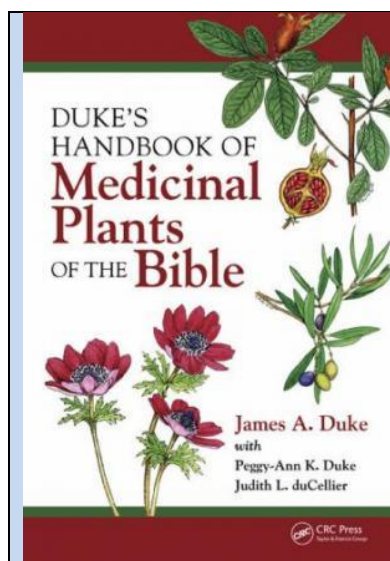
Go to <https://www.pdfdrive.com/> to find PDF downloads of this book.

**To my Muslim and Christian Brothers and Sisters, there are valuable knowledge of healing foods from both our Scriptures. Make the efforts to utilize both for your own health and wellbeing. God has revealed so much in both Scriptures, it is there for us to use and to learn from.**

## Prophetic Medicine of the Bible



## 139 Biblical Plants List and Related Terms



### Dukes Handbook of Medicinal Plants of the Bible

James A. Duke

Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these bestselling handbooks, **Duke's Handbook of Medicinal Plants of the Bible covers 150 herbs that scholars speculate, based on citations, were used in Biblical times.**

Go to <https://www.pdfdrive.com/> to find PDF downloads of this book.

and medicine be thy food

Hippocrates



## Section IX: Non-Physical Sickness & Treatments

### Medically unexplained symptoms

This information is for anyone with physical symptoms without an obvious physical cause. It also explains what you can do to help yourself and what treatments are available.

We all have physical symptoms – painful or uncomfortable feelings in the body – at different times in our lives.

Usually, they get better on their own, without any treatment. If they

Non-Physical sickness is a real issue plaguing people across our Flat Earth. This subject is broad and the rabbit hole can go very, very deep. From the information contained in this section, it is only scratching the surface but it is an excellent starting point to learn about Jinns/demonic incurred sickness. Islam provides substantially more information about Jinns than Christianity. As Jesus (peace be upon him) was sent to the Jews and Muhammad (peace be upon him) was sent to all of mankind and all of jinnkind too. So the perspectives shared on the following pages are from Islamic views and to my dear Christian brothers and sisters, you are

don't, we might ask a doctor about them. Usually, a physical cause can be found - but sometimes it can't, even when blood tests and x-rays or scans have been done.

Symptoms like this are common. They can be called “medically unexplained symptoms”, because they are not due to a physical illness in the body. However, they can be explained, but to do this, we need to think about causes that are not just physical.

welcome to read to get a deeper understanding of Jinns also known as demons, from your perspective.

People generally associate Jinns with possession and the concept of possession leaves to your interpretation. Possession as we have been led to believe, via the movies, are people foaming at the mouth and tied down to the bed to prevent them from moving up against the walls and on the ceiling and easily throwing people around the room, The Exorcist, right! However, possession can be as simple as excessive sneezing from the results of the evil eye. Pain, depression, anxiety, tiredness,



laziness, hair loss, infertility and health problems, are all possible signs of jinn possessions. So just because we are not tied down to the bed posts does not mean that we are not possessed. So let's redefine the meaning of possession and remove the mind programmed version that the movies have planted in our minds.

Anas ibn Malik reported: The Messenger of Allah, peace and blessings be upon him, said, **"Verily, Satan flows through the human being like the flowing of blood."**

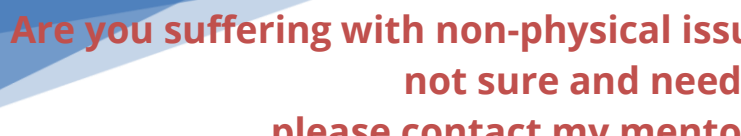
Source: Sahih Muslim 2174

So it is clear that the devil can easily move in and out of our bodies. Now

the question that one must think about is for what purpose does he do this? When he flows into our body is it to just say hello? Or to leave something or some damage behind.

In the Vaccine section of this book, I have already expanded on the notion of Pharmakeia and its ties to Black Magic so if you cannot connect the dots by this point in the book, then you still need to do further research. Maybe once you read thru this section things will all become clearer to you.

This next section on jinn has been compiled from various research, one in particular is that of Dr. Mira Bajirova.



**Are you suffering with non-physical issues or maybe you're not sure and need someone to check? please contact my mentor, he can assist you. Serves both Muslim and Non-Muslim**

**DR. MOHAMED RASHIDINZ**

+6588197599 (whatsapp)  
drmohdrashidinz@gmail.com

**\* Please note**, Dr. Rashidinz does charge if your situation requires further treatments or assistance. Contact him with your issues and he will advise you from there. I know Dr. Rashidinz personally and I am also a student of his, he is the most knowledgeable and experienced person that I know of in this field. Thank You Master Ali.

The World of Jinn is both sinister and intriguing. Their supernatural power (invisible in their natural state, shape-shifter, flying around the World in a second, illusion creation, possibility to possess the humans and create all kinds of problems and even kill) can explain the mysteries, the diseases with unknown causes, unexplained Infertility. Knowing the traps of Shaytan (Satan or Devil or Evil Jinn) will help to diagnose properly and to remove the Evil of Shaytan. The Treatment of Infertility (and of the diseases) caused by Black Magic or Jinn Possession of Evil Eye is only Ruqya, the specific verses of the Noble Quran, combined with the Negative Ions treatment for quicker and better results.

### Introduction to Jinns

In modern society the Jinn is categorized as paranormal or parapsychological or most people are not aware of or do not believe or ignore it. But the lack of knowledge or ignorance is dangerous as the Evil Jinn is our real enemy and not only badly interfering in all aspects of our life, creating many problems including health issues but the main purpose of Satan is to bring the maximum number of people to the eternal life in the Hellfire. This life is short, temporary and only a test. Eternal life is after death and there are only two final destinations: Paradise or Hellfire. For the people who will enter Hellfire, this life would appear like one day. To enter Paradise, we should follow strictly Allah's commands and Sunnah. Unfortunately, people think that it is only for Muslims. The Guidance (Quran and Sunnah) is for all Mankind and Jinn who want Eternal Life in Paradise.

"Those who deny the Jinn's existence do not have evidence to support their denial. They merely have a lack of knowledge because the beliefs and experimental knowledge of their profession contain nothing which confirms the Jinn's existence. Such a case of a medical doctor who looks after the health of the body by treating the physical symptoms of its sicknesses from the point of view of changes in its physical make up without considering what may happen to the body from the spiritual point of view or what may happen to the body because of the effect of the Jinn on it. This is often the case even so though he may have learned through means other than his medicine that the soul has a greater effect on the body than his medicinal remedies" [1]. The Jinn are an established World, an unseen World, living beside the humans. The word Jinn itself comes from the Arabic root meaning "something hidden which cannot be seen" [1,2].

"The Shaytan is present with any one of you in all his affairs." (Muslim, 2033). As the Evil Jinn is involved in all aspects of our life, they create all problems including infertility. Knowing the real enemy of humans is important to protect our families and to follow the straight path of Allah. Their purpose in life is the same as ours, as Allah (Subhanahu wa ta'ala in Arabic for "May He be glorified and exalted") says: "I did not create the Jinn and mankind except to worship Me" (Quran, Adh-Dhariyat 51:56). The existence of the Jinn is firmly corroborated by the Quran and Sunnah, and thus one who denies their existence is outside of Islam, it means, outside of the Paradise. Suffice it to say that the word Jinn occurs more than 29 times in

the Qur'an, and the word Shaytan and its plural Shayaateen together occur more than 80 times. There is an entire surah called Surah al-Jinn (Quran, Al Jinn 72) which speaks in clear, explicit terms about the Jinn. "And thus, we have made for every prophet an enemy - devils from mankind and jinn, inspiring to one another decorative speech in delusion. But if your Lord had willed, they would not have done it, so leave them and that which they invent." (Quran Al An'am 6:112).

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*Jinns can only affect your body, they cannot affect your soul, BE STRONG!*

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It was narrated that 'Abd-Allaah ibn Mas'ood said: The Messenger of Allah (salla Allahu alayhi wa sallam or peace and blessings be upon him) said: "There is no one among you but a companion from among the Jinn has been assigned to him." Constant Jinn's companion, Qareen, is attached to every human since the birth. The Prophet Muhammad (salla Allahu alayhi wa sallam) said why the child cries at birth: "When any human being is born, Satan pinches the body with his two fingers, except 'Isa, the son of Maryam, whom Satan tried to pinch but failed, for he touched the placenta instead" (Bukhari 4:506). The Azhan (call for the prayer) should be recited into the baby's right ear so that the first thing he hears in this world will be the words of Tawheed, which will have a great and blessed effect on the child. We are tested to see which the true servants of Allah are and which only follow their desires. If we do not follow Allah's commands and prohibitions, we follow the footsteps of Shaytan. It was narrated that Jabir (may

Allah be pleased with him) said: I heard the Prophet (salla Allahu alayhi wa sallam) said: "Indeed, Allah knows the unseen (aspects) of the heavens and the earth. And Allah is Seeing of what you do." (Quran, Al Hujurat 49:18)

### **Shaytan is the Source of all Evil**

The Disbelieving Jinn (Shaytan, Satan, devil) is our real enemy. Knowing Shaytan we start to understand the mysteries, the corruption, the war, robbery, suicide, murder, corruption, immorality, enmity, hatred, the relationship and marriage breaking, fornication, prostitution, homosexuality, health issues, alcohol and narcotics addiction, psychiatric diseases, arrogance, pride, self-sufficiency, worshiping the idols or Shaytan; all the work of Shaytan to corrupt the mankind and to drive people away from Allah, to the Hellfire with him. There are many diseases caused by Evil Jinn (Black Magic, Jinn Possession and Evil Eye) and the cure is only with Ruqya, the specific verses of the Quran [3,4]. Instead of Ruqya, most doctors have no idea about Quran and those knowing do not implement Ruqya in their practice, instead they use expensive and in most cases inefficient modern medicine. Demonic possession is Pre-Islamic, it is only in Quran Allah (Subhanahu wa ta'ala) reveals in more detail the Unseen World and especially the different ways of protection from the Qareen (Jinn attached to every person), Human Evil and the Evil Jinn.

Sheikh Ibn Taymiyyah (may Allah be pleased with him) at the beginning of the 13th century told that if we would have removed the veil we would have seen 50% of the population affected by

Jinn. What to tell nowadays in our unstable World with the war, insecurity, terrorism, crime, robbery, corruption, immorality, hatred, jealousy, fornication, prostitution, homosexuality, narcotics and alcohol addiction, dispute, discrimination, maybe 90% of the population is affected by Jinn? In a World where human weakness from temptations and weakness of faith abound, Shaytan influences man into ignoring the words of our Creator, Allah (Subhanahu wa ta'ala), Quran. He thus overly engages man into running after worldly goals at the expense of violating Divine commandments. Another common way for Satan is to make us compare our situations with those around us and arouse feelings of envy and jealousy. Shaytan induces laziness and procrastination to keep one away from doing good deeds and being on time for the job and even for the prayer. Iblees- the Shaytan (devil), wicked Jinn, trying to scare, confuse, trouble, pushing us away from the good, tempt us to do the evil, corrupt us, and will be with us until our last breath, trying many tricky ways to bring us to the Hellfire. Satan makes one quickly assume something negative about the other, infuses suspicion and doubt in the hearts and provokes people against one another.

The Prophet (salla Allahu alayhi wa sallam) said: "Iblees places his throne upon water; he then sends detachments (for creating dissension between people); the nearer to him in rank are those who are most notorious in creating dissension. One of them comes and says: "I did so and so." And he says: "You have done nothing." Then one amongst them comes and says: "I did not spare so and so until I sowed the

seed of discord between a husband and a wife." Shaytan goes near him and says: "You have done well." He then embraces him" (Sahih Muslim and narrated by Jabir Ibn 'Abdullah). "And Shaytan will say when the matter has been decided: 'Verily, Allah promised you a promise of truth. And I too promised you, but I betrayed you. I had no authority over you except that I called you, and you responded to me. So, blame me not, but blame yourselves. I cannot help you, nor can you help me. I deny your former act of associating me (Satan) as a partner with Allah (by obeying me in the life of the World). Verily, there is a painful torment for the Zaalimoon (polytheists and wrongdoers)'" (Quran, Ibrahim: 22).

Allah Almighty (Subhanahu wa ta'ala) says: "His Companion will say: "Our Lord! I did not make him transgress, but he was (himself) far astray." (Quran, Qaf 50: 27) i.e. the Shaytan assigned to seduce him will say: "My Lord! It was not me who seduced him at the beginning, but it was he who preferred blindness to guidance. So, I helped him achieve his goal through seduction." "Satan promises them and arouses desire in them. But Satan does not promise them except delusion. (Quran, A Nisa 4:120) The Messenger of Allah (sallallahu alaihi wasallam) said: 'The Jinn are of three types: a type that has wings, and they fly through the air; a type that looks like snakes and dogs; and a type that stops for a rest then resumes its journey.'" (Reported by al-Tahhaawi in Mushkil al-Athaar, 4/95, and by al-Tabaraani in al-Kabeer, 22/214. Shaykh al-Albaani said in al-Mishkaat (2/1206, no. 4148). As a whole, the Jinn are rather mischievous to downright untrustworthy (they are deceptive liars), although some Jinn amended their ways and converted to

Islam (Quran, Al Jinn 72) It is a great blessing that Allah (Subhanahu wa ta'ala) sent down to all mankind (not only for Muslims) and Jinn the Quran: "This is the Book about which there is no doubt, Guidance for those conscious of Allah. Who believe in the unseen, establish prayer, and spend out of what We have provided for them" (Quran, Al

Baqarah 2:2,3). "The believers are only those who, when Allah is mentioned, their hearts become fearful, and when His verses are recited to them, it increases them in faith; and upon their Lord, they rely" (Quran, Al-Anfal 8:2). The characteristics of Jinn compared to Humans are illustrated in the Tables (1-10).

**Table 1.**

<b>JINN are like HUMANS</b>		
	<b>JINN</b>	<b>MANKIND</b>
<b>FEMALE and MALE</b>	<b>Female and Male</b>	<b>Female and Male</b>
<b>REPRODUCTION</b>	<b>children</b>	<b>children</b>
<b>SEXUALITY</b>	<b>JINN-JINN, JINN-HUMAN HOMOSEXUALITY</b>	
<b>EAT and DRINK</b>	<b>Eat and drink</b>	<b>Eat and drink</b>
<b>RELIGION</b>	<b>BELIEVERS and DISBELIEVERS</b>	<b>same</b>
<b>FREE WILL</b>	<b>GOOD and BAD, RIGHT and WRONG</b>	<b>same</b>
<b>DEATH (except Iblees)</b>		
<b>ACCOUNTABLE JUDGMENT DAY</b>	<b>SUBJECT to ALLAH'S COMMANDS and PROHIBITIONS</b>	<b>same</b>

**Table 2.**

<b>JINN and MANKIND DIFFERENCIES</b>		
	<b>JINN</b>	<b>MANKIND</b>
<b>EAT and DRINK</b>	<b>LEFT HAND BONES and DUNG</b>	<b>RIGHT HAND</b>  "When one of you eats, let him eat with his right hand, and when he drinks, let him drink with his right hand. Verily, the devil eats and drinks with his left hand." (Sahih Muslim 2020)
<b>REPRODUCTION</b>	<b>Shaytan by laying the EGGS</b>	
<b>SEXUALITY</b>	<b>HOMOSEXUALITY is HIGHER</b>	
<b>NUMBER</b>	<b>MUCH MORE</b>	
<b>DEATH</b>	<b>LIVE LONGER IBLEES until the JUDGMENT DAY</b>	

Table 3.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
CREATION	<p><b>BEFORE MANKIND</b></p> <p><b>SMOKELESS FIRE</b></p> <p>“And the jinn We created before from scorching fire.” (Surah Hijr 15: 26-27)</p>	<p><b>CLAY</b></p> <p>“And We did certainly create man out of clay from an altered black mud.”</p>
UNSEEN APPEARANCE	<p><b>-INVISIBLE in their NATURAL State</b></p> <p>“Indeed, he sees you, he and his tribe, from where you do not see them.” (Quran, Al Araf 7:27)</p>	
PHYSICAL APPEARANCE	<p><b>ANY PHYSICAL FORMS</b></p> <p><b>SHAPE-SHIFTER</b></p> <p>Human, Human-Animal, Black Dog, Black Cat, Snake, Scorpion, Camel, Donkey, Tree, Plant...</p>	

Table 4.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
PHYSICAL LOOKING	<p><b>Ugly, Unpleasant, Repulsive-looking.</b></p> <p><b>The branches of Zaggoom (a tree in Hell) is compared in the Quran to the heads of devils:</b></p> <p>“<i>Verily, it is a tree that springs out of the bottom of Hell-Fire. The shoots of its fruit-stalks are like the heads of devils</i>”(Quran 37:64-65).</p>	
DISBELIEVING JINN CHARACTERISTICS	<p><b>Arrogance, rebellious, pride, harsh, malevolent, disobedient, malicious, stubborn, liar, pledger, jealous, hypocrite, deceiving, mischief-maker, vengeful, harmful, disturbing, aggressive, spoiling our thoughts and hearts with the evil inclinations</b></p>	

Table 5.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
PLACE of LIVING	<p><b><u>QAREEN</u></b></p> <p>“Everyone of you has been assigned a companion from the Jinn.”</p> <hr/> <p>“Verily, Satan flows through the human being like blood.” (Sahih Muslim 2174)</p> <p>“There are Shayateen among the Jinn and Shayateen among mankind, who inspire each other.” (Quran 6:112)</p> <p><b><u>EVERYWHERE</u></b></p> <p>Dirty Places: toilet, garbage, animal yard, graveyard, cave, old ruins, market, money transaction places, desert, under the tree, mountain, between shadow/sun</p>	<p><b>QAREEN</b></p>

Table 6.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
SUPERNATURAL POWER	<p>-Fly with Light speed (travel around the World in a blink of eye)</p> <p>-"Shape-shift" (invisible-visible)</p> <p>-Illusion Creation (halal-haram, right-wrong, trust-mistrust, certainty-suspicion, sureness-doubt, small-big, beautiful-ugly, appear-disappear, fixed-movable, one thing is replaced by another etc)</p> <p>-Stronger (can move heavy things in a second)</p> <p>-Possess and trouble humans with no or weak faith: Jinn possession, Black Magic, Evil Eye</p>	

Table 7.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
ACTIVE	<p><u>NIGHT</u></p> <p>"If people knew what I know about being alone, no rider would travel at night by himself."(Sahih Al-Bukhari, 2998)</p> <p>"Satan puts three knots at the back of the head of any of you if he is asleep. On every knot he reads and exhales the following words, 'The night is long, so stay asleep.'When one wakes up and remembers Allah, one knot is undone; and when one performs ablution, the second knot is undone, and when one prays the third knot is undone and one gets up energetic with a good heart in the morning; otherwise one gets up lazy and with a mischievous heart." (Sahih Bukhari, Book 21, Hadith 243)</p> <p>"When night falls, then keep your children close to you, for the devil spread out then." (Sahih Bukhari, Book 54, Hadith 500)</p>	<p><u>DAY</u></p>

Table 8.

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
ATTRACTION	<p>Beautiful female and male</p> <p>Attractive dress, colors, hair, make up</p> <p>Attractive seductive behavior</p> <p>Sexual desire</p> <p>Perfume strong</p> <p>Naked, undressed, uncovered (mostly female)</p> <p>Menstrual blood (GHUSL)</p> <p>Reproductive fluids (semen, vaginal humidity) (GHUSL)</p> <p>Impurity</p> <p>Acts of Disbelief</p>	
JINN DO NOT LIKE:	<p><u>QURAN</u></p> <p>"The jinn are a creation that fears the Believers most."</p> <p><u>NEGATIVE IONS</u> (Quran Al Anfal 8:11)</p>	

**Table 9.**

JINN and MANKIND DIFFERENCIES		
	JINN	MANKIND
<b>SHAYTAN PURPOSE</b>	<p><b>To bring maximum people to the Hellfire</b></p> <p>“Iblees said: ‘Because You have sent me astray, surely I will sit in wait against them (human beings) on Your Straight Path. Then I will come to them from before them and behind them, from their right and from their left, and You will not find most of them grateful to You’ (Quran, Al-A’raf 7:16-17)</p>	<p><b>SHAYTAN is a TEST</b></p> <p>“O you who have believed, enter into Islam completely and perfectly] and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy.” (Quran, Al Baqarah 2:208”</p>
<b>NO POWER over Muslim Believers</b>	<p>“Indeed, over My (believing) servants there is for you no authority. And sufficient is your Lord as Disposer of affairs.” (Quran, Al Isra 17:65)</p> <p>“Indeed, there is for him no authority over those who have believed and rely upon their Lord.” (Quran An Nahl, 16:99)</p>	

Life is a Test. We are tested by Qareen, the Jinn attached to everyone since birth, by Evil of Humans and by Evil Jinn (parallel Unseen World). “And of the people is he who disputes about Allah without knowledge and follows every rebellious devil.” (Quran Al Hajj 22:3) “Will you then take (Iblees) and his offspring as protectors in preference to Me, although they are an enemy to you?” (Quran, Al Kahf 18:50) “Did I not enjoin upon you, O children of Adam, that you do not worship Satan - (for) indeed, he is to you a clear enemy. And that you worship (only) Me? This is a straight path. And he had already led astray from among you much of creation, so did you not use reason? This is the Hellfire which you were promised.” (Quran, Yasin 36:60-64) “Verily! The worst of moving living creatures in the Sight of Allah are the deaf and the dumb, those who understand not - the disbelievers.” (Quran, Al Anfal 8:22) “They are only like cattle - nay, they are even further astray from the Path - even worse than cattle.” (Quran Al Furqan 25:44)

The Jinn plague the houses, and cause disturbances by throwing small household items, and moving different objects, the furniture; stones may be thrown at or in houses, appearing to come from nowhere; they switch off the light; fires may be set inexplicably. All of that happens by the will and decree of Allah (Subhanahu wa ta’ala). “Indeed, all things We created with predestination” (Quran, Al Qamar 54:49) “It is Allah who has created seven heavens and of the earth, the like of them. [His] command descends among them, so you may know that Allah is over all things competent and that Allah has encompassed all things in knowledge.” (Quran, Al-Talaq 65:12) “Say: “None in the heavens and the earth knows the Ghaib (Unseen) except Allah” (Quran, Al-Naml 27:65) Correspondences between Jinn and Humans interfere in our lives in a subtle and hidden manner. “The shaytan flows through the sons of Adam like blood.” (Sahih Muslim 2174) The Evil Jinn affects humans via Black Magic, Jinn Possession and Evil Eye.



## **Black Magic- Witchcraft-Sihr**

According to Imam Abdul-Aziz Ibn Baz: Sihr or Sorcery as defined by Islamic law consists of charms or incantations that are composed to cause illness, loss of mental stability, death, to separate spouses from each other, or to prevent a man from acts of intimacy with his wife [5]. The Jinn's supernatural powers: flying with light speed, ability to "shape-shift" (passing from invisible to physical forms), moving heavy things in a second, creating illusions, and possessing the mind and body of other creatures; have been used by Fortune-tellers even before Islam. Voodoo, Tarot, Poltergeists, Witchcraft, Astrology, Horoscope, Palm, Coffee, Tea Leaves reading, Clairvoyant, Spaewife, Soothsayer, Medium, Zar Zar dance: all these involve the Jinn. The effects of the Jinn are not just limited to Fortune-tellers. The activities such as ouija boards and seances, used to contact the dead, are manipulated by the Jinn. Other biggest manipulations of the Jinn are through visions and voices. Only by knowing the World of the Jinn and faith in Allah, we can fight such a trial by the will of Allah. The countless numbers of visions of Jesus Christ and the Virgin Mary over the centuries have been a popular choice for the devils.

Before the arrival of Prophet Muhammad (sallallahu Alaihi wa sallam) the devils had taken sitting stations for themselves in heaven and they would listen to the matters that occurred in heaven, stealing information about the future. At that time the Fortune Tellers were more accurate about future predictions. But when Allah (Subhanahu wa ta'ala) sent Muhammad as a Messenger, they were suddenly pelted

one night (with the flaming, shooting stars). "Indeed, we have adorned the nearest heaven with an adornment of stars. And as protection against every rebellious devil. And We have protected it from every devil expelled (from the mercy of Allah). Except one who steals a hearing and is pursued by a clear burning flame" (Quran, Al Hijr 15:16-18)

"Indeed, we have adorned the nearest heaven with an adornment of stars. And as protection against every rebellious devil. (So) they may not listen to the exalted assembly (of angels) and are pelted from every side, repelled; and for them is a constant punishment. Except one who snatches [some words] by theft, but they are pursued by a burning flame, piercing (in brightness)." (Quran As-Saffat 37: [6-10]) "And we have sought (to reach) the heaven but found it filled with powerful guards and burning flames. And we used to sit therein in positions for hearing, but whoever listens now will find a burning flame lying in wait for him." (Quran, Al Jinn 72:8-9)

The Hadith describes how the Jinn climb one on top of the other to the heavens, where Allah (Subhanahu wa ta'ala) decrees a matter in the presence of Angels. Jinn will hear some information in stealth, and if not burned by a flame, pass it down below, one after another until it reaches earth. It is finally given to the mouth of a sorcerer, who conveys it mixed with a hundred lies. If anything proves true, people will say, "Didn't he tell us on a such-and-such day that such-and-such would occur, and we found it to be true?" Fortune tellers by "reading" or "spiritual consultation", give the client advice and predictions which

are said to have come from spirits or visions:

- a) Alectormancy: by observation of a rooster pecking at grain
- b) Astrology: by the movements of celestial bodies
- c) Astromancy: by the stars
- d) Augury: by the flight of birds
- e) Bazi or four pillars: by hour, day, month, and year of birth
- f) Bibliomancy: by books; frequently, but not always, religious texts
- g) Cartomancy: by playing cards, tarot cards, or oracle cards
- h) Ceromancy: by patterns in melting or dripping wax
- i) Chiromancy: by the shape of the hands and lines in the palms
- j) Chronomancy: by determination of lucky and unlucky days
- k) Clairvoyance: by spiritual vision or inner sight
- l) Cleromancy: by the casting of lots, or casting bones or stones
- m) Cold reading: by using visual and aural clues
- n) Crystallomancy: by crystal ball
- o) Extispicy: by the entrails of animals
- p) Face reading: using variations in face and head shape
- q) Feng shui: by earthen harmony
- r) Gastromancy: by stomach-based ventriloquism (historically)
- s) Geomancy: by markings in the ground, sand, earth, or soil
- t) Haruspicy: by the livers of sacrificed animals
- u) Horary astrology: the astrology of the time the question was asked
- v) Hydromancy: by water
- w) I Ching divination: by yarrow stalks or coins and the I Ching
- x) Kau cim using numbered bamboo sticks shaken from a tube
- y) Lithomancy: by stones or gems
- z) Necromancy: by the dead, or by spirits or souls of the dead
- aa) Nephelomancy: by shapes of clouds
- bb) Numerology: by numbers
- cc) Oneiromancy: by dreams
- dd) Onomancy: by names
- ee) Palmistry: by lines and mounds on the hand
- ff) Parrot astrology: by parakeets picking up fortune cards
- gg) Paper fortune teller: origami used in fortune-telling games
- hh) Pendulum reading: by the movements of a suspended object
- ii) Pyromancy: by gazing into the fire
- jj) Rhabdomancy: divination by rods
- kk) Runecasting or Runic divination: by runes
- ll) Scrying: by looking at or into reflective objects
- mm) Spirit board: by planchette or talking board
- nn) Taromancy: by a form of cartomancy using tarot cards
- oo) Tasseography or tasseomancy: by tea leaves or coffee grounds
- pp) Ureamancy: by gazing upon the foamy froth of urine created within the water

The contract is signed between the Fortune teller and Shaytan to target the person or family or materialistic object etc. The servant Jinn operates with the Qareen, the Jinn attached to every human being since his birth. It is this Qareen which whispers to our base desires and constantly tries to divert us from righteousness. The Prophet (sallallahu Alaihi wa sallam) said: "Every one of you has been assigned a companion from the Jinn. (Muslim - Eng. Trans. Vol.4, p.1472, No.6757) Qareen communicates with The servant Jinn to inform them about everything in the past and somehow the future if

something was already finalized (booked tickets, signed contract). The servant Jinn informs the Fortune teller, so people without knowledge will be amazed and will trust the Fortune teller knowing the past and somehow the future. Abu Hurairah (may Allah be pleased with him) narrated that the Prophet (sallallahu Alaihi wa sallam) said: "Whosoever approaches a Fortune-teller and believes in what he says, has disbelieved in what was revealed to Muhammad".

### **How Black Magic Spells Are Done**

There are many ways Black Magic spells are done, such as by making the victim eat or drink food or beverage that has been previously bound with black magic. Photographs of the victim are used to invoke a black magic curse. If a black magician obtains a photo of you or something you own or possess-for instance a piece of clothing or jewelry or hair, the nail-these items could be used against you. Some black magicians can even create a liquid spell which may be spilled over a piece of land or an object to create a black magic curse. Taweez, Amulets, String, Thread, Talismans, papers with letters using Quranic verses, and numbers are also used for Black Magic. Uqbah ibn 'Amir narrates that the Messenger of Allah said: "If anyone wears an amulet (taweez), may Allah not help him in fulfilling his wish. If anyone wears a sea shell around his neck, may Allah give him no peace." (Narrated by Ahmad and Al-Hakim). The Messenger of Allah (sallallahu alaihi wa sallam) warned: "It is not permissible to

tie this string or any other kind of amulets" (Hadith)

"Whoever hangs up an amulet, may Allah not fulfil his need". "Whoever hangs up anything will be abandoned to its care," "Whoever hangs up an amulet has committed shirk." Prophet (sallallahu alaihi wa sallam) saw a man on whose hand was a bracelet of brass: "What is this bracelet?" He said, "It is to prevent weakness." He said, "Take it off, for it will only make you weaker." (Narrated by Ibn Maajah) Some people without knowledge go to Fortune teller asking to pray for their children, parents, brothers and sisters with good intention but they do not know the catastrophic consequences for themselves and their families as the Evil activity of the Fortune tellers involve the army of Shayateen. These people think that they did well but, in the reality, they create problem after problem for the entire family. Some ask to bless the marriage in the family but, the army of Shayateen will be sent to break the marriage or to cause infertility.

The contract between Magician and Shaytan with the purpose

- i. Marriage: to break
- ii. Infertility- to cause
- iii. Miscarriage-to cause
- iv. To cause sexual disorders
- v. To prevent husband to have intimacy with his wife
- vi. Family relationship- to break
- vii. Health- diseases to cause
- viii. Business- to break
- ix. Job: to lose

- x. House: to deteriorate,
- xi. Fire: to cause
- xii. Wealth: to destroy
- xiii. Life: to ruin, to kill
- xiv. Bad luck from all sides
- Black Magic Symptoms
- a. Hatred, Headache, strange, aggressive behaviour when Quran recitation or Adhan
- b. Sudden change of the behaviour, sudden aggression with Negative Ions treatment ()
- c. Marriage: breaking
- d. Sudden change of the heart: argument, hatred, impossibility to have sexual life, wants to kill her
- e. Impossibility to get married
- f. Breakup in relations
- g. Absence of happiness and peace
- h. Suicide attempts
- i. Financial loss, property loss
- j. Black circles around the eyes
- k. Nail becomes blue
- l. No interest in anything
- m. Insomnia or oversleeping
- n. Appetite lost; weight lost
- o. Infertility
- p. Miscarriage
- q. Sexual problems
- r. Menstrual irregularity
- s. Premature Menopause
- t. Seizure
- u. Psychological problems
- v. Health problems
- w. Immediate change of character or personality: quiet person previously starts to argue, suddenly cursing husband, mother, family
- x. Forgetfulness
- y. Speaking suddenly in a foreign language
- z. Sudden increase of strength, and power (5 men against 1 woman)
- aa. Isolation, seclusion
- bb. Bad hygiene (Jinn hate shower, and water)

- cc. Teeth and gum pain and bleeding
- dd. Bad body smell, mouth smell
- ee. Like staying in the toilet
- ff. Large, profound wound
- gg. During the night, Jinn goes to the graveyard, goes under the tree
- hh. False Court case
- When Quran is Recited over the Victim
- a. The most typical reaction of sorcery is heat in the whole body: the sorcery is burning.
- b. The person may also feel things exiting from him: the sorcery is leaving.
- c. When a person feels heavy or goose bumps, does not bare Quran being recited, cannot breathe or gets anxious - that shows the presence of Jinn.
- d. The person may relax, calm down and fall asleep: this may mean two things: either sorcery has been set in a person to make them anxious: the Quran reduces the effect of sorcery and the person relaxes; or sorcery was aimed to make the victim feel tired all the time. Even after a good night's sleep they will feel tired: Quran provides relieving sleep for them and once they wake up they feel rested.
- e. When a person shows a few different reactions, it means that they have combined problems. That is usually followed by tiredness and exhaustion.
- f. No or little reaction: the person has little or no problem at all, or the Jinn are outside the body and affecting them from the outside. In this case, a simple reading allows to burn the connection of the Jinn with the person without reaching the jinn and that is enough to disconnect him. The reciter might find the task difficult.
- g. If a person does not react to the Quran recitation, but they have other clear symptoms of sorcery or Jinn possession, then the treatment is still required. Obvious signs would be easily

seen from the quality of life of the victim, their body, health, well-being, behaviour, mental state and dreams. Quran recitation is not an exclusive diagnosis tool for sorcery or Jinn possession.

h. Experiencing a headache is due to Jinn in the body or outside of the body. It also may be that sorcery affected one's head or a sorcery symbol hanged which aims at the head of a victim.

Allah had forbidden the means that usually lead to spreading evil among the people and causing harm. "And indeed, they knew that the buyers of it (magic) would have no share in the Hereafter. And how bad indeed was that for which they sold their selves, if they but knew." (Quran, Al Baqarah 2:102) The Prophet (sallallahu Alaihi wa sallam) said: "The prescribed punishment for the magician is that he be executed by the sword" (Authentic, Tirmidhi).

### **JINN POSSESSION**

Allah (Subhanahu wa ta'ala) has given to Jinn the ability to dwell inside human beings but this can only happen with His permission, Glory be to Him. Many sorcerers and magicians will communicate with the Jinn and tell them to possess an individual. But before doing that, the Jinn makes a contract with the magician that he/she must do an act of disbelief like stamping on the

Quran or writing Quran verses with menstrual blood or defecating on the Quran or having unlawful sexual intercourse. The magician will then command the Evil Jinn to enter the body of a person and the Jinn will do so except for those whom Allah (Subhanahu wa ta'ala) wishes to protect.

Jinn can be attracted by the person and possess him/her.

### **Jinn Attraction**

- a) Beautiful female and male
- b) Attractive dress, colours, hair, and make up
- c) Attractive seductive behaviour
- d) Sexual desire
- e) Strong Perfume
- f) Naked, undressed, uncovered (mostly female)
- g) Menstrual blood (required Ghusl after menstruation)
- h) Reproductive fluids (semen, vaginal humidity) (required Ghusl after intercourse)
- i) Impurity
- j) Acts of Disbelief

Jinn Do Not Like

- i. Quran
- ii. Azhan- call for the prayer
- iii. Remembrance of Allah
- iv. Negative Ions (Quran Al Anfal 8:11)
- v. Purification: Whudu, Ghusl
- vi. Cleanness
- vii. Good smell

## Jinn Possession reasons

**Table 10.**

JINN POSSESSION REASONS	
1 DESIRE	DESIRE OF POWER DESIRE OF CONTROL (CONTROL OF LIFE) ATTRACTION/LOVE
2 REVENGE	WHEN THE PERSON COULD UNINTENTIONALLY HARM JINN (THROWING HOT WATER, STONE, URINATING, JUMPING OR EVEN KILLING)
3 JINN IS EVIL AND SIMPLY WANT TO HARM	MISCHIEF, CREATE CONFUSION, DISCOMFORT, HARM
4 MISGUIDANCE	IDOLATRY, ACTS OF DISBELIEF
5 RIBA	“Those who consume interest cannot stand [on the Day of Resurrection] except as one stands who is being beaten by Satan into insanity.” (Quran, Al Baqarah 2:275)
6 TURNING AWAY FROM THE REMEMBRANCE OF ALLAH	“And whoever is blinded from remembrance of the Most Merciful - We appoint for him a devil, and he is to him a companion.” (Quran, Al Zukhruf 43:36)
7 BLACK MAGIC	JINN SENT BY BLACK MAGIC

## Jinn Possession Signs and Symptoms

- a) Reaction to Quran (turning away and reacting strongly when hearing Quran or Adhan (call for the prayer); fainting, seizures, falling when Quran is read over the Jinn possessed person; the Jinn may speak when Quran is recited
- b) Reaction to the Negative Ions Treatment (sudden change of the behaviour, aggression, refusal or removal of Negative Ions treatment (products)
- c) Female and Male infertility
- d) Repeated miscarriage
- e) Sexual disorders
- f) Menstrual irregularity
- g) Hormonal misbalance
- h) Premature Menopause
- i) Endometriosis
- j) Pelvic pain
- k) Dysmenorrhea, Dyspareunia
- l) Ovarian Cysts, Fibroids, Thin Endometrium
- m) Procrastination in doing good acts or praying
- n) Constant laziness
- o) Recurring aggression
- p) Loss of senses while awake

- q) Constant headaches moving from one part to another of the head
- r) Recurring nightmares
- s) Laughing while asleep
- t) Sleepwalking
- u) Insomnia or oversleeping
- v) Withdrawal from society and love of loneliness
- w) Face becomes yellow and pale
- x) Sweating and urinating a great deal.
- y) Tachycardia with normal heart investigations
- z) Health problems with no medical cause which doctors cannot identify
- aa) Depression and Anxiety
- bb) Pain in lower back and shoulders
- cc) Inexplicable bruising or marks appearing spontaneously
- dd) Black circles under the eyes
- ee) Critical illness/possibly of more than one family member/ doctors cannot find the cause  
Medicines do not work
- ff) Heart attacks/intense heart pain
- gg) Cancer
- hh) Psychiatric diseases: Depression, Anxiety, Bipolar, Schizophrenia, Obsessive Compulsive Disorder (OCD), Dissociative Disorders

- ii) Neurological diseases: Epilepsy, Multiples Sclerosis, Alzheimer, Huntington, Autism...
- jj) Suicidal attempts/Family members contemplating suicide, impulses to self-torture
- kk) Self-destruction through substance abuse/addictions.
- ll) The person moves or speaks constantly without his will
- mm) Ravishing hunger, hungry again not long after eating
- nn) Incredible thirst possibly caused also by stress
- oo) Your waking state is like a horror movie every minute with no sense of relief except for short periods while sleeping. Waking is torture
- pp) Teeth, gum with pain and bleeding

### **Evil Eye**

Evil Eye is like an arrow which comes from the soul of the one who envies towards the one who is envied and on whom the Evil Eye is put; sometimes it hits him and sometimes it misses. If the target is exposed and unprotected it will affect him but if the target is cautious and armed the arrow will have no effect and may even come back on the one who launched it. (extracted from Zaad Al Ma'ad) According to Shaykh Khalid Al-Hibshi (may Allah be pleased with him), it is something evil that comes out of the soul and then attacks the person. The Evil Eye is an illness which some people (not everyone) carry. It entails looking at a blessing that someone has within them or from that which they possess from worldly possessions with amazement or liking it. This then leads to dwelling on the matter, continually

looking at the person who has the thing which he feels jealous of and subsequently leading to an attack described as rays emitting from a person's eyes (and their soul) and subsequently affecting him physically/mentally causing him to become ill and even die. One doesn't need to physically look at someone to give them Evil Eye, even a blind person can give the Evil Eye. One can even give the Evil Eye merely by listening to the description of a person's blessings. (Zaad Al Ma'ad: volume 4 page 149) Everyone who gives the Evil Eye is jealous but not every jealous person gives the Evil Eye.

The evidence for this is that Ayn can even be given to yourself, your children and even when joking. The evidence for this comes from the following Hadith: "Whoever among you sees something in himself or his possessions or in his brother that he likes, let him pray for blessings for it because the Evil Eye is real." (Ibn al-Sunni in A'mal al-Yawm wal-Laylah, page 168; Al-Haakim, 4/216. Classed as Sahih by al-Albaani in Al-Kalim at-Tayyib, page 243) This Hadith explains that a person may harm himself, his wealth, his children, his wife etc by the Evil Eye. The Prophet (sallallahu Alaihi wa sallam) said: "The Evil Eye is real and if anything were to overtake Qadr (divine decree), it would have been the Evil Eye". The Messenger of Allah (sallallahu Alaihi wa sallam) said: "The Evil Eye is real and can bring down a person from a high mountain." (Sahih al Jami' 4146). "The Evil Eye can take a

person to the grave (can cause death) and takes the camel into the cooking pot.” (Narrated by Jabir Bin Abdullah). The Evil Eye can be given by a human or by Jinn. It is also known that animals can give the Evil Eye too when they look at something. And Allah knows best. Allah (subhanahu wa ta’ala) also says: “Or do they envy people (i.e. Prophet Muhammad and his followers) for what Allah has given them of His bounty? But we had already given the family of Ibraheem the Scripture and wisdom and conferred upon them a great kingdom (Quran, An-Nisa 4:54) Allah (subhanahu wa ta’ala) commanded to seek refuge with Him from the envier: “And from the evil of the envier when he envies.” (Quran, Al-Falaq 113) “And indeed, those who disbelieve would almost make you slip with their eyes when they hear the message, and they say, “Indeed, he is mad.” (Quran, Al-Qalam 68: 51)

Hadith narrated from Abdullah ibn Abbas (may Allah be pleased with him) says, “A’odhu bi kalimaat-Illaah it-taamah min kulli shaytaanin wa haammah wa min kulli a’ynin laammah (I seek refuge in the perfect words of Allah, from every devil and vermin and every envious eye).” (Bukhari - 3191). The meaning of “vermin” (haammah) is lethally poisonous animals and insects. The word “Haasid” (envier) is more general in meaning than the word Ayn (one who puts the Evil Eye on another).

### Different degree of Envy

a. A person wants the blessing to be taken away from his Muslim brother/sister even if it does not come to him; rather he does not like Allah to bless anyone else as that upsets him. This person may actively work to remove the bounty from another person without necessarily destroying the bounty itself. He may do this with his speech or actions and may do whatever it takes to bring an end to the blessing from the envied person.

b. Where a person wants a blessing to be taken away from someone else because he hopes that it will come to him. This person does not just seek to remove that bounty from another person but also works to get the bounty for himself.

Hasad (destructive jealousy) causes a great deal of harm. Narrated from Az-Zubayr ibn al-A’waam (may Allah be pleased with him), the Prophet (sallallahu alaihi wa sallam) said: “There has come to you a disease of the nations before you, jealousy and hatred. This is the ‘shaver’ (destroyer); I do not say that it shaves hair but that it shaves (destroys) faith. By the One in Whose Hand is my soul, you will not enter Paradise until you believe, and you will not believe until you love one another. Shall I not tell you of that which will strengthen the love between you? Spread the greetings of peace amongst yourselves.” (Tirmidhi, 2434). Shaykh Ibn Taymiyyah (may Allah be pleased with him) said in his book Amraad al-Quloob (diseases of the heart): “Whoever finds in himself any hasad towards another has to try to neutralize it using of attaining taqwa (piety, consciousness of



Allah) and Sabr (patience). He should hate that the feeling of hasad is in himself... But the one who does wrong to his brother by word or deed will be punished for that. However, the one who fears Allah (subhanahu wa ta'ala) and is patient is not included amongst the wrongdoers and Allah (subhanahu wa ta'ala) will benefit him by his taqwa." Nobody is free from hasad, but the noble person hides it whilst the base person shows it." A person will not be brought to account for whatever crosses his mind, but he will be brought to account for what he says and does. The Prophet (sallallahu alaihi wa sallam) said: "Allah will forgive my nation for their mistakes, what they forget and what they are forced to do (through coercion)." (Bukhari - 2033)

Narrated by Sahl ibn Haneef (may Allah be pleased with him) that the Prophet (sallallahu alaihi wa sallam) came out and travelled with him towards Makkah until they were in the mountain pass of Al-Kharar in Al-Jahfah. There Sahl ibn Haneef did ghusl (bathed), and he was a handsome white-skinned man with beautiful skin. Amir ibn Rabee'ah, one of Banu Adiyah ibn K'ab looked at him whilst he was doing ghusl and said, "I have never seen such skin as beautiful as this, not even the skin of a virgin," upon those words Sahl fell to the ground. They went to the Messenger of Allah and said, "O Messenger of Allah, can you do anything for Sahl because by Allah he cannot raise his head." He said, "Do you accuse anyone about him?" They said, "Amir ibn Rabee'ah looked at him." So, the Messenger of Allah called Amir and rebuked him strongly. He said, "Why would one of you kill his brother? If you see something that you like, then pray for blessings for him." Then he said to

him, "Wash yourself for him." So, he washed his face, hands, forearms, knees and the sides of his feet, and inside his izaar (lower garment) in the vessel. Then that water was poured over him (i.e. Sahl) and a man poured it over his head and back from behind. He did that to him then Sahl got up and joined the people and there was nothing wrong with him. (Ahmad, Malik, An-Nasai' and Ibn Hibban; classed as Sahih (authentic) by al-Albani in Al-Mishkat).

Narrated from Abdullah ibn Abbas (may Allah be pleased with him), the Messenger of Allah (sallallahu alaihi wa sallam) said: "The influence of the Evil Eye is a fact. If anything were to precede the divine decree it would have been the influence of an Evil Eye. Therefore, when you are asked to take a bath (as a cure) from the influence of the Evil Eye, you should take a bath." (Sahih Muslim Hadith 5427) Therefore the person who has been afflicted by Ayn should try to get the water of the person who has afflicted him and bathes with it. Narrated Umm Salaamah (may Allah be pleased with him), the Prophet (sallallahu alaihi wa sallam) once saw a young girl who had a certain expression on her face, so he said: "Seek an Islamic prayer formula for her because she is touched by the Evil Eye." (Bukhari, Muslim, Abu Naim, Tabari) Prophet (sallallahu alaihi wa sallam) saw a girl in her house whose face had a black spot, so he said: "She is under the effect of an Evil Eye, so treat her with Ruqya" (Al-Tib Al-Nawabi, 164)

### **The Effects of The Evil Eye**

Sheikh Khalid Al-Hibshi (may Allah be pleased with him) says that Ayn has tremendous destructive power. It has an influence in all areas of a person's life,

whether religious affairs, worldly affairs, moral characteristics etc. Some of the effects are summarized below:

- a. Effect on the minds: IQ, wit, memory, ability to focus, understanding and assimilation.
- b. Effect on the health: diseases, infertility, aging
- c. Effect on the livelihood: wealth, income, provisions etc.
- d. Effect on beauty: hair, face, skin colour, the body etc.
- e. Effect on religion: worship, humility, character, integrity etc.
- e. Effect on religion: worship, humility, character, integrity etc.
- g. Effect on marital and family life: happiness, infertility, pregnancy, childbirth, miscarriage, raising and loving children, discord etc.
- h. Effect on ages: age relative to appearance, death, etc.
- i. Effect on the body: power, speed and activity, wellness, skills etc.
- j. Effect on livestock: camels, bringing down birds from the sky etc.
- k. Effects on nature: plants, trees and fruits, damage, burns, ripeness, shrivel and die etc.
- l. Effect on inanimate objects: cars, property, all kinds of devices, gold, women's cosmetic application or products.

Narrated by Abu Hurairah (may Allah be pleased with him) said: The Messenger of Allah (sallallahu alaihi wa sallam) said: "My nation will be stricken with the disease of the other nations." They said: "What is the disease of the other nations?" He said: "Insolence, arrogance, accumulation of wealth, competition in worldly gains, mutual hatred and envy until there will be wrongdoing and then

killing." (Al Tabaraani in Al-Awsat; Ibn Abi'l-Dunya)

### **Evil Eye Signs and Symptoms**

- a) Constant yawning
- b) Constant burping
- c) Constant Sneezing
- d) Symptoms increase when reading or listening to the Qur'an
- e) Itching when the person afflicted carries out an act for which the evil eye has been given, For example if the evil eye has been given because of a person's wealth, they will start itching when they come into contact with money
- f) Appearance of spots and boils on the body/ face
- g) Hot and cold flushes for no reason
- h) Heat or cold in the limbs
- i) Headaches that move from one part of the head to another;
- j) Face becomes yellow pale
- j) Face becomes yellow pale
- j) Face becomes yellow pale
- m) Tingling
- n) Palpitations
- o) Pain in the lower back and shoulders
- p) Depression and Anxiety
- q) Insomnia or oversleeping
- r) Strong reactions due to abnormal fears
- s) Withdrawal and love of solitude
- t) Apathy, Tiredness and Laziness
- u) Health problems with doctors cannot be explained and going from one problem to another
- v) Chest Tightness
- w) Insomnia or oversleeping
- x) Waswasah (constant whispering)
- y) Weight gain without eating more
- z) Cancer
- aa) Psychological conditions such as delusion and fear

- bb) Forgetfulness and sleepiness while studying, reading Quran or going to school etc
- cc) Allergies, rhinitis and sinusitis
- dd) Cold/ flu
- ee) Hair Loss
- ff) Darkening under the eyes
- gg) Spots under the skin
- hh) Stomach Pain which doctors cannot explain
- hh) Stomach Pain which doctors cannot explain
- jj) The feeling of death and despair
- kk) Seeing dead people in your sleep, lizards or cats
- ll) To see people who have given you the evil eye looking at you in a strange and scary way
- mm) Seeing ants in the house
- nn) Children crying constantly for no reason
- oo) Children stopping growing

Some of the symptoms of Black Magic, Jinn Possession and Evil Eye are specific and some may have other origins. Satan takes advantage of man's disobedience and seduces him. Allah says: "And recite to them, [O Muhammad], the news of him to whom we gave [knowledge of] Our signs, but he detached himself from them; so Satan pursued him, and he became of the deviators." (Quran Al-A'raf 7:175). Allah says: "See you not that We have sent the Shayateen (devils) against the disbelievers to push them to do evil." (Quran, Maryam 19:83)

The Evil Jinn directly or indirectly will do everything to create Infertility or miscarriage or ectopic pregnancy or sexual disorders or prevent intercourse to happen to prevent pregnancy. Shaytan can create any disease including endometriosis, ovarian cysts, poor ovarian reserve, premature

menopause, menstrual irregularity, hormonal imbalance, fibroids, thin endometrium, pelvic pain, absence of libido, frigidity, vaginismus, vaginal pain, burning, irritation; squeeze the tubes. And in men any disorder to prevent intercourse and pregnancy: poor semen quality or azoospermia, retrograde ejaculation, impotence, and no sexual desire. Jinn can induce bleeding every time the husband approaches or continuous bleeding. In Islam the intercourses during menstruation are forbidden as the Jinn is attracted to the menstrual blood. Total purification, Ghusl, is obligatory after finishing menstruation. "And they ask you about menstruation. Say, "It is haram, so keep away from wives during menstruation. And do not approach them until they are pure. And when they have purified themselves, then come to them from where Allah has ordained for you. Indeed, Allah loves those who are constantly repentant and loves those who purify themselves." (Quran, Al Baqarah 2:222) The beautiful wife can appear to his husband ugly, and unpleasant by the illusion created by Jinn or the wife or husband starts to hate, harm each other and dispute as Jinn wants them to separate. And if the couple did In-Vitro Fertilization treatment, fertilization may not occur, the embryos will be with chromosomal abnormalities, or no pregnancy or miscarriage will happen. The cases of Infertility created by Jinn were described in my articles [13,14].

### **Ruqya and Negative Ions Treatment**

Sheikh Ibn Taymiyyah (may Allah be pleased with him) mentions that it is obligatory to aid one's brother who is being wronged. The cure for any illness,

or infertility is only from Allah. “And with Him are the keys of the unseen; none knows them except Him. And He knows what is on the land and in the sea. Not a leaf falls but He knows it. And no grain is there within the darkness’s of the earth and no moist or dry (thing) but that it is (written) in a clear record.” Quran, Al An’am 6:59) Ruqya and Negative Treatment have Curative and preventive effects and should be done every day. Ruqya doesn’t require any skills; it is the recitation of certain verses of the Noble Quran. Surah Al-Fatihah has great importance as it is known as the “Mother of the Quran”. The ‘Muawwidaat’, seek refuge with Allah against any Evil by reciting Surah Al-Falaq 113 and Surah An-Naas 114. Surah Ayatul Kursi after each prayer, before going to sleep, in Ruqya. Jinn and Shaytan do not come close to the house in which Ayatul Kursi is recited. (Tirmidhi Al Targheeb Wal Tarheeb Lilmanzari vol.2 pp.631) “By reciting it (Ayatul Kursi), there will be a guardian appointed over you from Allah who will protect you during the night, and Satan will not be able to come near you until morning.” (Bukhari, book 9, Hadith 30)

The Shaytan revealed to Abu Hurayrah (may Allah be pleased with him): Surah Al Baqarah to recite/listen every day. The Prophet (sallallahu alaihi wa sallam) said: “Do not make your houses like graves, for Satan runs away from a house in which Al Baqarah chapter is recited.” (Muslim) The Messenger of Allah (sallallahu alaihi wa sallam) said: “Whoever recites the last two verses of Surah Al Baqarah at night, that will suffice him.” (Bukhari, 4723; Muslim, 807) For a simple guide to Self Ruqya, please refer to [6- 8]. The best is to recite by the affected person (if

possible) or by his family members before seeking medical treatment. In my personal experience, Allah cured by Ruqya, non-Muslim people as it is only Allah who knows your heart and the future and Allah is the Most Merciful to all His creatures.

### **Negative Ions**

Allah created Nature which has amazing healing power and a high concentration of the Negative Ions (thunderstorms, rain, waterfall, sea, mountains, forest). The Negative Ions are the best treatment against Positive Ions, the main cause of almost all diseases, infertility and aging. [9-11]. “(Remember) when He overwhelmed you with drowsiness (giving) security from Him and sent down upon you from the sky, rain by which to purify you and remove from you the evil (suggestions) of Satan and to make steadfast your hearts and plant firmly thereby your feet.” (Quran, Al Anfal 8:11) Jinn are considered Plasma beast creatures, from the Plasma Interior of the Sun and contain Negative and Positive Ions [12]. As Evil Jinn is removed by the Rain (Negative Ions), the Jinn are Positive ions. Allah Almighty gives us another way of protection from the Evil Jinn [13]. The best Negative Ions are Ion box containing 20 million Negative Ions, Anion Sanitary Napkins and many others.

### **PROTECTIVE ACTIONS & PRECAUTIONARY MEASURES AGAINST SHAYTAN**

Perform five obligatory prayers daily (the best Medicine)

Dua on different occasions (www.duas.com):

i. Dua for entering and leaving the toilet

- ii. Dua for entering and leaving the house
- iii. Dua for setting foot in a new place:
- iv. Dua for entering and leaving Masjid
- v. Dua for new clothes, for dressing and undressing
- vi. Dua before eating and after eating
- vii. Dua before sexual intercourse

Dua (supplication) is the enemy of calamity; it wards it off and remedies it, prevents it from befalling, and relieves it if it has happened. Al-Haakim narrated in his Sahih that A'ishah said that the Messenger of Allah (sallallahu alaihi wa sallam) said: "Caution is to no avail against the Divine decree and Dua is useful about what has befallen and what has not yet befallen. Calamity may descend and be met by Dua, and they wrestle until the Day of Resurrection". Saying Bismillaah (in the Name of Allah) before entering the home, before eating or drinking, and before having intercourse will keep the Shaytan from entering the house or partaking with a person in his food, drink and sexual activity. Similarly, mentioning the name of Allah before entering the toilet or taking off one's clothes will prevent the Jinn from seeing a person's 'awrah or harming him, as the Prophet (sallallahu alaihi wa sallam) said, "To put a barrier that will prevent the Jinn from seeing the 'awrah of the sons of Adam, let any one of you say 'Bismillah' when entering the toilet." (Reported by al-Tirmidhi, 551; Saheeh al-Jaami', 3611).

The Hadith tells, the Shayateen will stand by the door, and when the person comes they listen, if he says Bismillah, Assalaamu 'Alaikum - if he remembers Allah the head Shaytan will say "go back, go back you have no place and no food here." But when you come into the

house silent or saying any words other than the remembrance of Allah, He says, 'Ok come here you have a place to sleep you have food come, come" and they come into your house. Because the Jinn can see us while we cannot see them, the Prophet Muhammad (sallallahu alaihi wa sallam) taught us many ways to protect ourselves from their harm, such as seeking refuge in Allah from the accursed Satan: "And say, "My Lord, I seek refuge in You from the incitements of the devils. And I seek refuge in You, my Lord, lest they be present with me." (Quran Al Mu'minun 23:97-98)

#### **Initiating Marital Life with Salah**

Abdullah Ibn Mas'ood (may Allah be pleased with him) said: "On your wedding night; that is on the night when the marriage is to be consummated for the first time; and before intercourse, do two rak'as and ask your wife to follow suit behind you, and say the following invocation: Allaahumma barik li fi ahlee, wa barik lahum fiyya, Allaahumma ijma' baynanaa ma jama'ta bikhayr, wa farriq baynanaa idhaa farraqta bikhayr. O Allah! Make my wife blessed for me and make me blessed for her. O Allah! If You unite us, unite us on what is good, and if you separate us, separate us on what is good. (Transmitted by At-Tabarani and classed by Al-Albani as authentic.)

#### **Protection from the Satan before and after the intercourse**

It is narrated by Imam as-Sadiq (may Allah be pleased with him): "Whenever a person makes love to his wife, Satan is present. Then, if the name of Allah is remembered, Satan goes far from there, but if the act occurs and the name of

Allah is not remembered, Satan takes part in that he is one with the sperm". Say Bismillah before the intercourse and following Dua to be protected from Shaytan. Ibn 'Abbaas (may Allah be pleased with him) reported: "The Prophet said: "If you say the following invocation during sexual intercourse, and a baby is conceived, Satan would never harm that baby." "O Allah! Keep us away from Satan and keep Satan away from any blessing you bestow on us." (Bukhari (Fath Al-Bari: 1/291) and Muslim.) Jinn can take part in sexual intercourse with his wife if they did not say Bismillah and the above invocation. Pregnancy issued from Jinn-Human sexual life may give disabled children. After intercourse, the total body purification, Ghusl, is obligatory as Jinn is attracted by the semen and vaginal humidity.

#### **Make Wudhu (purification) before going to bed, recite Ayatul Kursi**

Make Wudhu (purification) before going to bed, recite Ayatul Kursi

#### **Ignore Satanic whispers (waswasah)**

The unwanted obsessive thoughts are called waswasah, whispered into the minds and hearts of people by Shaytan. "Say: 'I seek refuge with Allah, the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whispers of the Devil, who whispers in the hearts of men" (Quran, a Nas 114). And the Prophet Muhammad (sallallahu alaihi wa sallam) said: "Shaytan comes to one of you and says, 'Who created so-and-so and so-and-so?' till he says, 'Who has created your Lord?' So, when he inspires such a question, one should

seek refuge with Allah and give up such thoughts" (Bukhari and Muslim).

#### **Constant remembrance of Allah through Dhikr**

We should use Allah's remembrance (Dhikr) to ward off waswasah. Al-Nawawi (may Allah have mercy on him) said that "when the Shaytan hears Dhikr (remembrance of Allah) he slinks away, and Laa ilaaha ill-Allah is the best of Dhikr, and the most effective remedy for warding off waswasah is to remember Allah a great deal." So, do a lot of remembrance (adhkar), the remembrance of the morning and evening, for entering the house, exiting the house, entering the toilet, exiting the toilet, entering the mosque, exiting the mosque, before driving your car etc. "Verily, in the remembrance of Allah do hearts find rest." (Quran, Ar-Ra'd 13:28) "And whoever is blinded from remembrance of the Most Merciful - We appoint for him a devil, and he is to him a companion. And indeed, the devils avert them from the way (of guidance) while they think that they are [rightly] guided." (Quran, Az-Zukhruf 43:36- 38) "And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind." (Quran, Taha 20:124)

#### **Faith and Trust in Allah**

"And whoever fears Allah and keeps his duty to Him, He will make a way for him to get out (of every difficulty). And he will provide him from (sources) he never could imagine" (Quran, At- Talaq: 2-3). "So, when you intend to recite the Quran, seek refuge with Allah from Shaytan, the outcast. Verily! He has no

power over those who believe and put their trust only in their Lord (Allah). His power is over those who obey and follow him (Shaytan) and those who join partners with Allah” (Quran A Nahl 16:99-100). “Indeed, over My (believing) servants there is for you no authority. And sufficient is your Lord as Disposer of affairs.” (Quran, Al Isra 17:65) “And Iblees had already confirmed through them his assumption, so they followed him, except for a party of believers. And he had over them no authority except (it was decreed) that We might make evident who believes in the Hereafter from who is thereof in doubt. And your Lord, over all things, is Guardian.” (Quran, Saba 34:20,21) “Say (O Muhammad): “Verily, my Salah (prayer), my sacrifice, my living, and my dying are for Allah, the Lord of the Alamin (mankind, jinn and all that exists).” (Quran, Al-An’aam 6:162)” Truly, Allah defends those who believe.” (Quran, Al-Hajj 22:38)

### **Feared Allah and not His Creation**

“Satan threatens you with poverty and orders you to immorality, while Allah promises you forgiveness from Him and bounty. And Allah is all-Encompassing and Knowing.” (Quran, Al Baqarah 2:268) “That is only Satan who frightens (you) of his supporters. So, fear them not, but fear Me, if you are (indeed) believers.” (Quran, Al- Imran 3:175) The Prophet (sallallahu alaihi wa sallam) said to ‘Umar ibn al-Khattaab: “So the Shayateen - the Jinn, they are scared of the Believers, but they have a sense, they can feel the fear and fright of mankind. So, if you become scared of Jinn, they become brave and they start scaring you.” The Jinn are a creation that fears the Believers most. “Say, “Indeed,

my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds.” (Quran, Al-An’am 6:162)

### **Obtaining Islamic knowledge (from the Right Sources)**

Taking heed of Satan’s ways and becoming aware of his plans and goal can help us to be alert to his influence or persuasion and keep our defences up. Imam Shafai said: “All humans are dead except those who have knowledge; and all those who have knowledge are asleep except those who do good deeds; and those who do good deeds are deceived except those who are sincere; and those who are sincere are always in a state of worry.”

### **Taking refuge and shelter in Allah**

“And if an Evil whisper comes to you from Shaytan (Satan), then seek refuge with Allah. Verily, He is All-Hearer, All-Knower” (Quran, Al-Aaraf: 200) This is what the Prophet (sallallahu alaihi wa sallam) did with the devil who put a flame of fire in his face, he said” I seek refuge in Allah from you, and I curse you with the curse of Allah.” He said that three times.

### **When Night comes as the Shayateen are Active during the Night**

It was narrated from Jaabir ibn ‘Abd-Allaah (may Allah be pleased with him) that the Prophet (sallallahu alaihi wa sallam) said: “When the wings of the night spread or when evening comes – keep your children in, for the devils come out at that time. Then when part of the night has passed, let them go. And close the doors and mention the name of Allah (Bismillah), for the

Shaytan does not open a closed door. And tie up your waterskins and mention Bismillah, and cover your vessels and mention Bismillah, even if you only put something over them, and extinguish your lamps.” Narrated by al-Bukhaari (3280) and Muslim (2012): “Cover vessels, tie up waterskins, close doors and extinguish lamps, for the Shaytan does not loosen waterskins or open doors or uncover vessels.”

### **Islamic etiquettes and manners (code dress, lower the gaze) as a protection against Evil**

The Hijab is a key element for protection against the Evil Eye. And since women are most likely to be afflicted by it, then it is one of the reasons why Allah (subhanahu wa ta’ala) made the Hijab obligatory and that’s why it is forbidden for believing women to display any of their beauty in front of non-mahrams (any person that a woman can marry). “And tell the believing women to reduce (some) of their vision and guard their private parts and not expose their adornment except that which (necessarily) appears thereof and to wrap (a portion of) their headcovers over their chests and not expose their adornment except to their husbands, their fathers, their husbands’ fathers, their sons, their husbands’ sons, their brothers, their brothers’ sons, their sisters’ sons, their women, that which

their right hands possess, or those male attendants having no physical desire, or children who are not yet aware of the private aspects of women. And let them not stamp their feet to make known what they conceal of their adornment. And turn to Allah in repentance, all of you, O believers, that you might succeed.” (Quran, A Noor 24:31) Do not stay in a state of impurity for a prolonged period.

### **Do not stay in the state of impurity for a prolonged period**

Purification, Wudhu and Ghusl, and clean clothes, clean house protect from the Evil

### **Conclusion**

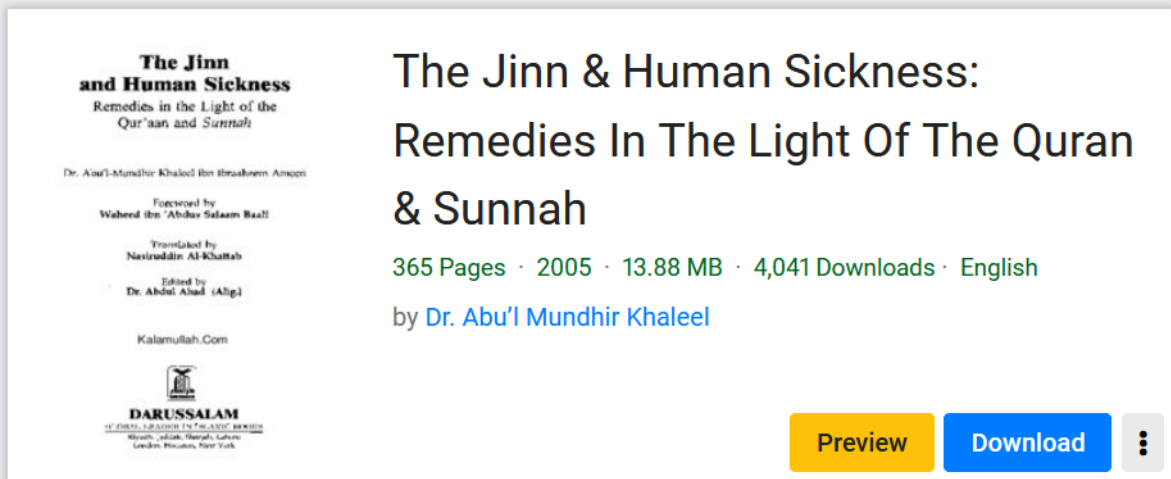
Knowing the Unseen World is important to be protected in this life and to avoid eternal life in the Hellfire. Protection and cure are only from Allah. Ruqya and Negative Ions are the best treatment for any illness and Infertility which should be done first intention and on daily basis. “And God said, ‘Oh humankind! Be dutiful to your Lord, who created you from a single person (Adam) and Him (Adam) He created his wife (Eve), and from them both He created many men and women.” (Quran, A Nisa 4:1) “And put your trust in Allah Alone; and enough is Allah as a Disposer of affairs.” (Quran, Ahzaab 33:3)



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Learn more about Jinn possession and non-physical sickness with this book



**The Jinn and Human Sickness**  
Remedies in the Light of the Qur'an and Sunnah

Dr. Abu'l-Mundhir Khaleel Bin Ibrahim Amoon

Foreword by  
Wahed ibn 'Abdus Salaam Baali

Translated by  
Nasiruddin Al-Khattab

Edited by  
Dr. Abdul Ahad (Aligi)

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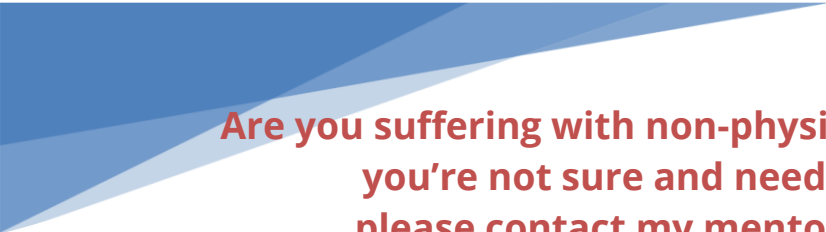
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**Master Ali's final words – Knowledge and awareness is the key to defeating the jinn and preventing them from possessing or causing harm to you or your family. The more you know of your enemy the more ready you are to defend yourself. What is also important is to educate your children as well.**

In some cases, the possession may be severe and if you don't have the knowledge you will need to seek help from those that do. They can help separate the jinn from you and once that is done, your health can begin to recover. Finding the right person may or may not be easy, depending on where you live. Unfortunately, some try to profit from you by using means of trickery and deception just to take your money, so please be careful of whom you ask for help and try to get references if at all possible. Some of these people may help you for free, some may ask for a donation or some will tell you in advance how much their fee is. As I mentioned the above pages are a very good starting point to dealing with a Jinn possession and sickness and recovery but the knowledge does not stop here, continue the learning.

And hold on to the thought that even though the jinn can affect my body, it cannot affect my soul. The soul is very strong and your thoughts originate from the soul. So never feel defeated and you can overcome any and every adversity with the help of Almighty God.



**Are you suffering with non-physical issues or maybe you're not sure and need someone to check? please contact my mentor, he can assist you. Serves both Muslim and Non-Muslim**

**DR. MOHAMED RASHIDINZ**

+6588197599 (whatsapp)  
drmohdrashidinz@gmail.com

\* Please note, Dr. Rashidinz does charge if your situation requires further treatment or assistance. Contact him with your issues and he will advise you from there. I know Dr. Rashidinz personally and I am also a student of his, he is the most knowledgeable and experienced person that I know of in this field. Thank You Master Ali.

## Section X: Health Fact Checks

### Health Fact Check #1: The Great Cholesterol Lie.

(If you know someone who is taking medication to lower their cholesterol, please forward this Health Fact Check to them.)

We've all heard it so many times to maintain low cholesterol. So, I found this website that gave 11 points on lowering your cholesterol.

1. Oats. An easy first step to lowering your cholesterol is having a bowl of oatmeal or cold oat-based cereal like Cheerios for breakfast.

Of course, they don't tell you that you'll need to eat 30 bowls of oats just to lower your cholesterol for the day nor that Cheerios is loaded with white sugar.

So, no need to list the rest of the 11 points, if their first point is already bad advice.

We know that Oats are no good for humans, let alone Cheerios. So please stop eating oats and oatmeal.

Everything you've been told about saturated fat and cholesterol being bad for your health is wrong. Consuming

### Here's the Truth - Cholesterol Is Vital, Not Evil!

Once you see how this colossal error began and is allowed to continue, you'll understand that cholesterol is essential for human life. It is manufactured by the body and if you don't get enough from the foods you eat, your body will

natural foods rich in saturated fat and cholesterol should be your number one source of calories. Believe it.

How did the war on Cholesterol begin?

Back in the late 40s, scientists and researchers assembled in Framingham, NY to study the cause of, and hopefully find a solution for heart disease.

This group, known as the "The Framingham Study" made some headway into discovering some things that contribute to heart disease. Then, in 1961, they stumbled upon cholesterol and with incomplete "faulty" research, lacking in scientific fact, became so convinced they found the answer, other research was disregarded and tunnel vision set in.

Unfortunately, this "tunnel vision" blinded researchers and regulators from the truth that was right in front of them and big drug companies and special interest lobby groups used these findings to capitalize on their greed.

Soon after, the low-fat theory was born and the Food Pyramid followed that promoted manufactured, low-fat foods filled with sugar, promoted starches all of which the human body was never designed to process.

manufacture its supply. That's how important it is.

Countless clinical studies have shown that lowering the amount of cholesterol in your diet has little to no effect on the amount that ultimately circulates through your blood stream.

But, despite an overwhelming collection of evidence, we still cling to the notion of a low-fat, low-cholesterol diet, and the idea that heart disease is a result of too much cholesterol floating through arteries.

Why? Because we are bombarded with statin drug commercials, mass media, marketing hype and doctors who insist cholesterol must be lowered.

So even with the cholesterol theory of a low-fat, low-cholesterol diet has been pushed for decades, the facts, which are proven time and time again, say Heart disease deaths continued to soar throughout all these decades reaching epidemic proportions.

All of the high-profile government funded research and programs placed a significant part of the blame for heart disease on cholesterol in the arteries. And this is when the drug companies very quickly swooped in to influence the science in this field. They got their people on FDA panels, and they were part of creating the "National Cholesterol Education Program." The standard of care for "high cholesterol" then became the treatment of cholesterol levels with medication and a low-fat diet.

The National Cholesterol Education Program also led to simplified and arbitrary numerical standards for measuring healthy cholesterol levels. These were recommendations for a Total Cholesterol of below 200 and LDL Cholesterol below 100. It also recommended a low-fat diet and prescription-based statin drugs for treatment. Doctors were then bound by this standard of care.

Regardless of its merits, it became the standard medical practice to treat "high cholesterol" with statin drugs and to recommend a low-fat high-carb diet. So, physicians today have no choice but to recommend treatment with statin medications for anyone with elevated cholesterol. Otherwise, treatment would be considered below the standard of care; not a good position to be in when considering medical malpractice insurance.

It is within the context of faulty science, the prevailing standard of care, poor nutritional education and powerful vested interests that the primary means of treating "high cholesterol" became a class of drugs called statins.

Before statins, it was very difficult to lower cholesterol levels with medication. But with the development of this new class of drugs in the early 1990's it became possible to lower cholesterol levels by 30–40% in short order. In other words, take a pill and empirically lower a "bad" number. This makes for very easy treatment and verifiable numerical results.

Statins have also become enormously profitable for all who promote their use as a means to lower cholesterol. In the mid-1990s, Pfizer Pharmaceuticals introduced the cholesterol-lowering statin drug Lipitor (atorvastatin). It hit the marketplace with a bang, quickly becoming the most profitable and best-selling drug in the history of the world. Yes, the same Pfizer who is making the Coronavirus vaccine.

Based on the billions of dollars in annual revenue generated by what so many people describe as magic pills for

heart health, other drug companies quickly jumped on the statin bandwagon.

Here's a reality check for people who are taking a statin drug. These drugs will artificially lower your cholesterol levels, but they will not prevent a heart attack, stroke, or cardiovascular disease.

Statins have become a doctor's first line of defence even though these drugs while being touted as a grand cure-all, have done nothing to stop the rise of heart disease.

The bottom line? If you have high cholesterol but have no heart disease and have never experienced a heart attack, there is no compelling evidence that you should be taking a statin drug.

In addition, statins are considered by many health professionals to be extremely dangerous and have many side effects such as fatigue, muscle soreness, joint soreness, memory loss as well as a weakening of mental focus. There have also been studies that

demonstrate a relationship between statin usage and an increased likelihood of diabetes and Alzheimer's.

Based on the side effects and the fundamental metabolic pathways that are interrupted by these statin drugs, probably 100 percent of people taking them experience side effects, they just might not be aware of them yet. These statins are disrupting their metabolism and negative things are going on.

The effects of cholesterol on memory are fully documented. Cholesterol is vital for both the formation and function of each memory synapse in our brains. As thousands of people can testify, when you have no cholesterol, you have no memory.

Now that I have sparked your interest on Cholesterol being essential for the body, it is important that you learn what the real cause of heart disease is. Follow the research and click on the link below to watch these videos to learn and understand more and find out the real culprit behind heart disease.



## **Health Fact Check #2: Low Cholesterol is DANGEROUS!**

We have been led to believe that the lower the better when you're talking about total cholesterol levels, right?

Despite what you have been led to believe, cholesterol is one of the most important substances inside the human body. There is no such thing as “good” and “bad” cholesterol. These are bogus, fictitious terms. Cholesterol, LDL (low-density lipoprotein) and HDL (high-density lipo-protein) are so essential to life processes that your body is not capable of functioning without them.

LDL and HDL are not cholesterol, they are lipoproteins, transport mechanisms for cholesterol. Cholesterol is either transported to the tissues from the liver (LDL) or back to the liver from the tissues (HDL). LDL carries cholesterol to the peripheral tissues so that the cells can use cholesterol for all of the body's essential life processes such as cell membrane integrity, hormone synthesis, anti-inflammatory activity, bile production and fat digestion.

In 1994, the "American Heart Association Task Force on Cholesterol Issues" published a ground-breaking report about a link between total cholesterol levels of less than 160 mg/dL and an increase in deaths from trauma, some types of cancer, hemorrhagic stroke, and respiratory and infectious diseases. Since then, most additional research links very low cholesterol levels to an increased risk of depression, suicide, anxiety, impulsivity and aggression in men and women, adolescents and adults alike.

A study conducted in the late 1990s at the Duke University Medical Center found that otherwise healthy women with cholesterol levels below 160 mg/dL were more likely to show signs of depression and anxiety than women with normal or high cholesterol levels. Researchers in the Netherlands published a study in 2000 showing that middle-aged men with low cholesterol are more likely than other men to have symptoms of severe depression.

More recently, a study published in 2009 in the "Journal of Psychiatric Research" found that men with very low total cholesterol (165 mg/dL) and depression were at very high risk for premature death from unnatural causes: Men with low total cholesterol plus symptoms of depression were seven times more likely to die prematurely from suicides, drug overdoses, and accidents and injuries than those without those markers.

Cholesterol levels and mood disorders may be connected by a link between low cholesterol concentrations and low levels of the brain's chemical serotonin. Serotonin is a neurotransmitter that helps elevate our mood. Low levels are associated with depression, anger, sleep loss and other mood disorders. Cholesterol plays an important role in how our body handles neuron function - a body needs a certain amount of cholesterol circulating in its system to keep our neurons firing normally. Too little cholesterol in the body alters the way our nerve cells function.

The cultural dogma is that cholesterol is an evil villain that needs to be eradicated for true health. Given the unflagging efforts of the Medical

Establishment over the last few decades to lower cholesterol and the corresponding media saturation of food and drug promotions boasting cholesterol-lowering effects, it is understandable that most consumers are not concerned about having cholesterol levels that are too low. Clinical practices appear to uphold the belief that “lower is better”, regardless of significant evidence to the contrary. Opposing reports from aggressive cholesterol-lowering methods suggest that, for many patients, the potential cardiovascular benefits may come with unforeseen risks to mental health and behaviour. As a matter of fact, in 2012 the FDA was compelled to require black-box warnings on statins as a result of clinical trial outcomes indicating dangerous effects on cognition and psychological symptoms. Further research suggests that while statin

### **Cholesterol's Role in Mental Health**

A significant connection between low cholesterol and poor psychiatric health has been emphasized through decades of observational and retrospective research studies. Correlations with substance abuse, eating disorders, depression, and suicide strongly imply that cholesterol status influences mood and behaviour. Inadequate cholesterol levels may represent a shared etiological factor between these conditions and explain the overlapping continuum of pathology.

Some researchers believe that cholesterol acts as an antioxidant. This is the likely explanation for the fact that cholesterol levels tend to go up with age. As an antioxidant, cholesterol protects us against free radical damage that leads to heart disease and cancer.

drugs and other cholesterol-lowering agents have improved mortality rates for cardiovascular disease, total mortality has not experienced similar reductions, reflecting a rise in death by suicide or other consequence of mental disorders.

Cholesterol is a critical component of human biochemistry; indeed, it is so important that it is regularly synthesized by the liver and other organs throughout the body and is continuously recycled. As a key structural constituent of cell membranes, cholesterol is essential for intracellular transport and communication, including signalling between neurons. Synthesis of several hormones and Vitamin D also depends on cholesterol, providing additional clues to the connection between cholesterol and brain health.

In conclusion, cholesterol is vital to proper neurological function. It plays a key role in the formation of memory and the uptake of hormones in the brain, including serotonin, the body's feel-good chemical. When cholesterol levels drop too low, the serotonin receptors cannot work.

Many people who feel perfectly healthy suffer from high cholesterol—feeling good is a symptom of high cholesterol! So, the next time, the Doctor asks for your blood sample to check your cholesterol levels, in a polite but firm voice, tell him, thank you but my cholesterol is not your concern Doctor. Have a Nice Day!

The above is only for you to wake up and realize that Doctors have been brainwashed by the Medical Establishment to convince you in

lowering your cholesterol levels. Even their scaling and measuring for HDL and LDL, I would not trust and believe, as they do not have your best interest in mind so how can you believe anything that they tell you?

So, you can now see their dangerous game. Lower your cholesterol, you

develop, Alzheimer's, depression and other neurological disorders, heart problems, liver problems, and other diseases such as cancer.

Can you now see why you've become a lifetime customer of Big Pharma?

The video below will confirm what I have said above.

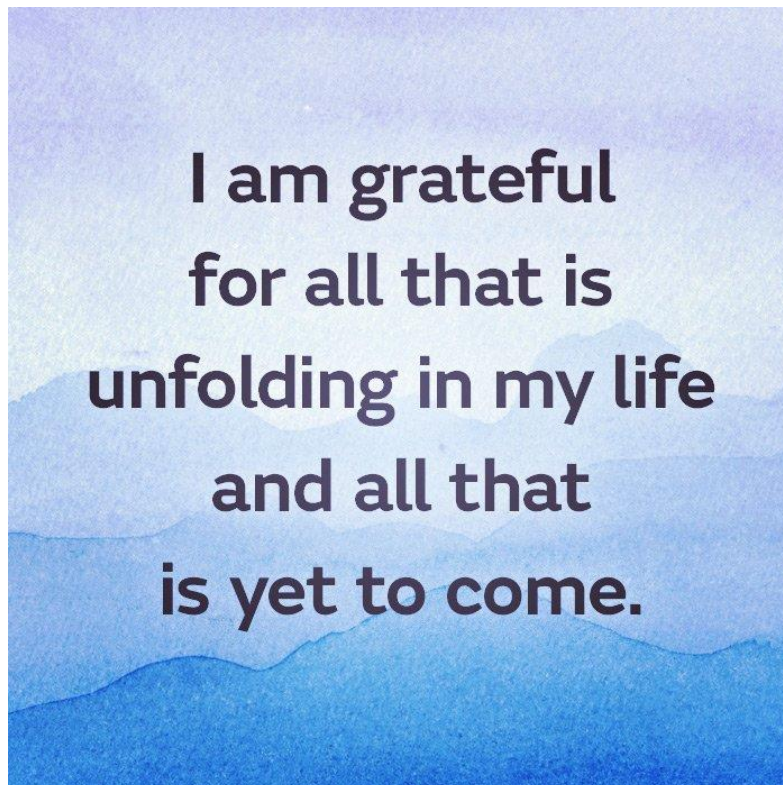


### Low cholesterol is dangerous - Dr. Natasha Campbell-McBride

The World Foundation for Natural Science • 82K views

For the last 40-50 years, we have fought against "bad" cholesterol and "evil" fats. Dr Natasha Campbell-McBride explains how useful...

<https://www.youtube.com/watch?v=NHsog5IKg6Y>





### Health Fact Check #3: Dangers of eating Oats Every day.

We've always been told to eat oats. It will lower your cholesterol and is good for your heart...etc.

Well, that's a lot of rubbish. We have been lied to. Eating oats every day does nothing good for your body other than making you fatter and weakening in health.

Enjoy the video and take care of your health.



WHAT WILL HAPPEN if You Eat Oatmeal Every Day? (Shock...  
KenDBerryMD ✓ 790K views

We see ads for "Heart-Healthy" Oats all the time. But is this actually true? What would happen if you eat oatmeal every day? Would it...

<https://www.youtube.com/watch?v=bzXqoY7SKcw>



## Health Fact Check #4: Acidity vs. Alkalinity: The 30 Year Great Lie

### Acidity vs. Alkalinity Life and Death

**The Pharmaceutical industry and those that work for them**, the medical people, have an agenda. They have to make billions this year and every year and most of the medical doctors have houses and boats and beautiful cars to support them. So, they have muddied the water concerning health in many areas and created sickness and death. Acidity and Alkalinity are one of their areas of deception. Anything they can do to help people be sick, without being caught, is what the pharmaceuticals push and not all doctors, but many of them do too. Some of them write books and pretend to be alternate health people.

But in each area that they use against man, the truth is evident and easy to find, but Big Pharma and the medical people push the lies knowing that the vast majority of mankind will never question their lies. Although everyone knows doctors are just men, still they are revered and believed almost as if they are gods. Our Church wants to bring the facts to mankind, so the question is, will you believe them or will you take some time to check out what we say?

You may remember a few months ago when Kim Tinkham was interviewed on Oprah Winfrey's television show. Kim became famous after being questioned by Oprah concerning the Secrets movie mainly because Kim stated that the Secrets movie had encouraged her to go follow the teachings of Robert O. Young who continues to push the alkaline theory. Well, it is very sad to report that

Kim Tinkham has died of that breast cancer that she was trying to handle with the alkaline health theory. Because of all those who email and call me, I have known of others who died while on the alkaline health theory. [ 3 ]

Now, Mark and I want to talk to you about Acidity vs. Alkalinity. Don't believe us. We don't want you to. Check out what we say. The data is on the internet and we reference most of what we say and you can find references to almost anything we say. Be careful that you don't go to sites that promote the Acid-Alkaline theory without showing you actual scientific references to their theory. Use Google and enter anything you want to look up but look for the scientific information. If you read on you will understand how the body's acid-alkaline system works and you will see that it cannot be changed. You will see how pathogens that cause disease live in the body. You will see how the actual functions and the chemistry of the body allows for only one factual truth. There simply is no way around the facts.

We are just looking to show **facts** and not trying to defend any certain dietary way of life. There is a lot of debate among the alternate health community regarding regulating the pH of the body, i.e., to make it alkaline or acidic. We want to show a little bit about how amazing the body is and how exacting it remains concerning pH. The only time the body is completely alkaline is when it is dead! The reason is there is **NO OXYGEN** because the respiratory system has stopped.

(pH is a math figure telling if a condition is acid or alkaline. Figure 7 represents a neutral point that is neither acid nor alkaline. All figures below 7 are acid and all figures above 7 are alkaline.)

**The body maintains proper pH in the blood through a complex system of Oxidation and the chemical carbonate (CO<sub>2</sub> and other chemicals).**

You will breathe out either more or less CO<sub>2</sub>, depending on whether the blood is being pushed in an alkaline or acidic direction. When your blood is being led in an acidic direction, your breathing increases to release more CO<sub>2</sub>. When the system is being led in an alkaline direction, for example when one is lying down, the body can regulate by slower breathing, but mainly it will begin to add excess alkalinity to the urine. Your urine becomes alkaline in the face of excess alkaline foods. But eating a lot of alkaline foods changes nothing else. The alkalinity in the entire rest of the body does not change at all. But don't take our word for it; just follow the basics given here. It cannot be otherwise.

Each organ of your body maintains an exact pH of somewhere close to the pH of the blood. There is no large variation, nothing varies more than 1% up or down. Each organ is maintained at the exact pH that is necessary to do its function in the body. This pH level cannot be changed without changing the function of the organ.

The body works hard to maintain a normal blood pH between 7.35 and 7.45, a fairly tight range. And pretty much nothing you do is going to change that. So, you can't acidify or alkalize your body. Your body requires a rather tight pH in the blood (and equally tight,

though slightly varying pH in other systems). If you acidify or alkalize your blood, you will quickly run into some serious issues, regardless of which way you take it, that is if you could, but you simply can't acidify or alkalize your blood as the body prevents that from happening.

It doesn't change things when you eat highly alkaline foods or when you eat highly acidic foods. Your upper and lower stomach works on the foods and adds hydrochloric acid until all of the alkalines are neutralized and become acidic and are broken down for digestion and until the acidic foods are broken down as well. You simply cannot make your stomach alkaline. This is nature at work making it so that you can eat almost any kind of food and still survive.

There are probably 100 sites that tell us that the blood must be maintained at a pH of between 7.35 and 7.45 (see next paragraph for an explanation of pH). That is a well-known fact. Nobody or no site disputes this because there is too much science behind that data. There are probably many sites that will also talk about how the blood must be maintained at an acid-alkaline balance and that it is important that you eat to maintain that balance.

**This is where they show that they do not know what they are talking about.**

There is no acid-alkaline balance in the blood. (pH is the measurement of acidity- alkalinity of liquids. The neutral point of pH is 7. Below 7 is acidic and above 7 is alkaline.) Again, look it up, just put pH in the search engine (Google

or others). [ 1 ] The blood is not maintained at an acid-alkaline balanced condition but rather at the alkaline figure of 7.4 and it can change only .05 pH up or down; that's less than 1%. And it stays that way no matter what you eat. [ 4 ] You cannot change it by eating anything, except maybe some kind of poison, but in that case, you would be dead. And if you did create an acid-alkaline balance in the blood you would be dead in minutes. An acid-alkaline balance is where the blood would have acidity balanced against alkalinity. In other words, the blood would have to be maintained at exactly 7. That is the only point where there is acidity on one side and alkalinity on the other side giving you an acid-alkaline balance. But again, if the blood were reduced to pH 7 it would kill you or make you sick. [ 5 ][ 2 ]

You see, the blood is still alkaline on both sides of pH 7.4. For example, 7.2 which is below 7.4 is still an alkaline pH number. And so would the number 7.1 also be alkaline. Likewise, 7.5 which is above 7.4 would also be alkaline. So, the blood is maintained at an exact slightly alkaline pH of 7.4 and there is no acid here that would create an acid-alkaline balance. It is not balanced against acidity at all. [Again, just put blood pH into any search engine.]

**Hypochlorous acid**, (not the same as stomach acid) which is that acid that the body creates to kill diseases, is ineffective at anything higher than a pH of 8, but that is rather a moot point as the body never gets to a pH of 8. However, hypochlorous acid still works at the alkaline level of the blood, which is pH 7.4, and it works on all the lower pH levels of the body. Hypochlorous

acid works best at lower pH levels below 7. [ 6 ] MMS works from the alkaline pH level of 8 and down to the lowest acid pH level in the body.

Remember acids and alkalinity are opposites and they destroy one another. But tell me what thing in the body would you change to an alkaline pH or make it more alkaline? Remember everything below 7 is acidic. The saliva is normally acidic but it can be changed by what you eat to alkaline for a few minutes, the stomach is 4 to 6.5 pH, the lower stomach is 1.5 to 4 pH, and the small intestines are 4 to 6 pH except when you eat something and when the food enters the small intestines the pancreas releases an enzyme that changes the food to alkaline (above 7). So that always happens, but by the time the waste gets to the large intestines (the colon) it is again acidic. The small intestines are again acidic as soon as the waste passes through and the food is absorbed into the body. [ 7 ]

So, all of these would quit working if you forced them to be alkaline including the small intestines. So, what are we going to make alkaline or more alkaline? In the alkaline theory, if you have cancer, you can kill it with alkali. But you can't change the blood so how are you going to get the alkaline stuff to cancer? You can drink alkaline water and stuff baking soda down until your digestive system quits working, but you still won't change the pH of the blood. So, you see? The logic just isn't there. The blood, the skin, the body tissues and every organ are fixed at a certain pH and you just can't change them by eating differently, and if you could change them, you just might kill yourself. Nature made the body that way, the pH of each organ is what it is

supposed to be to do its job and the automatic system of the body maintains it that way. [ 8 ] [ 9 ]

You could use intravenous (IV) injection to have your veins carry the baking soda (alkalinity) to cancer if you so desired, but the baking soda doesn't make your blood alkaline. The baking soda doesn't penetrate the red blood cells or the white blood cells. But we have heard that cancer was injected with baking soda and it helps overcome cancer. We wouldn't say don't try. But when putting baking soda into the veins, be sure you know exactly what you are doing because you can kill someone by using baking soda in the veins. It causes bubbles in the blood that can kill you. The millions of little bubbles that baking soda creates to cause the cake to rise, can also cause problems with the blood.

The pH of the skin and tissues is about the same as blood, and why wouldn't they be, they are serviced by the blood. The organs of the body maintain a pH of about the same as blood or very close to blood. Everything is either alkaline, the same as the blood, but no more than 1% different than the blood and the body maintains it that way, except of course the digestive system which is mostly acidic. It must remain acidic as it will not work otherwise. The fact is all of the body except the digestive system is slightly alkaline already, and it cannot be changed. [ 8 ] [ 9 ]

So, you can eat vegetables, eat meat, drink Coke, smoke a cigarette, and have an ice cream sundae and you will not change the pH of the blood one iota nor anything else in the body except the urine. Your body must work using different things to maintain this slightly

alkaline blood condition and that can change the pH of your urine, and the amount of carbon dioxide that you breathe out. When your urine changes to alkaline that merely indicates the body is off-loading things that are too alkaline for the body. The opposite is true when you breathe out more carbon dioxide. And you can change the pH of your saliva by what you eat. So, no one has proven that changing the pH of the saliva will affect the blood or any other condition in the body, it has proven the opposite. So, when you change the urine to alkaline that means only that by eating alkaline items you have eaten so much that the body can no longer handle all the alkalinity that you are eating and it must offload some alkaline material.

**THOSE UNHEALTHY THINGS THAT YOU EAT DO NOT CHANGE THE ALKALINITY OR ACIDITY OF THE BLOOD, BUT THAT DOES NOT MAKE THEM SAFE TO EAT.**

The stomach is so powerfully acidic that it makes everything acid. It doesn't matter how many alkaline vegetables you eat your stomach is still going to dissolve and make them acidic. Then at the beginning of the small intestines, the pancreas will release an enzyme that changes the acidic condition of all food to alkalinity. This same thing, the change to alkalinity, also happens to acidic food as well. Nothing escapes the alkalinity conversion as all food must be slightly alkaline to be absorbed by the body. This is required to be carried into the blood because the blood is slightly alkaline. But the alkaline condition of the waste material is changed back to an acid condition by the time the waste reaches the colon (lower intestines). [ 8 ] [ 9 ]

Oxygen is breathed in every minute of every day of our entire lives and that oxygen keeps us alive through oxidation. It is what generates the warmth of our body and kills many of the pathogens that seek to kill us. It destroys the poisons generated by various body functions and kills some of the heavy metals that prevent the proper function of our bodies. But, of course, oxygen isn't the only thing that kills harmful things. The acid in our stomach, the digestive hydrochloric acid, kills far more harmful bacteria and pathogens than any other thing in our bodies. All that we eat and drink goes through our stomach and thus is treated by the hydrochloric acid there. And again, nothing we eat can change the acid condition in our stomach. A handful of antacid tablets might change the acid condition for a few minutes, but not long, and you would have to eat quite a lot.

Then we would not live long without hypochlorous acid, (Note, this is different from hydrochloric acid), it is acid that our body generates to kill those diseases and harmful pathogens that slip through into various parts of our body. We could not live very long without this acid. But hypochlorous acid is ineffective at a pH of more than pH 8. So, you see (even though it isn't possible) we cannot afford to take the body to a very high alkaline condition because the acid that continuously kills those diseases that would otherwise kill us becomes inactive at an alkaline condition.

Andreas in Spain and we here on this side of the ocean have proven that when you bring the pH of an MMS or CDS solution up to 7 you begin to

weaken the oxidation qualities quickly. So, we never bring the pH up to 7, or higher until it goes into the body and then it will be subjected to the 7.4 pH of the blood and body. At that time, it is effective against all pathogens that might be in the blood and tissues and digestive system for about 1.5 hours. As given above, hypochlorous acid is effective as high as the pH in the body goes. So, you see both hypochlorous acid and MMS work at the low pH of the digestive system, and they are also effective against the entire rest of the body. This is only because all of the organs such as the heart and liver, and other parts of the body never go above the 7.4 pH plus 1%. Nothing in the entire body ever goes above a pH of 7.4 plus 1% which would be 7.474 pH. [ 10.]

There is, however, the stomach that does go downward in pH as low as 1.0 Both the natural hypochlorous acid and MMS will work over the entire range of the body pH from 1 to 7.474.

Do you begin to see how crazy the acid-alkaline theory is? You cannot change the pH of the body by eating special foods or vegetables or meat. This is just the way nature made the body prevent foods from changing the body's pH level. The functions of the various organs are critical. They simply cannot function at other pH levels, meaning they cannot function in a more alkaline condition than nature set them to function. You can change the urine as the body changes the urine to keep the blood at the correct pH level. Hundreds of sites tell you the blood must maintain an acid-alkaline balance, something that would kill you. It is only because thousands of people believe anything that the medical doctors write that we

wind up with really wrong data. People believe them and then use their data to write books and make up websites.

Hundreds of sites say that you must alkalize. They are wrong, but be careful, because the fact that the blood does not change does not mean you will stay healthy eating an unhealthy diet. Just because the blood pH does not change, you will not be kept healthy when eating the wrong things. You need to eat a proper diet. Once again some try to sell unhealthy theories to the world by deception. It would be nice if all you had to do to remain healthy was eat an alkaline diet. Once again the medical people can and do make billions treating people who get sick on this diet.

Now here is something you can check. I can't give you the reference for it because there is no reference. And that is you can check to see if there ever has been a clinical trial of any kind checking the workability of the acid-alkaline theory. In the more than 30 years that this theory has been pushed by alternate medicine teachers, there never has been a clinical trial, much less any trial showing that it works. Spend some time, and using a good search engine, no trials exist.

Do you understand why there has never been a clinical trial concerning the acid-alkaline theory? The theory has been around for about 30 years and still no clinical trials. As I said above the alkaline or acid condition of the body cannot be changed without killing the body. There is no way to do a test. Eat all the alkaline stuff you want, nothing but the urine is going to change and the saliva can only change for a short while. But you definitely will be able to change the

urine to alkaline by eating a lot of alkaline stuff. That only proves that the body must off load some alkaline stuff to keep from having too great an excess of alkalinity.

**Now about the idea that pathogens cannot live in alkaline environments:**

I am sure you understand that the theory that disease causing microbes cannot live in an alkaline environment is the whole basis for the acid-alkaline theory. The scientific word alkaliphile refers to microbes that live in highly alkaline environments. If you go to Google and put in the search line, alkaliphile microbes you will get a result of more than 72,000 pages listed. [Google alkaliphile microbes.] Starting at the very top you can read about microbes that can live in alkaline environments. But they cannot live in your body as they live at pH 9 and above, and nothing in your body ever even reaches 8 much less 9. So, they will never affect you as your entire body will always remain within 1% of 7.4 pH except for the urine. I just wanted you to know about them so you would know bacteria and microbes of all kinds do live in highly alkaline environments. [ [11](#) ]

The microbes that do exist in the alkaline environment of the body are called neutrophile microbes (not the same as neutrophil white blood cells) and they can survive at a pH of 6 to 8. There are hundreds if not thousands of disease-causing microbes that can live in an alkaline environment such as the body. Remember though, the body never goes to pH 8, nor does it go down to 6, but this is not important as these microbes will remain alive and in good health at the body's 7.4 pH with no

trouble. Thousands of disease-causing microbes can live at most any pH from 6 to 8. Your body makes an ideal environment for all neutrophile (disease causing) microbes. I might mention a couple of these diseases. There is Leukemia and Lymphoma which are blood cancers. Both of these diseases exist just fine at the 7.4 pH of the blood. If you wanted to kill these diseases using pH you would have to raise the pH of the body well above 8 which cannot be done without killing you. The acidic-alkaline theory's basic idea is that disease causing microbes cannot live in an alkaline condition,

**But just the opposite is true for all neutrophile microbes, which are all disease-causing microbes. All these disease-causing microbes can live at the alkaline pH of the body just fine.**

**I hope you understand this point as it is opposite to the acid-alkaline debate.**

You shouldn't need a reference concerning the fact that Leukemia and Lymphoma live at a pH of 7.4. They are blood cancers. They have to live at pH 7.4 as the blood is the only thing that is available to them, and they live just fine and kill or in some way destroy their host. [ [12](#) ] [ [13](#) ]

Again, the body pH remains within less than 1% of 7.4 and all of the neutrophile microbes including disease causing microbes can survive OK at that pH. So, your only natural hope is that the Hypochlorous acid created by the body will kill all of the disease-causing microbes that have survived to this point. But the body often doesn't have

enough Hypochlorous acid, especially if the disease already has a foothold.

Fortunately, you can now use MMS1 or you can add some Hypochlorous acid with MMS2. Then if you follow the protocol of hourly doses, you will destroy these diseases, whatever they might be. Of course, various antibiotics might be used, but diseases are rapidly developing resistance to antibiotics. The diseases cannot develop a resistance to MMS1 (chlorine dioxide) or MMS2 (the same acid that your body uses to kill diseases). So, your answer would be to go to [jimhumble.com](http://jimhumble.com), [genesis2church.org](http://genesis2church.org), or [mmswiki.org](http://mmswiki.org) and follow the hourly dose Protocol that fits your disease which would be protocol 1000 or 2000 to start, DMSO and so forth. There are also a host of other minor protocols that can be added as needed.

**Emotional responses:** In many places on the Internet where acid-alkaline is explained with reasonable scientific data and references, there are sometimes places to leave a comment, and there will be comments made with a great deal of emotion. The same is true about vegetarianism and most religions. It seems that these subjects are going to be believed by those who are determined to believe them. We have attempted to bring you the facts along with references that you can check, but it looks like you are going to have to determine what you are going to believe. Hopefully, you will look for the facts. We are just here to help you, but if you don't want to be helped that is certainly your right.

MMS has spread across the world to more than 100 countries in only about 7



years. More than 500 people from around the world have travelled thousands of miles to learn and become ministers of MMS. In most areas where MMS is used there is no argument about whether it works or not. The reason is that there are a lot of healthy people around that wouldn't otherwise be around. The acid-alkaline theory has been around for a good deal more than 30 years and if it really worked there wouldn't be dead believers like Kim Tinkham who followed the acidic-alkaline theory of Robert O. Young, as I mentioned earlier in this article. If the acidic-alkaline theory worked we really wouldn't need MMS.

If you go to Young's website you will see that he is extremely good at using dozens if not hundreds of great big medical terms, but that doesn't mean he is right, or that he knows what he is talking about. I'd like to point out that people who explain their theory to normal people don't have to use big scientific medical terms that none of us understand. They only use such big terms when they think they are snowing

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you or don't understand the terms either. Young and many others claim that this theory explains all diseases. If that is the case in 30+ years it should have gotten to the public. Don't you think there would be more than 500 ministers of the acidic-alkaline theory treating people around the world by now? (14,15,16)

### So, to sum it all up:

The Human Body is slightly alkaline, (7.35 - 7.45 pH) in every system, the blood, the body tissues, the brain, the skin, and everything except the digestive system which works from slightly to strongly acidic. This is how it is and these are facts! It doesn't matter how many people have written books stating how the body can be alkalized to bring health, the scientific facts simply show that changing the alkalinity by more than a tiny fraction would kill you. The science of neutrophile disease causing microbes proves that an alkaline environment will not harm them, but rather is what they need to survive.

- entire digestive system and it shows that the stomach is highly acidic and the small upper intestines are alkaline.
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  10. [sciencebasedpharmacy.wordpress.com/2009/11/13/your-urine-is-not-a-window-to-your-body-ph-balancing-a-failed-hypothesis/](http://sciencebasedpharmacy.wordpress.com/2009/11/13/your-urine-is-not-a-window-to-your-body-ph-balancing-a-failed-hypothesis/) More data
  11. [ncbi.nlm.nih.gov/pubmed/16277975](http://ncbi.nlm.nih.gov/pubmed/16277975) Alkaline pH Homeostasis in Bacteria: New Insights
  12. [textbookofbacteriology.net/nutgro\\_4.html](http://textbookofbacteriology.net/nutgro_4.html) Please note that neutrophils are hard to find because the spelling only adds an "e" at the end the word neutrophil, but this is the link to one of many web sites explaining neutrophils as disease causing microbes.
  13. [ehow.com/info\\_8618232\\_types-microorganisms-optimum-ph\\_.html](http://ehow.com/info_8618232_types-microorganisms-optimum-ph_.html) another website describing neutrophiles. Note: neutrophils are white blood cells. Note that the only difference in spelling is at the end of the word which indicates microorganisms.
  14. [nourishedmagazine.com.au/blog/articles/the-acid-alkaline-theory](http://nourishedmagazine.com.au/blog/articles/the-acid-alkaline-theory) more acidic-alkaline theory
  15. [en.wikipedia.org/wiki/Alkaline\\_diet](http://en.wikipedia.org/wiki/Alkaline_diet) more acid-alkaline theory
  16. more acid-alkaline theory

Written by Archbishop Jim Humble and Aided by Archbishop Mark Grenon

## Health Fact Check #5: Watching Television Is Something we ALL do to Relax at Times - But it is Worth Knowing that it Comes

Not just one, but two recent studies have concluded that watching TV can have serious repercussions. ***If you're over the age of 25, every hour spent in front of the TV cuts 22 minutes off your lifespan.*** That can equate to five years' worth if you watch TV six hours a day--which some people do. According to the Daily Mail, ***the average Briton spends four hours a day in front of the TV and Americans spend an average of five hours a day mesmerized by television.***

"TV viewing time may be associated with a loss of life that is comparable to other major chronic disease risks factors such as physical inactivity and obesity."

***In another meta-analysis, published earlier this summer in the Journal of the American Medical Association (JAMA), researchers suggest that spending just two hours a day in front of the TV raises your risk of developing type 2 diabetes and heart disease by 20 percent.*** Add another hour to your viewing time, and you also significantly raise your risk of premature death from any cause...

Now, when you consider that an astonishing 90 percent of American children under age 2 watch TV regularly, then the damage can start adding up over time. Many kids also have TV's in their bedrooms, which adds to the problem. It's a no-brainer that if your child has a TV in their room, they're going to spend more time watching it, but one study made that point clear, ***showing that having a TV in the bedroom increased viewing time by nearly nine hours a week.***

I recommend not letting young infants watch TV, strictly limiting viewing time for both children and teens--and banning TVs from your child's bedroom (which would also reduce the number of electromagnetic fields they're exposed to throughout the night). But the featured study clearly shows that TV viewing will likely cut your life short regardless of your age.

### TV Watching Takes a Toll on Your Health in Many Ways

This isn't the first time we've heard about how TV watching can harm your health. Numerous other studies have linked health - and mental problems to even modest amounts of TV viewing. One researcher, Dr. Aric Sigman, has identified a slew of negative effects he believes can be blamed on watching television: Obesity, Delayed healing, Heart trouble, Decreased metabolism, Damaged eyesight, Alzheimer's disease, Decreased attention span, Hormone disturbances Cancer, Early puberty, Autism, Sleep difficulties, Increased appetite, Limited brain growth, Diabetes.

Watching TV also has a major impact on your brain chemistry. ***The longer you watch, the easier your brain slips into a receptive, passive mode, meaning that messages are streamed into your brain without any participation from you.*** (This is an advertiser's dream, and likely one of the reasons why TV advertising--particularly ads directed at children and teens--works so well.)

Still, at the root of it all, you find that it's really about the dangers of living a sedentary, "couch-potato" kind of life. The Daily Mail quotes Sally Davies, England's Chief Medical Officer, as saying:

"Physical activity offers huge benefits and these studies back what we already know - that a sedentary lifestyle carries additional risks. We hope these studies will help more people realize that there are many ways to get exercise."

While Watching TV Takes Years Off Your Life, Exercise ADDS Years

Yes, even a modest amount of exercise has been shown to add years to your lifespan. **A study published just last month in The Lancet found that a mere 15 minutes of exercise a day can increase your lifespan by three years!** Those who got themselves moving for at least 15 minutes a day, or 90 minutes a week, also had a 14 percent reduced risk of all-cause mortality. Furthermore:

**"Every additional 15 minutes of daily exercise beyond the minimum amount of 15 minutes a day further reduced all-cause mortality by 4 percent, and all-cancer mortality by 1 percent.** These benefits apply to all age groups and both sexes, and those with cardiovascular disease risks. Individuals Inactive individuals had a 17 percent increased risk of mortality compared with individuals in the low-volume group."

Exercise is known to be effective in the prevention of diseases of all kinds, including cancer, which, naturally, will allow you to live longer. But exercise may also be imperative in the treatment

of serious diseases such as cancer. A new report issued by Macmillan Cancer Support argues that exercise should be part of standard cancer care. It recommends that all patients getting cancer treatment should be told to engage in moderate-intensity exercise for two and a half hours every week, stating that the advice to rest and take it easy after treatment is an outdated view.

### Research has shown that exercise can:

- Reduce your risk of dying from cancer
- Reduce your risk of cancer recurrence
- Boost energy and minimize the side effects of conventional cancer treatment

Ciaran Devane, chief executive of Macmillan Cancer Support is quoted as saying:

**"Cancer patients would be shocked if they knew just how much of a benefit physical activity could have on their recovery and long-term health,** in some cases reducing their chances of having to go through the gruelling ordeal of treatment all over again. It doesn't need to be anything too strenuous; doing the gardening, going for a brisk walk or a swim, all count."

Exercise as a Cancer Prevention Tool

**A previous study by Harvard Medical School researchers found that breast cancer patients who exercise moderately for three to five hours a week cut their odds of dying from cancer by about half, compared to sedentary patients.** Any amount of weekly exercise increased a patient's odds of surviving breast cancer. This

benefit also remained constant regardless of whether women were diagnosed early on or after their cancer had spread.

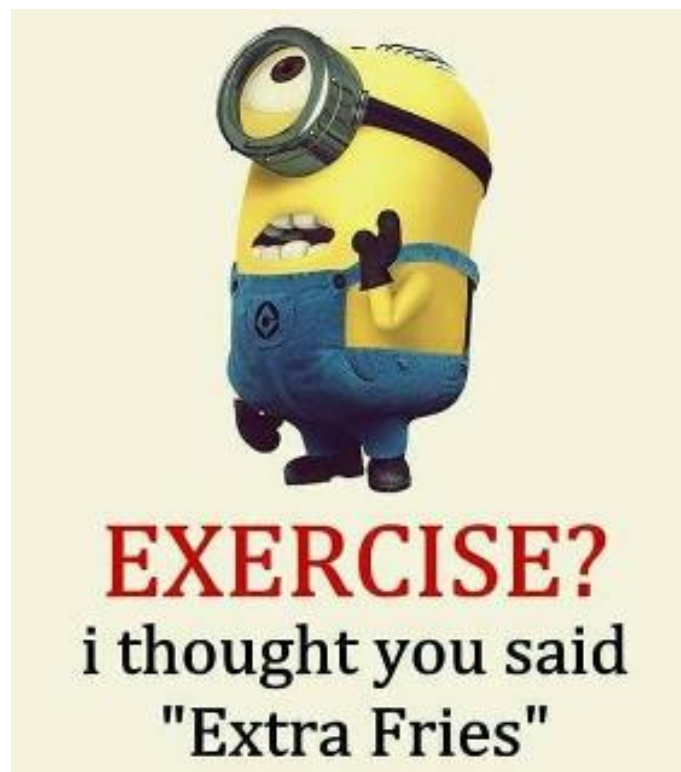
One of the primary reasons exercise work to lower your cancer risk is because it drives your insulin levels down, and controlling insulin levels is one of the most powerful ways to reduce your cancer risks. It's also been suggested that apoptosis (programmed cell death) is triggered by exercise, causing cancer cells to die.

***Exercise also helps lower your estrogen levels, which explains why exercise appears to be particularly potent against breast cancer.*** And if you're male, be aware that athletes have lower levels of circulating testosterone than non-athletes, and similar to the

association between estrogen levels and breast cancer in women, testosterone is known to influence the development of prostate cancer in men.

Then of course, exercise also improves the circulation of immune cells in your blood, whose job it is to neutralize pathogens throughout your body. ***The better these cells circulate, the more efficient your immune system is at locating and defending against viruses and diseases, including cancer, trying to attack your body.***

**All things are Fine in Moderation, but a little Exercise will do Wonders for One's Health - & what's more, you may even like it!**



## Health Fact Check #6: Bisphenol A - The Silent Killer

If you live in the U.S. and eat any packaged foods at all, you are probably also consuming the chemical **bisphenol A**, or **BPA**. Now, for the first time, scientists have made a startling discovery about the chemical that could help explain the epidemic of heart disease and diabetes in this country.

This chemical is bad news. It looks like the hormone estrogen. And when it gets into your bloodstream, you're in trouble. Extra estrogen will make you fat, slow and tired. It can even wipe out your sex life. If it stays in your blood long term it can trigger cancer or other diseases.

Previous studies have found **BPA causes precancerous conditions in kidneys and developmental problems in animals**. But new research, published in the September 17th edition of the Journal of the American Medical Association (JAMA), shows that humans could be walking time bombs of health problems due to "normal" exposures to BPA.

British researcher David Melzer, M.B., Ph.D., of Peninsula Medical School in Exeter, and colleagues measured the BPA found in the urine of 1,455 adults between the ages of 18 and 74 years, using data from the National Health and Nutrition Examination Survey (NHANES) which was gathered in 2003 and 2004. Then they looked at the health status of these people whom the scientists note in the JAMA report are "representative of the adult U.S. population".

The results? Dr. Melzer and his team found that average BPA concentrations, adjusted for age and sex, were higher in those diagnosed with cardiovascular

diseases and diabetes. **Even a slightly raised BPA concentration was associated with a 39 percent increased risk of having cardiovascular disease (angina, coronary heart disease, or heart attack combined) and diabetes.**

**Those with the highest BPA concentration had nearly three times the odds of heart disease and 2.4 times the risk of diabetes when compared with those with the lowest levels.** What's more, higher levels of BPA concentrations were also associated with abnormally elevated levels of three liver enzymes.

"These findings add to the evidence suggesting adverse effects of low-dose BPA in animals. Independent replication and follow-up studies are needed to confirm these findings and to provide evidence on whether the associations are causal," the authors said in a statement to the media. **"Given the substantial negative effects on adult health that may be associated with increased BPA concentrations and also given the potential for reducing human exposure, our findings deserve scientific follow-up."**

### But is it too little too late?

There was concern earlier this year that huge numbers of children were being exposed to BPA because it is known to leach out of hard polycarbonate plastics that are used widely in baby bottles, sippy cups and water bottles. The Department of Health and Human Services' National Toxicology Program released a report on the safety of the chemical and warned BPA could cause health and developmental problems.

**"Because these effects in animals occur at bisphenol A exposure levels similar to those experienced by humans, the possibility that bisphenol A may alter human development cannot be dismissed,"** the report concluded.

Last spring, consumers bombarded the U.S. Food and Drug Administration (FDA) with demands to know if BPA-containing baby and food products are safe. The government agency claimed to have investigated the matter. But, despite **dozens of animal studies showing the chemical is a danger to health, the FDA ruled in August there was insufficient evidence to support banning BPA from baby and food products.**

Mainstream medicine is now recognizing that the chemical contaminant is a real health concern.

In the JAMA editorial that accompanies the new BPA study, Frederick S. von Saal, Ph.D., of the University of Missouri, Columbia, and John Peterson Myers, Ph.D., of Environmental Health Sciences, Charlottesville, Va., point out that BPA production has reached about 7 billion pounds per year and the chemical has caused massive contamination. Why? Consider the fact that products containing BPA, like microwavable food containers, often end up in landfills and are dumped into the water ecosystem. **Already, Canada has declared the chemical to be a major worldwide pollutant.**

"The good news is that government action to reduce exposures may offer an effective intervention for improving health and reducing the burden of some of the most consequential human

health problems. Thus, even while awaiting confirmation of the findings of Lang et al, decreasing exposure to BPA and developing alternatives to its use are the logical next steps to minimize risk to public health," Dr. von Saal and Dr. Myers state in the editorial.

Considering U.S. citizens have been waiting for years for the government to even acknowledge that BPA is a health hazard, it makes little sense to rely on the FDA to protect us from the chemical. Instead, there are ways to take control of your and your family's exposure to BPA.

### **What Can I do to Avoid Bisphenol-A?**

**Avoid baby formula as much as possible.**

According to the Environmental Working Group (EWG) a non-profit organization comprised of scientists, engineers, policy experts, lawyers and computer programmers who have been at the forefront of pointing out the potential health and environmental hazards of BPA, all U.S. manufacturers of formula use a BPA containing lining on the metal part of their containers. Opt for breastfeeding exclusively if possible, or use a dry formula that is mixed with filtered water.

**Eat fresh, not canned, food.** The EWG has found that food and drink cans are lined with BPA-laden plastic. Canned soups and spaghetti have the highest levels. **Pay attention to the kind of plastics you use for food and drink.**

The plastics that have the most BPA are those made of polycarbonate plastic -- they are usually rigid and transparent

and used for **toddler cups, baby bottles, food storage containers and water bottles**. They are frequently marked on the bottom with the letters "PC" and the recycling number 7. **Plastics with the recycling numbers 1, 2 and 4 on the bottom are better choices. Choose safe bottles.**

Using glass baby bottles is best. Metal water bottles may not be free from BPA because many are lined with a plastic coating that contains the chemical. The EWG advises using stainless steel bottles that don't have a plastic liner.

**Don't use plastic containers to heat food in microwaves.** Ceramics and glass are safe alternatives.

However, avoiding BPA doesn't automatically protect your health. Consumer health advocate Mike Adams says the attention to the plastics issue could be seen as a distraction from the larger problem -- the danger that is often inside the BPA-laden containers. ***"For example, right now some of the top infant formula products sold in the United States are contaminated with hexane residues, and many infant products are made with as much as 50 percent refined sugars and corn syrup solids. Parents need to pay as much attention to what's inside the bottle as they do the bottle itself."***



## **Health Fact Check #7: Soy: 12 Reasons Why Soy is the Worst Food in The World**

I'm going to say it - Soy is the worst food in the world. It's horrible stuff, and yet we consume so much of it.

Forget about sugar, don't worry about cholesterol, soy - and its countless related products - should be public enemy number one when it comes to health-damaging foods.

I'll explain why this is the case soon, but before you think to yourself that only hippie vegans eat soy, think again. Soy is everywhere. And you will be consuming in.

Dr. Joseph Hibbeln from the National Institute of Health has estimated that soybeans - in the form of soybean oil - account for 10% of the typical American caloric intake!

And even if you avoid the main soy offenders - such as soybean oil, tofu and soy milk - soy and its processed derivate are commonly used in packaged snacks, chocolate, sports drinks, snack bars, protein bars oh and gluten-free products (guess what flour they use when they remove wheat flour... that's right, soy flour).

When I refer to 'Soy' as a food, I am referring to the following food products:

Tofu (Made from soybean milk curd. A common staple in a vegetarian's diet)

Soy sauce (found in sushi outlets all around the world)

Soy milk (misbelieved to be a

'healthy alternative to traditional milk)

Soy flour (found in most processed foods, especially gluten-free products)

Soy protein powder (found in most sports bars, sports drinks and protein powers)

Baby formula (many low-cost infant formulas contain soy)

Edamame (soybeans served at many Japanese restaurants)

Soy 'meat' (pseudo bacon, sausages and hamburger patties made with soy)

Soybean oil (commonly used by restaurants and food manufacturers across the world)

Before you run off to the pantry to check all your ingredient labels, let's look at why Soy is so toxic, and why you need to avoid it at all costs.

### **1. 82% of Soy Is Genetically Modified**

The first Genetically Modified Organism (GMO) was developed by Monsanto (the same company that brought the world Glyphosate) in 1994.

Today it is the world's most-grown GMO crop. With 94% of Soya Bean crops grown in the USA being GMO Soy. And 82% of all soy grown worldwide is GMO.

GMO soy adoption in the US - Source USDA

Pretty much, unless you're extremely (and I mean extremely!) pedantic about your diet, you are most likely consuming

soy in your diet and that soy is no doubt GMO.

What does this mean for our health?

Well firstly, GMO Soy is designed to be 'Round-Up Ready'. I'll cover this in more detail below, but in a nutshell, it means farmers can spray Glyphosate (Roundup) on the crop without the soy being affected. In turn, the residue count of glyphosate in soy is very high (whereas non-GMO soy had zero glyphosate contamination)

Secondly, studies have shown that GMO soy is nutritionally inferior compared to its non-GMO counterpart.

Thirdly, you're eating a genetically engineered organism, with all the risks and issues that these unnatural crops bring to our health.

I don't want this article to be about the dangers of GMO food (I'll save that for another day), but GMO Soy has been linked to sterility, infant mortality and abnormal growth.

For more on the dangers of ingesting GMO food, I recommend the book *Seeds of Deception* by J. Smith.

## **2. Soy Contains Extremely High Levels of Toxic Pesticides**

Expanding on my point above, GMO Soy has been tested to contain glyphosate residues averaging 11.9 parts per million, with a maximum reading of 20.1 ppm.

When in 1999 Monsanto - the manufacturer of Roundup reported that in their tests the highest level of glyphosate contamination in GMO soy was 5.6ppm - a level that they claimed was 'far higher than typically found' and 'extreme' (6).

To put this figure in perspective, New Zealand has a glyphosate tolerance level for fruits of 0.01ppm

You're probably thinking 'so what?' This is where things get scary.

Glyphosate - the most used herbicide in the world - is extremely toxic to our bodies.

I cover this in great detail in my article *Glyphosate: Why You Need to Eat Organic*, but here are a few snippets from that article:

Glyphosate exposure is linked to poor liver health.

Glyphosate was also found to alter the expression of more than 4000 liver and kidney genes.

Numerous studies have shown that glyphosate as an antibiotic can alter the gut microbiome, which in turn can lead to such as gut dysbiosis.

Roundup can cause bacteria to become resistant to antibiotics.

Roundup caused a decrease in sex hormone production

Glyphosate increased estrogenic activity in the body

World Health Organization's International Agency for Research on Cancer (IARC) re-classified glyphosate as "probably carcinogenic to humans."

The use of glyphosate was linked to an increase in miscarriages and premature births in farming families.

A public health crisis has emerged around Roundup as government reports have confirmed high rates of cancer and birth defects in areas where people are exposed to spraying.

(Source - Glyphosate: Why You Need To Eat Organic)

Poison being sprayed on roundup-ready crops

Even scarier is the study that found glyphosate contaminated soybeans fed to pigs led to 'congenital malformations'. The authors noted:

All organs or tissues had glyphosate in different concentrations. The highest concentrations were seen in the lungs and hearts.

These piglets showed different abnormalities such as ear atrophy, spinal and cranial deformations, and cranium holes in the head and leg atrophy; in one piglet one eye was not developed, it had only a large one. Piglets without a trunk, with elephant tongues, and female piglets with testes were also present.

### **3. Soy Contains a Compound Linked To Hormonal Disruption**

Soy contains isoflavones, a type of phytoestrogen that has been linked to disrupted endocrine function.

Previously, these isoflavones were thought to be beneficial for our health. So much so that:

"Protein Technologies International (a division of Dupont), requested a health claim for isoflavones, the estrogen-like compounds found plentifully in soybeans, based on assertions that "only soy protein that has been processed in a manner in which isoflavones are retained will result in cholesterol-lowering."

However, later on, the FDA rewrote the PTI's petition:

"...removing any reference to the phytoestrogens and substituting a claim for soy protein, a move that was in direct contradiction to the agency's regulations.

The abrupt change in direction was no doubt due to the fact that several researchers, including scientists employed by the US government, submitted documents indicating that isoflavones are toxic. Many letters were written in protest, expressing concerns about mineral blocking effects, enzyme inhibitors, goitrogenicity, endocrine disruption, reproductive problems and increased allergic reactions from consumption of soy products."

Today the FDA requires warnings on estrogen-containing products, but not soy products.

A review looking at Soy Isoflavones concluded that:

Significant therapeutic properties have been generally attributed to soy isoflavones, but most of the claims have been poorly, or not at all, confirmed by well-designed clinical trials. Such is the case of the purported role of soy isoflavones in reducing plasma cholesterol levels. This link is now not supported by many authors or by appropriately designed clinical studies.

Disturbing data have been reported on the potential negative effects of soy isoflavones on cognitive function in the aged, particularly relating to tofu intake. Recent studies have finally indicated a potential role for soy isoflavones in inducing chromosomal changes in cells exposed in vitro and potentiating chemical carcinogens.

Available data do not appear to unequivocally support the beneficial effects of soy isoflavones, and warn against their wide use, in the absence of satisfactory clinical findings.

The studies showing the harmful effects of isoflavones are numerous, Weston a Price has a great resource listing all these studies in their article 'Studies Showing Adverse Effects of Isoflavones, 1950-2013'. I highly recommend reading through this document.

#### **4. Eating Soy Affects Estrogen Levels**

The phytoestrogens found in soy mimic the effect of estrogen in the body and can alter a woman's menstrual cycle.

Some women notice that regular consumption of soy milk alters their menstrual cycle. If a cup of soy 'milk' alters a woman's hormones, what is it doing to men?

A paper in the Canadian Medical Association Journal looked at male children's exposure to diethylstilbesterol (DES), a synthetic estrogen that has effects on animals similar to those of phytoestrogens from soy. Their findings? The boys had testes smaller than normal on maturation.

And we have an n=1 study where a 19-year-old boy consumed a large dose of soy for a year. He lost his libido and had erectile dysfunction problems along with lower Testosterone levels (which returned to normal after a year of ditching the soy intake) (10). Though it needs to be remembered this had a study size of one!

In summary, it's important to know that this topic is still hotly debated, and there are a lot of inconsistencies in the data. We do know that soy contains phytoestrogens and does have a lot of biological and hormonal effects on the body.

#### **5. Soy is Extremely High in Inflammatory Poly-Unsaturated Fatty Acids**

Poly Unsaturated Fatty Acids (PUFAS) are extremely unstable fats and oils. Omega 3 and Omega 6 fats are both examples of PUFAs.

When these fats are consumed, they cause increased inflammation in the body. Worst, because they are so unstable, heat and light exposure can also set off the chain reaction known as oxidation.

I go into much more detail on all things PUFAs in THIS article, if you are unfamiliar with PUFAs and the damage they can do to our bodies I encourage you to read it. Unfortunately, most cooking oils used today are PUFAs. Canola oil and soybean oil are the main offenders.

PUFA rich cooking oil  
Consumption of PUFAs is linked to:

- Obesity
- Cancer
- Inflammation related illnesses
- Heart disease
- Immune function issues

Source: PUFAs: AlexFergus.com

While some health experts believe excess PUFAs in our diet are the biggest contributor to our modern health issues.

The problem is food manufacturers and restaurants use large amounts of Soybean oil because it's so cheap. Unfortunately, it's also extremely high in the easily oxidized, highly inflammatory omega 6 PUFA. Soybean oil contains

57% PUFA fats. In comparison, Olive oil contains 8% PUFAs and butter only 3%.

## **6. Soy Damages the Brain**

In the article titled 'Soy and the Brain,' the author shares evidence of Soy consumption leads to cognitive impairment and increased risk of Alzheimer's disease.

The article reads:

In a major ongoing study involving 3,734 elderly Japanese-American men, those who ate the most tofu during midlife had up to 2.4 times the risk of later developing Alzheimer's disease. As part of the three-decade-long Honolulu-Asia Aging Study, 27 foods and drinks were correlated with participants' health. Men who consumed tofu at least twice weekly had more cognitive impairment than those who rarely or never ate the soybean curd.

"The test results were about equivalent to what they would have been if they were five years older," said lead researcher Dr. Lon R. White from the Hawaii Center for Health Research. For the guys who ate no tofu, however, they tested as though they were five years younger.

What's more, higher midlife tofu consumption was also associated with low brain weight. Brain atrophy was assessed in 574 men using MRI results and in 290 men using autopsy information. Shrinkage occurs naturally with age, but for the men who had

consumed more tofu, White said “their brains seemed to be showing an exaggeration of the usual patterns we see in aging.”

### **7. Soy Lowers Testosterone, Sperm Count and Testicular Size**

There have been numerous animal studies showing soy consumption in early life and its negative effect on the testicular size, lower testosterone, and decreased testicular expression of steroid hormone receptors. Though it should be noted that there are some inconsistencies across studies.

Some studies show soy consumption in humans leads to lower sperm count. A 2013 study compared the hormone production of men drinking soy protein to that of drinking whey. After two weeks they found the soy drinkers had lower testosterone levels and higher cortisol levels.

But it's not just soy milk that causes lowered testosterone. Two studies looked directly at soy vs testosterone levels. The first looked at the consumption of soya flour on testosterone levels. They found that those who ate the soy flour lowered their T levels during the study period.

And the second study looked at the consumption of soy protein isolates (powder) in healthy men. They found that testosterone levels decreased upon consumption of soy powder.

### **8. Soy Has Thyroid Disrupting Properties**

I've explored the links between soy consumption and endocrine (hormone) function - in particular sex hormone production. But the evidence is clear that soy consumption also impairs thyroid health

Below is an excerpt taken from the Weston A Price article on Soy:

"... a report from the Institute of Endocrinology in the Czech Republic correlates markers of thyroid disease with soy phytoestrogen levels. High levels of soy isoflavones in the blood of 268 children without overt thyroid disease correlated with high levels of thyroglobulin autoantibodies and small thyroid gland size.

While “only modest association was found between actual phytoestrogen levels and parameters of thyroid function,” the researchers warned that “even small differences in soy phytoestrogen intake may influence thyroid function,” ending with the disclaimer, “which could be important when iodine intake is insufficient” (Clin Chem Lab Med. 2006;44(2):171-4).

Another recent report found that “Soy formula complicates the management of congenital hypothyroidism.” Infants fed soy formulas were found to have a prolonged increase of thyroid stimulating hormone (TSH) compared to infants fed non-soy formula (Arch Dis Child. 2004 Jan;89(1):37-40).

Soybeans contain goitrogens. Goitrogens block natural thyroid hormone synthesis in the body and also impact iodine status (iodine is important for optimal thyroid health).

Research has shown that rats fed soybean flour for 7 weeks led their thyroid gland to grow four times their usual size. Plus, the researchers commented that the iodine requirements of the rat when on this (soybean flour) diet doubled the normal amount.

This was backed up by another animal study (this time on chicks). This found a doubling of soybean oil in their diet (from 30% to 60%) led to improper functioning of thyroids causing goitres in the chicks.

Finally, there was a rather small investigation that looked at 3 children who had an enlarged thyroid gland (goitre). These children had been consuming soy milk. When this soy milk was removed from their diet (and replaced with cow's milk) their goitres grew smaller in size.

## **9. Soy Blocks the Absorption of Vital Minerals**

In my article titled 'What You Need To Know About Supplements ' I explained how the typical American diet was lacking in vital nutrients, and how many of us were malnourished.

This malnourishment was due to 3 causes: poor diet choices, poor soil and

crop quality, and eating foods that blocked vitamin and mineral absorption.

Soy is related to the last point (though I would argue it is also tied to the first point as well!)

Soybeans contain phytic acid, oxalates, enzyme inhibitors (trypsin) and saponins. These are commonly referred to as 'anti-nutrients' as they block or impair nutrient absorption in the body whilst also impairing the body's ability to digest protein.

The problem is twofold. Trypsin inhibitors reduce protein digestion, meaning the body cannot extract all the vitamins and minerals from the food you have digested.

Secondly, the anti-nutrients such as phytic acid found in extremely high levels in soy, bind to certain metal ions including magnesium, zinc, iron and calcium - blocking absorption by the body.

Topping it off, soy foods increase the body's requirement for vitamin d and iodine. You can see how a diet high in soy is going to cause nutrient deficiencies.

If you still don't believe that consuming soy (even if it's organically sourced) can leave you lacking key nutrients, have a read of these four studies:

The inhibitory effect of soy products on nonheme iron absorption in man. Findings: " The soy products tested in this study have a pronounced inhibitory

effect on the absorption of nonheme iron."

Soy protein, phytate, and iron absorption in humans. Findings: "It is concluded that phytic acid is a major inhibitory factor of iron absorption in soy-protein isolates "

Bioavailability of the calcium in fortified soy imitation milk, with some observations on method. Findings: "Calcium-fortified soy milk does not constitute a calcium source comparable to cow milk"

A study on absorption and utilization of calcium, iron and zinc in mineral-fortified and dephytinized soy milk powder consumed by boys aged 12 to 14 years. Findings: Absorption of calcium, iron and zinc was lower in soy milk than it was in cow's milk

## **10. Soy Consumption Is Linked to Increased Food Allergies**

Everyone seems to have an allergy these days - peanut allergies, egg allergies, dairy allergies... Is it because of the increased soy consumption? That may be a big claim (and I'm not making it!) but I'm sure soy's widespread occurrence in our diet is contributing to our exploding allergy rates.

Especially when science shows a strong link between the two...

A cross-sectional study of 1601 young adults was done in Australia. The study looked at food and nutrient intake and

asthma risk in young adults. The findings?

Whole milk is protected against asthma risk. Soy beverages (soy milk) increased the risk of asthma.

A 2-year study tracking the health of 14,000 babies found that those babies who consumed soy-based formula were much more likely to develop peanut allergies (a quarter of all the soy-drinking babies went on to develop peanut allergies).

## **11. Excessive Soy Consumption May Promote Cancer**

Now for the big one - soy consumption and cancer.

Soy consumption has been claimed as an 'anti-cancer' food. Researcher M. Messina - in his book 'The Simple Soybean and Your Health' claims that 1 cup of soy products should be consumed every day to prevent cancer.

Though there have been some studies indicating soy's anti-cancer properties, there have also been many studies showings the opposite to be true.

A 2002 paper linked soy consumption to increased bladder cancer risks.

A study published in the Journal of Epidemiology remarked that soy protein intake was significantly correlated with stomach cancer mortality rates in men and colorectal cancer in a woman.

Meanwhile, there have been several studies showing that genistein - an



isoflavone found in soy - increases cancer risk and tumour growth.

## **12. Soy Processing Involves Extreme Processing - Exposing You to Dangerous Heavy Metals**

Last but not least, unless you are consuming soybeans in their natural state (which is still going to expose you to all the anti-nutrients, hormone suppressing compounds and glyphosate) your processed soy may be contaminated with harmful heavy metals.

Soybeans undergo an 'acid wash'. This process generally occurs in aluminium tanks, and the acid can leech aluminium into the final soy product.

Dr. Mercola explains this process in his article - [Got Thyroid Problems? Then Stop Consuming Soy](#):

Isolated soy protein powder is not a naturally produced substance. Production takes place in industrial factories where a slurry of soybeans is first mixed with an alkaline solution to remove fibre, then precipitated and separated using an acid wash and, finally, neutralized in an alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product.

The resultant curds are spray-dried at high temperatures to produce a high-protein powder. MSG, a well-known

excitotoxin that can cause neurological damage, is frequently added as well.

Say Good-Bye To Soy Forever?

What's the deal then, is this bean the worst food in the world? And does it mean you cannot ever eat it again?

If you look at the data I have presented above, then yes, it very well may be the worst food you can consume. But do you have to avoid it forever? No.

Let me explain.

The core problem can be split into two parts.

Firstly, the soybeans that we are eating today are not the same soy as we ate a few generations ago. Today we consume genetically engineered soy that's heavily sprayed with pesticides before going through complex, chemical-reliant processing.

Secondly, the soy products we consume today are not prepared in traditional methods like it was in the past.

A lot of the dangers from soy can be avoided if you do three things:

Consume only organically grown soy (to avoid glyphosate contamination and GMO issues)

Avoid any heavily processed soy (protein isolates, soybean oil etc.)

And most important of all - make sure the soy you eat has been fermented to reduce all the remaining dangers that soy brings to the body.

The only type of soy that should be consumed (if you are worried about your health) is fermented organic soy.

Examples of this include:

Miso - fermented soy, turned into a paste and often drunk as miso soup.

Soy sauce - fermented soybeans with salt. Often includes wheat and most brands today add other ingredients and are made using non-traditional methods.

Tamari sauce - a wheat-free alternative to soy sauce. A by-product of the production of miso paste.

Tempeh - fermented soybeans with a firm cake like texture

Natto - fermented soybeans rich in vitamin K2 and beneficial bacteria.

I hope this article and the evidence presented will make you stop and think about your soy consumption habits. Please let me know in the comments section if that is the case.

If you weren't a soy milk drinker or cooking in soybean oil, but you never thought about soy flour or soy protein, then I also hope this article has informed you of the dangers of this ingredient.

Again, please share your thoughts in the comments section below, and if you know of someone who consumes a lot of soy - thinking they are doing it to be healthy - please share this article with them.

A healthier population helps all of us!



## **Health Fact Check #8: The Cancer Lie, The Blood Pressure Lie, the Auto-Immune Disease Lie**

I'd like to clarify a topic that is uppermost in our minds because of the regular propaganda programming of the medical/pharmaceutical industry.

The topic is cancer. We constantly hear of folks discovering they have cancer. People live in dread of a doctor informing them solemnly that, "You have cancer!"

To "have cancer" seems like a death sentence. To be told that "You have terminal cancer!" means that you don't have much time left to live. (The doctor will even tell you how much time you have left to live.)

Are you ready?

It's all a crock. Baloney. Nonsense. Garbage. Balderdash. (I'm trying to think of words without cussing.)

What would you think if your doctor told you, "We need to test you to see if you have badness.?" Then later, after testing: "You have Terminal Badness!"

You would say, "What the heck is badness? What do you mean by 'badness?'"

The definition of the word "Cancer" is highly subjective and highly ambiguous.

Notice the following:

"Cancer: An abnormal growth of cells which tend to proliferate in an uncontrolled way and, in some cases, to metastasize (spread). Cancer is not one

disease. It is a group of more than 100 different and distinctive diseases. Cancer can involve any tissue of the body and have many different forms in each body area. Most cancers are named for the type of cell or organ in which they start. If cancer spreads (metastasizes), the new tumour bears the same name as the original (primary) tumour."

<http://www.medicinenet.com/script/main/art.asp?articlekey=2580>

"A. a malignant and invasive growth or tumour, especially one originating in epithelium, tending to recur after excision and to metastasize to other sites.

B. any disease characterized by such growths.

C. any evil condition or thing that spreads destructively."

<http://www.dictionary.com/browse/cancer>

By the way, point A above is identifying what happens when you allow a doctor to perform a biopsy on you (that's what "recur after excision" means). Even if they admit the danger of it, they do it all the time anyway (and they don't mention the danger to you).

Think of a biopsy as a water-filled balloon. What do you think happens to the contents of the tumour when it is

punctured? That's right, it spreads into and through the rest of your body.

So, let's rephrase our above questions using their words:

Doctor: "We need to test you to see if you have an Evil Condition in you."

Later, after testing: "You have terminal Evil Condition!"

Every single one of us has cancer cells in us, all the time. The body is regularly getting rid of them and always has been.

As the cells in our body age, many of the cells act up. It's called a dysfunction. An aberration. They do this because they are aging or have been damaged by one of the many influences that hurt our cells (toxins/poisons, pollutants, lack of nutrition, chemicals in our air, water, food and whole environment). And then there is the effect of hate, fear, anger, bitterness, etc., which are highly carcinogenic.

**The answer to the question, "Do I have cancer?" is yes. Yes, you do have cancer. So, do I. So do we all. Cancer is a naturally occurring dynamic that is a part of living and aging, Just because a doctor discovers some cells in you that he wants to call cancer (and qualifying you for treatment) means nothing.** Your body is disposing of cancer cells constantly. The natural approach is to assist your body in disposing of such regular cancer cells more efficiently, which is one of the focuses of this group.

Part of the definition of cancer involves the dynamic of cancer cells "tending to recur after excision and to metastasize to other sites."

<http://www.dictionary.com/browse/cancer>

Plain language: When a doctor cuts you open near a cancer site ("doing a biopsy"), it will release cancer cells from that site to roam around your body looking for weak spots to settle down in. The doctor will not inform you of this danger because he assumes that if you have cancer (in his opinion), he will soon be filling your body with unspeakably toxic chemicals that he expects will also kill those released cancer cells. If he decides you have cancer and you decline to be treated the way he wants, he will become quite excited, even angry. Why? Because he knows that he has released a bunch of cancer cells into the rest of your body. He knows that he has just dramatically increased the chance of your cancer spreading. Will he tell you this? Not a chance. That would be like inviting you to sue him!

What if a doctor declares that you have a "malignant" cancer? What does "malignant" mean? Notice this:

"Definition of malignant: tending to become worse."

<http://medical-dictionary.thefreedictionary.com/malignant>

In other words, the doctor will decide whether he thinks this group of cells

(what he is calling a tumour) will get worse, get better or stay the same.

If he happens to be the type of doctor who is there to make money, which type of cancer do you think he will say it is?

Please notice, every "tumour" is cancer. Every cyst is cancer. Every lump is cancer. Various cells in our body are getting old and becoming dysfunctional all the time (i.e., cancer). If the body cannot get rid of those cells because of poorly operating cleansing functions in the body, it will surround those cells with a layer of tougher cells to isolate them until the body can get around to disposing of them later on, if it is able to. If not, the lump stays there, harming nothing.

A doctor declaring whether a cancer is "malignant" or "benign" is his estimation of whether the cells will grow and spread around the body or not.

I must say here, the science for accurately determining whether one or the other will happen is no better than flipping a coin.

There was a massive study performed years ago where the researchers took two groups of folks who had been medically diagnosed as having cancer, 7,000 people in each group.

One group did everything their doctor suggested; the other group didn't (some took vitamin/herbal supplements, and some did nothing).

After 5 years - wait for it - the same stage of people recovered in each group! (What did I say? "Flipping a coin".)

You can imagine how quickly the results of this study were buried!

But here's the important point: The quality of life of those who ignored their doctor was incredibly better! None of those people lost all their hair, threw up several times per day or were too exhausted to function.

Let me declare something to you to make my point:

If a doctor tells you that you have cancer, take that as a message from your body telling you that you need to make changes.

Your body is kindly alerting you that it is objecting to the way you have been living (including your mind and spirit) and that it would like to resolve what is going on inside you but is lacking the resources to do it.

You then must decide whether you will take your body seriously and make the efforts to change not only your diet, but your attitude, your thought life, and your emotional state.

I've long ago lost count of the number of people who have come to me looking for a pill to fix them. It doesn't exist, any more than there is one exercise that will get you totally in shape.

It's a whole program, a mentality, a philosophy, a way of life.

Even when people realize this and want to respond correctly, they don't know what to do to make that change.

On an important aside, referring to the declaration by a doctor that, "You have terminal cancer and have 2 months to live!", I have to say something:

The scripture (Mathew 9:29) says, "According to your faith, so be it." If you believe the doctor, it becomes a self-fulfilling prophecy. I've repeatedly watched folks who had been informed by their doctor of their impending doom quickly go downhill and die, just as the doctor predicted (mind over matter). The doctor would cite that as evidence of his accuracy; I would cite it as an example of how important it is to take responsibility for your health and make the commitment to get better!

**People need to decide which horse they are going to ride, the natural horse or the medical horse because you can't ride both.**

xxxxxxxxxxxxxxxxxxxxxx

**(Below is copied and pasted here from an EMT)**

**When I was an Emergency Medical Technician, we were taught that healthy blood pressure was 100 plus your age over about 60-90 (systolic over diastolic). One of my clients, 65 years old, had a BP of 170/70 and was told by her doctor that she had high BP and needed to take BP medicine. Her BP was perfect.**

The pharmaceutical industry, which controls what the medical schools teach, simply lowered those numbers arbitrarily, without any science in support of such a lowering, and thereby immediately made millions of people "in need" of BP medications.

But apart from all that, I told this woman with cancer, "When you visit the doctor, how do you feel afterwards?" She said, "Well, kind of worried!"

In other words, her doctor's negative prophesying over her (he is a Medical High Priest, after all) had the effect of increasing her fear and damaging her confidence in her body's ability to heal itself.

Do you know what happened? Eventually, she decided she had better "play it safe" and allow her doctor to operate on her.

What happened? She died.

On the subject of how we all have cancer cells in our bodies, pretty much all the time. I want to explore that topic a bit more since it is all around us; some of us have in the past been told by a doctor that we had cancer and many people live in fear of being informed by a doctor that they do indeed have cancer.

The symptoms of cancer are so varied that actually, there are no symptoms; another way to look at it is that cancer can express itself in too many ways to have a set of symptoms that can be how

you (or a doctor) can know you have cancer.

And, of course, "have cancer" is itself a meaningless term, since, we all do "have cancer". Me, you, we all "have cancer". It is present in all of us. It is constantly occurring, all the time, in each one of us.

Some folks would say there is a difference between cancer cells and the normal aging and dying of cells in our body. And they are correct. Dr. Reams said that every cell in our whole body (if that body is healthy) is replaced every seven years (gradually, not all at once!), and that is a description of the operation of a healthy body. In a healthy body, when a cell has aged and reached a point where it is not operating at peak efficiency, the body will dissolve that cell and construct a new, strong, healthy cell to replace it with.

This is the normal process of a healthy body that we see in the example of primitive societies where you can find a 130-year-old man still working 8 hours per day out in his field with 20-20 vision, a full head of black hair and a full set of strong, pearly-white teeth, still making babies with his 90-year-old wife! These people die because a person or an animal killed them, or they fell off a cliff or some other lethal accident happened, but not from getting old and withering and getting sick and finally dying. But this is a level of health not only unknown in our modern society but unimaginable.

The best food today that it is even possible to obtain may contain as much as 10% (maybe) of the nutrition required to experience health near that level. Or, in other words, you cannot experience good health just by eating "good food", as it is available today. (Oh man, got any MORE good news?)

So, you will continually see me emphasizing two basic principles of improved health: Eat concentrated foods (juicing, fermenting, sprouting, supplements) and avoid empty foods (white stuff - flour, rice, noodles, sugar and all the other forms of processing common today). It seems obvious to me that chemicals, toxins, and foods not compatible with the human body should be omitted from our lives as well (smoking, unfermented soy, pork, canola oil, etc., etc.).

Because of this absolute dearth (absence, deficiency, scarcity, lack) of nutrition in today's modern diet, the above description of normal, healthy cell replacement is NOT what is happening in our bodies.

I've read of "labour camps" during WW2 in Germany and Russia where prisoners were made to stand or sit at their assigned locations and forced to work until they died. They were fed little and allowed almost no rest and worked to death.

**And that is what our poorly-nourished bodies do. When a cell in our bodies has exceeded what would be a healthy lifespan and should be**

**replaced, the body realizes that it doesn't have the necessary materials with which to construct another healthy cell. So, it doesn't. The aging cell continues to operate, doing what it is decreasingly able to do until it just dies, or another thing happens: it changes. It malfunctions. It stops helping the body and begins hurting the body. It interferes with the normal functions of other cells and the body in general. It begins to feed off other nearby cells. (This is called "Auto-immune disease".)**

What causes cells to do that? Well, you will constantly read of this or that substance/chemical/food/drug/toxin that "causes cancer". This "causes cancer" dynamic is the example of weak, unhealthy, malnourished cells in our bodies reacting in a destructive way to the effect of those toxins/chemicals, etc.

Dr. Carey Reams used to say, "It's not what you eat those matters; it's what you DON'T eat."

He was referring to the fact that if our bodies are undernourished, they don't have the strength or inner resources to cope with toxins, pathogens, etc. He wasn't saying, eat all the garbage you want as long as you take vitamins.

It's amazing how many people, when adding various health-supporting supplements to their diet, then rationalize the "occasional" ingestion of processed foods because they feel they can afford it. "Hey, it's just a little bit!"

(Of course, I'VE never succumbed to such a rationalization!)

Cancer today is the expression of unhealthy and dying cells doing their destructive thing and multiplying in the process. So, doctors tend to use cell overgrowth as the identifying factor. They call them tumours. A tumour is defined as "a swelling of a part of the body, generally without inflammation, caused by an abnormal growth of tissue, whether benign or malignant."

Did you notice that? A tumour is a lump, whether bad or not. Yet, if a doctor tells you that you have a tumour, you panic.

So, you have a lump. It may be getting bigger. It may hurt (that's when you get scared).

You go to a doctor and he sticks a needle into the lump (a biopsy) and removes some of the cells for diagnosis (meanwhile releasing those cells into your body to malfunction elsewhere if they are so inclined). He tells you he wants to determine if the cells in that lump are "malignant" or "benign", which simply means, does he think they will get worse (malignant) or not (benign). The determining factors for deciding whether the cells are malignant or benign may be based on the doctor's experience with other patients, or maybe as simple (and evil) as the doctor wants to make money off your lump.

Even in the case of the first doctor, who may be a compassionate, caring, honest person, his estimation of your chances



of recovery is based on how successful various toxic drugs, radiation and surgery have been because this is all he knows or is allowed to know.

When a doctor says, "There is no cure for that", he is just saying that no drug has cured it.

Gee, I wonder why? It might be because no drug has ever cured anyone of anything, ever.

It doesn't at all mean that your body cannot cure itself; if you will give it the

materials it needs to heal itself with and omit those items that interfere with normal healing.

A good Natural Health practitioner, in addition to lots of food nutrients and relevant supplements, will suggest/apply/refer you to those therapies that have been successful in aiding the body to heal itself of whatever health issue you are coping with (colonics, enemas, bioelectrical, physical adjustment, massage, EFT, prayer, etc.).

## Health Fact Check #9: Sneaky Names For MSG (Check Your Labels!)

The dangers and prevalence of MSG will shock you! This flavour enhancer is linked to a host of health issues, including fibromyalgia, obesity, fatty liver, high insulin and blood sugar, high cholesterol, liver toxicity, metabolic syndrome, high blood pressure, disturbance to the gut-brain connection, and neurological and brain damage.

The danger lies in that MSG is almost impossible to avoid.

### **Why? The reason is twofold:**

1. There are over 40 different ingredients that manufacturers use, and all have MSG.
2. It is not just a flavour-enhancing additive – it is a natural by-product of processing proteins. These MSG by-products are found in many of your favourite organic health foods.

Keep reading to discover how to avoid this insidious poison.



### **What Is MSG?**

MSG, or monosodium glutamate, got its reputation as a flavour enhancer extracted from seaweeds in China. In the early 1900's, the process was perfected in Japan and became commercially available.

In the 1960's, the phrase “Chinese Restaurant Syndrome” was coined by the New England Journal of Medicine. Twenty minutes after eating Chinese food, some sensitive people would experience tingling, numbness, brain fog, chest pressure and pain.

In the 1970's, researchers found that pharmaceutical MSG would kill brain cells in a laboratory. Shortly thereafter, they realized that commercially available MSG would have the same effect.

MSG is simply the addition of one (mono) sodium molecule to the amino acid glutamic acid, which is found naturally in many foods. When any amino acid builds up in the body, most people can break it down in the liver without alarm. However, some amino acids, such as glutamic acid (glutamate) and aspartic acid (aspartame or “Nutra sweet”), may be more difficult to convert and flush out of the body.

Both glutamate and aspartame cause the nerves to fire, and when they are in

excess, the nerves can fire excessively and cause a form of neurotoxicity.

### **Not Just A Flavour Enhancer**

By now most of us have heard of MSG's role as a flavour enhancer. But how does this work? Concentrated free glutamic acid or MSG acts as a nerve stimulant and will change how the taste buds taste food. A yucky or even a really bad tasting food will taste fantastic when high levels of glutamic acid are introduced as a flavour enhancer.

**The insidious nature of MSG is that it may occur whenever a protein is broken down in the body.**

When folks are sensitive to MSG, they are reacting to free glutamic acid in the blood. Remember, MSG is made when the free glutamic acid binds with a sodium molecule. Whenever protein is broken down in the body, glutamic acid is freed from a protein (in which it naturally occurs), and you have the potential of free glutamic acid building up in the blood and a possible toxic MSG reaction.

### **MSG Reactions: Whole vs. Processed Foods**



While this happens naturally when ingesting protein-rich whole foods like grains, meats, dairy, and even vegetables, the glutamic acid is released in concert with many other amino acids, rather than in high concentrations on its own. As a result, unadulterated whole-food-based proteins do not cause a toxic MSG reaction in the body.

On the other hand, many processed foods – including organic health foods – contain processed proteins that harbour free glutamic acids.

**The FDA does not require manufacturers to label these foods MSG unless the “added ingredient” is 99% pure MSG.**

If MSG is produced as a result of protein hydrolysis or a by-product of protein processing, the FDA does not require MSG to appear on the label.

Moreover, a product labelled “No MSG” may still have MSG or free glutamic acid as a result of protein processing, as long as pure MSG was not added.

The truth is that protein-hydrolysis-based glutamates or MSG are found in just about every highly processed food. Even vegetable proteins are hydrolyzed to make veggies burgers and many other frozen or pre-prepared vegan and “health foods.”

**When purchasing processed health foods, look for these common**

**ingredients loaded with MSG that do not require an MSG listing on the label:**

- Hydrolysed Vegetable Protein
- Textured Vegetable Protein
- Yeast Extract

**The Bottom Line**

1. MSG or free glutamates as a flavour enhancer is found in highly processed foods, usually under an alias to make it impossible to know for sure what you are eating. Refer to the list below for the many hidden names of MSG.

2. MSG or free glutamic acid is also found in many health foods as a result of vegetable protein breakdown or hydrolysis. These MSGs or free glutamic acids are not added into food as a flavour enhancer but exist in varying quantities in many foods as a result of protein breakdown.

3. Some folks break down glutamates better than others, so when it comes to glutamates as a result of protein breakdown, this is a highly individualized issue. However, MSG as a flavour enhancer should simply be avoided.

**Hidden Names For MSG And Free Glutamic Acid:**

Names of ingredients that always contain processed free glutamic acid.

- Glutamic Acid (E 620)2
- Glutamate (E 620)
- Monosodium Glutamate (E 621)
- Monopotassium Glutamate (E 622)
- Calcium Glutamate (E 623)
- Monoammonium Glutamate (E 624)
- Magnesium Glutamate (E 625)
- Natrium Glutamate
- Yeast Extract
- Anything hydrolysed
- Any hydrolysed protein
- Calcium Caseinate
- Sodium Caseinate
- Yeast Food
- Yeast Nutrient
- Autolyzed Yeast
- Gelatin
- Textured Protein
- Soy Protein Isolate
- Whey Protein Isolate
- Anything: protein
- Vetsin
- Ajinomoto

**Names of ingredients that often contain or produce processed free glutamic acid**

- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Any flavours or flavouring
- Maltodextrin
- Citric acid, Citrate (E 330)
- Anything ultra-pasteurized
- Barley malt
- Pectin (E 440)
- Protease
- Anything enzyme modified
- Anything containing enzymes
- Malt extract
- Soy sauce
- Soy sauce extract

- Anything protein fortified
- Seasonings

Glutamic acid found in unadulterated “whole food” protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

### **Protein Powders: Be Selective**

Unfortunately, many protein powders contain forms of soy and whey protein, as listed above, that will always contain processed free glutamic acid. Since free glutamic acids are a product of processing proteins, it can be tricky to find a protein powder that does not potentially contain them. The key is the amount or concentration of these glutamates in each product, as well as gauging your level of sensitivity and ability to break them down, which becomes the issue.

### **Don't Stress – Just Eat Whole Foods!**

A list so long can be overwhelming and can provoke the feeling of, what is there left to eat. When trying to avoid MSG, the main focus should be on a diet of whole, unprocessed foods including vegetables, grains, legumes, fruits, nuts and seeds, organic and grass-fed meats, and organic dairy. Make sure your proteins are clean, preferably organic and grass-fed, and cook them at home or enjoy them at a restaurant whose practices you support, rather than eating excess processed foods.

After looking at the above list a few times, you'll get the hang of which kind of ingredient names connote MSG, and easily avoid them. As Jack Lalanne advised, 'Don't eat anything with a wrapper! And if you can't do that, try to avoid processed foods with more than five whole-food ingredients.

## Health Fact Check #10: Dangers of Artificial Sweeteners, Plus Natural Alternatives

Diet sodas, reduced-sugar labels, those little pink packets of artificial sweeteners...

These manipulative “food” products seem to be everywhere you turn—but are they safe?

In this article, I reveal the 15 most common artificial sweeteners, their 10 harmful side effects, how to look out for them on food and beverage labels, and how to cut them out for good.

### The History of Artificial Sweeteners

Did you know that sugar is just as addictive as cocaine?

No wonder it’s a challenge to kick that nagging sweet tooth.

Sugar activates your brain’s pleasure and reward system—releasing opioids and dopamine—both of which provide you with a sense of euphoric bliss.

Let me take a moment to paint a picture of sugar’s complicated history...

Sugar addiction skyrocketed during the “fat-free” craze in the 1960s—a time in which Americans avoided fat like the plague and instead turned to sugary, processed foods in hopes of a leaner body.

However, once fat enthusiasts began to see the detrimental (i.e. fattening) effects of sugar, zero-calorie artificial sweeteners were born.

Cue the following events...

The Big Food and Big Chemical industry take advantage of millions of misinformed Americans with artificial sweeteners and deceptive marketing tactics.

Processed breakfast cereals, diet sodas, and sugar-free candy hit store shelves.

Weight Watchers touts its low-cal diet plan.

### Sound familiar?

If you’re reading this article, then odds are, these fluctuating health fads have left you feeling lost, frustrated, and downright discouraged.

It’s not your fault, though. The Big Food industry is very intentional (and manipulative) with the foods they manufacture.

Their process goes a little something like this: Pump products full of artificial sweeteners, preservatives, and GMOs. List ingredients by different, unrecognizable names that the average person can barely pronounce. And then slap “Sugar-Free” or “May Prevent Heart Disease” on the label.





## 15 Artificial Sweeteners to Look Out For on Food and Beverage Labels



You may as well need laser vision to see all of the hidden sugars in your food and beverages. But since that's not possible (yet), here's a list of artificial sweeteners to look out for and avoid on ingredient labels.

1. Glucose
2. Fructose
3. Alitame
4. Acesulfame Potassium (or Ace-K)
5. Advantame
6. Aspartame (NutraSweet, Equal)
7. Cyclamate
8. Dextrose
9. Erythritol
10. High-Fructose Corn Syrup
11. Maltose
12. Neotame
13. Saccharin (Sweet N' Low)
14. Sorbitol
15. Sucralose (Splenda)

It's expected to see these ingredients in sodas, teas, breakfast cereals, baked goods, and candies. But they also hide in less obvious places...

## Unexpected Places Where Sugar Hides

- Sugar-free chewing gum
- Nicotine gum
- Toothpaste and mouthwash
- Natural fibre laxative pills
- No-calorie or 'lite' beverages and soft drinks
- Sports drinks
- Meal replacement shakes
- Salad dressings
- Marinara sauce
- Ketchup
- Prepared or frozen meals
- Yogurt
- Coffee creamer
- The list goes on...

So how do these artificial sweeteners affect your health? Besides the fact that they lead to intense sugar cravings, other dangers pose a negative effect on your mood, gut, liver, and other important organs.

## The Top 10 Dangers of Artificial Sweeteners

You now know what sugars to look out for, but what are the actual dangers of those sugars and artificial sweeteners?

Recent evidence points to numerous side effects that are downright dangerous. Here are the top 10...

### 1. Depression, Anxiety, and Mood Disorders

Scientists have found a correlation between diets high in artificial sweeteners and depression and irritability.

Another study found that individuals with mood disorders are especially sensitive to artificial sweeteners and should avoid them.

If you struggle with depression or moodiness, try cutting out sugar and artificial sweeteners for 1 to 2 weeks. In addition, focus on getting adequate amounts of both sleep and water. Many people see a difference in their mood right away.

## **2. Weight Gain**

Artificial sweeteners lower your metabolism by interfering with the balance of insulin and glucose in your body. When this happens, your brain thinks you're hungrier, which can lead to overeating.

For years, the low-calorie appeal of artificial sweeteners was considered a safe alternative for individuals seeking to lose weight. However, artificial sweeteners are now known to alter the gut microbiome, leading to weight gain.

## **3. Cancer**

Consuming artificial sweeteners has been shown to increase the size of cancerous tumours.

Researchers have called aspartame—one of the most dangerous artificial sweeteners—a 'multi-potent carcinogenic compound'. Another study

even referred to America's consumption of aspartame as an 'urgent matter'.

There are approximately 974 food products containing aspartame, including diet soda, sugar-free ice cream, sugar-free candy, breakfast cereals, gum, yogurt, and coffee creamer, among others.

## **4. Headaches and Migraines**

If you suffer from frequent headaches or migraines, it's important that you avoid artificial sweeteners (especially aspartame).

Recent studies have found dietary links between headaches and/or migraines and prolonged consumption of artificial sweeteners.

## **5. Cardiovascular Disease**

Consumption of artificial sugars is connected to obesity, which can place an undue burden on your cardiovascular system. These cardiometabolic conditions include heart attack, stroke, and hypertension.

What's more, there's an increased risk if you smoke or have a family history of cardiovascular disease.

## **6. Risk for Pregnant Women**

Studies show that children whose mothers consumed artificial sweeteners during pregnancy and lactation had a higher risk for obesity and metabolic syndrome disorders.

Researchers have debated for years regarding the safety of aspartame and sucralose consumption—two commonly



used artificial sweeteners found in diet soda and sugarless candy or gum—while pregnant.

There is also evidence that the consumption of artificial sweeteners before birth can lead to weight gain in babies and is correlated with preterm birth.

### **7. Risk of Diabetes (especially in children)**

In the past, doctors have recommended that diabetics avoid sugar and instead consume artificial sweeteners, but new studies have shown that artificial sweeteners may be causing more harm than help and can alter insulin sensitivity.

### **8. Stroke, Dementia, and Memory Loss**

A 2017 study found that artificially sweetened soft drinks led to an increased risk of stroke, dementia, and Alzheimer's disease, while soft drinks sweetened with sugar were not associated with increased risk.

Of course, this doesn't mean you can consume sugar without some risk, but it does point out the importance of only including naturally occurring substances in your diet.

### **9. Increased Risk of IBS and Crohn's Disease**

High consumption of artificial sweeteners like Splenda (another name for sucralose) has been shown to alter the microbiome of your gut—the

powerhouse of your digestion and immune system.

Not only that, artificial sweeteners have been linked to gut irritability and in some cases, can trigger Irritable Bowel Syndrome (IBS) and Crohn's disease in susceptible patients.

### **10. Liver Damage**

Studies have shown that increased consumption of artificial sweeteners (especially in soft drinks) leads to lipid (fat) accumulation in the liver, fibrosis, and degeneration of the liver.

Swap out soft drinks with sparkling water, tea, or kombucha. The liver is the powerhouse of detoxification in your body, and you don't want to put any added stress on your body's ability to detoxify!

### **5 Safe and Natural Sugar Substitutes**



With all of this talk on the dangers of artificial sweeteners, you may be wondering if you'll ever be able to sink your teeth into a brownie again.

While we don't recommend overindulging, we do have 5 safe and natural sugar substitutes that you'll be able to use in your favourite dessert recipes...

## **1. Stevia**

Stevia is an herb native to South America and is around 100 times sweeter than sugar, so it can be used in very small doses to sweeten recipes.

Pure stevia leaf has even been shown to have some health benefits like reducing caloric intake, blood sugar levels for those with type 2 diabetes, high blood pressure, and the risk of cavities.

Keep in mind, not all stevia products are safe, as many are highly processed. When purchasing stevia, look for products that contain only dried stevia leaf or are in tincture form. Stay away from powdered and bleached forms of this herb.

## **2. Monk Fruit**

The monk fruit, a small orange fruit native to Southern China, is full of antioxidants and offers powerful anti-inflammatory and antimicrobial benefits.

Monk fruit extract is a great sugar substitute in small doses and can be useful to overcome sugar cravings.

## **3. Date Sugar**

Made of pulverized dates and chock full of fibre and potassium, date sugar can be a great brown sugar substitute in baking recipes.

## **4. Dried Fruit**

Dried fruit like dates or raisins are often used to naturally sweeten dishes.

Additionally, dried dates and other dried fruits offer lots of fibre and minerals. Try adding dried fruit as a topping to your salads or smoothies for small flavourful bursts of sweetness.

## **5. Fresh Fruit**

Sometimes called 'nature's candy', fresh fruit and berries are a safe and natural way to curb sugar cravings and add nutritional benefits like vitamins and fibre to any meal or dessert.

## Section XI: The Final Word

Praise be to God if you have made it this far into the book to read my Final Words.

Narrated by Abu Saeed Alkhudri (r.a), he said the Prophet Muhammad (peace be upon him) said: "Great difficulties will befall on my people in the ends of time from their RULERS/Government."

The saying clearly states that difficulties will come from the rulers, as we can see all of the laws and mandates binding on the people are directly from their rulers. And these laws are indeed difficult for people. Slowly but surely step by step it's getting worse and will keep getting worse.

"Severe difficulties which were never heard of"

Throughout history, different groups of people in different parts of the world went through different difficulties from their leaders but never in history did the whole world face one common enemy and face the same difficulties. Continents never locked down and people's lives all over the world did not completely change from normalcy to a new order. As we have been seeing since the beginning of the pandemic, there are stricter laws being introduced one after another and are being justified by "positive cases" and to save lives.

All vastness (peace) on earth will have been closed on them until the earth is filled with tyranny and oppression. There will be no such thing as normal living.

An anaconda wraps its body around its prey and suffocates it slowly, the same way the laws and regulations will slowly by become stricter making living more unbearable for everyone on earth. It will continue until it reaches the peak of oppression and tyranny.

Almost everyone will be affected but those who oppose the rulers will be the most affected. Especially when such laws are placed which go against them.

The difference between your knowledge today as compared to before you read my eBook is that a veil has been lifted, you can now see. You see the lies, you can hear the lies, you can feel the lies, you can sense the lies, and you will never fall for their lies ever again. This indeed is a great achievement.

Abdullah ibn 'Amr ibn Aas reported that Prophet Muhammad (pbuh) said, "How will you (act) when the time draws near when people will be sifted; the covenants (business) of people will be corrupted and the people will differ (sorted into two camps); then they will be like this," and he intertwined his fingers (social media with the advent of the internet, and telecommunications technology) (The new world order, one world

government, one system). They said, "How should we (act), O Messenger of Allah?" He said, "**Take what you know to be good and leave what you know to be evil**; betake yourselves to your private affairs and leave off the affairs of the general public."  
(Abu Dawood)

Let us reflect upon this highlighted statement "**Take what you know to be good and leave what you know to be evil.**"

This is telling us to distinguish between Truth and Falsehood. My purpose in compiling this eBook was due to the corruption and lies of the Medical Establishment with the Pharmakeia (Black Magic/witchcraft) medications.

There are natural ways to heal the body without using their system and they have no reason to tell you as it is not profitable to them. Their concerns are their bottom line, whether you live or die or suffer in pain, they could care less. Some genuine doctors and nurses believe they are trying to make a difference by saving the lives of their fellow man, their intentions are good, but they have been placed under a spell of disbelief and committed their souls to the devil for their intentions.

What this means is you cannot rely on the advice of your doctor. Their minds are controlled and programmed to tell you what their masters want you to know.

Many people have taken their health into their hands, some have succeeded and some have failed. The difference between you and them is that of knowledge and wisdom to distinguish between Truth and Falsehood.

So go this day and spread forth the knowledge, live it and share it with others, so that more and more people can break free from the chains of our rulers.

I pray that the Almighty blesses you with great health and your loved ones.

*Thank You, Master Ali*

## Section XII: Sources

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The Original version 2.0 Cover Page – For Nostalgic purposes. ☺

# The Classification of Sickness



**MASTER ALI**  
DIRECTOR FOR KYUSHO JITSU MALAYSIA &  
KYUSHO JITSU WORLD ALLIANCE (MALAYSIA)

Latest Update to this Manual.  
Version 2.0

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CLASSIFICATION OF SICKNESS



## Section XIII: About Me

Thanks for asking about who I am and my background.

I am Master Ali, I have the title of "Master" because of my earned rank in Kyusho Jutsu, the study of pressure points in the body. I am actually the highest rank Kyusho Jutsu practitioner in all of Asia. Martial Arts training has been part of me for about half of my life and when I incorporated pressure points into my art of Ninjutsu, it opened my eyes to many new possibilities. I thoroughly enjoy working and teaching Kyusho Jutsu. As we get older in life, our bodies tend to move slower, with difficulties to roll or kick high, so understanding how the body works, we can use the opponent's own body as a weapon against himself. Below is only a partial view of my background. I have a complete Beginner to Advanced Black Belt video series course available on [Udemy](#).



### Master Ali - Advanced Kyusho Practitioner

I have been training in Martial Arts since 1997 in Ottawa, Canada.

I have a 5th Dan - Master Level in Kyusho Jutsu under the Kyusho Jitsu World Alliance and have been training students in my Malaysian Dojo since 2017.

I have developed my Black Belt program taking students from Beginner to Advanced. It is by far the Most Complete, Comprehensive Kyusho Jutsu Program Available, Anywhere! And The Most Affordable!

I am the Director of Kyusho Jutsu Malaysia and the Director for Malaysia for Kyusho Jutsu World Alliance.

I am a Kyusho Jutsu Internationally Certified Teacher (KJWA).

I have a Certificate with training as a Chi Energy Advanced Instructor.

Certifications in Massage include: Certified in Relaxation Massage, Professional Therapist in Cupping, Foot Reflexology, Thai Reflexology, Advanced Reflexology, Lymphatic Drainage Massage, Shiatsu Massage

Health Background: Certificate in Islamic Healing, The Ahadith of Medicine, The Art of Dream Interpretation in Islam, Muraqabah and Mind Peacefulness.

Certified in Acupressure and Brain Power Pressure Points.

I have reached the Advanced Level Training (Kyusho Institute)

I have a Level 4 Teacher Certificate in Humane Pressure Point Tactics and was the first person in the world to complete Grand Master Art Mason's HPPT program.

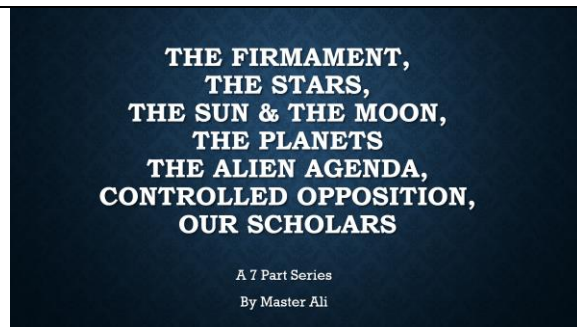
I have a Black Belt in Ninjutsu and have Black Belts in the following programs.

Nan-Chucks, Bo Jutsu, Sai Jutsu, Ken Jutsu,

Kyusho International/Kyusho Institute.

## Section XIV: The Truth in Sight Video Series

*An educational truth series by Master Ali*



The Firmament, The Stars, The Sun & The Moon, The Planets, The Alien Agenda, Controlled Opposition and Our Scholars.  
7 Part Series by Master Ali

A lot of great knowledge and truths to learn.  
Enjoy.  
TQ Master Ali

Part 1 (The Firmament):  
<https://youtu.be/XW8nrknbHE>

Part 2 (The Stars):  
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Part 3 (The Sun & The Moon):  
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Part 4 (The Planets):  
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Part 6 (Controlled Opposition):  
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Part 7 (Our Scholars):  
<https://youtu.be/M0N4TCNEc8A>



Gog and Magog - A New Perspective  
5 Part Series as Theorized by Master Ali

A completely new side of the long-told story.

Part 1  
<https://youtu.be/CiWuWqpChaM>

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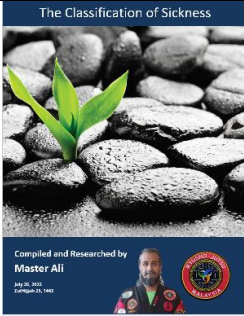

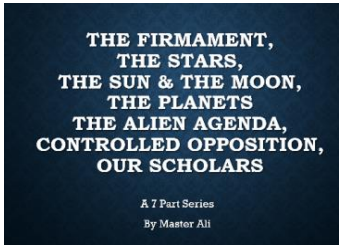

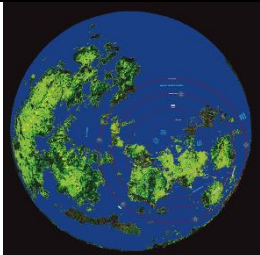






Part 3  
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Part 4  
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Part 5  
[https://youtu.be/AwX\\_oawHUw4](https://youtu.be/AwX_oawHUw4)



**The Journey Continues...**

		
<p>The Classification of Sickness</p>	<p>Gog and Magog/Ya'uj and Ma'juj</p>	<p>The Firmament and Space Series</p>
<p><a href="https://youtu.be/CiWuWqpChAM">https://youtu.be/CiWuWqpChAM</a></p>	<p><a href="https://youtu.be/XW8nrknBHE">https://youtu.be/XW8nrknBHE</a></p>	
		
<p>Fake World Reality Part 1 (The Earth is Flat – There is No Curvature)</p>	<p>The World Map Presentation Vol 1</p>	<p>Vibes of Cosmos YouTube Channel</p>
<p><a href="https://www.youtube.com/watch?v=dumCW71SBgY&amp;list=PLWRFasmi9bwENz1BqLowzK3hEYjjUuBO">https://www.youtube.com/watch?v=dumCW71SBgY&amp;list=PLWRFasmi9bwENz1BqLowzK3hEYjjUuBO</a></p>	<p><a href="https://www.youtube.com/watch?v=dx30E9_MfIQ">https://www.youtube.com/watch?v=dx30E9_MfIQ</a></p>	<p><a href="https://www.youtube.com/channel/UCN0p9kL7SLYD5HnFUy-9XA">https://www.youtube.com/channel/UCN0p9kL7SLYD5HnFUy-9XA</a></p>
		
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		<p><b>START WITH ALL OF THESE SERIES AND YOUR KNOWLEDGE AND WISDOM OF THE TRUTH WILL EXPAND EXPONENTIALLY</b></p>
<p>THE SEQUEL TO THE FALL OF THE CABAL - PART 1, The Birth of the Cabal</p> <p><a href="https://www.bitchute.com/video/BRizDPuLs8c4/">https://www.bitchute.com/video/BRizDPuLs8c4/</a></p>	<p>THE GREATEST STORY - Part 1 - Our Journey Begins</p> <p><a href="https://www.bitchute.com/video/veDDF0w8F9Wt/">https://www.bitchute.com/video/veDDF0w8F9Wt/</a></p>	

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