

CHAPTER 41
HOW TO CURE DISEASE



FIRST FIND THE CAUSE!

The very best cure for sickness and disease is Infection Prevention. Do not merely continue to "treat" the various symptom(s) but actually start to remove the true cause(s) of the problem! Let us begin to learn how to safely and far more effectively control the various pest organisms that can and do adversely affect our health. To start with you need to either get healthy or learn how to properly clean and disinfect with Safe Solutions, Inc. Enzyme Cleaners, ultraviolet lights and/or 4 Thieves Oil. <http://www.safesolutionsinc.com>.

Throughout recorded history the number one killer of mankind has been infectious disease. Virtually everyone wants to protect themselves, their family, their students, their employees, their pets/animals and wildlife from infectious diseases and sicknesses. But, to continue to use, by (mis)applying, injecting and/or swallowing different synthetic toxic poisons/medicines that really are not very effective and may be very dangerous to you and yours, is really not the answer because these pathogenic pests, whether they are insects, arachnids, molds, mildews, fungi, bacteria and/or viruses, all quickly become resistant super pests and are then even harder to "control" much less eliminate.



Louis Pasteur historically is considered to have personally solved the mystery of infectious diseases, because he was the first to discover "germs". He debunked the then widely accepted "scientific" myth of spontaneous generation. Pasteur proved the air contained living organisms that caused infectious disease and putrefaction and that these organisms could be killed by heat — what did the "scientists" of his day say? "I am afraid that the experiments you quote, M. Pasteur, will turn against you. The world into which you wish to take us is really too fantastic." La Presse, 1860. Pasteur then began to devise scientific tests to again try to prove that he was right. In April 1864, Pasteur explained his beliefs in front of a gathering of famous scientists at the University of Paris. He proved his case beyond doubt — even if some of those present refused to

believe him, including Dr. Charlton Bastian who still maintained his "scientific" belief that putrefaction came from within and not from outside invading microorganisms. **Louis Pasteur reportedly recanted the germ theory with these deathbed words: "Bernard is right; the pathogen is nothing; the terrain is everything."** However, since the Germ is so profitable, the medical world has written off his final statements as the madness of a dying man. **We should all be so mad.** Bernard is the one responsible for our modern theories on pH and how the nature of the microorganisms change as the body moves from an alkaline pH to an acidic pH. Claude Bernard made the statement, "The terrain is everything; the germ is nothing," and then drank down a glass of water filled with cholera. Rudolph Virchow (Father of Pathology) once noted, "If I could live my life over again, I would devote it to proving that germs seek their natural habitat — diseased tissue — rather than being the cause of the diseased tissue; e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant."

http://www.mnwelldir.org/docs/terrain/lost_history_of_medicine.htm

<http://thebovine.wordpress.com/?s=pasteur&searchsubmit=Find+%C2%BB/>. **Remember to consider one basic fact: Predators rarely attack the healthy; they normally attack the very young, sick, wounded, old and/or feeble.** After generations of trying unsuccessfully to remove bacteria, viruses, mold, weeds, insects, arachnids, rodents and many other pest problems from our bodies, homes, buildings, yards, pets, fields, orchards and groves, we still are continuing to only use/misuse many different volatile pesticide POISONS to try to take care of these pest problems. Now, these dangerous pesticides have polluted our soil, food and every living thing including our bodies. Pesticide POISONS have been proven to increase the risk of different cancers, fatigue and muscle weakness along with endocrine disturbances, cognitive dysfunction, autism, chemical sensitivity, fibromyalgia, etc. It now costs over 700 billion dollars per year to try to "treat" environmentally-caused diseases just in the United States and Canada.



London surgeon and anesthesiologist John Snow was also a skeptic of the miasma theory and the germ theory of disease was not widely accepted at this time, but evidence led him to believe that the Cholera epidemic was not due to breathing foul air. John Snow came to believe an Asiatic cholera outbreak that was killing thousands of innocent people in South London was due to sewage-contaminated drinking water supplied by the Vauxhall Water Company; the health authorities and Water Company were reluctant to agree with the good Doctor's "theory". Snow then found a pump at the corner of Broad Street and Cambridge Street that was at the epicenter of the cholera epidemic. Snow was

eventually successful in removing the pump handle off of this suspect contaminated well and the needless deaths stopped. He first publicized his disease theory in an essay On the Mode of Communication of Cholera in 1849. In 1855 a second edition was published, with a much more elaborate investigation of the effect of the water-supply in the Soho cholera epidemic of 1854. Even so, a subsequent report from the Board of Health noted: "After careful inquiry, we see no reason to adopt this (Snow's) belief."

First, do no harm." is not in the Hippocratic Oath - It is a widely held misconception that the familiar dictum "First, do no harm" comes from the Hippocratic Oath, an oath many physicians take when they enter medical practice. However, the Hippocratic Oath does not and never did contain these words (nor was it actually written by Hippocrates, according to many sources). The Greek "First, do no harm" becomes "Primum non nocere" in Latin.

Did you ever wonder why Doctors call what they do a "practice"?

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Are all bacteria really "bad germs"?

Are all bacteria really "bad germs"? Do you incorrectly associate all microorganisms/bacteria with infectious diseases? Are you constantly trying to kill all these "bad germs" by using antibacterial soaps and disinfectant cleaners? When you become ill, do you (mis)use antibiotics in order to kill all the "bad germs" so you can "re-gain" your health?. First of all, not all microorganisms/bacteria are "bad germs" - over 95% are beneficial and absolutely necessary. Beneficial microorganisms/bacteria are vital components to the birth, life and death of every living thing on this planet. Beneficial microorganisms break down manure, dead plant and animal tissue and turn these problems into healthy humus - the humus in turn nourishes the soil and makes the plants grow strong and pest resistant. Living soil has over 600 million beneficial microorganisms containing thousands of various species of beneficial bacteria and fungi; healthy soil is truly alive with millions of beneficial microorganisms. Beneficial microorganisms/bacteria also provide the plant with food and nitrogen, and will also return the plant back to its natural elements after it has been cut down or died, these "bad germs" actually make the circle of life continue. Synthetic fertilizers, insecticides, herbicides, fungicides and other economic POISONS all help kill the army of beneficial microorganisms/bacteria that create and support healthy soils. Once the living soil is killed, the plant chelated minerals we need in our food are no longer provided by the now unhealthy plants. If you eat healthy plants grown organically, you consume live beneficial bacteria and plant chelated minerals they provide every time you eat. If you are healthy, you have literally thousands of species of beneficial bacteria living in your alimentary canal from your mouth to your anus. These beneficial bacteria are absolutely necessary for your survival, they help you digest your food, synthesize vitamins like folic acid, vitamin K and biotin, which are vital to the function of your immune system. Beneficial bacteria break down your food into a useable form that can be absorbed through your intestines and can be utilized by the body. Beneficial bacteria also clean the walls of your intestines and colon so that waste can be excreted easily and are therefore directly affect your body's ability to detoxify itself. Exposure to "bad" bacteria is critical to your building a strong immune system, as your body needs something to fight against in order to build its army. Overuse of antibacterial soaps, pasteurized products and antibiotics has lead to a sicker and more allergic population, because a non-exposed body does not feel the need to build the necessary protective antibodies. Antibiotics are truly anti life - and they will kill the beneficial bacteria in your gut. In today's world of processed, denatured, sugar and chemically laden foods that come from dead soils, most people now have a bacteria population in their gut that is 85% bad bacteria and only 15% beneficial bacteria, and that figure should be (at a minimum) reversed. Good bacteria are also killed off by the chlorine and fluoride in the water we drink, caffeine, birth control pills and other drugs, stress, food additives, and too many bad bacteria that compete in our gut for food and a place to live. No wonder so many people now have irritable bowel syndrome or other problems that stem from the inability to detoxify themselves. Many people are carrying around with them several pounds of dead, rotting fecal matter in their intestinal tract, which creates a potential for self-poisoning and disease. Symptoms of bad bacteria in your gut is an inability to lose weight, carbohydrate cravings, recurrent Candida or yeast problems, frequent constipation or diarrhea, digestion or acid reflux problems, joint pain and stiffness, frequent colds or flu, skin problems like acne or eczema, etc.

How do you replace the good bacteria in your gut? Start by eating living, whole organic food grown in live soil, eating more high quality fermented foods, and by filtering your water so you are no longer drinking chlorine. Most importantly, take a quality probiotic supplement daily in order to repopulate your gut quickly with beneficial bacteria.

How do you replace the good bacteria in your soil? Start by stopping the use of synthetic fertilizers and pesticides that stop the dynamic system in which soil minerals constantly interact with organic matter and living microorganisms. Then incorporate manure, compost and/or humus directly into your soil.



There, obviously, is Natural Resistance — Never forget, there is no better vaccine than natural exposure. Some people are born lucky and have a natural resistance to health problems, e.g., infectious diseases. Obviously, most of mankind survived the Bubonic Plague. Starting in 1334 in Hopei, China, people were being struck down swiftly by the Black Plague. The disease spread rapidly and killed efficiently along trade routes. A third of the population of Europe died. However, most of the populace were able to survive the devastating Black Plague, such as the residents of Eyam. Eyam was a lead-mining village in England. The village had quarantined itself in 1665 in order to stop the plague from spreading beyond the village. Because of the high mortality rate of the Black Plague, it seemed unlikely that the residents of Eyam would survive. They lived in tight quarters, handled their dead neighbors and were constantly surrounded by those infected with the Black Plague. Somehow, half of the residents survived. Scientists believe that the reason for their survival was a genetic mutation found in descendants of the survivors. The gene is called CCR5-delta 32, or Delta 32 for short.

http://www.associatedcontent.com/article/50256/the_delta_32_mutation.html?cat=58
Please see also: http://www.mnwelldir.org/docs/terrain/lost_history_of_medicine.htm

How can you help heal, strengthen and detox your body? Every time you breathe out, urinate, have a bowel movement and/or sweat you help detox your body. Proper nutrition also helps remove many toxins. Eating healthy foods including plenty of fiber and drinking pure water will also help remove these toxins. In a healthy body, most toxins are normally excreted or they are sent to the liver. Once in the liver, toxins are eventually eliminated with the urine. If the body is not healthy and well nourished, toxins leave the liver and accumulate in the adipose (fat) tissues and/or are found in the blood, the brain and the central nervous system. Many people detox using Not Nice To Toxins®, which is a unique blend of herbs designed to assist the body in the elimination of pesticides, parasites, heavy metals and other chemical toxins. This synergistic herbal formula purifies the body's lymphatic system, blood stream, colon and major organs, and improves its resistance to disease.

http://www.safesolutionsinc.com/Detoxification_Aids.htm. Please also read on how to detox in Chapter 40.

Fiber will help support the secretion of toxins. Rice bran and food-grade diatomaceous earth (DE) will directly bind toxins. High quality, organic proteins and/or chelation help remove metal toxins from the body. Watercress, artichokes, onions and cilantro are often used to help detoxify. Green tea promotes healthy digestion and is a powerful antioxidant. Quality vitamin supplements help nourish the healthy body. All vitamins are necessary, but an analysis of CDC data of just one indicates vitamin D deficient children are at higher risk of death from swine flu. Vitamin D deficiency can also create neurological conditions in children, e.g., epilepsy, cerebral palsy or other neurodevelopmental conditions like mental retardation. Exacerbating the problem further, many of these kids take anticonvulsant drugs, which lower vitamin D levels. 58 million American children are vitamin D deficient; 7.6 million are severely deficient. The further you live from the equator, the more deficient you are in vitamin D.

But, as important as vitamins are, they can do nothing for you without minerals. Vitamins cannot be assimilated without the aid of minerals. Although the body can manufacture a few vitamins, it cannot manufacture a single mineral. All tissue and internal fluids contain varying quantities of minerals. Minerals are constituents of the bones, teeth, soft tissue, muscle, blood and nerve cells. They are vital to overall mental and physical well-being.

HOW THEY WORK: Minerals act as catalysts for many biological enzyme reactions within the body, including muscle response, the transmission of messages through the nervous system, and the utilization of nutrients in food.

BORON - A trace mineral needed by the body in only minuscule amounts; assists in the proper absorption of calcium, magnesium and vitamin D, especially in older people; maintains healthy bones and prevents osteoporosis; slows the loss of minerals through urination; plays an important role in joint health and has helped those with rheumatoid arthritis; helps to raise estrogen levels, which could prevent bone loss; needed for proper muscle growth; enhances brain function and promotes mental alertness; plays a key role in how the body utilizes energy from fats and sugars.

CALCIUM - Builds strong bones and teeth; treats and prevents osteoporosis; important in the maintenance of a regular heartbeat and in the transmission of nerve impulses; lowers cholesterol levels and helps prevent cardiovascular disease; an effective treatment for PMS; recommended for attention deficit disorders, migraine headaches and periodontal disease; reduces the risk of colon cancer, by neutralizing the toxic effects of cancer-promoting fats; reduces the formation of polyps; lowers blood pressure; prevents leg cramps, maintains bone density and strength; helps prevent insomnia and anxiety. A deficiency may lead to aching joints, brittle nails, eczema, elevated blood cholesterol, heart palpitations, high blood pressure, insomnia, muscle cramps, nervousness, numbness in the arms and/or legs, rheumatoid arthritis, rickets and tooth decay. A high protein diet, caffeine from coffee, carbonated beverages, alcohol and antacids can diminish calcium levels in your body. <http://www.jrussellshealth.org/antacids.html> It is essential to maintain a balance with magnesium for calcium to be effective.

- A. CALCIUM CARBONATE** - An excellent form of calcium and the most common found in food supplements. It is refined and purified and contains no toxic metals, such as lead and aluminum. This form of calcium is a little harder to absorb if you have low stomach acid, therefore should be taken with meals to improve absorption.
- B. CALCIUM CITRATE** - Is calcium carbonate bound (chelated) with citrate acid. It is easily absorbed regardless of the output of stomach acid.
- C. CALCIUM ASPARTATE** - Is calcium carbonate bound with aspartic acid. It is easily absorbed regardless of the output of stomach acid.
- D. CALCIUM LACTATE** - Is calcium carbonate bound with lactic acid. It is easily absorbed regardless of the output of stomach acid.

DEFICIENCY SYMPTOMS: May result in arm and leg muscles spasms, softening of bones, back and leg cramps, brittle bones, rickets, poor growth, osteoporosis (a deterioration of the bones), tooth decay, depression.

CHROMIUM - Is involved in the metabolism of glucose and is vital in the breakdown of cholesterol, fats and proteins; maintains stable blood sugar levels through proper insulin utilization; keeping blood sugar levels normal is important because high levels of either can cause damaging effects on the cells lining the arteries, which can cause circulation problems that may lead to clogged arteries; will reduce blood sugar and insulin levels in people with full-blown type 2 diabetes; the polynicotinate form is easily absorbed in the body's cells; helps prevent sugar cravings and sudden drops in energy; promotes a healthy circulatory system; has been used as a treatment for migraine headaches, psoriasis and acne; can prevent anxiety and fatigue; is used extensively by athletes and dieters because it promotes fat loss and increases lean muscle tissue. Chromium-polynicotinate vs picolinate - <http://cellhealthmakeover.com/chromium-polynicotinate.html> .

DEFICIENCY SYMPTOMS: May result in glucose intolerance in diabetics; arteriosclerosis, heart disease, depressed growth, obesity, tiredness.

COPPER - Aids in the formation of bone, hemoglobin and red blood cells; promotes connective tissue formation and central nervous system function; works with vitamin C and zinc to form elastin, a chief component in skin tissue and muscle fibers; is involved in the healing process, energy production, hair and skin coloring and taste sensitivity; is important for the formation of collagen, one of the fundamental proteins making up bone, skin and

connective tissue. You need very little — only 2 mg per day.

DEFICIENCY SYMPTOMS: May result in general weakness, impaired respiration, skin sores.

IODINE - The thyroid gland adds iodine to the amino acid tyrosine to create thyroid hormone; aids in the functioning of the thyroid gland which regulates the body's production of energy; helps burn excess fat by stimulating the rate of metabolism; improves mental alacrity; may be helpful in breast tenderness; keeps the skin, hair and nails healthy. Helps maintain a healthy respiratory system.

DEFICIENCY SYMPTOMS: May result in an enlarged thyroid gland, slow mental reaction, dry skin & hair, goiter, weight gain, loss of physical and mental vigor.

IRON - Important in the formation of hemoglobin, the oxygen-carrying factor in red blood cells; nourishes every cell in the body with oxygen; without it your body could not make ATP (the body's primary energy source), produce DNA, or carry out many other critical functions; has shown to improve restless-legs syndrome; is necessary for the proper metabolism of 8 vitamins; prevents anemia and fatigue; promotes good skin tone, and stimulates the immune system; decreases the craving for alcohol.

DEFICIENCY SYMPTOMS: May result in weakness, paleness of skin, constipation, anemia and a bizarre disorder called "pica" where doctors have reported cases of people eating dirt, chalk, clay, paste, paper, cardboard, ice chips and styrofoam.

MAGNESIUM - Necessary for calcium and vitamin C metabolism; converts blood sugars into energy; regulates the neuromuscular activity of the heart, and improves energy production within the heart; dilates the coronary arteries; helps maintain normal heart rhythm; has been used in treating fibromyalgia, migraine and tension headaches, premenstrual syndrome, rheumatoid arthritis, asthma, hearing loss, binge-eating disorders, tinnitus and high blood pressure; aids in bone growth and strengthens tooth enamel; controls bad breath and body odor; helps burn fat and aids in fighting depression; prevents calcium deposits, kidney stones and gallstones; when combined with calcium acts as a natural tranquilizer; promotes relaxation of the bronchial muscles, thus opening airways and making breathing easier; reduces hyperactivity in children, and may help with ADD (attention deficit disorder); eliminates mental confusion, irritability, loss of appetite, insomnia and muscle cramps. An excessive intake of calcium will reduce your body's level of magnesium.

DEFICIENCY SYMPTOMS: May result in calcium depletion, heart spasms, nervousness, muscular excitability, pain, inflammation, confusion, kidney stones, constipation and restless leg syndrome.

MANGANESE - Needed for protein and fat metabolism, normal bone growth, a healthy nervous system, proper bowel function, and an optimal immune system; used in the formation of cartilage and synovial (lubricating) fluid of the joints; works with the 8 vitamins to give you an overall feeling of well-being; aids in the formation of mother's milk; necessary for the proper digestion and utilization of food; functions in many enzyme systems, including enzymes involved in blood sugar control, energy metabolism and thyroid hormone function; increases the activity of the anti-oxidant enzyme (SOD)—this enzyme is responsible for preventing the superoxide free radical from destroying cellular components.

DEFICIENCY SYMPTOMS: May result in paralysis, convulsions, dizziness, ataxia, loss of hearing, digestive problems, blindness and deafness in infants.

MOLYBDENUM - A trace mineral needed by the body in only minuscule amounts. Provides energy and vigor by aiding in carbohydrate and fat metabolism; helps with alcohol detoxification and sulfur metabolism; plays a role in the detoxification of cancer-causing chemicals; helps prevent tooth decay; promotes normal cell function; activates the enzyme that produces uric acid — the substance that helps carry excess nitrogen out of the body when you urinate.

PHOSPHORUS - Needed for blood clotting, bone and teeth formation, cell growth, contraction of the heart muscle, normal heart rhythm, and kidney function; assists the body in the utilization of vitamins and the conversion of food into energy; is involved in virtually all physiological chemical reactions. It is present in most foods and only rarely needs to be supplemented.

POTASSIUM - An extremely important electrolyte which is essential for a healthy nervous system and a regular heart rhythm; helps prevent strokes, aids in proper muscle contraction, and works with sodium to control the body's water balance; aids in maintaining stable blood pressure and in transmitting electrochemical impulses; regulates the transfer of nutrients through cell membranes; together with magnesium, can help prevent kidney stones; promotes healthy adrenal glands; helps stop the buildup of cholesterol-laden plaque; aids in clear thinking by sending oxygen to the brain, stimulates the kidneys to eliminate poisonous body wastes; very effective in reducing high blood pressure, keeps the heart muscle strong, and prevents leg cramps.

DEFICIENCY SYMPTOMS: May result in poor reflexes, nervous disorders, respiratory failure, cardiac arrest, muscle damage.

SELENIUM - A major anti-oxidant which protects cell membranes; preserves tissue elasticity and youthfulness of the skin; protects and stimulates the immune system; protects against various types of cancer, cardiovascular disease, strokes and heart attacks; protects against cataract formation; alleviates hot flashes and menopausal distress; helps in the treatment and prevention of dandruff and dry skin; raises sperm count and increase fertility in men; protects against a variety of viral infections; plays a vital role in regulating the effects of thyroid hormone on fat metabolism; when combined with vitamin E and zinc may provide relief from an enlarged prostate; protects the liver in people with alcoholic cirrhosis; decreases platelet clotting in the bloodstream; slows down aging and hardening of tissues through oxidation; may help protect against the damage caused by air pollution and smoke.

DEFICIENCY SYMPTOMS: May result in premature aging, heart disease, psoriasis, dandruff, loose skin, eczema.

SILICA - Necessary for the formation of collagen for bones and connective tissue; promotes healthy nails, skin and hair; maintains flexible arteries; plays a major role in preventing cardiovascular disease; counteracts the effects of aluminum on the body, and is believed to be important in the prevention of Alzheimer's disease and osteoporosis; stimulates the immune system and inhibits the aging process in tissues; important for calcium absorption; improves the elasticity and thickness of the skin. A trace mineral needed by the body in only minuscule amounts

TRACE MINERALS - Minute portions can powerfully affect health. They are necessary for oxygen transport, energy metabolism, growth and cell and nerve protection. They are essential in the assimilation and utilization of vitamins and other nutrients. They aid in the digestion process and provide the catalyst for many hormones, enzymes and essential body functions and reactions. They aid in replacing electrolytes lost through heavy perspiration or diarrhea. They also protect against toxic reaction and heavy metal poisoning. The 72+ natural trace elements in all seafood are a powerful and highly effective natural remedy for many cancers, arthritis, MS, leukemia and many other 'incurable' diseases.

ZINC - Over 300 enzymes in the body need zinc to order to function properly; is needed to make important antioxidant enzymes; is essential for protein synthesis and collagen formation; governs the contractibility of muscles; helps in the formation of insulin; helps prevent macular degeneration (one of the most common causes of vision loss in the elderly), and helps prevent the onset of cataracts; important for blood stability; exerts a normalizing effect on the prostate and is important in the development of all reproductive organs; is critical in the male sex drive and is involved in hormone metabolism, sperm formation and sperm motility; helps prevent and reduces the length and severity of the common cold; helps decrease cholesterol deposits; helps heal stomach ulcers, relieves symptoms of rheumatoid arthritis; prevents acne outbreaks, and regulates the activity of oil glands; promotes a healthy immune system and the healing of wounds; has shown to be important in brain function and in the treatment of schizophrenia; makes your fingernails strong and gets rid of white spots on your nails; helps prevent cancer sores, loss of appetite, taste and smell problems, dermatitis and binge-eating; believed to retard the aging process. Zinc should never be applied to the nasal membranes.

DEFICIENCY SYMPTOMS: May result in delayed sexual maturity, prolonged healing wounds, white spots on finger nails, retarded growth, stretch marks, fatigue, decreased alertness, susceptibility to infections.

The Author believes that most of all known diseases are ascribable to hunger, poor nutrition or vitamin and/or mineral deficiencies.

Sodium bicarbonate (baking soda) is a chemical compound with the formula NaHCO₃. Baking soda is commonly used as an antacid for short-term relief of stomach upset, to correct acidosis in kidney disorders, to make the urine alkaline during bladder infections and to minimize uric acid crystallization during gout treatment. Prescription sodium bicarbonate products are given by injection to treat metabolic acidosis and some drug intoxications. Sodium bicarbonate is available as a nonprescription medical as well as a general house hold item. It is also used with other non-prescription drugs for short-term treatment of various conditions to treat anything from fever to moderate pain.

The native chemical and physical properties of baking soda account for its wide range of applications, including cleaning, deodorizing, buffering, and fire extinguishing. Sodium bicarbonate neutralizes odors chemically, rather than masking or absorbing them. Consequently, it is used in bath salts and deodorant body powders. Sodium bicarbonate tends to maintain a pH of 8.1 (7 is neutral) even when acids, which lower pH, or bases, which raise pH, are added to the solution. Its ability to tabletize makes it a good effervescent ingredient in antacids and denture cleaning products. Sodium bicarbonate is also found in some anti-plaque mouthwash products and toothpaste.

Sodium bicarbonate (baking soda) possesses the property of absorbing heavy metals, dioxins and furans. Comparison of cancer tissue with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc.

Mark Sircus, Ac., OMD, Director International Medical Veritas Association, has also written that Sodium Bicarbonate has always been known as a quick remedy for stomach acid imbalances and for cleaning swimming pools and refrigerators. Few know that it is a most useful medicine for the treatment of cancer and kidney disease or to help resolve common colds and to alleviate the symptoms and dangers of influenza.

There is an oncologist in Rome, Italy, Dr. Tullio Simoncini, destroying cancer tumors with sodium bicarbonate. Sodium bicarbonate is safe, extremely inexpensive and unstopably effective when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Sodium bicarbonate is, for all intent and purposes, an instant killer of tumors. Full treatment takes only days, as does another cancer treatment that heats the cancer cells with laser generated heat.

Studies have shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy. Proteins can be modified both in vivo and in vitro by increases in acidity. In fact pH is the regulatory authority that controls most cellular processes. The pH balance of the human bloodstream is recognized by medical physiology texts as one of the most important biochemical balances in all of human body chemistry. pH is the acronym for "Potential Hydrogen". In definition, it is the degree of concentration of hydrogen ions in a substance or solution. It is measured on a logarithmic scale from 0 to 14. Higher numbers mean a substance is more alkaline in nature and there is a greater potential for absorbing more hydrogen ions. Lower numbers indicate more acidity with less potential for absorbing hydrogen ions.

In 1973, a study conducted by the Department of Occupational Health at Hebrew University-Hadassah Medical School in Jerusalem found that when cancerous breast tissue was compared with non-cancerous tissue from elsewhere in the same woman's body, the concentration of toxic chemicals such as DDT and PCBs was "much increased in the malignant tissue compared to the normal breast and adjacent adipose tissue."

Part of any successful cancer treatment includes chelation and detoxification of heavy metals and a host of toxic chemicals, which are all invading our bodies everyday.

The IMVA recommends alkaline foods and sodium bicarbonate so that **the pH of the blood remains high, which in turn means that the blood is capable of carrying more oxygen.** This in turn keeps every cell in the body at peak efficiency and helps the cell eliminate waste products. Detoxification and chelation will proceed more easily and safely under slightly alkaline conditions. Increased urinary pH reduces oxidative injury in the kidney so it behooves us to work clinically with bicarbonate.

Dr. Otto Warburg, two times a Nobel Prize winner, stated in his book, The Metabolism of Tumors that the pri-

mary cause of cancer was the replacement of oxygen in the respiratory cell chemistry by the fermentation of sugar. The growth of cancer cells is initiated by a fermentation process which can be triggered only in the absence of oxygen at the cell level. What Warburg was describing was a classic picture of acidic conditions. Just like overworked muscle cells manufacture lactic acid by-products as waste, cancerous cells spill lactic acid and other acidic compounds causing acid pH.

A true understanding of cancer is impossible without understanding why some tissues in the body are deficient in oxygen and therefore prone to cancer. **Cancerous tissues are acidic, whereas healthy tissues are alkaline.** Water (H₂O) decomposes into H⁺ and OH⁻. When a solution contains more H⁺ than OH⁻ then it is said to be acid. When it contains more OH⁻ than H⁺ then it is said to be alkaline. When oxygen enters an acid solution it can combine with H⁺ ions to form water. Oxygen helps to neutralize the acid, while at the same time the acid prevents oxygen from reaching the tissues that need it. Acidic tissues are devoid of free oxygen. An alkaline solution is just the reverse. Two hydroxyl ions (OH⁻) can combine to produce one water molecule and one oxygen atom. Clearly, an alkaline solution can provide oxygen to the tissues.

At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But nothing can compare to the instant alkalizing power of sodium bicarbonate for safe and effective treatment of cancer. **But it is important to raise the pH quickly.**

The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumors.** All of Dr. Tullio Simoncini's treatments with sodium bicarbonate are directed as specifically as possible to the organs involved, for example, vaginally as well as abdominally into the peritoneal space for cervical cancer, through the hepatic artery for liver cancer in order to get the solution as close to the affected area as possible. Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results in most tumors, including the brain, while others, such as the serious ones of the bones can remain unaffected. Dr. Simoncini, with the help of interventionist radiologists was able to reach those areas of the body that had previously been inaccessible. This was achieved through positioning appropriate catheters either in cavities for peritoneum and pleura, or in arteries to reach other organs.

The most effective measure to treat RT-induced mucositis in patients with head and neck cancer is frequent oral rinsing with a sodium bicarbonate rinse, to reduce the amount of oral microbial flora.

Sodium bicarbonate injection is also indicated in the treatment of metabolic acidosis which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. Sodium bicarbonate is further indicated in the treatment of drug intoxications, including barbiturates. Sodium carbonate has been found effective in treating poisoning or overdose from many chemicals and pharmaceutical drugs by negating the cardiotoxic and neurotoxic effects.

Sodium bicarbonate is useful in treating neurological disorders in children. An extremely simple therapy used by physicians who treat autism is to supply a mild antidote that neutralizes the excess acids. The most convenient product is a nonprescription drug called AlkaSeltzer Gold™. Do not use any other kind of AlkaSeltzer™. AlkaSeltzer Gold™ is simply a very safe product (sodium and potassium bicarbonate) that helps to neutralize excess acids of any kind. Dr. William Shaw

Distilled water is not safe, it lacks bicarbonates and minerals and yes, it is creates acid in the body. Yet it is an excellent aid in detoxification and chelation for its purity pulls out toxicities from the body. Part of the reason **why our body is acid is that it lacks enough bicarbonate necessary to neutralize the acid.** Whenever the water lacks the proper bicarbonates to neutralize the water in distilled water your body basically becomes a little more acid. But we can easily treat distilled or reverse osmosis water by adding bicarbonate and magnesium.

Combining Alkalinity with Heat — Give me a chance to create fever and I will cure any disease.

— Parmenides

Fever is one of the body's own defensive and healing forces, created and sustained for the deliberate purpose of restoring health. The high temperature speeds up metabolism, inhibits the growth of the invading virus or bacteria, and literally burns the enemy with heat. Fever is an effective protective and healing measure not only against colds and simple infections, but against such serious diseases as polio and cancer.

Hyperthermia gives cancer a hard time:

- removing accumulations of stored toxic chemicals that cause cancer
- improving circulation so that tissues are both nourished with oxygen and flushed of acidic metabolic wastes
- weakening or even killing cancer cells that have a lower tolerance for heat than healthy cells.

That is only one of the reasons the Author routinely uses his sauna

Acidity as a Cause of Disease and the Aging Process —Today most medical practitioners believe that disease only begins with the onset of symptoms. The Author believes disease begins when our alkaline tissues begin to turn acidic and we start to lose oxygen content - Chronic over acidity corrodes body tissue, and will eventually interfere with life itself. Alkalinity means oxygen. We need oxygen to survive. We need oxygen to maintain an alkaline environment. Life is oxygen. Oxygen is life. Bacteria, yeast, cancer and viruses (just to name a few) all survive and grow without oxygen. They are said to have an anaerobic (without oxygen) existence. Do we need modern medicine? Yes, but only because our bodies are so far out of alignment that all too often we need something "medical" to save our lives. The problem is, after having our life saved, we continue on our unhealthy ways as if we are totally healed, when all we've been given is a short (very short) reprieve. The body is still acidic. We are still sick. If we really want to be truly healed, we all need to again eat properly e.g., seafood, raw fruits and vegetables and begin to increase our oxygen levels and alkalinity.

Alkaline Drinking Water.

Pure drinking water is obviously very important to maintain our health and vitality. Our bodies are 70% water and our blood is 94% water - if we drink at least two liters of water per day and this water is acidic and polluted - what do you think it is doing to our health? Western diets with all the processed foods and highly acidic drinks like Coke and Pepsi and all the alcoholic drinks all create chronic, low-grade acidosis which normally increases as we age. One of the main reasons we become acid is from over-consumption of protein. Mineral deficiencies especially combined with high protein intake also create highly acidic conditions. Drinking acidic water (with a pH of less than 7) can be a hotbed of microorganisms, bacteria and viruses. Acid wastes (from the lifestyles we lead - not only from our food and drink, but also from stress and pollutants) are dumped into the bloodstream and lymph, and then are transported to the liver and kidneys for the detoxification processing and elimination. The pH level of our internal fluids affects every living cell in our bodies and the effect that over-acidification can have upon the health of our bodies is immense, with a chronically over acidic pH creating an extremely negative environment which affects all cellular functions from the beatings of the heart to the neural workings of the brain. In order to hydrate your body optimally, you can help by drinking pure water that is alkalizing and mineral rich. Alkaline water helps to neutralize acids and remove toxins from the body. Alkaline water also acts as a conductor of electrochemical activity from cell to cell. Ideally, alkaline water should have a pH between 8 and 10, and most of us should be drinking 3-4 liters of it daily.

How do you make alkaline water?

First you should begin with distilled water or drinking water that has been run through a reverse osmosis water filter (distilled water and reverse osmosis water is far more alkaline than tap or bottled water). To make the water even more alkaline, simply add a half teaspoon of baking soda to a gallon of water. Shake it thoroughly and test with a pH test strip. If it is still not alkaline enough, add more baking soda and shake again. Test it again. Once you have found the proper mix, write down how many teaspoons of baking you need for your alkaline water recipe. As an alternative, you can simply squeeze a lemon or lime into the water. Lemon/lime water is very

alkaline and also helps to detoxify the liver and kidneys.

Sodium Bicarbonate/Baking Soda.

Sodium bicarbonate creates higher oxygen levels by increasing alkalinity to the cells. This simple household product used for baking, cleaning, bee stings, treating asthma, cancer and acid indigestion is so effective in treating kidney disease that it prevents some patients from having to be put on kidney machines. The findings have been published in the Journal of the American Society of Nephrology. The kidneys normally produce about two hundred and fifty grams (about half a pound) of bicarbonate per day in an attempt to neutralize acid in the body. If the blood is too acidic, the kidneys make bicarbonate to restore the blood's pH balance (our lungs also help get rid of excess acid by exhaling carbon dioxide). If the blood is too alkaline, then the kidneys excrete bicarbonate into the urine to restore the balance. Acid-base balance is the net result of two processes, first, the removal of bicarbonate subsequent to hydrogen ion production from the metabolism of dietary constituents; second, the synthesis of "new" bicarbonate by the kidneys.

Bicarbonate ions neutralize the acid conditions required for chronic inflammatory reactions. Hence, sodium bicarbonate is of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases. Baking soda/sodium bicarbonate is a well studied and useful alkaline medicine with known effects. Sodium bicarbonate is effective in treating poisonings or overdoses from many chemicals and pharmaceutical drugs by negating their cardiotoxic and neurotoxic effects. It is used by orthodox oncology to mitigate the highly toxic effects of chemotherapy. Sodium bicarbonate also possesses the ability of absorbing heavy metals, dioxins and furans. Baking soda will safely, inexpensively and quickly increase the pH but it will not improve the taste of the water. Still, not bad for a really cost effective, safe medical treatment.

How does it work?

When you drink alkaline water - your stomach must make more hydrochloric acid for the stomach to maintain a 4 pH - the byproduct of this process is sodium bicarbonate (NaHCO_3) and/or potassium bicarbonate (KHCO_3) are produced and they go into the blood stream. These bicarbonates are the alkaline buffers that neutralize excess acids in the blood; they dissolve solid acid wastes into liquid form. As they neutralize the solid acidic wastes, extra carbon dioxide is released, which is discharged through the lungs. As our body gets old, these alkaline buffers get low; this creates acidosis. This is a natural occurrence as our body accumulates more acidic waste products. There is a direct relationship between the aging process and the accumulation of acids. By looking at the pH value of just the stomach - it would seem "proof" that the alkaline water you drink never reaches the body. But when you look at the whole body, there is a net gain of alkalinity as we drink alkaline water. Our body cells are slightly alkaline. In order for them to produce acid, they must also produce alkaline. Another organ that produces acid in order to produce alkaline is the pancreas. After the food in the stomach is digested, it enters into the small intestine. The food at this point is so acidic that it will damage the intestine wall. In order to prevent this damage, the pancreas makes alkaline juice (known as pancreatic juice). This alkaline juice is sodium bicarbonate - which is added into the acidic food coming out of the stomach. In order to produce bicarbonates, the pancreas must also make hydrochloric acid, which goes into our blood stream. You feel sleepy when the digested food starts coming out of your stomach; because that is when the hydrochloric acid goes into your blood. Hydrochloric acid is the main ingredient in antihistamines and that is what causes you to feel sleepy. Alkalines or acids produced by the body must have an equal and opposite acid or alkaline produced by the body; therefore, there can be no net gain. However, when alkaline is supplied from outside the body, like drinking alkaline water, this will always result in a net gain of alkalinity in your body. Conversely there also is a net gain if you constantly add acids to your body!

What are some of the infectious diseases that we currently are facing and what are some of the current "treatments?"

Vaccine for Swine Flu (AH1N1) Is Ahead of Expectations By Donald G. McNeil Jr. - Published: September 18, 2009

More than three million doses of swine flu vaccine will be available by the first week of October, a little earlier than had been anticipated, federal health officials announced Friday.



But nearly all those 3.4 million doses will be of the FluMist nasal spray type, which is not recommended for pregnant women, people over 50 or those with asthma, heart disease or several other problems, officials from the Centers for Disease Control and Prevention warned.

Nonetheless, it will still be possible to vaccinate people in other high-risk groups: health care workers, people caring for infants and healthy young people.

The nasal spray contains a weakened live virus, while injections contain killed and fragmented virus. The spray gives a stronger immune reaction but carries a small risk that the virus will multiply too quickly in people with compromised immunity.

The normal side effects of FluMist include fever, headache, muscle aches, runny nose, vomiting and wheezing. These side effects, of course, mimic the flu, leading to the rumor that flu vaccines cause the illness. But health agencies say the side effects cannot expand into a life-threatening infection.

Swine flu cases are rapidly increasing across the country, the officials said. There is now “widespread” flu activity in 21 states, up from 11 a week ago, and virtually all the samples tested are the new swine flu.



“It’s a very strange thing for us to see that amount of influenza at this time of year,” said Dr. Daniel B. Jernigan, deputy director of the agency’s flu division.

Officials said they expected some confusion as a result of getting nasal spray out first. But they said they had decided it was better to move vaccine along as fast as possible rather than waiting until more injectable batches were ready, which could be in as little as a week or two later.

“The balance here is finding the sweet spot,” said Dr. Jay C. Butler, chief of the agency’s swine flu vaccine task force. “Do we hold it to build up stocks, or do we get small amounts out?”



Further confusion is expected because many Americans still do not understand the difference between the swine flu vaccine and the seasonal vaccine, of which 54 million doses have already been distributed.

Also, because the pork lobby has loudly objected to the term “swine flu,” all federal health officials are required to refer to it as pandemic H1N1 or 2009 H1N1. But seasonal flu shots also contain an H1N1 component; this means two H1N1 viruses could soon be circulating, each addressed by a different vaccine.

Swine flu vaccine will soon be streaming in batches from five manufacturers by overnight express to 90,000 distribution sites, some as small as a single doctor’s office and some as large as pharmacy warehouses. These sites will have to funnel their orders through state health departments, and from them to the C.D.C., which will coordinate the orders before passing them to the five companies.

Decisions about which groups should get which swine flu vaccine batches first “should be made locally,” Dr. Butler said, noting that an added complication was that no one yet knew how much demand there would be for all the 195 million doses the government had ordered.

“I think it was Yogi Berra who said, ‘It’s hard to make predictions, especially about the future,’ ” Dr. Butler said.

“While flu cases are rapidly increasing,” Dr. Jernigan said, “cases serious enough to require hospitalization are now showing only some increase. But,” he added, “it is not up at the same levels that we would see during seasonal flues.”

The New York Times For that reason, Dr. Jernigan said, this wave of the swine flu has been acting more like a bad seasonal flu than the 1957 Asian flu, to which it is sometimes compared. That flu was blamed for the deaths of about 70,000 Americans, while a typical flu season is believed to kill about 36,000. http://www.nytimes.com/2009/09/19/health/19flu.html?_r=1&th&emc=th

The Swine Flu Vaccine Kills - <http://articlesofhealth.blogspot.com/2009/08/swine-flu-vaccine-kills.html>

According to Dr. Young, "the flu is the body's way of removing excess environmental, metabolic and/or dietary acid out through the four channels of elimination - the bowels, the urinary system, the skin and the lungs. The most important fact to understand are the symptoms of the flu are not the disease but the body's attempt to re-establish the alkaline design of the body. This is where true immunity is found - in alkalinity - not in poisoning the body with an acidic vaccine. To prevent or reverse the symptoms of the so-called swine flu one must simply alkalize the body with alkaline water, food and supplements. An alkaline lifestyle and diet will buffer and eliminate the acidic waste products responsible for causing the flu-like symptoms. The beauty of this approach is the side-effects are good health."

Do You Really Want a Flu Shot?

In the UK, up to half of family doctors do not want to be vaccinated against swine flu. Read more:

<http://www.dailymail.co.uk/news/article-1208716/Half-GPs-refuse-swine-flu-vaccine-testing-fears.html>

CSL Pandemic Swine Flu Vaccine Safety in Question - New vaccine formulation contains thimerosal and beta-propiolactone, a potent cancer causing chemical — <http://www.i-sis.org.uk/CSLPandemicSwineFluVaccine.php>

The Mask Slips, for Those with Eyes to See: Preparing for the Real Pandemic - by Kevin D. Annett, M.A., M.Div. — Last week, many of the aboriginal people in the remote west coast village of Ahousaht were inoculated with the tamiflu vaccine. Today, over a hundred of them are sick, and the sickness is spreading. In the same week, body bags were sent to similarly remote native reserves in northern Manitoba that have also received the tamiflu vaccine. On the face of things, it appears that flu vaccinations are causing a sickness that is being deliberately aimed at aboriginal people across Canada, and this sickness will be fatal: a fact acknowledged by the Canadian government by their "routine" sending of body bags to these Indian villages.

<http://www.republicoflakotah.com/2009/the-mask-slips-for-those-with-eyes-to-see-preparing-for-the-real-pandemic/>

WARNING! Vaccines are producing pandemics! WAKE UP! <http://www.fluscam.com/HOME.html>

http://www.fluscam.com/Vaccine_Package_Inserts_files/Novartis_A-H1N1_2009_Monvalent_VaccinePackageInsert_BasedOn1980Approvalfor%20Fluivirin_UCM182242.pdf

Flu Vaccine Exposed: Think Twice!

http://www.youtube.com/watch?v=zCB1xqmOMKM&feature=player_embedded#t=178

UPDATE: H1N1 Swine Flu Vaccine Test Infects Entire U.S. Naval Vessel, Kills Captain and Chief Petty Officer - also - Three Other U. S. Naval Ships Reported to be under Similar At-Sea Quarantine

<http://labvirus.wordpress.com/?s=naval>

Then check out Alex Jones websites, e.g., www.InfoWars.com and www.PrisonPlanet.tv as having the best hard-hitting and horrifically truthful information about the "Killer Shot".

"Who can protest an injustice but does not is an accomplice to the act" — The Talmud

If you get sick, do you really want to go to a hospital? Today, hospitals are really not a place of healing but a place of infections. It is known in the UK that each year about 300,000 people or 9 in every 100 who go to a hospital will pick up an infection there and 5,000 will die. In the USA one in twenty (5%) of the roughly 368,000 patients treated for MRSA died. The CDC reported in 2005, that more than 18,000 deaths were attributed to MRSA and only 16,000 deaths were caused by AIDS. Simple hand washing is still one of the most important ways to decrease the spread of MRSA in hospitals but hand washing compliance among health care professionals is rarely 100%. **It is known that many doctors do not record hospital infections on death certificates.**

What is happening to our health? The World Alzheimer's Report (noted in the Grand Rapids Press on 9/21/09) noted that more than 35 million people worldwide are living with Alzheimer's disease or other dementia and that figure is projected to nearly double every 20 years. When one looks at California's sevenfold increase in autism cannot be explained by changes in doctors' diagnoses and most likely is due to environmental exposures, University of California scientists reported Thursday. The scientists who authored the new study advocate a nationwide shift in autism research to focus on potential factors in the environment that babies and fetuses are exposed to, including pesticides, viruses and chemicals in household products. Is it so strange to think that pesticide POISONS including synthetic disinfectants can harm us?

Methicillin-Resistant Staphylococcus Aureus (MRSA) Deaths

MRSA deaths are on the rise in the United States and around the world. A study published in mid-October in JAMA, the American Medical Association's journal, reported that there were an estimated 18,650 MRSA deaths in the U.S. in 2005. The MRSA death rate in the U.S. is now higher than the AIDS death rate.

Worse Than Expected: In fact, the number of MRSA-related deaths in the U.S. is significantly higher than public health officials once thought. Although MRSA (methicillin-resistant staphylococcus aureus) infections are usually harmless, they can be life-threatening when they enter an open wound or develop in individuals whose immune systems are compromised, such as the elderly, infants, HIV-positive patients, and patients who undergo invasive medical procedures.

Even Among the Healthy: The news of an MRSA death in an otherwise-healthy 17-year-old boy in Virginia illustrates the potential for fatal MRSA infections even among the general population. Individuals can develop serious MRSA infections from contact with the bacteria in the community at large, or in healthcare settings.

According to the JAMA study, about 85% of the invasive MRSA infections reported were associated with the patients' health care experience. About two-thirds of the time, the MRSA developed when the patient was not staying at the hospital or clinic, and about one-third of the infections developed during hospitalization.

More and More Common: What's also worrisome is the continuing growth of the MRSA infection rate. MRSA is a "superbug" that has mutated to be resistant to almost all types of treatment. According to the U.S. Centers for Disease Control (CDC), MRSA infections accounted for just 2% of the total number of staph infections in 1974; the percentage had grown to 22% by 1995, and in 2004 the percentage of MRSA infections was 63%.

Preventing an MRSA Infection: The JAMA study noted that nearly 95,000 people contracted serious MRSA infections in the U.S. in 2005. The 18,650 MRSA deaths that year would account for almost 20% of that number.

Many MRSA deaths can often be prevented — primarily by preventing serious MRSA infections in the first place.

Do You Really Want to use Prescription Drugs?

Over 11 years ago, THE PALM BEACH POST on Wednesday, 4/15/98 —

http://www.the7thfire.com/health_and_nutrition/Prescription_drugs_deaths.htm



— noted: Study confirms how dangerous prescription drugs are: Drug side effects make 2 million sick - Properly prescribed medicine kills 106,000 each year.

More than 2 million Americans become seriously ill every year because of toxic reactions to correctly prescribed medicines taken properly, and 106,000 die from those reactions, a new study concludes. That surprisingly high number makes drug side effects at least the sixth, and perhaps even the fourth, most common cause of death in this Country. The analysis, the largest and most complete of its kind, suggests that one in 15 hospital patients in the United States can expect a serious reaction to prescription or over-the-counter medicine, and about 5 percent of these will die from it. If the findings are accurate, then the number of people dying each year from drug side effects may be exceeded only by the numbers of people dying from heart disease, cancer and stroke, and may be greater than the number dying from lung disease, pneumonia or diabetes. Experts said the study, which appears in today's issue of the Journal of the American Medical Association, is stronger than previous ones because it looks only at cases in which drugs were taken correctly. **Drugs never cure disease; they only cover up the symptoms. Basically, every prescription tells you to avoid using that particular prescription in combination with several other medications because of possible adverse drug interactions; however, the water we now are forced to drink is already contaminated with those (and many other) dangerous chemicals. We are truly becoming intoxicated and are on our way to global narcosis. This is truly the dumbing of America and the World.**

How and Why Does a Placebo Cure?

Simple — because you believe that it will. People are healed every day by their faith in Divine healing or in some medical practitioner be he a voodoo doctor, witch doctor or any other healer. It is very interesting that the words believe, believer and belief have the word "lie" in them.

How and Why Does Pure Hydrogen Peroxide Work?

Hydrogen peroxide should really be called hydrogen dioxide. Its chemical formula is H_2O_2 . Simply adding an 8 oz bottle of 3% hydrogen peroxide to a one-gallon humidifier and filling the rest of the reservoir with water and then breathing the vapor will help you feel much better, especially if you eat a slice of raw potato. H_2O_2 can be used topically, orally, intravenously and in enemas and douches, but the Author would caution the reader to do so under proper medical supervision. It is/was a common practice of the Author's Father during flu season to fill the cap of a bottle of 3% hydrogen peroxide with the liquid, to then lay down on his side, and have Mother pour the H_2O_2 into one ear. After a few seconds, the liquid would bubble. Dad lay with the peroxide fizzing for 5 or 10 minutes, then he would shake the peroxide out and repeat the same process on the other ear. This remedy removed his ear wax and helped to cure any of his just starting colds, causing his symptoms to begin to clear up within a few hours. Note: If the virus has been in his blood for some time, this treatment would not work very well.

What about all the H_2O_2 warnings?

About 120 years ago (during the reign of Queen Victoria), people in India (a British colony then) found that hydrogen peroxide added in small amounts to drinking water cured a variety of sickness, especially colds, flu, cholera, malaria, etc. It threatened the British monopoly drug sales, so they issued a fake news report by hiring a news reporter disguised as a doctor to put out the information to the effect that taking hydrogen peroxide causes viral brain damage. It sounded believable, but the child who supposedly died of the hydrogen-peroxide-caused viral brain damage was never found. The optimum H_2O_2 dilution/concentration was first determined in 1950's by Dr. Reginald Holman by implanting Walker 256 adenocarcinoma tumours. The drinking water for the rat used H_2O_2 optimum concentration needed to kill the tumors were about 0.45 percent. The tumours completely disappeared in 15 to 60 days in rats. A better way is to add ¼ teaspoon of baking soda in the glass of 0.45% concentration of H_2O_2 . This can be extended to treatment of almost any kinds of conditions, from virus, bacteria, microbial infections, pneumonia, tuberculosis, flu, etc. It has been noted that just using baking soda (which also increases the body's oxygen and alkalinity) and ascorbate vitamin C for several weeks will make a small tumor go into remission. **Caution: Almost all H_2O_2 sold in drug stores will have stabilizers, actually to discourage people to use them internally; find a store that sells H_2O_2 without any dangerous stabilizers.**

Dr. David G. Williams notes: "The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. The ability of our cells to produce hydrogen peroxide is essential for life. H_2O_2 is not some undesirable by-product or toxin, but instead a basic requirement for good health. Newer research indicates we need hydrogen peroxide for a multitude of other chemical reactions that take place throughout the body. For example, we now know that vitamin C helps fight infections by producing hydrogen peroxide, which in turn stimulates the production of prostaglandins. Also lactobacillus found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. (Infect Dis News Aug.8,91:5). When lactobacillus in the colon or vaginal tract have been overrun with harmful viruses, yeast, or bacteria, an effective douche or enema solution can be made using 3 tablespoons of 3% H_2O_2 in 1 quart of distilled water. Keep in mind, however, that a good bacterial flora must always be re-established in these areas to achieve lasting results. You can help your house plants by adding 1 ounce of 3% hydrogen peroxide to every quart of water you give your plants. (It can also be made into an excellent safe insecticide. Simply spray your plants with 8 ounces of 3% peroxide mixed with 8 ounces of white sugar and one gallon of water.")



H_2O_2 was reported to safely heal illnesses as far back as 1920. The English medical journal, Lancet, then reported that an H_2O_2 intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's, Father Richard Willhelm, a pioneer in promoting peroxide use, reported on H_2O_2 being used extensively to treat everything from bacterial-related mental illness to skin disease and polio. Father Willhelm is the founder of "Educational Concern

for Hydrogen Peroxide" (ECHO, a nonprofit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.) Much of the interest in hydrogen peroxide waned in the 1940's when prescription medications came on the scene. Since that time there has been little economic interest in funding peroxide research. After all, it is dirt cheap and non-patentable. Even still, in the last 25 years, over 7,700 articles relating to hydrogen peroxide have been written in the standard medical journals. Thousands more, involving its therapeutic use, have appeared in alternative health publications. The number of conditions helped by hydrogen peroxide is astounding. The reported dangers and side effects are few and often conflicting.

How to Cure Plaque, Heart Disease and Stroke — The USA National Heart Foundation says, "Coronary heart disease is the single greatest cause of death for both men and women in the US, eclipsing all other causes, including cancer and lung diseases. Every year more than 479,000 Americans die of coronary heart disease." In addition, over 700,000 Americans experience a disabling stroke each year! Poor blood circulation or Peripheral Vascular Disease (PVD) is caused by cholesterol plaque deposits in the lining of the artery wall. Symptoms of bad blood circulation include leg pains, aching feet and low temperatures in the extremities. If left medically untreated, PVD can cause strokes, loss of limbs, heart attacks and even death. Aerobic exercise and a change of diet plan can help blood circulation and prevent PVD. It is also possible to help improve blood circulation by taking proper health supplements. A combination of quality supplements and proper exercise can greatly assist the maintenance of your health.

What is Cayenne Pepper?

Cayenne pepper is one of the most powerful and beneficial herbs known to mankind - a/k/a African red pepper, American red pepper, Spanish pepper, capsicum, and bird pepper. Cayenne is derived from two related plants. Specifically, the American variety (*Capsicum minimum*) is distinguished from its African counterpart the African birdseye cayenne (*Capsicum fastigiatum*) although both are highly beneficial to man. The African birdseye cayenne is the most pungent with small, yellowish red pods while the American variety is distinguished with its herb-sized plants and larger fruit or pods. The food value of cayenne pepper as a seasoning is well known, but cayenne's real value is as a medicinal and nutritional herb. Its medical uses include using it for wounds, heart disease, heart attacks, heart problems at large, ulcers, congestion, colds, chills, bleeding of the lungs, neuralgia, lumbago, hemorrhage, hemorrhoids, high and low blood pressure, indigestion, kidney and related problems. Cayenne pepper has been prized for thousands of years for its healing power and can be used to remove arterial plaque. Cayenne pepper acts as a catalyst and increases the effectiveness of other herbs when used with them. Cayenne pepper is a very high source of Vitamins A and C, has the complete B complexes, and is very rich in organic calcium and potassium, which is one of the reasons it is good for your heart. There are other supplements such as garlic, ginkgo biloba, root ginger, alpha lipoic acid and CoQ10 which help with the circulation of blood and with stopping arterial plaque build up but cayenne pepper actually reduces arterial plaque. The proper amount of cayenne pepper needed may be too strong for you to eat/drink, so you may elect to take daily capsule(s) of cayenne pepper.

Health Benefits of Garlic

Garlic was used as an antiseptic to prevent gangrene during World War I and World War II. Garlic has also been called Stinking Rose, Lucifer's Tulip, Poor Man's Treacle, Russian Penicillin, Billy Goat's Cologne, Devil's Posey, Dragon's Perfume, and Hell's Passion Flower. While cayenne pepper has anti-fungal properties, an even better natural anti-fungal herb is garlic. Garlic has been known as a beneficial blood cleanser for thousands of years. When taken to detoxify the body, it thins the blood and reduces fats while activating liver enzymes that eliminate toxins. *Allium sativum*, garlic's botanical name, contains 33 sulfur compounds (including allicin, the compound responsible for garlic's pungent odor), 17 amino acids, and a slew of other vitamins and minerals. Garlic helps prevent cardiovascular disease. Garlic's sulfur compounds combat cholesterol by triggering the release of bile from the gall bladder and decreasing the production of cholesterol in the liver. On the hypertension front, the gamma-glutamylcysteine in garlic acts as a natural ACE inhibitor, and can reduce both systolic and diastolic blood pressure. A meta-analysis performed by the University of Adelaide in Australia analyzed data gathered between 1955 and October 2007 and confirmed that garlic can provide a "significant reduction" in blood pressure. Garlic goes one step further in protecting your heart by reducing the risk of thrombotic clotting, a leading trigger for heart attack and stroke. Tufts University recently reported that the same components of garlic that help your heart may also help mitigate cerebrovascular deterioration leading to dementia and Alzheimer's. Of late, research has examined garlic's potential in preventing cancer. Studies out of India, Japan

and China have demonstrated that garlic can both protect against cancer and help reduce the size and potency of existing tumors. Garlic appears to be especially valuable against stomach and colon cancers. Lastly, garlic is also a good all-around protection against infection — way back in 1858 Louis Pasteur announced that garlic killed bacteria.

Health Benefits of Cayenne Pepper

The long list of benefits attributed to cayenne pepper ranges from killing prostate cancer cells to stopping a heart attack. For cleansing, cayenne pepper works as a solvent in the gastrointestinal (GI) tract by breaking down plaque buildup and eliminating the toxins that reside in the colon. In the cardiovascular system, cayenne pepper is thought to eliminate cholesterol and toxins from the blood. Capsicum (the active ingredient in cayenne pepper) increases metabolism by immediately influencing the venous structure. It is remarkable with its immediate effects on the circulatory system as it feeds the vital elements into the cell structure of capillaries, veins, arteries and helps adjust blood pressure to normal levels. Cayenne pepper can lower your high blood pressure and it cleans your arteries as well. Cayenne pepper also stimulates the peristaltic motion of the intestines, aids in assimilation and elimination and helps the body to create hydrochloric acid, which is necessary for good digestion and assimilation, especially of proteins. When taken internally, it warms the body and has even been used by some herbalist doctors to help heal severe frostbite as cayenne pepper not only facilitates the healing of the flesh but it helps rebuild damaged tissue as well. Notwithstanding its hot taste, cayenne pepper will also help rebuild the tissue in the stomach as it actually facilitates rapid healing of stomach and intestinal ulcers. Capsicum is said to be unequal for its ability to boost circulation and increase heart action. Capsicum exerts a variety of desirable actions on the entire cardiovascular system. It has the extraordinary ability to enhance cardiovascular performance while actually lowering blood pressure. Capsicum has an energizing effect on the entire system. It has traditionally been used for overcoming fatigue and restoring stamina and vigor. It is a natural stimulant without the threatening side effects (palpitations, hyper-activity or rise in blood pressure) of most other stimulating agents. Because capsicum helps peripheral circulation and stimulates organ secretion, it expedites the therapeutic delivery and action of nutrients in the body. It will ensure the rapid and even distribution of the active principles of available nutrients to critical function centers, including those involved in cellular respiration, metabolic data transmission and neural-hormonal action. The remarkable ability of capsicum to stimulate organ secretion and even heart action makes it one of the strongest natural stimulants known. Cayenne pepper is rich in lutein and beta carotene, both of which are beneficial to eye health.



Dr. John Christopher, the famed natural herbalist, was persecuted relentlessly by the government while assisting patients in curing cancer, heart disease, pleurisy, tuberculosis, infertility, rheumatism, leukemia and other maladies. One of his greatest stories in his long career was how he could instantly stop a heart attack if he could get the patient to drink a glass of warm cayenne water. In his writings, he said, “A teaspoon of cayenne should bring the patient out of the heart attack.” (While this is not directly related to heart health, with internal hemorrhaging, if the patient can drink a glass of extra warm water with cayenne, Dr. Christopher wrote, “...by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid.”) Cayenne is a natural stimulant that gets the blood flowing. In 2006, Cancer Research reported

on a study conducted at Cedars-Sinai Medical Center at UCLA that found capsaicin, the active ingredient in cayenne, caused prostate cancer cells to kill themselves. In the study, approximately 80% of the cancer cells self-destructed and those that remained shrunk substantially. Cayenne pepper has also been shown to improve heart health, fight inflammation, prevent stomach ulcers and help you burn fat and lose weight! Like garlic, cayenne pepper has been shown to reduce cholesterol, lower blood pressure and acts as an anti-coagulant. Capsaicin is known as “the plant that bites back”, also helps relieve the pain and inflammation caused by arthritis, rheumatism, and joint pain by inhibiting Substance P, a neuropeptide that transmits pain to the brain. Cayenne is a good source of vitamins A and C, B complex, calcium, potassium, flavonoids and carotenoids. As an added bonus, cayenne pepper works as a catalyst, increasing the efficiency of other herbs and supplements you may be taking. The truly amazing thing is the inexpensive cure to your health is as close as your local grocery store. Garlic and the cayenne detoxification drink, when taken routinely, will dramatically improve your heart health as well as your venous structure.



Dangers of Cayenne Pepper

What are the dangers of cayenne pepper? It is certainly hot to the taste. When you drink the cayenne pepper detoxification drink, it tends to come out of the body's lower orifices with a burning sensation. But, even if you have hemorrhoids — cayenne pepper will help heal them — especially if you change your diet to one more rich in fiber. When you drink a glass of warm cayenne pepper water, you should also have another glass of plain cold water nearby to help mitigate the resulting fire in your mouth. While you can take cayenne pepper in capsule form; its beneficial effects will be delayed. Because garlic and cayenne thin the blood, individuals on anticoagulants should avoid their use. You need to stop taking garlic and cayenne a week to ten days before surgery since garlic can prolong bleeding time. If you are allergic to latex, bananas, kiwi, chestnuts or avocados, you may also be allergic to cayenne. Because cayenne pepper passes into breast milk, nursing mothers should avoid both the spice and supplement forms. The capsaicin in cayenne pepper may increase the risk of bleeding associated with aspirin and may also increase the absorption of theophylline, an asthma medication.

What is Homocysteine?

Elevated blood levels of homocysteine (a sulfur-containing amino acid in the blood) have been linked to increased risk of premature coronary artery disease, stroke, and thromboembolism (venous blood clots), even among people who have normal cholesterol levels. Abnormal homocysteine levels appear to contribute to atherosclerosis in at least three ways: (1) a direct toxic effect that damages the cells lining the inside of the arteries, (2) interference with clotting factors, and (3) oxidation of low-density lipoproteins (LDL). Folic acid supplements of 1 mg/day can help reduce elevated homocysteine levels in most patients. When this is not effective, vitamins B6 and/or B12 can be added to the regimen, which should be continued permanently. Some doctors routinely recommend that patients known to have atherosclerosis take B-vitamin supplements even without being tested because supplementation is harmless and because it is probable that elevated homocysteine levels might be a factor, testing is not worth bothering with. A recent study that followed 80,000 women for 14 years found that the incidence of heart attacks was lowest among those who used multivitamins or had the highest intake of folic acid and B6 from dietary sources.

Health Benefits of Vitamin B3 or Niacin — Inositol hexaniacinate

Health benefits of niacin include maintaining good blood circulation, healthy robust skin condition, and normal functioning of brain, boosting memory power, aiding the digestive tract to absorb sufficient carbohydrates, proteins and fats, relaxing effect on arthritis condition and also reducing schizophrenia state. Niacin is also essential for cell metabolism. Niacin helps prevent/reverse atherosclerosis and thrombosis. Niacin helps in making sex related hormones for people having sex problems. Niacin is known to treat diabetes and high blood sugar levels. Most of diabetic patients have been able to effectively control HBA1C level with help of niacin. Medical research studies state that niacin stimulates insulin secretion. The most important benefits of niacin or vitamin B3 is lowering high cholesterol levels and controlling it.

Niacin or nicotinic acid, is one of the water-soluble B vitamins, which improves all lipoproteins when given in doses well above the vitamin requirement. Nicotinic acid lowers the total cholesterol, "bad" LDL-cholesterol, and triglyceride levels, while raising the "good" HDL-cholesterol level and niacin will also reduce buildup in the carotid arteries. (Only niacin seems to lower cholesterol, not niacinamide.) Virtually every negative cardiovascular pathway is affected in a positive way with niacin.

Normal niacin side effects include flushing and occasionally itching and/or rashes. Some of the niacin bad side effects reported most especially for non-flush products and high doses (higher than the threshold amount) of the vitamin niacin include gastrointestinal symptoms such as vomiting, nausea, flatulence, bloating and diarrhea as well as sudden decrease in blood pressure. There are isolated cases where other niacin side effects occur. These rare side effects range from simple dryness and scaliness of the skin, excessive pigmentation, to liver disorder, blurred vision, activation of the peptic ulcer, and jaundice. These side effects can be greatly reduced if you properly balance the niacin with a 10 to 1 ratio of B complex, e.g., 500 mg of niacin needs 50 mg of B complex - especially if you use Inositol hexaniacinate. The good news is there have not been any cases of death throughout all the clinical studies of the therapeutic drug niacin.

How to dissolve clots



Studies have shown an enzyme present in fermented soy food is effective in lowering blood pressure and dissolving clots. The food, natto, has been eaten by the Japanese for 1,000 years because of its taste and also as a remedy for heart and vascular diseases. No health problems have been discovered with its use. The enzyme nattokinase, is present in natto, a fermented vegetable cheese-like food which is produced by adding the beneficial bacteria *Bacillus natto* to boiled soybeans. Nattokinase, literally “enzyme in natto”, was discovered in 1980 by Doctor Hiroyuki Sumi, who was researching natural substances which could dissolve blood clots associated with heart attacks and stroke. Its properties closely resemble plasmin, an enzyme produced



by the human body which breaks down such blood clots. Besides its ability to dissolve clots, nattokinase has other advantages over the traditional clot-dissolving drugs, e.g., activase, urokinase and streptokinase. It can be taken orally instead of intravenously and its effects last longer - eight to ten hours longer. This is because the intravenous drugs wear off shortly after their administration to the person is stopped. In addition, this enzyme acts to enhance the production of the body's natural clot-busting substances like plasmin, adding to its power. One of the components in natto is pyrazine which, in addition to giving natto its distinct smell, reduces the likelihood of blood clotting. Natto also contains a serine protease enzyme called nattokinase which may also reduce blood clotting both by direct fibrinolysis of clots, and inhibition of the plasma protein (plasminogen activator inhibitor 1). This may help to avoid thrombosis, e.g., in heart attacks, pulmonary embolism and/or strokes. The extract containing the enzyme nattokinase is currently available from several sources as a dietary supplement. Studies have shown that oral administration of nattokinase in enteric capsules leads to a mild enhancement of fibrinolytic activity in rats and dogs. Nattokinase has also been found to also help prevent the aggregation of red blood cells. Serrapeptase is an enzyme from the silk worm that the Author takes on a nightly basis. **Both nattokinase and serrapeptase should only be used under the guidance of a health care professional. Combining nattokinase and an anticoagulant, such as aspirin, may lead to internal bleeding - especially if you are taking anti-coagulants: aspirin, Coumadin or other medicines or herbs that thin the blood.**

Your Dehydroepiandrosterone (DHEA) and Magnesium levels basically determine your present state of health.

Unfortunately, the majority of Americans lose 80-90% of their optimal DHEA between ages 30 and 80. According to Dr. Norman Shealy, every known illness is associated with a magnesium deficiency and low levels of the hormone DHEA. DHEA is the health and youth hormone. If your magnesium is low, your DHEA is low. Even a 10% increase in magnesium and DHEA levels is associated with a 48% decrease in death from cardiovascular disease and a 36% decrease in mortality: from all causes. Sadly most soils/foods in the USA virtually have no magnesium. Farmers are well aware that their horses and cattle may die from “blind-staggers” or “grass-staggers,” an uncoordinated gait, severe muscle spasms and even seizures. All this is curable with magnesium supplementation if caught early.

White flour and white sugar are junk foods that deplete magnesium. So-called soft drinks are the ultimate junk food and a serious detriment to health. Prescription drugs also deplete magnesium from the body.

DHEA/magnesium deficiency symptoms are: anxiety, hyperactivity, confusion, depression, diarrhea or constipation, faintness, fatigue, hyperventilation, lack of coordination, insomnia, intestinal problems, muscle cramps, muscle tightness, pain, poor memory, seizures, tinnitus and vertigo.

Major diseases associated with DHEA/magnesium deficiency are: Alzheimer's, angina pectoris, arrhythmia, asthma, atherosclerosis, Attention Deficit Disorder (ADHD), auricular fibrillation, bulimia, cancer, cardiomyopathy, cerebral palsy, chronic fatigue, chronic bronchitis, congestive heart failure, cirrhosis, depression, diabetes, emphysema, fibromyalgia, gall bladder infections and stones, hearing loss, heart attack, high cholesterol, hypertension, hypoglycemia, chronic infection (viral and bacterial) intermittent claudication (leg calf pain), kidney stones, lupus, migraine, mitral valve prolapse, multiple sclerosis, osteoporosis, panic attacks, PMS (premenstrual syndrome), benign prostate hypertrophy, psoriasis, rheumatoid arthritis, PVC's, strokes and viral infections.

In no illness is DHEA /magnesium deficiency more prevalent than myocardial infarction (acute heart attack). On average, patients given magnesium intravenously have a 50% greater survival rate. It has also been shown that mothers who are given magnesium IVs just before giving birth are much less likely to have children who develop cerebral palsy.

When DHEA is raised, testosterone levels are also raised. This raises libido in both men and women.

DHEA is a major reflector of overall health and stress reserves. Raising DHEA results in a remarkable increase in perceived physical and psychological well being for both men and women. There is increased energy, deeper sleep, improved mood, more relaxed feelings and an improved ability to deal with stressful situations.

“With few exceptions, low or deficient DHEA is found in every illness. Most critically, DHEA blocks carcinogenesis, retards aging, cardiovascular disease, diabetes and even obesity.

DHEA is produced in the adrenal glands in both men and women. Men produce about one third more than women do as they produce DHEA in the testes. DHEA lowers cholesterol and enhances immune function. It is also an antioxidant. Its major effect is anti-stress; because the increased cortisone produced by stress is lowered to baseline by a rise in DHEA.

DHEA similarly has anti-diabetic action by sparing or enhancing the effects of insulin. DHEA protects against both immune and autoimmune disease; it enhances immune function, protecting against infections, especially viral infections, as well as protecting against cancer. It has very significant anti-obesity effects and a corresponding down-regulation of the stress response. High animal fat diets and obesity lead to low levels of DHEA. DHEA is ultimately related to thyroid function. Especially low thyroid production leads to low DHEA levels. Levels of DHEA decline with age.

Cholesterol, that most maligned compound, is actually crucial for health and is the mother of hormones from the adrenal cortex, including cortisone, hydrocortisone, aldosterone, and DHEA. Cholesterol cannot be synthesized without magnesium and cholesterol is a vital component of many hormones. These hormones are interrelated, each performing a unique biological function with them all depending on magnesium for their function. Aldosterone interestingly needs magnesium to be produced and it also regulates magnesium's balance. While it is a fact Luteinizing hormone (LH) is released into the blood stream to reach the male testes where cholesterol is gradually changed into a series of compounds that eventually become testosterone, high cholesterol levels actually can lower testosterone and, therefore, increase heart attack risk. As men age, estrogen is produced rather than testosterone. In order to start producing testosterone again, men need to take DIM-plus (Diindolylmethane) supplements or eat a lot of cruciferous vegetables that have the added advantage that they contain potent anti-cancer properties.

Note: Magnesium supplements take time to work to build DHEA and only work to build DHEA if you have the proper oils, cholesterol and enzymes in your system. People that have problems with their adrenal glands and/or that have a body temperature lower than 98 degrees F. find it difficult to produce DHEA and should take DHEA supplements. If cancer is a concern -they should also take 7-Keto supplements.

Angina and Irregular Heartbeat

Your heart and blood system's first responsibility is to send oxygen-filled blood to the cells in your body. If your heartbeat is weak or irregular, or your arteries are laden with cholesterol deposits or stiffened from atherosclerosis, blood flow is diminished. The resulting lack of oxygen can leave you feeling dizzy and disoriented, and your hands and feet feel numb. Even worse, it can lead to heart disorders such as angina pectoris and its painful chest constrictions.

The Author and his Wife regularly take edta IV chelations and eat both cayenne and garlic supplements to help their hearts and overall health.

One of the most reliable herbs to help maintain your heart and blood flow is hawthorn - its berries and its flowers both contain equally important medicinal compounds. A popular medicine in Europe, hawthorn is an important ingredient in more than 36 pharmaceutical heart preparations in Germany alone. European doctors

often prescribe hawthorn as a tonic at the earliest warnings of heart or circulation problems, yet most North American doctors are unfamiliar with it. This is too bad, since hawthorn provides some of the same benefits as digitalis—without the harmful, accumulative side effects, e.g., an increased risk of irregular heartbeat and toxicity—and can often be used to treat mild heart conditions.

This wonderful herb increases blood flow through the heart by dilating the muscles that surround major blood vessels—something very important in the treatment of angina. Hawthorn decreases an accelerated heart rate, reduces spasms caused by angina and other heart problems and allows your heart to function effectively even when it is not receiving enough oxygen.

Egyptian researchers have found that chicory also can slow a rapid heartbeat. Research conducted in Germany showed that several compounds in the roots have a weak digitalis-like effect, but in doses that are low enough to make it safe for anyone to use. .

China traditionally treats heart-related problems with ginkgo and reishi; like hawthorn, they improve blood flow to the heart, soothe chest pains, lessen the heart's demand for oxygen and reduce shortness of breath. Researchers have favorably compared ginkgo to metoprolol and diltiazem, two drugs that are commonly used to reduce heart palpitations and lower blood pressure. According to Chinese researchers, reishi, a medicinal mushroom, also steadies an irregular heartbeat.

The popular Chinese herb astragalus also can help the heart develop a more regular rhythm. It also reduces damage to heart cells. Chinese physicians even use astragalus to destroy Coxsackievirus B, which infects the heart and causes an irregular heartbeat.

Wuhan University



Wuhan Medical College and other hospitals in China use a special type of ginseng (*Panax notoginseng*) called pseudo or sanchi, ginseng to relieve angina spasms and pain.

Another heart-healing herb is motherwort. Motherwort's botanical name, *Leonurus cardiaca*, actually means "heart" in Latin. One study done in China showed that this herb slows a rapid heartbeat and generally improves the heart's activity. As a nervous system sedative, it also promotes relaxation and reduces the anxiety, stress or nervous tension that so often go along with heart problems. The sedative valerian is often helpful when used in addition to motherwort.

Whether or not you choose to use edta chelation, cayenne, garlic or any herbs to try to alleviate angina and/or irregular heartbeat, please remember to take 500 mg of magnesium and 500 mg of calcium in the AM and before bed and 500 mg of L-Taurine on an empty stomach before breakfast.

Oil of Oregano

Oregano, is great for treating Candida infections, psoriasis, eczema, respiratory and viral conditions. Oil of oregano when used to treat fungal infections - is safer and far more effective than Nystatin (an antifungal drug with possible severe side effects). Research has shown oil of oregano will kill airborne molds as well as influenza A or avian influenza. In hepatitis C it was found that an extremely concentrated form of oil of oregano killed the virus without injuring the liver and normalized values of liver enzymes in blood tests. The bacteria that causes most ulcers, *Helicobacter pylori* and many cases of stomach inflammation (chronic gastritis) can also be eradicated using oil of oregano.

The active ingredient in oil of oregano is oxygen. Each molecule of oil has oxygen bound to it with a co-valently bound hydrogen. When the oxygenated compound (oil of oregano) strikes water in a bacteria or blood, the hydrogen is released and you then have an aggressive oxidizing agent which destroys the pathogen. It also has a dual effect of being an antioxidant as well. It even has a more powerful rating on the antioxidant scale than blueberries.

In order for oil of oregano to be effective in eliminating infections, you may need to take it very frequently such as every 30 minutes. If you have a virus that is making copies of itself every 5 minutes, you may need to take oil of oregano every 15 minutes at 3 capsules at a time. The more oil of oregano you take, the sooner the infection

goes away. In herpes infections, oil of oregano causes the virus to explode and shatter as seen in electron microscopy. Oregano also kills tuberculosis, E. coli, salmonella, pseudomonas, Candida albicans, and some parasites such as tapeworms and giardia. In high doses it will kill cryptosporidium.

Garlic nose drops. In his book *The Healing Power of Garlic* Paul Bergner writes: "Garlic nose drops directly kill the viruses that cause cold or flu." He also writes about a study with mice where some were inoculated with garlic, and some were not. The flu virus was introduced to the nasal passages of each mouse. Those mice that received the garlic remained healthy, where all the others got sick. To make nose drops, Bergner instructs us to crush some garlic to obtain juice, and add ten parts water and mix well. Eating garlic will also have a systemic effect, but deodorized garlic tablets or capsules reportedly do not work near as well.

You can remove calcium kidney stones with a dropper full of gravel root tincture and a dropper full of hydrangea root tincture in a glass of apple cider. Repeat as needed.

Conclusion

If you are concerned about the future health of your heart/arteries and/or if you are currently suffering from heart ailments, at least cayenne pepper and garlic should be a part of your daily diet.

Have you just had a heart attack or stroke? In addition to the above products, the Author also recommends the daily consumption of magnesium, Unique E, Carlson Elite Omega 3 Fish Oil and Vitalzym (a proprietary blend of protease, serrapeptase, papain, bromelain, amylase, lipase, rutin and amla). In addition to the routine use of H₂O₂ and EDTA chelation IV's. **Always check with a health care professional you trust.**

What Kinds of Medicine are Out There?

Allopathic Medicine — Allopathy is the type of medicine most familiar to westerners today. Allopathy is supposedly a biologically based approach to healing. For instance, if a patient has high blood pressure, an allopathic physician might give him/her a drug that lowers blood pressure. In 1848, the allopathic rationalists created the American Medical Association (AMA) and gained a strong organizational edge. Even though many American clinics once relied on homeopathy and naturopathy, allopathic medicine quickly rose to dominance. During this same era, the discovery of antibiotics triggered rapid growth of the pharmaceutical industry. Allopathic medicine is a system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment. MDs practice allopathic medicine. It is also called conventional medicine. The term "allopathy" was first used in 1842 by C.F.S. Hahnemann to designate the usual practice of medicine (allopathy) as opposed to homeopathy, the system of therapy that he founded based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself. To the Author, allopathic medicine currently practiced by most medical doctors basically means "symptom treater".

Osteopathic Medicine — Developed in the late 1800's by physician A. T. Still in Kirksville, Missouri, osteopathic medicine has historically had a strong emphasis on the inter-relationship of the body's nerves, muscles, bones and organs. Licensed doctors of osteopathic medicine, or D.O.s, supposedly apply the philosophy of treating the whole person to the prevention, diagnosis and treatment of illness, disease and injury. Osteopathic physicians are to work in partnership with their patients to help them achieve a high level of wellness by focusing on health education, injury prevention and disease prevention. The Author's dear friend, Herbert Yates, taught manipulative medicine and practiced this "whole person" approach to health care, instead of just treating specific symptoms, at Kirksville, Missouri until he died. Today many osteopaths the Author knows actually practice allopathic medicine.

Unani Medicine — The ancient Greeks are called the fathers of modern medicine because they first developed and used a system to "diagnose" various sicknesses and treat them with herbs. This "Unani" system of medicines that originated in Greece and was based on the teachings of Hippocrates and Galen first reached India through the Arabs like Rhazes, Avicenna, Al-Zahravi, Ibne-Nafis and others who developed these teachings into an elaborate Medical System a very long time ago. This Unani system of medicine (Unani Tibb) is based on the ancient Greek theory of four basic elements: air, earth, fire and water and four bodily fluids (humors): blood, phlegm, black bile and yellow bile (choler). The goal of Unani is the "balancing" of these four humors.

Temperament supposedly stems from the dominant humor and is a determinant of "diagnosis" and treatment. For example, anger and irritability supposedly manifest an excess of yellow bile. "Unani" is the Arabic word for "Greek." Unani Medicines got enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries. In India, the Delhi Sultans (rulers) provided patronage to the scholars of Unani System and even enrolled some as state employees and court physicians. During 13th and 17th century A.D. Unani Medicine had its hey-day in India. During the British rule, Unani System suffered a set back due to withdrawal of State Patronage, but continued to be practiced as the masses reposed faith in the system. It was mainly the Sharifi family in Delhi, the Azizi family in Lucknow and the Nizam of Hyderabad due to whose efforts Unani Medicine survived during the British period. The Unani system of medicines has cured diseases like arthritis, leucoderma, jaundice, liver disorders, nervous system disorders, bronchial asthma, and several other acute and chronic diseases where other systems have not been able to give any relief.. Now the system has crossed national boundaries and is popular among the many peoples globally.

Herbal Medicine — Ezekiel 47:12 "And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and their leaves for medicine." That read, Herbal medicine can also be referred to as Botanicals, Phytotherapy. What is an herb? An herb is any plant or part of a plant used for its scent, flavor or therapeutic properties. Herbal medicine products are normally only sold as dietary supplements that people take to improve their health. Many herbs have been used for a long time for claimed health benefits. They are sold as oils, tablets, capsules, powders, teas, extracts and fresh or dried plants. However, some can cause health problems, some are not effective and some may interact with other drugs you are taking. Even peanuts can create problems for many people: in the USA over one and a half million people are allergic to the peanut and/or its oils; so, in order to use an herbal product as safely as possible be sure to:

- Consult your medical provider first and follow his/her guidelines.
- Never take more than the label recommends. Be especially cautious if you are chemically sensitive, pregnant or nursing.



HEALING THROUGH OIL-PULLING - Dr. F. Karach, M.D., presented a paper before the All-Ukrainian Association. The meeting was attended by oncologists and bacteriologists belonging to the Academy of Science of the USSR. Dr. Karach explained an unusual simple healing process using cold-pressed oils. The healing process is accomplished by the human organism on its own. In this way it is possible to heal cells, tissue and all organs simultaneously; the body itself gets rid of toxic waste without disturbing the healthy microflora. Dr. Karach says human beings are living only half their life span. They could potentially live healthy to be 140 to 150 years old. Dr. Karach suggested using either Sunflower or Sesame oils, but you could also use coconut oil or olive oil - pick one that you do not react to.

The method

In the morning before breakfast on an empty stomach you take one tablespoon of cold-pressed oil in the mouth but do not swallow it. Move oil slowly in the mouth as rinsing or swishing and Dr Karach puts it as 'sip, suck and pull through the teeth' for fifteen to twenty minutes. This process makes oil thoroughly mixed with saliva. Swishing activates the enzymes and the enzymes draw toxins out of the blood. The oil must not be swallowed, for it has become toxic. As the process continues, the oil gets thinner and white. If the oil is still yellow, it has not been pulled long enough. It is then spit from the mouth into the toilet - the oral cavity must be thoroughly rinsed and mouth must be washed thoroughly. Just use normal tap water or hydrogen peroxide and good old fingers to clean. Clean the sink properly, because the spittle contains harmful bacteria and toxic bodily waste. If one were to see one drop of this liquid magnified 600 times under a microscope, one would see microbes in their first stage of development. It is important to understand that during the oil-pulling/swishing process one's metabolism is intensified. This leads to improved health. One of the most striking results of this process is the fastening of loose teeth, the elimination of bleeding gums and the visible whitening of the teeth.

The oil pulling /swishing is done best before breakfast. To accelerate the healing process, it can be repeated three times a day, but always before meals on an empty stomach. For step by step instructions click on: <http://www.oilpulling.com/oilpullingmethod.htm>

Many years ago the Author wrote the following in his free Chapter 40 - "Simple Detox Formula - Jan Morales, D. O. has found a simple way to detox without sitting in a sauna for hours: Put one tablespoon of (cold pressed) sunflower oil under your tongue for 20 minutes. Swish the oil around while holding it in your mouth. Spit the oil out after 20 minutes into the toilet. Brush your teeth with half baking soda, half salt to get the oil out. Do this on an empty stomach. The procedure can be done 1 - 3 times per day. Quite often this simple procedure will remove intense headaches - virtually immediately. http://www.stephentvedten.com/40_Detoxification.pdf

What then is the Best Medicine? In the Author's opinion, he would suggest that rather than continuing to "treat" the symptoms we start by removing the cause by using various methodologies is the best cure. Let us look at several available safe and effective alternatives, e.g., Thieves Oil, enzyme cleaners and ultraviolet lights.



FOUR THIEVES VINEGAR - In 1666, during the Black Death/Plague that was raging in London, four thieves, taking advantage of the public calamity that was then raging, began to break in to plague victims' homes to plunder the dead and dying. No legal effort was made, however, to apprehend the thieves, as it was believed that they would soon succumb to the dangerous infection they were being exposed to in all the homes they had robbed. But, as the thieves continued their pillage of London, escaping the deadly infection as they carried on their crime spree with impunity for some time, people finally began to wonder why these thieves had not become ill and died. It was

only then that the authorities began to pursue them... in order to find out the secret of their apparent immunity to the deadly Plague. Once the burglars had been apprehended, they struck a bargain with the authorities, that they should be set free in exchange for revealing the secret of how they ensured their safety from being destroyed by the Black death/Plague. After the bargain was reached, the four thieves revealed their prepared vinegar/herbal disinfecting formula that they constantly carried in sponges that rendered them safe and immune from the Black Death/Plague. This ancient herbal vinegar was/is made by digesting hyssop, sage leaves, etc. and was then formulated by many apothecaries for sale to treat all infectious diseases and was called Thieves Vinegar. Today, the Author believes "Thieves Vinegar" can still protect us against swine flu, smallpox, biological weapons and various infectious diseases.

FOUR THIEVES VINEGAR

1 part lavender (*Lavandula angustifolia*), dried (Note: Lavendar oil is cytotoxic and a powerful allergen)
1 part sage (*Salvia officinalis*), dried
1 part thyme (*Thymus vulgaris*), dried
1 part lemon balm (*Melissa officinalis*), dried
1 part hyssop (*Hyssopus officinalis*), dried
1 part peppermint (*Mentha nigricans*), dried
1 handful garlic (*Allium sativum*) cloves
Raw (unpasteurized) wine or organic apple cider vinegar

- In a clean glass jar, place all the various dry, organic ingredients.
- Add raw (unpasteurized), organic wine or apple cider vinegar to cover
- Place jar in a cool place and let sit, at room temperature, for six weeks.
- Strain off all the herbs and garlic, and pour into a clean glass bottle or jar with a tight fitting lid.

HOW TO USE FOUR THIEVES VINEGAR

- Take a teaspoonful several times daily.
- Add to salads either directly or in a salad dressing.
- For personal protection, add a teaspoonful to bath water.
- Use as a topical spray for disinfecting surfaces and/or skin

ALTERNATIVE FOUR THIEVES VINEGAR

wormwood (*Artemisia absinthium*)
meadowsweet (*Filipendula ulmaria*)
juniper berries (*Juniperus* spp.)
rosemary (*Rosmarinus officinalis*)
camphor (*Cinnamomum camphora*)
sage (*Salvia officinalis*)
cinnamon (*Cinnamomum verum*)
cloves (*Syzygium aromaticum*)
organic apple cider or wine vinegar

- In a clean glass jar, place all the alternative dry, organic ingredients.
- Add raw (unpasteurized), organic wine or apple cider vinegar to cover
- Place jar in a cool place and let sit, at room temperature, for six weeks.
- Strain off all the herbs and materials, and pour into a clean glass bottle or jar with a tight fitting lid.

Safe Solutions Organic 4 THIEVES OIL

Clove oil (*Syzygium aromaticum*)
Lemon oil (*Citrus limon*)
Cinnamon Bark oil (*Cinnamomum verum*)
Eucalyptus oil (*Eucalyptus radiata*)
Rosemary oil (*Rosmarinus officinalis*)

A Thieves Oil blend of therapeutic-grade essential oils was tested at Weber State University for its potent antimicrobial properties — it was found to have a 99.96% kill rate against airborne bacteria. A study by researchers in France in 2008 tested bactericidal activity of 13 different essential oils and had similar results, with cinnamon oil being the most effective. At concentrations as low as 10% or less, cinnamon oil alone was found effective against several antibiotic-resistant strains of bacteria, such as *Staphylococcus* and *E. coli*.

How does Safe Solutions Concentrated/Organic 4 Thieves Oil Work?

Lemon, rosemary and eucalyptus oils contain d-limonene, cineole, beta-myrcene, alpha-pinene, beta-pinene and camphor. Cinnamaldehyde is a major component in essential cinnamon oil. Eugenol is found in both clove and cinnamon oils. Check out these individual ingredients/components and see what each is capable of healing. These essential oils (especially in proper combination) are naturally highly antiviral, antiseptic, antifungal, anti-catarhal, antibacterial, anti-infectious and also they help to stimulate the immune system, the circulatory and the respiratory systems and help protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, sickness, allergies, infections, etc. This proprietary combination of properly prepared organic essential oils provides the user with a safe, powerful synergistic attack against harmful germs, mold, fungi and/or viruses. Safe Solutions, Inc. scours the earth to find the very best organic essential oils and then carefully blends them together.

How to use Safe Solutions 4 Thieves Oil

Caution: The volatile cinnamon and clove oils may cause reactions in some sensitive people, e.g., irritation to lips or sensitive membranes. Chemically sensitive, fair skinned, blue-eyed individuals, redheads and those who tend to sunburn easily need to heed and dilute concentrated Thieves Oil in a carrier oil (such as almond or olive oil) before directly applying to their skin. Always test Safe Solutions 4 Thieves Oil on a small area before applying it overall. **If no one has a reaction:**

You can then diffuse Safe Solutions 4 Thieves Oil

1. directly from the bottle or from a diffuser into the ambient air of your living space,
2. put a few drops on the furnace or air conditioner or vacuum air filters,
3. put a few drops in a spray bottle and spray the air and source of the odor,
4. put a few drops on a cloth and place the cloth in front of a fan or on top of a register/vent

You can then also

5. put a few drops directly on the body

Because Safe Solutions 4 Thieves Oil is a 100% concentrated form of Thieves Oil, it is highly recommended you first dilute Safe Solutions Concentrated 4 Thieves oil in a carrier oil at a rate of 1 part of concentrate in up to 10 parts of almond or olive oil or another carrier oil prior to applying it directly on the body.

- a. place 2 drops of diluted blend on your chest to relieve cough, cold and bronchitis, pneumonia and to clear the respiratory system.
- b. place 2 drops of diluted blend on your lymph nodes to attack viruses. Massage the area gently.
- c. place 1 - 2 drops of diluted blend on the bottom of your feet and the nape of your neck to help deter and boost your immune system.
- d. another place a diluted blend of Safe Solutions 4 Thieves Oil can be applied is under your arms.

Prevention and Remediation — Safe Solutions 4 Thieves Oil allowed to slowly diffuse into an infested/contaminated area for 72 hours will also safely and far more effectively remove toxic molds (e.g., *Stachybotrys chartarum* is a fungus that has become notorious as a mycotoxin producer that can cause animal and human mycotoxicosis.) and even resistant bacteria problems for weeks and is normally safe for most workers/occupants to breathe as it is slowly being diffused.

WARNING - KEEP OUT OF REACH OF CHILDREN. POSSIBLE SKIN SENSITIVITY. If pregnant or under a doctor's care, consult your physician or medical provider before using this product.

Disclaimer - The above-mentioned product has not been evaluated by the FDA and is not intended to diagnose, treat, cure and/or prevent any disease.

Safe Solutions, Inc. Enzyme Cleaners - Simply cleaning with these patented enzymes with a normal pH of 7 will remove virtually all allergens, odors, stains and most pest problems! While the Author has patented these safe and very effective cleaners as biopesticides — <http://www.theidealpesticide.com> — Safe Solutions, Inc. has not yet registered them as biopesticides with the EPA. All that is in them is purified water, dish soap, glycerin, meat tenderizer, peppermint and sodium borate; virtually everything is edible except the dish soap.

YOU CAN VIEW THE FIRST U. S. ENZYME/SURFACTANT PATENT #6663860:

http://www.safesolutionsinc.com/Tvedten_Biological_Pesticide_Patent.pdf

This U.S. Patented Process # 6663860 owned by the Author has 77 claims on the process of using various formulas and compositions of protease enzyme and surfactants to control a broad array of pests such as insects, arachnids, bacteria, viruses, and mold. While in its liquid state, the enzyme compound is active and can be used to safely control bugs without the use of pesticide. The entire enzyme surfactant compound basically contains only ingredients that are considered to be non-toxic, food-grade or GRAS (Generally Recognized as Safe), so it can be used around people ranging from infants to elderly, pregnant, ill or chemically sensitive. The Patent allows for an unlimited amount of safer and far more effective alternatives to pesticides and herbicides.

In addition to US Patent #6663860, the Author was notified on June 20, 2008 that the US Patent and Trademark Office will issue him another US Patent #7,393,528 on his already patented enzyme/surfactant process on July 1, 2008. **You Can View the Various MSDS's on Safe Solutions Enzyme Cleaners and all the other product information at their website:** <http://www.safesolutionsinc.com>

How Do Safe Solutions Enzyme Cleaners Work?

Part of the science behind how protease enzyme cleaners work as a natural pest control agent is that all insects undergo a molting cycle in which they naturally produce a small amount of protease enzyme to create a chemical "zipper" that splits open a seam in their exoskeletons so they can emerge from their shell and grow larger. Without this vital protease enzyme, insects would be trapped inside their own exoskeletons and be crushed to death by their own growth. There is no possibility that insects or arachnids can ever develop a resistance to protease enzyme as a physical control agent because their very existence depends on it! Indeed, enzymes play many vital roles throughout the insect kingdom. Maggots naturally produce enzymes to help

soften up food for digestion. Spiders and scorpions inject their prey with enzyme and allowing it to predigest the victim. Insectivore plants such as the Venus fly trap also use enzymes to digest insects. Even pests like bacteria and mold naturally use enzymes to break down dead organic material on a cellular level.



In The Best Control II free IPM encyclopedia: <http://www.thebestcontrol2.com> — the Author outlines how through his over 40 years of pest control field research, he has continually proven that enzyme-based compositions are the safest and fastest knock-down "pesticides" available on the pest control market today. Most insects die in about sixteen seconds when exposed to Safe Solutions protease enzyme and a surfactant blend. Ticks and spiders are arachnids, and have stronger outer shells than arthropods, so they require about two minutes to be destroyed. The dilution rate of the enzyme and surfactant blend can be calibrated to remove only chosen insects such as aphids, but weak enough to protect beneficial insects such as honey bees and lady bug beetles.

Pest control has long sought a 'Holy Grail' idyllic pesticide; one that is totally safe for humans, yet certain death to insects, arachnids, molds, bacteria and viruses that would never become obsolete. This 'Perfect' pesticide would be not only be non-toxic but permanently effective too. However, the "industry" continues to only use/misuse various synthetic toxins. Sadly, humans do not have the biological tolerance to synthetic pesticides that insects and other pests do. But conversely, most insects and arachnids do not have any biological tolerance to the Author's safe and far more effective protease enzyme and surfactant biopesticide formulations, such as Lice R Gone®. Click on the following url: http://www.licergone.com/Safe_Solutions_Lice-R-Gone.mpg - and watch the lice literally dissolve.

The Pest Problem and the Real Safe Solution

There are about 50 to 60 million insect species on earth; we have named only about 1 million and there are only about 1 thousand pest species. Over 50% of these thousand pests are already resistant to our volatile, dangerous, synthetic pesticide POISONS. We accidentally lose about 25,000 to 100,000 species of insects, plants and animals every year due to "man's footprint". But, after poisoning the entire world and contaminating every living thing for over 60 years with these dangerous and ineffective pesticide POISONS, the POISON "industry" has never even controlled much less eliminated even one pest species and every year "they" use/misuse more and more pesticide POISONS to try to "keep up"! Even with all of this unnecessary expensive and dangerous pollution, we lose more and more crops and lives to these 1 thousand pests every year.

We are losing the war against these thousand pests mainly because the POISON "industry" insists on using only synthetic pesticide POISONS and fertilizers. There has been a severe "knowledge drought" — a worldwide decline in agricultural R&D, especially in production research and safe, more effective pest control alternatives since the advent of synthetic pesticide POISONS and fertilizers. Today we are like lemmings running to the sea insisting that is the "right way". The greatest challenge facing humanity this century is the necessity for us to double our global food production with less land, less water, less nutrients, less science, frequent droughts, more and more contamination and ever-increasing pest damage.

National Poison Prevention Week, March 18-24, 2007 was created to highlight the dangers of poisoning and how to prevent it. One study shows that about 70,000 children in the USA were involved in common household pesticide-related (acute) poisonings or exposures in 2004. At least two peer-reviewed studies have described associations between autism rates and pesticides (D'Amelio et al 2005; Roberts EM et al 2007 in EHP). It is estimated that 300,000 farm workers suffer acute pesticide poisoning each year just in the United States. No one is checking chronic contamination.

Scientists Estimate that Pesticides are Reducing Crop Yields by ONE-THIRD Through Impaired Nitrogen Fixation — July 2007



http://www.organic-center.org/science.hot.php?action=view&report_id=99
<http://www.pnas.org/cgi/content/abstract/104/24/10282>

PNAS

Over the last forty years nitrogen fertilizer use has increased seven-fold and nearly every acre of intensively farmed, conventional cropland is treated with pesticides. A team of scientists explored the impact of pesticides

and other environmental toxicants on symbiotic nitrogen fixation (SNF) brought about by Rhizobium bacteria (Fox et al., 2007). Their findings were published June 12, 2007 in the prestigious Proceedings of the National Academy of Sciences.

The team describes the critical role played by SNF in supporting crop yields and environmental quality. SNF has great potential to reduce farm production costs – a factor of growing importance as rising natural gas prices push upward the cost of nitrogen fertilizers. In Brazil, SNF from soybeans reduces production costs an estimated \$1.3 billion per year. The research by Fox et al. (2007) explored in depth the signaling processes between plants and bacteria colonizing plant roots – processes that govern the degree of SNF and the production of certain phytochemicals. They focused on the ways that pesticides can disrupt signaling and impair the efficiency of SNF. Some 30 pesticides are known to disrupt SNF; the most widely used pesticide in the United States, glyphosate (Roundup) is known to be toxic to nitrogen fixing bacteria.

The "Conclusions" section of the paper begins by stating: "The results of this study demonstrate that one of the environmental impacts of pesticides and contaminants in the soil environment is disruption of chemical signaling between the host plants and N-fixing Rhiz(obia) necessary for efficient SNF and optimal plant yield." **Drawing on their recent work and other published studies, the team projected that pesticides and other contaminants are reducing plant yield by one-third as a result of impaired SNF. This remarkable conclusion suggests one mechanism, or explanation of the yield-enhancing benefits of well-managed, long-term organic farming systems. It truly is time for a change to safe and far more effective alternatives to safe and far more effective alternatives to dangerous pesticide POISONS.**

See Safe Solutions, Inc. for safe and far more effective alternatives. <http://www.safesolutionsinc.com>



Note: Until this wonderful cleaner is registered by the EPA, Safe Solutions, Inc. will continue to not make any pesticidal claims.

Canadian Doctors Recommend Pesticide Avoidance - The link between common household pesticides and fetal defects, neurological damage and the most deadly cancers is strong enough that family doctors in Ontario are urging citizens to avoid the chemicals in any form.

<http://www.ocfp.on.ca/English/OCFP/Communications/CurrentIssues/Pesticides/default.asp?s=1> and <http://www.safe2use.net/ca-ipm/01-03-05a.htm>.

**So why continue to (mis)use dangerous pesticide POISONS?
Suicide, Homicide, Genocide, Pesticide = they all kill!**

The Entire UV Spectrum (Ultraviolet) Light - Safe Solutions, Inc. also sells and recommends the Zadro Nano UV Wand Disinfection Light Scanner. The Zadro Nano UV Disinfection Light Scanner is a wide band ultraviolet light that will eliminate 99.9% of bacteria and virus surface contaminants from virtually any kind of surface in only 10 seconds without leaving any residual contamination. Its wide light ensures a quick sweep and disinfection of any area. Works great for preparing foods! The large scanning surface can be used to disinfect spaces in public areas such as hotels, restaurants, public rest rooms, doctors waiting rooms, offices and nurseries as well as home and personal items such as mattresses, pillows, kitchen countertops and footwear. A child-resistant lock and 10-second timer switch ensure safe usage. This product will instantly kill 99% of bacteria, viruses, eggs of dust mites, fleas and lice in just 10 seconds! The progress bar on the handle helps you time the short 10-second process. http://www.safesolutionsinc.com/Non-Toxic_Pest_Control.htm

Usage Instructions:

Hold the NANO UV light scanner between 1/4 and 1.5 inches from the surface you want to disinfect and press the power button once; causing the light will come on for 10 seconds.

Pass the light slowly across the surface until the entire area is covered, and you are done!

For highly contaminated areas, repeat scanner 2-3 times.

Note: The term “influenza” dates back to the Middle Ages and is taken from the Italian word for occult or astral influence.

What the Inventor of the Flu Shot NOW Thinks of the Vaccine...Posted by: Dr. Mercola - November 17 2009

<http://articles.mercola.com/sites/articles/archive/2009/11/17/Obama-Administration-Launches-Deceptive-Swine-Flu-Propaganda-Blitz.aspx>

The choices are truly up to you - choose life or choose death; choose sickness or choose health. However, in order to choose properly you must do some research on your own to see what is truly safe/best for you. Over one and a half million Americans are allergic to even organic peanuts! You must know yourself to heal yourself!

The Cholera Deaths Researched by John Snow



