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With 68 Case Histories

Plus simple instructions for making homeopathic medicines, an electronic circuit that zaps viruses, and a two-week rapid rescue program for advanced AIDS.

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The Prevention Of All Cancers

(English)

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What is a Cure?

The word "cure" in the title was chosen, rather than "treatment," because it is scientifically accurate.

When the true cause of an illness has been found and, by removing it, the illness can be stopped or prevented, a true cure has also been found. When the cause is not found but the symptoms can be removed, helpful as this is, you have only found a treatment.

New and more effective ways to kill the HIV virus, however important, are merely treatments. I confronted the inconsistencies within the "facts" as they are presented by regular clinical researchers. The inconsistencies are huge and glaring. They led to the paths of inquiry taken in this book. My research was a search for the causes of HIV and AIDS diseases. I searched for ways to remove their causes. Then I observed whether this would actually lead to relief from these diseases. I did not search merely for relief from the diseases as regular clinical research does.

Syncrometer[®] technology, described in the *Syncrometer[®] Science Laboratory Manual*, available from the same publisher, makes such searches for causes and cures possible. Hopefully, others will repeat my investigations and extend my findings.

You Can Be HIV-Negative

In 6 Weeks... just like these people.

Read their case histories

Sex	Age	Lab	Test	Result
M	50	Vanderbilt Univ.	HIV and AFB	Positive
		The Medical Lab.	P24	(1 month later) Negative
M	29	St. Vincent Hospital	HIV antibody screen	Positive. Repeatedly reactive.
		The Medical Lab.	P24	(3 months later) Negative
M	41	Mayo Medical Laboratories	HIV antibody, Western Blot	Positive. Reactive at p17, p24, p31, gp41, p51, p55, p66, gp160.
		The Medical Lab.	P24	(4 months later) Negative
M	40	Bartholomew County Hospital	HIV antibody	Positive
		The Medical Lab.	P24	(1 month later) Negative
M	29	Anonymous AIDS Antibody Clinic	HIV antibody	Positive
		The Medical Lab.	P24	(1 month later) Negative
M	28	Not shown	HIV antibody	ELISA Assay Positive. Western Blot Analysis Positive.
		The Medical Lab.	P24	Negative
M	37	SmithKline Bio-Science Lab	HIV antibody Screen	Repeatedly reactive by HIV ELISA screen. A western blot analysis is being performed for further eval.
		SmithKline Bio-Science Lab	Western Blot	P24 reactive, P31 non-reactive, GP41 reactive, GP120/160 reactive
Nichols Institute	P24	(on program 2 weeks) Positive		
Mayo Med. Lab.	P24	(4 months later) Negative		
M	34	Orange County Public Health	EIA screening	IFA reactive
		Specialty Ref Lab	PCR	(3 months later) Negative
M	33	Lexington VAM	Western Blot	IFA Positive
		Nichols Institute	PCR	(2 months later) Negative
M	51	Not known	Various	Positive
		Nichols Inst.	P24	(4 months later) Negative

		Specialty Ref Lab	PCR	(2 more months) Negative
M	53	Roche Biomedical Laboratories	Western Blot, PCR	Positive Positive
		Nichols Inst.	P24	(5 months later) Negative
		Nichols Inst.	PCR	(9 more months) Negative
M	40	Not known	Various	Positive
		Smith Kline	Immune Anal.	Helper/Suppressor 0.62
		Smith Kline	Immune Anal.	Helper/Suppressor (3 mo. later) 0.9
		Sharp Mem. Hosp.	PCR	(additional 2 weeks) none detected
		Sharp Mem. Hosp.	PCR	repeated (1 week later) none detected
		Labcorp	PCR	(7 more months) Negative

Electricity can now be used

to kill bacteria, viruses and parasites in minutes, not days or weeks as antibiotics and antivirals require. The device is called a zapper.

If you have been suffering from HIV infection or AIDS related illness, learn to build the zapper and also the new plate-zapper to stop it immediately. They supply immune power in a safe and inexpensive way without interfering with any treatment you are now on.

Body Electricity

is another newly discovered force that can be harnessed to search out and destroy specific bacteria and viruses, at any location. I call it *homeography*. With this natural method you can help yourself or your friends recover without overstepping the boundaries of medicine or any other profession.

53 CURED Cases The First Year

Cure, not treatment, is the subject of this book. In 1991 I discovered the source of HIV. Once the source became clear the cure became obvious. But would it work? After curing 53 cases in a row, all who used this method, I could wait no longer to present these findings. Since that time many more have been cured, too many to be added to this book. Most important is adding yourself to that list! This book will tell you how.

Remaining Causes of AIDS

In the past five years I discovered the remaining causes of AIDS. They are not infinite or unmanageable. There are only five altogether. With these removed you will get well even before the viral load plummets.

You May Not Have Time

to read this entire book first if you are sick with AIDS. You may wish to skip the part about how HIV infection is caused and go directly to the *HIV Curing Recipe*. If your situation is much more advanced, go to the *2-Week Program* for advanced AIDS. Order your supplies (see *Sources*). Follow the recipes exactly; they were carefully worked out for you. After you have eliminated the virus, you can turn your attention to getting well from AIDS. Read the case histories to see how easy it is to stop even terminal AIDS. Learn from them to avoid mistakes.

In addition you may zap the virus with electricity and eliminate it that way. Build or purchase a zapper immediately. Add the new plate-box attachment for directed zapping, called *plate-zapping*.

You may also turn on your own body's electricity to remove both the virus and the causes of AIDS. It is the new science of homeography.

For the most rapid progress do all three at the same time.

Does this mean you can cancel your appointment with your clinical doctor? No, it does not. Although you will not need antiviral drugs after you test **Negative** and stay **Negative** with this “natural” program, you may still need antibiotics and clinical support for your AIDS. AIDS is a different disorder. Keep clinical help by your side until you no longer need it.

In this book you will learn to cure both HIV and AIDS.

Remember that doctors are kind sensitive compassionate people. They

Remember that doctors are kind, sensitive, compassionate people. They want the best for you. They have no way of knowing about the true cause and cure of HIV or AIDS since it has not been published in their journals. I chose to publish it for you so that it would come to your attention the fastest and also because there is no place in the scientific literature where a truly novel discovery can be published even if it is based on repeatable scientific observations.

Notice to the Reader

The opinions and conclusions expressed in this book are mine, and unless indicated otherwise, mine alone. They are based on my scientific research and on specific case studies involving my patients. Be advised that every person is unique and may respond differently to the treatments described in this book. On occasion I have provided dosage recommendations. Again, remember that we are all different and any new treatment should be applied in a cautious, common sense way.

The treatments outlined herein are not intended to be a substitute for other forms of conventional medical treatment. In fact, they are completely compatible. Please feel free to consult with your physician or other health care provider.

I have indicated throughout this book the existence of pollutants in food and other products. These pollutants were identified using a testing device of my invention known as the Syncrometer[®]. Complete instructions for building and using this device are contained in the *Syncrometer[®] Science Laboratory Manual*. Therefore anyone can repeat the tests described and verify the data.

The Syncrometer[®] is more accurate and versatile than the best existing testing methods. A method for determining the degree of precision is also presented (in the *Manual*). However at this point it only yields **Positive** or **Negative** results, it does not quantify. The chance of a false **Positive** or a false **Negative** is about 5%, which can be lessened by test repetition.

It is in the public interest to know when a single bottle of a product tests **Positive** to a serious pollutant. If one does, the safest course is to avoid all bottles of that product entirely, which is what I repeatedly advise. These recommendations should be interpreted as intent to warn and protect the public, not to provide a statistically significant analysis. It is my fervent hope that manufacturers use the new electronic techniques in this book to make purer products than they ever have before.

Acknowledgments

I would like to express my sincere gratitude to **Frank Jerome, DDS.** for the loan of his parasite slide collection. If he had not made a slide of *Fasciolopsis buski* in his student years and if he had not stored his slides carefully for three decades, finally to loan them to me in a generous offer, none of these discoveries would have been made. Furthermore, most of these HIV/AIDS patients could not have regained their health without his development of a new metal-free dentistry.

A very special thank you is due **Mary L. Austin, Ph.D.** now deceased, for her daily support and who, up to the age of 97, had an amazing open-mindedness. Another special thank you goes to my son, **Geoffrey**, whose suggestions, computer expertise, help with instrumentation, and editing was indispensable.

In 1996, the collaboration with **Patricia Gorzen** made possible our discovery of dental toxins seeping from plastic restorations. Switching to tooth extraction led to improved survival for many terminally ill patients. Since 1999, the assistance of **Dr. Erika Hüther**, visiting from Germany, led to our discovery of azo dyes as the cause of CD4 to CD8 ratio dysregulation. She also assisted in finding the co-parasite, *Paragonimus*, that links HIV disease to AIDS. Her contribution is greatly appreciated.

The oral surgeon, **C.D. Benjamin Arechiga, C.M.F.**, of Mexico, developed a new more meticulous amalgam cleanup and our good success rates are partly due to this innovation. I appreciate his contribution to this method.

Finally, Mexico itself is to be commended for its forward-looking policy. It may yet be a savior to its industrialized neighbors by providing a permissive environment for creative and dedicated therapists who fill the gap between new research discoveries and older entrenched means of treating disease. I am grateful to Mexico.

A New Challenge

From Time Immemorial Healthy People Have Held Sick People Hostage.

The Witch Doctor, Medicine Man and Woman, Herbalist and modern Clinician are all alike in this respect. They wish to keep information surrounding illness and wellness to themselves and away from the layperson so that a profession of medicine can grow and become lucrative. The Herbalist did not tell which herbs could relieve colds or bring on a woman's menstrual period (birth control) for fear that the people in need would get them for themselves and not need (nor pay) the Herbalist. The modern medical profession overlooks information on prevention; it tries to make self-help and simple treatments illegal. All for the same purpose: to build and aggrandize their profession. This seems inappropriate, especially where communicable or widespread illness is involved. This example is taken from a text on herbology:

This [bath] is a safe and sane procedure and will prove most beneficial to those who are obese and desire to reduce safely. In combination with the internal treatment with decoction of *Fucus*, this course is worth considerable to very stout people, and should not be sold too cheaply. It is a grave mistake to put this scientific treatment in the same class as the many advertised nostrums on the market. It is also a mistake to let your patient know what you are using. If any do make this mistake, he will lose his client who will straight away go to a drugstore for supplies.¹

I believe hostage holding of the sick is immoral, fundamentally unethical, and needs to be stopped.

Besides the moral issue, there is a practical issue. It would benefit society much more if the sick person were quickly rescued and helped back to productivity. A healthy society benefits each of us immensely. Likewise, an ill society injures us immensely, even when it is half a planet away. With this book, I hope to give away as many secrets as I can about the cause and the cure of low immunity, AIDS and the HIV virus, letting the truth come first and "professional

concerns" come last.

The human species can no longer afford to make a business out of illness. Global travel reduces our planet to the size of our backyards. In order to keep our own backyards clean, the neighbors must keep theirs clean. So it is with keeping our bodies free of viruses and bacteria. We *all* must be free of them. The concept of health as a narrow professional concern is obsolete.

This book is intended as a gift to humanity. I make a plea to the public and private sector of the medical community not to suppress this information but to disperse it regardless of liability or embarrassment from the simplicity and newness of the cure, provided only that it meets your standard of truth. As skeptical as you may be, if you cannot review the data presented here with the care and understanding it deserves, you should abstain from criticism until you have studied it.

Awareness Is Not What We Need

Which of us has not crashed into a closed glass door at some time? We believed it was open. The doorknob, the doorframe was visible, but our belief was stronger. We laughed in surprise at our mistake. It was not too costly. The AIDS mistake is very, very costly.

I recently tested eight young Africans for the HIV virus. Six were well, pursuing their studies or business. Two had illness, yet I found all eight had HIV/AIDS disease. All had benzene accumulation. All were parasitized by the larval stages of *Fasciolopsis buski*. And all had accumulated a large quantity of heavy metals and azo dyes in their bodies. This had already destroyed a significant fraction of their immune power, although they could not feel it.

To date I have tested many more samples of African drinking water than I had five years ago, both by Syncrometer[®] and by analytical laboratories. They were **Positive** for benzene as before. What does this mean for us?

If scientists, doctors, governors continue to believe this is irrelevant, that traces of benzene in our food and beverages could not matter, nor traces of heavy metals and azo dyes, then we will continue to crash through the door of disaster.

Following these authoritative professionals come the activists and lay people who believe in them. It is a cascade of disasters with great social implications.

In the United States, traces of benzene pollute bottled water, bottled

beverages, water that is chlorinated with liquid bleach that is intended for laundry use, our produce (via pesticide), our breads via baking grease (actually petroleum grease), and in general via solvent extracted flavors and colors. Traces of heavy metals and dyes pollute all sprayed produce and water that has laundry bleach added to it. Our path runs parallel to the African path.

Will the United States follow the African lead to annihilation? The trend will eventually become irreversible. It is unthinkable. Yet, six out of the eight Africans I tested, believe they are being spared. Most Americans believe they are being spared.

"Positively Aware"² is a journal for HIV Positive persons. I recommend it for anyone who feels safe from this disease. Some recent topics were Lost Youth, One in 62 Young Injectors, The Joys of Safer Sex, and HIV Drug Companies Sue South African Government. The journal is full of drug ads. These drugs kill the HIV viruses coursing in the blood. They do not kill the source of the viruses, a common human parasite that has taken on a new life cycle. The Syncrometer[®] easily spots the parasites in the genital organs, in the thymus and bone marrow. Eventually even the space under the skin becomes packed with larval stages. The Syncrometer[®] "sees" them as easily as an infrared camera picks up a warm body. Superior technology can make it easy, but very difficult if belief interferes with rational thinking and declines its use.

I could cry on every page when I read "Positively Aware". It is appropriate to sympathize and to cry. The tragedy is not just in the loss of human beings; it is in the journal itself, the very title. Nobody who writes it or reads it has an iota of real awareness, despite its assertive title. Even the editors of the magazine die of AIDS!

Their subscribers, and all affected people, need true awareness. That starts with a willingness to study new data, such as presented here, and which can lead to an understanding of the causes of HIV and AIDS diseases.

The Beginning: A New Concept

It is popularly believed that the HIV virus causes AIDS. But that is not true. My electronic studies prove otherwise. An unusual kind of parasitism brings the virus: a parasitism that is conditioned by the same environmental pollutants that cause AIDS. If ordinary biologists, like myself and hundreds of others, were allowed—in fact encouraged—to do the research in this disease they would have had its mysteries solved in just a few years. That would have brought its victims

a true cure. It would also be shedding light on what is happening to the biosphere, which brings us new diseases such as this.

By allowing only high-tech "medical" research to be done, and excluding the rich diversity of biological research, the educational advantage of our nation's biologists goes unused.

In this way, a similar path has been chosen for AIDS as for cancer research. It does not hold promise. The science of biology holds much more promise. Shouldn't we sit up and pay attention to who is choosing the research path? The members of the AIDS community are exceptionally well informed. They are capable of understanding the research choices we could make, if only they were allowed.

HIV is a *virus*.
AIDS is a *condition*.

Sometimes they occur together.
Sometimes they occur separately.

HIV stands for Human Immunodeficiency Virus.
AIDS stands for Acquired Immune Deficiency Syndrome.

The HIV Virus

This is the source of the HIV virus

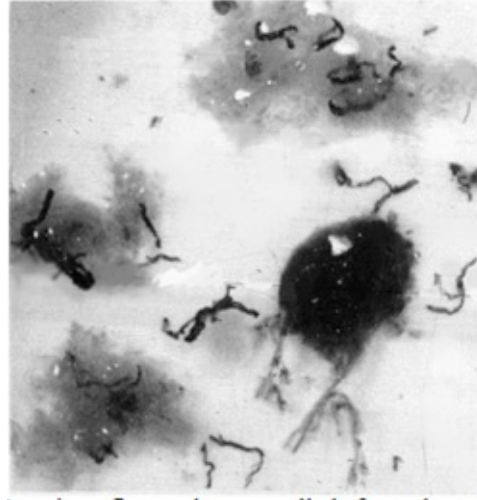


Fig. 1 Human intestinal fluke (Fasciolopsis buski)

This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn's disease, irritable bowel syndrome, or perhaps nothing at all. But if it invades a different organ, like the liver, uterus, kidneys, or thymus, it does a great deal of harm. If it establishes itself in the thymus, it causes HIV/AIDS! It only establishes itself in the thymus in some people. These people have *benzene* in their bodies. All HIV patients (100%) have both benzene and a larval stage of the intestinal fluke in their thymuses. The solvent benzene is responsible for letting the fluke establish itself in the thymus. In order to get HIV, you must have both the parasite and benzene in your body.



Fig. 3 Human intestinal fluke, typical size



Parasites float when expelled from bowel. "Black hairy legs" are strings of eggs.

Fig. 2 Five flukes in various stages of decay

The HIV virus belongs to this fluke.

Many of us have this fluke parasite in our intestines. Humans are the natural host for this parasite. But they are seldom preserved well enough for you to identify in the toilet bowl. Later, when you have learned how to kill them in the intestinal tract in a way that keeps them better preserved, you will have a chance to see and recognize them.

When this fluke is killed, together with its eggs and larval stages, the HIV virus disappears from the human body in 24 hours. Surprisingly, even latent viruses that are stuck in our (human) chromosomes, right beside our genes disappear. From this it can be concluded that the virus belongs to the parasite. The virus must be replenished by the fluke to persist.

**IT IS NOT DIFFICULT
to kill this parasite and all its stages.**

In fact, the intestinal fluke and all its eggs and stages can be killed with an

herbal recipe in six days, or less when electricity and homeography are used, too. These are explained further in the chapter *Killing Parasites*. The time, of course, depends on how many flukes and fluke stages you have. Read the early case histories, where only herbs were used, to follow the fate of the HIV virus. Compare them to the later case histories when electricity and homeography were added.

AIDS IS A CONDITION

AIDS reflects the condition of your white blood cells. We write them as WBCs. They are your immune system. There are a variety of them. The *phagocytes* are expected to eat bacteria, dead refuse and toxins. There are two kinds of phagocytes, the **neutrophils** and the **macrophages**. Other white blood cells are expected to destroy viruses. They are your *lymphocytes*, particularly **CD4** and **CD8** cells. Your WBCs are expected to make some powerful big-parasite killers: benzoquinone ("BQ"), rhodizonic acid ("RZ"), glyoxal, glyoxylic acid, and hydroxybutyric acid as well as others not yet discovered. We will discuss these later. But none of this is happening. There is very serious damage to all these immune functions.

Why?

If you have AIDS, your phagocytes have stopped eating anything, no bacteria, no refuse, no toxins. And the lymphocytes are filled to capacity with HIV viruses but are not able to kill them. In fact, they are full of flu viruses, SV 40 viruses and fungus too, but cannot kill anything. SV 40 stands for *Simian Virus Forty*. The chief fungus is *Potato Ring Rot*. And these problems are only the tip of the iceberg.

All this damage does not come from a single virus or toxin. The damage is vast and complex. But a new technology I call Syncrometer[®] science has made it possible to analyze the different parts of these two diseases, HIV and AIDS, and find their true causes.

The phagocytes have stopped eating anything because of four toxins—but only four.

The lymphocytes cannot kill viruses (any viruses) because they are full of mercury and thallium, not other metals.

The CD4 lymphocytes themselves get killed by a dye—a single one. The CD8 lymphocytes get multiplied as if they had cancer—again by a single dye. It is the same dye seen in cancer.

At first this immune damage happens at only a few organs but more and more follow this fate until every organ I study, dozens, show the same terrible acquired immune deficiency. When these deficiencies reach the thymus, the whole process is accelerated. It is like when a fire reaches and overcomes the water sprinkler system, a key location for protection.

These five immunity destroyers can be removed. It is not an insurmountable task. In fact, it can be done at the same time as killing your intestinal flukes so no time is wasted. In six weeks you can be a whole new person. In fact, you can see a turnabout in your health in two weeks.

The Thymus Gland And AIDS

The "T" in T-cells comes from the word *thymus*.

The thymus is located under the top of your breastbone. It is just below the thyroid gland.

To find these glands:

- Look in the mirror and turn your head from side to side.
- Notice a V-shape is formed at the front of your neck as you do this. Put your finger in the hollow at the bottom of this V. Your thyroid gland is on both sides of this V.
- Move downward from this hollow about 1½ inches to a raised flat area shaped like a baseball plate. This is the top of your breastbone (sternum). Your thymus is under this, stretching down and up, depending on its size.

The thymus is the home for your T-cells. They were "taught" there what to attack, whom to help and which cells to kill. But something goes wrong here. The T-cells that are sent out "into the world", namely your body, to protect you have garbled instructions and many defects.

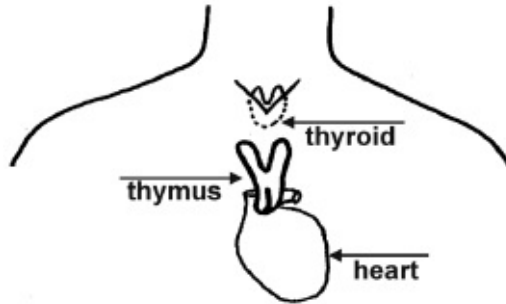


Fig. 4 Drawing of thymus gland

An HIV victim also has fewer white blood cells, about 3500 instead of 5000. This develops gradually. Maybe not enough are being made in the bone marrow. Maybe something is killing them. Maybe both. The true cause of this is not yet known to clinical science. But the Syncrometer[®] finds the same common toxin to be at fault, **benzene**.

The lymphocyte percentage for an AIDS sufferer is a little higher than normal; about 30% instead of 20%. A higher percentage of lymphocytes is the hallmark of any viral disease.

We normally have at least 5000 white blood cells in a cubic mm. (a very small dot) of blood. They are all made in the bone marrow. About 70% turn into neutrophils, which can phagocytize (eat). Another 10% turn into macrophages, huge cells that eat anything and shy away from nothing. They are the piranhas of our defensive WBC fleet. The remaining 20%, about 1000, grow up to be lymphocytes, our virus eaters. Nearly all of these, about 900, are sent to be "trained" for this in the thymus, and are called T-cells. The others are trained "at home" in the bone marrow, and are called B cells. Of the 900 T-cells, there should be about twice as many T-helpers (T4's) as T-suppressors (T8's), about 600 T4's to 300 T8's. They are also called CD4s and CD8s. Three names for each!

But now there are about equal numbers of helpers and suppressors, about 500 of each. Fewer and fewer helpers and more and more suppressors is a flag signaling HIV/AIDS disease. What could be happening to the thymus and the bone marrow to give such a picture?

Two things are happening. Not enough white blood cells are being made. And

something is causing the T-helpers in the thymus to die an early death. Why? The bone marrow has a killer chemical on the loose, just where white blood cells are being born. **And the thymus is being invaded by the intestinal fluke.** The thymus is a small gland and the intestinal fluke is a large parasite! The thymus has a lot of work to do (like a taxi-dispatching station for white blood cells) and the flukes are eating its food and leaving their wastes in it. It is like having a bus full of people inside the tiny waiting room of the taxi station.

The same thing will soon happen to the bone marrow; a special class of dyes, called azo dyes, will flood it and the intestinal fluke stages will invade here, too.

The fluke will bring its own "personal" bacteria, *Bacillus cereus*, to the thymus. These bacteria make a special toxin called *tyramine*. Tyramine will make the thymus allergic! Allergic to a common food substance that arrives every day. Allergies consume **immune power** of the special kind called *complement C₃*. Now the thymus, already burdened by benzene and the intestinal fluke, must share its immune power with yet another consumer. The more that is eaten of this food the slimmer the immune power becomes. Soon other parasites cannot be excluded. Paragonimus arrives. Eurytrema arrives bringing the SV 40 virus. All these events started with the Fasciolopsis fluke. And as you read the case histories a fascinating story is revealed.

Again, in each case, the real culprit is **benzene**.

Benzene

Benzene is a *solvent*. It is an extremely toxic solvent. We would not expect to find benzene anywhere in our environment. It is even monitored in gasoline. It is prohibited in dry cleaning fluids and rubber cement. How could it be present in your body?

Benzene is the main cause of AIDS

What is a solvent? A solvent is a substance that can dissolve grease. There are many solvents used in industries but none dissolves grease as fast as benzene.

The living body is made of greases! Fats and oils make up the brain and spinal cord, all our nerves and the protective covering of every living cell. Benzene can dissolve them!

Different toxins accumulate in different organs. This is called *organotropism*. As an example, if you drink a beverage polluted with wood alcohol, which is another solvent, it goes to your pancreas first. This organ makes your insulin and regulates your blood sugar. People with "low blood sugar" or chronic fatigue actually do have wood alcohol in their pancreas. Did they really drink polluted beverages? I find wood alcohol is a pollutant in carbonated beverages, artificial sweetener and many other foods. At first your body can detoxify it; this is when your body is young and strong like a child's. But as you keep drinking the wood alcohol, the pancreas wears out, the wood alcohol begins to pile up there and do a lot of harm. It weakens the pancreas so much that any parasite can live there. The immunity of the pancreas is being lowered. Bacteria, viruses, fungi, metal dissolved from tooth fillings, chemicals from the air you breathe and food you eat can now find a home in your pancreas. Is it any wonder that this leads to diabetes? Wood alcohol also accumulates in the eyes. Sometimes they burn and itch. Now the eyes let parasites in to multiply, like *Toxoplasma* from cats. The eyes also let in toxins from food or your environment and we call it **allergies**. The real culprit in this case is wood alcohol! It accumulates in the pancreas and eyes.

Benzene accumulates in the thymus!

If you eat the tiniest bit of benzene accidentally, like eating a cracker while you are pumping gasoline into your car, it goes directly to your thymus (the cracker can absorb benzene-containing gasoline fumes). If you rub the tiniest bit of benzene into your skin in the form of skin lotion containing petroleum products, it is found in the thymus a half-minute later! You can easily see this with a Syncrometer[®]. And in another half-minute it is in the bone marrow. Of course, the white blood cell phagocytes that are in your thymus immediately begin to eat it up and get it out of the thymus. But something strange happens to phagocytes that have eaten benzene. They stop. They can eat no more—a rather sensible result! Nor can they eat anything else that they would normally devour and kill.

Just as wood alcohol accumulates in the pancreas and eyes, benzene accumulates in the thymus and bone marrow.

Without being able to phagocytize in the thymus and bone marrow everything else is soon allowed to land there. The mercury from metal tooth fillings, the

copper from your copper water pipes, the silicone from your toothpaste, the dyes from your candy and jello can all be found in your thymus after benzene damage has been done. It is as if the front and backdoors to your house have been opened, letting in all comers.

Squatters Arrive

Soon the thymus is full of bits of your toothpaste, your hand lotion, your hair spray, your processed food, and your drinking water. Each of these has traces of azo dyes, heavy metals and myriads of other chemicals in them. Before the benzene damage, these loitering chemicals would have been phagocytized (eaten up) and escorted to the liver, to the kidney, and out of your body with the urine. Now they are left behind in the thymus and bone marrow and remain there, accumulating to higher and higher levels. Benzene keeps coming. The total WBC count (which includes your T-cells) falls lower and lower. Three special "squatters" arrive, also to be trapped in the helpless thymus: asbestos, metals and PCBs. I will discuss these soon. The thymus can't keep them out. It is helpless because benzene has knocked out its phagocytizing capability. This means that the white blood cells belonging to the thymus cannot eat its enemies. From metals to E. coli germs, they would normally all have been eaten. Then they could not harm you. They would be taken away and dumped into your bladder. Here is a drawing, copied from an electron microscope picture of a macrophage (one kind of phagocyte) reaching out for E. coli bacteria. Long thin pseudopods (arms) would go out hunting for your body's enemies—its breakfast. Now it must stop.

When you watch one of these phagocytes in action (this is called Live Blood Analysis) you can see that there is no action; they can barely move.

Benzene is not the only toxin that destroys phagocytizing ability. There are three more—but only three! This seems fortunate in view of the hundreds of thousands of toxic things in our environment. They are asbestos, magnetic metals called **lanthanides** and PCBs.

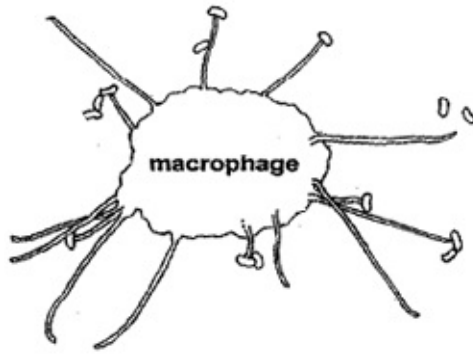


Fig. 5 Phagocytosis brings in *E. coli* for breakfast

Slowly, these three toxins accumulate along with benzene, each adding its own specific damage to phagocytosis.

Benzene is most important, though, because it harms the bone marrow, too, where baby white blood cells are being born. There will now be fewer phagocytes and less T-cells created. Their numbers go down at the same time as the remainder loses their phagocytizing ability.

Pathogens Attack

Meanwhile, the bacteria and viruses, which are hidden in our bodies, have been quietly waiting. Waiting for their chance to come out of hiding. Waiting for their chance to grow and multiply, as all living things must do to survive. When the phagocytes are muzzled and the WBC level falls low enough, they seize their opportunity. Look at the long list of **pathogens** (bacteria and viruses), which have come out of hiding in many of the case histories. Your body is a huge warehouse of pathogens and parasites. You have accumulated them in a lifetime. Chicken pox, mumps, measles, strep, flu, colds! Even TB, EBV, CMV, Treponema (syphilis), Mycoplasma, Toxoplasma, and the fungus Pneumocystis. Even Herpes, Candida, and Baker's yeast. Even cMyc, RAS and SV 40 implicating oncoviruses.

Oncoviruses are tumor-causing viruses that have joined your chromosome DNA as if they belonged there. This lets them be multiplied by you. But only if a trigger is present. cMyc (avian myelocytomatosis virus) actually comes from the common blood fluke, *Schistosoma*, but it spreads to us, the host. RAS (murine sarcoma virus) comes from plain bread yeast that we eat in live form if bread is under baked. And SV 40 (simian virus) comes from Eurytrema, the pancreatic fluke.

Each one of these pathogens once entered and is still in your body somewhere! Nothing ever disappears completely. It just hides and waits. It is carefully bottled up. Some pathogens are hiding inside specially made capsules. They won't come out of their capsules until they know they will be safe from your phagocytes and T-cells. Some are in a latent form or dormant state in which they patiently wait for your T-cell count to go down and phagocytes to be muzzled. Then they emerge. Some come from hiding in tooth crevices, like clostridium bacteria. These give us mouth odor. Clostridium makes dreadful odors. Some come from hiding in the nerve centers, like Herpes and Shingles. That is why we get genital warts and painful blisters. Some come from the digestive tract, like Salmonella and Shigella bacteria. They give us bloating and gas. Some come from the genital organs, like Treponema and Neisseria (gonorrhea). Some come from the lung, like *Pneumocystis carinii*. Even fungus and yeast can grow in humans as if we were bread or fruit. Now they come out and flourish, too, producing their deadly mycotoxins, like **zearalenone**.

We are accustomed to thinking that we "pick up" our infections. Certainly, we do keep picking up new strains. But we already have in us all the bacteria and viruses that could make us very ill if our immunity drops. They are not making us sick now because our immune system keeps eating them as fast as they might emerge. Most of them did not even make us sick when we originally picked them up because they were few in number and our immune system was strong at that time, too.

Now that the T-cell count is gradually going down and the phagocytes have been disarmed, your Pandora's box of pathogens is opening, letting out one after another, until the body is seething with infectious organisms. Is it any wonder that you are getting sick?

Of course our white blood cells must do more than just eat, or phagocytize our enemies. They must kill them, too, and then spit them out or hand them on to other white blood cells to take to the bladder. We will see what interferes with this part of our protection later.

Yet, the human body is surprisingly tough and strong. It will put up a good fight. It may take 10 years before it begins to lose the battle. Then it is called *AIDS*, Acquired Immune Deficiency Syndrome, acquired from polluting the thymus and bone marrow with hundreds of bits of garbage without having a way to remove them. The body's garbage disposal utility is gone.

The Garbage Dump

This garbage was thought to be "progress." We are led to believe that "new, improved" foods and potions of any kind are "better". When we see this label on a package we automatically reach for it. It may indeed, be doing a "new, improved" job on the dishes because cobalt is added to make spots invisible but cobalt, a toxic metal, is doing a "new, more toxic" job on your body. "New, improved" taste in your coffees and herb teas are due to adding flavor extracts to them, which also adds the solvents used in extracting! "New, improved" taste in cereals is due to added flavors, which are extracts, again bringing solvents to these foods.

The less that is done to a food, the less chance there is to pollute it. But, of course, such matters should not be left to chance. Processed foods should be tested before they arrive in the grocery store, at least for the five immune-lowering toxins they might have. This was never necessary before. We could count on the good common sense of bakers, cooks, canners, and manufacturers. But all these professions have become much more complex. Bakers don't know what is in their ready-mixes, cooks don't know what is in their ingredients, and manufacturers don't know what their extraction solvents are. All these details are considered off limits to anyone inquiring (it is after all, mere "housekeeping") and even beneath consideration of management! It is left to the technician. Technicians must keep the processing machinery working. They are "given" the solvents, chemicals and cleaners that "must" be used to keep it all working. So, choices important to our health are made by machinery manufacturers; not doctors, researchers or even owners of companies. We must protect ourselves!

Simpler is better

Tests exist for benzene, PCBs, lanthanides, heavy metals, asbestos, and azo dyes. The consumer no longer needs to stand by helplessly wondering if the water or some food is making the family sick. These tests only need to be correctly chosen and applied. This field of endeavor is very much needed now.

Not only food, but also body products, our artificial teeth, and our household products have become polluted with these same five immunity-destroyers.

Which Came First?

As we review the scene of the HIV virus growing and thriving in the presence

of benzene we can't help wondering, which came first? The virus or the toxin? I do not really know, although I made a case for benzene coming first, damaging the thymus by destroying its white blood cells' phagocytizing ability. This then allowed the fluke eggs and stages to settle there, growing their own virus, specifically the HIV virus. The virus, in turn, infects us, but again, only when benzene is present. Benzene affects the enzyme that permits viruses to join our chromosomes. We will see the details later. Yet an equal case can be made for the parasite coming first.

We are all parasitized. This is the case for all animals. Being larger than most we can even host more than other animals. Having less instinct than others we cannot get rid of our parasites regularly as others do. In our belief that we are civilized, advanced, and even superior to our animal neighbors, we have handicapped ourselves. When we learn to purge ourselves as the animals (and primitive peoples) do, we see large flukes about the size of a nickel, small flukes the size of lentils, and sometimes *Ascaris* worms, like threads, the same as are vomited up by our cats and dogs. They are in our bowel contents.

We must learn to recognize them again. And we will, in the next chapter. What we cannot recognize are the larval stages, the microscopically small forms that do not look like the adult at all and that have landed in our organs, not the bowel contents. For that we need the Syncrometer[®] device. When we see how many larval stages are thriving in us we can easily understand how parasites might reach the thymus first.

Regardless of which came first, it is the coincidence of Fasciolopsis larval stages and benzene that results in the HIV virus population explosion. The Syncrometer[®] will let us see it happen.

Co-Parasites And Co-Viruses

By the time we are adults in our twenties, we are already quite parasitized. We are merely not sick yet. The commonest fluke parasites are *Fasciolopsis buski*, *Fasciola hepatica*, *Paragonimus Westermanii*, *Eurytrema pancreaticum* and *Clonorchis sinensis*. The commonest roundworms are *Ascaris lumbricoides*, *Ascaris megalocephala* and *Strongyloides* varieties.

Paragonimus and Eurytrema team up with Fasciolopsis in HIV/AIDS.

Eurytrema, Clonorchis and Strongyloides team up with Fasciolopsis in cancer. Eurytrema contributes the virus SV 40 in both cancer and HIV/AIDS. That is

why cancer and HIV/AIDS have much in common. Teamwork is not necessarily intentional. Two parasites or viruses can share a space, our bodies, the way a cat and dog can share their owner's home.

Together, a trio of parasites can bring symptoms quite different from either one alone. And larval stages bring symptoms quite different from adults. All this leads to confusion of the doctors, parasitologists and researchers who are accustomed to the classical symptoms they were taught to expect.

But a new technology allows us to see all these events as they happen.

Let us spy on the white blood cells with a Syncrometer[®] to see how the Paragonimus-Fasciolopsis partnership works.

Watching The Thymus

Technology has become so advanced in the fields of communication, TV, optics, and imaging that any application of these new fields to biology is likely to bring leaps of progress in our understanding.

The simple application of a voltmeter to the human body brought us the EKG and the EEG from which a great deal of knowledge was gained.

Magnetic resonance and CT (computerized tomography, pronounced cat) scanning techniques brought us the ability to "look inside" our bodies and "see" density differences in our tissues.

By applying a one-transistor amplifier to our bodies and using a pair of open-plate capacitors in the circuit, we have created a radio receiver-like station, which includes the body. Now we can "listen in" to the frequency patterns that are "in tune" (on the capacitors) with the body's patterns.

This device is called a Syncrometer[®].

Instructions for building and using one are given in the *Syncrometer[®] Science Laboratory Manual* by this author.

In this way we can detect and identify things at specific locations in the body, even in the chromosomes. With this device we can watch the thymus or any other organ, as the parade of parasites and toxins come and go. In previous

books I tracked the benzene to its outside sources: toothpaste, ice cream, store bought bread, bottled water. Since then I have also tracked it to *Paragonimus* flukes, a totally inside source. Let us "tune in."

We "hear" the white cells spitting bleach at the *Paragonimus* family—its eggs and stages. It is regular bleach, hypochlorite, one of our immune system's weapons. They are doing this in different organs where this parasite resides. In 20 minutes nothing is left of the *Paragonimus* family. We can no longer "pick up" on their frequency pattern. Are they merely stunned or paralyzed? We check every hour. Suddenly, at all these organs a fungus grows in exactly the same place. *Pneumocystis* is there now, not *Paragonimus* at all!



Fig. 6 Potato Ring Rot mold hidden in potatoes

The white blood cells seem furious. They attack again with a different weapon. But still, another new fungus takes its place, this time common Potato Ring Rot. We eat this every day in our under-baked potatoes. It can grow in us, too. But our WBCs can destroy and eat it. Soon all fungus is gone, the deck is cleared, everything is clean again and the white blood cells go searching for new enemies. Fasciolopsis and all the other parasites are attacked the same way. Only the fungus is different for each parasite variety.

We cannot avoid getting these parasites in ourselves because we eat them constantly. We eat all the spores, too, that provide the fungi that will consume any dead parasites.

Let us watch now what is happening in an HIV/AIDS patient. The white blood cells are spitting bleach at a *Paragonimus* lair we have singled out with our Syncrometer[®]. It takes longer but soon the whole family is gone. A few hours later, the same location is occupied by a *Pneumocystis* patch, as before, then by Potato Ring Rot. The white blood cells are devouring this now but it takes too long. The fungus is already inside the phagocytes but yet it isn't dead. This is puzzling. The fungus starts to make its mycotoxin, **zearalenone**. And minutes

later, the zearalenone is being "detoxified" into benzene! This is the same benzene that is so deadly! It lingers, too, much too long. It will soon stop phagocytosis there, as a small "pond" of benzene develops. It is creating a huge hazard, like a lighted match near a gasoline can. Benzene happens to be the critical solvent that triggers the HIV virus. This virus is merely a latent virus in a different parasite some distance away and not as common as *Paragonimus*. It is *Fasciolopsis*. If the benzene lingers long enough and spreads far enough to reach the *Fasciolopsis*, its HIV virus will be triggered out of its sleep (latency). HIV will be activated. The Syncrometer[®] can now "hear" the virus, in louder and louder resonance. It begins to multiply the way *Herpes* does when we supply its special triggers. Now HIV can spread to our bodies.

We can see that many HIV viruses are produced and escape into us. Some enter our chromosomes because benzene can trigger them in as well as out of our genome, using an "integrase" enzyme. The benzene caused the sudden appearance of this enzyme.

But we are huge animals, compared to these tiny parasites. All we need to do is kill most of them when they are still quite manageable. Instead, in our ignorance, we are eating and absorbing the very trigger for the virus. And we are too arrogant to admit parasitism, or to use herbs to fight them.

Anyone can learn to use the Syncrometer[®] and watch this scene going on in our own and others' bodies.

Endogenous Benzene

Endogenous means self produced or internally produced. No biologist or biochemist could suspect or even believe that benzene could be produced by a living organism, neither plant nor animal.

Yet the Syncrometer[®] clearly reveals benzene being formed wherever zearalenone is present. Zearalenone is present wherever Potato Ring Rot is growing. Potato Ring Rot is a fungus that grows wherever a *Paragonimus* parasite has been killed. *Paragonimus* is plentiful alongside *Fasciolopsis buski*, *Fasciola hepatica* and others. It is more plentiful in HIV victims for reasons not understood. But while it is alive it does not grow Potato Ring Rot, so the mycotoxin zearalenone is not produced, nor benzene. But dare to kill *Paragonimus* and within hours the deadly fungal growth takes over the carcass. This fungus makes the estrogenic toxin zearalenone, and this leads to benzene production on the spot.

Would it be better not to kill *Paragonimus* parasites? The body's instinct is to kill everything foreign, everything that attacks you, competes with you, or takes up your space. It is a precious instinct. Yet, could benzene production be nature's intent? Or has Mother Nature gone awry in this instance? I believe we were meant to digest old dead refuse, so that fungus could never take over. But for HIV victims this kind of digestion is lacking.

We make lots of digestive juices in the stomach and in the pancreas. We are regularly flooded with it at mealtime. The Synchronometer[®] detects hydrochloric acid (HCl), pepsin, trypsin, lipase, RNase, DNAase and even asparaginase sweeping into every tissue in children. But in middle age there is much less. The tissues, even the stomach itself, go without HCl and digestive juices for brief periods of time. Now killing *Paragonimus* leads to benzene production whereas in childhood it didn't. Of course the body can detoxify these traces of benzene at first. And some is eaten by white blood cells. But this stops their phagocytizing ability. Although it is a wise response by the white cells the entire burden is then shifted to detoxification instead of removal. Benzene is detoxified first into **phenol**. Benzene released in and around the thymus from killed paragonimuses gets changed to phenol. But phenol, although not a solvent, is a powerful tissue destroyer; now the thymus will begin to shred and lose bits of itself into the circulation.

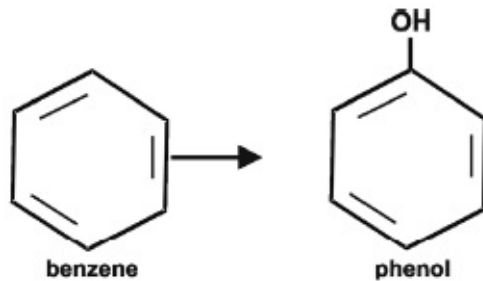


Fig. 7 Benzene is detoxified to phenol

Still, the body has been dispatching its parasites and disposing of the remains, including benzene and phenol, for eons of time. It did not lead to AIDS. It only led to gradually declining body functioning and overall aging.

But in this century it leads to AIDS. The total amount of benzene to be removed or detoxified has been doubled or worse in this century. We have dumped it on our food (pesticide), even mixed it in our food (baking grease, flavors and colors) in wholesale amounts. We have fumed it into our air (exhaust, colognes, cigarette smoke). Every liter (quart) of air in an office or

even outside in a meadow has its benzene, detectable by regular chemical methods. This means a few parts per trillion.

With this huge increase in benzene how can a fragile, phagocytizing white blood cell escape destruction? How can a nation's immunity escape gradual destruction? How can global immunity escape destruction? We cannot rest; a way must be found.

The body has always managed to get rid of its endogenous (internal) benzene and allowed us a lifespan of 70 to 80 years. But adding exogenous (external) benzene has given us AIDS, driving our lifespan down to about 40 years. We must fight back on both fronts. We can clean up our food and environment, the exogenous sources. We can kill our personal parasites regularly, our endogenous sources, so they cannot mature to the point of laying eggs and outrunning the body's ability to kill them.

Eurytrema Brings SV 40 Virus

The pancreatic fluke inhabits the pancreas of cattle. All milk and beef products have some stages of it. But when we host this parasite it is not restricted to the pancreas. It can thrive wherever there are tissues with low immunity. This is the thymus and bone marrow for an HIV/AIDS victim.

Spying on a Eurytrema lair we see it is constantly releasing the SV 40 virus but only if gallic acid is present. Gallic acid is the trigger for this virus. Gallic acid comes from a common food preservative, **propyl gallate**. It is also found naturally in certain foods. We will see how SV 40 aids and abets the HIV virus in some mysterious way. Because they interact, I call these viruses "co-viruses" and the parasites "co-parasites." Not all the details are clear but some are very obvious to anyone using a Syncrometer[®].

Parasites Plus Benzene

Let us review for a minute:

1. The HIV virus is an infection of the parasite, human intestinal fluke. It is not a human virus. It only infects us incidentally when we host this parasite in us.

2. Benzene in our bodies weakens the thymus gland where our T-cells are cloned and programmed. T-cells are lymphocytes, our virus-eating white blood cells. Benzene also weakens the bone marrow where our T-cells are originally

made. Benzene blocks the white blood cells' ability to phagocytize, causing AIDS, an acquired immune deficiency.

When the thymus has benzene accumulated so phagocytosis stops, fluke parasites accumulate in and around it, just as toxins do.

3. There are many fluke parasites. In addition to *Fasciolopsis buski*, the human intestinal fluke, there are four other very common flukes: sheep liver fluke, pancreatic fluke, human liver fluke, and Paragonimus, the lung fluke. Paragonimus and Eurytrema have a special relationship to Fasciolopsis. Paragonimus provides an endogenous pathway to benzene production. And benzene triggers the HIV virus out of latency in Fasciolopsis larval stages. Eurytrema provides a special virus, SV 40, to both HIV/AIDS sufferers and cancer victims. This links cancer to HIV and AIDS.



L to R: lung fluke (6X); sheep liver fluke (3X); pancreatic fluke (5X, causes diabetes, nucleates our cancerous tumors and brings SV 40 virus); and human liver fluke (5X).

Fig. 8 Four common flukes

4. Three more immunity blockers arrive: PCBs, metals (like thulium, holmium and mercury), and asbestos. They, too, destroy the white cells' phagocytizing ability. But besides stopping phagocytosis the white blood cells develop other defects.

More Immune Defects

Azo dyes, in our foods and body products, act on our lymphocytes. Outright killing of CD4 cells by Fast Garnet dye and overgrowth of CD8 cells by Fast Green dye are two effects. Other dyes do more damage and need study.

Certain food substances called **allergens** or **antigens** specifically target the thymus after Fasciolopsis arrives there. One is **apiol**. Another one is **gallic acid**. And all along, the harsh chemical, **phenol**, has been damaging the thymus simply because it is the detoxification product of benzene which accumulates there.

These allergens use up all the **complement C₃** in the thymus. C₃ is necessary for "killer" action by white blood cells. So yet another immune defect is occurring.

We will also see that many of our strongest immune **weapons** are not being made.

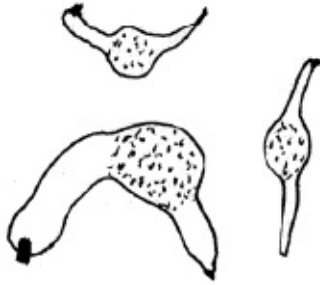
- Benzoquinone and rhodizonic acid are overwhelmed by our two main *Ascaris* varieties that would normally be killed by them.
- Glyoxal is overwhelmed by Eurytrema, the pancreatic fluke. Glyoxylic acid is overwhelmed by Strongyloides.
- L-G and L-A are overwhelmed by heavy metals, both those naturally made in the body and those like mercury and thallium coming from dental amalgam.
- Betaglucan is overwhelmed by PCBs.
- Interleukin 12 is missing when holmium (a PCB co-toxin) is present.
- Interleukin 2 is missing when L-G is missing.
- Interferon is missing when RAS is present.

We will discuss these later.

But benzene starts it all. It increases parasitism. Parasites and viruses thrive in its presence leading to more immune damage.

In spite of all this, the body responds with the speed of an arrow, minutes, when the good things are supplied and the bad ones removed. Soon the body can be functioning normally again.

There are many more flukes that can parasitize us. There is Prosthogonimus, a fluke from chickens; Cryptocotyle, a fluke from sea gulls; Platynosomum, a cat liver fluke; Echinostoma, a fluke that rests itself on our neuro-muscular junctions causing ALS and fibromyalgia; Acanthocephala, (still quite mysterious); Echinoporyphium, cause of kidney disease, and several blood flukes, the Schistosomes.



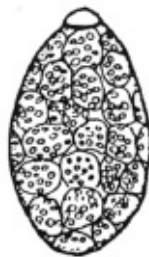
Appears as black dots (mid region) in toilet bowl, about ¼-inch long.

Fig. 9 Acanthocephala

If we have a few of these, they don't make us very sick. But when they have a population explosion, swarming in one of our organs, we get sick. Perhaps solvents cause such population explosions. Solvents could dissolve away the eggshells forcing them all to hatch. Hatch in your body! Normally, this would not happen. The eggs produced by the adult, thousands every day, are passed into the intestine to exit with the bowel movement. But if they are forced to hatch before they exit, they swim away, into your body!

Even strange and rare parasites are becoming more common, no doubt due to new solvents that are entering and polluting our bodies.

Flukes



Size about 1/10mm.

Fig. 10 Fasciolopsis egg

To understand HIV disease you should understand the basic facts about the human intestinal fluke. Its scientific name is *Fasciolopsis buski*. Fluke means "flat", and flukes are one of the families of flatworms. It is as flat as a leaf. This lets it sandwich itself in between your tissues without your noticing it...without causing a disturbance or pain. The parasite is not unknown; it has been studied since at least 1925.³ This study was done in China. Since then it was often

believed to exist only in China and tropical countries. Yet specimens for study in Parasitology classes come from the local abattoir, from pigs and cattle (even wild deer and moose)!

This parasite has stages that it must go through to keep reproducing. The first stage is the egg. The adult produces millions of eggs. They pass out of us with the bowel movement. The adult, though, stays tightly stuck to our intestine (or liver causing cancer, uterus causing endometriosis, thymus causing AIDS, or brain contributing to Alzheimer's disease).

Most of us get little lesions in our intestines from time to time. These tiny sores allow the eggs, which are microscopic in size, to be pulled into the blood stream (other parasite eggs get into the blood this way, too).

Some of these eggs actually hatch in the intestine or in the blood. The microscopic hatchlings are called *miracidia* and are the second stage. They swim about with their little swimmer-hairs. And of course, the liver whose job it is to dispose of toxins and intruders will receive them and kill them as the blood arrives from the intestine. They have no chance to survive in healthy people.

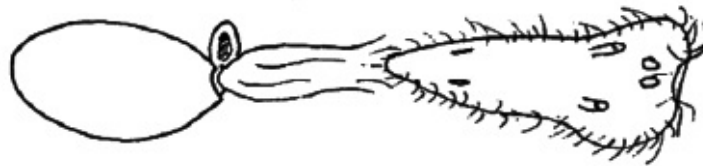


Fig. 11 Miracidia hatching

Flukes And Solvents

But something special happens to people who have solvents in their bodies. The liver is unable to kill these tiny fluke stages. These baby stages are actually allowed to make their home in the liver and other tissues. It is as if the immune system has no power to kill them. The flukes begin to multiply in people with solvents in their bodies! The miracidia (hatchlings) start to make little balls inside themselves, called *redia*⁴. But each redia (ball) is alive! It pops itself out of the miracidia and begins to reproduce itself. Forty redia can each make 40 more redia! And all of this out of one egg!



Fig. 12 "Mother" redia bearing "daughter" redia



Fig. 13 Miracidia expelling "mother" redia

This parasite is laying eggs and producing millions of redia right in your body! These redia are swept along in your blood, landing in whatever tissue lets them in. Smokers' lungs, breasts with benign lumps, prostate glands full of heavy metals, a thymus loaded with benzene are examples of tissues that give the redia their landing permits. Perhaps it is the changed electrical charge or magnetic force of these damaged organs that permits further development of the fluke stages. Perhaps it is merely low immune surveillance. Perhaps the dying cells of a damaged organ provide food for the baby stages. Only further scientific study will reveal the truth.

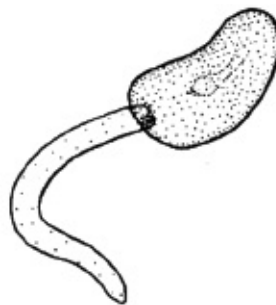


Fig. 14 Cercaria

Multiplying continues at a hectic pace, generation after generation. Redia are nesting in numerous organs. Suddenly they change their shape. They sprout a tail and can swim again.

Now they are called *cercaria*⁵.

The cercaria only need to find a place to attach. After they glue themselves to your tissue, their tails disappear and they begin to grow a "cocoon".

Now they are called *metacercaria*. Normally, this would happen on a leaf growing near a pond, so the metacercaria develop an extremely thick shell around themselves to withstand the winter. Does the presence of the solvent benzene in your body dissolve this tough shell? That would remove the last barrier to the fluke completing its entire life cycle anywhere in your body!

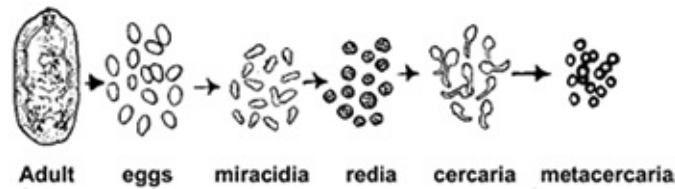


Fig. 15 Life cycle of a fluke

After the shell is gone, they grow into adult flukes in your tissue. **NOT IN THE INTESTINE BUT IN YOUR THYMUS! IN YOUR BONE MARROW! IN YOUR SKIN!** Now the cycle is complete. From egg to miracidia to redia to cercaria to metacercaria and then the adults! And all of them eating and sucking and devouring your vital body fluids.

But this is not normal for flukes. This is:

Stage	Normal Life Cycle
1 Egg	Expelled with bowel movement onto soil. Washed by rain into ponds.
2 Miracidia	Hatches from egg in water. Has cilia, can swim vigorously and must find intermediate snail host in one to two hours or may be too exhausted to invade.
3 Redia	Develop inside miracidia as little balls until expelled. Those are "mother" redia, and each one bears "daughter" redia for up to 8 months, all still inside the snail, and living on the fluids in the lymphatic spaces. Similarly, daughter redia are continually developing cercaria.
4 Cercaria	Have a tail, use it to exit from snail and swim to a plant. If the snail is feeding on a plant, cercaria can latch onto plant with sucker mouth and start to encyst (form a "cocoon") within minutes. Tail breaks off and swims away to dissolve.
5 Metacercaria	Two-walled cysts. The outer wall is very sticky. But as you eat the plant it is stuck to, the least pressure will break it, leaving the cyst in the mouth. The "almost unbreakable" inner cyst wall protects it from chewing, and the keratin-like coat prevents digestion by stomach juices. However when it reaches the duodenum, contact with intestinal juices dissolves away the cyst-wall and frees it. It then fastens itself to the intestinal lining and begins to develop into an adult.

6 Adult

Lives in your intestine and can produce 1000 eggs per bowel movement and live many years.

Fig. 16 Fasciolopsis' normal life cycle

As you can see, humans typically are the host for just the adult stage, and then only in the intestine. But can you imagine the havoc in your body if you did the snail's job, too? Suppose the host, the human, has solvent in his or her body so that the millions of eggs start hatching before they can exit from the bowel. They simply swim in hordes into the blood stream. They may be searching for a snail but certainly a living tissue of yours will serve as well! To survive they must avoid being killed and eaten by your white blood cells. So a tissue where the white blood cells are inactivated by asbestos, thulium, PCBs, or benzene is the choice. They have found a home! In you!

The solvents may be hexane, pentane, xylene, toluene, wood alcohol, carbon tetrachloride, isopropyl alcohol, as well as benzene. All of these are found in bottled water, processed food, and popular body products!

Xylene and toluene accumulate in the brain so the fluke parasites choose the brain for their breeding place. Here they produce their redia and cercaria and eventually adults! Wood alcohol accumulates in the pancreas and eyes, making these organs the fluke breeding grounds. Isopropyl alcohol accumulates in the liver, making the liver the place where the stages develop into adults. And benzene accumulates in the thymus and bone marrow so that the intestinal fluke is raised up to adulthood in these small organs instead of the spacious intestine.

In this book you will learn how to kill it.

Many persons who have an adult fluke in the thymus feel a burning sensation or "tightness" over the breastbone. But some persons feel nothing at all. And some persons with "tightness" there do not have this parasite. So having a symptom here, while very suggestive of this fluke, does not prove you have it. However, it would be very wise to go on a parasite-killing program immediately, such, as I will describe to you later.

The HIV virus is brought into the body by an intestinal fluke stage inhabiting the benzene-

damaged thymus.

All cases of HIV seen in my office since 1990 had benzene in their thymuses. Benzene had stopped phagocytosis there by the white blood cells. The thymus had PCBs as well as the azo dyes, Fast Garnet and Fast Green. It had heavy metals, including the magnetic ones and the metals in amalgam!

No case of HIV was seen without benzene in the thymus.

All cases of AIDS also had other flukes in their thymuses. Progression from early HIV/AIDS to advanced illness brought with it much more intense parasitism and more immune defects. There was very little BQ (benzoquinone), or RZ (rhodizonic acid), or G (glyoxal), or GA (glyoxylic acid) anywhere, and no L-G, L-A, interleukin 2, or interferon.

Weapons Of Mass Destruction

Early in the last century, before medical research had become a business and a monopoly, a young man graduated with a Ph.D. in chemistry and biochemistry. He was William F. Koch.⁶ His first postgraduate job was in a hospital where cancer patients were being treated, quite futile, then, as now. He put his chemistry to work, during free time, and found methyl guanidine in their urine, a most unlikely chemical, and in large quantities. This was more than surprising because it was the same chemical he had found in the dogs he worked with so recently for his Ph.D. degree. They had been deprived of their parathyroid glands. This coincidence kept him glued to cancer research for the rest of his life, using his own earnings to do it.

He went on to get an M.D. in order to pursue this lead. He felt that this chemical should have been oxidized by a healthy person. He was eventually led to a concept of disease in general, not just cancer, that involved missing oxidations by the body. Young persons, he postulated, had strong oxidation capability in their body chemistry. Sickly and older persons lacked something. This "something" was a very strong oxidizer. Other workers, starting with Otto Warburg in Germany, were studying a similar peculiarity: cancerous tumors did not consume oxygen, as they should.

He decided to try substituting other oxidizers; maybe the beleaguered organ could use them instead. He had chosen benzoquinone first and was instantly

successful! Even though it was an industrial chemical, very powerful and of course toxic in any large amount, the body could use it. His theory was supported. He cured very many cancer cases with a single shot of 1 microgram of benzoquinone. The smallness of the quantity is astounding and important, just as it is for vitamins A, D, B₁₂, hormones and ultra trace minerals. Larger doses are damaging.

He tried another oxidizer, rhodizonic acid, and was again successful. He tried them in combination and was even more successful. Then he tried "glyoxilide" (composition of this is not clear) and was so successful for numerous diseases, that he had his results independently verified, documented in a number of books, and used in a court trial. His books are in libraries.

He was shocked, as you and I would be, with such miraculous results. It was certainly worth pursuing this approach. He continued to search for the body's own "natural" high-powered oxidizer. This would surely be the body's "cannon" of force that could restore the body's own ability to destroy its tumor growths and cure many of its other diseases. He never found it. At least he never thought so.

The Syncrometer[®], however, detects actual benzoquinone and rhodizonic acid as well as glyoxal and glyoxylic acid (perhaps his "glyoxilide"?), in every organ of a young person's body! But in smaller amounts than he could detect, and it is lacking in diseased organs or an older person's body. We have abbreviated them BQ, RZ, G, and GA. When a shot of BQ (1 microgram) or RZ is given, miracles happen to cancer patients. (See the book, *The Cure For All Advanced Cancers*, case histories #1, #6, and #7. All this urgently needs more research.)

BQ is, in fact, our natural high-powered oxidizer, a cannon of force, as are RZ and others. Dr. Koch would be more than gratified to know this. We owe him a huge debt.

The Syncrometer[®] shows that these immune weapons can kill our large parasites, our flukes, our roundworms, including *Ascaris* of two kinds. Even when they are beyond attack by the WBCs!

It is this kind of "natural immunity" that is missing in HIV/AIDS patients, besides the defects in phagocytes and lymphocytes and the lack of complement C₃.

Yet, we do not need to procure BQ or RZ, glyoxal or glyoxylic acid, nor take

them. We can send an electronic message in the form of homeographic drops to your body to make them. The body does so promptly. It will overcome the Ascaris, kill flukes at the same time, and then keep on making these immune system **weapons** for you at any location that you choose.

We would, of course, choose to return BQ and RZ as well as G and GA to your thymus and the bone marrow first. Both organs can be re-armed with their natural cannons in a day. I will describe the details later.

We will also use L-G to clear out heavy metals like mercury, thallium and all the others that come from amalgam. We will use L-A to clear out the "natural" heavy metals, such as oxidized selenium and germanium, chromium and nickel, copper, cobalt and vanadium. This will let the WBCs make interleukin 2 again. Soon the AIDS is stopped and you are recovering.

Killing the parasites, removing benzene, and supplying immune weapons is a powerful three-pronged approach against HIV/AIDS.

Purge The Parasite, Cure HIV

When the benzene is gone but Fasciolopsis is still there, will HIV continue to appear? No! The virus simply vanishes, gone back to being latent. Benzene is the necessary trigger for HIV viruses to come out of this parasite and spread to our bodies. But, of course, we plan to kill Fasciolopsis anyway and not live in constant danger.

Even when the virus has become "ours" by slipping into our chromosomes, benzene is the necessary trigger that allows it to multiply and spread.

Fortunately, flukes are much easier to kill than roundworms like Ascaris or even certain bacteria. There are four ways to kill the intestinal fluke: an herbal way, electrical zapper way, the homeographic way, and simple starvation. Neither can do a perfect job by itself. Yet a good job must be done, so it is best to use all four ways of killing them. The exact recipe and other techniques will be described in the next chapter. But don't wait until you have all the supplies—start immediately with any method you obtain.

Look at the case histories. It is not unusual for someone to have a dozen or more parasites out of the 120 parasites I have samples of and can test for. You can assume that you, too, have a dozen different parasites. We are heavily parasitized beings! Our bodies are large enough to provide food and shelter for lots of these free loaders. If they were settled on the outside where we could see

them, like lice or ticks, we would rid ourselves in a flash. Nothing is more distasteful to the imagination than hordes of biting, chewing, crawling, sucking creatures on our flesh. But what about in our flesh? We cannot see inside ourselves, so we have mistakenly assumed that nothing is there.

To get well, you should do three things:

1. Rid your body of immunity destroyers: benzene (this would also remove phenol), asbestos, metals, PCBs, and azo dyes (including Fast Garnet the CD4 killer, and Fast Green the CD8 elevator).
2. Restore your immune weapons: BQ, RZ, G, GA, L-G, and L-A.
3. Kill Fasciolopsis and other parasites, together with their stages.

Killing Parasites

We have been taught to believe that every parasite is so unique that a different drug is required to kill each one. The better drugs, such as Praziquantel and Levamisole or even Flagyl and Piperazine, can each kill several worm varieties. But this is just not practical when dozens of different parasites are present.

Herbal Parasite Remedies

The Native American peoples knew that humans are parasitized. Other native peoples from the Arctic to Antarctic knew that we are parasitized like other animals. They had frequent purgings that included diarrhea or vomiting to rid themselves of their slimy invaders. Many cultures continued such practices right up to my own childhood. I remember being forced to swallow a spoonful of sulfur and molasses! How dreadful it seemed. But it reduced the body's burden of worms and other parasites that we all have. **Where have we gone astray? Why have we forsaken these wise practices?** I have seen that eczema is due to round worms. Seizures are caused by the roundworm, *Ascaris*, getting into the brain. Depression is caused by bacteria (*Clostridium botulinum*) that get into the hypothalamus in the brain. Asthma is caused by *Ascaris* in the lungs. Diabetes is caused by the pancreatic fluke, *Eurytrema*. Migraines are caused by the threadworm, *Strongyloides*. Much human heart disease is caused by dog heartworm, *Dirofilaria*. And the list goes on. "Rare genetic" diseases, including muscle disorders, ALS, and even Tay Sachs are caused by less common parasites, such as *Echinostoma*, *Gastrothylax*, and *Echinoporyphium*.

Getting rid of all these parasites would be absolutely impossible using clinical medicines that can kill only one or two varieties each. Such medicines also tend to make you quite ill. Flagyl™ is used for amoebas and Giardia; when the correct dosage is used, it can cause extreme nausea and vomiting. Quinine for malaria (another parasite disease) is quite toxic. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you.

Yet three herbs can rid you of over 100 types of parasites! And without so much as a headache! Without nausea! Without any interference with any drug that you are already on! Does this sound too fantastic? Just too good to be true? They are nature's gift to us. The herbs are:

- **Black Walnut Hulls** (from the Black Walnut tree)
- **Wormwood** (from the Artemisia shrub)
- **Common Cloves** (from the clove tree)

These three herbs must be used together. Black Walnut Hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. They must be used together as a single treatment.

It is the green hull surrounding the nut of the Black Walnut tree that has this miraculous parasiticide. After it has turned black, it is useless. The large green balls fall to the ground early in the fall. In a week or two they will be black and decaying. Therefore, anyone wishing to make parasiticide must be careful not to let the critical time for harvesting pass.

I encourage everyone to make their own parasiticides and to take back the responsibility for keeping themselves and their families free of these tiny monsters. The recipe for Black Walnut Hull tincture is given in *Recipes*.

Note that it is a tincture (extracted using ethyl alcohol), not an ordinary extract (which uses water). The Black Walnut extract that is available from herb companies is not potent as a parasiticide. It is black, not pale green, indicating that the critical harvesting time had passed. Of course there is no time to make your own if you are ill. See the chapter on *Sources*.



These three herbs, taken together, can cure HIV infection.

Fig. 17 Cloves, black walnut, and wormwood

You will only need one 1 oz. (30 ml) bottle of the Extra Strength tincture to get started. If you have family members you will need more. And if you are very ill you will also need more. While you are waiting for it to arrive, get your other two herbs ready: wormwood and cloves.

Wormwood consists of the leaves of the Artemisia shrub. My recommendation is that you grow it yourself if you have any space to do so. Wormwood seed is available from seed catalogs (see *Sources*).

The amount you need to eliminate HIV is very small, yet you cannot do without it. But the FDA (Food And Drug Administration) has regulated it as toxic! It is therefore unavailable in concentrated form from herb companies. The evidence for toxicity accepted by the FDA must have been hearsay. I have heard of only one case of intolerance (intestinal cramps) in 10 years. Not so much as a headache or nausea⁷ should be expected. The toxic level must be much higher than is needed to kill these parasites.

This shrub is called wormwood for good reason: it kills worms! There is quite a bit of confusion over which Artemisia is the true wormwood. Books and nurseries can be wrong, even though they assure you they are correct! Buy *Artemisia absinthium* for your garden. Wormwood goes back to antiquity and is mentioned in the Bible.

If you grow your own, dry the leaves when they are in their prime. The leaves are greenish gray and quite bitter. Nobody would accidentally eat too much of them. For a child, crumble a leaf and measure ¼ tsp.; stir this into honey.

Wormwood capsules are available as a combination of Artemisia and other herbs.

The third herb necessary to eliminate HIV is cloves. This is the common spice used in baking. It needs to be ground up in order to release its parasite-killing properties. You can buy a can of whole cloves and grind them in a blender or grinder. Store bought "ground cloves" do not work! Their parasite-killing properties have evaporated long ago. Ground cloves from a health food store or herb shop may not work either! They may have been ground years ago. Don't take a chance; grind your own. Remember, the responsibility of the cloves is to kill eggs. Eggs are the hardiest stage of a parasite. If an herb company were to grind cloves and fill capsules with them right away and store the capsules in closed bottles, the potency of the herb would be protected. Don't take these details for granted. You must question your source and get a satisfactory answer or grind your own.



Fig. 18 Food Grinder

You will need about 100 capsules of cloves. To make your own, purchase size 00 (double zero) capsules at a health food store. Don't try to mix cloves straight in water! It is much too strong. You may try mixing it with eggnog or coconut beverages (see *Recipes*). Recently, the essential oil of cloves has become available, which may be substituted for ground cloves. You will need one half-ounce bottle (see *Sources*).

You now have:

- One 1 oz. (30 ml) bottle of pale green Black Walnut Hull tincture Extra Strength. This is six teaspoons, enough for three weeks if you are not very ill.
- One bottle of wormwood capsules (each capsule with 200-300 mg of wormwood) or $\frac{1}{2}$ cup of *Artemisia* leaves gathered from a friendly neighbor's shrub.
- One bottle of freshly ground cloves (each capsule with 400-500 mg cloves), or $\frac{1}{4}$ cup bulk powdered cloves, or one half-ounce bottle of the essential oil of cloves.

These will be taken together to kill *Fasciolopsis buski*, the source of the HIV virus.

Two additional items, *ornithine* and *arginine*, improve this recipe. Parasites produce a great deal of ammonia as their waste product. Ammonia is their equivalent of urine and it is set free in our bodies by parasites in large amounts. Ammonia is very toxic, especially to the brain.⁸ I believe this causes insomnia

and other sleep problems at night and anxiety by day. By taking ornithine at bedtime, you will sleep better.⁹ Arginine has similar ammonia reduction effects but must be taken in the morning because it gives alertness and energy.

Do not try to substitute drugs for herbs. **Drug parasiticides can be extremely toxic, even in the small doses needed. Nor do they kill all the stages.** Here is a clipping that describes them.

Common Drugs For Parasitic Infections

Infection	Drug	Adult Dosage	Pediatric Dosage
Amebiasis			
asymptomatic	Iodoquinol	650 mg tid x 20d	30-40 mg/kg/d, 3 doses x 20d
symptomatic	Metronidazole	750 mg tid x 10d	35-50 mg/kg/d, 3 doses x 10 d
	followed by Iodoquinol	650 mg tid x 20d	30-40 mg/kg/d, 3 doses x 20d
Blastocystis	Metronidazole	750 mg tid x 10d	
	or Iodoquinol	650 mg tid x 20d	
Dientamoeba	Iodoquinol	650 mg tid x 20d	40 mg/kg/d, 3 doses x 20d
Giardia	Quinacrine HCl	100 mg tid p.c.x5d	6 mg/kg/d, 3 doses p.c.x5d
	or Metronidazole	250 mg tid x 5d	15 mg/kg/d, 3 doses x 5 d

Names & Adverse Effects of Common Drugs

Drug: **Iodoquinol**

Trade Name: **Yodoxin**

Adverse Effects: Occ: rash, acne, slight enlargement of thyroid gland, nausea, diarrhea, cramps and anal pruritus. Rare: optic atrophy, loss of vision, peripheral neuropathy after prolonged use in high dosage (months), Iodine sensitivity.

Drug: **Metronidazole**

Trade Name: **Flagyl**

Adverse Effects: Freq: nausea, headache, dry mouth, metallic taste. Occ: vomiting, diarrhea, insomnia, weakness, stomatitis, vertigo, aparesthesia, rash, dark urine, urethral burning. Rare: seizures, encephalopathy, pseudo-membranous colitis, ataxia, leukopenia, peripheral neuropathy, and pancreatitis.

Drug: **Quinacrine HCl**

Trade Name: **Atabrine**

Adverse Effects: Freq: dizziness, headache, vomiting, diarrhea. Occ: yellow staining of skin, toxic psychosis, insomnia, bizarre dreams, blood dyscrasias, urticaria, blue and black nail pigmentation, psoriasis-like rash. Rare: acute hepatic necrosis, convulsions, and severe exfoliative dermatitis, ocular effects similar to those caused by chloroquine.

Fig. 19 Some clinical parasiticides

I have not found a better combination than Black Walnut, cloves, and wormwood for *Fasciolopsis buski*, but a few more herbs can kill them, too, particularly in hard to reach places.

A Meadow Of Health

I have found that herbs go preferentially to certain organs, called a **tropism**. Herbalists in the past knew which herbs were good for the brain, lung, and so forth, and my experience is that they were generally correct. These herbs went preferentially to the organs they were said to be good for!

If you had a master list of all the herbs in the world, and which organs each one was good for, then you could pick out the ones you needed. The more you could take, the more powerful the effect would be.

Here is a list that will get you off to a good start. For convenience, the chart includes some non-herbal products. Notice that an herb that kills a parasite at one organ may not kill it at another organ. So the search is on for reliable, detailed information.

Organ	Parasite or Pathogen	Herb
adrenals	<i>Echinoporyphium recurvatum</i>	cardamom
all body organs together	<i>Fasciolopsis buski</i>	6 watercress tablets (<i>Nasturtium officinale</i>), 6 fresh apricot, peach or nectarine seeds for 6 days
anterior pituitary	Prions	6 fresh apricot seeds for 6 days, birch bark tea, fennel seed (freshly ground), horseradish, licorice root powder, sage leaves, raw nopales (cactus)
blood	Fasciola	coriander
breast	Fasciola	mullein
breast	Paragonimus	mullein
breast	*	mullein
cerebrum	<i>Echinostoma revolutum</i>	white thyme
cerebrum	Macracanthorhynchus	oregano oil
cerebrum	Prions	myrrh, Lugol's iodine
eye	Fasciola	wormwood
eye muscles	<i>Fasciolopsis buski</i>	fennel seed (freshly ground), anise seed (freshly ground), nutmeg, Watercress, 6 apricot seeds for 6 days
hypothalamus	Strongyloides	chaparral, coriander
hypothalamus	*	wormwood
kidneys	<i>Echinoporyphium recurvatum</i>	jalapeno seeds, BQ drops**, watercress, fresh apricot seeds
kidneys	*	cardamom, parsley, hydrangea, goldenrod, nutmeg
lumbar spine	<i>Echinostoma revolutum</i>	white thyme
lumbar spine	Macracanthorhynchus	oregano oil
Lung	Fasciola	BQ drops

Lung	Paragonimus	mullein, BQ drops
Lung	*	mullein
muscle-tendon junctions (joints)	<i>Fasciolopsis buski</i>	6 fresh apricot seeds for 6 days, fennel seed (freshly ground), horseradish capsules, pomegranate juice, watercress or 6 watercress tablets daily
pancreas	Eurytrema	nopales (cactus)
rectum	<i>Fasciolopsis buski</i>	turmeric, oregano leaf
whole body	Paragonimus	nutmeg, coriander, Pau D'Arco

*where no parasite or pathogen is listed, the herb simply benefits the entire organ. **We will discuss making drops later.

Fig. 20 Selected herbs and their tropisms

Not all herbs are readily available, but my point is that there are many good parasite killers. Research is needed to find many more. Essential oils that we know as spices, like thyme or cardamom, are particularly appealing because they are familiar, have a history of safe use, and are available. A recipe I recommend is called Spice Syrup, given in *Recipes*.

An HIV or AIDS patient is likely to have most or all of these parasites and pathogens. Make yourself the "General Spice Syrup" by adding additional spices to the basic recipe given. Add as many on the chart as you can locate. Look at the Spice Syrup recipe for advice on how much to add.

As long as you are making a recipe, consider adding a few more herbs for even more benefits.

Body part	Undesirable item	Herb to counteract
CD4 and CD8 lymphocytes	Azo dyes, Fast Garnet and Fast Green	bay leaf oil, hydrangea root powder, pomegranate, olive leaf, lemon oil, coenzyme Q10
whole body	Reverse transcriptase (HIV enzyme)	fennel powder (freshly ground)
whole body	Bacillus cereus, tyramine (antigen)	nutmeg

Killing *Paragonimus* and *Eurytrema* is next most important to *Fasciolopsis*. Although the Black Walnut combination kills them at the thymus, other herbs are more effective at other locations. That's why the "shotgun" approach of the Spice Syrup is so important.

Procedure For Cure

Start by taking ornithine, 2 capsules at bedtime on the first night you get it. You don't need to wait for the rest of the program to start on ornithine. Take 4 ornithine on the second night. Take 6 ornithine at bedtime on the third night. After this take 4 or 6 ornithine capsules at bedtime every night till you are sleeping soundly. Then go off ornithine and see whether your sleep is as good without it. Use as needed. It is not habit forming.

Taking ornithine at bedtime may give you so much energy the next day that you don't need to take arginine in the morning. But if going off caffeine (recommended) has you dragging yourself through the morning, take one arginine upon rising and another one before lunch and supper. It can make you a bit irritable. Cut back if this happens.

Ornithine and arginine, each about 500 mg, are available in capsules, in separate bottles (see *Sources*).

There are no side effects as you can see from the case histories. There is no interference with any other medication. There is no need to stop any treatment that a clinical doctor or alternative therapist has started you on, provided it is free of immunity-destroying pollutants.

How could you know whether a medicine is free of the five immunity-destroying toxins: benzene, PCBs, asbestos, heavy metals and azo dyes? Only the Syncrometer[®] method can test for these in a few minutes. If you have friends with HIV disease, you could become their angel by learning to use this device. It is described, complete with lessons in the *Syncrometer[®] Science Laboratory Manual*, available from the same publisher.

Meanwhile, until you can do your own testing, take at least these precautions: wash color coating off any tablets you are required to take and set to dry. Dip all tablets in a cup of water to which one drop of hydrochloric acid (5%) has been added; then dunk in vitamin B₂ powder. This detoxifies traces of benzene. Or zapppicate them.

HIV Curing Recipe

Herbal Parasite-Killing Program

1. **Black Walnut Hull Tincture Extra Strength** (see *Recipes*).

Day 1: (this is the day you begin; start the same day you receive it).

Take one drop. Put it in ½ cup of water. Sip it on an empty stomach such as

before a meal.

Day 2: take two drops in ½ cup water same as above.

Day 3: take three drops in ½ cup water same as above.

Day 4: take four drops in ½ cup water same as above.

Day 5: take five drops in ½ cup water same as above.

Day 6: take 2 tsp. all together in ½ cup water or added to lemonade, or EZ Meal (see *Recipes, Complete Meal Drinks*). Sip it; don't gulp it. Get it down within 15 minutes. If you are over 150 pounds, take 2½ tsp. You may add honey, spices or syrup to flavor.

This dose kills most *Fasciolopsis buski* throughout the body. But it does not reach locations under the skin or far away in the genitals or brain. We will use apricot seeds and watercress tablets (see *Sources*) for these. The alcohol in the tincture can make you slightly woozy for several minutes. Simply stay seated until you are comfortable again. Then take niacinamide, 500 mg, to counteract the toxicity of the alcohol. You could also feel a slight nausea for a few minutes. Walk in the fresh air or rest until it passes.

For a year take 2 tsp. Black Walnut Hull Tincture Extra Strength every week or until your HIV or AIDS is but a dim memory. For advanced AIDS you will need this much daily. Do not substitute any powdered variety until you are much better.

You may be wondering why you should wait for five days before taking the 2 tsp. dose. It is for your convenience only. You may have a sensitive stomach or be worried about toxicity or side effects. By the sixth day you will have convinced yourself that there are no toxic side effects.

Family members and friends should take 2 tsp. every other week to avoid reinfesting you. They may be harboring a few parasite stages in their intestinal tract without having symptoms. But when these stages are transmitted to an HIV or AIDS Positive person, they immediately seek out the thymus again.

Going faster. In fact, if you are convinced after the first drop of the beneficial action of Black Walnut Hull Tincture, take the 2 tsp. dose on the very first day.

You make take 2 tsp. daily after that if you wish.

Going slower. On the other hand, if you cringe at the thought of taking an herb or you are anxious about its safety, continue the drops, increasing at your own pace, until you are ready to brave the decisive 2 tsp. dose.

2. **Wormwood** capsules (should contain 200-300 mg of wormwood, see *Sources*):

Day 1: take 1 capsule before supper (with water).

Day 2: take 1 capsule before supper.

Day 3: take 2 capsules before supper.

Day 4: take 2 capsules before supper.

Continue increasing in this way to day 14, whereupon you are up to 7 capsules. You take the capsules all in a single dose (but one at a time until they are all gone). Then you do two more days of 7 capsules each. After this, you take 7 capsules once a week forever, as it states in the *Maintenance Parasite Program*. Try not to get interrupted before the 6th day, so you know the adult intestinal flukes are dead. After this, you may proceed more slowly if you wish. Many persons with sensitive stomachs prefer to stay longer on each dose instead of increasing according to this schedule. You may choose the pace after the sixth day.

3. **Cloves:** Fill size 00 capsules with fresh ground cloves; if this size is not available, use size 0 or 000. In a pinch, empty vitamin capsules. You may be able to purchase fresh ground cloves that are already encapsulated; they should be about 500 mg. Grocery store ground cloves do not work! Either grind them yourself or see *Sources*.

Day 1: Take 1 capsule, 3 times daily before meals.

Day 2: Take 2 capsules, 3 times daily.

Days 3, 4, 5, 6, 7, 8, 9, 10: Take 3 capsules, 3 times daily.

After day 10: Take 7 capsules all together once a week forever, as in the *Maintenance Parasite Program*.

Alternatively, you may make yourself clove syrup:

- 1 tsp. oil of clove bud (see *Sources*).
- ½ cup syrup.

Add together. Shake well each time you are taking a dose. Dose is ¼ tsp. 2 times daily. It is easiest to take this at the back of the tongue, swallowing quickly. Follow with bread, not water until you are used to it.

Take **ornithine** at bedtime for insomnia. Even if you do not suffer from insomnia now, you may when you kill parasites.

Parasite Program Handy Chart

Strike out the doses as you take them.

	Black Walnut Hull Tincture Extra Strength Dose	Wormwood Capsule Dose (200-300 mg)	Clove Capsule Dose (Size 0 or 00)
Day	drops 1 time per day, like before a meal	capsules 1 time per day, on empty stomach (before meal)	capsules 3 times per day, like at mealtime
1	1	1	1, 1, 1
2	2	1	2, 2, 2
3	3	2	3, 3, 3
4	4	2	3, 3, 3
5	5	3	3, 3, 3
6	2 tsp.	3	3, 3, 3
7	0	4	3, 3, 3
8	0	4	3, 3, 3
9	0	5	3, 3, 3
10	0	5	3, 3, 3
11	0	6	7
12	0	6	0
13	2 tsp.	7	0
14	0	7	0
15	0	7	0
16	0	7	0
17	0	0	0
18	0	0	7

At this point you do not need to keep a strict schedule, but instead may choose any day of the week to take all the parasite program ingredients.

Continue on the *Maintenance Parasite Program*, indefinitely, to prevent future reinfection.

Tips on taking pills

Whenever taking capsules or pills, have a bit of bread within reach. If a pill should stick, swallow some bread. Bread pushes the pill along its way, while water does not. Never take a handful of pills together. They may clump together and give you lots of discomfort. Take them one at a time.

Maintenance Parasite Program

YOU ARE ALWAYS PICKING UP PARASITES! PARASITE EGGS ARE EVERYWHERE AROUND YOU! YOU GET THEM FROM OTHER PEOPLE, YOUR FAMILY, YOURSELF, YOUR HOME, YOUR PETS, UNDERCOOKED MEAT, UNCOOKED DAIRY PRODUCTS AND HIDDEN DIRT ON FRUITS AND VEGETABLES.

I believe the main source of the intestinal fluke is undercooked dairy products and meats. After we are infected with it this way, we can give it to each other through blood, saliva, semen, and breast milk, which mean kissing on the mouth, sex, nursing, and childbearing.

Family members nearly always have the same parasites. If one person develops HIV or cancer, the others probably have the intestinal fluke also. These diseases are caused by the same parasite. They should give themselves the same deparasitizing program.

Do this once a week. Space them as close together as you comfortably can so it becomes a single treatment.

- **Black Walnut Hull Tincture Extra Strength:** 2 tsp. on an empty stomach, like before a meal or bedtime.
- **Wormwood capsules:** 7 capsules (with 200-300 mg wormwood each) together on an empty stomach.

- **Cloves:** 7 capsules (about 500 mg. each, or fill size 00 capsules yourself) together on an empty stomach. Alternatively, take ¼ tsp. homemade clove syrup 2 times on this day.
- Take **ornithine** every night until you don't need it.

	Black Walnut Hull Tincture Extra Strength Dose	Wormwood Capsule Dose (200-300 mg)	Clove Capsule Dose (Size 0 or 00)
Day	1 time per day, on empty stomach	capsules 1 time per day, on empty stomach	capsules 1 time per day, on empty stomach
1	2 tsp.	7	7
2			
3			
4			
5			
6			
7			
8	2 tsp.	7	7
9			
10			
11			
12			
13			
14			
15	2 tsp.	7	7
	and so on...		

The only after effects you may feel are due to dead parasites! They release their own bacteria and viruses at this time. If this maintenance treatment gives you any noticeable after effects on the same or next day, it means you did indeed kill something. You will know it is gone when there are no after effects from the maintenance dose.

Pet Parasite Program

Pets have many of the same parasites that we get, including Ascaris (common roundworm), hookworm, Trichinella, Toxoplasma, Strongyloides, heartworm and various tapeworms. Every pet living in your home should be deparasitized (cleared of parasites) and maintained on a parasite program. Monthly trips to your vet are not sufficient.

You may not need to get rid of your pet to keep yourself free of parasites. But if you are ill it is best to board it with a friend until you are better.

Your pet is part of your family and should be kept as sweet and clean and healthy as yourself. This is not difficult to achieve. Here is the recipe:

1. **Parsley water:** cook a big bunch of fresh parsley in a quart of cold tap water for three minutes. Add four drops hydrochloric acid to detoxify traces of benzene from pesticide residue before cooking. Throw away the parsley. After cooling, you may freeze most of it in several one-cup containers. This is a month's supply. Put 1 tsp. parsley water on the pet's food. You don't have to watch it go down. Whatever amount is eaten is satisfactory.

All dosages are based on a 10-pound (5 kilo) cat or dog. Double them for a 20-pound pet, and so forth.

Pets are so full of parasites, you must be quite careful not to deparasitize too quickly. The purpose of the parsley water is to keep the kidneys flowing well so dead parasite refuse is eliminated promptly. They get quite fond of their parsley water. Perhaps they can sense the benefit it brings them. Do this for a week before starting the Black Walnut Hull tincture.

2. **Black Walnut hull tincture** (regular strength): one drop on the food. Don't force them to eat it. Count carefully. Treat cats only twice a week. Treat dogs daily, for instance a 30-pound dog would get three drops per day (but work up to it, increasing one drop per day). Do not use Extra Strength.

If your pet vomits or has diarrhea, you may expect to see worms. This is just

what was wanted. But it is extremely infectious and hazardous. Never let a child clean up a pet mess. Begin by pouring salt and iodine¹⁰ on the mess and letting it stand for five minutes before cleaning it up. Clean up outdoor messes the same way. Finally, clean your hands with diluted grain alcohol (dilute 1 part alcohol with 4 parts water). Grain alcohol is actually *ethyl* alcohol that has been made by fermenting grain. In some countries sugar cane is used to make ethyl alcohol. A common brand in the US is Everclear™. But be careful. The smaller flask sizes are polluted with solvents from the pumping and filling processes, no doubt. Choose the 750 ml or 1 liter bottle, which is evidently bottled differently. Be careful to keep all alcohol out of sight of children; don't rely on discipline for this. Be careful not to buy isopropyl rubbing alcohol for this purpose.

Start the wormwood a week later.

3. **Wormwood capsules:** (200-300 mg wormwood per capsule) open a capsule and put the smallest pinch possible on their dry food. Do this for a week before starting the cloves.

4. **Cloves:** put the smallest pinch possible on their dry food. Keep all of this up as a routine so that you need not fear your pets. Also, notice how peppy and happy they become.

Go slowly so the pet can learn to eat all of it. To repeat:

- Week 1: parsley water.
- Week 2: parsley water and Black Walnut.
- Week 3: parsley water, Black Walnut, and wormwood.
- Week 4: parsley water, Black Walnut, wormwood, and cloves.

Here is a handy chart.

	Parsley Water	Black Walnut Hull Tincture Dose	Wormwood Capsule Dose	Clove Capsule Dose (Size 0 or 00)
Week	teaspoons on food	drops on food, cats twice per week, dogs daily	open capsule, put smallest pinch on food	open capsule, put smallest pinch on food
1	1 or more, based on size			

2	1 or more	1		
3	1 or more	1 or more, based on size	1	
4	1 or more	1 or more	1	1
5 and onward	1 or more	1 or more	1	1

Pets should not stroll on counters or table. They should eat out of their own dishes, not yours. They should not sleep on your bed. The bedroom should be off limits to pets. Don't kiss your pets. Wash your hands after playing with your pet. NEVER, NEVER share food with your pet. Don't keep a cat box in the house; install a cat door. Wear a dust mask when you change the cat box. If you have a sandbox for the children, buy new sand from a lumberyard and keep it covered. Don't eat in a restaurant where they sweep the carpet while you are eating (the dust has parasite eggs tracked in from outside). Never let a child crawl on the sidewalk or the floor of a public building. Wash children's hands before eating. Eat "finger" foods with a fork. If feasible, leave shoes at the door.



Six of the bagged varieties had PCB, benzene, asbestos, thulium, numerous heavy metals and azo dyes. Two bagged varieties were unpolluted.

Fig. 21 Polluted and safe pet foods

Safe pet food is hard to find. Traces of solvents in their food are just as bad for your pet as it is for you. Don't buy flavored or colored pet foods. They are polluted with solvents such as carbon tetrachloride, benzene, isopropyl alcohol, wood alcohol, etc. I encourage you to verify this with the Syncrometer[®] or by sending a sample to an analytical lab. (See labs listed at end.)

Pets add a great deal to human lives and should have the same loving care you

give yourself.

Killing Co-Parasites

Because Paragonimus is the parasite that leads to benzene production right in your own body, it is the link to AIDS and more important than many others that you acquire during your low immunity state.

And because Eurytrema brings the SV 40 virus that is always present in HIV/AIDS disease, it too should have extra attention.

Yet the lung fluke and pancreatic fluke are very fragile parasites, considerably smaller than Fasciolopsis. Both parasites can be killed with the Spice Syrup given in *Recipes*. But you should add extra herbs to make the "General Spice Syrup" if you are very ill.

"Drug Cocktail" Effects

I have only investigated the actions of one drug combination commonly in use by HIV Positive persons. It is a combination of Viramune and Combivir.

I have not done experiments to see if this combination kills viruses directly. But persons on this combination show these results:

It has the effect of killing Paragonimus specifically, without killing Fasciolopsis, Fasciola, or Eurytrema. But without Paragonimus, there are few Pneumocystis fungal growths. No Potato Ring Rot forms so no zearalenone is produced and no benzene is formed. All these are now absent. Without benzene, the HIV virus is not triggered out of Fasciolopsis nor your own cells and so you achieve the "virus—**Negative**" state. Of course, exogenous benzene is still arriving and should be eliminated, too, to become truly **Negative**. But even a 50% reduction in benzene is very significant.

All this would be desirable if the means to achieve it were not so toxic. If you are "on cocktail," hurry to kill Fasciolopsis and Eurytrema as well, and to remove heavy metals, dyes, asbestos, PCBs and benzene from your body. How to do this will be discussed soon. Use your "drug cocktail" time to clean up your body, food and environment so your WBCs can eventually rise and T4 to T8 ratio can climb. Keep up a program of killing parasites with herbs and zapping every day. You might then be eligible for a real "drug holiday", one that does not collapse and require a different drug combination.

Herbs are only one way to kill parasites and eliminate HIV. The electrical way is called zapping. The third way is called homeopathy. The fourth is

is called zapping. The third way is called homeopathy. The fourth is withholding their favorite food. We will discuss these soon.

Tapeworm Disease

We all have tapeworm stages in our bodies, probably going back to childhood when we ate dirt. It is not normal for these stages to hatch and develop further. Their purpose is to stay dormant. And perhaps they do little harm this way.

But I have found that all HIV/AIDS sufferers have "tapeworm disease". The stages are hatching. This spews the tiny larvae and cysts, plus unfertilized eggs and their bacteria all over the body, making you feel sick. Perhaps the large amounts of solvents accumulated in the body forces them to hatch; perhaps the lowered immunity allows them to hatch. The Syncrometer[®] usually detects scolices and eggs in the most vital organs: the thymus, spleen, bone marrow, brain and liver.



**one scolex (head) inside
cysticercus**

**multiple scolices inside
cysticercus**

**multiple scolices inside multiple scolices
inside cysticercus**

Fig. 22 Various types of tapeworm larvae

Coenzyme Q10 is an effective treatment. But it takes a very large amount, 3000 mg., in a single dose.

We have since discovered that coenzyme Q10 also helps to detoxify the more difficult azo dyes, Fast Garnet and Fast Green. Here, too, a large dose is needed. It may be very costly but you are getting extra value from coenzyme Q10. Large doses are more cost effective than small doses. If you can afford it, take a large dose (about 1 tsp. powder) daily. If not, take the large dose once a week.



Fig. 23 *Ascaris* has pointed ends

If you do not get well after the herbal parasite program, coenzyme Q10, and the zapper treatment, you can assume you have either leftover tapeworm stages or survivor *Ascaris* eggs.

***Ascaris* Everywhere**

Ascaris infests animals and humans from pole to pole of this planet. It is safe to say that all dogs and cats have it and all humans have it from time to time. Domestic animals and humans each have their own variety of *Ascaris*; yet can host the other varieties, too. Horses have *Ascaris megalocephala*. Pigs have *Ascaris suum*. The human variety is *Ascaris lumbricoides*. *Ascaris* does not attach itself to you, it hardly even moves. It simply lies still in your organs absorbing your nutrients and eventually filling up with eggs. Often they are pink with your vitamin B12!

When you kill *Ascaris* worms by zapping or with the herbal recipe, they are mortally wounded. They are dying, **but the eggs inside them are not**. They were sheltered. Within a day these eggs begin to leave the dying worm. Soon hordes of eggs are dispersing in your body again!

And in another 24 hours they are beginning to hatch into larvae. You can detect this as it happens with a Syncrometer[®] and test-slides of eggs, larvae, and adults.

Of course, you will be zapping and taking the herbal parasite killers. But again, these do not penetrate the *Ascaris* body to kill what is inside. It could take weeks for the dead *Ascaris* to be totally disintegrated so no more eggs are being sheltered within.

Surely, a few *Ascaris* eggs still escaping into your body could not do much

harm since the overall problem has been greatly reduced! This is not so. The eggs may even do more harm than the worms. Ascaris eggs bring three very important pathogens that spread throughout your body: *Rhizobium leguminosarum*, *Mycobacterium avium/intracellulare*, and the common cold virus, Adenovirus. A flood of these is responsible for your night sweats! As soon as the last Ascaris egg is gone, these pathogens are gone, too, and the following night becomes free of sweating. If your night sweats come back, you know Ascaris eggs are present again. And in 24 hours, unless you kill them, they will hatch into larvae and start the whole cycle over again. "Shingles" comes from *Ascaris lumbricoides*, as well as Mumps.

It takes about three weeks for large parasites like Ascaris and tapeworm larvae to disintegrate completely and be cleared from your tissues. If eggs or scolices are continually released during this time, the cycle of infection cannot be broken. Fortunately, the same two things that can penetrate tapeworm larvae can also penetrate Ascaris worms and mop up after them, whether dead or alive!

Strangle The Stragglers

Here is the Mop-up Program for both tapeworm larvae and sheltered Ascaris eggs:

- ozonated olive oil, 1 tbsp. taken morning and night
- L-cysteine, 500 mg, (2 capsules, 3 times daily).

You can easily make your own ozonated oil. Purchase an ozonator and a small bottle of olive oil. Treat the oil first to remove traces of PCB and benzene.

Pour a glass of **olive oil**. Attach an aerator to the end of your ozonator hose and drop it to the bottom of the glass. Turn the ozonator on before dropping the hose. Ozonate for 30 minutes. When done pour it in one tablespoon amounts into plastic relish cups with lids. Store in freezer. Oil melts quickly when needed. Or do your ozonating in a jar so you can spoon out the frozen oil later. If you merely refrigerate it, ozonate it again after five days to restore potency. Would other oils work? Possibly. I have not researched them, though, so it is wiser to stick with olive oil.

Ozonated oil gives you no noticeable side effects, but it should not be taken more than necessary. One could expect the ozone to jump across from oil molecules to your fat molecules, aging them too soon. Fortunately, the dose is small and may be directed at the intruders before it is directed at you.

The **cysteine** should be the L-variety; it may be cysteine hydrochloride or simply free cysteine.

Taking this supplement in large doses can give you side effects, perhaps due to its penetrating antiparasite property. If you have serious side effects, reduce the dosage. Even if you reduced the dosage, do not take it longer than three weeks. Most persons get no side effects. But the more parasitized you are, the more side effects you could have: fatigue, loss of appetite, nausea. Remember, animals that are being deparasitized have similar symptoms. I have not yet found a way to counteract these symptoms, so do what helps you most. It may be more rest, or taking vitamin C.

Take vitamin E, 400 IU, once daily. Vitamin E will counteract the over-oxidation produced temporarily by the ozonated oil. Take it five or more hours after the ozonated oil to make sure there is no loss of the oil's potency.

Cysteine has other important benefits for you. It counteracts the radiation we all get from living on this planet, called "background radiation". This might even explain why supplementing animals with cysteine had the effect of lengthening their lives substantially. Cysteine is a heavy metal detoxifier, perhaps through the formation of glutathione. It deserves a permanent place on your supplement list.

Nevertheless, supplementing with cysteine should not be overdone. After taking 6 capsules daily for two weeks go off it completely for one week.

If your symptoms return or never completely left, you can assume that some eggs escaped or you still have a particularly resistant tapeworm stage. You may safely double the dosage of ozonated oil. Take two tbsp. twice daily **for three days only**. No Ascaris or tapeworm stage can escape this high-dose treatment. Only reinfection can give them back to you. Although there are no side effects, do not take this dosage on a daily basis. But you may add it to your weekly maintenance program (including vitamin E)

	Ozonated olive oil	L-cysteine, 500 mg each	vitamin E, 400 IU
Two weeks	1 tbsp. AM, 1 tbsp. PM	2 capsules, 3 times daily	once daily, 5 hours or more after oil
One week off			
Two weeks (if necessary)	1 tbsp. AM, 1 tbsp. PM	2 capsules, 3 times daily	once daily, 5 hours or more after oil

One week off			
Continue this schedule until well!			

Zapping Parasites

Many variations in zapping technique have been discovered since the first one found around 1990.

The original technique showed that very small animals, like our parasites, can be killed with a very small voltage. But only IF the voltage is 100% positive offset, and only IF the voltage is varied up and down repeatedly.

If the varying voltage becomes NEGATIVE, even momentarily, it supports and maintains their lives! This must be avoided. You cannot take this for granted when you purchase a zapper. The maker must assure you that it has been checked on an oscilloscope and not even 1% negative voltage found. Preferably a picture of the zapper output on an oscilloscope should accompany the unit together with an arrow pointing to the zero line. If the circuit diagram is followed, there will be no error.

If the voltage is applied in pulses, to produce a "square" wave, it will affect many parasites at once so that the rate of raising and lowering it, called frequency, is not critical. Even though these tiny animals undoubtedly have a "mortal frequency", this rate does not need to be known or used when a square wave of electricity, **totally positive**, is used.

A positive electrical force that pulses up and down not only appears to kill tiny invaders, it also seems to energize your white blood cells to go on an all-out attack on your enemies: your parasites, your toxins, everything, in spite of their four blockers. In spite of benzene, PCBs, metals, and asbestos! For a time, your WBCs turn into Super-WBCs. That is why I recommend eight hours of zapping daily until you are well.

Remember that killing parasites, by itself, as we can do with herbs, removes the HIV virus source, but this does not return immune power. A zapper, on the other hand, not only eliminates parasites; it does so by returning immune power. Each method has its own virtues.

With this knowledge you may build or purchase a zapper. It is energized by a 9 volt battery. This is too small a voltage to harm you or even to feel although

some people can feel a weak tingling sensation. Most of the current is flowing through the blood in your arteries and veins, but a fraction of it reaches every organ and tissue in your body. Except when this organ is saturated with a liquid *insulator*. Insulators do not let current pass.

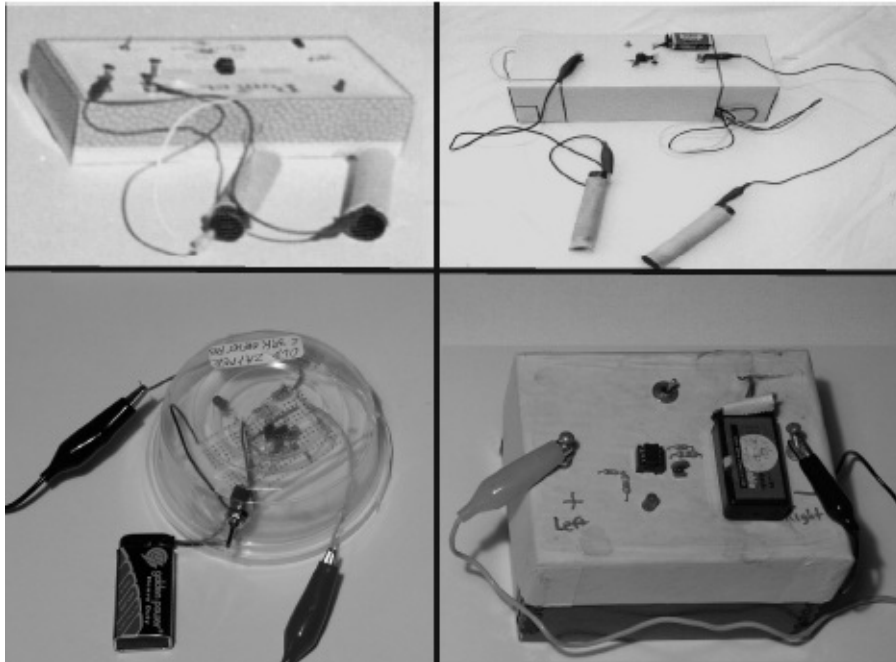


Fig. 24 Homemade zappers

HIV/AIDS victims are particularly full of insulators. How can that be?

PCBs

The "best" liquid insulators ever invented were a family of chemicals called polychlorinated biphenyls, popularly called PCBs and resembling thin machine oil. They were soon put to use in transformers, the large pots or kettle-like containers you see hanging from tall utility posts. Our industrialized nation, the United States, had not solved the problem of disposal though, before PCBs came widely into use. Finally, in the 1970s, after 40 years of use, production was stopped because the disposal problem still had not been solved and PCBs were beginning to seriously pollute the environment. They were now classified as a "toxic waste" to be disposed of only in government-regulated ways, mostly in metal barrels buried in toxic waste disposal sites. Now, 30 years later the barrels have leaked considerably through unavoidable rusting and breakage, and PCBs are trickling out and downward, with gravity, to the nearest waterway.

Meanwhile. PCBs began to pollute the oil supply for the world's soap trade. I

noticed this by testing the soaps and lotions and salves that my clients were using. Even the liquid soap you could buy by the gallon in natural food stores was polluted with PCBs. I reported this in my books in 1995. When I reported this to the soap and lotion makers, I thought they too would be shocked and eager to eliminate it. I offered to help find their source of PCB pollution. Their response was even more shocking; it was to threaten me with lawsuits instead.

And so we all have been lathering our skin and scalp with PCBs. Being oils, they are immediately absorbed by the thin layer of fat that is beneath everybody's skin and held there. There is no detoxifying pathway for them in the body. That is why they are described as "not biodegradable". When the amount becomes quite large, the body pushes them into "blebs," also known as fatty cysts. PCBs from shampoos often develop into fatty cysts at the nape of the neck. PCBs from soaps and ointments may appear on the arms, legs, back or abdomen. If you have **fatty cysts** try to have these drained, if at all possible. They are not benign collections of "fat".

While the PCBs are collected in a bleb (pool) in your skin they are not harming you. But if you become ill for any reason your body mobilizes its skin-fat, and the PCBs will now drain into your body.

Much more information on PCBs is available in libraries and on the Internet. Our public agencies publish reassurances that no health hazard exists. But the Syncrometer[®] tells a very different story. As a society we must mobilize our resources to destroy them and avoid them.

PCB Pathways

PCBs follow the lymph pathways, reaching the organ that is diseased or under attack.

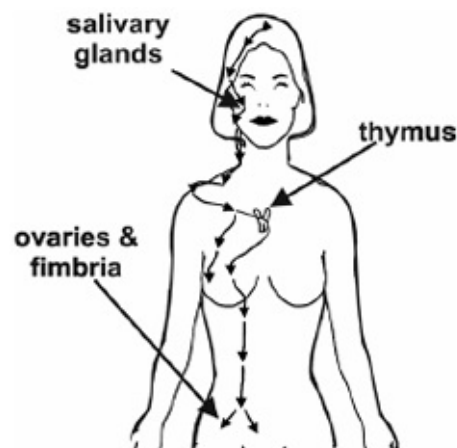


Fig. 25 PCB route in HIV disease in women

There are three main pathways for PCBs to travel although there are innumerable minor pathways, too.

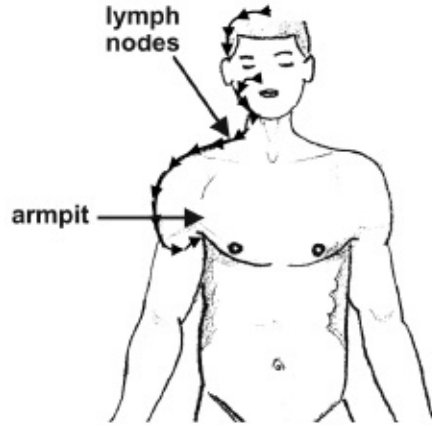


Fig. 26 PCB route in absence of disease

In women with cancer PCBs travel down to the center of the breast, coming out at the bottom, down to the waistline, headed for the fimbria of the fallopian tubes and then to the ovaries. Special pathways to the tumor location are formed from this main route. In women with HIV disease, a major pathway to the thymus is seen; from there it skirts through an edge of the breast and downward.

In the absence of these diseases the major pathway for both men and women is toward the shoulder, down the arm and across to the sweat glands. .

In men with cancer PCBs have traveled to the lymph nodes that cluster at the neck, shoulders and collarbones. From here they internalize to show up at the cancer site.

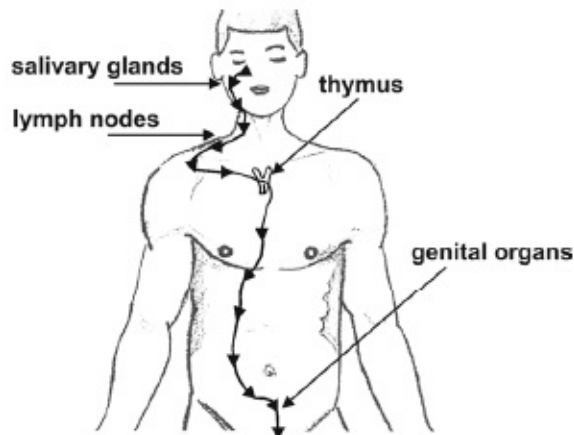


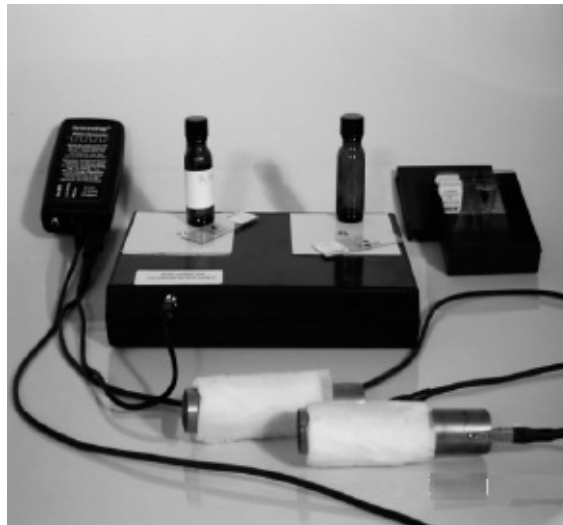
Fig. 27 PCB route in HIV disease in men

In men with HIV disease in the United States, the skin over the thymus is heavily loaded with PCBs coming from all the neck lymph nodes. They exit from the thymus through an edge of the breast down to the genital region.

Usually, one side is more affected than another.

Insulators, by definition, do not pass current. So the very regions that are most important to you now, the thymus and bone marrow, will not get a strong zapping using the regular technique described in earlier books. Another problem is hands; both hands and wrists of HIV/AIDS victims are typically saturated with PCBs, so the usual zapper contact points are much less effective, too. To zap these regions a new technique has been developed, called plate-zapping.

Plate-Zapping



The locations to be zapped are on the plates. Bottles or slides represent them. Escaping pathogens as well as targeted pathogens are placed here, too.

Fig. 28 Plate-zapper

The zapper current does not penetrate a body region that is saturated with PCBs because they are insulators. I think plate-zapping overcomes the obstacle of PCB saturation because there is resonance between the sample on the plate and your tissue causing higher voltage and current through that tissue. For instance by placing a sample of thymus on a 3½-inch capacitor plate in the pathway of the zapper current, the two similar organs (your thymus and the thymus sample on the plate) will be in resonance. I think this maximizes the

current through your thymus. The thymus sample you put on the plate can be in the form of a microscope slide, meant for study by biology students. Microscope slides can be purchased from biological supply companies (see *Sources*) and are safe to handle.

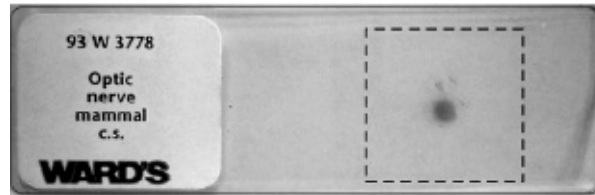


Fig. 29 Microscope slide with real tissue under glass square

Bottled Alternative

Instead of an actual sample of an organ, like on a microscope slide, it is possible to use a virtual copy. A virtual copy is a sample of water that has the frequency pattern of an organ in it. This bottle of "patterned" water can act like the slide or real sample and has the advantage of convenience and availability. The zapper circuit uses the frequency pattern in the bottle-copy to find an identical one in your body. Whether you use a slide, bottle copy or a piece of real tissue, it provides the location where you want to maximize the zapper effect.

Bottle-copies are easily made from slides or real organs, even by a totally inexperienced person, using a regular zapper (30 kHz or more). Extra details are given in Experiment #96 of the *Syncrometer*[®] *Science Laboratory Manual* (see Parts Kit #96 in *Sources*).

White Blood Cells Respond . . .

With the sample of thymus placed on the plate in the pathway between you and your zapper, the current has an instant effect on the white blood cells of your thymus since these are part of the tissue sample. Instantly they are energized and begin to eat the PCBs, the benzene, the magnetic metals and the asbestos in your thymus.

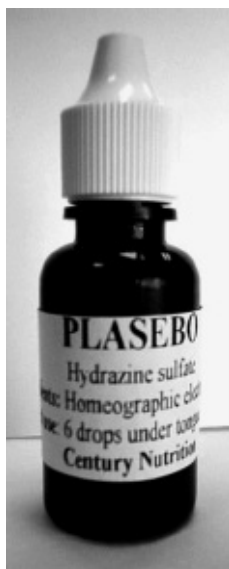


Fig. 30 Bottle-copy has frequency pattern of an object or chemical in water

Like a fairy godmother who has waved her wand, all four immune blockers are quickly taken out of the thymus tissue and imprisoned in the white blood cells. They have phagocytized. After this phagocytosis continues normally. Normal conductivity returns too, when all insulators have been removed. Large parasites and small parasites are killed next, perhaps with special WBC weapons. Even tapeworm stages are killed and eaten. Hundreds of toxins, heavy metals, fungus, mycotoxins, all are eaten in one big frenzy.

However, it can all come to a screeching halt if the voltage of the battery has dropped below 9.0 volts. To do this superb job the battery must not run down below 9.0 before the job is done. And it takes 20 minutes, not just seven as it does for regular zapping. Only the specified locations are zapped by this method, not the whole body as for regular zapping.

. . . But Only If Fed

What will happen to the gorged white blood cells after they have "eaten" all this toxic waste? Will they carefully guard against any losses on their way to the kidneys and bladder? Will they unload their super toxic cargo in the proper place (bladder)? How do they unload their cargo? It all hinges on selenium and germanium of a very special kind. The wrong kind does no good at all. Only selenite and organic germanium work. These two enable the white blood cells to transfer their toxic load to the kidneys' WBCs, and then to the bladder and from there to appear in the urine. A Syncrometer urine test will now be **Positive** for PCBs, asbestos, lanthanide metals, mercury and all the others identified before,

even Fast Garnet, Fast Green dye and holmium.

Vitamin C is needed, too, for your white blood cells to kill and unload their dangerous cargo. That is why it is included in the *2-Week Program*.

If there is not enough selenite, organic germanium or vitamin C, the white blood cells simply stop; they wait as at a dock, for days, and some of the toxic cargo escapes to the spleen, to the bone marrow and to nearby arteries and lymph vessels.

It takes 1000 mcg (1 mg) of selenite and 1 tsp. hydrangea powder in a single dose to keep unloading the thymus toxins for four hours. One cup of coconut "milk" has both. It takes two more doses after that, spaced four hours apart (altogether 12 hours) to clean up the thymus or other small organ.

Throughout the day, the thymus should be plate-zapped in various ways: combined with arteries, combined with veins, combined with white blood cells, each for 20 minutes. These zaps are interspersed with zaps to clear blood, lymph and the white blood cells themselves. And of course the kidneys are zapped to keep them from clogging with the heavy metals. Twenty-minute zaps can be kept up for eight hours or more.

A miracle has been done for you in one day. The battle for your thymus has been won. Be patient with the after effects due to dead parasites!

What happens to the dead carcasses of large flukes lying about like dead rats? They will soon be enveloped in mold and toxic decay. Watch what happens to a tiny dead fish at the bottom of an aquarium at a pet store. Within a day fine fuzz is seen all over the surface, like velvet. In a few days if it is not scooped out, a halo appears around the dead fish. Fungus has taken over the entire fish and is now going through its own stages of development, glistening under the aquarium light. The owner will scoop it out.

Who will scoop up the dead flukes in your thymus? If you had zapped flukes in the intestinal tract or liver or pancreas, they could have been pushed out through their ducts into the intestine and finally into the toilet. But the thymus and other organs have no such ducts, dead parasites will have to rot on the spot, turning into a bed of fungus, and all of it producing mycotoxins. A much better solution is to digest the fluke debris.

Fifteen capsules (about five or six grams) of mixed enzyme powders can digest the dead matter coming from four hours of zapping. Eight hours require two such doses.

When AIDS has already begun, nothing less than eight hours of zapping daily can catch up and exceed the rate of spread of disease. Zap eight hours daily until you are well.

Dodging The Flu

Is there a price to be paid for killing so much so quickly in the thymus? When an animal is "wormed" intensively, it may get quite ill. Yet, "sick-time" is a luxury that is not available for many AIDS patients. Every day must show advances made over parasitism. What can you expect? Although the fungal growth and decay-toxins can be avoided with digestive enzymes, one unexpected result cannot be entirely avoided. It is popularly called the "Herxheimer" reaction, or "healing crisis." It is an assortment of flu-like, cold-like, miscellaneous, and somewhat mysterious symptoms. It is the surest sign that your zapping is effective and you will heal. Fortunately, they don't last long.

Investigation of these symptoms with the Syncrometer[®] shows it is not mysterious at all. A new population of Salmonella bacteria and influenza virus has suddenly emerged. Many species of Salmonella are present. And both influenza A and B are present. Where did they come from? They appear in exactly those locations where the two largest flukes were, Fasciolopsis and Fasciola. After many hundreds of spottings, it seems that they escape from the dying flukes like rats from a sinking ship. Sometimes Adenovirus, the common cold virus is present too. Adenovirus comes from killed Ascaris. They all contribute their symptoms to a common set we call flu and Salmonella Syndrome (FSS), or **detox-illness**.

Zapping one organ may give you such symptoms while another does not. The difference is clear. It depends on the lymphocytes there. If they are filled with mercury and thallium (from amalgam in teeth) they are not able to kill viruses or Salmonellas. And you could get detox-illness. If amalgam has already been removed there, flu and Salmonella pathogens are killed as fast as they emerge and no sickness is felt. That is why our *2-Week AIDS Program* starts with removing amalgam by extracting teeth and taking L-G and L-A. You are now less likely to get detox-illness from plate-zapping. Nevertheless, you are likely to experience some attacks. It is a very small price to pay since it is not a virulent flu or vicious Salmonella attack nor a dreadful cold. You have already been "carrying" these pathogens for many years as your strain. In fact, you have already been attacked and have felt them many times without recognizing it. And as often as you have had the flu you have also battled and won "prion

disease". The Syncrometer[®] sees **prion protein** bits escaping from the flu virus.

There are ways of combating detox-illness that do not involve antibiotics. Arm yourself with Lugol's iodine to kill the Salmonellas. That is half the battle. Lugol's is an old remedy for thyroid disease and is exceptionally safe! Only Salmonella bacteria are so sensitive to iodine that six drops in ½ cup of water kills nearly all that are in your body anywhere. Four such doses taken in a day could eliminate them even in your brain.

Prions are very sensitive to several herbs. They are given in the "Prion Punch" recipe.

I recommend taking Lugol's and Prion Punch four times daily, preventively, on days that you are plate-zapping. **But do not take Lugol's if your doctor has told you, sometime in the past, that you are allergic to it. This could happen after a clinical scanning procedure that uses a large dose of iodine.**

The flu and Salmonella syndrome is a partnership. Together, they can cause mild fatigue, slight nausea, slightly elevated temperature, dizziness, disorientation and lack of appetite. But mood is usually spared or even elevated! By preventing at least one of the FSS duo (Salmonella) from developing, by taking Lugol's, the symptoms are greatly lessened. You may, in fact, notice nothing. But it is better to be forearmed against flu, too. Have on hand homeopathic flu medicine, Oscilloccinum.

Our best solution for avoiding detox-illness is homeography. Together with antidote tactics (Lugol's, Oscilloccinum and Prion Punch) and zapping tactics, side effects can be totally avoided. We will discuss homeography later.

It is important to know that if you develop any after effect from zapping, however small or large, we have always found it to be due to flu, Salmonella and prions, namely the result of killing large flukes. For some persons Adenovirus, the common cold, or *Clostridium botulinum*, which causes weeping, plays a role, too. Go after these the same way—by including them at the zap location and with homeography.

Plate-Zapping Is Part Of The Team

Will plate-zapping the thymus bring your T-count back up and reduce your illness? You may already have many diseases in progress, caused by: Pneumocystis, Toxoplasma, CMV, or Treponema (syphilis). Will they go back into their capsules and hiding places or be killed to bring you relief?

The answer is yes, if at the same time you are removing amalgam and dyes from your teeth and your food so you can make competent T4 and T8 cells again, and don't kill them with benzene after they are made. Remember they are made in the bone marrow so your next plate-zap should be at the bone marrow. Your T-cells are being killed and disabled in all your lymph nodes, the spleen, bone marrow, genital organs and thymus by five immunity-destroyers, and so far you have only removed these from the thymus. So perhaps you will feel dramatically better, perhaps not. Be patient. As long as you are plate-zapping eight hours a day without being sidelined due to detox-illness you are progressing as swiftly as possible.

Of course you are avoiding eating any of these immunity-destroyers, including Fast Garnet or Fast Green; we will discuss diet and dental sources of these later.

After plate-zapping the thymus and bone marrow, zap all your genital organs, one at a time. Follow the detailed instructions given in the *2-Week Program Zapping Schedule*.

So far we have discussed two ways to kill parasites on a grand scale: the herbal way and the plate-zapping way. But there is another, much simpler way!

Feast or Famine

The fastest way to get rid of any pest, like ants or mice, is to have no food for them. Does Fasciolopsis have a special food that it depends on? Insects with a complex life cycle, that includes a caterpillar, sometimes depend on a single plant to provide essential food factors. The Monarch butterfly is an example. It must have the milkweed plant to grow its larva; the Koala bear needs a single food, Eucalyptus leaves.

When the tiniest bit of onion is eaten, it arrives quickly at all the various Fasciolopsis lairs. What is the attractive force? New parasite stages immediately develop and their population booms. Withholding onion is just as powerful. The famine we create for them cuts their population in half in about 5 days. But many sources of onion are so unexpected, it is almost impossible to avoid. Most kitchen spices I tested and even a sample of organic butter had onion chemicals in them! The only way to rout the last remnant of onion is with a diet completely devoid of canned food, spiced food, and processed food for two weeks. This is the third way to kill Fasciolopsis on a large scale. And the search is on to find the essential foods of Paragonimus and other parasites.

When we stop eating plants with onion-chemicals Fasciolopsis disappears (were they killed?). I have not identified which chemical or chemicals in raw onion provide the essential nourishment for Fasciolopsis.

The Lily family includes only a few foods: onions, garlic, leeks, chives, and asparagus. I tested all of these and they had raw onion chemicals along with non-Lily plants cilantro, beet greens, and Swiss chard. The solution for these vegetables is simply to cook them thoroughly! Unfortunately, onion is added to so many spices that nearly all canned and processed food have them, even when no spices are listed, and evidently escaped being cooked enough! Our tactic will be to eat only unprocessed food, prepared in simple ways. In one week the Fasciolopsis population is decimated. But we should kill them with direct methods, too.

An Enema A Day Keeps The Viral Load At Bay

A simple way to kill very many HIV viruses is with enemas. The bowel, too, becomes a seething source of HIV viruses and other disease pathogens as AIDS progresses. They are easy to kill here, with a simple enema. Use Lugol's or Black Walnut hull tincture added to the water. Alternating them is best. Even plain salt water can flush out half of them each day. Take an enema daily. See instructions.

Viral Load Dropping

With the thymus, bone marrow and genital organs cleared, and the bowel-virus greatly reduced, the viral count will be on its way down. Way down! But it is too soon to get a new viral load test. It is best to wait for three weeks. And even if the drop is as far down as "UNDETECTED," you must not rest. Undetected does not mean zero, or that you are cured. To be cured, all the Fasciolopsis adults and larval stages in your body must be eradicated, a worthwhile goal in any case.

There are more Fasciolopsises in other organs, in the brain, in your lymph nodes, in your salivary glands and under the skin in the lymph vessel valves. Are they setting free their HIV viruses? Only if benzene is present. But the hazard is too great to let any survive.

You are no longer using benzene-polluted foods and products. And other herbs are assisting Black Walnut in killing Paragonimus and Eurytrema to stop benzene from forming and the SV 40 virus from appearing.

You are no longer feeding Fasciolopsis its essential nutrient from the Lily (onion) family. The benzene already in your body will be destroyed with vitamin B₂. Vitamin B₂ will also detoxify Fast Garnet and Fast Green dyes though more slowly than coenzyme Q10. Stay on at least 10 capsules of B₂ daily. Together with coenzyme Q10 and dye-remover herbs (see *Recipes*) you will soon get these dyes out of your WBCs, where the harm is being done.

Benzene turns into phenol. Magnesium and glucuronic acid destroy phenol. Magnesium should be taken in large doses (but only the powdered variety to avoid its laxative effect). Glucuronate is found in Kombucha tea, a traditional Asian recipe¹¹, and in supplements.

Phenol is broken apart into wood alcohol. This is detoxified to formaldehyde. Detoxification of formaldehyde is often stalled by lack of taurine. Finally, it is all turned into formic acid—the most vicious of the series! This, too, must be gone before healing begins, but there is a simple way to do so which we will discuss soon.

Zapper Mysteries

It is interesting that simply turning on an electrical (or magnetic?) field of the correct variety gets phagocytosis started. Regardless of which immune blocker is present, the white blood cells can be stimulated electrically to begin phagocytosis. From this I concluded that something much more fundamental was happening during zapping, something completely new and not understood.

All the blockers can, of course, come back. If any of these is not excreted, at least by the next day, or if more arrive from teeth, food, or neighboring sources, phagocytosis stops again.

For this reason the most important locations, the thymus and bone marrow should be plate-zapped daily, as well as the blood, cerebrospinal fluid, lymph, arteries, veins and white blood cells for at least two weeks. Other locations get added to this **basic set**.

There is another way, besides herbs, zapping, enemas and nutrient withholding to eliminate parasites from your body: restoring immunity. The body normally uses benzoquinone (BQ) and rhodizonic acid (RZ), which it makes itself, to kill flukes and two very common *Ascaris* varieties. It uses the body's own electricity to make these.

In AIDS, as well as cancer and other diseases, large parts of the body are no

longer making BQ or RZ nor the other immune weapons I mentioned earlier. We will find a way to help the body make them again through **homeography**.

Homeography

Homeography is a new science. It uses electronically prepared drops of water taken by mouth. It rests on the ability of water to incorporate a frequency pattern of some object or chemical or living thing and to hold it in a stable way for a very long time (years). More than one frequency or frequency pattern can be stored together.

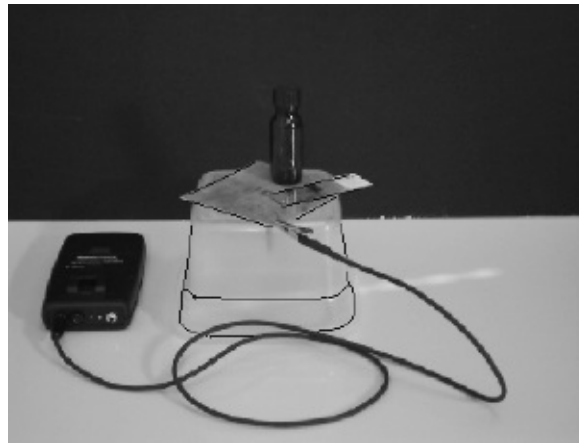


Fig. 31 Making a bottle copy of a slide using a zapper

In fact, water seems to have a large capacity to hold frequencies without getting them mixed up or blurred. These discoveries are too new to be able to answer even simple questions. What kind of energy is being held in the frequency pattern? How is it held? Only further research can shed light on these problems. But the phenomena are surprisingly simple to see and repeat by anyone.

How To Make Homeographic Drops

You will need a source of Positive offset square waves, at least 30 kHz, close to 50% duty cycle and at least 9 volts peak-to-peak. This is what a zapper produces, so you may already have the most important item. You will also need a 3½ inch square of aluminum sheet, about 1/32" to 1/16" thick, called the plate. You may find the aluminum at a hardware store; just cut to size. The plate is fastened to a plastic stand; a disposable food container works well. A wire comes from the Positive output of the zapper and connects to the plate. The Negative output is not used.

To use the apparatus, place a bottle of plain water from the cold-water tap on the plate. The bottle may be brown glass or polyethylene plastic. It should contain about 10 ml (2 tsp.) water. Place the item you want to copy right beside it. Surround all bottles used with a metal shield (aluminum or aluminum-steel pipe) to make the effect stronger, although it is not strictly necessary. The two items or tubes must touch. Now zap for 20 seconds. The plain water now is a **bottle-copy**.



Place tubes over bottles to shield them (see Sources).

Fig. 32 Shielded bottles make stronger copies

After incorporating a bone or other substance into a water sample, its presence should be, ideally, verified using a Syncrometer[®] or more rigorously, using a digital frequency synthesizer in conjunction with a Syncrometer[®]. These optional details of copy making are in the *Syncrometer[®] Science Laboratory Manual*. Realistically, you must be able to trust the copier.

Numerous purposes can be achieved with electronically made bottle-copies. You can use them when testing with the Syncrometer[®] or when plate-zapping. Secondly, the water copy itself can be taken by mouth in the form of **drops** under the tongue. How could this be useful? Depending on the variety of drops made, different goals can be achieved.

Homeographic Drops Can Strengthen

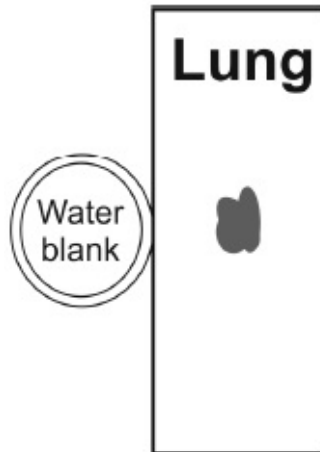


Fig. 33 Strengthen your organs with their own frequencies supplied as drops of water.

1. The most important goal is to clean your organs of all the toxins, pathogens and parasites accumulated there. Simply making a copy of each organ and taking this as drops many times a day accomplishes this. For a few hours the Syncrometer[®] sees the new frequency pattern superimposed on your own organ's pattern. For a short time you are not missing any frequencies from your own "sick" organ. Sick organs regularly miss many of their frequencies. Does this strengthen metabolism? Does it give you your previous youthful vigor? The WBCs get activated as if you had zapped this organ. Sometimes you can feel the effect immediately.

Never take drops of a parasite or a virus. It would surely strengthen them! Use only the goals and formats given here. This is not the same as homeopathy.

The dose is six drops taken 6 times daily for two days. Drop them under your tongue just behind the lower teeth. Leave them there to slowly absorb before swallowing them. After two days reduce the dosage to 3 times daily. No food should have been in your mouth for five minutes, nor eaten afterward for five minutes.

You can use multiple samples to focus the action more precisely. In this example we make drops of the CD4 cells in the thymus. Taking these drops would strengthen them specifically. I have not found good uses for combining more than two anatomy samples, so as tempting as it may be to make an "all-in-one" bottle, do not experiment! It could be detrimental.

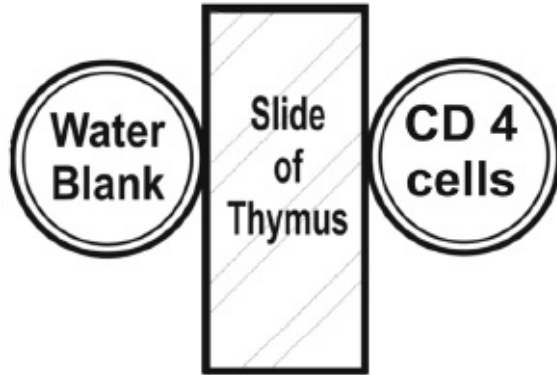


Fig. 34 This combination makes the thymus CD4 cell pattern

Many of your organs have a left and right partner. For example, you have two lungs and two kidneys. In the case of the thymus and thyroid there are left and right lobes. Your brain has a left and right side that is quite symmetrical, but your liver and pancreas have left and right portions that are not symmetrical. The more we can focus on a particular part, the more effective our drops will be. Capacitors and inductors are electronic components with a precise amount of capacitance or inductance. By putting them on your plate, along with an organ sample, you change its electrical properties slightly. I have found by adding a 1 pF (picofarad) capacitor you can move the location more to the right or further up. If instead you add a 1 μ H (microhenry) inductor you can move the location more to the left or further down.

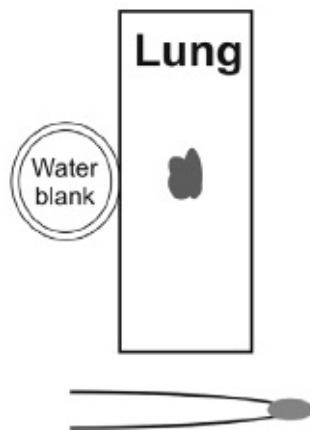


Fig. 35 To make a right lung, place a 1 pF capacitor on plate

For example, suppose you know your right lung is worse than your left, and you want to concentrate on the right lung. You might make a bottle copy of a lung slide, and a 1 pF capacitor laid near it. The resulting drops would strengthen the right lung only.

You may make drops of all the organ samples you can buy. You may have 30 or 50 bottles to take, **giving one minute to each**. You can do this while you are zapping. There are no side effects although you may feel new body currents in locations of disease. If you take these drops more than 6 times daily, the effect may be much stronger. If you give yourself detox-illness you have evidence that you even killed large parasites. How did your body do that?

Homeographic Drops Can Supply

Homeographic drops can add missing things to a particular organ. The things we want most are the immune weapons BQ, RZ, G, and GA. These mega-parasite killers are by far the most dramatic and versatile chemicals in our bodies, as impressive as the power of our neurotransmitters. They have the most responsible job—to kill large parasites. The AIDS patient's body is full of parasites—because there are no mega killers at most locations.

You can instruct your body to make BQ by using a homeographic combination. A different combination makes RZ.

To make BQ, which kills one of our *Ascaris* varieties (*Ascaris lumbricoides*), we combine the organ where you wish to install it, with saliva and blood all together in one blank bottle of water. Bottles have shields placed around them; slides do not. After taking these drops several times you will find BQ present in this organ.

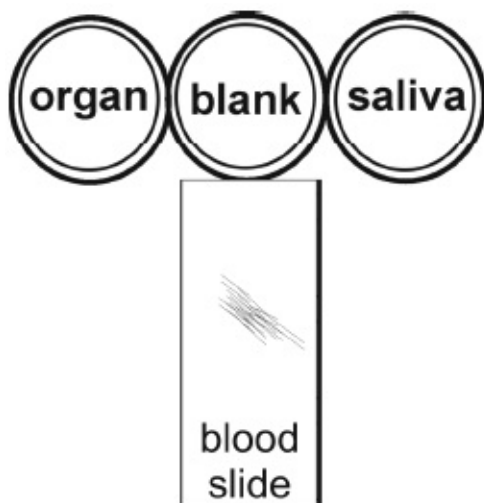


Fig. 36 This combination makes BQ in the organ

One could, of course copy some real benzoquinone into a bottle of water and

take those drops. We call this "cloned BQ." These drops are quite powerful but only for a short time. Inducing your body to make BQ using the combination of saliva and blood and organ is superior!

To make RZ, the organ to be replenished is combined with saliva and lymph. The saliva should be from a fairly healthy person. Bottle copies of all these supplies can be purchased (see *Sources*). Notice that the three ingredients must not touch each other, but all must touch the blank bottle.

Why are BQ and RZ missing in the first place? It depends on the presence of Ascaris-chemicals, such as 1,10-phenanthroline, guanidine, methyl guanidine and others. Ascaris produces a host of such abnormal chemicals. Evidently they quench BQ and RZ.

If BQ can be made abundantly, until no Ascaris or their chemicals are left, the body can continue to make its own BQ. If not enough is made, Ascaris chemicals are left over, stopping the production of BQ. BQ continues to be missing and now parasites can grow large, mature, and shed eggs. Parasitism continues.

As soon as you take six drops of the saliva-blood-organ bottle-copy your body starts making BQ at that organ. This destroys the Ascaris-chemicals as well as Ascaris itself at that one location. Within the day, this tissue is freed from Ascaris parasitism. You may suddenly feel like a brand new person. Ascaris was bringing you night sweats.

As soon as you feel better you may reduce the dosage to 3 times a day. Because of the possibility of reinfection from the environment and also from other parts of the body, it would be wise to continue taking these drops 2 or 3 times per day for months.

Making G, GA and other weapons requires combining other body fluids, including bile and urine. Each combination kills a specific large parasite. Until research on these is complete take the cloned weapons themselves.

You now have a very easy way to remove both toxins and parasites from your most important organs with a minimum of discomfort, and to restore immune weapons. It is not unusual for an AIDS patient to be taking 30 or more homeographic bottles continuously while zapping for eight hours a day.

Zapper Alchemy

Another technique is plain copying. After a few days of taking drops you may be running low in this variety! You can make more the same way you did the

first time, but it's easier to make a copy! Copying a single bottle to another (blank one) we call "cloning". But if you want to use this technique you must do so while your bottle of drops is still half full. Clone any new bottles as soon as you make them.

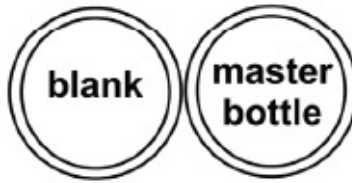


Fig. 37 To clone your master substance it should touch the blank

Being able to copy almost anything into a bottle of water gives you access to perishable, unpalatable, hard to find, or very expensive substances. For example, I highly recommend benzoquinone (BQ) and rhodizonic acid (RZ), but they are not readily available. Similarly, nopales and jalapeno seeds are somewhat perishable—so just stuff them into a half-ounce glass bottle, and copy them for posterity! Such copies give you some of the effectiveness of the real thing; in general, about one half. Clone your new copies before they are half consumed in order to continue getting strong copies. Copies of copies retain their strength. **Keep all bottle-copies out of direct sunlight and at least six inches (15 cm) away from any magnet.**

The beginning list of drops to make for yourself is given in the *2-Week Program*, Homeography Schedule.

If your caregiver is also HIV Positive, make two bottles instead of one each time. This lets both of you recover together.

Review

It is important to kill all your parasites because some are making you sick directly while others are contributing to your illness indirectly.

1. The herbal way is system-wide but misses hard to reach places like the brain and lymph valves under the skin. Also, herbally killed parasites release their eggs into the blood unless promptly zapped. Although cloves kill eggs, it is difficult to consume enough at the right time. Regular zapping is easier.

2. The zapping way should be done by plate-zapping since PCBs saturate the most important organs, even hands, preventing them from conducting the zapper current. For plate-zapping, sit with your feet on the zapper's copper tubes for a total of eight hours a day. Follow a schedule of organs to be plate-zapped. This lets you restore immunity to one organ after another. Expect minor side effects, which you minimize by taking "protective" drops for the key brain organs, hypothalamus, pituitary, pineal and cerebrospinal fluid.

3. The homeographic way keeps your mouth busy for about ½ hour, 6 times a day. What could be easier! You can strengthen each organ while clearing it of its toxic burden. You can restore your immune system's weapons and take cloned drops of those weapons you cannot restore.

4. The starvation method is easy but only eliminates *Fasciolopsis*, the most important one.

5. Enemas are quick but not permanent, and limited to your colon. However the colon does have the largest viral and bacterial load.

Which method is best? Use all five. They complement each other. Take the herbal recipe while zapping. This kills eggs as they are released. You may take drops while zapping, too. You can even do four of them while getting IV feeding. If you are not able to sit, attach copper pipe electrodes to your heels using socks that are tight fitting with holes cut in the right places. There must be considerable pressure applied. If you already have AIDS waste no time.

- Remember that your viral load will not come down unless you get rid of benzene and kill the parasite *Fasciolopsis buski* everywhere. You must also kill *Paragonimus* that leads to benzene formation in the body. And kill *Eurytrema* to get rid of SV 40 virus.
- Your CD4 cell count will not come up significantly unless Fast Garnet is removed from them. Your CD8s will not go down significantly unless Fast Green is removed from them.
- And none of these successes returns your phagocytizing power system-wide. To regain this and have immunity again from all the treacherous diseases everywhere in your body (not just in the locations where you have zapped or "dropped") you must get rid of the immune blockers: benzene, PCBs, asbestos, and metals. We will get rid of these in the next chapter.

It will be a fascinating adventure. You will need a friend to care for you, help you make drops, help you zap for hours each day, help you get your supplements down help you wash and treat your food help you cook from scratch and

down, help you wash and eat your food, help you cook from scratch, and, finally, share your successes.

Such a friend is an angel from heaven. Reward him or her with your smiles and determination to do everything right. And when your AIDS lifts ever so slightly, try to help. If you have come up from incontinence, diapers, disorientation and sweats, give your caregiver the top copy of your new viral load results. Express your desire to live and your appreciation, because you need still more help. A **Negative** viral load is only part of the goal. Getting well is the whole.

And when you are well, write to AIDS activists, the gay groups, "Positively Aware", "Positive Health News"^{[12](#)} and other HIV bulletins. Ask them if they would like to know how you did it. Let's hope they listen.

Getting Back Immune Power

Killing Fasciolopsis as you did in the last chapter will, of course, get rid of the HIV virus source and begin reducing your "viral load."

The "viral load" test measures how many viruses are actually present in 1 milliliter (ml) of your blood. One ml is 1/5 of a teaspoon. The test we have been using is called HIV-1 RNA PCR QN. PCR stands for polymerized chain reaction. QN means quantitative, the determination of quantity. RNA stands for the ribonucleic acid of this virus.

But getting rid of the virus is not the same thing as regaining your immunity. It is true that killing the virus leads to the greater survival of your CD4 lymphocytes. But if your CD4s were not filled with mercury and thallium they would be able to dispatch these viruses themselves instead of succumbing to them. And this is only a fraction of the immune power you have lost, making you sick.

Your phagocytes which make up the bulk of your immune cells need to be able to phagocytize again. Your lymphocytes need to be able to kill the viruses they contain, not just trap them. Your CD4 cells must no longer be programmed for early death by an azo dye. Nor should your CD8s be programmed for extra longevity by a dye. And your bone marrow should be able to produce the correct number of white blood cells as well as red blood corpuscles.

When these things are set right you will get well, feel well, and have all your old health back. But will you keep it? To keep it, you must stop getting the four immune blockers and the azo dyes into your body. Getting rid of these permanently is the subject of this chapter.

You can get half of this job done in one week. It can be the same week as you begin to kill parasites. And because you can do it all, kill parasites and get immunity back in two weeks, or at least see some visible results, I wrote a two-week program for you to follow. In the *2-Week Rapid Rescue Program* you do as many things as you can, as soon as you can. This salvages a loved one when nothing else can. But you may go slower if you have the time. Use judgment.

While on the program your viral load will be dropping at the same time as your immunity is returning. After two weeks you can be a whole new person. Gone are night sweats, fatigue and infections. Your appetite comes back; you can start gaining weight and do very moderate exercise.

You may have believed there are hundreds, if not thousands of things that lower your immune power, all the conveniences of civilized life, for example.

And you may have heard of dozens or more ways to "boost" or improve immune power. But removing the barriers to your own immune power is much more efficient and powerful than adding "boosters."

I have found only five things that affect phagocytosis (ability of cells to eat enemies): asbestos, certain metals (mercury, thallium, lanthanides), PCBs, benzene, and azo dyes.

Immune power should not be a fuzzy concept. Fuzzy concepts misguide us and lead to wrong conclusions. Our WBCs are our immune defense. In the same way as we were watching the thymus, we can watch our white blood cells (WBC), using the Syncrometer[®]. Just how to arrange for WBC-watching is given in the *Syncrometer[®] Science Laboratory Manual*. We can watch the white blood cells in action in the blood or lymph or even in arteries, veins and tissues of any organ. We can see if WBCs are eating bacteria and toxins (phagocytizing). We can see if they are making special chemicals—interleukins, for example. We can see if they have the equipment they need to carry out their work—beta glucans, for example. We can see if they are scheduled to multiply or to die by finding the ratio of **bcl-2** to **bax** gene products in them. We can discriminate between different white cells by their surface markers and search for the problems they may be facing. For example we can focus on CD4 (helper) cells, CD8 (suppressor) cells, or CD14 (macrophage) cells.

If you are planning to be a caregiver and perhaps even reach out to other AIDS victims in the future, start by learning to test with a Syncrometer[®]. You could build one or you could buy one. You can teach yourself or take a course. It is invitingly simple. Supplies are inexpensive. Even genes that cost over \$200 in a minute sample can be purchased as homeographic copies, generally under \$10 (see *Sources*). Perhaps your discoveries will help to bring a sense of reality to our pollution problem on planet Earth. But even salvaging one life can be a full time job and is the work of angels.

We will watch ten varieties of white blood cells throughout this book as we get rid of their blockers and destroyers.

Getting Rid Of Asbestos

We thought asbestos came to us from walls and ceilings of our buildings, hair blowers and clothes dryers. And certainly we can get sudden large doses of inhaled asbestos that way. It will stay stuck in our lungs. Perhaps a mesothelioma will develop. It does so at a surprisingly low frequency and slow rate.

The bulk of our exposure really comes from food and water, even the finest "organic" food and the "best" tasting bottled water. A steady diet of asbestos fibers from pureed vegetables in canned baby food, to fresh fruits and vegetables, to cooked and baked produce, even to rice, beans, coffee, sugar, and cereal grains finally reaches it's limit for your white cells. How does it get into all these foods? A clue comes from taking swabs of conveyor belts. In supermarkets these belts carried vast quantities of asbestos fibers. The Syncrometer[®] detects them easily. I believe that the practice of throwing newly picked lettuces, cabbages, and the whole gamut of produce on conveyor belts to be spray-washed, simply picks up all the loose bits of asbestos that are lying on the aged and fraying belts. And new belts pick it up from the dust off old belts nearby. Does it not wash off easily in your kitchen sink? Not only is it stuck in the produce with its sharp spear-like ends, but it is then sealed tightly into the food as the spray dries and hardens under blow dryers.

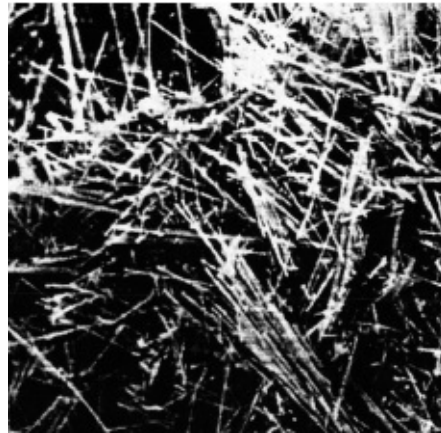


Fig. 38 Asbestos is needleshaped

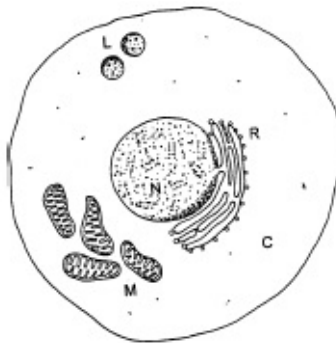
But you can clean it off. Two hot water washes removes most of it while electrical treatments destroy it. Sonication is one of the new electrical ways of treating food, described in this book. Read the details in the *Clean Up Your Diet* section. All your food and water must be cleared of asbestos in a failsafe way.

After this, removing it from your body makes sense.

How does asbestos destroy your immunity, your white blood cells' ability to phagocytize? The Syncrometer[®] made it possible to see some of the details.

A substance, **ferritin**, is involved. Ferritin is a gummy ball of protein with pinholes in its walls. It attracts iron to itself, or simply sticks itself against your iron, as in your old worn out red blood corpuscles. The iron molecules are inside the red blood corpuscles, where they are part of your hemoglobin. To salvage the iron molecules they are stuffed through the pinholes to the inside of the hollow ferritin ball. It is like poking pennies into a piggy bank. A cluster of such iron molecules is accumulating inside. How clever it is to recycle our iron so that we should never be anemic. Yet one of the largest causes of death from either AIDS or cancer that I see is due to anemia! There is a point of weakness in the story of iron usage; the iron captured inside the ferritin ball cannot be used again until it is in reduced form. Not many reducing agents can do this. Vitamin C and L-cysteine are two, red beets are an herb that can also do this. If you are anemic you may have plenty of iron but have it locked up in your ferritin.

Ferritin is expected to be present only in a special location inside cells: the lysosomes (see picture).



A healthy cell is a very busy place, with mitochondria (M) that use oxygen to turn out energy, the cytoplasm (C) where glycolysis takes place, the lysosomes (L) that tackle invading bacteria, the nucleus (N) where your genes make the RNA that will produce your proteins, the ribosomes (R) that stud the membranes attached to the nucleus, where proteins are actually made.

Fig. 39 A cell with lysosomes, etc.

Suppose you have eaten oatmeal with raisins and nuts, all of which bring asbestos fibers. Your white blood cells take notice. When the white blood cells begin to eat the asbestos fibers that are arriving with your food, there will soon be loose iron molecules inside the phagocytes. One common kind of asbestos

has iron molecules as a part of its structure. The white blood cell can pry off this iron. But loose iron triggers genes in the WBC to make much more ferritin (to store it all). So much ferritin is made that it seeps out of the cell and coats the outer surface. Eventually the whole white blood cell is smothered in ferritin. The little receptor-sites on the outside surface of the white blood cell, whose job it is to "sniff out" toxins or bacteria, are smothered in ferritin like an oil slick over a duck. The cell is helpless, it certainly can't phagocytize. After ferritin coating appears, the white blood cells remain quite empty although there are bacteria and toxins all around.

How can the ferritin be removed? The quickest way is with the drug, levamisole, two tablets, 50 mg each, taken 3 times daily before meals. Most of the ferritin coating will be gone from the thymus' white blood cells in three days. But levamisole has other values too, so it is recommended in your recovery recipe for at least 14 days.

Another ferritin remover is the plant enzyme, papain. Unfortunately, it smells like pure decay. If you could wear a mask or a clothespin, while you get it into a liquid that's spiced, like the Spice Syrup, it is not so disagreeable. The dose is 1 tsp. papain 3 times daily, before meals, to avoid using it up on food digestion. You could of course put it into capsules, but by then you have suffered from the smell just as much.

Papain has additional advantages, such as digesting (destroying) Clostridium toxins.

Bromelain is another plant enzyme that can digest ferritin off the white blood cells. It is less potent than papain. You will need twice as much or more.

Both enzymes require about two weeks to accomplish what levamisole does in three days. The herb, watercress (*Nasturtium officinale*), called "berro" in Spanish, can also remove ferritin.

Simply not eating produce unless it has had a hot water wash and been electrically treated, will keep asbestos out of you. The electrical treatments to be described later evidently break up the fibers enough to destroy them. Now that you have freed your white blood cells from their sticky ferritin tombs you have overcome the first of the four immunity blockers.

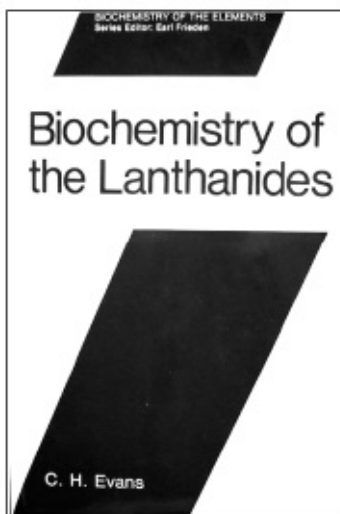
Getting Rid Of Lanthanide Metals

The lanthanides are a set of 15 magnetic metals. The lanthanides were studied

intensively after WWII to try to find uses for them and to bring them into commerce despite their toxicity. This may sound noble enough to the business mind. But it is like trying to find uses for X-rays in shoe stores, radioactivity in watch dials, and radioactivity in porcelain teeth (to make them sparkle). With reckless disregard for society's safety such commerce constitutes white-collar crime of the lowest kind. It has done as much harm to human health as bringing mercury into the dental profession. After studying the lanthanides for about 10 years in connection with cancer and AIDS I am led to believe they have interfered profoundly with the force of the natural magnetic field surrounding us. Much more research needs to be done to investigate this possibility.

All 15 lanthanides are so similar that simply separating them for commercial purposes is a formidable job. For this reason they are usually not separated, not even for injecting into people's veins during body scanning! Such injections may be labeled "gadolinium", a lanthanide, but should have been called "lanthanide soup" since all are present. Wherever they are used, the Syncrometer[®] detects at least 13 out of the 15. One, called thulium, is especially toxic (this is not the same element as thallium).

Only rarely have I seen a lanthanide occur by itself. In vitamin C, manufactured synthetically, I find thulium, by itself, as a manufacturing pollutant. And in the membranes of reverse osmosis systems of water "purification", yttrium or thulium occur, by themselves.



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Fig. 40 Lanthanides disrupt fundamental biological processes

Thulium is used in science to induce mutations of the most vicious, "efficient", site-directed kind! This may be good for research or the military, but not for you.

Thulium is destructive to calcium metabolism. Do not use vitamin C unless you know the results (and can see them) of tests for thulium. Analytical labs that can do this are listed at the end of this book. It is quite inexpensive.

Do not use reverse osmosis water. A lanthanide (from the water filter) added to your water is much more harmful than whatever the filter removes. A water-treatment company likes to trade on your (and their!) ignorance of water composition. It hires sales people who are sincere but ignorant also. They may show you a demonstration of how hard your water is by adding a chemical to a sample of your water. The chemical precipitates minerals and impresses you with how "excessive" those minerals are. But water should be hard. Your body counts on getting minerals from water. None of these minerals are harmful. Any truly harmful items cannot be precipitated and revealed that way!

Water purity is a very challenging subject. There is no perfect answer, since:

- Membrane filters bring lanthanides.
- Carbon filters bring benzopyrenes, serious carcinogens.
- Other kinds of filters add heavy metals or chemicals.
- Distilled water brings metal from the pipes (usually copper) in large amounts, or lead from glass tubes if they are used.
- Rainwater brings smog particles and PCBs in cities.
- Cistern water brings the materials of the cistern wall plus molds and may be stagnant.
- Well water brings traces of tin and arsenic if it is near fertilized fields or animal run off. It may bring PCBs if the pump is submersible. Otherwise, it is a good choice, perhaps the best.
- Regular water from the faucet has benzene in Africa; the source is not yet known. I have frequently detected it in American water, but only if it is wrongly chlorinated (using laundry bleach instead of EPA registered bleach). At least 90% of USA AIDS cases I have seen were drinking such water!
- Softened water brings the actual chemicals of the softener (large amounts of

aluminum) plus contaminants into the water, often strontium, uranium and PCBs. Even though the softened water is brought only to the hot water faucet, it cannot be kept out of your food and drink when a single lever faucet is used. The aluminum accumulates in the brain and adrenal glands causing dementia, particularly Alzheimer's, and adrenal insufficiency. Learn more about this from the internet¹³.

- Bottled water always has contamination from disinfectants, pump oil, and various solvents. This is very dangerous water although it may taste better due to a bit of ozonation or other "treatment".

This leaves tap water as the best choice in most cases. But it should be run till the pipes have been emptied (about 1 gallon) before the first use in the morning.

Since lanthanides have been brought into industry they have polluted the environment and most of our food. Thirteen are found together on the same produce. In fact, produce commonly has benzene, dyes, and even PCBs. This suggests that a common procedure does all the harm and could be undone by simple legislation. But unless people bring lawsuits against our "protective" agencies or food suppliers nothing can be done. These agencies perceive their duty to be "protecting" industry even while it is sworn to "protect" society. Such conflict of interest should be absolutely resolved.

Lawsuits are too costly for the average person, but simply going after the truth by analyzing your water, food, supplements and air for suspected serious toxins is a practical route for anyone or any group to take. At least you can protect yourself and your group from "rare" diseases and the now less rare AIDS and cancer.

Holmium is another lanthanide that is as powerful as it is dangerous. It occurs in combination with PCBs. Perhaps it was used as the catalyst to manufacture PCBs. It is suddenly abundant when PCBs are being removed by a too-low zapping voltage or by the body itself. When too low a voltage is used for plate-zapping it must all be repeated, to remove the holmium that was left behind. Wherever there is holmium there is no interleukin 12. **White blood cells cannot phagocytize in the presence of holmium or any other lanthanide.**

Tooth filling material, whether metal or plastic, all contains lanthanides. They seep constantly into your body. They do not stay in your intestinal tract to be eliminated nor go to the bladder to be excreted. They go to your thymus and bone marrow if you have HIV or AIDS disease, to your tumors if you have cancer, and to some other organ if you have another disease. Toxins always

migrate to your problem-spot; I have called this phenomenon morbitropism, meaning disease-attraction. Diseased organs attract those things causing the disease.

The teeth that are "filled" with metal or plastic have become saturated with lanthanides. There is no way they can be cleaned up. These teeth must be replaced with partial dentures. They should never have been filled with a soft material that could not be hardened enough to prevent seeping.

But denture material itself is very easy to harden. You can do it yourself, simply in a saucepan. If you have a removable denture, follow the recipe given on.

Perhaps further dental research will bring improved hardening technology. Until then, filled teeth must be replaced and no new teeth filled with any plastic material. It cannot be hardened sufficiently.

Once the lanthanides are out of your mouth, a major source has been eliminated. Simply not eating them with food is the last task. Lanthanides do not sonicate apart as asbestos and complex chemicals can. You must carefully wash them off your food with hot water. The practice of preparing fruits and vegetables, starting with two hot water washes in a row, removes lanthanides stuck in the sprayed-on chemical film along with asbestos. Read exact instructions.

Getting lanthanides out of your body is almost impossible. They do not behave like other metals. Supplements are not useful either. But plate-zapping an organ removes them. Homeographic drops can remove them, too, an organ at a time. Their magnetic property must be coming into play.

Getting Rid Of Amalgam Metals

The body's supply of mercury does not come from eating fish. It comes from a much more obvious source, right in your own mouth. A pellet of mercury about half the size of each amalgam filling was intentionally put there by some well-meaning dentist. But the American Dental Association (ADA) condoned this practice in spite of being able to see the gross degree of corrosion it underwent later. In spite of ample amounts of research proving its harmful nature, the ADA

persisted in proclaiming its harmlessness. And so, from a single profession, the entire United States has had its immunity damaged and is paying the price in cancer cases, HIV and AIDS cases, and countless other diseases. It is important for sociologists to study this phenomenon. Unless it is studied and acknowledged, we are bound to repeat it. What safeguards could be put in place to avoid a global catastrophe?

How long will it take to get rid of the amalgam accumulated in your body even after you remove it from your teeth? More than a lifetime! There is no way of getting it out of your brain, spinal cord, and other organs in one person's lifetime. But we can remove bits and pieces here and there.

We will choose the critical organs, your thymus and bone marrow to clear amalgam first. We will assist your body by providing more of its own natural heavy metal fighter, L-G.

L-G stands for lysine-glutamate.

It tackles your amalgam deposits, even the mercury, thallium and uranium they contain.

Every white blood cell that has mercury or thallium inside itself is unable to kill. Yet killing is its job. The body relies on lymphocytes and special killer cells to kill viruses, bacteria, parasites, and foreign tissue bits like yeast and fungus. We even have a "second brigade" variety of lymphocytes whose job it is to kill those cells that couldn't kill. And we have complement C₃ to assist with killing. We were meant to be very protected.

All 10 white blood cell types that were being watched by Syncrometer[®] make L-G. They also make L-A (lysine and aspartate). Maybe L-G and L-A were intended as heavy metal protection since there are processes in the body that can make toxic forms of heavy metals quite naturally. Every fungus and bacterium that dies and gets oxidized changes its organic minerals into toxic metal forms. Even nickel is released in the body from dead fungal enzymes and bacterial enzymes (urease). But there is enough L-A and L-G to keep up with this, unless you add mountains of metal. No amount of body-made L-G can keep up with the amalgam flood coming from teeth.

But once the tooth source is gone, taking large doses of L-G for quite a long

time keeps amalgam metals pouring out with the urine until your body is cleared, about six months. Make both L-G and L-A from scratch with the recipe or obtain ready made from *Sources*.

Take 1 tbsp. of the liquid 4 times daily, using a non-metal spoon. After a week you may take 2 tbsp. twice a day. You will need to keep this up for about six months.

Don't start this though, until your tooth fillings made of amalgam have been removed.

Fortunately you can get a head start on amalgam removal by extracting amalgam filled teeth. Teeth that once had amalgam fillings can be treated with a new device, a **toothbrush zappicator**. Evidently, this changes the leftover heavy metals chemically, allowing them to be dissolved and excreted (perhaps hydrolyzed or oxidized). By zapping every tooth that once held amalgam and every space along the bony tooth-ridge where teeth once were, the buried bits of amalgam can be removed, too. Taking L-G at the same time removes it all faster. After three complete rounds of zapping directly on top of teeth and along sides where soreness or redness is present, the buried amalgam will be gone from these bone locations in a few days.

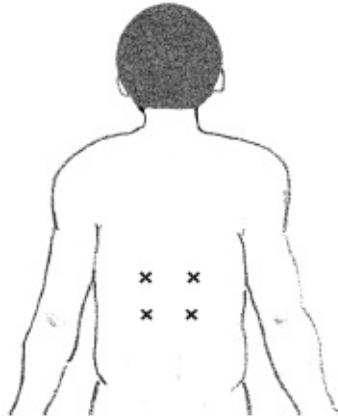
The salivary glands and soft tissues of the mouth must be cleared of amalgam too. Zapping the cheeks and face, both inside and outside, as well as the throat and tongue as far as you can reach clears up amalgam deposits to a depth of ½ inch. It cannot remove tattoos or visible mercury.

You can clear the amalgam from your mouth in one week by removing the responsible teeth first, then zapping your mouth and taking L-G. Work on the thymus at the same time, using plate-zapping and homeography. As soon as the mercury and thallium are out of the thymus white blood cells, they will be able to kill HIV viruses again. They will be able to kill flu, Salmonellas and prions, too; this way you can avoid the side effects of plate-zapping. Clear the bone marrow of amalgam next, using homeography along with plate-zapping, again while taking L-G.

Be sure to take all your supplements; these contain the sulfur compounds that can react with metals and allow them all to be excreted. The kidneys will be called upon next.

At the same time as you are zapping your teeth, you should be wearing "kidney magnets" to assist them, as well as drinking a lot of water. Kidney magnets are tiny 10-gauss magnets you can tape over your kidney locations, one

or two per kidney. Most important is being sure that the NORTH Pole is touching your skin. Such magnets are the equivalent of zapping. See *Sources* for the magnopatch.



Magnets assist adrenals, kidneys, ureters and bladder.

Fig. 41 Tiny North Pole magnets

Teeth that once had amalgam fillings and now have plastic caps or fillings can be zappicated to change their chemistry, too. But if the amalgam was not removed very completely, there may be too much left to mobilize this way. It would be best to extract them, of course. Zappicate them at least 3 times. If your health does not return, extract these.

Getting rid of lanthanide metals, mercury and thallium is part of the "dental cleanup". We will describe it very carefully later, since on this depends a large part of your immune system recovery.

Getting Rid Of PCBs

Roomfuls of scientific literature on PCBs exist. Agencies and environmentalists are truly concerned. But nobody has come up with a way to detoxify PCBs that have entered the water supply or food chain; nor to test for them, cheaply and quickly. We are sitting as helpless babes-in-the-woods waiting for PCBs from toxic waste sites to reach the waterways, not even knowing when it has happened or what to do.

Arm yourself with information off the internet. Then get the water supply that comes to your kitchen tested with the latest technology. But don't just send the water. Run water through a carbon filter for a month or more. Then send in the entire filter. This lets you know if you ever ran PCB-water through it. Learn

about the latest technologies. Costs are coming down. Labs are eager to serve you!

For yourself or your HIV/AIDS patient, buy a simple pitcher-filter. Add a capsule of vitamin C to the first few pitchers of water and run them through the filter as the instructions state. This will detoxify the benzopyrenes in the charcoal permanently. After you have used it for a month, start out again with a new filter. Save your old filter for PCB-testing. Save several and send them all together for a single PCB test. Then act. If the test shows any PCBs (regardless of the legal limit) your water is much worse than most other places. Make plans to move. The chance is good that the next place you move to will have good water. Test it again, the same way.

Make sure you are not consuming, or even using softened water. Such water often has PCBs. Soften your water with borax when laundering or shampooing. The PCBs present in water softener salts are harmful even in parts per trillion (ppt) as is benzene (given in parts per billion, ppb). Have a laboratory check for these and dioxins and other chemicals while they check for PCBs. If you suffer from cancer, HIV, AIDS, or a "rare" disease, your first suspicion should be your water.

Water filters can of course take out small amounts of PCBs. But these are not thrown away! All later water, even if perfectly pure, must now pass through this PCB-polluted filter. It must take a trace with it into your glass! Getting a toxin chronically is much more harmful than getting it sporadically in larger amounts.

If your water tests free of PCBs, benzene and heavy metals, stop using any filter. It adds more toxins than it subtracts.



Fig. 42 Jewelry cleaners like these can remove PCBs

Test cooking oils; test soaps; test your favorite most expensive shampoos. If you can't test, stop using them. Make your own.



Fig. 43 Clean PCBs off plastic toys and baby things

Traces of PCBs can be sonicated off baby toys, baby bottles and teething rings as if you were "cleaning jewelry". It also comes off dentures, fresh from the dentist, or even if very old. It comes off toothbrushes and off eyeglasses fresh from the optometrist. Don't contaminate your sonicator. Always place the article in a plastic bag with water added and zip tightly before lowering it into the sonicator water. Sonicate baby things three times. Empty the water into the toilet, not the sink. Rinse the items afterwards.

There was a time, even recently, when professional people announced they saw no harm in PCBs. They saw no harm because there was no way for them to see the harm. PCBs quickly disperse all over your body's fat. It is like dropping a bag of trash containing cockroaches on your kitchen floor in a new house. In moments there is nothing to see. They are "gone". The harm is invisible but will come later with absolute certainty.

PCBs, which act like any machine oil, will coat all your accessible cells with a thin layer much like an oil slick over an animal. And the white blood cells, whose job it is to remove it, will get covered, too.

Macrophages, your WBC "piranha-brigade", must have molecules of *betaglucan* on their surface in order to work. PCB oil swamps or removes their *betaglucan*. Without it, they cannot phagocytize, namely eat, your body's enemies, including PCBs! Like soldiers without ammunition, they must stand idly by. Fortunately, most PCBs stay in your fat. But it is only a temporary solution. When you develop a trauma or disease condition in one of your organs, they are attracted there. Now immunity will fail at this organ, making the disease much worse quite quickly.

Meanwhile, the liver will try to detoxify PCBs but it has no reactions that can do this. That is why PCBs are called nonbiodegradable.

We have developed two tactics to remove PCBs from your body: one is to give ozonated oil in fairly large amounts, such as tablespoons, daily.

The second is to take coriander (essential oil), 1 drop, 3 times daily in a tsp. of syrup. Alternatively, it can be made part of a "Spice Syrup" that contains 1 tsp. coriander oil to ½ cup syrup. The dose will now be ¼ tsp. Spice Syrup 3 times daily. It can be mixed with other oils (see Spice Syrup recipe).

Evidently ozonated oil travels to your PCB accumulations, mobilizing them from your organs towards the kidney and bladder and out with the urine. Plain oil does not have this effect. Nor does ozonated water. The ozone probably jumps from the oil molecule to the chlorine atoms of the PCB molecules. Once ozonated the liver may be able to oxidize them further. This is only speculation but it does appear in the urine now, proof that it is leaving your body.

Ozonated oil has another benefit; it can destroy viruses that are already inside your cells' chromosomes. These are called latent viruses. *Herpes* is an example.

The essential oil, Frankincense, can kill, or remove, latent viruses too. But essential oils are so heavily polluted with benzene in the market place, it is not worth risking without first testing.

If you have AIDS and are living in the United States you can assume you are loaded with PCBs and need to remove it as fast as your liver and kidneys can handle it, in order to get your phagocytizing power back.

Ozonated oil is not without its hazards, we can be sure. Do not consider taking it as freely as vitamins. Ozone is an oxidizer and should be balanced with reducers. Taking vitamin E should help; use 400 units daily, five hours away from ozonated oil.



No PCBs, benzene, antimony or apiol in these oils. Only olive oil can be safely heated. Use the others cold, like in salad.

Fig. 44 Safe oils

Cook and bake with homemade butter or olive oil. Yet, hardly any cooking oils on the market, including olive oil, are safe from benzene and PCBs (many also have antimony pollution, a significant toxin).

If you import olive oil directly from Italy, in large containers, it may not be polluted. I tested only one such five gallon container. It was not polluted. This is not the same as buying oil that states "imported from Italy". The PCB pollution comes with bottling and mixing after it arrives in the United States. Read labels carefully.

Butter made in Mexico or homemade was pure. Boiling USA butter helps but is not enough for an HIV/AIDS victim. Dyes, metals and apiol do not boil out. Make your own or use only oils (see *Recipes*). At this time PCBs have not yet entered other dairy foods. But you will need to avoid dyes here. Be sure to add a pinch of vitamin B₂ to any dairy food and to boil it as well as treat it electronically. Other details will be given in the *Diet* and *Recipes* chapters.

PCBs have polluted the soap, shampoo and lotion industry for 10 years already. I mentioned this as early as 1994. The problem has not abated. It has intensified. Don't use any commercially made body product. Make your own or simply use borax for all purposes. The recipes are given in the *Recipes* chapter. No salves, no ointments, not even health food varieties are safe.

There are many more details you can learn about PCBs from the Internet. Most important is protecting your loved ones by testing, treating, and avoiding.

Getting Rid Of Benzene

Benzene deserves special attention not only because it is the AIDS-related solvent, but also because it is presumed to be absent from our consumer environment. Yet I have found traces in everything from bottled water to toothpaste! It is so toxic its concentration is even regulated and tested in gasoline and dry cleaning fluid to reduce our exposure to it in the air. Can you imagine eating it or putting it on our bodies, even in minute quantities?

It is commonly believed that all petroleum products, including benzene, are carefully kept away from the food industry. And under no circumstances would solvents like benzene be allowed near food. This is wrong. The Code of Federal Regulations (CFR) in the United States specifically allows petroleum products to be added to food. Mineral oil is an example; it is made from petroleum. This is an excerpt:

21 CFR 172.878 (4-1-94 Edition) White mineral oil.

White mineral oil may be safely used in food in accordance with the following conditions:[Paragraphs (a) and (b) describe purity levels] (c) White mineral oil is used or intended for use as follows:

Use	Limitation (inclusive of all petroleum hydrocarbons that may be used in combination with white mineral oil)
1. As a release agent, binder, and lubricant in or on capsules and tablets containing concentrates of flavoring, spices, condiments, and nutrients intended for addition to food, excluding confectionery.	Not to exceed 0.6% of the capsule or tablet.
2. As a release agent, binder, and lubricant in or on capsules and tablets containing food for special dietary use.	Not to exceed 0.6% of the capsule or tablet.
3. As a float on fermentation fluids in the manufacture of vinegar and wine to prevent or retard access of air, evaporation, and wild yeast contamination during fermentation.	In an amount not to exceed good manufacturing practice.
4. As a defoamer in food	In accordance with §173.340 of this chapter.
5. In bakery products, as a release agent and lubricant	Not to exceed 0.15% of bakery products.
6. In dehydrated fruits and vegetables, as a release agent	Not to exceed 0.02% of dehydrated fruits and vegetables.
7. In egg white solids, as a release agent	Not to exceed 0.1% of egg white solids.
8. On raw fruits and vegetables, as a protective coating	In an amount not to exceed good manufacturing practice.
9. In frozen meat, as a component of hot-melt coating	Not to exceed 0.095% of meat.
10. As a protective float on brine used in the curing of pickles	In an amount not to exceed good manufacturing practice.
11. In molding starch used in the manufacture of confectionery	Not to exceed 0.3% in the molding starch.
12. As a release agent, binder, and lubricant in the manufacture of yeast	Not to exceed 0.15% of yeast.
13. As an antidusting agent in sorbic acid for food use	Not to exceed 0.25% in the sorbic acid.
14. As release agent and as sealing and polishing agent in the manufacture of confectionery	Not to exceed 0.2% of confectionery.
15. As a dust control agent for wheat, corn, soybean, barley, rice, rye, oats, and sorghum.	Applied at level of no more than 0.02% by weight of grain.

Fig. 45 Lawful uses of white mineral oil in food.

All of the following petroleum products are also "safely used in food" subject

All of the following petroleum products are also safely used in food subject to similar conditions of purity and use: petrolatum (21 CFR 172.880), synthetic isoparaffinic petroleum hydrocarbons (21 CFR 172.882), odorless light petroleum hydrocarbons (21 CFR 172.884), petroleum wax (21 CFR 172.886), petroleum naphtha (21 CFR 172.250).

There is even one food that benzene can be used with directly—BEER! Read this excerpt:

21 CFR 172.560 (4-1-94 Edition) Modified hop extract.

The food additive modified hop extract may be safely used in beer in accordance with the following prescribed conditions:

- (a) The food additive is used or intended for use as a flavoring agent in the brewing of beer.
- (b) The food additive is manufactured by one of the following processes:
 - (1) [describes a hexane extract]
 - (2) The additive is manufactured from hops by a sequence of extractions and fractionations, using benzene, light petroleum spirits, and methyl alcohol as solvents, followed by isomerization by potassium carbonate treatment. Residues of solvents in the modified hop extract shall not exceed 1.0 part per million of benzene, 1.0 part per million of light petroleum spirits, and 250 parts per million of methyl alcohol. The light petroleum spirits and benzene solvents shall comply with the specification in §172.250 except that the boiling point range for light petroleum spirits is 150°F-300°F.
 - [(3) through (8) go on to describe other allowable manufacturing processes using methylene chloride, hexane, methyl alcohol, sodium hydroxide, butyl alcohol, ethyl acetate, potassium carbonate, ethylene dichloride, isopropyl alcohol, trichloroethylene, palladium, hydrochloric acid, sulfuric acid, peracetic acid, sodium borohydride and other chemicals.]

Fig. 46 Lawful ways of making hop extract for use in beer .

Ironically, the law regulates the purity of the benzene used (§172.250). It's hard to imagine what worse chemicals the government agency is concerned about! And if you think one part per million doesn't sound like a lot, keep in mind that the government maximum allowed level in drinking water is five parts per billion, over 200 times less! Of course it's assumed that by the time the hop extract is added to the rest of the beer ingredients, the concentration will be much less. But, what counts is the total amount consumed, not the concentration. One glance in the supermarket shows you that the amount consumed is mind-boggling.

Allowing the use of petroleum products in food when lab analysis was still unable to test benzene levels below ppb has undoubtedly led to the worldwide lowering of immunity that is so apparent. Scientists have studied the immune lowering effect of benzene for many years. We just didn't know that we were eating it because we could not test.

I find benzene is present in foods and products that have been colored, flavored, stabilized, conditioned, defoamed, coated, or preserved. Although our

regulatory agencies have been vigilant in checking gasoline, dry cleaning fluid, and outdoor air for benzene, the most toxic route, food, beverage and cigarettes, has escaped detection. The present extent of benzene pollution is unthinkable and overwhelming.

These are the products and foods that I have found to be polluted with benzene. STOP USING THEM IMMEDIATELY. DO NOT FINISH UP ANY ONE OF THEM. THROW THEM OUT NOW! Throw them into the garbage and take the garbage out of your house.

Benzene Polluted Products

THROW THESE OUT

Your health is worth more than the fortune you spent on them!

Flavored food, yogurt, jello, candies, throat lozenges, store-bought cookies, and cakes

Vaseline products (Noxzema, Vick's, Lip Therapy), chap stick, hand cleaners

Cooking oil and shortening (except safe varieties)

Bottled water, whether distilled, spring, mineral, or dispensed at a health food store. Bottled fruit juice.

Cold cereal, including granola and health brands

Toothpaste, including health brands

Chewing gum

Ice cream and frozen yogurt

Vitamins and other

Rice cakes, even the plain ones

Bird food made into cakes

Essential oils, add 1 drop HCl and pinch of vitamin B₂ to the bottle

Personal lubricant, including lubricated condoms (treat electronically as if food)

Pills and capsules, at least a third of all I test are polluted. This includes herbal extracts and prescription drugs. Wash color coating off; then rinse in HCl water and dunk in vitamin B₂ before swallowing. Hardly any Mexican brands are polluted.

Cigarettes (if you smoke, have yours analyzed by a lab) Treat each package

health supplements (buy nothing colored or flavored; rinse in HCl water)

Baking soda and cornstarch (see *Sources*)

Flavored pet food, both for cats and dogs

electronically as for food.
Soaps, hand creams, skin creams, moisturizers

Marijuana

Amyl nitrate, butyl nitrite, and similar products, commonly called "**Rush**"

Copy the benzene list, put it on your refrigerator, and make another copy to stick on your medicine cabinet. There is not a single item on this list that you can take a chance on.



Zappicate 10 minutes.

Fig. 47 Lubricated condoms have benzene

Stop using benzene-polluted products as soon as you read this. **This includes health brands!** Don't wait until you have low immunity. If you can't believe this extensive pollution with benzene and wish to have this verified first, set the items aside. Use other products while you are waiting! Send them all to an analytical lab for testing.

Or you could check your benzene consumption by doing a urinary phenol test (request one from your clinical doctor). Choose the test that is meant to identify chronic benzene exposure, not acute. The normal range will be included with your test results. If yours is high, let this galvanize you into action.



3 varieties, colored and flavored, but without benzene shows it can be done.

Fig. 48 Mexican-made candy

It is impossible for me to have tested every batch of every food and product, but so many test Positive you simply cannot risk any of the foods and products on the list.

Make your own replacements from our recipes!

In HIV disease the body rids itself of benzene in three to five days after stopping the use of polluted products. But in AIDS, the skin and all fat locations hold onto it for several weeks. We will detoxify it with vitamin B₂.

All persons with HIV or AIDS associated illness have benzene accumulated in them. But what about the rest of us? We, too, have been using benzene-polluted items. Why does it not accumulate in everybody? The answer, of course, lies in how much benzene you get. But is that all? Is there some special toxin that only some of us get, and that specifically causes benzene buildup? Indeed there is. People with a benzene buildup have more Paragonimus parasites and have been eating more of a special mold toxin. It is found in popcorn, potato chips, baked potatoes, French fries and brown rice! The mycotoxin is zearalenone. Stop eating these foods. Eat white rice and cooked potatoes. The toxicity of molds is much more important than the nutritional difference.



Our household products, body products and even foods have benzene pollution in them.

Fig. 49 Some benzene-polluted products—BEWARE!

Fortunately, popcorn and brown rice can be electronically treated to clear them and potatoes can be peeled to see the mold (discard these; zearalenone spreads throughout the potato).

All persons with a benzene buildup, regardless of their HIV status, have zearalenone toxicity. Many persons have also been eating a lot of grilled food, toast, wieners, and open-flame heated food. Such foods have benzopyrenes in them. Benzopyrenes use up the liver's detoxifying ability for benzene and leave benzene to accumulate. Stop eating these foods.

Two More Tips For Reducing Benzene Buildup

1. Make sure you are taking at least 600 mg of **vitamin B₂** (riboflavin) with each meal.
2. Don't visit tanning booths! Ultraviolet light destroys the B₂ already in your body.

Your body detoxifies benzene into phenol. That is the logic behind the urinary-phenol test. Phenol is also very toxic. The phenol gets broken down to wood alcohol, according to the Syncrometer[®]. The wood alcohol is "detoxified" to formaldehyde. This is even more damaging. It is next changed to formic acid—the most harsh of all! All these damage your thymus specifically by causing it to shred, letting little bits of itself swim away into your body. **Magnesium** and **glucuronic acid** help with detoxifying these. **Cysteine**, **thioctic acid** and **taurine** help. **Glutathione** and **inositol** help. Even **baking soda** helps excrete formic acid (see *Sources*). Soon your thymus will be free of the whole troop.

How Benzene Works

Benzene destroys a special organic complex, called *carboxy ethyl germanium sesquioxide*, normally found in our phagocytes. Benzene removes the carboxy ethyl portion, leaving only the germanium sesquioxide. Without the whole complex, our cells cannot make two special antiviral substances called **peptides**.

His-Cys-Lys-Phe-Trp-Trp-OH (abbreviatedly pronounced "hiss-siss") is a very important natural peptide that we all have. It locks the door to your genes when viruses approach and wish to enter (integrate). In technical language, this peptide inhibits the **integrase**, which permits viral integration as well as disintegration when the virus decides to leave your genes to multiply. What could be more important to the HIV virus than the ability to integrate? The second peptide, Ac-muramyl-Ala-D-isoglutamine-OH ("ack-mur"), is another natural viral replication inhibitor. Evidently carboxy ethyl germanium sesquioxide holds the master key to both these peptides. Benzene destroys this essential germanium! As soon as benzene is gone, carboxy ethyl germanium sesquioxide and both peptides reappear.

Our bodies can use germanium sesquioxide to build carboxy ethyl germanium sesquioxide. But for some reason germanium sesquioxide taken as a supplement is not readily utilizable. A truly organic source like hydrangea root, nuts or coconut is far superior. Ordinary shredded coconut has it. Don't forget that the extra germanium won't do you much good if you don't also protect your body from benzene.

Magnesium helps to detoxify phenol, forming magnesium phenyl phosphate. Take it in powdered form (like in capsules) to avoid its laxative effect (perhaps tablets are harder to dissolve and absorb). Always take vitamin B₂ and magnesium together. And in the long run, such as months, take B₆ also.

Benzene comes to us from both outside and inside sources. Outside sources are petroleum products. Petroleum pollution is on our food as pesticide but not yet in our water supply. It has already engulfed the water supply across the continent of Africa. We must avoid this tragedy in the United States and the rest of the world. I have not found benzene in the public water supply except when illegal bleach was used to chlorinate it. Presently 5 ppb (parts per billion) benzene is legally allowed. It is allowed due to the limitation of technology. Labs could not test smaller amounts until recently. But now labs can easily test ppt (parts per trillion). And this should be done for all public water supplies and of course bottled waters, before the pollution problem swoops down on us as it

has in Africa.

In the meantime, in the absence of testing, water should be treated with hydrochloric acid (HCl). A minute amount of HCl can detoxify traces of benzene in water.

If you are an HIV/AIDS patient, USP-quality HCl should be added to all the water you use for drinking or cooking. One drop of 5% HCl treats two cups of polluted water. Start now (see *Sources*). Do not use more.

HCl is not dangerous. It is our own stomach acid. But our stomachs cannot be relied on to do this job because sick and older persons have very little HCl in their stomachs. Do not put HCl straight in your mouth. It will dissolve your teeth. Follow instructions given in the *Clean Up Your Diet* section or *Recipes* chapter.

You have now accomplished two goals

1. You have killed Fasciolopsis, Paragonimus and Eurytrema with all their stages everywhere in your body. **YOU NO LONGER HAVE THE SOURCES OF THE HIV VIRUS OR SV 40 VIRUS.**
2. You have eliminated the four immunity blockers: asbestos, metals, PCBs and benzene. Your biggest white blood cells, the macrophages, are now busily eating all bacteria, dead parasites and toxins that had accumulated. Your phagocytizing ability is back; you have your own army around you. But not yet virus-protection. For this you need your lymphocytes.

Rescue Your Lymphocytes

Get Rid Of Fast Garnet And Fast Green

Fast Garnet dye kills CD4 cells while Fast Green multiplies CD8s. Other azo dyes do different damage. Research is badly needed.

First of all, stop eating fish and chicken! If you have become a fish and fowl eater in order to avoid red meats you will need to turn back. (Turkey is the only fowl that I know is safe, so far. Rock Cornish hen and chicken are not.)

All the fish in the market place, fresh, frozen or canned that I tested (hundreds

of samples) had Fast Garnet dye in it except an occasional can of tuna. They also had hypochlorite (bleach) and the other azo dyes in them. There are hundreds of dyes; my test set has 18. Some fish also had all the heavy metals that come with clorox disinfectant, even including mercury and thallium.

It comes no doubt from the simple practice of sloshing or spraying clorox bleach liberally over the fish kill to sanitize it. Or from dipping chicken parts as well as whole chicken carcasses in clorox water to sanitize them. And from washing cutlery, cutting boards or kitchen counters with this non-food grade bleach. The dyes do not get destroyed by it like other chemicals would. Azo dyes penetrate animal cells very quickly (that is why they are dyes) and later, when we eat this flesh-food, the dye enters our cells. Dyes are designed not to rinse off. Both fish and fowl are safe from bacteria, and that is good, but not at the cost of destroying the human immune system.

Why is Fast Garnet or any other azo dye even present in household chlorine bleach? The answer to this would certainly be worth a king's ransom.

I don't readily believe in conspiracies or diabolical deeds or alien plots. This tragedy of AIDS must be a simple accident that happened on planet earth in the 1900s because everybody was doing things the same way—using clorox bleach from the supermarket, meant for laundry and toilets, instead of food-grade registered bleach to disinfect food.

It is terribly risky for the entire human population to be doing things in exactly the same ways. There is safety in diversity. This is the single most important lesson taught to us by the whole science of genetics. The entire phenomenon of sexuality is all about bringing diversity to the species. When we, then, arbitrarily make life's customs more uniform, more compliant, more standardized, we are undoing the very purpose of our parental genes. We must undo the uniformity in the food handling and manufacturing process even though it confers reliability, a different virtue.

Stay away from all artificially dyed food, especially if it states it has been allowed by the FDA and given a number.

Food should not be painted,

as any mother or father of small children knows by instinct. Food should be clean and pure, not dyed.

Fast Garnet causes CD4 cells to be programmed to die.

Fast Green causes accelerated cell divisions in the bone marrow and spleen, causing leukemias and polycythemia. It has the same effect on CD8 cells.

DAB, another dye, causes alkaline phosphatase, in blood test results, to rise abnormally.

Sudan Black B causes elevated lactic dehydrogenase (LDH) in blood test results.

Fast Red Violet causes lymph blockage and effusions so that lungs or the abdomen must be drained.

Fast Red blocks the formation of urea, so BUN levels in the blood are low and toxic ammonia can accumulate.

Sudan IV blocks the formation of creatinine so it is low on the blood test.

Those scientists who evaluated the dyes before they were legally allowed in food certainly did not study these effects of azo dyes. The experiments that were done by them would have been on bacteria and on mice or rats looking for mutations or tumors. And these animals may not even have CD4 cells that behave like ours. Maybe they are not even susceptible to AIDS or benzene!

Depending on such experts is total folly. We need plain common sense, not experts. We can't expect to anticipate all problems for all products but the common sense of parents involved in decision making for food regulation would have saved us from AIDS. They have always known that we should not paint our food.

Eating colored food is the most obvious way of getting Fast Garnet and Fast Green dyes into your body and immune system. Makers of candy, cakes, butter and yogurt may all be disclosing the one legal dye they are using. But what is not disclosed are the 99 (figuratively speaking) other illegal dyes that pollute the product in the end. No FDA employee may know the problem. They do not investigate such possibilities. No manufacturer may know the problem. It is truly not their job! No environmental protection group may know the problem. But somebody and some group does. And it should be investigated.

Tooth Troubles

The other huge source of azo dyes is our plastic teeth. They are colored with azo dyes even when they look white! The fillings are not hardened enough to

prevent seeping. All plastic fillings must come out and no new fillings can be put in for this reason. Not only do they all seep azo dyes, they all seep lanthanides, other heavy metals, phthalates (carcinogens), and acrylic acid (plastic), too. They cannot be hardened enough in the tooth to prevent seeping. And the teeth themselves get saturated with all these toxins, plus the metals that came before the plastic was used. The best advice is to extract them. A partial denture is easy to harden outside the body to prevent seeping, even if it contains dye! See the tooth hardening recipe.

The next best is to zappicate them. A recent breakthrough in technology allows you to harden plastic teeth already in your mouth. It uses a "toothbrush zappicator", as will also be used to remove amalgam metals left over in your mouth. This will be discussed further in the *Clean Up Your Dentals* section.

After plastic filled teeth are removed from your mouth or zappicated to hardness, how do you get dyes and plasticizer (urethane, acrylic acid, phthalates) out of the rest of the body? You have about 1000 deposits estimated with the Syncrometer[®]. We will focus on getting them out of the T-cells of the thymus and bone marrow.

Vitamin B₂ will help but it is not as easy as for other dyes. Even a 40-capsule dose does not get it all out. Coenzyme Q10 will help, too. Take at least 10 capsules of Q10 daily in a single dose. Take Q10 in the morning on an empty stomach. Repeat for five days in a row. Then take them once a week. You may open the capsules and stir it all into honey and water.

An herbal recipe also helps to take these dyes out of your CD4s and CD8s. It includes bay oil, pomegranate, lemon peel, hydrangea, and olive leaf (see Dye Remover Syrup). Make the homeographic counterparts of these herbs and take these drops as well as the real herb. If you are missing one, make up the recipe anyway.

Homeography is the swiftest way to clear dyes from CD4s and CD8s. Follow the detailed instructions. Also use the dye-remover recipe and supplements.

Taking organic germanium and selenite helps the phagocytes unload these dyes. Vitamin C is also necessary. Be sure to take all that is recommended in the

2-Week Rapid Rescue Program.

Now you have all the instructions you need to complete a two-week program that will rescue you or your friend from even advanced AIDS.

Advanced Aids

What is Advanced Aids? The criteria I use are any one of these:

- Clinically ill with repeated infections.
- A CD4 count below 50.
- A WBC count below 3000.
- A RBC count below 3.5. (A RBC count at 3.0 or below requires a transfusion.)

Although I don't use it, another common definition is a total T-count (CD4 and CD8) under 200.

It is just not possible to recover from such severe deterioration with nothing but a virus killing "cocktail" of drugs as regular medicine suggests. It takes all of our techniques to permanently rescue such a patient. But it can be done, reliably, without failures and here is the program.

2-Week Rapid Rescue Program For HIV/AIDS

Try to get started on every item by the third day, so that you have a full two weeks of treatment behind you before scheduling a retest. Each item is discussed further at the end of the program, to help you with details.

1. Remove all amalgam or other metal in your mouth. Extraction is best. After a few days use tooth zappicator on each remaining tooth and tooth space to remove residual metal and to harden plastic. Do not zappicate metal containing teeth or root canals. Do this 3 times. Zappicate dentures 40 minutes on each side to "set" the plastic and destroy PCBs. Repeat after any adjustment has been made by your dentist. Extracting plastic filled teeth is best, too. If you choose to zappicate instead but your CD4 to CD8 ratio does not come up, return for extractions. Use only dye-free impression compound.

2. Request these blood tests:

- CBC
- urinalysis
- blood chemistry (called SMAC) of about 24 items. Omit cholesterol panel and thyroid panel.
- PCR-HIV-1-RNA QN for your HIV viral count
- immune analysis: CD4 and CD8 counts, and their ratio

All other tests are unnecessary and create needless cost.

The test results will give you a starting point to compare with new tests to be done after the *2-Week Program*.

3. Go completely natural—in food, in body products, in housekeeping supplies. You must avoid benzene, PCBs, asbestos, lanthanide and other heavy metals and azo dyes. Use the *Clean Up Your Diet* chapter to help you prepare food. Use the *Recipes* chapter to make body products and housekeeping supplies.

4. Get away from your accustomed drinking water, both bottled water and your household water. Find a district that uses chlorine gas to chlorinate the

water and has not "boosted" it with liquid household bleach. Rent an apartment or motel room in this district or drive a rented RV to this district. Then test your own drinking water (optional) for PCB, benzene and heavy metals by sending in your filter, not water to a lab (see *Sources*). Do not engage a lab that tests only in ppb for PCBs.

5. Choose your new diet. Eat no chicken or fish in any form: fresh, frozen or canned. It likely contains quantities of Fast Garnet dye. Now that you can easily destroy parasite stages electrically, you can eat beef, lamb and pork again if it is very well cooked; turkey is another choice.

Eat no dairy products for two weeks. After this you may have goat milk that has been treated electrically and comes from a dairy that does not use clorox bleach in their "sanitation" procedure. They may use Lugol's iodine. Add hydrochloric acid (USP, 5%), three drops per cup.

Stay off foods that contain these allergenic substances: **phloridzin**, **chlorogenic acid**, **apiol** and **gallic acid**. They disturb your major glands as well as the thymus and set the stage for Kaposi's and other cancers (see *Food Table*).

Foods with phloridzin are:



Fig. 50 Pick apples carefully

- Apples, except Red Delicious and Golden Delicious
- (all others must be cooked or baked to destroy this chemical).
- Pork, ham and derivatives (must be cooked or fried by you, not merely commercially, to destroy this chemical).

- Soy products including oil.
- Unripe fruits of any kind (they must be cooked if they are not totally ripe).
- Bananas (but putting them in the refrigerator or freezer for four hours destroys the chemical and makes them safe).
- Potatoes (only cooking or baking, not frying, destroys this chemical); no chips or fries are safe.



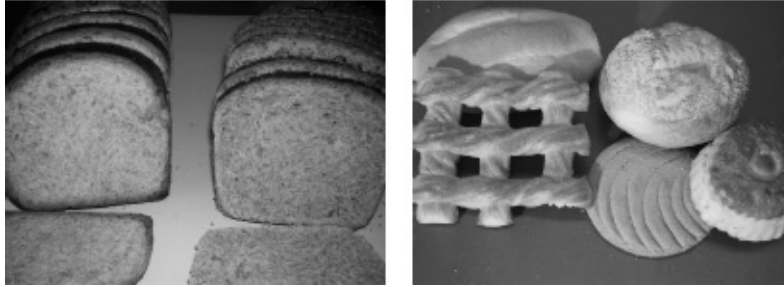
Fig. 51 Midget banana varieties: Machos, Burros, purple, and plantains are safe

Foods with chlorogenic acid are:

- Potatoes (but cooking or baking destroys this chemical, not frying; no chips or fries are safe).
- Cow's milk and all dairy products including butter (boiling for 1 minute destroys this chemical).
- Peppers of all kinds, unless cooked very well done.
- Unripe fruits, unless cooked.
- Watermelon.

Foods with apiol are:

- All common cooking oils.
- Soy products including oil and soy sauce; **cooking does not destroy this chemical.**



Even sweet breads had no gallate, apiol or RAS.

Fig. 52 Safe bread baked in Mexico

Foods with gallic acid are:

- Commercially baked goods and bread. Bake your own.
- Cereal grains (cooking the cereal destroys this chemical). Avoid cold cereal.

Also, stay off foods belonging to the **Lily** family, including **onions, leeks, garlic, chives, asparagus, and aloe vera**, also cilantro, Swiss chard, canned and processed foods containing spices. Spices nearly always have some onion ingredient. Removing all onion from your diet will block Fasciolopsis' life cycle. Fortunately there are exceptions to every rule. Thorough boiling destroys this chemical, too, so you will get this back at a later time.

Even though boiling or freezing salvages some of these foods, **do not choose them now**. Wait until your viral load has plummeted. After this sign of success, you may boil or freeze some of these foods and when you are well you may zappicate them extra long (20 minutes)! **Until then, avoid them all**.

Remove spray on produce, including organic, with two one-minute hot water washes.

Treat all your food electrically before or after preparation; this includes condiments, supplements and medicines. You may put your whole plate on the zappicator to be sure you have not missed a single item.

6. Add 15 drops of hydrochloric acid (HCl, 5%, USP) to your plate of food when served. Put one drop in your water. Distribute the rest, stirring it in with a plastic fork. Eat with plastic cutlery. Do not put HCl straight in your mouth; it will dissolve your teeth.

7. Five minutes before each meal (3 times daily) take one iron capsule, 10 mg; two vitamin B₂, 300 mg; and two magnesium oxide capsules, 300 mg each.

Later, take 4 more capsules of vitamin B₂ in a single dose, making 10 daily, to detoxify azo dyes and benzene.

8. Take 10 coenzyme Q10, 400 mg, on an empty stomach daily, to detoxify dyes in your T-cells and kill tapeworm stages.

9. Don't use or eat anything on the benzene list.

Don't use any recreational or otherwise unnecessary drug. Don't, friend or foe. Don't sell it. Put it in the toilet. Put your cigarettes there, your beer, Rush, marijuana and other chemicals. If you needed them to make life worth living, you may have been chronically depressed. You can clear this up, too, in a non-psychiatric way by taking the set of "protective" drops for the brain.

You will get the high of a lifetime when you see your next blood test results. Be patient.

10. Start zapping, preferably plate-zapping for eight hours a day, using the Zapping Schedule.

11. Take Black Walnut Hull tincture Extra Strength, 2 tsp. daily, plus ¼ tsp. Spice Syrup 2 times daily. You may mix them. Also take 7 wormwood and 7 clove capsules (unless taking cloves in Spice Syrup). There are also recipes for Buski Tea and Six Fresh Seeds as well as plain watercress tablets if you do not tolerate Black Walnut Hull or want to progress faster.

12. Drink one cup of Pau D'Arco tea, strong brewed, once a day to kill more Paragonimus. Or make electronic tea and drink one ounce 3 times daily till well. You may do both.

13. Start taking homeographic drops, according to the Homeography Schedule.

14. Take selenium, but only in the form of sodium selenite, because many other forms are toxic. If you can find 200 microgram capsules of selenite, take 5 capsules, 3 times daily. If you find some other strength, take an equivalent amount. One cup of coconut "milk" can substitute for one of the three daily doses.

15. Take organic germanium in the form of powdered hydrangea root, 1 tsp. 3 times daily, mixed in any beverage. One cup of coconut "milk" can substitute for one of these doses, too. In other words, drinking one cup of coconut "milk" means you only need to take two doses of both selenite and hydrangea per day. Even if you like coconut "milk," only take one glass per day.

16. Take vitamin C, 1000 mg, 2 capsules, 3 times daily.

17. Take L-G, one tbsp. liquid, 4 times daily. This removes residual mercury, thallium, and other amalgam residues. Also take L-A, one tsp. 4 times daily.

18. Take six drops of Lugol's iodine solution in ½ cup water at the end of each meal and bedtime to control Salmonella. Do not mix it with any food. Do not take iodine if your doctor has told you that you are allergic to it. You could only get this allergy from past clinical procedures. You may take two extra doses a day if you feel "fluey" (feel like you are getting the flu).

19. Take levamisole, 50 mg, two tablets 3 times daily. A popular brand is Decaris. This removes ferritin from your asbestos-damaged white blood cells so they can phagocytize. Not available in United States. If not available, take 1 tsp. papain 3 times daily, or twice as much bromelain or 6 Watercress tablets 2 times daily.

20. Take 15 capsules (400-600 mg each) of digestive enzymes between meals twice a day to clear away dead parasite refuse and avoid illness from deparasitizing.

21. Purchase about two dozen small magnets, only 10 gauss in strength. Apply two magnets over each kidney area. This will keep them clear and unclogged while they pass so much toxic material in these two weeks. The north side should be touching the skin. Tape them in place with wide masking tape, not the medical variety (it has mercury and PCBs). Wear them continuously by day; remove at bedtime. Use the other 20 or so magnets to make a magnet belt (as shown) to be used later. Test the polarity of each magnet with a compass. If you can't do this, omit this item.



Fig. 53 Wrap around body to get PCBs out of skin

22. Take organated olive oil, 1 tbsp. twice daily, frozen or liquid. It may be

22. Take ozonated olive oil, 1 tsp. twice daily, frozen or liquid. It may be mixed with food. This helps PCBs leave your body and enter the urine. Zappicate oil first, then ozonate for 30 minutes. Store frozen.

23. Take glutathione, 500 mg, 2 capsules, 3 times daily, to supply reducing power and help lungs.

24. Take betaine hydrochloride, about 300 mg. Take three, 3 times daily with meals for 3 days, to kill clostridium bacteria in bowel.

25. Take vitamin A, 10,000 units daily.

26. Take zinc, 30 mg, one a day with meals.

27. Purchase Oscilloccinum, homeopathic flu medicine. Wait till you have flu symptoms before taking it, though. Follow package instructions.

28. Take nopales (cactus) herb, six tablets once a day, to kill Eurytrema and prevent Kaposi's and other cancers.

29. Take L-cysteine, 500 mg, 2 capsules, 3 times daily to kill tapeworm stages and sheltered *Ascaris* eggs.

30. Do an enema daily, alternating Lugol's solution and Black Walnut tincture to kill parasites and viruses in colon.

31. Drink ½ cup Prion Punch three times daily, more if detox-illness strikes with flu-like symptoms (see *Recipes*).

32. Take glucuronic acid, 250 mg, 1 capsule, 2 times daily. It is a phenol-detoxifier and helps make acetylcholine, to lift fatigue.

33. Take thioctic acid, 250 mg, 3 times daily and taurine, 500 mg, 3 times daily to support the liver while so many toxins are arriving there.

Help With Each Item

1. Get ready for your dental visit by preparing dental bleach. It is a very, very dilute solution of USP bleach (see *Recipes*). Take ½ cup with you. Rinse your mouth just as you are being seated in the dental chair. This kills the large amounts of bacteria that are in everyone's mouth. They would enter your blood stream as soon as there is any bleeding. Remember to do this with all dental procedures in the future even if it is just denture fitting. Do not swallow it. Do not use the dentist's antiseptic or mouthwash; it is the usual sweetened chemical concoction with a "new improved" formula, heavily dyed. You may use colloidal silver that you can swallow. Or use Lugol's iodine (six drops in water) that you

also may swallow. These are not as good as dental bleach.

At the end of the visit, rinse with dental bleach again as you get up from the dental chair. This timing is important. It prevents infections.

As soon as you get home start doing the Dental Aftercare program. Have your book marked at the page with instructions. Do not drive yourself home from the dentist; ask a friend to go with you. You will also get better service as a twosome. Ask for your extracted teeth, rinse them, and then cover with bleach water in a closed container. Do it all yourself. The stench may be too much for even your mother. And your body was asked to cope with it internally! Rejoice that it is all out. Your replacement teeth can be made of any material or color since you will harden the plastic yourself at home in a saucepan of water, following the recipe. You will also zappicate them. Your new teeth will be beautiful because you can choose them. You will be able to chew better than before and food will taste and digest better. Your tooth impressions can be taken at the same visit as for extractions but you must not put colored impression compound in your mouth or you will be putting azo dyes into your T-cells yourself. Some safe varieties are pictured below. Your gums must heal before you can try fitting the new dentures. Do not use impression compound for bite registration purposes. Use paper. It takes two to three weeks before you can wear your dentures with comfort. The *Dental Aftercare* program speeds this up.



Fig. 54 No Fast Garnet, Fast Green, silicone or aluminum in these dental impression compounds

Dentists and dental surgeons seldom are treated to seeing their patients after they have recovered from some devastating disease, whether it is MS, Parkinson's, cancer or AIDS. Without these professionals your recovery would be impossible. Let them know how important their role was by paying them a visit when you are quite recovered, not even needing antivirals. Or make a phone call or send a note of appreciation.

2. Learn to read and understand your blood test results. It is mostly plain arithmetic. Use the chapter on *Reading Your Blood Test Results*. Unless you or your caregiver learns to identify danger signs, they can be missed! I have seen persons with a red cell (RBC) count under 2 dismissed from the hospital, a white cell (WBC) count under 3 not tested for AIDS, an albumin level under 2.5 not given albumin, an iron level under 20 not given an iron supplement. You must assert yourself knowledgeably! Don't defer all decision-making to your doctor! Study those items thoroughly that are out of the normal range. Don't waste the doctor's time asking for explanations, nor burden your doctor with personal emotions. Understand the possible blood test interpretations. Your doctor may enjoy discoursing over it with you. You may develop a new respect for your doctor when you see how intelligent and concerned she/he really is. Blend your judgment with his/hers. In a standoff, always compromise.

The viral load test takes longer to complete. If you have gone off your antivirals expect to see the viral load come up before it goes down. The viruses are coming from Fasciolopsis parasites clustered in and around the thymus, in your bone marrow along your bones, in your genital organs, and in your lymph vessel valves under your skin. That is a lot of locations. As soon as benzene is gone these stop releasing HIV virus. Meanwhile you may have reached the upper limit of the test, more than 750,000 copies of the viral genome per ml of blood. I have seen AIDS patients with such high viral counts go for months without getting sick and actually getting better. It is not the virus that makes you ill; it is lack of immune power for other attackers.

But, of course, we will also get the viral count down to "nondetected" soon. As soon as the macrophages begin to phagocytize, they will eat the pathogens that are making you sick. But the lymphocytes must have the dyes Fast Garnet and Fast Green removed from them before the ratio of CD4s to CD8s can go up and the total T-count rise. All this can happen in these two weeks.

Your first observable goal is to increase the CD4 count and the ratio of CD4s to CD8s. When this happens it lets you know that the dyes are being removed

and you will get virus-killing power back. Your final goal is a ratio of about 2:1 in favor of CD4s and a total for both of over 1000. Your total white blood cell (WBC) count should eventually reach at least 5000. You cannot realistically achieve this in less than six weeks but you can see the first signs of success in two weeks.

Reducing the viral load is not as important as getting functional CD4s and killer cells back as well as macrophages. Soon you will stay well although people around you are sick.

Top Priorities

Although your goal is to cure your HIV and AIDS, there is still a higher priority: **survival** right now! Obviously your top priority is to survive any current illness, be it lung disease, syphilis, *Herpes*, dementia, near-coma or a failing organ. This does not depend on the viral load of HIV. It depends on having capable lymphocytes and macrophages, namely, the ability to phagocytize and deliver dead pathogens to the bladder (for excretion). Only removing benzene, PCBs, lanthanides, ferritin coating (asbestos) and azo dyes can accomplish this. That is why removing artificial teeth and other sources of immunity-destroyers, such as food and water, come first in the program. Removing these at your failing organ, be it brain or lung or kidney, is the life-saving event. Your body is very swift. Removing them here with plate-zapping and homeography, while stopping any further intake, will be noticeable in days, not weeks.

The CBC will be ready in an hour. Check the results at once. If the RBC is at 3.0 or below request a transfusion. If the WBC is below 3.0 minimize your contact with other people in order to reduce your chances of infection. When both counts are extremely low, request *hemopoietic factor*. Tend to any emergency with nutritional intravenous (IV) solutions. They should be zapped to destroy PVC contamination, or at least filtered through a syringe filter to sterilize.

If you are wasting away from weight loss, no appetite or ability to eat, find a doctor who can give you nutritional IVs. You need intensive feeding, not just glucose and saline (salt water). You need fatty acids, amino acids and assorted vitamins and minerals. But if the doctor plans to use PVC bags of IV solutions instead of glass bottles it will be significantly counterproductive. They are heavily polluted with plasticizer, dyes, benzene, isopropyl alcohol, and even live *Ascaris* eggs and bacteria.

Glass IV bottles are available. And even these must be sterilized with ½ ml of ethyl alcohol and filtered through a 5 micron syringe filter. All this is easily accomplished and inexpensive. But you may need to go to a foreign country for these superior services.



Fig. 55 Good IV bottle and filter

It may take you a week to locate such a doctor. During this time you may feel strangely better, if you are on this Rapid Rescue program. You may be able to "cautiously delay" the IV a week at a time, but only if the scales agree that you are gaining weight.

If you need a transfusion, a week is much too long to wait. Don't delay. Perhaps you will not need another transfusion later if you are on this program.

Intravenous (IV) Supplements

If you are a caregiver, you might notice that in spite of all the good intentions

your patient has to eat and take supplements, day after day passes and it simply does not happen. There are reasons beyond anyone's control for not eating. If your patient continues to lose weight, they are not eating enough. Provide the richest, highest calorie food you can. Prepare it in the most appealing way you can. But if they have not eaten food for two days, you must give IV feedings. The IV feedings should include fat and protein, not merely sugar. It is common practice to give terminally ill patients dextrose-water (glucose/sugar) alone as nourishment. Perhaps it seems justified to clinical personnel since better nutrition would only delay the final event and increase suffering.

I recommend an intensive feeding program including a liquid amino acid mixture and a fat emulsion, since we will salvage the patient. If blood albumin levels are low (below three), a bottle of albumin should be given daily as well; on alternate days as condition improves. Along with these nutritional IVs, hefty doses of vitamins and minerals should be given.

The IV bags and the bottles of injectable supplements are often polluted with antiseptics, heavy metals, bacteria and even *Ascaris* eggs which bring with them Coxsackie viruses. The bags themselves seep plastic because the Syncrometer[®] finds polyvinyl chloride inside (a carcinogen!). For this reason we use only glass IV bottles. Since you cannot test easily for bacteria, you should give each 500 ml IV bottle one half ml of ethyl alcohol (either 76% or 95%) to kill Coxsackie viruses. To eliminate the bacteria and parasite eggs, run the IV tube through a five-micron syringe filter placed "in line." As for isopropyl alcohol or benzene, you are taking a chance—it is simply a gamble if you cannot zappicate. But it is better than doing nothing.

This is our "minimum nutrition" list for IVs.

- Fat emulsion (1,000 ml, Intralipid™ 10% see *Sources*) Use 1/2 or whole bottle a day.
- Magnesium (10 gm/20ml) use 2 gm in a day. Gives mild pain relief. Stops spasms.
- Potassium chloride (149 mg/ml) use 2 to 4 ml a day.
- Vitamin B-100 complex, use 5 ml a day.
- Amino acid solution (1,000 ml, with electrolytes). Give 1/2 or whole bottle in a day.
- Vitamin C (L-ascorbic acid, 500 mg/ml), 25 gm up to 100 gm in critical cases. Add calcium and magnesium injectables to the vitamin C IV to

neutralize acidity.

- Calcium gluconate 10% (50 ml), use 25 ml when blood level is below the normal range. Add this to the vitamin C IV to help neutralize its acidity.

These dosages are somewhat flexible; use according to need.

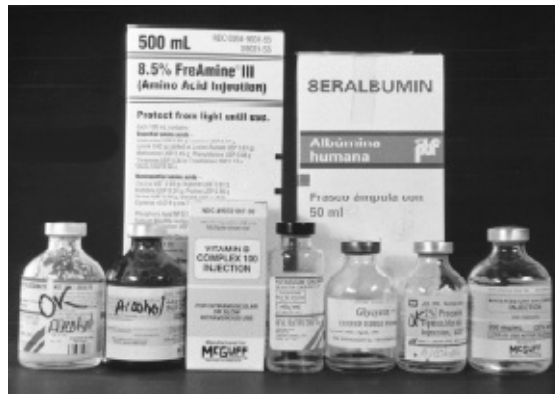


Fig. 56 Assorted supplements given by IV

Note: if you do not sterilize the vitamin C, amino acids, B-complex, and fat emulsion with ethyl alcohol, and filter them, you will be introducing the very pathogens you are trying to clear! It is not "normal" to get chills after an IV; it is caused by pathogens in the IV.

All these supplements are added to IV bottles of saline (salt) or dextrose (sugar) depending on which is lowest on the blood test. If both are low, glucose (50%) is added to a saline IV bottle to give both at once.

Note that no oxidizers are included in this regimen, nor sulfur compounds. It is quite inadequate, but may tide your patient over the first few days, when a small improvement makes the critical difference. As soon as your patient is willing to drink broth instead of water, you have gained ground.

Additional IV treatments may be used in other situations.

- Procaine, use 5 to 10 cc of 2% solution (the preferred pain killer).
- EDTA, single dose, 3 gm daily, to remove heavy metals
- Vitamin K, 5-10 mg a day to reduce bleeding
- Vitamin A (25,000 to 100,000 IU/day)
- Albumin (use a one dose bottle, 12.5 gm in a day)

Emergency Receding, Continue On

You can zap with an IV going. You can take supplements and drops with an IV going. Don't let an emergency slow you down!

3. Going natural was never easier. Stop all body products unless homemade. Remove all chemicals from your home that could pollute your air. Use the next chapter on *The Four Clean Ups* for many tips.

4. If you live far away from the water treatment plant, your water is probably "boosted" with laundry bleach. Ask the water department whether you are getting such boosted water. If you are, move. You cannot win the battle against heavy metals and azo dyes in such water. If you had been using a water filter, send this to a lab for testing, not a water sample. Call the labs for exact instructions. Meanwhile, move to a district where only chlorine gas is used to chlorinate your water. You will not succeed with this program if you continue to drink benzene-water.

5. Evidently the fish are sanitized with laundry-grade chlorine bleach that is polluted with heavy metals and azo dyes right on the fishing boat to control bacteria. Or perhaps the cutting boards and tables are doused in it. This variety of bleach was meant for disinfecting toilets and barns. The correct bleach should have been a registered or USP variety.

Dairy products and eggs contain bits of animal tissues that come from the hypothalamus and pituitary glands. They enter your blood stream and consume your antibody immune power. HCl kills them.

Chlorogenic acid, phloridzin, apiol and gallic acid belong to a class of natural food chemicals called **phenolics**. The liver normally detoxifies them, but when parasites overrun the liver these phenolics along with many others are not detoxified. This starts the cascade of events that leads to over-consumption of immune power in cancer and AIDS. Although gallic acid, chlorogenic acid and phloridzin can be destroyed by heat (boiling temperature), do not use this "escape" for at least 2 weeks. Avoid all apiol permanently. Strictly avoid the Lily family until your viral load has dropped significantly.

Liver cleanses and parasite killing help most in controlling the development of new phenolic food allergies.

Choose as near unprocessed food as possible. Cook from scratch. The food zappicator will help you remove the traces of immune blockers left in the food you prepare. Finally, place your plate on top of the food zapper or zappicator for at least 10 minutes. Treat your pills, too. Each item only needs one 10-minute

treatment. Most food items only need five minutes but eggs, dairy foods and phenolic chemicals need at least 10 minutes. More is better. If your patient is very special, treat food for 20 minutes.

6. One drop of HCl in a cup of water can destroy the trace of benzene that could be there. HCl is compatible with Lugol's. You may add your portion of Lugol's to this water. HCl is sour but does not spoil flavor in these amounts. Don't get careless and squirt the HCl; you must count the drops. **Continue until well.** Don't drink beverages with your meals; they take up too much stomach-space. Drink only your Lugol's water.

7. The iron supplement should be ferrous or organic; larger doses give too much oxidizing action. Vitamin B₂ has several jobs to do. It must detoxify benzene, which it turns into phenol. It must detoxify azo dyes, even though they are almost unreachable inside your T-cells. That is why so much is needed. Expect the urine to be yellow. You may open these capsules and take it straight or stirred into water and honey. Magnesium oxide can detoxify phenol which itself is very toxic. It is needed in equally large amounts. But you can only make use of large amounts if it dissolves in the stomach. For this reason a powdered variety is chosen. Tablets do not dissolve completely and easily set up a diarrhea with their laxative effect taken this way. Powder does not. In AIDS the stomach does not make enough hydrochloric acid and pepsin due to the heavy infestation of Ascaris eggs and microscopic larvae here. By taking these three supplements five minutes before eating, the stomach is triggered to make them—an extra bonus. **Continue until well.**

8. If you cannot afford this, take 1 capsule daily and a 10 capsule dose once a week. It also protects the heart.

9. Antibiotics, antifungals, and antivirals are all toxic drugs, too. If they are hurting more than helping, you should consider going off these, but not without the consent of your doctor. Although your viral load will come up in the first week, that may not be so bad for you, because the side effects of these drugs are being instantly relieved. The rebound from going off drugs will at first be greater than the improvement from the *2-Week Program*, so it is very important that you are doing everything in the Program, especially the lifestyle cleanups. And don't go off heart medication, thyroid, diuretics, cortisone, and antiseizure medicine. Be sure to wash off dyes and zapppicate your drugs to sanitize them.

If you have very little time left to live, you might assert yourself more vigorously to be allowed a "drug holiday" giving this *2-Week Program* a better

chance. Sign the papers to relieve your doctor of responsibility. Assure your doctor that you will follow the program responsibly, without a single transgression into recreational drug use.

10. Zapping with a plate attachment is much more effective for AIDS patients because they are always saturated with PCBs and benzene. The plate concentrates the current at the location (organ) placed on the plate, killing specifically the organisms placed there. Start by killing everything that is trying to spread through your blood, lymph, arteries and cerebrospinal fluid. This is called the **basic set**.

Each zap, if done with a 9.4 or greater starting battery voltage, returns phagocytosis to your white blood cells here, which immediately removes the immune blockers and live invaders from the current path simply by being eaten.

But it does not return BQ or RZ nor reach anywhere outside of that one current path. The body has thousands of current paths. You must also use herbs and homeography. Besides plate-zapping equipment and slides of organs and pathogens, get a battery charger and rechargeable batteries, plus a voltmeter to make zapping inexpensive and enjoyable. The batteries should be chargeable to over 9.4v. Eat, read, write and take supplements and homeographic drops while zapping eight to 10 hours a day. You will get a flu-like syndrome with disorientation and a zombie-like behavior unless you prevent it all with anti-flu, anti-Salmonella and anti-prion treatments constantly. It is not dangerous but wastes your time. If you begin to feel "fluey", zap the hypothalamus repeatedly and take more of the "protective" drops made for the brain. Also take the antidotes, Lugol's iodine, Oscilloccinum and Prion Punch. Wait till you are better before starting to zap new organs. Zapping with a regular zapper or with nothing on the plates also relieves detox-illness. It also kills parasite eggs in the blood that are released by herb-killed parasites. Zapping with copper pipes under your feet is most effective since the skin is more conductive here. It is less saturated with PCBs. Pressure from the feet keeps the current going to your internal organs, not merely through the skin. Placing feet on flat surfaces is less effective.

11. If you take the herbs while zapping, the eggs released will be immediately killed. Zap for at least ½ hour after taking herbs, preferably longer. The Spice Syrup kills other parasites like Clonorchis, Eurytrema and Strongyloides. Each plays a role in HIV disease. If these doses are not tolerated, make the Buski Tea and drink 2 cups a day. Add the Six Seed recipe, taking it for 6 days; then go off 6 days and repeat. Watercress is the easiest to tolerate. You may chew

Watercress tablets, dissolve them or blend them with another beverage. A strong dose is 6 tablets twice a day. Suit your needs. Watercress is *Nasturtium officinale*. It can be grown at home (see *Sources*), and eaten daily in salads.

12. "Drug Cocktails" also kill Paragonimus, which in turn cuts your benzene burden in half. With much less benzene the virus level falls. Pau D'Arco is pleasant with no side effects.

13. You can easily learn to make your own homeographic drops.

14. Selenite is also available from Brazil nuts (50 micrograms per nut), and coconut. You could never eat as much as you need. Yet a food source is more potent and should be part of the diet. One cup of coconut "milk" provides one complete dose of both germanium and selenite. Store-bought shredded coconut is a potent source, too.

15. Organic germanium is found in many foods including nuts and coconut "milk". Shredded and flaked coconut from the supermarket has it too, and it has always tested free of pollution. Eat a lot in all the delicious ways. The effective germanium supplement in the marketplace is Ge-132 but is too often polluted with solvents to risk. The amount of germanium in the dose given, together with the selenite, is necessary for the functioning of your macrophages. You may have successfully removed the four phagocytosis inhibitors so that the WBCs are now filled to capacity with virus, bacteria, PCBs and refuse. But they will not be able to unload this cargo at the bladder (into the urine) unless they have enough selenite and germanium. One does not substitute for the other. Other forms of both selenium and germanium can be quite toxic. Food is always safest in the long term. But in the Rapid Rescue program you need a lot and you need it fast so selenite is chosen.

16. Vitamin C is also necessary for your WBC actions. Use only the L-ascorbic acid form. Later, when you can have safe goat milk, vitamin C can be stirred into it. If you dump enough in, it turns into yogurt. Flavor it and it's even more delicious. Be sure to stick to plain ascorbic acid to avoid thulium pollution and oxidized forms of vitamin C that could do harm. Remember to zappicate all first. Meanwhile, take by capsule or in other beverages.

17. Copper, cobalt, vanadium, toxic germanium, toxic selenium, chromium, and nickel are heavy metals that come from amalgam, but also come from natural (bacteria and fungi) sources. L-A removes these. Make your own solutions with the recipe. Do not combine L-G and L-A with each other nor put them in beverages.

18. All commercially available ready-made Lugol's solutions that I tested were polluted with wood alcohol and isopropyl alcohol (unless listed in *Sources*). But when a pharmacist made it from scratch it was pure. Ask a pharmacist to make (not buy) it for you. It is excellent for sterilizing produce before putting it in the refrigerator. It is excellent as a quick mouthwash when you accidentally bite your tongue or cheek. By rinsing your mouth within seconds, no pain develops and you can finish your meal. Iodine fumes from around the bottle cap can stain any surface. If this happens, use vitamin C at once to reduce it to colorless. A drop of straight Lugol's smeared on your tongue at bedtime helps control thrush. Lugol's is also useful in enemas.

19. Levamisole is used in the veterinary profession as a parasite killer and immune stimulant. It is available in other countries for people. In a country as heavily parasitized as United States, levamisole should be an over-the-counter drug for people, but it is not. The amount used here for ferritin removal is much less than is used as a vermifuge, so no symptoms occur. Nevertheless go off it after two weeks. Resume again a week later if you are not yet well. Watercress (6 tablets twice daily) also removes ferritin.

20. Killed parasites need to be digested as soon as possible. Any refuse in the body that isn't cleared away in four or five hours develops fungus growth. Pneumocystis infection is such a takeover in the lungs after numerous Paragonimus are killed. It must not be allowed to spread. Simply digest it. Purchase multiple digestive enzymes and also a pancreatin-lipase mixture. If available, alternate them. You may take them out of their capsules, though you may be inclined to put them right back in.

You may stir them into a beverage and add spice. Zappicate everything first (or last). If you are concerned about prions in the animal-sources take the Prion Punch at the same time.

21. Do not use larger magnets because they slow the organ's pace of operation wherever they are placed. We want the kidneys to keep pace with toxin-pickup, not to be slowed down. Ten gauss is not strong enough to pick up three regular paper clips end to end without linking them. Catalog estimates can be way off. Test yours. To make a magnet belt purchase 3" wide elastic bandage. Lay flat. Using household plastic cement put a dot on the south side of each magnet.

Also put dots of glue on the belt in a zigzag design, 1½ inches (4 cm) apart. Stick on the magnets. Let stand 24 hours to dry hard enough to handle roughly. To store the belt, roll it up so that all the north sides face out. This keeps them from touching each other and sucking their magnetic fields out of them. Don't be

tempted to purchase magnetic equipment in the market place. The polarity is not carefully enough maintained for you. South Pole forces can do as much harm to you as North Pole can do good. If in doubt, stay away from magnets—zap the kidneys and bladder daily instead. Only North Poles should touch skin.

It is easy to use an ordinary compass to prove you have the correct polarity. Place a compass on the table. Make sure no other magnets are nearby on the table. (Some things in your home that may contain magnets are electronic equipment, speakers, refrigerator magnets, and, of course, the magnets you are working with.) Notice that the compass needle swings and points in one direction.



Fig. 57 Two kinds of compasses

On some compasses the needle is labeled "N," and on some the needle is colored red on one end. We will ignore both! All you need to know is which direction north really is. (If you don't know you could ask a neighbor.) Make a note of the north-pointing end of the compass needle.

(Don't rely on the word "north" printed on the compass enclosure. As you can see in the picture, the compass enclosure may be turned any way you happen to set it down, but the needle will steadfastly point in only one direction.)

Now bring the magnet you wish to test close to the compass. As you slowly approach the compass with one side of the magnet, the needle moves. The north-pointing end of the compass needle will either be attracted to (follow) your magnet, or swing away. **If attracted, that side of your magnet is north and goes on your skin.** If it swings away, that side of your magnet is south and is

worn away from your skin. Label your magnet! All magnets you purchase should be checked this way before you use them.

Wait until you are much better before using the belt. It will chase the PCBs out of your skin and into you for excretion. Check polarity again just before using. Treat all skin areas for 20 minutes. Repeat twice more. Apply snugly, holding it in place with pins.

22. No method is known other than zapping or homeographic drops that can pull the PCBs out of a person in a reasonable time period. These techniques operate through the immune system at only one specified location. It is valuable to have a more general method, like ozonated oil or coriander oil to assist the immune system throughout the body. Do not take ozonated oil as freely as if it were a supplement. The ozonation could become excessive. But as long as you are very ill you still have pileups of PCBs somewhere. At times the loose fleshy blebs of them stick out monstrosly. If drainage is an option, take it. You can safely take ¼ cup ozonated oil and speed up your recovery but do not repeat this daily; twice a week should be the limit. It does add calories to your diet. There is never a weight loss during this time. Be sure to zappicate the oil before ozonating it.

Coriander oil is an essential oil that can oxidize PCBs and benzene in a slow and steady way. Add it to your Spice Syrup (1 tsp. oil to ½ cup syrup) and stay on it for nine months. The dose is ¼ tsp. 2 times daily.

23. Glutathione is especially valuable for the lungs, which need to keep their sulfur compounds in reduced form. It protects the liver from aflatoxin and is an all around energizer.

24. Betaine eliminates Clostridium bacteria in the intestinal tract. This is very valuable help when antibiotics are counterproductive and yet bacteria need to be eliminated. Three days after dental work is done you may reduce it to 3 capsules once daily.

25. Because azo dyes interfere with vitamin A metabolism, it seems wise to supplement with vitamin A. It also has a reputation for cancer prevention, another risk in AIDS. Market varieties are, of course, polluted with processing solvents and frequently are polluted with lead, so it is important to purchase from *Sources* only.

26. For men, zinc is also useful in preserving virility, being high in concentration in semen.

27. Oscillococcinum works best at bedtime. You may go to bed achy and fluey and wake up good as new. But if you use it during the day, when you are not really sick, it loses effectiveness. Be conservative.

28. This is the large desert cactus used by native peoples to cure diabetes. It kills the common pancreatic fluke, which is one of our tumor initiators, brings us diabetes and brings the SV 40 virus.

29. Cysteine can give you side effects so stay seated. Sometimes it gives euphoria; it is well deserved.

30. The colon that descends on your left side is invariably parasitized at a location about halfway up. One pint of enema fluid reaches it but only iodine or Black Walnut tincture in the enema fluid kills parasites on contact. If you feel twinges here, be sure to search for them in the toilet bowl later.

31. Detox-illness can strike at a brain location that is not protected. For this reason a "Prion Punch" recipe is made to act more systemically. Use as many ingredients as you can locate.

32. Glucuronate can detoxify a variety of phenolic allergens. It also helps indirectly to make acetylcholine, the neurotransmitter that moves your muscles. It helps the liver detoxify ("conjugate") bilirubin to avoid jaundice.

33. The liver needs cysteine, glutathione, taurine and thiocetic acid to detoxify benzene through its four major steps: first to phenol, then to wood alcohol, then to formaldehyde, then formic acid and finally beyond this to safety. These four supplements can prevent coma due to liver failure. You may open capsules and combine them all in the Whole Lemonade beverage (see *Recipes*).

34. A body full of benzene is also full of its detoxification products: phenol, wood alcohol, formaldehyde and formic acid. These may even do more harm, besides over-acidifying the body. Alkalinizing with bicarbonate is the mild way to eliminate these poisons and get proper pH back. A 2:1 mixture of sodium to potassium bicarbonate is superior. Purchase urinary pH test paper at pharmacy.

The Plate-Zapping Method

It is easy and beneficial to put a metal plate between you and the zapper. Whatever organ specimen you put on this plate directs most of the current to that organ in your body. Whatever bacteria or virus you put on this plate gets more current, too. Such an arrangement overcomes the insulating effect of PCBs in the body.

First of all:

1. Be sure your zapper is 100% Positive offset, without the tiniest spike of **Negative** electricity. Have it checked on an oscilloscope. You must avoid even a few microseconds of **Negative** voltage.
2. Identify the "hot" (+) lead from your zapper. If you accidentally choose the (-) lead you will get no benefit, although it does no harm. If your zapper is not clearly marked with a (+) sign take it to any electronics shop. The technician will gladly check it for you.
3. Do not use a wall outlet as power source. Do not use a frequency generator without supervision by an electronics expert.
4. Purchase a voltmeter and test your batteries before beginning and after every two zaps afterward. Make sure the voltage is not below 8.9 volts at the end of each zap or it will have to be repeated. Start at 9.4 volts to be sure of this.
5. Purchase a battery charger for metal hydride batteries that will charge to 10 volts and two to four metal hydride rechargeable batteries.

You will need:

1. Zapper with continuous running capability instead of seven-minute sessions; this is for convenience.
2. Plate box that can be attached to the "(+)" lead of the zapper with proper leads.
3. Two copper pipe electrodes and two banana-to-alligator clip leads (wires).
4. A kitchen timer.
5. Four packages of 1 pF capacitors and 1 μ H inductors.
6. Microscope slides of body organs (anatomy set), bacteria (pathogens), and digestive tract organs.
7. Bottle copies of any tissues that cannot be purchased as slides (see *Sources*). These are white blood cells (WBC), lymph (the fluid), and others.
8. Bottle copies of pathogens that cannot be purchased as slides, like SV 40 virus, p24 (part of the HIV virus), prion protein and others.

Digestive System Slide Kit

Bile duct	Pancreas
Colon	Parotid gland
Duodenum	Rectum
Esophagus lower	Stomach, cardiac region
Esophagus upper	Stomach, fundic region
Esophagus-stomach junction	Stomach, pyloric region
Gall bladder	Sublingual gland
Ileum	Submandibular gland
Jejunum	Submaxillary gland

Anatomy Kit

Brain, composite (cerebrum, cerebellum, medulla)	
Bone marrow, red	Lung
Bladder	Lymph node, human
Blood, smear, human	Mammary gland (breast)
Hypothalamus	Pineal
Kidney	Pituitary gland
Thymus	

Anatomy Male Slide Kit

Ductus deferens	Seminal vesicle
Epididymus	Sperm
Penis	Testis

Anatomy Female Slide Kit

Cervix	Ovary
Fallopian tube/Oviduct	Uterus
Fimbria	Vagina

Pathogen Kit

None of these pathogens are alive. They are safe to handle. Bottle copies contain only water.

Adenovirus (bottle copy), the common cold
Aspergillus mycelium, lung fungus
Bakers' yeast, homemade or *Saccharomyces cerevisiae* slide, bread yeast
Cabbage Black Rot, common fungus
Clostridium botulinum, decay bacteria, causes depression
Clostridium perfringens, decay bacteria
Clostridium tetani, decay bacteria, causes fatigue
Escherichia coli (E. coli), bowel bacteria
Hepatitis B (bottle copy), liver virus
Influenza A and B (bottle copy), common flu
Mycoplasma (bottle copy), lung bacteria without walls
Penicillium mycelium, lung fungus
Pneumocystis carinii, lung fungus
Potato Ring Rot, food fungus, invades body
Protein 24 (HIV, bottle copy), bit of HIV virus
Salmonella enteritidis, bowel bacteria, invades body
Salmonella paratyphi, bowel bacteria, invades body
Salmonella typhimurium, bowel bacteria, invades body
Shigella dysenteriae, bowel bacteria, invades nerves
Sorghum mold (bottle copy) from infected Sorghum leaf, invades body
Treponema, syphilis spirochete

Miscellaneous Specimen Kit

("B.C." means Bottle Copy.)

3 Yeasts (Baker's yeast, *Saccharomyces cerevisiae*, mycelium and spores)
B.C.

Lymph (fluid) B.C.

Saliva B.C. (also see instructions)

Artery combination, "A", arteries, veins, nerves B.C.

Lymph vessel combination, "L", lymph vessels, veins B.C.

Cerebrospinal fluid B.C.

Heavy metals, assortment of 50 taken from amalgam B.C.

Prion protein B.C.

3 Clostridiums (C. botulinum, C. perfringens, C. tetani) B.C., cancer bacteria

Staphylococcus (aureus) and 4 Streptococci (alpha Strep, beta Strep, Strep G, Strep pneumoniae) B.C.

2 Shigellas (S. dysenteriae, S. sonnei) B.C., bowel bacteria

Copper (atomic absorption standard)

Mercury (atomic absorption standard)

Thallium (atomic absorption standard)

Flu and 3 Salmonella (combination) B.C.

Coxsackie B1 and B4 viruses B.C., brain viruses

3 Baker's Yeast plus RAS B.C., invades body

3 Salmonellas (S. enteritidis, S. paratyphi, S. typhimurium) B.C., invades body

White blood cells, B.C.

Aspergillus and Penicillium, combined B.C.

Fast Garnet dye

Fast Green dye

Take-Out Drops

Thulium out-of-hypothalamus

Aflatoxin out-of-liver

Adenovirus out-of-nasal epithelium

Herpes I out-of-skin

Herpes II out-of-skin

Cobalt out-of-heart

Methylmalonate out-of-kidney

Basic Vascular Set

Blood	WBC
Lymph	cerebrospinal fluid
"A"	"L"
Four 1 pF capacitors	Four 1 μ H inductors

Basic Pathogen Set

Yeast + RAS	Sorghum mold
Flu + 3 Salmonella	P24 antigen
Prion protein	Pneumocystis

You do not need to purchase all the items listed. Use the schedule to guide you. You are now ready to start zapping every organ for which you have a specimen, slide or bottle.

Setting Up:

Wrap a single layer of paper towel around one of the copper pipes. Wet it under the cold faucet and place it under your foot, near your heel. Protect the carpet with a paper plate pushed into a plastic bag.

Connect the **Positive** side of your zapper to each plate (in "parallel") on your plate box. Then connect each plate, in parallel, to your left foot, meaning the copper pipe under your left foot. (Although the Positive current is coming to your left foot via the plate box, it doesn't really matter which foot gets the Positive current. You may alternate feet every day if you wish.)

Connect the **Negative** side of your zapper directly to your other (right) foot.

Now the current will be guided to whatever organs (location) you put on the plates. Everything at those locations will get zapped but individual parasites or bacteria you put on the plates will get preference. If a large parasite is placed on the plate, other varieties will be neglected. For this reason we do not put large parasites on the plates at all. They will be reached automatically. We put only very tiny pathogens there that consume almost no current. We will start with these:

1. Influenza A plus B combined, called flu
2. 3 Salmonella varieties, combined
3. Sorghum mold, our most common fungus
4. Baker's yeast plus RAS, next most common fungus
5. P24 antigen
6. Prion protein
7. Pneumocystis

When flu and the Salmonellas are combined in one bottle, copied from the real items, we have more room left on each plate. Use this space wisely. If you have brain symptoms, choose Treponema and Coxsackie virus to take up the leftover space. If you are susceptible to colds, put Adenovirus on the plate. If you are getting waves of depression or weepiness put *Clostridium botulinum* on the plate.

Remember that the pathogens placed on any plate must not touch each other. They are separate pathogens in your body that the current will seek out.

On each plate you must choose only one location. If you choose more than one the current must divide itself between them and neither one gets enough to do a good job. However, if you put on two locations that touch each other, such as liver and arteries, the current goes to your liver-arteries, not foot arteries or any other arteries.

The Left Plate

Your blood and lymph system is the most important place (location) to zap, because this is the river-system that all pathogens use to spread themselves. Whenever adult parasites are killed, in any way, they release their eggs, which immediately enter the blood and lymph system. Fortunately this body fluid conducts electricity best, even when PCBs and benzene are everywhere. It is called the *vascular system*. By keeping one of the body fluids on a plate at all times, all released eggs are promptly zapped. We will use the left plate to zap the vascular system, but this is only a convention.

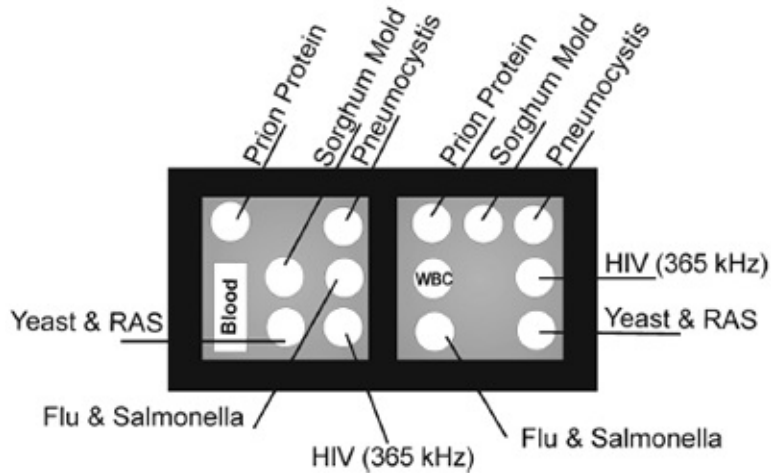


Fig. 58 Arrangement of your first plate-zap

With regular zapping instead of plate-zapping, the current already goes mostly along the vascular system and is therefore very useful, especially after taking parasite-killing herbs. With plate-zapping you must specifically choose the vascular system to accomplish this. Simply leaving one plate empty also accomplishes this since the whole body is reached through it.

Plate-Zapping Arrangement

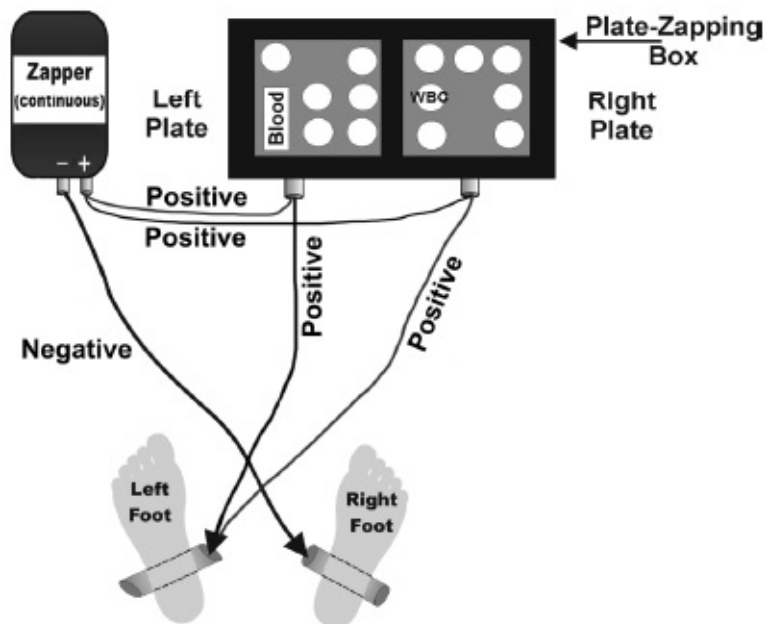


Fig. 59 Plate-Zapping arrangement

Plate-Zapping Schedule

Each zap will be 20 minutes long. Before you begin, attach your kidney magnets, north side touching skin, using one inch of wide tape. Set your supplements, voltmeter and charger on the table nearby. Find a comfortable chair, warm blanket, and begin.

#1: Put the blood slide on the left plate, put the set of pathogen samples beside it. None of them touch each other; in fact, spread them apart as much as space allows.

Put the WBC (white blood cell) sample (bottle) on the other plate. Place a second set of the same pathogens on this plate. Turn on the zapper and put your feet on the copper pipes for 20 minutes.

#2: Exchange the blood for the lymph sample (bottle), leaving the pathogens as they were. Exchange the WBC for the "A" sample (arteries, veins, nerves). Also place a 1 pF **capacitor** on the plate, but not touching A nor hanging over the edge of the plate. This capacitor somehow creates a preference for the **right side** of your body. In this case, it is the arteries, veins, and nerves on the right side of your body. Zap for 20 minutes.

Keep notes on locations you have zapped (blood, WBC) and check the battery.

#3: Keep "A" on the plate, remove the capacitor, and replace it with a 1 μ H **inductor**. The inductor creates a preference for the **left side** of things. In this case, it is the arteries, veins, and nerves on the left side of your body.

Remove lymph from the left plate and place the bottle called "L" on it, and a 1 pF capacitor beside it (without touching each other). Keep all the pathogens as is. Now you are focusing on zapping the lymph vessels and more veins on right side of your body. (The lymph vessels are different from the lymph fluid sample used earlier.) Zap for 20 minutes. After 20 minutes you will have completed your first hour of plate-zapping. It is unlikely that you will feel anything yet. Remember you can take a break between 20-minute zapping sessions.

#4: Keep "L" on the left plate and replace the capacitor with your 1 μ H inductor. During the next 20 minutes your left side lymph vessels and veins will get zapped.

Remove "A" and the inductor from the right plate and place the bottle called "CSF" on instead. This stands for cerebrospinal fluid. It is equivalent to lymph, but bathes the brain instead of your other organs. In fact, it is the same as lymph plus 3 pF. Zap for 20 minutes.

These four zapping sessions form the **basic set**. Do these every day. They consume a little more than 1¼ hours, leaving seven hours for you to advance into your other organs and tissues. Even if all you do on the first day is the basic set, you are off to a good start. You do not need to wait for a complete set of slides or supplies. Use whatever you have as soon as you have it. You may make your own organ samples, too, using animal parts from the meat market. Even a drop of blood squeezed from a slice of beef liver onto a plastic sheet works well.

If you are starting this next set on the next day, go back and do the basic set, first. You will do the basic set, first, every day.

We will continue zapping a part of the basic set at the same time as other organs throughout the day.

#5: For the next zap, keep the same pathogens on each plate. On the left plate place the blood slide again. On the right plate place a thymus sample (slide), your A bottle, and a 1 pF capacitor. The thymus sample touches A. Neither touches the capacitor. This arrangement focuses on the arteries of the right side of the thymus.

#6: Replace blood with WBC on the left. Exchange the capacitor for the 1 µH inductor on the right plate and zap the arteries in the left side of the thymus for 20 minutes.

#7: Replace WBC with lymph on the left. On the right plate zap the lymph vessels in the right side of the thymus. This means place the thymus sample touching your "L" bottle plus your capacitor on the right plate. We will write this as thymus/L +1 pF. The slash between "thymus" and "L" means "touching." The "+1 pF" means put a 1 pF capacitor on the plate, too (but not touching because no slash). From now on you should assume each zap is 20 minutes.

#8: Replace lymph with A on the left plate. Put thymus/L + 1 µH (thymus touches L, and a 1 µH inductor) on the right plate. Both plates still have the usual pathogens. Zap 20 minutes.

#9: Replace A with L. Put thymus/A/WBC +1 pF (thymus touches the A bottle which touches the WBC bottle) on the right plate. Your capacitor is on the right plate, too. Zapping is directed to the right thymus's arteries' white blood cells.)

#10: Replace L with CSF. Put thymus/A/WBC +1 μ H on right plate.

#11: Replace CSF with blood. Put thymus/L/WBC +1 pF on right plate. Zapping is directed to the right thymus's lymph vessels' white blood cells.

#12: Replace blood with WBC. Put thymus/L/WBC +1 μ H on right side.

By now you should also have taken a dose of selenite, hydrangea and vitamin C. Also a dose of digestive enzymes and the parasite herbs including Black Walnut, wormwood, nopales, the Spice Syrup and Pau D'Arco. There are other supplements you should be taking, of course, but these are important to take while zapping because they are parasite killers. You have been killing escaped eggs in the vascular system by zapping the basic set all the time. You have also taken the set of "protective" drops and some Prion Punch for the brain plus Lugol's drops to prevent detoxification illness. You will have checked your battery at least 4 times. You have zapped 4 hours.

If you got this far by your second day, stop here and congratulate yourself. Start tomorrow at zap #1 again and try to finish through #20. That is almost seven hours of plate-zapping. Don't go forward until you have gone back and repeated #1 through #12.

Notice that you are zapping the vascular system on the left plate while going forward to other organs on the right plate. The order of the basic set does not matter. Even skipping some does not matter. Even having the left side blank does not matter. You are still getting the benefit of each plate-zap.

#13: Put lymph on the left. On the right plate put bone marrow/A +1 pF. (Zapping is directed to the right bone marrow's arteries.) Pathogens are on both plates.

By now you can assume that pathogens will always be put on each plate, never touching each other.

#14: A on left; bone marrow/A +1 μ H on right plate.

#15: L on left; bone marrow/L +1 pF on right plate.

#16: CSF on left; bone marrow/L +1 μ H on right plate.

#17: Blood on left; bone marrow/A/WBC +1 pF on right plate.

#18: WBC on left; bone marrow/A/WBC +1 μ H on right plate.

#19: Lymph on left; bone marrow/L/WBC +1 pF on right plate.

#20: A on left; bone marrow/L/WBC + 1 μ H on right plate.

This concludes your third day of plate-zapping. Remember to keep checking battery voltage. Wear kidney magnets by daytime only; store them in sandwich fashion with north touching south (or red touching white) because this is their natural attraction, keeping them strong. **Keep magnets at least 6 inches (15 cm) away from bottles. A magnetic field destroys them.**

Don't neglect any detail. Try to make 3 quarts (or liters) of urine in a day to help your kidneys excrete metals, dyes, asbestos, PCBs and phenol (from benzene). Not to mention the wood alcohol, formaldehyde and formic acid from the phenol.

If you have been suffering from an illness like lung disease, consider the lungs your "problem organ" and continue zapping next day at #21. This gets added to the 7 hours you have already done on the third day, bringing it to 28 zaps (9 hours, 20 minutes).

Repeat these 9¼-hour days until the problem organ is much better; it could take a week.

#21 L on left; problem organ/A +1 pF (the problem organ might be your lungs, brain, skin or other place) on right plate.

#22: CSF on left; problem organ/A + 1 µH on right plate.

#23: Blood on left; problem organ/L +1 pF on right plate.

#24: WBC on left; problem organ/L + 1 µH on right plate.

#25: Lymph on left; problem organ/A/WBC +1 pF on right plate.

#26: A on left; problem organ/A/WBC + 1 µH on right plate.

#27: L on left; problem organ/L/WBC +1 pF on right plate.

#28: CSF on left; problem organ/L/WBC +1 µH on right plate.

Week Two Plate-Zapping

After the problem organ is better, we need to make time for zapping other organs. Continue to do the **basic** set on one of the plates at every zap. For the other plate do the even number zaps from 6 to 20 on even numbered days. On odd numbered days, do the odd number zaps from 5 to 19. This will take about 4 hours, leaving time to start on new organs.

First clean up the genital organs. For men you will need slides of testis, ductus deferens, penis, seminal vesicle, epididymus and sperm. For women obtain ovary fimbria fallopian tube uterus cervix and vagina. There are eight plate-

ovary, umbilic, fallopian tube, uterus, cervix, and vagina. There are eight plate-zaps for each organ. They are combinations of left, right, with arteries, with lymphatics, and with white blood cells. It's the same pattern as you used for your problem organ.

- #29: Blood on left; testes/A +1 pF on right plate.
- #30: WBC on left; testes/A +1 μ H on right plate.
- #31: Lymph on left; testes/L +1 pF on right plate.
- #32: A on left; testes/L +1 μ H on right plate.
- #33: L on left; testes/A/WBC +1 pF on right plate.
- #34: CSF on left; testes/A/WBC +1 μ H on right plate.
- #35: Blood on left; testes/L/WBC +1 pF on right plate.
- #36: WBC on left; testes/L/WBC +1 μ H on right plate.

After zapping the basic set plus some thymus and bone marrow daily and a genital organ you are zapping about 7 hours a day. Do a different genital organ each day. You only have to do each organ once (one day). Men will be done in 5 days and women will be done in 4½ days.

Make sure you are taking the supplements, organic germanium (hydrangea) and selenite, vitamin C and digestive enzymes.

Next clean up all the locations of your digestive tract. You should have a set of about 20 digestive slides. Most of these organs do not need to have left and right sides zapped. For those, you can do two organs in one day. So the first day of digestive plate-zapping might go like this:

- #1: Blood on left, WBC on right
- #2: Lymph on left, A + 1 pF on right
- #3: A + 1 μ H on left, L + 1 pF on right
- #4: L + 1 μ H on left, cerebrospinal fluid on right

(Next you will do the odd numbers on odd-numbered days, and the even zaps on even-numbered days.) The basic set (only blood, WBC, lymph, A, L, CSF) is being rotated on the left plate. On the right plate we put the odd or even numbered choice from this list:

- #5: thymus/A + 1 pF

- #6: thymus/A + 1 μ H
- #7: thymus/L + 1 pF
- #8: thymus/L +1 μ H
- #9: thymus/A/WBC +1 pF
- #10: thymus/A/WBC +1 μ H
- #11: thymus/L/WBC +1 pF
- #12: thymus/L/WBC +1 μ H
- #13: bone marrow/A +1 pF
- #14: bone marrow/A +1 μ H
- #15: bone marrow/L +1 pF
- #16: bone marrow/L +1 μ H
- #17: bone marrow/A/WBC +1 pF
- #18: bone marrow/A/WBC +1 μ H
- #19: bone marrow/L/WBC +1 pF
- #20: bone marrow/L/WBC + 1 μ H

(Now come the digestive organs. The genital organs were already completed.)

appendix/A

appendix/L

appendix/A/WBC

appendix/L/WBC

bile duct/A

bile duct/L

bile duct/A/WBC

bile duct/L/WBC

The second day of digestive organ zaps might target the colon and duodenum, and so forth.

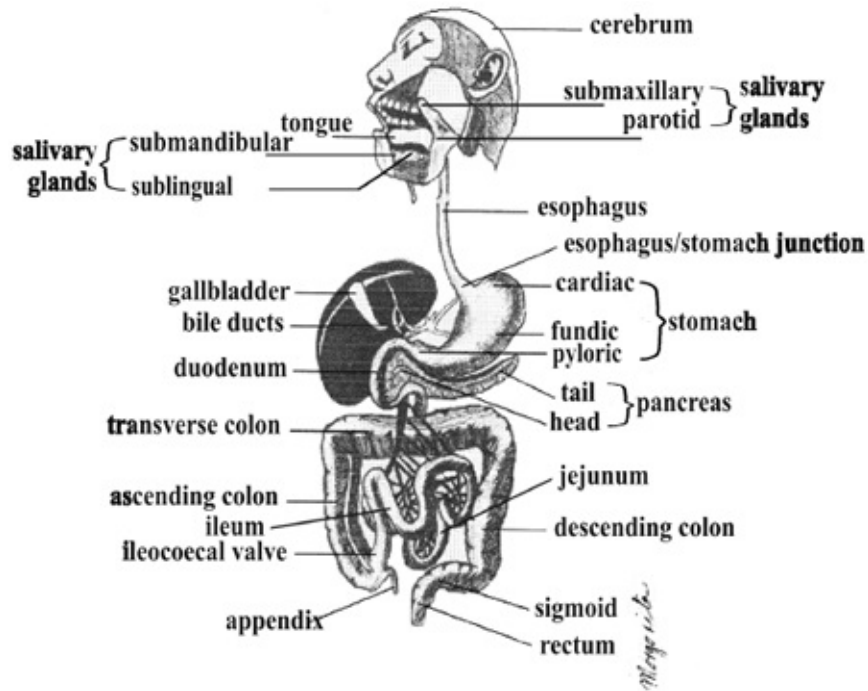


Fig. 60 The location of your digestive organs

Salivary glands come in pairs, one on the left side and one on the right side. Each must be zapped: parotid gland, sublingual gland, submandibular gland, and submaxillary gland. These should be plate-zapped as follows:

parotid/A + 1 pF

parotid/A + 1 μ H

parotid/L + 1 pF

parotid/L + 1 μ H

parotid/A/WBC + 1 pF

parotid/A/WBC + 1 μ H

parotid/L/WBC + 1 pF

parotid/L/WBC + 1 μ H

Obviously you can only do one salivary gland set per day. If you did the entire digestive system as provided in the slide kit, which is 16 single organs and four organ pairs, it will take you 12 days. On the thirteenth day **do the colon again**. This time add two 1 pF capacitors. This targets a spot halfway down the descending colon, which I have found to be especially favored by flukes. (Day 13 is not significant; you can actually do the organs in any order.)

If you are suddenly attacked by detox-illness, write down immediately which new organs you zapped that day. They obviously had a significant number of large flukes. As soon as you are ready to continue, repeat these several times to be sure there are no parasites left there. This time be more prepared.

Expect to see parasites in the toilet bowl while zapping the digestive organs. This doesn't happen when you zap other organs, but when parasites in the digestive system die, they can leave with your bowel movement. Try to identify yours.

Fasciolas and Fasciolopsises are often an inch long but can also be much smaller. They can be distinguished by color. Their edges are ragged, like torn pieces of bread. This is due to having burst in the toilet water after falling into it. The difference in osmotic strength between their body fluids and the water outside is probably responsible for bursting. A few do not burst and resemble canned grapes. As their body tears, strings of eggs slip out, hanging loosely. Their appearance is rather translucent under a binocular microscope but when Lugol's iodine is dripped onto them, many tissues take on clearer outlines.

Paragonimus is much smaller and rounder, about 1/8 inch in diameter. There are actually 3 red dots, but one is much less visible. Two of them appear to be round suckers. It too is in burst condition, letting egg strings hang out. Macracanthorhynchus is easily identified by its round "bubble" at one end. It does not burst. Echinostoma has a hooked tail and does not burst. E. recurvatum is tough and leathery in spite of its thinness. It resembles pieces of straw or hair. Under the binoculars one end looks rounded like a match head. Eurytrema is too small to identify from real life.

To keep them from disintegrating you should wash them in 1% salt solution (1 tsp. table salt to one pint water). This will keep the one or two intact specimens from bursting, but only if you transfer them to salt water immediately. To preserve them permanently purchase 40% formaldehyde. If your specimens are in water add an equal amount of the formaldehyde solution. If this is not available add several drops of Lugol's iodine to each one to sterilize it for safety in handling.

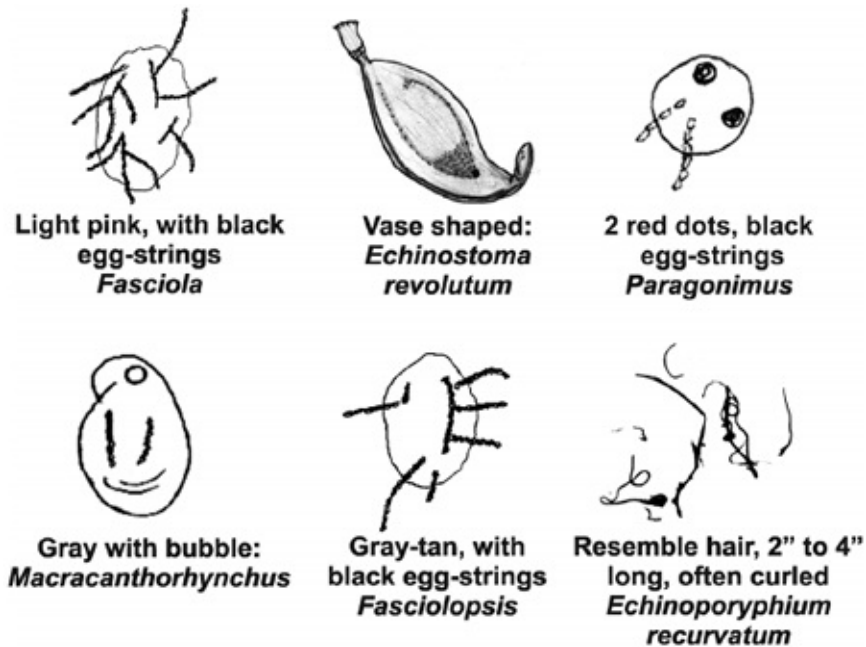


Fig. 61 Common parasites, drawn from life

Week Four Plate-Zapping

Depending on how many slides you have, and how long you spent on problem areas, you have been plate-zapping about three weeks. Now we are going to finish with various other locations of your body. An anatomy set is available as a slide kit (a larger kit is also available, see *Sources*). Zap all locations that are relevant.

Bladder, hypothalamus, and pineal are all "single" organs, while brain, kidney, lung, lymph node, breast, and pituitary are all "left and right". These will take approximately eight more days.

If you have an organ or body location that is giving you trouble, and the slides you have do not include it, **order it!** (See *Sources*.)

The complete plate-zapping program will last longer than the *2-Week Rapid Rescue Program*. Continue steadily. Going too fast invites detox-illness. Hopefully you have seen at least a few parasites of your own, and have positive evidence of getting better.

Homeographic Drops Schedule

Regular zapping gives a tremendous advantage to your whole body's immune system. Plate-zapping is focused on the immune system of individual organs.

Homeography can be both systemic in scope or focused on specific organs, too. Taking six drops of electronically "patterned" water mobilizes the white blood cells at any location chosen.

These drops must be made with a Positive offset voltage, without even 1% Negative voltage. Water made with any Negative voltage frequencies does not have this effect.

I do not understand the physics or chemistry of water sufficiently to explain these phenomena. Questions must wait. But you can harness the forces involved to "boot-up" your immune power even when all the blockers are present. The organ chosen begins to clean itself up. Mobilizing the WBCs is not all that is involved. You can often "taste" the action. Sometimes you can feel the organ respond. You can even get a mild detox-illness. Perhaps the electronic language is native to life. Only research can tell us.

You must be very careful not to set your drops near a magnet. The magnetic field destroys them. Keep them at least 6 inches apart. The first drops to make should be the "protective set" for the brain. This is where you feel things like "being sick", nausea, fatigue, high temperature, anxiety, bleak moods, depression, even downright weeping. The hypothalamus, cerebrospinal fluid, pituitary and pineal need this protection. You take these continually, for weeks, until you are done plate-zapping.

Protection From Detox-Illness

Feeling sick after plate-zapping is due to only a few pathogens. These have been escaping from and are specific to each parasite! They are flu virus, Salmonella bacteria, prion protein bits, *Clostridium botulinum* and Adenovirus. Even Cocksackie viruses and Treponema spirochetes are escapees! It is these that you need protection from throughout your plate-zapping sessions to keep the brain clear. The simplest way is to take "Protective Drops".

To make your protective set, copy your slides or bottles of brain locations. Copy your slide first. Then copy it again with a shift to the left side of your brain. Then copy it again with a shift to the right side. This makes a set of 3 bottles for each of the pineal, hypothalamus and pituitary slides. The cerebrospinal fluid bottle has no "sides". You now have 10 bottles. Save these, marking them "M" for Master bottle. If you should get detox-illness, one or two of these could give you dramatic relief in 10 minutes.

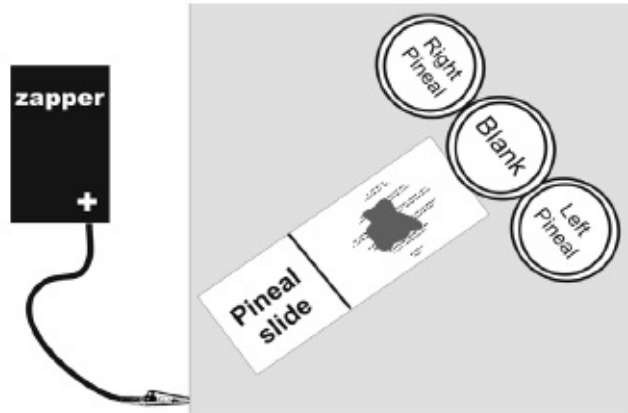


Fig. 62 This combination makes an ALL Pineal bottle

You may combine the right, left and center locations of each organ to make a "grand" or "ALL" pineal, ALL hypothalamus and ALL pituitary.

To make the ALL version, connect the (+) side of your zapper to the copy plate. Place a new blank bottle of water (1/2 oz. brown glass or polyethylene containing 10 ml. or 2 tsp. water from the cold faucet) near the center of the copy plate.

Place the left organ on one side touching the blank.

Place the right organ on the other side touching the blank.

Place the original slide so it also touches the blank.

Remember to put metal shielding tubes over the bottles (the slide touches the shield). Zap 20 seconds.

Label your new blank "ALL PINEAL, right, left, middle".

Every organ that you take drops for will get stronger and cleaner. The more often you take them, the faster the process. Take them at least 6 times daily, one minute between bottles (when you are plate-zapping). This is your brain protective set:

1. Pineal + 1 pF (this makes the right side of the pineal gland)
2. Pineal + 1 μ H (this makes the left side of the pineal gland)
3. Pineal slide without additions (the "middle")
4. Hypothalamus + 1 pF
5. Hypothalamus + 1 μ H

6. Hypothalamus slide without additions
7. Pituitary + 1 pF
8. Pituitary + 1 μ H
9. Pituitary slide without additions
10. Cerebrospinal fluid

If you made ALL versions of these you will have 4 bottles to take 6 times daily on zapping days.

If you did not, you have 10 bottles to take 6 times daily. Perhaps the separate bottles will protect you better and get you out of detox-illness faster than the ALL variety. That is why you were told to keep your separate Master bottles.

Circulation drops next. This is a single bottle with a copy of blood. Copy your slide of peripheral blood. These drops activate the WBCs everywhere in your body.

Next, make a set of lymph drops, called the LYMPH SET.

1. Lymph (copy the first bottle you order)
2. Lymph + 1 pF (place a blank water bottle beside the lymph bottle. Place a metal tube over each. The tubes should touch. Place a capacitor on the plate too, not touching anything. Zap 20 seconds)
3. Lymph + 2 pF (the 2 capacitors should not touch each other or anything else, nor hang over the edge)
4. Lymph + 3 pF (this is the same as cerebrospinal fluid, also reaching down the spine)
5. Lymph + 1 μ H (place the inductor on the plate instead of capacitor)
6. Lymph + 2 μ H
7. Lymph + 3 μ H

The lymph set reaches very many organs because it travels through them. It activates the WBCs there to remove harmful things. Plain lymph drops reach your midsection, the abdomen. Lymph + 1 pF reaches a band that includes the liver. Lymph + 2 pF reaches to the top of the eyes. Lymph + 3 pF reaches the brain and scalp. Lymph + 1 μ H reaches the genital region. Lymph + 2 μ H reaches from the groin to the knees. Lymph + 3 μ H reaches the feet.

Lymph drops can be very powerful for you, even abolishing nains. Take the

...
whole set 3 times daily; more if you are in pain.

Do not combine them. Clone them as soon as you have made them so you will never run out.

DO'S and DON'T'S. Do not switch bottle caps or nozzles. You may reuse a bottle if you rinse it 3 times under the cold faucet and also rinse the nozzle and cap. Even one drop of a different frequency destroys a new bottle of drops. Since you have no way of testing whether a bottle is potent or blank, be extra careful not to confuse bottle parts. This is also the reason for taking drops one minute apart. New drops must not touch old drops in your mouth.

Do keep bottles out of direct sunlight. Do not carry them in your pocket. Do not rubber band them together while they are being copied. Do not touch them during copying. Do turn off the zapper before touching them to remove them.

Organ Drops Next. Each organ you choose will show activation of its WBCs specifically, no other organs are activated. The most important organ to activate is kidneys. Make right and left kidney bottles, taking them separately, or make an ALL kidney version where right and left kidneys have been combined with your original slide. **Always take kidney drops first when beginning your drop-taking session.** Then make these:

1. Thymus (copy the slide alone)
2. Thymus + 1 pF (this treats the right lobe)
3. Thymus + 1 μ H (this treats the left lobe)
4. Bone marrow
5. Bone marrow + 1 pF
6. Bone marrow + 1 μ H

You may be wondering where these locations really are. Certainly, no two people will have the identical slide. We cannot know where your thymus section was taken. Extending your coverage to the right and left of it probably reaches the edges, but it is not certain. To be much more certain, add 2 pF and 2 μ H to get better coverage and even reach beyond the thymus. In HIV/AIDS patients PCBs and parasites are not limited to the thymus. They are spread all around the upper chest. If you are very ill or would like to be very well, or are very tall, make more drops than just the 1 pF and 1 μ H extensions.

Similarly for the bone marrow sets, if you are anemic or very low in WBCs, make 1 nF 2 nF 3 nF and 4 nF extensions. Also make the 1 2 3 4 μ H

make 1 pF, 2 pF, 3 pF and 4 pF extensions. ALSO make the 1, 2, 3, 4 pF extensions.

If you have an "organ in trouble" like lungs, kidneys, liver and so on, make more than 3 bottles for each, extending farther to both left and right.

How often should you take the drops? Whenever you start a new organ, take drops very often the first day, even every hour if possible. This increases the chance of treating it quickly because there is a cumulative action; 6 times a day is the minimum for a new organ.

After two days of intensive treatment, most of the action is done. You may go down to 3 times daily.

Keep a daily log of zaps done and drops taken, along with a note about symptoms felt at each organ.

Next, make drops for every organ that is involved in your illness.

Treatment Example

Here is a sample list of drops for a patient with anemia, T4 count of 5, chronic diarrhea, is feverish, bedridden, very sleepy and has no appetite, has muscle wasting, sweats, lung disease and apathy. A nutritional IV is running.

First, put kidney magnets on and then take these drops.

All kidneys

All hypothalamus

All pituitary

All pineal

CSF

This completes the protective set.

lymph

lymph + 1 pF

lymph + 2 pF

lymph + 1 μ H

lymph + 2 μ H

Skip lymph + 3 pF (same as CSF) and lymph + 3 μ H (feet) circulation (blood)

This activates lymph and blood WBCs

thymus + 1 pF

thymus + 1 μ H

middle thymus slide only

middle thymus, slide only
thymus + 2 pF
thymus + 2 μ H
bone marrow + 1 pF
bone marrow + 2 pF
bone marrow + 3 pF
bone marrow + 4 pF
bone marrow + 1 μ H
bone marrow + 2 μ H
bone marrow + 3 μ H
bone marrow + 4 μ H
plain bone marrow, slide

All this took 25 minutes, running alongside the time for one plate-zap. If your patient is willing to have drops put in his/her mouth while zapping or getting an IV, you can progress much faster.

left cerebrum
right cerebrum
left cerebellum
right cerebellum
left medulla
right medulla
medulla, plain slide or bottle

If all these were part of a brain composite slide, you would make one set of three bottles from it.

It is time to take Lugol's to avoid detox-illness (6 drops in $\frac{1}{2}$ cup water)

5 minutes later: 1 dose Oscillococcinum for fever and sweats

15 minutes later: $\frac{1}{4}$ cup of Prion Punch for sleepiness and apathy.

5 minutes later: 5 selenite (200 mcg) capsules

1 tsp. hydrangea powder

10 tsp. BWT Extra Strength

7 wormwood capsules

15 digestive enzymes

Some of this could have gone into the Prion Punch or be put in a Coconut Whipping Cream beverage.

That is all for now. If you have any questions, please contact me at aj@ajd.com. A big thank you to...

taste it yourself to judge if your patient would spoon it down. Add whatever is needed, with preference for ½ tsp. nutmeg.

Continue with these drops as the next zap is done from the zapping schedule.

All kidney (kidney drops begin each series of drops taken)

left adrenal

right adrenal

adrenal, slide alone

This removes aluminum and restores cortisone production.

left lung

left alveoli (lung sacs)

trachea

right lung

right alveoli

Another 10 minutes have passed, the lungs are being treated. Encourage coughing up whatever is possible, never swallowing anything. You should wear a face mask to protect you both when there is lung disease with coughing, at least when at close range such as giving drops. If the cough-up is green, the lungs need much more attention. Also make drops of:

left bronchi

right bronchi

left bronchioles

right bronchioles

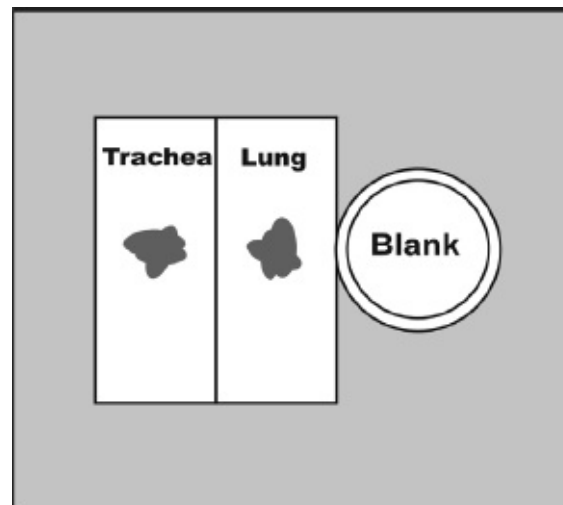


Fig. 63 Combining trachea and lung makes the bronchus

The bronchi can be "made" by combining trachea and lung slides so they are

touching. Place the blank bottle touching one side of this duo, not in the middle. Make right and left bronchi. Then make bronchioles. Use the bronchi you just made and add 2 μ H. Make left and right bronchioles.

You have also finished another zap while taking about 20 bottles of drops. Your patient could visit the bathroom. Check to see that hands were sterilized with straight alcohol before settling back in bed for a nap. Or put 1 drop Lugol's in a cup of water and dip hands.

To zap the lymphocytes in the left and right thymus, make a bottle as shown for both CD4s and CD8s (see figure). Clone these bottles so you have one for drop-taking, too. Label one "for zapping", the other "drops".

Do not walk away from your patient during the nap if an IV is also in progress. Your vigilance is worth more than the nursing service.

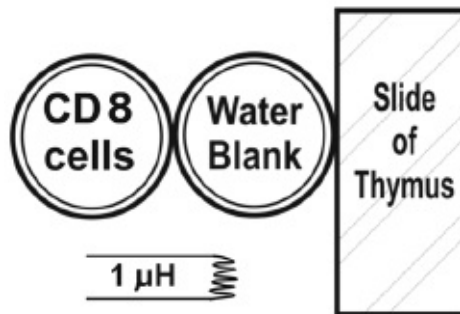


Fig. 64 This makes "CD8 lymphocytes of left lobe of thymus"

Awaken him or her in an hour if it is daytime. Upon awakening your patient, give food without asking whether it is wanted. You must be somewhat authoritative because a sick body is not always strongly motivated to live. Arrange wastebasket (for vomiting). Give iron, vitamin B₂, magnesium and Decaris. Five minutes later serve an appealing plateful of food with 15 HCl drops, all zapped 20 minutes. Serve no water or beverage (to reduce vomiting). Get plate-zapper ready to use while eating. At end of meal give 6 drops Lugol's in $\frac{1}{4}$ cup water and five minutes later $\frac{1}{4}$ tsp. Spice Syrup placed at back of tongue. Judge the timing of the supplements to suit your patient's need for comfort.

If your patient is too sleepy to do all this, emphasize prion-killing. Give Prion Punch repeatedly. Prions are associated with aluminum. Give the 3 recipes that draw aluminum into the urine, called Whole Lemonade, Green Dinosaur and Wheat Germ Tea. Give each once a day till sleepiness recedes. Then reduce to one or two of these beverages a day.

one or two of these beverages a day.

Ten minutes later start the same round of drops to take during the next 2 zaps, beginning again with ALL kidneys. I am assuming the protective set, lymph set, circulation, thymus and bone marrow had already been done once earlier. It is time to repeat those that are being taken 6 times daily.

Give Oscillococcinum 6 hours after the earlier dose.

If no food is being eaten, give hydrazine sulfate drops 6 times daily till appetite returns. Give hypothalamus drops afterwards. Keep this up till your patient says, "I'm hungry". It could take 2 or 3 days (till the metal, thulium, is out of the appetite center in the hypothalamus).

If sleepiness does not recede and coma seems to be approaching, emphasize liver support (cysteine, glutathione, thiocetic acid, taurine, and glucuronic acid). You may give one of these every hour (in a tbsp. of coconut whipping cream or straight honey).

As long as your patient seems too sleepy or "out of it", stick with the basic zaps, the brain-related zaps, the Protective Drops and any other brain-related Organ Drops, along with aluminum removal beverages. It could take a week of such care to pull him or her out of this critical state.

Then move on to making drops for all the genital organs.

If you peek ahead you will see we could have a hundred bottles to make and take. Resist the temptation to stop and make them all now. You will have eight hours while you plate-zap, and this is something you can do during that time.

All of the drops you have made so far are taken 6 times a day for the first 2 days, then 3 times a day or less. Give priority to new drops. Stay on the 3-times-a-day routine for the *2-Week Program* and then go down to once a day until you are well. A new acute condition is treated every hour. An acute condition could be a cold, a *Herpes* outbreak, or a rash. Make organ drops for these, such as skin, lip, lungs.

Progress is not smooth; there are ups and downs. At some point your patient may regress to somnolence again. Treat it vigorously as before. Prions go or stay where aluminum goes or stays. Keep it flowing out with the urine steadily.

Do not allow smoking friends, pets, or relatives with colds to come closer than the doorway to chat with your patient. If you yourself smoke, do so outdoors and chew on mint leaves or take 1 drop peppermint oil afterwards to quench your breath. Use a face mask if you are coughing or feeling ill yourself.

After a week assess progress by using a list of symptoms to compare, not counting detox-illness.

As soon as the crisis allows, make immune weapons.

After making drops for the genital organs, make drops for all the remaining organs in your kit, giving preference to those that need it most.

The More The Merrier

It is so easy to make and take drops that there is no reason not to do a lot more! In fact, even if you have the real herbs make drops from them and take these too! Here are the ones I recommend the most:

Wormwood

benzoquinone (BQ)

glyoxal (G)

Lugol's iodine

rhodizonate (RZ)

glyoxylic acid (GA)

Real BQ, RZ, G or GA could only be taken in homeopathic amounts prescribed by a homeopath. But the copied forms of these immune weapons help greatly, too. The drop schedule is the same as for other drops. Copy them yourself as soon as you get them so you need not reorder (see Parts Kit #96 in *Sources*). Consume the drops you make yourself, not the "masters" you purchase.

You could, of course, instruct your body to make these weapons. Taking them directly adds to the benefit.

Also take drops (copies) of the essential oils and herbs that kill parasites. You are likely to have all of the common parasites, as do most American persons I have tested. Only the amounts, stages and locations vary. **Reminder: Never make drops of the parasites or bacteria themselves.** Kill them all, gradually, by taking homeographic drops of:

oregano oil

wintergreen oil

fresh apricot seeds, cracked yourself (old ones do not work)

peppermint oil
clove oil
thyme (white) oil
coriander powder
nutmeg powder
fennel powder

This is in addition to taking the real spices in the form of a syrup (see Spice Syrup). Taking drops is a gentler way of taking a harsh substance and still getting some benefit. You may add your own selections but only if pure and zappicated.

Save-A-Friend

Caregiver's Instructions

I have seen friends rescue one another from certain death. Then I am proud to belong to the human race. If you have a friend who is failing on the usual drug-cocktails and he/she accepts your offer of help, you have been chosen for sainthood. After you succeed you might contemplate starting a unique new gallery of "saints" to raise public consciousness of the obstacles in your path.

Of course you don't have time for such "trivia" now. You have "promises to keep and many miles to go before you sleep". But remember this objective after each patient you save. Meanwhile...

Find a residential zone where the water treatment plant uses chlorine gas (not liquid bleach). Call the water department—then let other HIV patients know this. This is the single most important change you could make for your immune system. If they answer that they do use chlorine gas but your zone has a booster station, find the zone that gets only the chlorine gas (before the booster station).

1. Check yourself and your friend into a motel with a kitchenette; choose a sunlit room. There should be no new paint or new carpet or old cigarette smoke. Check laundry facility. Make sure no water softeners are used; they contain PCBs. Also check into public laundry facilities nearby with the same question. Or rent an RV and move it to an RV park in this zone.

2. Bring nothing but a comb, electric or disposable shaver, borax powder, some pots, pans, and dishes.

3. Bring no unnecessary drugs and no supplements except the list for the *2-Week Program*.

4. Bring a new toothbrush and oregano oil tooth powder or make your own (see *Recipes*).

5. Cut a dozen plastic strips from a shopping bag for floss.

6. Use the borax powder for all-purpose soap. Pour borax powder into a cup at both kitchen sink and bathroom sink. This will be your soap. But don't rub it onto your skin or hair. Put a tablespoon into a plastic carton or tall plastic cup. Run the hot faucet as hot as it can get; then fill the carton or cup. Stir till all powder is dissolved. Pour it into your hands for soap action, or for shampooing. One such batch is enough for one day.

To wash hands, rub them under the hot water faucet first; pour borax water over them and rub again. Then rinse.

7. Bring citric acid powder to make hair rinse. Put 1 tsp. in a plastic cup when getting ready to shampoo hair.

8. To shampoo hair, wet hair thoroughly first. Then pour borax solution over hair and massage scalp. There should be no undissolved crystals at the bottom. Your hair is almost instantly clean, to the point of being squeaky. No need for lathering. Rinse thoroughly. Add water to citric acid powder while under the shower. Pour it over your hair in several small batches that you work into your hair. Leave this in your hair to "condition" it for a full minute while you rinse your body lightly with borax water or use a skin-brush. Be sure to dab borax water into armpits, groin and genital area and rub into buttocks and feet. Finally rinse hair lightly. If all this is unacceptable, use 2 egg whites as the shampoo (see *Recipes*).

9. Place new items like toothbrush, comb, and razor on zappicator for two minutes to destroy PCBs. Then rinse very thoroughly. Do not spray the razor with lubricant oil.

10. Launder the motel linens and towels in pure borax according to directions on box. Throw away the motel soaps, shampoos, conditioners, and scents. Don't use the hair blowers or icemaker or coffee maker either.

11. For drinking water, run the cold faucet for 1 gallon, first, in the morning. Then fill a glass quart jar and refrigerate.

12. Then go shopping for your "Get Well Motel Vacation". Buy unglazed

paper plates (not Styrofoam or plastic), plastic cutlery and cups. Buy glass saucepans, enamel or Teflon coated frying pan, and a dozen canning jars to store beverages in refrigerator. You may also store food in plastic cartons. Buy pure salt and spice pack for cooking (see *Sources*).

13. Buy hydrochloric acid (5%, USP) and Lugol's iodine to sanitize food. Make Lugol's from scratch or ask your pharmacist to make it for you. Also see *Sources*.

14. Bring your bread maker, sonicator or food zapper or zappicator.

Buying Groceries

The safest foods are pastas, beef liver, other cuts of beef and lamb, turkey, cabbage, avocados, corn on the cob, Canadian honey, agave syrup, lemons, coconut (shredded or raw), cantaloupe, pinto beans, natural peanut butter, salad oils, homemade bread and spreads. For staples choose Mexican brand beans, rice, oats, sugar and sweets. Zappicate everything upright while still in the package.

Buy mostly fresh fruit, vegetables, and meats. Buy no ground meats; they are dyed. Obey sanitizing rules when preparing food (see *Clean Up Your Diet*).

Buy freshly baked bread, brown or white, in a paper bag, at a supermarket if you did not bring a bread maker. Cut away $\frac{1}{4}$ inch of the bottom crust. Place the whole loaf on your zappicator. It will take 20 minutes to destroy the gallic acid at the far end. Do not buy bread baked with oil because the popular oils I have tested have both apiol and PCBs. Check the ingredients. Buy old fashioned peanut butter. Neither dark nor white flour in the supermarket shelves ever tested **Positive** for PCBs, apiol, or gallic acid (although the bread does).

Buy herbs in bulk to make teas (see *Sources*), not in tea bags or foil packs. Place the entire package on zappicator. Store in glass jar. Chamomile and other single-herb teas are fine. Avoid caffeine-containing and decaffeinated varieties.

Never buy food that has a dye listed in the ingredients. I find even natural colorants are polluted with commercial ones. If you have a choice, shop at a natural food store. Their products are less polluted. If not, find a small neighborhood grocery that does not spray on the shelf nor package the produce.

Help Your Helper

If you have found a caregiver, do your best to help. Read all these instructions! Keep very warmly dressed although windows should be partly

open. Buy a thermometer and overdress till your temperature stays at 98.6°F. Do not allow any visitor to smoke in your room, nor to bring a pet. You may resort to putting up a sign that says, "Please, no smoking, very allergic".

Bring hobbies and inspirational reading material or music. It will keep you stronger.

When family and friends come to visit, do not offer them coffee, cookies, beer, soda pop, cigarettes or anything that is off your diet. If they bring their own junk food, throw all the leftovers in the trash bin as soon as they leave. Do not eat unsafe food just to please them when they offer it. But be kind; they do not know any better.

If you have a health therapist arrange to be visited once a week. If you have had a viral load test recently, within six weeks, you do not need a new one before starting the program. This monitors the HIV virus. Also pay attention to the ratio of CD4 cells to CD8 cells as well as their total. This monitors your AIDS. Make notes on your other blood test results. Use the chapter, *Reading Blood Test Results*, to interpret them.

Then, just before you start this program remind yourself that **you do not have cancer, or heart disease or mental illness. You are still young and strong. Life is ahead of you.** You have only two moderately severe problems—a virus and an immune system problem, both of which can be cured—even at the same time. The cures are partly personal (throwing away old habits) and partly a protocol (following a procedure). And you are in charge. There is no guesswork involved. Just kill the parasites that bring the virus. And get rid of five things that destroy your immune system: benzene, PCBs, asbestos, metals, and the azo dyes—especially Fast Garnet and Fast Green. In two or three weeks you can do the blood test that checks your viral load and CD4 to CD8 ratio again. Or you could wait till your regular blood test time arrives. In this case, do not interrupt the program till you have been tested, even if it takes longer than 2 weeks. Other items on the blood test should be done, too, if they were abnormal earlier.

It will take dedication without cheating. There is no "luck-factor" in this cure, only cause and effect. And if friends or family make jokes out of your newfound health enthusiasm, try making a bet with them: if you succeed in two weeks (to lower your viral load or raise your ratio of CD4 to CD8), they pay \$2,000 to cover your total costs. If you don't succeed, extend the bet to the next two-week period for an additional \$1,000.

When you win, trade a copy of your blood test results for the prize and offer to continue

to continue.

Reading Blood Test Results

There are many blood tests, called "panels" that can be used to assess a person's health. Each lab owns a catalog of these, and each test may vary between catalogs. What is important for you to know is:

1. How good the "cell numbers" are in your blood.
2. How many HIV viruses are thriving in your blood.
3. How good your body chemistry is.

Your cell numbers will be given in the CBC and Immune Analysis.

Your viruses will be counted in the viral load test.

Your body chemistry is checked by a SMAC (there are also other terms for this) and urinalysis.

First, the CBC. CBC stands for "complete blood count." A small amount of blood is dispensed into the automatic counter to find how many of each kind of blood cell you have.

There are three kinds: **white blood cells**, **red blood corpuscles**, and **platelets**, but they are all made from the same original "baby cells" in the bone marrow. Baby cells are called stem cells. Stem cells are constantly multiplying to provide us with fresh young cells of all these kinds.

Nearly half of your blood is made up of all these cells put together. They can all be centrifuged down into a clump, leaving the liquid on top, called the serum.

A typical CBC (panel) might look like this:

CBC W/DIFF and PLT

✓WBC	✓total neutrophils, %
✓RBC	✓total lymphocytes, %
Hemoglobin	✓ monocytes, %
Hematocrit	✓ eosinophils, %
MCV	✓basophils, %
MCH	neutrophils, absolute
MCHC	lymphocytes, absolute
RDW	monocytes, absolute
✓Platelet count	eosinophils, absolute

The list might look like a foreign language. Don't let this overwhelm you. CBC "W/DIFF and PLT" means with different kinds of white blood cells and platelets also counted." Select only those tests checked above for you to study.

The white blood cells (WBC) are your immune system. The red blood corpuscles (RBC) deliver oxygen to your cells. The platelets make your blood clot when needed. The neutrophils have several other names, too. They are your phagocytes (eaters). The monocytes are (become) your macrophages (big phagocytes). The lymphocytes are your T-cells and B-cells together. Eosinophils go up if you have *Ascaris* parasites or allergies, although this is not reliable. And basophils often go up if you have cancer, also not reliable. The neutrophils, lymphocytes, "monos", "eos" and "basos" are your different kinds of WBCs, so are given in percentage amounts.

Red Blood Corpuscles (RBC)

The healthy level of red blood cells is 4.4 to 4.6 million per mm³ for both men and women. We have been taught that five million is the perfect result, especially for men. This is not correct. All levels higher than 4.6 are the result of cobalt and/or vanadium toxicity! These toxicities are very common. The Syncrometer[®] detects the element vanadium in the bone marrow, liver and other vital organs when fossil fuel is breathed chronically, as with gas or oil heat. Of course, the cleaner the furnace burns, the cleaner the air remains. A dust sample taken off the kitchen table in the morning can be tested for vanadium with the Syncrometer[®]. Vanadium could come from the gas stove or leaking refrigerant. Humans should not be inhaling vanadium mist constantly.

Just as bad as fossil fuel pollution, is sucking on objects day and night that release vanadium, namely tooth fillings, caps, root canals and crowns. Such inorganic vanadium, from a dental source, permits a special fungus, *Chaetomium globosum*, to grow in us because vanadium is required for its growth. When it is killed, the vanadium is released in a toxic inorganic form, only to be picked up again soon by more of this fungus.

Cobalt causes the same deceptive elevation in the RBC level. A too high level of RBCs often makes the skin reddish colored, like a mild sunburn. Both cobalt and vanadium seep constantly from metal and plastic teeth.

The RBC and hemoglobin level are related, so some doctors prefer to use the hemoglobin "numbers".

When the RBC level drops too low, you are called "anemic". Your bone marrow is not making enough RBCs. A toxin in the bone marrow is the usual cause but no doctor ever searches for it. Instead it is given a name, like "anemia of chronic disease". The Syncrometer[®] finds heavy metals from chlorox polluted drinking water, dental amalgam, lead, copper (from your water pipes), benzene, Ascaris, other parasite eggs, and azo dyes to be present in your bone marrow. These are the more likely causes.

This is not a popular subject for clinical medicine. Your questions will not and cannot be answered. Clinical medicine does not try to find the causes of your anemia by examining your diet or environment. You must protect your own health independently. Learning to use a Syncrometer[®] would let you do this.

If the RBC falls below 3.0 a transfusion must be obtained promptly (the same day). Some hematologists focus on the hemoglobin level rather than the RBC to assess the need for transfusion. This might result in waiting too long. I recommend giving transfusions a bit too early rather than a bit too late.

When the RBC or hemoglobin drops too low, not enough oxygen is delivered to your organs. If not enough oxygen reaches the heart it can be permanently damaged. Heart failure is not far away. It is best to get two units of blood together and raise the RBC to a comfortable level for your body, rather than to skimp along on one unit. To heal, your body needs lots of oxygen, not a survival amount. Use your transfusion time wisely; it is "borrowed." Hurry to clear parasites, bacteria, artificial teeth, and environmental toxins out of your body. You may request *erythropoietin* from your clinical physician to help build blood temporarily.

Take vitamin E (400 units), (see *Sources*) and calcium (500 mg.) daily if you are getting blood transfusions. It seems a wise policy to toughen the RBC walls and to support clotting during these times.

The fastest way to get your RBC up is to remove metals and dyes from your bone marrow, much faster than taking blood builders or special supplements. This is the purpose for zapping the bone marrow and taking homeographic drops after doing the dental work.

Platelet Count (PLT)

You should have 200,000 to 300,000 platelets in a mm³ (uL) of blood. A count below this again implies a toxin in the bone marrow where they are made. When platelets are sparse, not enough clotting action is present in blood.

Surprisingly, our blood vessels spring leaks all the time, and must be patched by platelets. Many small bleeds do not get patched, and are allowed to get bigger when the platelet count drops below 100,000. If dental work is necessary and platelets are below 100,000, a dose of platelets should be given between two and three hours before the appointment.

Platelets should be given before the mouth and gums are bleeding spontaneously from low levels. Removing copper, cobalt, vanadium and azo dyes restores the bone marrow's ability to make platelets again.

As the platelet count drops below 10,000, emergency care is needed. A capsule daily of calcium helps with clotting, as does vitamin K.

Of course, dental extractions to remove the copper, cobalt, vanadium, and dyes will trigger the very bleeding that is necessitating platelet transfusions. But time is of the essence—every minute counts now. Without the dental clean up, death is certain. With the dental work, survival is at least possible. Dental surgery should be done in a hospital where blood and platelets can be immediately given and bleeding stopped by clinical means.



The infective stage is micro-scopically small and invades the migraine center of the brain.

Fig. 65 Strongyloids are native to horses

High platelet levels such as over 400,000 results in too much clotting activity; the blood will run sluggishly because it is too thick now and can not deliver enough oxygen and food to the cells. A small amount of niacin (100 mg) and an equally small dose of aspirin (½ baby aspirin) should be given 3 times a day to thin the blood in this case. Platelet counts of 500,000 to 800,000 tell us there is bleeding somewhere in your body (the body is trying to stop it by clotting it). If the platelet count goes too high from a variety of cancer it may be called thrombocytosis. But thrombocytosis is due to the dye Fast Green and excessive stem cell factor released by rogue bits of hypothalamus arriving in the bone marrow. Stop your hypothalamus erosion by killing Strongyloides and avoiding

food with chlorogenic acid. Take Fast Green out of the spleen and bone marrow with homeopathic drops of each organ.

White Blood Cells (WBC)

These cells are our defense team, called our immune system. They swim along with our blood and lymph. Lymph is the fluid that is not in our arteries and veins; it bathes our organs and is collected from these to be put back into our circulation by means of "lymphatic vessels". The vessels have valves to help them move the lymph along, as our veins do.

One type of WBC has the ability to crawl by means of pseudopodia (feet!), squeeze through tiny spaces, respond to bacteria or something dead or toxic far away by moving toward it, and to simply eat it all as a way to destroy it. These are called **neutrophils** (and also called "segs" or "polymorphs" or "granulocytes") and should constitute about seventy percent of your total WBC. About twenty percent are smaller, rounder, and capable of eating and killing viruses; those are the lymphocytes. The **lymphocytes** are further divided into T and B lymphocytes, named after the thymus or the bone marrow. The last 10% of your WBCs are other varieties, like monocytes (which turn into macrophages), eosinophils and basophils.

Your total WBC count should not be below 5,000/mm³ (same as 5,000/uL). Any amount below this implies a toxin in the bone marrow again! Toxins abound. Heavy metals and azo dyes are especially attracted to your bone marrow probably because of its high fat content. (Metals and dyes are fat-soluble.) Lead, mercury, thallium, nickel, copper, cobalt and vanadium are commonplace here. Benzene, PCBs and apiol, too, have a preference for fatty tissues. The first two destroy phagocytosis and apiol starts inflammation. *Ascaris* eggs are quick to invade the bone marrow, upsetting the normal chemistry there in many ways.

Azo dyes have a special affinity for the stem cell line in the bone marrow that makes white blood cells, probably because they are constantly in mitosis (cell division). Scarlet Red dye (Sudan IV), Sudan Black B, DAB, Fast Green and Fast Garnet as well as Fast Red varieties are commonly found here by the Syncrometer[®].

Avoiding benzene is essential to get back your normal WBC count.

When the WBC is extremely low (below four) immunity is much too low. You are susceptible to any invader. Levels below three are life threatening. But even levels as low as 1.5 have been quickly doubled (in six weeks) by avoiding benzene, asbestos, PCBs, heavy metals, dental work, and killing parasites.

denzene, asbestos, PCBs, ayes, doing dental work and killing parasites.

In AIDS the total WBC gets lower and lower due to the damaged bone marrow. But the lymphocytes have an extra problem; the T4s are dying out, while the T8s are increasing. An immune analysis test shows this to you.

Typical Immune Analysis Test In Early HIV/AIDS

	Test Result	Normal Range
WBC	5.3x10 ³ /u	(3.7-10.5)
Lymphocytes	27%	(14-46)
Lymphocytes ABS	1.4x10 ³ /u	(.7-4.5)
% CD3	79%	(58-86)
% CD4	33%	(31-59)
% CD8	45%	HI (12-36)
CD3 ABS	1130	
CD4 ABS	472	
CD8 ABS	644	
CD4/CD8 ratio	0.73	Low Ratio (0.92-3.72)

1. Notice that the WBC is still quite adequate, over 5,000.
 2. The lymphocytes are more than 20% of the total white count. This is typical of a person with any viral disease. Your body tries to increase its virus-killing capability.
 3. 27% of 5.3x10³ is 1,431 in absolute numbers (given as 1.4x10³).
 4. Of the lymphocytes, about 80% should be T-cells (CD3s), the remainder B cells. This result is good. It is 79% of the lymphocytes (.79x1,431), which is 1,130/mm³ in absolute (ABS) numbers. Notice that it is all quite elementary arithmetic.
 5. The CD4s are your "helper" cells and are 33% of all your lymphocytes. Calculate (.33x1,431) which is 472, your absolute number.
 6. The CD8s are your killer-plus-suppressor cells and are 45% of all your lymphocytes. Calculate (.45x1,431) which is 644, your absolute number.
- Notice that the number of CD4s is well below the number of CD8s, just the opposite of what it should be. This is a typical part of the AIDS picture.

The remaining part is subtler. It is the inability of your phagocytes, all your neutrophils and macrophages (monos) to phagocytize, that is, to eat any of your enemies. There is no blood test designed to show you this, but the Syncrometer[®] detects it easily. You may have the normal numbers, in this case $5.3 \times 10^3/u$, but if 70% of them (the neutrophils) can't phagocytize for you, it is as if you didn't have them. This is a part of your AIDS picture that is not demonstrated to you on this test.

The ratio of CD4 to CD8 cells lets you see the picture at a glance. A ratio of 0.92 is the low end of the "acceptable" range. Of course, this is entirely unacceptable to us. The ratio should be about 2:1 in favor of CD4s!

Your CD4s need Fast Garnet dye removed from them so they can multiply and increase, while your CD8s need Fast Green dye removed from them so they are not over stimulated and can decrease. The ratio can begin to normalize in a week doing the *2-Week Program*.

There are many variations of this immune analysis test; some are more obscure than this one. Don't let that deter you from understanding every detail on it. It would serve you and society much better if there were notes printed with the test results that would help you understand rather than suppress your initiative.

Always ask for a copy of your test results so you can study it at your leisure. Pick out the essential data, which is only WBC, % CD3 and % CD4. Everything else you can calculate.

A Typical Viral Load Test Result

HIV-1 RNA PCR QN (W/LOG) 16,430 ABN

This tells you that a Polymerase Chain Reaction (PCR) test was done on your blood to search out the ribonucleic acid (RNA) that belongs to the HIV-1 virus. QN means "quantitative", namely counting and calculating how many viral chromosomes are found in 1 ml of plasma. In this case, it was 16,430.

Often an explanation or disclaimer is added as a note.

W/LOG means your number has been given a logarithmic form. This is of no use to you. ABN means abnormal. Less clear is the number <400, printed on many forms. This means "less than 400". Many tests cannot detect fewer than these; so it is the cutoff point between "normal" and "abnormal", an arbitrary

definition. If your test result is <400, it means no viruses could be detected, a very happy result. But it does not mean you are cured, of course, if you have to keep killing viruses to achieve this.

The program in this book tells you how to really cure yourself, not just keep the virus number down. When your viral load is **Negative** (not detected), and stays **Negative**, without the help of a drug, you can have confidence that you are really cured.

Your Body's Chemistry

How well your body can do its chemistry can be seen in a panel often called the SMAC ("smack"). Compare your results with "perfect" ones (our standards).

The Perfect Blood Test

Test	Healthy range by our clinic standard	Units	Our lab range (for comparison)
glucose (fasting)	85-95	mg/dL	65-115
BUN	15-16	mg/dL	5.0-26.0
creatinine	0.9-1.0	mg/dL	0.6-1.4
AST or SGOT	12	U/L	0-55
ALT or SGPT	12	U/L	0-55
GGT	12	U/L	0-57
Total bilirubin	£1.0	mg/dL	0.1-1.8
uric acid	3.0-4.0	mg/dL	2.2-7.7
cholesterol	200 plus your age	mg/dL	130-200*
triglycerides	100-200	mg/dL	30-180
sodium	138-142	m Eq/L	133-145
potassium	4.5-4.7	m Eq/L	3.3-5.6
chloride	98-104	m Eq/L	95-111
calcium	9.1-9.6	mg/dL	8.5-10.4
phosphorus	3.0-4.0	mg/dL	2.2-5.6
Total protein (T.p.)	7.0-7.4	gm/dL	6.3-8.3
albumin	4-4.6	gm/dL	3.9-5.1
globulin	2.5-2.8	gm/dL	2.0-5.0
LDH	125-160	U/L	91-250
alkaline phosphatase	75-85	U/L	39-117
Total iron (serum)	75-105	ug/dL	30-170

carbon dioxide m Eq/L 12.0-33.0

**Cholesterol range is arbitrarily set by lab, see text.*

Common abbreviations

alk phos	alkaline phosphatase	HGB	Hemoglobin
ALT	alanine amino transferase	K	Potassium
AST	aspartate aminotransferase	LD or LDH	Lactic dehydrogenase
BUN	blood urea nitrogen	Na	Sodium
Ca	Calcium	P	Phosphorus
Chol	Cholesterol	plt	Platelet
Cl	Chloride	RBC	red blood corpuscles
CO2	carbon dioxide	T.b.	total bilirubin
creat	Creatinine	T.p.	total protein
FBS	fasting blood sugar or glucose	trig	Triglycerides
GGT	gamma glutamyl transpeptidase	WBC	white blood cells

When AIDS is not yet fully developed, the blood "chemistry" results do not show abnormalities. The body that is under 50 years of age is still "young", strong, and able to compensate for many problems.

Even an AIDS-ravaged body usually has surprisingly good test results. In many cases death comes before organ failure can be detected in the test results and before it can be expected. The true cause of death may not yet be known. There may not even be a blood test devised to detect it. I believe it is still largely mysterious, even though it is assigned to a disease.

In view of this "mystery factor", we should pay attention to every blood test result that has gone out of its range. The range is given to tell you what the test results are for 95% of the population, that is, most people. These results are considered normal and healthy, even though we know quite well that 95% of the population is not healthy, nor normal. Still, this approximation is good enough for rather young and healthy people like early AIDS victims.

Blood Sugar (Glucose)

Glucose should never be lower than 80 mg/DL whether you have fasted before the test or not. The liver should always be able to make blood sugar for you, even if you have not eaten recently. The liver stores a reserve of blood sugar for this purpose. If yours is below eighty, the liver is not able to keep your

level up, either because its stores are empty, or for other reasons.

As you recover, the liver will regain its functions. But if your blood sugar is already below seventy, you must eat throughout the day to re-nourish your body. Your body must be nourished to heal. You should eat the richest, most nourishing (but safe) foods you can find. If your blood sugar is over 90, you are still in good condition. You must work hard to eat enough high calorie, nutritious food to keep this figure from dropping.

There are only three categories of foods: carbohydrate, fat, and protein. All your carbohydrate foods, breads, rice, grains, pasta, vegetables, and fruit, are turned into blood sugar by the body's chief factory, the liver.

Why couldn't we simply eat glucose (also called dextrose), to supply it all? It is because there are many food-factors packed into ordinary foods that you would miss by eating plain sugar. Nevertheless, if no food can be digested, a beverage of honey water or dextrose (confectioner's sugar) in water will sustain you for several days, until you are able to eat. If vitamins, minerals, amino acids, fats, and a few extra nutrient factors are added, you can be sustained for six weeks, plenty of time for your appetite to return. If you are a caregiver and your patient has missed a meal make a "replacer" in beverage form (see *Recipes*).

BUN And Creatinine

These are evaluated together because they both reflect on kidney function. BUN stands for **blood urea nitrogen**—namely, how much urea is in the blood.

I have found that high urea levels imply a bacterial infection somewhere and low levels mean there is a block in its formation. When your body cannot form urea, there is serious trouble ahead; yet it has often been interpreted as "extra-good" kidney function or not explained at all.

The bacteria that raise the BUN most are the exceptionally bad ones, Clostridium varieties. Bacteria make copious amounts of ammonia, which is extremely toxic to us. (It has the odor of a diaper pail.) So our bodies try to catch the ammonia and make harmless urea out of it. Urea can be removed from the blood by the kidneys and bladder quickly.

When your BUN is quite near or actually over the top of the range, you must quickly kill bacteria. The main sources, of course, are decaying teeth and your bowel contents. Use the techniques discussed; tooth extraction, betaine supplement, hydrochloric acid, multiple enemas, Lugol's, turmeric, and fennel, besides regular zapping, to quickly reduce your bacterial burden. Double

the kidney herb recipe until you can produce 1 gallon of urine in 24 hours. Even ordinary IVs can help to "wash out" BUN. The BUN can drop significantly in five days.

A BUN that continues to rise becomes life threatening. At higher levels such as over 50, urea begins to damage the tissues, including the kidney itself. If the kidney becomes damaged, BUN will rise still further and dialysis must be used as a stopgap measure until kidney health recovers.

A BUN level over 55 often brings dizziness and delirium, yet some persons can endure a level of 80 (even higher for children)! There are many ways of clearing up this condition, even at this late stage. Take numerous (four) enemas in a day. Help the kidneys by stopping all malonate consumption (seeping dentalware)—methyl malonate is the kidney toxin. Detoxify it with as much vitamin C as you can tolerate. Cysteine is a specific kidney helper (take four 500 mg capsules, 3 times daily for a week). Meanwhile, kill parasites by plate-zapping the kidneys throughout the day. Start taking the increased amounts of the Kidney Cleanse recipe. All the clinical techniques for lowering BUN (hydration, etc.) should be used, too.

BUN levels can be too low for many years without you being aware of it. A test result that is near the bottom of the range or below is too low. There is a block in the **urea synthesis cycle** somewhere, probably in the liver. I have preliminary evidence that an azo dye blocks urea formation. Azo dyes pollute our foods, both natural and processed. Our new system of hot washes and zapping cleans them up. Take dyes out of the kidneys with homeographic drops.

Creatinine is more truly a test of kidney function than BUN. Creatinine formation can be blocked too, and be extra low. Again, this does not imply extra good kidneys!

And, again, I have evidence that an azo dye is the culprit. Clean dyes out of your food and dentalware.

Creatinine levels rise too high when the kidneys fail to clear it from the blood. A level of 1.4 should not be exceeded. If it goes above this, vigorous help for the kidneys should be obtained at once. The Kidney Cleanse, starting with the usual dose but doubling it after a few days helps most. Lots of water (at least 2½ quarts/liters a day) helps. Cysteine (6 grams a day) and lysine (5 grams a day), in divided doses, are especially useful supplements. Alkalinizing your body with 1 tsp. baking soda or sodium/potassium bicarbonate mix (two parts baking soda, to

one part potassium bicarbonate) at bedtime helps the kidneys, too. Sometimes a drug is responsible for kidney failure. To test this, all drugs should be eliminated or substituted with an equivalent variety for at least a few days to see if the creatinine will fall. If the kidneys respond and creatinine levels drop, do not go back to earlier drugs. Even a creatinine level over 5.0 can be reduced to safe levels again in these simple ways.

But clinical help should be requested before it rises above 3.0. Accept dialysis at the earliest time allowed. This will buy you a small window of time; use it wisely—to extract rotten teeth or get plastic out of teeth, kill bacteria and parasites, change diet, and find drug replacements.

The most important supplements to help failing kidneys are vitamin C, folic acid, vitamin B₆, vitamin B₂, pantothenic acid, and magnesium. Maximize these.

Liver Enzymes

The liver is the body's main manufacturing plant. If the liver is injured chemically, many cells will die. And when they die, they release their enzymes into the blood stream. So high liver enzymes mean that liver cells are dying. Three common enzymes are:

1. **AST** (aspartate amino transferase), also known as SGOT.
2. **ALT** (alanine amino transferase), also known as SGPT.
3. **GGT** (gamma glutamyl transpeptidase).

If your transferases, also called transaminases, are going up, a liver toxin is present and you must search, even amongst your "natural" supplements for a toxin. The Syncrometer[®] usually detects lead in the vitamins in such cases. For this reason, only tested supplements should be used. If your transaminases are over 70, and rising, don't wait; try going off all supplements for five days to see if the transaminases will come down. If not, replace all your drugs, too, with substitutes for five days. Repeat your blood tests five days later using just a "liver panel."

Sometimes an essential drug such as a heart drug or anti-seizure drug is responsible for the elevated transaminases. Even if the transaminases merely climb over 70 U/L, replacement prescriptions should be requested from your doctor. Transaminases over 350 can still be brought down to safety, if you act quickly. But if they soar higher, liver failure is in progress. Seek out IV therapy.

The GGT reflects a different liver function. It can represent liver "blockage".

In this case the alkaline phosphatase is usually too high also. The best thing to try is simply a liver-cleanse. Repeat it every two weeks. Don't give up, even if your GGT is over 1000.

Total Bilirubin (T.b.)

A rising bilirubin is a much more serious liver problem than rising enzymes.

If the liver is not capable of detoxifying your used hemoglobin or if the bile ducts are truly blocked (usually by tumors), bilirubin builds up in the blood. You can detect a yellowish tint first in the whites of the eyes. This condition is called *jaundice*. You can help your liver to detoxify hemoglobin (called conjugation) by taking glucuronic acid, 250 mg, three times daily.

There is no time to lose. If your T.b. is over 1.0, there is already a serious problem. The problem is aflatoxin or drug toxicity. Aflatoxin can be cleared with the glutathione supplements in your program. But drug toxicity means you need to change your drugs and quickly! Hurry to your doctor to make the necessary change.

When the T.b. reaches thirty and you are as yellow as a lemon, it can still be filtered out of your blood in a clinical procedure. It is important not to let it get higher, since it may damage your other organs. It also helps to give albumin by IV, one bottle (12.5 gm) daily to absorb some of the bilirubin even if the albumin level is normal. What helps most is homeography. This means taking drops of water that are electronically "instructed" to take aflatoxin and bilirubin out of all parts of the liver (this means the liver sample you have on a slide followed by liver + 1 pF, liver + 2 pF, liver + 3 pF, liver + 4 pF, liver + 1 pF + 1 μ H, liver + 2 pF + 1 μ H, liver + 3 pF + 1 μ H, liver + 4 pF + 1 μ H, liver + adipose). Do not give up even if T.b. has reached fifty! You may be improving your situation, namely, liver disease, and yet not losing your jaundice. The yellow pigment seems tightly stuck in your tissues for some time. Be patient.

Another cause of jaundice is simple blockage of the bile ducts by a tumor. It is a mechanical effect. Your doctor can help you find the cause of blockage; then act with all possible speed. A stent can be put in your duct to keep it open but this only buys you a little time. Use it to do all the cleanups recommended.

If you have hepatitis C, you need to remove amalgam metals and dental plastic from the liver, using the homeographic technique. This will enable the CD4s and CD8s to kill again, this time the hepatitis C virus. But the improvement will only be permanent if you remove these from your teeth, the source. Then do liver cleanses on a 2-week schedule. Clean up your body diet

source. Then do liver cleanses, on a 2-week schedule. Clean up your body, diet and environment. Test your water for PCBs and benzene or find a different home. Add HCl drops to your water (one per cup). Take one drop of coriander oil, 3 times daily or as part of a Spice Syrup. Take L-G and L-A and wear kidney magnets by day.

Uric Acid

Every time the uric acid level is too low, the Syncrometer[®] finds clostridium bacteria present in some organ. As soon as they are killed, the uric acid level rises to a more normal value!

Uric acid levels can be manipulated, too. Supplementing with glutamine raises it. It takes three to 10 grams a day of glutamine to raise the uric acid level significantly in five days. Unless bacteria are killed, though, it will fall back down again.

Taking folic acid lowers uric acid levels. Uric acid levels are an example of a "masked" result, where two deficiencies leave uric acid levels looking normal. But it doesn't mean you are healthy. By the time you have AIDS it would be wise to take both glutamine and folic acid.

Most important is clearing Clostridium out of your colon and your teeth. Betaine clears it from your intestine. The dental work described later clears it from your teeth.

Triglycerides And Cholesterol

Triglycerides are your blood fats. They are usually much too low in AIDS patients. Scientists do not yet understand the reason. But it is easy to see that AIDS patients are very malnourished, without feeling hungry.

If your triglycerides are below one hundred, you must eat, eat, and eat to catch up on lost calories and nutrition. Even if your triglycerides are above one hundred, you must struggle hard to keep this level up. Your food must be as rich in fat as your digestion allows. Five or six meals a day are the norm. You must force yourself to eat, even without appetite.

Cholesterol levels tend to go with triglyceride levels, and are often much too low, as well. Since cholesterol is largely made in the liver, low cholesterol reflects a sick liver. Cholesterol is needed for every cell—it forms the outer coat or membrane. Old cholesterol must constantly be disposed of, and new cholesterol made. A healthy cholesterol level of "two hundred-plus-your-age"

was established decades ago for Americans. It is not less true now, despite the current emphasis on cholesterol lowering. Cholesterol levels that are too high (over 300) will come down automatically as liver health is improved, as the thyroid level comes up, and as liver blockages are removed with cleanses.

Do not eat cholesterol-reduced foods nor take cholesterol-lowering drugs when recovering from AIDS. Low cholesterol will come up automatically, too, as liver health improves.

The sugar, fat and cholesterol content of your blood tell you the state of your nutrition. Are you a well-fed specimen or barely getting by? Now, more than ever, you need to supply calories of the highest quality to accomplish the extra task of healing that your body has taken on.

The most nutritious foods are liver (done lightly), goat milk and raw eggs. Make these safe with extra long (10 to 20 minutes) zappication plus HCl drops, and eat them daily, when the program allows it.

Electrolytes

Sodium, potassium, and chloride are called your electrolytes. When sodium and chloride levels are too low, the kidneys and adrenal glands are letting too much escape into the urine. You must assist these organs in particular.

The five supplements that help most are vitamin B₆ (500 mg a day), folic acid (50 mg a day), pantothenic acid (3 tsp. a day), vitamin C (10 gm or 2 tsp. a day) and vitamin B₂, 300 mg, 10 capsules daily. Only large amounts help when adrenals or kidneys are failing.

Other supplements useful for the kidneys at this time are magnesium oxide (600 mg with each meal), lysine (5 gm a day), and cysteine (3 gm a day). Altogether, these can help you avoid the need for IV therapy with steroids, albumin, and saline. But if the problem persists or is even worsening, clinical assistance must be found.

Low levels of sodium and chloride contribute to fatigue. It will lift when you rescue your adrenals.

Potassium chloride is tissue or cell salt. When it is too low, you may feel fatigue, as with low sodium. But in this case, simply eating a lot of it helps. If your potassium level is very low (under 3.5), you will need 3 tsp. daily of potassium gluconate as a supplement. Use 1 tsp. with each meal, stirring it into food, or as "salt." (1 tsp. potassium gluconate supplies 480 mg potassium.) If

your level is 3.6 to 3.9, you will need ½ tsp., 3 times daily. If your level is 4.0 to 4.4, you will need ¼ tsp. 3 times daily. Your tissues will gradually load up on this precious nutrient. Foods known to be high in potassium are not enough; only a supplement helps.

Whenever you are on a potassium supplement for more than a few weeks you must get a follow-up blood test. When a level of 4.7 is reached, you must stop the supplement, and rely on wholesome foods for further supplies. If you cannot schedule a blood test in this time frame you must stop taking potassium just in case it is high enough.

Persons with a potassium level that is too high, such as 4.8 or higher, have a thyroid problem (not caused by taking potassium). Naturally, we would not supplement potassium when it is already high. Without enough thyroid hormones the tissues cannot lap it up as they normally do, this lets it accumulate in the blood while the tissues are starving for it. Thyroid problems are mainly caused by dental toxins. High potassium levels (over five) can cause symptoms such as slow heart rate.

As you do the dental clean up, the thyroid recovers quickly and now the tissues eagerly lap up more potassium from the blood stream. This can cause a sudden drop from too high to too low levels. Another blood test is necessary to see if you now need to supplement potassium. You cannot rely on your doctor to be aware of these subtle relationships. You must notice them yourself on follow-up blood tests.

Your blood salt (sodium, chloride) content determines your blood pressure to some extent. Salt holds water; it was meant to hold water in your arteries and veins. If your salt level drops too low, you cannot hold the water in your blood vessels. Water will escape into your tissues because the blood vessel walls are porous. As the fluid escapes into your tissues they become water logged (edematous) and your blood pressure must drop, causing fatigue. Most of this escaped fluid can be drawn back into the blood vessels if it is treated vigorously right from the start. Extra potassium and diuretics are the first things to try. The Kidney Herb recipe gives diuretic action. Double the amount by the third day. Coconut milk, one glass daily, is strongly diuretic and could be added.

Spironolactone, our natural diuretic (100 mg, two daily), or a drug variety can be added to all this but you may need a stronger variety, too.

When electrolyte levels are too high, this is nearly always evidence of dehydration. You need to drink more water. To help the kidneys excrete salt and

other wastes, they need plain water to dilute all the wastes they must process. One liter/quart a day, plain cold tap water, besides other beverages, is a good rule to follow for rehydration. If rehydration is needed immediately, drinking water is not enough, it must be given by IV. Prolonged diarrhea or vomiting can result in such an emergency, and requires clinical help.

Calcium And Phosphate

These are considered together because they make up our bones and are regulated together by the parathyroid and thyroid glands.

A calcium level over 9.7 is too high even though it is well within the accepted "normal" range. And a phosphorus level over 3.9 is too high also; it reflects bone dissolution. (Growing children are an exception; their phosphate levels should be higher.)

Calcium levels higher than 15.0 may begin to cause mental confusion.

We have brought down a level as high as 19.0 safely, due to lightning-speed attention. Tooth extractions of all artificially-filled teeth, in a single sweep, on the day of arrival can bring the calcium level down several points the same day, to begin the recovery. Levels below 7.0 must have the same emergency procedure: tooth extraction will gain a few points in 24 hours, to bring you back into the extremely low, but surviving category.

Phosphorus levels that are below three indicate a need for vitamin D. The correct level is 3.0 to 3.9 mg/dl. As your kidney health improves, this will improve also. A supplement is advised, meanwhile.

Total Protein (T.p.)

The liver makes our two main blood proteins, **albumin** and **globulin**. One of their functions is to give your blood osmotic force so water will stay in the blood vessels rather than seep into the tissues (similar to the action of salt). Albumin is more effective in this. But your globulins are also your antibodies. The total of albumin plus all your globulin is called total protein (T.p.). It should reach a value of about seven; 7.5 is better. This assures good osmotic strength.

Cobalt and vanadium are the chief culprits in disturbing the albumin and globulin levels, and again, emergency dental work to extract toxic teeth is the life saving measure. Take L-G and L-A for their chelating action. Also make homeographic drops that take all amalgam metals, including cobalt and vanadium, out of your liver.

If the albumin level is too low, (at the bottom of your blood test range), clinical help is advised. IVs of albumin and calcium are needed. You may need to be assertive about this. There is apathy and reluctance to provide this, usually due to lack of experience. Find an alternative physician.

Albumin in injectable form (8.0 or 12.5 gram bottles) should be given without delay. Two bottles are needed if albumin levels are below three. Each albumin bottle should be sterilized to kill bacteria and *Ascaris* eggs by adding ½ cc of ethyl (grain) alcohol through the stopper, and then shaken for 10 seconds to prevent precipitation. Filtering alone does not remove the Coxsackie viruses that accompany *Ascaris* eggs. Many IV bottles also contain traces of benzene, isopropyl alcohol, copper, cobalt, and vanadium and azo dyes (from antiseptic contamination, no doubt) not to mention PVC plastic. If you cannot locate glass IV bottles, you must zap the IV plastic bags to destroy some of it. We customarily discard about twenty-five percent of all bottles of injectables for their pollution. You must weigh the need for IVs against the risk of these toxins being present.

Getting a few days of injected calcium and albumin can save your life and give you just enough time to do your dental extractions, parasite-killing, new diet, new lifestyle and supplement routine. Encourage your caregiver to use this time wisely for you.

Injections of calcium by IV should also be accompanied by magnesium to keep them in balance. Additionally about 25 grams (one entire bottle) of vitamin C should be given to balance pH and keep everything in solution. (These, too, must be sterilized with ½ ml ethyl alcohol and filtered). Whether the basic IV is chosen to be dextrose or salt (saline) depends on your blood test results. If your sodium and chloride level are also low, choose saline. If not, choose dextrose. If both are low, choose saline and add concentrated glucose. The IV bottle will be automatically sterilized when the injectable is added containing the alcohol. But if none has been added, then ½ ml alcohol should be added to the IV bottle itself.

Twenty-four hours after teeth are extracted, the relief is felt by the thyroid and parathyroid gland, as well as the liver, allowing albumin, globulin and calcium to correct themselves.

When albumin is too high (greater than 5), the same toxins are responsible: cobalt, vanadium and dyes. Even when T.p. reaches twelve or higher, you can still recover by doing immediate dental extractions. But time now matters to the minute. And there is nothing to lose—but life.

To sum up, cobalt and vanadium are what cause albumin and globulin to be too high or too low. These come from both plastic and metal tooth fillings.

Lactic Dehydrogenase (LDH)

Hard exercise causes your muscles to make **lactic acid**, which is what makes you feel "stiff" the next day. Because LDH levels closely parallel lactic acid levels, labs always test for LDH instead of lactic acid. The test for LDH is universally used to mean lactic acid levels.

But lactic acid levels do not go up due to exercising in AIDS patients. AIDS patients are too fatigued to exercise. It has been largely a mystery.

The Syncrometer[®] has found several reasons why the LDH goes up. It occurs when the azo dye Sudan Black B is present. All patients with elevated LDH show this dye in abundance. It has been bioaccumulated because the body did not have enough vitamin B₂ or coenzyme Q10 to detoxify it nor could the immune system (WBCs) carry it away.

Hurry to remove the source of dyes, namely, dental plastic, clorox-treated drinking water, and food. Help the phagocytes by taking organic germanium and selenite, as in the *2-Week Program*. Use homeography to take Sudan Black B out of your liver and all its parts.

The second cause of a high LDH is indirect. When cells have lanthanide elements within them, a family of nucleoside analogs appears, called dideoxy nucleosides. How this happens is not clear, but that nucleoside analogs cause lactic acid elevation is well known.¹¹² It is the side effect of drugs used for AIDS patients. Raising lactic acid would inevitably raise LDH.

By removing lanthanides with lightning speed (dental work), as well as azo dyes and substituting any AIDS drug that causes this directly, the LDH can be expected to drop 100 points in just five days, sometimes faster.

When the LDH is very high, over five hundred, all the dye removal treatments should be maximized. Normally, we remove dyes with coenzyme Q10, vitamin B₂ and homeographic drops. But if the LDH is over one thousand and all your treatments are not bringing it down in the first five days, you could be given a shot of *benzoquinone* oxidizer ("BQ", see *Recipes*) a clinical procedure originated by Dr. W. Koch. Even values as high as three thousand can be brought down with a shot of this oxidizer. There are no side effects. If this is not an option, make homeographic drops that stimulate BQ formation by the body

itself. Also take drops that make RZ. Results come in two days. There is no toxicity from either method.

BQ shots can be given several times, on alternate days. More will not help. It buys a week of precious time to accomplish dental work, deparasitizing, etc.

Thyroid supplementation can be increased to maximum tolerated (up to four grains) to accelerate the LDH drop.

We use a cut-off point of 160 U/L for LDH if the laboratory uses a range up to 240. (But remember, not all laboratories use identical procedures, so if the range on your blood test goes up to 480, you would double 160 to get 320 for your acceptable limit.) This limit of 160 is arbitrarily chosen. A value well below 160, such as 120 to 130 is acceptable, too.

Occasionally, LDH values are much too low, below 100. This causes intense fatigue. I believe this is due to cobalt toxicity affecting the glycolysis part of your metabolism. Large amounts of oxidized cobalt are produced by *Ascaris* eggs as they consume your vitamin B₁₂. Most "chronic fatigue" has this feature of low LDH. Kill *Ascaris* with homeography (making BQ and RZ), especially at the heart and muscles. Remove cobalt at the same locations. Also take L-G and L-A. In this way, cure your fatigue problem at the same time as your HIV and AIDS.

Alkaline Phosphatase (Alk Phos)

This is the enzyme that moves calcium in and out of bones. The only time it should be higher than the top of the range is for a growing child. When adults have such a high level, it shows bones are dissolving and calcium and phosphate are coming out of them even though you can't see the raised calcium and phosphate levels in your blood test. Your body is merely shipping out the calcium and phosphate with the urine.

A high alkaline phosphatase is always accompanied by an accumulation of the dye, dimethyl amino-azobenzene (DAB).[113](#),[114](#)

Total Iron (Serum)

Iron is transported on a molecule called *transferrin* in the serum. Serum is the liquid part of the blood (not the blood cells).

The ideal blood level of iron is 100 ug/dL but even values as low as fifty will allow hemoglobin to be made so red blood cells can be born in the bone marrow.

Below this, body systems begin to fail.

A hallmark of advanced disease is low iron levels so hemoglobin and RBCs cannot be made.

Although the serum iron level may be low, this does not mean there is a real shortage of iron. It is merely piled up in a useless mound of ferritin or of ferric phosphate. Some of it can be retrieved in ferrous form as soon as vitamin C appears on the scene. (Only the ferrous form is utilizable.) Vitamin C in its reduced form (as well as cysteine) can convert ferritin back to usable iron. But reduced vitamin C is absent in the presence of *Ascaris* eggs and larvae, which are omnipresent in sick people. What helps most is getting rid of *Ascaris*, so vitamin C can be in its reduced form. And, of course, taking extra vitamin C.

Part of the process of iron retrieval from ferritin is controlled by the enzyme *FMN*. The Syncrometer[®] detects *FMN* in **ginger**. Red beets also help. It seems advisable to eat both when iron is very low. (And both cysteine and vitamin C, of course.)

In general, however, you can expect your iron level to normalize by itself, as you clear up other problems. For this reason, my supplements are very small, only 10 mg. The hope is that the body will be able to use this before it gets stuck away inside ferritin. Killing *Ascaris* eggs and their microscopic larvae with BQ and RZ gives the best results; iron levels start moving up.

How Important Are Blood Tests?

Blood test values are never accepted as "absolute truth." The lab could make a mistake; something unusual could have happened; or a mysterious effect could be at work. Interpreting blood tests is still an art, hardly a science. For this reason blood tests are repeated before they are given great weight. And certain tests are given much more weight than others, for instance, the RBC, T.b, creatinine, albumin. Life depends on these and there is little room for variation.

Still, the time of day, whether you have eaten recently, or exercised, affect some results more than others. It is wise to wait for three or four blood tests before being too alarmed about most other blood test results.

Since labs use different tests and ranges, it is obviously wise to stick to the same lab for easy comparisons.

The Four Clean Ups

1. Clean Up Your Dentalware

The purpose of this cleanup is:

- to get rid of a major source of heavy metals and azo dyes that are damaging your immune system
- to get rid of clostridium bacteria, our most treacherous enemies, hidden in crevices under tooth fillings

The Amalgam Era may become the darkest era in human history. Darker than cannibalism, headhunting, throwing Christians to the lions, burning non-Christians at the stake or having two world wars. The amalgam disaster was perpetrated on the very young and very old, on the sick and healthy, and on women as well as men, much less selective than primitive atrocities.

The toll taken by persuading all these people to accept pieces of amalgam to suck on day and night is unimaginable. It started the hundred-year slide downward of our immune power, our only defense against extinction.

Our only defense against all the parasites, bacteria, viruses and even prions that try to destroy us is our immune system. We may think that cleanliness, intelligence, warm clothing and medicines protect us. But they do not. Our white blood cells have infinitely more power. Their job is eating our enemies and killing and removing them in a variety of ways: sometimes physically, sometimes through chemicals they make, sometimes through electrical (or perhaps magnetic) effects.

Using the Syncrometer[®], four immune cell blockers were found, and one immune cell destroyer in all victims of HIV and AIDS disease. Altogether, this is only five problems. It is surprisingly few. These stalk us in secret ways. Dental amalgam brings one group, the heavy metals. This includes the lanthanide family (the magnetic metals). And this is how we get a steady flow of mercury and thallium into our bodies. But that is not all!

we may think amalgam is "pure", made of "pure" mercury, "pure" silver and a few other "pure" metals. This is a mistake. Metals are not sold as "pure" or impure. They are given grades as 99%, 99.9%, 99.95%, 99.999%, and 99.9999%. The remainder could be anything! What purity percentage is used in dentistry? Why are they never disclosed?

Every bottle, can or package of food or cosmetics must list its ingredients to some extent. Is dental material, that you actually keep in your mouth continuously, above all this? In reality, mercury has been judged for purity, not by measurement at all, though, but by simply looking at it. This is an excerpt from a technical dental textbook:

The purity of dental mercury in the American Dental Association specification is defined by its surface appearance, its residue after pouring and its nonvolatile residues. The tests for surface appearance and pouring residue can determine the presence of 0.001 percent or more of base metal impurities. The addition of 0.001 percent of copper, zinc, tin, lead, bismuth, cadmium, arsenic or antimony caused an immediate change in the appearance of the surface of mercury. The mercury lost its mirror-like appearance and a film or "skin" formed on the surface. The contaminated mercury wetted the glass container and the container could not be completely emptied. The effect was very pronounced and could be readily detected in each case. However, the addition of 0.001 percent of silver or gold did not cause a change in the appearance of the mercury.¹⁴

Fig. 66 "Pure" mercury excerpt

The point is: if that undetected .001% base metal impurity happens to be cadmium or thallium, you'll develop high blood pressure or neurological disease besides diseases due to the mercury itself. Here is an excerpt from a technical text:

TEJ500

HR: 3

THALLIUM COMPOUNDS

Thallium and its compounds are on the Community Right To Know List.

THR: Extremely toxic. The lethal dose for a man by ingestion is 0.5-1.0 gram. Effects are cumulative and with continuous exposure toxicity occurs at much lower levels. Major effects are on the nervous system, skin and cardiovascular tract. The peripheral nervous system can be severely affected with dying-back of the longest sensory and motor fibers. Reproductive organs and the fetus are highly susceptible. Acute poisoning has followed the ingestion of toxic quantities of a thallium-bearing depilatory and accidental or suicidal ingestion of rat poison. Acute poisoning results in swelling of the feet and legs, arthralgia, vomiting, insomnia, hyperesthesia and paresthesia [numbness] of the hands and feet, mental confusion, polyneuritis with severe pains in the legs and loins, partial paralysis of the legs with reaction of degeneration, angina-like pains, nephritis, wasting and weakness, and lymphocytosis and eosinophilia. About the 18th day, complete loss of the hair on the body and head may occur. Fatal poisoning has been known to occur. Recovery requires months and may be incomplete. Industrial poisoning is reported to have caused discoloration of the hair (which later falls out), joint pain, loss of appetite, fatigue, severe pain in the calves of the legs, albuminuria, eosinophilia, lymphocytosis and optic neuritis followed by atrophy. Cases of industrial poisoning are rare, however. Thallium is an experimental teratogen [used to induce birth

defects for study]. When heated to decomposition they [sic] emit highly toxic fumes of Tl [thallium]. See also THALLIUM and specific compounds.¹⁵

Fig. 67 Thallium excerpt

So the entire amalgam-war against humanity was a secret one. We did not know what we were putting in our mouths. We thought amalgams were mostly silver, and very pure, when they were very impure. The Dental Association knew all along that there could be as much as .001% impure metal such as thallium or cadmium or anything else in it. "Experts" who were advising the ADA should have known enough biochemistry and physiology to warn against such a standard. And the effects of eating thallium are cumulative so toxicity comes earlier than ordinarily expected.

I have not seen any cases of high blood pressure where cadmium was not deposited in the kidneys, an organ where blood pressure is controlled. And no cases of neurological disease without mercury or thallium being present.

Mercury tends to be associated with thallium; they are difficult to separate when mercury is being prepared. It is probable that the .001% base metal is part thallium. The Syncrometer[®] nearly always finds them together. And what about the purity of the copper, nickel and other alloys used? These would not even have a visual "telltale". It is no wonder that the Syncrometer[®] detected 50 metals in a single sample of new amalgam that was ready to be placed in someone's mouth.

Ag – Silver	La – Lanthanum	Se – Selenium
Al – Aluminum	Li – Lithium	Si – Silicon
Ba – Barium	Mn – Manganese	Sm – Samarium
Be – Beryllium	Mo – Molybdenum	Sn – Tin
Bi – Bismuth	Nb – Niobium	Sr – Strontium
Br – Bromine	Nd – Neodymium	Tl – Thallium
Cd – Cadmium	Ni – Nickel	Ta – Tantalum
Ce – Cerium	Pb – Lead	Tb – Terbium
Cs – Cesium	Pr – Praseodymium	Ti – Titanium
Cu – Copper	Pt – Platinum	Yb – Ytterbium
Dy – Dysprosium	Rb – Rubidium	U – Uranium
Eu – Europium	Re – Rhenium	V – Vanadium
Gd – Gadolinium	Rh – Rhodium	W – Tungsten
Ge – Germanium	Rn – Radon	Y – Yttrium
Hg – Mercurv	Ru – Ruthenium	Zn – Zinc

Ho – Holmium	Sb – Antimony	Zr – Zirconium
In—Indium	Sc – Scandium	

Fig. 68 Elements found in "pure" amalgam by Syncrometer®

The HIV victim must remove every bit of amalgam, however tiny, from the mouth. There is no way of curing AIDS without this fundamental act.

Earlier I recommended changing metal into plastic for teeth that had fillings. I no longer do that. Now that I know who the real killer of CD4 cells is: an azo dye named Fast Garnet, and that this pollutes plastic filling material (all of it) there is only one intelligent solution. Remove it all as quickly as you can and put none of it back in. It makes no sense to accept immunity-destroying dyes as part of your mouth.

It was quite shocking at first to realize the Dental Association does not do its homework. Were the ingredients of plastic tested for immune lowering properties? If the ingredients were tested in the standard way, it would have been done for mutagenicity, (and carcinogenicity), somewhat like this: The plastic ingredients would be added one by one to the culture broth of Salmonella bacteria to see if mutations result in the bacteria. This would be like testing for human toxins by pouring them in our swimming pools. It is a far cry from putting them in our mouths, to suck on endlessly the way we do with tooth fillings. Or the ingredients would be given as a shot into the belly of a mouse or rat, again very different from the chronic exposure of sucking on a pellet of seeping toxic plastic or seeping metal. Waiting for tumors to develop is another very different experiment from waiting for the CD4 to CD8 ratio to change. And what if the ingredients were toxic to developing sex organs—leaving feminization or masculinization as the end result? Would this be discovered?

An argument that may have been used is that the plastic ingredients "set", that is, harden in the tooth, thereby getting away from any chemical effects. What was not assumed was that they often, in fact, usually, do not set.

In short, no adequate testing was done to see if dental filling materials, the way we all acquired them (not hardened enough), could cause such immune disturbances.

Once put in, plastic can't be easily removed! The plasticizer and dyes seep into the tooth structure itself, just as amalgam does. There is no way of just removing the plastic from the tooth. The tooth must be extracted or the plastic must be made harder on site in your mouth. A device called toothbrush

zappicator will be described later, that appears successful in doing this.

Hardening is important for dentures, too. When an artificial tooth is made and it is hardened in a laboratory (and later by yourself) no dye seeps from it. No plasticizer escapes. No polymer escapes. Only radiation from uranium could still escape. And we do not need to choose porcelain, which contains uranium. Any other choice will be a good one. Dentures, too, can now be hardened with a recipe.

Impression Powders

Get impressions made for partial dentures as early as the first dental visit. Use your own impression compound. A whole kit of it only costs about \$35.00. Arrange for this beforehand. The dentist must know which variety to order for you. Those described have been tested and found free of Fast Garnet, Fast Green, Fast Red Violet, D&C Red Dye #30 Lake Aluminum, aluminum, copper, silicone.

Do not put any impression compound in your mouth after extractions; the dyes, aluminum and silicone enter the brain immediately, starting dementia and adrenal failure. In a year this "Alzheimer-like" deterioration is quite noticeable. A trauma in the mouth makes the tissue more absorptive for these components, no doubt. Wait at least 6 months.

You will be healed enough to try out your new partial dentures in about two weeks if you harden it. Do not put any putty-like material in your mouth for "fitting" or "bite registration". Use "articulation paper", silk or foil. Harden any piece of denture yourself at home before actually wearing it, even for one hour. The responsibility for this most important feature of plastics, hardness, cannot be left to the dentist or dental laboratory. It must be yours.

Looking Good

Good looks mean a lot to each of us. A beautiful smile means even more to our loved ones. When your mouth infections are gone, and you can chew well, you have no subliminal discomfort. A relaxed face exudes confidence, a sense of success in your relationships and business. You can have all this... and fake teeth! They may not be yours by birth but they can be beautiful, and so natural looking that you cannot tell they aren't yours. You can add a touch of imperfection, like a small groove or slant you had in your own to give them originality. And nobody cares a bit whether they are really yours or not. When you know they are good looking you just feel like showing them off with a

smile.

"Hollywood" is made of fake teeth. The average movie star probably has a dozen of them (veneers, touch-ups, cosmetic improvements).

Here is one area where you don't have to go natural. Fake teeth can be made perfectly safe. You merely need to make them hard enough not to seep.



No seeping metal or plastic. Hot water or zapping sets the plastic permanently.

Fig. 69 Front tooth re-placement

It is my experience that AIDS patients do not agonize over their decision-making. They stay levelheaded even when friends and family lose their perspective. If you are a caregiver, encourage the choice for extractions. Looks won't suffer. Chewing ability may even improve. And nobody will ever ask, or care, whether that front tooth is your own honest-to-goodness tooth or not. And nobody will ever say at your funeral: "But look, he still has his very own molars." Your mouth will be closed. Choose life without risk, for your child's sake, for your lover, for your loved ones!

The Visit To The Dentist

Find an oral surgeon or dentist willing to clean up your mouth for you. Willing to search for leftover bits of old amalgam, called tattoos. Willing to repeat X-rays and examine painful places later. It is more than "just pulling teeth." You may need to search hard for such a dentist. The alternative dentists have led the movement to ban amalgam from dental supplies. You may need to travel many miles and even visit other countries to find the right alternative dentist.

First, obtain a good quality "panoramic X-ray" of your mouth. A panoramic views the entire mouth including jaws and sinuses allowing you to see much

more than single teeth. If there are suspicious areas, repeat the X-ray at that location with newer digital X-ray equipment.

Make two appointments (if you have time), one for X-rays and one for dental work. That way you will be able to study the X-ray. But if your decision has already been made, no delay is necessary. The dentist can see all the unnatural teeth at a glance. Then request in writing that she/he extract them, or sign the appropriate form (to legally protect the dentist).

Arrange for a friend to accompany you to the dental office. All professional persons pay more attention to a party of two than a single person. Ask for permission to have your friend nearby, just outside the cubicle with the dental chair. Your friend can hand you your antiseptics. Your friend should sit quietly, not wasting the dentist's time with talk or questions. Your friend can drive you home.

Treat yourself to a good meal before going for dental work. You will be on liquids for a few days. Do not take extra vitamin C on your dental-day. It detoxifies, that is, destroys anesthetic, so the dentist would have to give you much more!

If you have "dentist phobia", take a strong dose of pain killer (not aspirin) ½ hour before your appointment time.

Your Antiseptic Is Best

Make and bring your own antiseptic. Even though the surgeon and dental assistant wear gloves, you can't help picking up bacteria. This is not the dentist's or surgeon's fault. They are coming from your own mouth. Sterility for the mouth is impossible. While tiny blood vessels are broken (bleeding), bacteria can enter your circulation.

By far the best antiseptic to use during dental work is USP chlorine bleach; this is the kind that does not have azo dye pollution.

Bunyan [in The Use of Hypochlorite For The Control of Bleeding, Oral Surgery, v. 13, 1960, pp. 1026-1032] reported that rinsing with 0.2% hypochlorite solution stops postoperative bleeding within one minute after a tooth extraction or other oral operation. The hypochlorite solution functions also to contract and harden the blood clots and make them more resistant to infection. In addition to the effective hemostasis and the change in the character of the clot, the author reported a reduction of swelling of traumatized gingival tissues and diminution of the postoperative pain.¹⁶

I have found this quote to be completely accurate. There is essentially no bleeding, no pain, no swelling and no return of Clostridium.

DON'T USE HOUSEHOLD BLEACH because it is not safe for internal use! Obtain food grade (USP) bleach (see *Sources*). Purchase the same strength (about 5%, not stronger) as regular household bleach so you can handle it safely.

Bleach (5%) whether USP or not USP is very caustic. You must not use it at full strength. You must dilute it. Follow the recipe exactly.

We will name the new diluted bleach you have just made "Dental Bleach." It is only 1% as strong as regular bleach. Take ½ cup of Dental Bleach with you in a convenient jar. Try it at home first, so you'll know what it will taste like. Rinse your mouth with it just before you sit down in the dental chair. Never swallow it! Hold the jar in your lap. Later, when the dentist signals you to rinse your mouth, use your solution again. Also rinse one last time before leaving the office. The dentist will appreciate this extra care because she/he is less likely to see post-dental infection in you.

Second best would be Lugol's iodine solution (six drops of actual Lugol's iodine in ½ cup of water). Use up the entire amount before leaving the dental office. Colloidal silver is third best. These are not nearly as good as dental bleach.

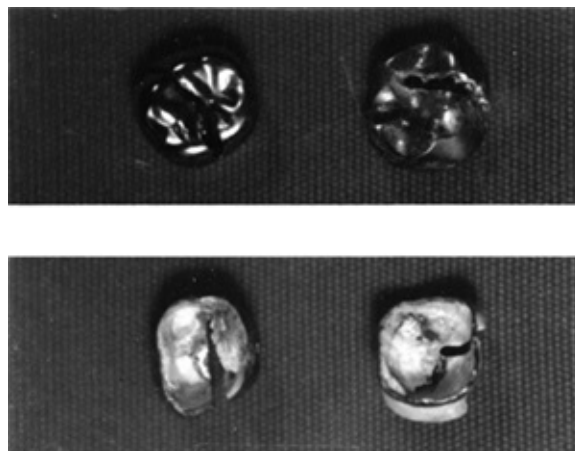
Make your own colloidal silver solution since the commercially available ones I tested had the familiar pollutants associated with antiseptics. The same instructions apply to colloidal silver; use ½ cup.

As soon as the extractions are completed, the sockets left behind must be cleaned by the dentist to remove leftover bits of adhering tissue. This will prevent leaving a residue for bacteria to thrive on later. Then they are squirted with a dropper of diluted Lugol's iodine solution, or straight white iodine (see *Recipes*). If you are allergic to iodine use colloidal silver instead. You must supply these.

Commercial antiseptic made for the dental profession is not satisfactory. It invariably contains isopropyl alcohol besides dyes and other chemicals. These penetrate the brain instantly through the freshly traumatized tissues. Dyes do not leave easily. They were developed to stain permanently. With immunity in the brain destroyed by dyes, Alzheimer-like dementia follows.

Save The Pieces

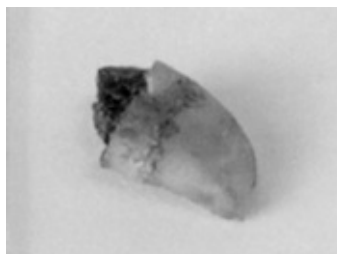
Tell the dentist before sitting down in the chair that you would like to keep the extracted teeth, root canals, and fillings, but they can all be tossed into a bag together. If the dentist tells you this is not allowed due to Public Health regulations, agree to fill out the proper application forms. The teeth may need to be sterilized first (in 50% bleach water—not by autoclaving because that would put mercury vapor into the air). It is amazing that your own teeth may be considered too dangerous—too bacteria-laden and full of mercury (a hazardous waste!)—to be handled, even by you, the owner! (Were they safer in your mouth?) But they do belong to you. You may be curious in the future about what they contain, and could have been leaching.



The top surfaces of tooth fillings are kept glossy by brushing (you swallow some of what is removed). Underneath is tarnish and foulness. Ask to see your crowns when they are removed.

Fig. 70 Tops and bottoms of some metal crowns

You can preserve them in a few days, when you are up to it. Cover them with Dental Bleach or Lugol's water to sterilize them again. If the odor from them is overwhelming and refuses to leave, you may understand how the internal infection of these teeth, not just the filling, was poisoning your body! Finally, you may wish to look for the Clostridium infection, which would be a darkened area or fine black lines under fillings or in crevices. After drying, store them in a paper bag (plastic traps moisture).



This tooth with crown removed re-veals a black surface underneath and fine gray lines of further invasion of the tooth. It is invariably Clostridium at work.

Fig. 71 Black tooth under crown

Save loose pieces of metal and plastic because you may wish to have them analyzed at a later date, too. Or you may simply wish to gloat over the retrieved "treasure" as you identify corrosion and gross infection. Take a picture of them to remind you later how bad they really were.

When extractions are done, congratulate yourself for the achievement. Start the Dental Aftercare program at once. Do not eat or drink (besides water) for the rest of the day after an extraction.

All root canals and dead teeth must be extracted, as well as teeth with fillings. Teeth with implants have not been studied sufficiently to know which metals they shed or if Clostridium infections start in their vicinity. For this reason, you must use your own judgment on implants.

After extracting rotten, filled or capped teeth, the dentist or surgeon needs to do two things before stitching up the wound: cavitation cleaning and amalgam cleanup.

Huggins Cavitation Cleaning

The tooth was held in the socket by soft tissues like tiny ligaments. Unless these are removed, too, they will decay and provide opportunity for bacteria to reside there. The sockets left behind should be carefully cleaned with special tools for this purpose.

This procedure has been taught in the past by Dr. Hal Huggins and many dentists are familiar with it. It is called cavitation cleaning. It prevents future infection and inability to heal at that site. In spite of such superior treatment of the socket, you may not get perfect healing immediately; you may occasionally expect a bone fragment to reveal itself later. It shows itself as a small white "bump". As it loosens and works its way out, infection and pain may accompany it. Go back to the dentist. This could be a source of your pain elsewhere in your body if it is not removed.

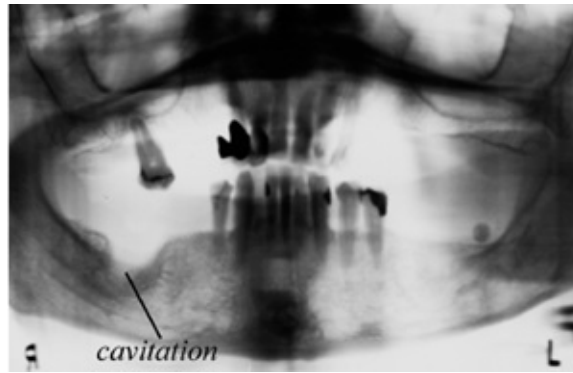


Fig. 72 Panoramic X-ray showing large cavitation at lower left

While the new sockets are being cleaned, any old infected sockets (cavitations) should be cleaned out as well. Some infection sites are less obvious; they must be searched for by a knowledgeable dentist. Soft mushy bone mixed with bacteria needs to be drained and the hollow "cavitation" disinfected. Each cavitation site gets squirted with diluted Lugol's solution or straight white iodine. Hidden cavitations (those that don't show up on the X-ray nor reveal themselves in other ways) can be cleared without surgery.

Arechiga Gum Cleaning

The second task after extracting your teeth, and cleaning cavitations is to remove imbedded amalgam from the gums. This procedure has been developed by Dr. Benjamin Arechiga of Mexico. Each quadrant of your mouth needs an amalgam cleanup. The top of the gum line will be gray from absorbed mercury. It is easiest for you to have this done while extractions are being done. The dentist begins by cutting a straight line on top of the bony ridge of the jaw where teeth once were.

Next, he/she snips away 1/8 inch (3 mm) of the gum on each side of the incision. The two ribbons, extending from the wisdom teeth to the closest front tooth are discarded. The remaining gum tissue stretches over the top easily and is sutured over. Surprisingly, the new gum tissue is more elastic and heals much faster than the old, mercury-saturated gums. You can count on your gums being healed in two to three days. The new gum tissue produces a strong even union, without small holes where food can get trapped. We call it the Arechiga technique, after the oral surgeon who invented it. While the dentist is cutting out mercury-drenched gum tissue, the exposed bone can be cleaned of old amalgam bits that are easier to spot now.

Dental Aftercare

One of the purposes of doing this dental clean up is to kill all clostridium bacteria that have invaded the deeper regions of the jaw bone after being spawned in the decaying teeth and crevices under tooth fillings. From here they colonize the rest of your body. Evidence for this may already be in your blood test results: **a low uric acid level**. This was associated with Clostridium in all cases tested by the Syncrometer[®].

Extractions do not automatically clear up infections. And antibiotics cannot be relied on either. Antibiotics are merely an adjunct to good Dental Aftercare. So a very vigorous program is needed to clear up infection even after the infected teeth are pulled because deep wounds such as the base of the socket where the bacteria used to be is precisely the preferred location for more clostridia. They refuse to leave. Other bacteria may leave but not Clostridium. Even cleaning the socket thoroughly may remove Staphylococcus but does not remove clostridium bacteria.

Copy the next few pages and carry them with you to the dental office. Review them while you wait.

This Dental Aftercare program is successful in killing Clostridium. You will need:

- a water pick
- hot water, towels
- pure salt (see *Sources*)
- Dental Bleach, USP (see *Sources*)
- one or two strainers for food preparation
- a blender to make blended food for a week

Acquire these before your dental appointment. Practice using the water pick beforehand, too.

The first day of dental work is critical. If you miss this, a massive spread

or infection can occur because the mouth is al-ways a "den of bacteria", and your own tooth infection is itself the source.

The immune power of your arterial blood is much greater than in your veins. How can you bring arterial blood into the jaw area to heal it faster after dental work? Simply by hot-packing it from the start!

Remember, even before leaving the dentist's office, just as soon as you are out of the chair, rinse with Dental Bleach. Then, again, as soon as you get home from the dentist. Next, swish your mouth gently with a cup of warm salt water. The heat brings in arterial blood. Keep the cotton plug in place for you to bite down on and reduce bleeding, even while swishing. Don't suction the water forcefully around your mouth; you could dislodge the blood clot that needs to form in the socket. Slowly move the warm salt water about your mouth.

At the same time apply a hot towel to the outside of your face where the dental work was done. Wring a washcloth out of the hottest water you can endure, trying it out at a place that is not anesthetized first. Otherwise you might accidentally burn yourself. Or fill a plastic bag halfway with hot water, zipping it shut securely and enclosing it in a second plastic bag. Do this for 30 minutes, 4 times daily, for a few days. Then 3 times a day for a week—even when there is no pain.

Don't suck liquids through a straw for 24 hours; the sucking force is too risky. Don't allow your tongue to suck the wound site, either; and don't put fingers in your mouth.

As the anesthetic wears off there will be very little pain if the bacteria in the tooth sites have been killed. But you could introduce the bacteria yourself, by eating, or by putting fingers into your mouth. Consider your mouth a surgery site. Anywhere else on your body, the surgery site would have been scrubbed first, then painted with iodine or other strong bacteria killers, and later sprayed again with antiseptic and bandaged to keep everything out—certainly food particles and fingers!

But the mouth cannot be bandaged and you must eat! To be successful, eat a big meal just before your dental appointment. Then drink nothing but water later on, the day of extractions. You may need a painkiller on the first night; choose a non-aspirin variety to minimize bleeding.

Bleeding should have reduced considerably by bedtime. The cotton plug put in your mouth by the dentist may be thrown away. If you need another one,

make it yourself out of a tightly rolled paper towel in the shape of a finger. Rinse with Dental Bleach once more before bed.

Dental Day Two

The next day (the day after your surgery) you need to be well fed, yet eat no solids, or liquids with particles in them. The particles easily lodge in your wound. Your choices are:

- Beef broth, strained, with HCl drops added (see *Recipes*) or vegetable broth.
- Herb teas, sweetened, strained, with HCl drops added.
- Fruit or vegetable juice, strained, with HCl drops added.
- Puddings made of cornstarch or flour, thinned with fruit juice to be drinkable, with HCl drops added.
- EZ Meal of non-dairy variety.
- Cream shakes made with whipping cream, with HCl drops added. Adding a raw egg, with the white ropery part removed and three HCl drops added, provides protein. Goat milk can be substituted for cream. These foods must be zappicated. Note: If you are just beginning your *2-Week Program* you must be off dairy food. Use coconut cream instead (see *Recipes*).

Strain everything through the finest plastic strainer. Notice that all foods are sterilized somehow but dairy foods and eggs should be zappicated.

Drink through a large straw to bypass the healing area. Immediately after eating, rinse your mouth with a cup of hot water to which you have added ½ tsp. salt. Do not be afraid to start some bleeding; this could be expected and is even desirable if an infection has already started. Bleeding washes bacteria outward. Water swishing never dislodges the healing clot. Infection dislodges it. If pain increases instead of decreases on the second day, you are already infected. Continue swishing and hot packing for one hour. Devote the whole day to fighting infection. If the pain subsides, the infection has been cleared. If not, you will need a more forceful stream of water. Begin using the water pick at its lowest speed setting. Water pick repeatedly until the pain clears. (It could take four hours!)

Hot pack the outside of your face just as on the first day. If pain is subsiding on the second day, you are being successful. But the gums are not healed; you

cannot take chances yet on eating solid food. Nearly all infections come from eating solid food on the second day.

Floss the remaining teeth with homemade floss, being extra gentle. For floss, cut strips of plastic shopping bags, ¼ inch by four inches. Fish line floss and toothbrush are too harsh for the nearby sensitive tissues. After flossing, clean these teeth by hand-rubbing, using paper towel wound around your finger and dampened, then dipped into oregano oil tooth powder (see *Sources*) or ½ drop of straight oregano oil (less than ½ drop, if only a few teeth remain). Don't use more; this oil is fierce.

Also rinse your mouth with Dental Bleach several times during the day and bedtime.

Dental Day Three

On the third day, you may drink blended solid food; do not try to chew solids.

Use your water pick now after each meal. Fill the tank with hot water to which you have added a few drops of Lugol's iodine, or 1 tsp. colloidal silver, or salt. Set it at the gentlest level at first, squirting each site carefully. Floss the front teeth and brush them with Dental Bleach (other antiseptics are not strong enough).

No matter how carefully you eat, you will see food entering the gum spaces. Notice how difficult it is to squirt out any trapped food. Swishing is not sufficient! You need to water pick till all spaces are cleared. Continue hot packing the face. If pain returns and water picking has not succeeded in clearing it, you must hurry back to the dentist to search for the food particle. The wound will be opened and cleaned out for you.

Bleeding

A moderate amount of bleeding is normal, even days later. Bleeding caused by water picking is not too serious. But if you sense an emergency, apply ice cubes wrapped in a paper towel or washcloth. Bite down on them till bleeding stops. Continue ice-packing for 4 hours. As soon as it is safe, return to hot-packing. If ice packing does not stop the bleeding, go back to the dentist or emergency room.

If you have a very low platelet count or are on a large amount of "blood thinners" which promote bleeding you need special attention. Yet, oral surgery is

a very skilled profession. Dental work is safe in the surgeon's hands. Platelets can be given just beforehand; blood thinners can be temporarily stopped; and a transfusion can be given before or immediately afterward. These same patients often state that they feel better, immediately after the dental extraction, than they can remember in months! It was the dental problem that was poisoning their platelets and their blood! It may be the last transfusion that will be needed, in spite of some unavoidable blood loss with dental extractions.

Stitches should be removed earlier for immune compromised patients than others because they will get infected by the third day! Do not use self-digesting sutures; you need the extra dental visit to let the dentist observe your mouth.

Be Vigilant The Next Week

Continue water picking, hot packing, and rinsing your mouth with Dental Bleach after each meal until the gums are healed over. This may take five to seven days, longer for some sites. Floss and brush your front teeth once a day. If pain stays away you can take credit for killing your mouth-bacteria. You may reduce the treatments to 3 times daily, then twice.

Clostridium can return even after a week of steady recovery. Its true source is the rabbit fluke, a tiny parasite that we eat accidentally with filth on unsterilized food. If you detect an odor from your mouth, at any time, it is Clostridium making a comeback, even without pain. A crumb has lodged in the wound and is decaying. Try bleaching, swishing, and water picking for half a day; then hurry back to the dentist if the odor persists.

If you got through the whole ordeal without needing more than one nights' painkiller and without needing to return to the dentist for extra clean up, give yourself excellent grades. And if you got through, in any way, still give yourself very good grades!

It is common for dentists to recommend cold packing to reduce swelling after dental work. I recommend hot packing because I consider swelling less important than infection or pain. It is also common for dentists to rely on antibiotics to clear up infection. I find this is not sufficient. The whole Dental Aftercare program is needed.

Pinpoint Fillings



Fig. 73 Safe Paste

Very small fillings of plastic can be spotted on a digital X-ray that could not be seen on the panoramic. They can be drilled out widely and the holes left open. They can be kept clean by two daily brushings, once with Dental Bleach and once with oregano oil tooth powder. Remember though, that you are taking a chance that the dentist did not see all the plastic, even with the help of a digital X-ray. It is simply not possible to see tiny bits of plastic, so risk is present and you (not your dentist!) must weigh it. After you are well you may wish to fill them with zinc oxide or zinc phosphate paste. These are older filling materials but can be purchased in unpolluted form directly from the manufacturer. All premixed tubes of paste were polluted, so mixing from scratch is essential. Perhaps an older dentist can demonstrate these old skills!

Pinpoint plastic fillings, too, may be saved by the newly discovered technique for plastic hardening in the mouth using a tooth zappicator. Then brush daily with oregano oil tooth powder to clear Clostridium.

New Cavities

Purchase a long-handled inspection mirror (see *Sources*) so your helper can see the backsides of your teeth.

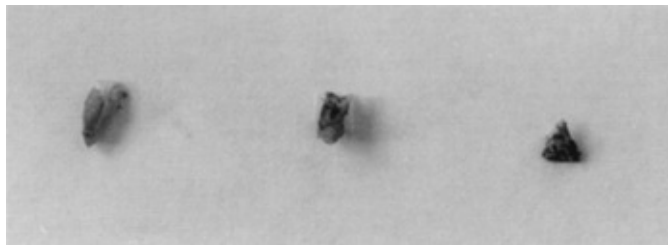
Search your mouth yourself, too, for a fresh cavity. It will be a small brown discoloration. Brush this spot twice daily, once with Dental Bleach and once with oregano oil tooth powder. There may be a time when dentistry has safe fillings to offer but it is not now. Not only must the filling material be safe, it must not seep after it is in your mouth and it must stick to your tooth so closely that no crevice remains for Clostridium or other bacteria to grow there.

Only further research will reveal whether new plastic fillings can be sufficiently hardened by zapping while keeping potential crevices uninfected.

Jerome Tattoo Removal

While the amalgam was being put into your teeth or taken out, tiny bits got away or flew away with great force into your cheek folds, into neighboring gums, into exposed bone nearby and down to the bottom of newly made sockets. Nobody will ever see these again, or so it was thought.

Larger bits of amalgam, called tattoos, can be seen on the panoramic or digital X-ray. Your dentist has already spotted them no doubt. But smaller particles do not show up. You must ask the dentist to search visually, with a magnifier and remove them all regardless how painstaking the job is. This and many more facts of dentistry are discussed by Frank Jerome, D.D.S. in his book, *Tooth Truth* (see *Sources*).



Find the black dot on each bone fragment. That is the tattoo, although the rest of the bone fragment is also discolored by amalgam.

Fig. 74 Tattoos

Each quadrant of your mouth needs a careful examination for mercury. Tiny pieces stuck in your cheek folds are pried out, plus any pieces buried in your jawbone. In addition, the $\frac{1}{4}$ inch ribbon of mercury-soaked gum on top of the jaw ridge must be removed as previously discussed.



Fig. 75 Dental Syncrometer[®] probe

It is quite easy to find invisible tattoos using the newly developed "Dental Syncrometer[®] Probe" (see *Sources*) attached to the Syncrometer[®]. If your dentist is willing to remove these too, after you locate them with your Syncrometer[®], you have a precious professional. If not, remove them yourself with the toothbrush zappicator.

Hidden Cavitations

These are not ordinary infected bone sites. They are primarily bioaccumulation sites. You can detect them easily by searching for mercury and other amalgam-related metals in the jawbone with the Dental Syncrometer[®] Probe. Here the Syncrometer[®] also finds plastic-related chemicals from fillings, and silicones as well as tin from toothpaste! Staphylococcus and Streptococcus may also be there. The real reason for this bioaccumulation site is the presence of lanthanide elements that are abundant in amalgam and have drifted there. Wherever the lanthanides land, the white blood cells become "choked" with iron and calcium deposits. After this they stop "eating" any more toxins, ruining your immunity at this location. Hidden cavitations can contain their mercury even 20 years after amalgam was changed to plastic! Healing was impossible here because immunity was lost and accumulation begun.

Even digital X-rays can scarcely picture these hidden bioaccumulation sites. But, again, detection with a probe attached to a Syncrometer[®] is much easier. Fortunately, they can be cleared with the tooth zappicator, without surgery.

Home Dentistry

Although dentists and dental surgeons alike have done their utmost to clean metal, plastic and infection from your mouth, there are still leftovers. Syncrometer[®] testing reveals that half of the remaining teeth will still have traces of plastic! And the soft tissues of the mouth, the four pairs of salivary

glands, the roof and sides and tonsil area have deposits of amalgam that have persisted through it all. On this hangs your fate if the CD4 count is much too low and CD8 count too high with unrelenting illness from AIDS. Mercury and thallium in your CD4s and CD8s prevent them from killing the HIV virus, or any virus. They prevent all your WBCs from killing Salmonella bacteria, making it necessary for you to be on antibiotics constantly. Syphilis cannot be combated. Azo dyes in these same cells have programmed the CD4s to early death (by their raised bax to bcl-2 ratio) and the CD8s to a delayed death (by their raised bcl-2 to bax ratio). Fortunately, you can do the final cleanup yourself at home.

Tooth Zappicators

A tooth zappicator is a small North Pole speaker fastened to the end of a toothbrush. The speaker is attached to your food zappicator circuit (the 1000 Hz zapper). The tooth zappicator is then held in place on top of the tooth ridge for three to five minutes. A surge of immune power is induced, which removes lanthanides, other metals, solvents, plastic remnants and bacteria all at once. You should have taken germanium, selenite and vitamin C beforehand.

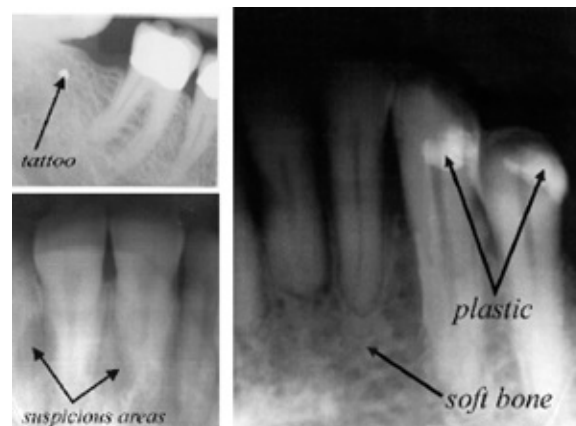


Fig. 76 Digital X-rays give superior view

If you have locations in the jawbones that appear infected or "soft" on your X-ray, treat them next. They will have bioaccumulations of old toothpaste, mouthwash, dental impression compound, etc.

Treat the whole tooth ridge, a segment at a time. Repeat on inner and outer surfaces of the gums, making three sets of treatments altogether. Don't miss the remaining teeth themselves.

Even when you are not able to search for them first, most hidden cavitations can be systematically cleared by zappicating the whole upper and lower

jawbone. Do it yourself to be sure it is thorough.

After three zappicating treatments the plastic teeth no longer seep dyes, and the stray amalgam that has saturated the tooth will be chemically changed so it can be removed by the immune system. Tattoos are not removed.

Only a North Pole force coming from the loudspeaker has this effect. Be sure to test the polarity of the loudspeaker with your compass before using it.

There are no side effects but remind yourself of what you are doing: chasing all the metal, plastic and bacteria into your white blood cells and to the kidneys for excretion. Help the process with germanium, selenite, vitamin C, kidney magnets and a lot of fluid to drink.

Zappicate Plastic Teeth

The tooth zappicator can also be used to harden plastic. For this purpose press it against plastic teeth or teeth with plastic fillings. Give five minutes to each location, then take a break for at least one-half hour. Repeat a second time on inner surfaces. Take another break, and repeat a third (and last) time on outer surfaces. The effect is permanent.



Build your own

Fig. 77 Tooth zappicator and compass

Ideally, each newly zappicated tooth is now tested with the dental Syncrometer[®] probe for unconsumed (not hardened) plastic, amalgam metals, or clostridium bacteria. Resonance with urethane, phthalate or bisphenol-A implicates unhardened plastic. Resonance with platinum, palladium, thallium, or mercury implicates amalgam. Note that even the tiniest brown spot tests **Positive** for Clostridium. Try to polish it away with baking soda or emery cloth. If you can't, go back to your dentist for assistance. Do not have these tiny infections filled afterward. But brush with oregano oil tooth powder and Dental Bleach alternately.

Zappicate The Mouth

Zapping the teeth does not remove the amalgam remnants still all over your mouth soft tissues. The tooth zapper can also remove them. Give five minutes to each small area, everywhere you can reach with the zapper. Taking L-G helps during this procedure. Do not zap teeth and mouth on the same day. It could overburden your immune system or give you detox-illness.

In the past, I recommended EDTA, DMSO, and vitamin C as a mouthwash for the final cleanup of amalgam from your mouth. They are not nearly as satisfactory as your body's own L-G. L-G was evidently meant for removing heavy metals, because the body can do it by itself without leaving a molecule behind, and do it quickly provided L-G is present. It takes about five days for L-G to clear your mouth after first zapping it, then six weeks to clear most of your body.

Take 1 tbsp. L-G, 4 times daily. See recipe.

This beginning Home Dentistry is a creative innovation of huge significance. Being able to do simple dentistry, using the Syncrometer[®] to guide you, may pave the way to caries prevention that has eluded us so long. You can find a tooth infection long before it becomes a cavity. And you may be able to clear it up with dental zapping and diet changes.

You are also able to clean up after amalgam removal yourself. You can stop seepage from plastic, and keep Clostridium away.

Your mouth is finally metal-free, plastic-free, dye-free, and Clostridium-free. It is a huge accomplishment.

Making Your Dentures and Partial

There are different opinions among dentists about when to make an impression of your mouth: before tooth extraction or later after your mouth has healed. Choose before or wait 6 months! Never let impression compound be put in your mouth earlier or unnecessarily, such as for "bite registration". Other means are available for this. The toxic chemicals put in your mouth to make the impression and for fitting and adjusting are absorbed and travel to the brain. Mental deterioration from the huge doses of aluminum, dyes and

silicone absorbed often begins the same year!

When impressions are made before extraction your replacement teeth can arrive much sooner. The fitting is done as soon as your mouth is healed enough to tolerate it. All the more motivation to do the Dental Aftercare correctly so no post-infection could delay fitting. Of course, the mouth will change slightly as it heals further. Adjustments will be necessary a month or so later and at future times. Adjustments should be made without impression compound. In a few cases, when entirely new dentures or partials are required, choose a safe variety of impression compound.

There are very many kinds of denture materials. **Methylmethacrylate** and **polyurethane** can be hardened by you at home and are therefore good choices. They will be safe from seeping, even if a pink color is chosen. Other materials hold promise but need more research. See *Hardening Dentures in Recipes*.

Congratulations!

You have completed the hardest task required to raise your CD4 cells and lower your CD8s while increasing their total number. You have removed an assortment of about 50 heavy metals that were blocking and destroying your lymphocytes, neutrophils and macrophages, namely most of your immune system. You have removed an assortment of azo dyes that were contributing to this. And you have evicted Clostridium from its fortress in your teeth.

A glance in the mirror shows you a beautiful set of teeth, sweet-smelling breath at all times, and chewing better than be-fore. You have enabled your body to survive.

On The Road To Recovery

Of course you have done a lot more than just clean up your teeth! You have removed heavy metals, dyes, and Clostridium from all of your mouth—your cavitations, your salivary glands, and your throat. The next step is to remove these same pollutants from your diet and environment, so all your specialized white blood cells can go to work for you again. This only takes days, not weeks.

You might be wondering how much it will cost for this very specialized dental clean up. Although the dental work may seem straightforward, extractions being very common procedures, the way you need them done is not at all common.

Using homemade antiseptics, requesting cavitation cleaning and tattoo removal, and finding a dentist with digital X-ray equipment are all non-traditional. In Mexico, in 2003, the rate including the cleanups was about \$85.00 per extracted tooth. Full dentures cost about \$450.00-\$500.00.

How To Make A Million Dollars In Your Spare Time At Home: Sue!

Pollution problems should be solved by people themselves, not industry or government, the responsibility is too great. Family health is at stake. Only people's groups would not be influenced by other priorities. What I am suggesting is that people form their own groups, find labs willing to do analysis of dental supplies, form collaborations with dentists willing to work creatively and follow-up on the job done with analysis of saliva by lab testing, later with analysis of biopsy materials.

I was joking about making a million dollars, but maybe suing the American Dental Association is the last resort solution it will take to bring the problem to the attention of the American People, and its suffering victims.

That is another reason for saving what was removed from your mouth (besides curiosity). Any extracted teeth with fillings could be analyzed. They could be set to soak in water overnight and the water analyzed for seeped ingredients. These ingredients were seeping into you. The real object is not to point out guilt but to find a developing problem before your entire family has been damaged, generation after generation. Before your family must spend half its generated income on health restoration.

Bad health underlies mental illness, addictions, and criminal behavior besides the customary diseases. Even reproductive disturbance is a state of bad health. It makes no sense to place a piece of estrogen-like chemical (as in bisphenol-A, used in dental plastic) in the mouths of children, in the form of sealant or filling, to be sucked on day and night. Both girls and boys are likely to be affected, especially before puberty. Again, a people's group would not let this happen, even if it were only suspected, not absolutely proved, whereas a professional or governmental group is bound by laws to have other priorities even when they are aware of the suspicion. You would not keep dark secrets as governmental groups do.

A list of labs doing analyses for metals, solvents, and other chemicals is given in *Sources*. Many others can be found in the yellow pages of telephone

directories. Be sure you understand the sensitivity of the testing each lab can do. Obviously, the ability to test to parts per trillion is better (more sensitive) than parts per billion.

Despite what I feel is the uninformed state of the dental profession, the average dentist is devoted to human welfare, besides just his or her own. This is apparent in the movements, within the dental profession, to outlaw mercury, to outlaw all metal, and to advocate better nutrition. Not all agree. But that is my point. Progress is made from discussion, and trying to achieve higher standards. If you find a dentist knowledgeable about cavitations and Clostridium invasion and willing to support your strange, new agenda, then you have truly found a treasure.

2. Clean Up Your Diet

It is easier than ever before to make safe food for a person with lowered immunity. There are three things to be aware of:

1. Foods like lettuce and carrots are grown in dirt that contains parasite eggs. Regardless of where they are grown, most other foods are handled by humans who may have bacteria and parasite eggs on their hands. These foods must be disinfected as well as washed thoroughly.

2. Processed foods like cereal and bread, or anything that comes boxed, bagged, or sealed, can have unsafe additives or pollutants. Even something as natural as an apple can be coated with "food grade wax" to make it look more shiny. Foods with harmful ingredients on the outside can be washed in hot water; foods with harmful ingredients on the inside should not be eaten. A few can be salvaged with electronic treatment.

3. Some foods can give you an allergic reaction even though they are nutritious. HIV/AIDS victims become allergic to a number of common foods. These are foods that bring gallic acid, apiol, phloridzin or chlorogenic acid with them. I will discuss these soon. An allergic reaction brings inflammation and tissue destruction besides consuming immune power (complement C₃). Although you can treat these foods with a food zappicator, it is best not to eat them at all.

Of course, we thought our food was free of the obvious toxins, like metal, solvent and filth. But it isn't. Nobody monitors it! Actually, our government agencies do monitor certain foods for insect parts, bacteria and mycotoxins, but not for our immunity-destroyers. If there were only one advance to be made for civilization in the next millennium, cleaning up our food would be the wisest

choice.

Eat benzene-free, PCB-free, asbestos-free, dye-free and metal-free food. These are the immunity-destroyers. Kill all parasite stages and bacteria. Don't eat food you are allergic to.

Avoiding allergies has always been considered a personal challenge because it is believed that no two allergies are alike. But HIV/AIDS sufferers share a common set of allergies! The reaction is in a very serious place, the thymus. It must be avoided for the thymus to heal.

In earlier books the malonic acid in food and drink was a very big problem. But that was conquered by the discovery that: a) milk directly from a cow did not contain it; b) oranges from a backyard tree left to grow wild did not have it and; c) organic carrots in their original plastic bags did not have it! Then came another discovery: by soaking supermarket oranges and carrots in two hot water washes, some of them became malonate free. Most produce could be cleaned up in two hot water washes, one minute long. That proved the point. Plants don't naturally produce malonic acid—a metabolic poison. It must be the multiple sprays used to inhibit sprouting, protect from pests, add color and for other purposes that bring malonic acid with them. The problem turned into one of spray removal.

Today you can expect malonic acid to come out of raw fruits and vegetables along with the benzene, asbestos and lanthanides (metals) and even dyes with two very hot water washes, each one minute long. After that, or at any point during preparation, you should place the produce in a sonicator, on a food zapper or food zapper to make it safe. I will discuss these three methods shortly.

Avoid Allergies

Unfortunately, fruits and vegetables are not "naturally" safe. We learn which plants can be eaten by trial and error, avoiding those that produce stomachaches, headaches, or worse. But we can't instinctively avoid those foods that destroy immune function because we don't "feel" this. It is the "plant phenolics" in foods that can have such subtle actions. **Phloridzin** and **chlorogenic acid** are two of the worst. They attack the pituitary and hypothalamus glands, which are

responsible for your hormone levels. When these master glands are inflamed they set free their cells which can now go coursing through your whole body. If they pass through another inflamed organ they can attach themselves to it. When the other inflamed organ is the thymus, we see fused pituitary and thymus cells, hypothalamus-thymus cells, as well as the "triplet", hypothalamus-pituitary-thymus cells. What role do these unions play? Only more research can tell. Most important is to know which food phenolics cause the thymus inflammation. And which phenolic might be assisting the HIV virus to invade it. Could they be apiol and gallic acid?

Apiol accumulates in the thymus in HIV patients. And, when **gallic** acid is eaten and not detoxified promptly by the liver, gallic acid is free to circulate. It is the trigger for SV 40 virus to appear.

Thymus Allergies

Phenol could be expected to damage the thymus because it is used commercially as a caustic and tissue destroyer. Phenol is produced from the benzene that is detoxified there. The thymus is kept chronically inflamed by phenol. Bits of the thymus gland can be seen floating away in the blood and lymph when phenol is present. Only the benzene on a food could bring phenol as an allergen, since foods don't have phenol (except bee pollen, avoid this). It is rare to have more than one allergen attacking an organ. But in HIV/AIDS more than one allergen is attacking the thymus gland. This is besides the two that are attacking the master gland. And besides the one that triggers SV 40 virus. Two thymus allergens are apiol and phenol. Removing phenol must wait until the benzene is gone. But apiol is under your control. It is very easy to avoid. It is present in all the popular cooking oils and soybean products. Use the safe oils. Gallic acid is easy to avoid, too, by baking your own bread. See the *Food Table* for a list of allergens in foods.

Spray Away

After I discovered the four immunity blockers and the azo dyes that destroy immunity, I gave them top priority in the clean up process. They are asbestos, heavy metals, PCBs, benzene and dyes. All of these are sprayed onto the fruits and vegetables we eat every day.

Sprays are oily, waxy solutions, contaminated with these immunity-destroyers, together with other chemicals. They stick very tightly to the food because air blowers are used to dry the food after spraying. That is why the water must be very hot and why you need a timer for your washes. But then it is

water must be very hot and why you need a timer for your washes. But then it is easy.

Washing alone, though, does not kill anything. It only removes things. Bacteria and parasite eggs are still everywhere. So, after washing, you must still eliminate the live things from your food with a sterilizer, a sonicator, food zapper or zappicator.

In the past, back to antiquity, bacteria and parasite eggs were killed by cooking, baking, pickling, drying, salting. But these are half measures. We must do a better job for an immunity-injured person.

What A Sonicator Can Do

Ultrasonic cleaners have been in use many decades. They are used to clean scientific instruments, even glassware, to a level not possible any other way. Sonicators can be bought in the form of jewelry cleaners. When jewelry is being cleaned, even the oily film of fingerprints comes off. We will use an ordinary jewelry cleaner, of a good size, but with water for the immersion fluid, not a solvent.

The food is placed in a plastic bag and lowered into the tank of water. The unit is turned on for five minutes.

Even PCB and benzene can be removed. In fact, these are chemically destroyed as well! The pounding action of water as a very fine tremor-activity evidently oxidizes the benzene, because the Syncrometer[®] detects its oxidation product, phenol, after five minutes. Another five minutes of sonication destroys even the phenol. Perhaps the same kind of action destroys PCBs because they "disappear", too. Asbestos also "disappears", presumably shattered. Food that is eaten after it is sonicated for benzene, phenol, PCB and asbestos does not show up in the immune system; this is my guide to toxicity. It is no longer toxic.

But lanthanide metals cannot be destroyed by sonication. They are elements; their form may be changed to an oxidized or hydrolyzed form, but this does not change the fact that a magnetic element is present. Other heavy metals are not destroyed either. Only hot water washes can remove these. Azo dyes as a group cannot be destroyed by sonication either. You must rely on hot water washing for these ultra-important immune system toxins.

You can rely on sonication to destroy parasites, their stages, and bacteria even if they are deeply imbedded in meats, bones, or inside cans or packages. Viruses and prions will disappear, too, evidently disrupted by the same shaking action.

Molds on food, together with mycotoxins, are also shaken off and destroyed.

Tiny bits of pituitary gland and hypothalamus that float in eggs and dairy foods are destroyed in 10 minutes, this will be discussed soon.

Large and small sonicators can be purchased from the Internet and from *Sources*; the 1½ gallon size is by far the most useful. A five-minute built-in timer is also a great time saver. Avoid the variety that strictly forbids touching the bottom of the tank.

Start with a general kitchen cleanup as soon as you get your sonicator. Clean up baby things first; babies are the most vulnerable. Shake all the PCBs off baby toys, baby bottles and nipples, even though they have already been used and washed. PCBs don't "go away" by washing, they only spread. Sonicate baby medicine, swabs, band-aids, toys. Sonicate your kitchen sponges, your toothbrush and comb, your dentures, and everything else that goes in your mouth (yes, even cigarettes).

What A Food Zapper Can Do

This is a device that shakes the food at a very high frequency, too; but not in water. It is "dry sonication". Some advantages are obvious. It does all the things that a sonicator does but lets you place the food on top of the device instead of in a water bath.



Fig. 78 Food zapper gives special bene-fits

With a food zapper you do not need to transfer foods into plastic bags for immersion in the water bath. Fewer mistakes are made and you won't have the chore of changing the water in the tank every day. It can treat food in plastic or paper containers as tall as a quart/liter bottle. See instructions for building your own. Your own zapper powers it and the voltage is not critical. But it must be Positive offset; that is critical. For this purpose you can even use a wall outlet to power the zapper. Zap for five minutes to get killing action. Zap 10 minutes or longer for cleaning and detoxifying action.

All tests for the effectiveness of the food zapper were done with a

Syncrometer[®], a device that hardly anyone knows about, has never been tested officially but has a very great potential for improvement of life and health. The Syncrometer[®] circuit design and instructions for use are described in the *Syncrometer[®] Science Laboratory Manual*. Everyone, especially the non-technically inclined, is encouraged to learn to use it.

What A Food Zappicator Can Do

A food "zappicator" is the same thing as a food "zapper," but with a lower frequency. Build it the same way, but instead of using your zapper to power it, you need to purchase or build a modified zapper whose frequency is 1000 hertz.

The zappicator adds destructive power to the previous two devices. Not only can PCBs, asbestos and benzene be destroyed but a whole host of toxic molecules.

This kind of "zappication" chemistry is too new to answer many fundamental questions like how each phenomenon works. Most important is that it does not destroy most vitamins or change food in noticeable ways. It does oxidize some minerals.

Some things it destroys are:

- parasite eggs and stages
- bacteria and viruses
- prions found in dairy products and meats
- phloridzin, the pituitary-destroying chemical
- chlorogenic acid, the hypothalamus-destroying chemical
- phenol, the thymus-destroying chemical
- apiol, another thymus-destroying chemical
- D-phenylalanine, the malignant melanoma related chemical (amino acid)
- D-mannitol, the abnormal sugar molecule that clogs lungs and ducts
- gallic acid, the trigger for SV 40 virus

What harm do these allergens do? How could "simple allergies" be important when faced with so dire a disease as HIV/AIDS?

SV 40 Virus

Allergies seem almost universal and therefore of little consequence. Unless you are hosting Eurytrema, the pancreatic fluke!

Each of us gets a dose of Eurytrema parasite stages with any dairy product we eat. In the past it didn't matter because immunity was strong and they could be killed. But the lowered immunity of the 20th century changed all this. Parasites now flourish along with bacteria and viruses. Each parasite brings its own bacteria and viruses to flourish, too. **Eurytrema brings its SV 40 virus.** Yet the virus is not visible in all of us even when we are hosting Eurytrema. The virus must be triggered first. The common allergen, gallic acid, triggers it.

Simply by not eating gallic acid, you can avoid having this virus flourish. But if you do eat it, because it is in nearly every loaf of bread in the supermarket, you will trigger the SV 40 virus into multiplying.

SV 40 can enter any organ that is inflamed. Inflammation opens the tiny "port holes" that all cells have. Now viruses can enter. Organs that are reacting to some allergen get inflamed.

SV 40 is not a retrovirus. We would not expect it to make the enzyme, **reverse transcriptase**, the HIV enzyme. Yet, the Syncrometer[®] finds SV 40 wherever HIV virus is present. What is it doing there?

Aiding And Abetting HIV Virus

The Syncrometer[®] shows that SV 40 and HIV share the terrain. So where one virus exists, the other is quickly attracted. They become a **dynamic duo**. What are they contributing to each other?

The SV 40 virus brings two advantages to their relationship:

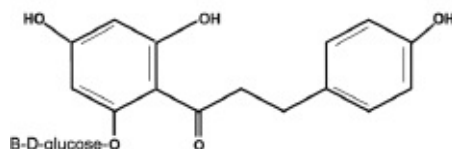
1. Cells with this virus live much longer. Their life-stopper gene that acts at the end of each chromosome (**telomerase inhibitor**) has vanished. Infected cells now have an "immortalized" property just like yeast and other very primitive life forms. We were definitely not meant to host this virus.

2. The self-destruction power, called **apoptosis** is lost. The Syncrometer[®] sees that **caspase 3** is missing. Caspase 3 is a necessary link to apoptosis. Infected cells will not be able to self-destruct and terminate themselves, which is a very important property. Our bodies make use of apoptosis to stop the spread of infection. Does HIV virus take advantage of this? Would the HIV virus stop spreading without the help of SV 40? It is a tantalizing thought. The answer must wait for more research. But meanwhile, we should eliminate the SV 40

virus along with the HIV virus; they don't belong in us.

Phloridzin Attacks The Pituitary Gland

We were raised on the wise old saying, "An apple a day keeps the doctor away." But we were warned as children not to eat green apples. Rebellious children ate them anyway and seemed to suffer no harm. But they did!



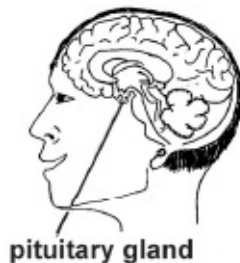
Can you spot the phenol.

Fig. 79 Phloridzin

It turns out that we must pick this single apple a day carefully, not just any apple will do. It should be a Red or Golden Delicious for eating raw. All others have a chemical called phloridzin. The greener they are the more they have. This chemical is prepared commercially from the wood of apple trees. Even rabbits know about phloridzin.

Baby rabbits are taught not to chew the bark on apple trees; it will make them sick. If they are naughty they will get instant diabetes and it cannot be reversed. The phloridzin caused it.

Phloridzin is a **food phenolic**; one part of its chemical structure is phenol, hence the name "phenolic". It was put forward in the 1980's by Robert Gardner Ph.D. that our common food allergies are due to these phenolics, not the proteins that everybody believed in for so long a time. Read more about food phenolics on the Internet. Read about phloridzin, gallic acid and others in a report by Dr. A. Ber.^{[17](#)} Also read more about spraying grains with propyl gallate. ^{[18](#)}



The brain is easily accessed by dental and food toxins in the mouth

Fig. 80 The pituitary gland

Being rather difficult to detoxify, phloridzin and other plant phenolics are left over by the liver and allowed to circulate when certain parasites are present. When the human liver fluke, *Clonorchis*, is present phloridzin floods the liver and blood every time you eat some in your food. It is attracted to the pituitary gland and arrives there in less than a minute. The pituitary is the bottom end of a master gland that has the hypothalamus at the upper end. It is shaped a bit like a dog bone with the glands at the ends and a connecting path between them.

The hypothalamus end is near the middle of the brain, controlling your feelings, appetite, temperature and other vitally important parts of life.

How will phloridzin attack your pituitary gland?

Chlorogenic Acid Attacks The Hypothalamus

When tiny Strongyloid worms inhabit the liver, a different food phenolic, called chlorogenic acid is left undetoxified and now it floods the liver and blood. If any food with this chemical is eaten, it goes straight to your hypothalamus.

If we have not lost our immune power at these glands, the white blood cells will promptly eat up both the phloridzin and all the chlorogenic acid that arrives and take them to the bladder.

But when immunity fails, phloridzin or chlorogenic acid accumulates and piles up inside these glands.

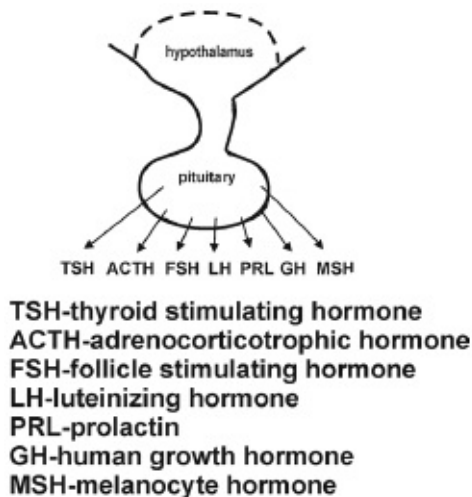


Fig. 81 Our "master" gland

As they accumulate a peculiar phenomenon is observed in the pituitary and

hypothalamus glands. They literally "explode" on a micro scale. Bits of hypothalamus and pituitary tissue land everywhere. They sail away in the blood stream all around the body. Bits land here and there in all kinds of other organs. At first the white blood cells in the other organs pick them all up diligently. It is the job of the CD8s, also called cytotoxic T-cells or plain "killer cells"! But as immunity goes down everywhere in the body, these tissue bits begin to pile up at their new locations. They pile up at the prostate, breast, ovaries, lungs, thymus, bone marrow, kidneys, spleen, brain, liver, testis, uterus, colon, pancreas and others. Their survival marks the beginning of a subtle change. The little transplants begin to make their hormones right there in your other organs instead of only in the brain where they belong!

In the brain, the pituitary is **controlled** by the hypothalamus. The hypothalamus "tells" the pituitary when to "release" a particular hormone. The pituitary obeys. Imagine the havoc created when the bit of hypothalamus that has landed in the thymus tells the bit of pituitary that landed nearby to release thyroid hormone, which belongs in the thyroid or follicle-stimulating hormone, which belongs in the genital organs! All over the body wrong hormones are being produced in the wrong places.

The pituitary gland is responsible for making about a dozen of our most powerful hormones, controlling our sex glands, as well as the thyroid and the adrenals. The pituitary is a self-regulatory gland. This means it shuts itself off when there are enough hormones present. With hormones now being made in many places in the body the limit is soon reached, so the real pituitary gland in the brain is turned off. The human growth hormone (HGH) normally made in the brain is gone. Instead there is HGH being made in the testis, thymus and other places. All this "abnormal" HGH will be eaten by the CD8s to be sure. But this leaves a huge deficit of HGH for the body as a whole. The Syncrometer[®] cannot find HGH in the pituitary gland, where it should be in HIV/AIDS victims.

At first the CD8s can keep up with this task. But later... immune blockers arrive! Eventually, there is total hormone chaos.

Which immune blockers are responsible for allowing the buildup of food phenolics in the pituitary, hypothalamus and thymus glands? They are the same five that disable immunity: metals, asbestos, benzene, PCBs, and azo dyes. The metals come from deposits of amalgam right there in the brain. Inside the brain these deposits release about 50 metals including a dozen lanthanides. All these came from your metal tooth fillings! Molecule by molecule they were moved from your teeth to these glands. The brain and thymus are full of such deposits

that have emigrated from your tooth fillings.

Which immune toxins could be stopping the CD8s and other killer cells from killing and destroying the bits of gland tissue that are swimming freely and coming their way? This time it is mercury and thallium, not lanthanides. When mercury or thallium are in the CD8s, they can't make their L-G nor interleukin 2. They also lose their killing power. Unable to kill them, fragments of hypothalamus, pituitary and thymus glands swim all around.

Free-floating gland tissues and food antigens consume more and more immune power, your CD8s and your complement C₃.

This lets more and more organs be attacked by the food phenolics. The thymus is attacked by apiol; the bone marrow and the genital organs will be targeted next.

Soon there is no detectable C₃ left. This arm of the immune system is gone. It is a catastrophe. Now parasites will have a population explosion; they were kept in check by the same immune cells. The numbers of antigenic food chemicals will increase. The patient becomes allergic to everything! There is nothing left to eat that won't give some reaction. Organ after organ gets inflamed, letting in the viruses. The cells with viruses (SV 40 and HIV) have immortality. Nothing but killer action could get rid of them. And killer action is blocked by mercury and thallium.

No More Allergies

After going on an intensive parasite-killing program and avoiding food with phloridzin, chlorogenic acid, apiol and gallic acid things are set right again. These are the deciding factors that stop the chain of events leading to virus invasions. You can stop the whole chain in a week. Soon your body is winning the battle for survival.

One thing is quite clear. Foods containing phloridzin, chlorogenic acid, apiol or gallic acid should not be eaten. Later, when you are well again, you may destroy these chemicals on a food zappicator. But until then, stay OFF foods with these phenolics. Use the *Food Table* to guide you. The more careful your avoidance is, the faster your thymus recovers.

Fortunately, the list of undesirable foods is quite short and cooking or baking them salvages many. Imagine the damage you could do to your major glands, including the thymus, from a "health food" snack of potato chips fried in soy oil and dipped in a cheese dip, followed by an "organical" underripe banana split?

and topped in a cheese cup, followed by an organic under ripe banana split:

Of course if you did not have Clonorchis and Strongyloides parasitism you would simply detoxify these food chemicals after you ate them. But nearly everybody has at least one of these varieties by the time they are adult. Nobody in modern times has bothered to do regular parasite-removal. Only some 80-year old healthy persons, whom I tested, did not have them. You will be healthy like they are in a few weeks. But your new diet will show results in 5 days! Your C3 level will be higher! More immune power will be left to kill parasites and viruses.

Food Worth Eating

With the three food problems solved: sanitation, freedom from common toxins, and freedom from allergens, you can enjoy it all. All that's left! If you were living on the foods that are now banned, you can understand why you, in particular, were targeted for HIV/AIDS. After stopping, your body will get relief; relief from its second greatest burden—bad food. (The first burden may have been bad water). If you are feeling food-deprived, remember **the most basic principle in allergy-science: you get allergic to what you eat most often!** Do not overdo the new foods you will soon find delicious. Eat only one serving a day, the amount a child would choose! For example, one egg, not two; one small potato, not two large; ten peas; ½ apple; ½ orange; one plum; two strawberries and so on. The liver can detoxify small amounts of many food phenolics. Allergies come from eating too much of one kind. Use the *Food Table* to trace paths that have only N's. Mark these and take these pages with you when you go shopping.

After your viral load is back down to **Negative** and your T-cell count is corrected you may zappicate all these foods in-stead of strictly avoiding them. But stick to goat's milk forever.

Shopping

Don't buy any produce that is obviously waxed! It was sprayed on generously—so the chemicals have penetrated the food deeply.



Fig. 82 Glossy produce

Shop for Kosher foods whenever possible. Search for these symbols: ☺, K, ☆. This does not guarantee their safety, of course. Any processed food could have a solvent residue or azo dye. That is why you are advised to eat home-cooked food carefully cleaned. Yet, I find Kosher foods have much less of these toxins, a better starting point.

Asian and South American food is also much cleaner. But only if they are imported "as is". Imports suffer when they are repackaged for distribution in the United States. It is the American design of packaging equipment and method of disinfecting foods that is hurting the entire planet's creatures.

Even wild creatures and domestic animals are seated at this planet's table with us. We must care for them as we do for ourselves by keeping the food and water safe.

Organic produce has much less dye and pesticide pollution (benzene) than regular produce. But asbestos tufts adhering to the outside of foods are just as severe a problem. And PCB pollution is rampant. I believe PCB enters with the soap sprays used on fields instead of pesticide. Most commercial soaps I tested had PCBs, which I reported in my earliest books. (But some sample soap bars and shampoo from both Italy and England did not have PCBs or benzene or other solvents!)

Even though organic and imported foods are better, no food is safe until it is cleaned up with hot washes and then electrically treated.



Fig. 83 Kosher and Asian foods are superior

Remember that all fruits and vegetables were grown in soil that was fertilized and had animal filth in it. It may look amazingly clean in the marketplace but if it does, it is toxic besides. With this knowledge, find small ethnic markets that buy "second" grades of produce, do not prepackage and do not spray on the shelves.



No heavy metals, azo dyes, PCBs or benzene pollution; an enviable achievement.

Fig. 85 African-made products



No pollutants in these for-eign made products.

Fig. 84 UK-made products

Travel Safely

Cleaning your food should be a quick and easy task. In earlier books I described double cooking, food sanitizing with hydrochloric acid, Lugol's iodine (especially while visiting foreign countries), and cysteine-salt. These are all still valid. Learn to use more than one system so you can travel anywhere, even by plane and go to restaurants in safety. Always carry Lugol's, HCl, and a zappicator with you.

Sterilize For Storage

Food will keep much better if given a sterilization treatment before putting it in the refrigerator.

Eggs should be washed before storing. One drop of Lugol's iodine in a quart of water can sanitize them (zappicate the Lugol's first). Throw away the carton; it is full of Salmonella. Zappicate eggs 10 minutes or longer before or after cooking.

Greens, vegetables and fruits can be soaked for one minute in HCl-water (one drop per cup) or Lugol's-water (one drop per quart) before storing. Other details are given in the *Recipes* chapter.

Wake Up Your Appetite

Food should be delicious as well as safe. It is one of the great pleasures of living. But you need more than a knife and fork to eat with. You need your appetite. Nothing thrills a cook and your caregiver as much as seeing you have an appetite for his/her food. This is not under your conscious control, though. To have appetite your liver has to accept food. And your hypothalamus has to say, "It's good". If the liver rebels it could make you throw it all up! If the

hypothalamus says, "Stop, this tastes moldy, rotten, or worse," your stomach could suddenly feel completely full. For this reason you should be taking homeographic drops that keep the hypothalamus "clean." The hypothalamus needs to be clear of amalgam, PCB, chlorogenic acid, as well as *Clostridium botulinum* bacteria, flu virus, Salmonella bacteria and Strongyloides. If you have thulium in your hypothalamus, it cannot make **hydrazine sulfate** for you. This is your natural appetite stimulant. If your appetite is quite low make yourself "organ drops" of hypothalamus to remove all of these. Taken daily they will keep your appetite up and nausea away. How to make them is given in the section on homeography. If you can't do this, simply taking cloned hydrazine sulfate drops will help. Soon the more fundamental process of killing parasites and removing bad water and amalgam-filled teeth will bring natural appetite back automatically.

Breakfast

If you can't have bacon, ham or sausage, nor hash brown potatoes or cottage cheese, cow's milk, yogurt, nor soy foods, or toast and jam or a tall glass of fruit juice from a bar, what's left?

There are still some excellent breakfasts left. Cooked cereals with sweetening and creamy goat's milk are a gourmet dish. Some varieties have the cream accumulated at the top. This is extra delicious and full of nourishing calories. But for the first two weeks use coconut "whipping cream" or homemade fruit juice on your cereal, since all milk is off your diet.

Cook your cereal from scratch. Don't eat cold cereal; it has too many solvents and added chemicals. Although all cereal has asbestos fibers stuck to it, any of the electronic treatments destroys it. Do not neglect this. The whole package can be treated at once, without opening it, making it less of a chore.



Put the entire package on a zappicator for 10 minutes to clean up traces of solvents.

Fig. 86 Good breakfast cereals

Make granola from a recipe, there is one in this book. Imported sweeteners are

safest. Canadian honey, honey from South Mexico, sugar from Mexico or Paraguay, all tested free of toxins, but you still have to electronically treat them for phenolic allergens. Add raisins; you may add nuts; their aflatoxins are removed by any electronic treatment. Isn't this a delicious way to start your day! Use cinnamon to flavor, or fruit and honey. Such "small" items must be electronically treated, too.

The biggest obstacle to eating natural food is time. Find a friend who has the time to cook for you, if you are not up to it.

If anything has not been electronically treated before cooking, the final product must be treated again.

Or start your day with dairy-free pancakes or waffles with coconut cream and honey. Later, when goat's milk can be used in the batter it should have three HCl drops added. HCl also gives a better rising quality. Eggs get three HCl drops each.

Butter should not have color added. Even the annatto seed (a natural colorant) varieties tested **Positive** on the Syncrometer[®] to tartrazine, a yellow food dye! Do not eat dairy products that list any color as an ingredient.

Butter needs boiling, too. This destroys antigens and any "onion" spices. Maple syrup should be boiled to destroy gallic acid and another allergen, ASA, (acetyl salicylic acid). ASA is the antigen for the vagina. Do not use unboiled maple syrup if you wish to avoid genital disease.

Eat very ripe fruit; it tastes better anyway. Have it with all your breakfasts. Clean it up with hot washes followed by electronic treatment. Make your own fruit juices with this wonderful, very ripe fruit. But avoid phloridzin, gallic and chlorogenic acid containing varieties. Just to be sure, zappicate it.

The simplest of all breakfasts is bread and milk. When it is mouth-watering homemade bread, baked right there before you, your appetite cannot resist it. With any homemade spread on it, there will be no yearning for old favorites, like toast and jam. Choose homemade preserves made with a recipe from an old cookbook or see *Recipes*.



Fig. 87 Popular varieties of goat milk

Goat milk is not homogenized and, therefore, gives you cream that has risen to the top. Save it for soups. Goat milk can supply you with your major nutritional needs. Every calorie and every nutritive factor is important for you. Although you are not ready to drink it for two weeks, find it in the market place and store several quarts in your freezer ahead of time. An ultra pasteurized variety can hardly be distinguished from cows' milk.

For meat lovers, now that you can make meat safe, try your favorite beef cut in place of bacon with breakfast. You might never go back to your old diet.

Lunch

Cook your food from scratch. Don't start with cans or packages or frozen items to make some recipe. In fact, don't bother with any fancy recipes. Just cook two or three vegetables for lunch and eat them with homemade butter [19](#) or mayonnaise and spice or herbs (try Fenu-Thyme, see *Sources*). Bread and milk rounds it out, plus fruit.

Soup is a work saver. Cook it with all the vegetables you can find that don't have phloridzin, chlorogenic or gallic acid. Add rice or barley for a change from potatoes. Don't start with a packet or cube. Use genuine herbs to give it zest. You may start with beef bones or the meat itself, now that you can destroy all parasite stages in minutes with electronic treatment. Always acidify a soup with 10 drops of HCl to draw calcium out of the bones for you. This preserves the immune weapons L-G and L-A that are naturally present in meat. Vinegar should not be used; it is an antigen! The body cannot digest any amount you may wish to eat. It causes metastases to liver, prostate, colon, tongue and brain in cancer patients—definitely to be avoided. Adding the cream off goat milk gives you more calories. Save the meat for future cold beef sandwiches. Such a soup plus

sandwich and goat milk gives you complete nutrition again.

Bake your own bread! I found aflatoxins in commercial bread after just four days in my refrigerator, but none in homemade bread even after two weeks! Aflatoxin is extremely toxic; it is made by mold. Zearalenone is another very toxic substance found on grains and produced by mold. In fact, zearalenone leads to benzene formation in your body! Bread goes moldy easily. Don't ever eat moldy food, whether it is fruit, breads or leftovers in the refrigerator. Throw them out. Buy a bread maker. It can do everything, including baking the bread. I never found aflatoxin, zearalenone or gallic acid in packaged flour, but just to be safe you can set the whole flour bag on the food zappicator. Add ½ tsp. vitamin C powder to the batter for each loaf to help retard mold further. (It also helps the bread rise!)

Never try to lower your cholesterol while re-gaining your health from HIV/AIDS.

This is a rule based on common sense. Synthetic eggs, margarine and cholesterol-reduced products are extremely "chemical" foods.

If you can't bake your own, buy bakery bread; trim off the bottom ¼ inch and zappicate the whole loaf at once. The bottom ¼ inch has benzene contamination from the use of food-lube. Cups used for cupcakes also bring benzene. Zappication will kill the live yeast spores left from inadequate baking. They carry RAS, an oncogene that inhibits our interferon production. Zappicate bread extra long to reach the gallic acid even in parts that overhang your zappicator (20 minutes).

Do not toast your bread! This makes 4,5 benzopyrene, which inhibits benzene detoxification in your liver. Pan fry in homemade butter or stick-free pan to toast.



This is a loaf of bread that has been "zappicated"

1 rim ¼ inch off bottom crust to remove "food lube"

Fig. 88 Bakery bread

One big advantage of making your own bread, soup, and beverages is that you avoid the commercial machinery that stirs, pumps, kneads, holds, and scoops it all. All machinery requires regular lubrication, and "food-safe" lubricants have been defined for us by U.S. regulations! But they are not safe; they are petroleum products.

This is a sample regulation:

21 CFR 178.3570 (4-1-94 Edition) Lubricants with incidental food contact.

Lubricants with incidental food contact may be safely used on machinery used for producing, manufacturing, packing, processing, preparing, treating, packaging, transport, or holding food, subject to the provisions of this section:

- (a) The lubricants are prepared from one or more of the following substances:
 - (1) Substances generally recognized as safe for use in food.
 - (2) Substances used in accordance with the provisions of a prior sanction or approval.
 - (3) Substances identified in this paragraph (a)(3).

Substance	Limitations
Here you find 39 chemicals like BHA, BHT, Polyethylene, 2-(8-Heptadecenyl)-4,5-dihydro-1H-imidazole-1-ethanol, and also including:	
Mineral oil	Addition to food not to exceed 10 parts per million.
Petrolatum	Complying with §178.3700. Addition to food not to exceed 10 parts per million.

(b) The lubricants are used on food-processing equipment as a protective antirust film, as a release agent on gaskets or seals of tank closures, and as a lubricant for machine parts and equipment in locations in which there is exposure of the lubricated part to food. The amount used is the minimum required to accomplish the desired technical effect on the equipment, and the addition to food of any constituent identified in this section does not exceed the limitations prescribed.

(c) Any substance employed in the production of the lubricants described in this section that is the subject of a regulation in parts 174, 175, 176, 177, 178, and §179.45 of this chapter conforms with any specification in such regulation.

Fig. 89 Lubricants considered "safe" that contaminate food

Notice the mineral oil and petrolatum, which are petroleum oil products. How was it decided that they "may be safely used"? Safe for the machinery, but not for you. **Petroleum products should not be in our food, not even in minutest amounts.**



Fig. 90 USA bread has solvents and gallic acid

Would a very primitive woman, baking her family's bread or corncakes, allow a tiny bit of dead dinosaur remains (the sophisticated term, *petroleum*, wouldn't fool her!) to drip into her batter? Even if you said it would all be baked out by 80°C (well below boiling point)? Even if you said it was all perfectly clean, even made synthetically, now? Even if you said the pans would be easier to wash? I believe not and she might throw some batter in your face! This is because she has common sense; she knows that you shouldn't put dead animal remains in food even if you can cook it and "make it safe". Dinosaur remains are even more unthinkable. Small amounts are not negligible even when the currently used test instruments can't measure them.



"Food lube" for heavy-duty machinery like ice cream and dough mixers, and "food oil" for light-duty equipment like cheese and meat slicers are petroleum products that introduce benzene into our foods.

Fig. 91 Examples of commercial "food lube"

Our best test instruments are very crude compared to our body's ability to detect. The body detects a molecule at a time. Benzene is very difficult for a testing lab to detect and until recently cost hundreds of dollars for a single test. Manufacturers resisted such added expense. But the cost of benzene testing has

dropped dramatically; sometimes it is under \$100 per test. It still may seem expensive to a manufacturer. Yet, benzene has brought us AIDS, a huge expense! Wouldn't it be wonderful if our lawmakers required only chemicals that didn't show up in our immune systems to be in contact with foods? No expensive testing would be needed. Lubricants would then be things like olive oil, beeswax and cornstarch. And under "Limitations" would be "none."

Maybe the primitive housewife would even come to dinner!



Fig. 92 Food oil gets into food

Supper

Cook your supper from scratch. But what can you eat as a flesh food? Previously I emphasized fish and chicken because red meats were full of parasite stages that could not be easily killed. But now that parasites can all be killed in minutes, electronically, meats can be back on the menu (with treatment). Fish and chicken are now removed because they are the hidden food sources of azo dyes that we had searched for so long and so hard. Unless you fish it yourself and do not use laundry bleach to clean up after preparing it, no fish is safe. Chicken, too, has bleach disinfectant in every sample I tested. You must avoid these two meats.

Do not grill, broil or barbecue (it makes benzopyrenes); instead, fry, bake, poach or boil. Don't buy breadcrumbs, use your own. Don't buy batter, make your own. Wash your hands after handling raw meat. Do not use household bleach on your cutting board or kitchen counter. Use 50% vinegar in a convenient spray bottle. Liver is now your most nutritious choice of meats, done rare or as you like it after electronic treatment. Other cuts are next best. Make your own salad, not prepackaged or from a salad bar. Make salad dressing out of any of the safe oils and lemon juice, with honey, salt and herbs to flavor.

If your digestion isn't strong enough for raw vegetables or fruit, make juice.

Get a sturdy juicer and make your juice from anything that is phloridzin, gallic and chlorogenic acid free. But avoid those that have been sprayed in the grocery store to keep them fresh looking. The spray contains petroleum products. Add herbs purchased in bulk for seasoning or use a Fenu-Thyme capsule.

Beverages

Drink five kinds of beverages:

- **homemade fruit juices**
- **homemade vegetable juices**
- **water**
- **goat's milk**
- **herb teas**

This means getting off caffeine. And if you are already fatigued, this means you might be even more fatigued for a short time. You might have headaches from withdrawal, too. But they will only last 10 days. Mark your calendar and count off the days. Headache medicine, like all medicine, is likely to have benzene pollution and azo dyes from the colorant used; avoid it. For energy, to replace caffeine, take one arginine (500 mg) upon rising in the morning and before lunch. Soon you won't need it.



Use pomegranate, molasses, chlorophyll and coconut ingredients.

Fig. 93 Make your own healthful beverages

Cutting down on coffee, decaf, soda pop and powdered drinks won't do. You must be completely off. They contain very toxic solvents and T-cell destroying

dyes due to the processing.

Researchers have found even small amounts of alcohol, like three beers over a two-day period, cause a ten-fold increase in the rate of HIV multiplication.²⁰

Although grain (drinking) alcohol is the recommended antiseptic for household use, that doesn't mean you may safely drink it. It is inadvisable to drink any form of alcohol at least until you are fully recovered (two years). This is why Black Walnut Hull tincture, which is 20-50% grain alcohol, may be taken in a lukewarm beverage (to evaporate some of the alcohol) and is followed by a dose of niacinamide.

Goat Milk: 2% or higher, consume three 8 oz. glasses a day. Start with ¼ cup and increase gradually, if you are not used to it. If you do not drink milk because it gives you more mucous, switch to a different brand. Boiling it can stop this milk reaction. If you have other reactions, like diarrhea, try milk digestant tablets (available at health food stores). Milk is too valuable to avoid: there are many unwanted chemicals in most brands of milk, but it is solvent-free and very nutritious. The only exception should be for serious symptoms, like colitis, bloating, flu, or chronic diarrhea. Do not use powdered milk; it is heavily polluted with solvents.

Pasteurization is not sterilization.

Milk goes sour after the expiration date on the carton even when refrigerated and unopened. It is obvious that milk isn't sterile. You can improve upon this in several ways.

To be safe all milk should be sterilized and "denatured" with hydrochloric acid to destroy live animal tissues it contains.

Perfect sterilization of dairy products is not possible even in a bacteriology laboratory. You do not need to meet these standards. We will use easier ways that are still effective. Our goals are: no dyes, no heavy metals, no parasite eggs, no tissue bits, and no phenolics.

Read these options carefully so you can suit your needs.

1. You may boil milk one minute. Cool. Add HCl, 3 drops per cup just before drinking. This destroys many phenolics, parasite stages and bacteria. Cheese commonly has laundry bleach contamination, giving it heavy metals, too. These cannot be removed.

2. Sonicate 10 minutes and add HCl, 3 drops per cup. This destroys parasite stages, bacteria, traces of PCBs and benzene but does not remove phenolics: phloridzin, chlorogenic acid, gallic acid, and apiol. This is useful for goat milk.

3. Food-zap for 10 minutes. This destroys living things, PCBs and benzene. It only removes a few phenolics. Useful for goat milk.

4. Zappicate 10 minutes. This does everything.

Remember that none of these options are yours for two weeks, though, until you have made progress killing parasites and lowering benzene levels. After this, and only if you are feeling better, you may begin to consume a dairy product—goat milk only, and only if sterilized. Many people prefer the taste of "treated" milk. And many people can tolerate dairy products for the first time after making this change.

If you simply cannot tolerate even treated goat's milk, try making cottage cheese out of it. Get recipes for cheese making from recipe books. Goat cheeses are some of the most highly prized gourmet foods. Commercial goat cheeses are off your menu, but you can make your own, safely, in many flavors. Whey is a traditional, delicious beverage with all the calcium of milk in it. Save it all, while cheese making, for your own undernourished body.

There is no substitute for milk; calcium tablets are not satisfactory. Vegetable matter, although high in calcium, does not give you available calcium either. Soy milk has phloridzin, apiol, gallic acid and processing pollutants. Milk is baby food, designed by Nature to be full of factors for growth, health and immune power.

Goat's milk is better for you than cow's milk because it has extra factors that are not in cow's milk. But the biggest difference is that goat's milk does not have live bits of hypothalamus and pituitary tissue afloat in it. Nor does it have phloridzin or chlorogenic acid. Dairy products are too important to your recovery to abandon so you should find a way to make them safe and enjoyable for yourself.



Fig. 94 Water pitcher with filter

Water: Two pints. Drink one pint upon rising in the morning, the other pint in the afternoon sometime. The cold-water faucet may be bringing you cadmium, copper or lead, but it is still safer than any kind of purchased water, which must have antiseptics in it. Let your water run before using it, until the pipes for your house have emptied, about one gallon. Filters are rather useless because water pollution comes in surges. A single surge of PCB contaminates your filter. All the water you use after this surge is now polluted, so you will be getting it chronically, whereas the unfiltered water cleans up again after the surge passes. Until you can test your own water for solvents, PCBs and metals, no expensive filter is worth the investment. Even reverse osmosis water is polluted with thulium and ytterbium, which must be coming from the filtration membrane. An inexpensive carbon filter that is replaced every month may improve your tap water. (Save all your used cartridges. You might wish to test for PCBs in the future). But a pinch of vitamin C should be added to the water first to destroy the benzopyrenes in the charcoal; they are potent carcinogens.

Plastic pitchers fitted with a carbon filter pack are available. Never buy filters that contain silver or other chemicals, even if they are "just added to the carbon." If you have copper or galvanized pipes, switch to PVC to be safe from cadmium, copper and lead (see the section *Clean Up Your Home*).

Herb tea: fresh or bulk packaged only. If only tea bags are available, cut them open and dump out the tea. Throw away the bag; it is full of antiseptic. Buy a non-metal (bamboo is common) tea strainer. Sweeten with organic imported sugar or honey. Zappicate both. Honey often has food phenolics due to the wide assortment of plants visited by the bees, no doubt. Honey obtained from the bulk tank in a health food store never had solvent pollution but it does have asbestos

fibers like regular honey. Be careful not to buy foil packs of tea or tea blends. Tea blends are mixtures of herb teas; these have solvents in them from the extracts used to improve flavor!

Fruit juice: fresh squeezed only. Some stores or juice bars make it while you wait. You have to see it being made, but watch carefully: I recall visiting a juice bar where they made everything fresh, before your very eyes. And I saw them take the fruit right from the refrigerator and spray it with a special wash "to get rid of any pesticides" then put a special detergent on it to clean off the wash! So instead of getting traces of pesticide, I got traces of isopropyl alcohol and PCB! (Yes, I took a sample of the wash to test.) Be on your guard against rotten fruit, green fruit, and moldy fruit. Ask to see what they plan to use. Best of all, buy a juicer, peel the fruit and make your own juice. Try pineapple, pear, peach, nectarine, cantaloupe, and grapefruit, all very ripe. For stronger flavor add a bit of fresh lemon to each variety to give it more zip. Remember, everything gets double hot-washed and zappicated. Bottled fruit juices have traces of numerous solvents; as do the frozen concentrates, as do the refrigerated ones, don't buy them.

Vegetable juice: Buy a juice-maker. Start with head lettuce and other broad-leafed greens. Fine-leafed greens cannot be washed free of spray and regularly test **Positive** for benzene and PCB! Previously I recommended ozonating greens to destroy benzene. But now PCB has become prevalent and ozonation is not satisfactory. After two hot washes, though, they will be wilted; place them in a blender. Afterwards, treat for residual spray with an electronic method. Drink ½ glass of vegetable juice a day. After you are accustomed to this, add other vegetables to double the amount. Use cabbage, cucumber, beet, pale zucchini, and squash, anything free of phloridzin, gallic and chlorogenic acid. But never use any fruit or vegetable that has been waxed! And peel everything that has a peel. Add herbs and a squirt of lemon for extra zest. Then drink one cup a day.

Horrors In Commercial Beverages

Commercial beverages are especially toxic due to traces of solvents left over from cleaning the manufacturing machinery, and extraction procedures. There are solvents found in decaffeinated beverages, herb tea blends, carbonated drinks, flavored coffee, diet and health mixes, and fruit juices, even when the label states "not from concentrate" or "fresh from the orchard," or "100% pure."



Jazz up your favorite homemade juice with seltzer water. It is not harmful to you (see *Sources*).

Fig. 95 Seltzer mak-er

Some of the solvents I have found are just too toxic to be believed! Yet you can build the test apparatus yourself (*Syncrometer[®] Science Laboratory Manual*), buy foods at your grocery store, and tabulate your own results. I hope you do, and I hope you find that the food in your area is cleaner than mine! Remember that the *Syncrometer[®]* can only determine the presence or absence of something, not the concentration. To know the concentration you should send a sample to one of the testing laboratories listed at the end of this book. There may only be a few parts per billion, but an AIDS patient trying to get well cannot afford any solvent intake. For that matter, none of us should tolerate any of these pollutants:

- **Acetone**—in carbonated drinks
- **Benzene**—in store-bought drinking water, store-bought "fresh squeezed" fruit juice
- **Carbon tetrachloride**—in store-bought drinking water
- **Decane**—in health foods and beverages
- **Hexanes**—in decafs
- **Hexane dione**—in flavored foods
- **Isophorone**—in flavored foods
- **Methyl butyl ketone** and **Methyl ethyl ketone**—in flavored foods
- **Methylene chloride**—in fruit juice
- **Pentane**— in decafs

- **Isopropyl alcohol**—bottled water, commercial fruit juices, commercial beverages.
- **Toluene and xylene**—in carbonated drinks
- **Trichloroethane (TCE), TCEthylene**– in flavored foods
- **Wood alcohol** (methanol)—in carbonated drinks, diet drinks, herb tea blends, store-bought water, infant formula.



Fig. 96 Unsafe beverages

If you allowed a tiny drop of kerosene or carpet cleaning fluid to get into your pet's food every day, wouldn't you expect your pet to get sick? Why wouldn't you expect to be sick with these solvents in your daily food? These solvents are just tiny amounts, but tiny amounts are nevertheless billions of molecules! Your body must detoxify each molecule.

Flavors and colors for food must be extracted somehow from the leaves or bark or roots from which they come and I suspect benzene-containing solvents are used for this. Until safe methods are invented, such food should be considered unsafe for human consumption (or pets or livestock!).

Sore Mouth Remedy

If your mouth is sore, or you get yeast infections, even unpolluted fruit juice is bad for you. Thrush (*Candida*) and *Herpes* in your mouth are especially hard to get rid of. Here is how to treat them:

For thrush:

- a) While your mouth is bleeding, treat with one drop of Lugol's iodine

solution (see *Recipes*) in one tbsp. water, enough to swish in your mouth, and swallow. Do this at bedtime.

b) If your mouth is not bleeding, put one drop of Lugol's iodine solution right on your tongue, directly, at bedtime. Quickly smear it about with your finger.

This will kill surface fungus. But *Candida* grows right into your living cells, which of course you can't, and don't want to, kill. The fungus will gradually die out as it rises to the surface due to stopping its growth. It takes a month! During this time follow these special dietary rules:

1. Drink no fruit juice; it feeds yeast. Even though the sugar is natural, yeast thrives on it, preventing you from clearing up thrush.
2. Don't eat ice cream or suck on candy for the same reason. If you have thrush stay off sweets until it is gone. Then test yourself on fresh sliced fruit (not juice) with cream to see if you notice a recurrence.
3. Use no alcohol. Even Black Walnut Hull tincture should be put in a lukewarm beverage for one minute to evaporate the alcohol.
4. Don't eat nuts, sunflower seeds, or toast if your mouth is bleeding. Also avoid pineapple (too acidic) and popcorn. As a mouthwash use lysine powder in water, or a drop of Lugol's iodine in $\frac{1}{4}$ cup water.
5. Don't brush your teeth more often when your mouth is sore or bleeding. Floss once a day followed immediately by your once-a-day brushing with food grade hydrogen peroxide (see *Sources*) or oregano oil toothpowder (see *Recipes*). It is very important to kill amoebas and all bacteria in these ways because they invade under the gum line and cause terrible tooth and bone loss. In serious situations use several drops of white iodine (see *Recipes*) on a wet toothbrush. Iodine also sterilizes the toothbrush which otherwise would infect you each day.

For Herpes:

1. Drink and eat nothing very hot or ice cold. These trigger Herpes. Eat with plastic; it does not conduct heat or cold so well.
2. Don't eat nuts or vinegar, nor take arginine as a supplement.
3. During an attack take lysine, 500 mg, 5 to 10 capsules once or twice a day.
4. Take a cayenne capsule with each meal. Zappicate to destroy chlorogenic

acid. Cayenne slows down the speed of virus travel along nerves.

5. Stay out of direct sunlight or cold winds on your face.
6. Don't tweeze hairs or bruise the skin around the mouth.
7. Take L-G, 1 tbsp. 4 times daily.
8. Take L-A, 1 tsp. 4 times daily (see *Recipes*).

The real reason for getting thrush or Herpes is the low immunity of your mouth tissues. The cause of this is mercury, thallium, lanthanide metals, and dyes all seeping from your dentalware. Get it removed.

Kitchenware

When cooking from scratch you need the advantage of the most modern appliances. Purchase:

- blender
- pressure cooker plus glass bowls to fit inside
- seed grinder (coffee grinder)
- salad maker
- all plastic strainers and colanders

Wash them under the hot faucet or wipe clean with paper towels after use. Use plain borax to scour and homemade soap to help remove grease. In the dishwasher use plain borax or homemade soap, followed by 1½ tsp. citric acid in rinse cycle. This lets you clean up the kitchen in five minutes to get on with living.

Cook your food in glass, enamel, ceramic, or microwavable pots and pans. Throw away all metal ware, foil wrap, and metal-capped saltshakers since you will never use them again. If you don't plan to fry much (only once a week), you might keep the Teflon™ or Silverstone™ coated fry-pan, otherwise get an enamel coated metal pan. Stir and serve food with wood or plastic, not metal utensils. If you have recurring urinary tract infections, you should reduce your metal contact even further; eat with plastic cutlery. Sturdy decorative plastic ware can be found in hardware and camping stores. Don't drink out of styrofoam cups (styrene is toxic). Don't eat toast (many toasters spit tungsten all over your bread besides making benzopyrenes). Don't run your drinking water through the freezer, fountain, or refrigerator; it picks up cadmium. Don't heat your water in a coffee maker or metal teakettle; use a saucepan. Don't use a plastic thermos jug

CONCRETE MAKER OR METAL TANKETS, use a saucepan. DON'T use a plastic thermos jug —the plastic liner has lanthanides, which seep. The inside should be glass.

Why are we still using stainless steel cookware when it contains 18% chromium and 8% nickel? These two metals have been rated as the two most carcinogenic metals! We should not even be handling them, let alone cooking in them.

Many bacteria and yeast(!) varieties have a requirement for nickel so that their enzyme **urease** will work for them. Urease attacks urea, present in all our body juices, and makes ammonia from it for these invaders. Ammonia is a utilizable nitrogen source (food) for bacteria and yeasts. If our bodies weren't polluted with nickel, these invaders couldn't grow! Why do we wear nickel jewelry and supply our bacteria and yeast? Nickel is in the soil, where bacteria and fungi belong, too. But if we insist on keeping plenty of nickel in our bodies and actually supply a huge stockpile in the form of retainers, caps and bridges, we must blame ourselves for our invasion.

It is hard to believe that metals we handle every day in our coinage, food and beverage containers, body products, and home and garden products could be hazardous. Yet this has been well studied. The question is: why do we not apply our knowledge? It is like living near an alligator-inhabited river, but not keeping the children out. Merely being surprised every time a child disappears!

Never, never drink or cook with the water from your hot water faucet. If you have an electric hot water heater the heating element releases tungsten and other very toxic metals. Even if you have a gas hot water heater, the heated water leaches metals from your pipes. If your kitchen tap is the single lever type, make sure it is fully on cold. Teach children this rule.

Although it is extra work to select food and prepare it in a way that almost sterilizes it, your stomach will soon notice that it feels flatter; you have less gas and bloating. This increases your energy. You might never go back to your old way of cooking.

If friends are cooking for you, give them a copy of these pages about the diet. The support of your family and friends is very valuable to you, but don't eat with their dishes (dish detergent is on them). You can always eat off paper plates, use plastic cutlery and a plastic cup you wash yourself under the tap. Keep a set of

everything handy to take out with you. Carry your own pure salt, hydrochloric acid drops, Lugol's drops, and of course, your zappicator. Your friends are not made ill (yet) by all the pollutants—YOU ARE. They can excrete them efficiently—YOU CAN'T. The pollutants go to your thymus and bone marrow. You may feel singled out; take pride in it! When you succeed in curing yourself, your friends will want your advice. Give it kindly. But if you feel yourself tempted to compromise and are feeling depressed over your deprivations, get yourself invited to a H.E.A.L. meeting, M.C.S. or AA meeting. Give them support. You will get a better understanding of real deprivation and come away feeling like a "pretty fortunate person".

Don't Eat Leftovers

Do not eat leftovers unless they are re-sterilized as in the beginning. All food picks up bacteria while it is open to air and then stored in the refrigerator. After a few days these few have increased their numbers to a dangerous level for a low immunity person. Re-heating the food without actually sterilizing it only cultures (increases) them; soon there are many more.

Don't Eat Junk Food

Junk food is a combination of sugar, starch and fat, mixed by machines and with flavoring and dyes added. We are all very attracted to it because we are all very hungry. Our bodies and brain live on sugar and must have sugar to survive. They are not getting it. Why not? The liver is unable to make it. In fact the liver is making fat instead. It's much easier for the liver to make fat than energy.

In some cases our organs are not able to absorb food. They are missing insulin, organic zinc or chromium. With competition by amalgam metals all around, it is no wonder. This implies a pancreas problem in addition to the liver problem.

In other cases the adrenal glands are full of aluminum. This reduces their cortisone production and the stimulation of the liver to make blood sugar. These organs are parasitized with Clonorchis, Strongyloides, Eurytrema flukes and Ascaris eggs (to name a few). Instead of digesting and detoxifying our foods properly, large quantities of food phenolics are left over to swamp and disable our tissues.

But for the HIV/AIDS or cancer victim the liver eventually can't even make fat, so the spiral of life bends downward.

Junk food seems to come to the rescue with its sweet flavor that promises to raise our blood sugar effortlessly. But it is very polluted, as you can imagine, with its long list of ingredients, each having been processed and polluted in its own way even before the mixing began. Instead of buying junk food make your own sweets using old recipe books to guide you. Or invent them yourself. For example: raisins, nuts and shredded coconut stirred into Canadian honey for starters.

Don't Eat Bunk Food

We have been indoctrinated that soybeans would be a near-perfect food, since they have most of the amino acids of meat. Yet they taste bad, as any child knows. Things taste bad for a reason—especially to a child. The liver knows and the hypothalamus knows when food should not be eaten. Now we know why soybeans should not be eaten: they are full of phloridzin and apiol. But commerce (and academic nutritionists) found ways to force us all, even cattle, to eat them. So soy products have penetrated the food market deeply. A way may be found to breed soy plants without these phenolics, but meanwhile we should not be deterred from using our basic common sense. We should not eat food that tastes bad.

There are many bunk foods, because each of us has foods we dislike. And as genetically engineered food begins to take over the food market, be especially aware of your instinct not to eat bad tasting food or those that give us some food "reaction." Also be aware of heavily promoted "fake foods" (not recognizable as a fruit or vegetable). The risk of pollution and allergies will be much greater.

Still, before you write off a nutritious food, try getting better quality, try getting hungry first, and then try different cooking methods or combinations. And although you may discard a food at one time, try it again in the future. Meanwhile, improve your liver health by killing parasites and cleaning it regularly. These are the best ways to be truly well fed, so our bodies can make energy, not fat, and stay well.

Sterilize Hands Before Eating

Do not let human hands touch your food, unless they have been freshly sterilized. Even a few bacteria, that would not harm a healthy person, will seek out your thymus and bone marrow and prevent you from feeling well. You cannot trust restaurant food to be untouched. Don't eat at a restaurant where the staff is not gloved. Simply touching the toast, a piece of pie or fruit to nudge it onto the plate contaminates it. Similarly, delivering a glass with a finger on the

Once the plate contaminates it. Similarly, delivering a glass with a finger on the rim is unforgivable.

Your own hands are just as important. Nails should be very short to facilitate sterilizing them. They must be sterilized before eating and after bathroom use. If you are bedridden, use a spray bottle of grain alcohol. Even more reliable is dipping your hands in Lugol's water. Put one drop Lugol's in a cup of water (you should be able to see the color), dip your hands and wash. In a restaurant, use one glass of water to make this Lugol's hand-cleanser; dip your napkin in it for wiping hands.

Supplement Your Diet

The concept of supplementing the diet with extra nutritional factors is, of course, a very good one. We do need protection! Our metabolism can get protection with supplements. Kidney metabolism, liver metabolism, brain metabolism, each can get some protection by supplementing. It is like the concept of bandaging a wound—the wound needs protection.

Does this mean our organs are wounded? Not at birth, but sometime during childhood we begin to wound them. Toxic food and parasites wound them again and again while we trust in our "magical" healing ability.

But when the bandage on a wound is filthy, introducing the same bacteria as we are trying to keep out, we have a terrible dilemma.

We have a similar dilemma with our supplements. They contain the same immune-lowering toxins as we are trying to treat and eliminate! Supplements are polluted (all of them) with the four phagocytosis blockers (benzene, PCB, heavy metals and asbestos) and azo dyes Fast Garnet and Fast Green, which kill the CD4 and raise the CD8 lymphocytes.

We could say, "Oh well, this must be a very small amount, it's probably not significant". This is like saying, "Oh well, the bandage has only a small amount of *E. coli* bacteria, probably not significant." We know instinctively this is false.

There is no simple solution. Plain intelligence tells us that a few *E. coli* penetrating deeply into our organs through a wound could be fatal. But if they are merely present over a scratch on the skin they might not even harm us.

Pills and potions, even of a life saving kind, if polluted in a special way that lowers immunity will hurt the very sick to the point of killing them while not much affecting the relatively well.

The dilemma is worsened by knowing that not every bandage is contaminated

with *E. coli*; maybe some have only Staphylococcus or Streptococcus bacteria and a very few have nothing at all. You can't tell the difference by looking at the bandages.

A very few, possibly 5%, of vitamin pills and drugs are not polluted with serious toxins. But which 5%?

If I were facing this dilemma myself, I would try to do without the bandage rather than risk infecting the wound. I would stay away from dirt. This is like stopping taking supplements. But if I were trapped in a coal mine with a gash in my leg and dirt everywhere I would use any rag I could find as a bandage. I would try to reduce bacteria by dipping the rag in my "coffee" and sprinkling it with my saltshaker no matter the pain. It is altogether an ugly picture.

Yet HIV/AIDS patients are trapped in this same picture. They desperately need help for their metabolism and none is clean enough. I am not talking about minor toxins. I am talking about the very toxins that are responsible for AIDS in the first place: PCBs, benzene, asbestos, heavy metals and dyes. Facing such a dilemma myself, I would take no supplement or drug that had not been tested for these. If I could not test myself, nor find a tester, I would send it to an analytical lab to test whatever they could for me. And if this were not possible either, I would wash the tablet or take the powder out of the capsule. This removes some of the hazard. The remainder placed in a plastic spoon or zippered bag would be set on my zappicator. Without that, I would set it on my food zapper. And without that, I would put it in my sonicator. Without any of these, I would add or dip it into powdered vitamin B₂ and a drop of HCl in a tablespoon of water and gulp it, no matter the taste.

These are not happy decisions. There is no excuse for this degree of pollution in the supplement and drug businesses. They should have been analyzed for our safety, regularly.

It is possible to do detailed analysis of foods or products at a reasonable price. Look at the label on concentrated vinegar, available from manufacturers for the electronic and "cleanroom" industries. One gallon only costs \$39.80; it could be diluted to make regular (5%) vinegar, giving you 80 quarts.

Look at all the information on the label. The cost per quart of this superior vinegar, tested for numerous heavy metals, is only about 50¢! Obviously, the chemical analysis is cost effective enough that it should be done regularly on our daily foods, at least our staples: water, bread and milk.

Acetic Acid, Glacial, Electronic/Cleanroom Grade

Packaged in a Cleanroom Environment 4 x 1 gal \$39.80/gal

Assay (CH ₃ COOH) Min.	99.7%
Solubility in Water	To pass test

MAXIMUM LIMITS

Color (APHA)	10
Substances Reducing Dichromate	To pass test
Substances Reducing Permanganate	To pass test
Acetic Anhydride[(CH ₃ CO) ₂ O]	0.1%
Residue after Evaporation	10 ppm
Chloride (Cl)	1 ppm
Phosphate (PO ₄)	1 ppm
Sulfate (SO ₄)	500 ppb
Arsenic and Antimony (as As)	5 ppb
Aluminum (Al)	300 ppb
Boron (B)	200 ppb
Calcium (Ca)	300 ppb
Chromium (Cr)	200 ppb
Copper (Cu)	100 ppb
Gold (Au)	300 ppb
Iron (Fe)	200 ppb
Lead (Pb)	300 ppb
Magnesium (Mg)	300 ppb
Manganese (Mn)	300 ppb
Nickel (Ni)	100 ppb
Potassium (K)	300 ppb
Sodium (Na)	300 ppb
Tin (Sn)	300 ppb
Titanium (Ti)	300 ppb
Zinc (Zn)	300 ppb
Particulate Count (≥1.0 Micron)	25 particles/ml

Certainly, pills and supplements should be analyzed for heavy metals, non-legal azo dyes and solvents at least once a year. This ultra-important safety feature cannot be entrusted to the self-serving concept called "Good Manufacturing Process".

In fact, manufacturers should not be expected to do this themselves. We do not expect students to test themselves! We, the people, have that responsibility.

not expect students to test themselves: we, the people, have that responsibility. Then we would have uniform testing, at a sensitive level, for products of our own choosing.

If you would like to be able to take extracts, tinctures, tablets or capsules of health-giving herbs or minerals, send them to an analytical lab listed at the end of this book. Prices are becoming affordable. Select a VOC (volatile organic compounds) panel that tests for benzene, decane, hexane, carbon tetrachloride, and if possible, PCB. Do not choose a test that only measures benzene in ppb (parts per billion). Get ppt (parts per trillion) even though the legally enforced level is 5 ppb for water. Once something has been tested at the ppt level, you may use it only if the result is "not detected." If you buy supplements through a co-op or natural food store, you could request that they do such testing. They are eager to serve you. Get a group together with similar needs; then request your store's cooperation.

When you have your own test results, obtained from such a lab, you will have something more persuasive than someone's Syncrometer[®] results even though Syncrometers[®] are much more accurate. Your results will be more binding, too, to present to your government representative. Arrange to discuss your results with him or her after you have enough to make your point.

HIV/AIDS victims should not be eating more of their own poisons, the immunity-destroyers, even if they also bring medicine or supplements.

And if you can't believe that these are your poisons, instead of solely the HIV virus, you might plan to finance some classical research. Some moneys are available from philanthropic foundations. But you must form a steering committee and guarantee honest and sincere effort. To bring wisdom to your research project the decision makers should be lay persons of many kinds: engineers, farmers, housewives, mechanics, massage therapists, cooks, actors, writers, activists. Of course, to get results of a reliable kind you will need professional scientists. But do the interpretation of the results yourselves, together with the professionals.

The need for common sense and wisdom in a research enterprise with a social purpose is similar to the need seen in the justice system. Twelve ordinary people in the jury are seen as a better bet than professionals. To imagine the challenges your committee might face when creating a new supplement, an example of creating clean vitamin D₃, cholecalciferol, is at www.huldaclark.net/vitd.

3. Clean Up Your Body

The reigns on style were loosened 40 years ago! We are not expected to wear makeup, or shave special places, or even smell like a bouquet of flowers. Why are we still trapped by the body-paint industry? We can be ourselves. Why are we still trapped by the "You-are-ugly" philosophy, and the "You-smell-awful" belief? After a dental clean up your mouth will be too sweet to ruin with breath lozenges, and your smile too sincere to ruin with paint.

In fact, the young non-smoker, non-drinker (not even coffee), non-drug user is very much "in" (in style). This is fortunate for you, because you will need to go off every cosmetic and body product that you are now using. Not a single one can be continued. They are full of titanium, zirconium, benzalkonium, bismuth, antimony, barium ²¹, strontium²², aluminum, tin, chromium, not to mention isopropyl alcohol and pollution solvents such as benzene and PCBs.

Do not use any commercial salves, ointments, lotions, colognes, perfumes, massage oils, deodorant, mouthwash, toothpaste, even when touted as "herbal" and health-food-type. You can make your own safe ones. See *Recipes* for homemade varieties.

People all around us are trying, desperately, to use less toxic products. Most people are still healthy enough to have a "natural" instinct. They "know" all these products can't be good for them. That is why a health food or "natural" industry has taken root. People seek health. They reach for products that just list herbs and other natural ingredients. Unfortunately, judging by how many "natural" products I find are polluted, the buyers are being duped.

Why are so many natural products polluted? For the same reason that regular products are polluted. A major culprit is antiseptics. Because all products are required to have very low bacterial counts the Food and Drug Administration (FDA) requires all body products to have sufficient antiseptic in them. (Some of these antiseptics are substances you must avoid!) But you won't see them on the label because manufacturers prefer to use quantities below the levels they must disclose. And by using a variety of antiseptics in these small amounts they can still meet sterility requirements. The only ingredient you might see listed is "grapefruit seed" or similar healthy-sounding names. But lurking inside can be lots of substances that are harmful to your health.

This is sad for the intelligent citizens who wish to avoid harming themselves. Here are some examples of how a consumer can be duped when buying body products:

- Rocks sold as "Aluminum-Free Natural Deodorant". You rub the rock under your arms. It works because the rock is made of magnesium-aluminum silicate.
- Men's hair color with lead in it. Just because it is legal to use lead compounds in men's hair color doesn't mean the lead is safe to use. The hazards of lead are well known. Why the government outlaws lead in gasoline, paint, and plumbing, but allows you to smear it on your scalp is a mystery.
- Lipstick with barium, aluminum, titanium and azo dyes; eye pencil and shadow with antimony and chromium; toothpaste with tin, strontium, azo dyes, and silicone. Again, these chemicals are known to be hazardous, so don't be duped into thinking they are safe because they are allowed.
- Cigarettes contain lead, mercury, nickel, benzene²³, Tobacco Mosaic Virus and Cabbage Clubroot fungus. Everyone knows cigarettes are bad for you, there is even a warning, but looking at the glossy, clean, neat packaging, we dupe ourselves into feeling such a professional product couldn't be so bad.



The list of pollutants in these "natural" cigarettes was obtained with a Synchrometer[®]. Use a magnifying glass to read them.

Fig. 97 Health food store cigarettes

- Chewing tobacco has all the same toxins as cigarettes, with additional ytterbium, but seems safer because it is smokeless.
- Hair spray and shampoo often do not list isopropyl alcohol on the label because the amount is below what is required for listing. Hair spray often tests Positive to PCBs, and this pollutant isn't being cleaned up because the government doesn't think it necessary to test for it.
- Laundry "balls" or discs that claim no chemicals are used and yet amazingly make your wash cleaner. Actually cobalt compounds leach out

of them, to lower surface tension of water.

Some of the unnatural chemicals listed were detected with the Syncrometer[®] and are probably present because of residues from the manufacturing process, but others you will actually see listed on the label!



One of these dishwashing liquids is safe. The others had PCBs, benzene, asbestos, clorox bleach, azo dyes, and numerous heavy metals.

Fig. 98 Popular Detergents

See *Recipes* for easy-to-make, natural substitutes. But you might consider just stopping them all. Get started while you're on vacation.

Use nothing on yourself that you wouldn't use on a newborn baby. This is a permissive age. You will be the only one feeling "naked." Others won't even notice. Don't forget advertising is aimed at you, even if other people's eyes are not!

Don't even use soap unless it is homemade soap (see *Recipes*) or borax²⁴ straight from the box. Borax was the traditional pioneer's soap. It is antibacterial and can be made into a concentrate. It is also a water softener and is the main ingredient in non-chlorine bleaches. Boron, an element in borax, is natural to your body; it hardens bones. Residues of borax on dishes would not harm you. Make a borax solution and dispense it from liquid dispensers for hand washing and showering.



Fig. 99 Homemade soaps

Don't use toothpaste, not even health-food varieties. To clean teeth: floss first, then brush. Only do this once daily! The tiny scratches made with the brush

on your gums cause invisible tiny bleeds! Of course you will be healed in a few hours but in the meantime, all your mouth bacteria can enter your blood stream. Floss very gently for the same reason. Don't buy floss. You may buy nylon fish line that you rinse in hot water first and place on the zappicator for two minutes. For homemade floss cut strips of plastic from a grocery bag. Cut them $\frac{1}{4}$ to $\frac{1}{2}$ inch wide and four inches long. Rinse one in hot water before using it. This is finer than any floss and can get between the closest teeth because it stretches to fit. Don't floss briskly. Just one pass will be sufficient on each side of the tooth. Then brush with oregano oil tooth powder (see *Recipes*). The homemade powder is quite enjoyable. Just a bit of powder picked up on a dry toothbrush is enough.

If your mouth is sore with thrush, don't use a brush at all—the new scratches you make just spread the fungus. Finger-rub some oregano tooth powder over the tooth surfaces after flossing. The residue of oregano oil will kill bacteria and keep your mouth fresh for hours.

Don't use mouthwash; use salt water (pure salt). If you have thrush, Lugol's solution will be your best friend. It kills yeast. But it can also stain your teeth and tongue so use it at bedtime. By morning most of it will be gone. Use solid baking soda to get any leftover stain off your teeth. Apply Lugol's to your tongue in one or two drops straight. Immediately smear it about. If your Lugol's was not made by yourself zappicate it first to destroy pollutant solvents. For a mouthwash during dental work use Dental Bleach (not laundry bleach) for a month, not longer, it could give you too much chlorine.

Don't use massage oils of any kind. Ninety percent (or more) of all the oil in the United States market place I tested is contaminated with something: benzene, PCBs, or antimony! And all contain live *Ascaris* eggs (simple filth). Use cornstarch lubricant (see *Recipes*) instead.

Don't use hair spray or make your own (see *Recipes*).

Don't use bath oil. Take showers, not baths, if you are strong enough to stand. Showers are cleaner.

Don't use perfumes or colognes. They pollute your lungs besides being themselves polluted. You may use an essential oil that has been zappicated to remove traces of solvents.



Our household, health, body products and drugs were found to be polluted with solvents, heavy metals, PCBs and lanthanides using the Syncrometer[®].

Fig. 100 Some polluted body care products

Don't use lotions or personal lubricants except homemade.

CANCER is caused

in part by isopropyl alcohol. The other part is the same human intestinal fluke that you had, and the same SV 40 virus that you had! You are at much greater risk of developing cancer for this reason. You must be especially careful to avoid common rubbing alcohol.

Prohibit Isopropyl Alcohol

Isopropyl alcohol is the antiseptic commonly used in cosmetics. Check all your cosmetics for the word "propanol" or "isopropanol" on the label. It is usually put on the label, since it is not currently suspected of causing cancer. Don't give your discarded cosmetics to anybody. Don't save them. Don't have them in the house anywhere. **Throw them out.**



Check all labels for "propyl alcohol", "propanol" or "isopropanol". Throw those products away!

Fig. 101 Some isopropyl alcohol-containing products

Here is a list of common body products that have large amounts of isopropyl alcohol in them: cosmetics, shampoo, hair spray, mouthwash, mousse, body lotions, shaving supplies, and, of course, rubbing alcohol. **If in doubt, throw it out!**

Although body products give us our highest concentrations, isopropyl alcohol is in our food, too! We will discuss this soon.

Don't shave special places. Reconsider the real need for it. Any shaved place is severely scratched if you look at it under a microscope. This lets in bacteria and chemicals, where they were never meant to be. For this reason you might notice that the skin stings for a while. If you have HIV or AIDS or any lowered immunity condition (as in cancer), stop shaving special places (You may clip with scissors). If you are forced to, by your job, do the lightest shave job possible. Sanitize the area with grain alcohol before shaving to minimize the bacteria invading later.

Don't dye your hair with the brand name varieties; their azo dyes are absorbed into your scalp and build up a large reservoir of dye here. Read labels carefully. A safe hair dye is described in *Recipes*.

Don't polish your fingernails or toenails. The solvents penetrate the nails.

Don't attach fake nails. The acrylic acid is a carcinogen.

Don't get dye tattoos for eyebrows or any other place. The dyes seep constantly from these locations to your liver and other organs. You can follow them with a Syncrometer[®] and see how they are stored in your CD4s and CD8 killer cells.

Don't use anti-perspirant; use only deodorants, like pure zinc oxide powder,

ethyl alcohol (from the tall Everclear™ bottle only), or pure baking soda. You need to sweat out as much PCB and benzene as possible. If you are able to sweat, consider yourself lucky; wash your armpits out 3 times daily. You may also use the oregano oil tooth powder as a deodorant or a single drop of other essential oil, that you have zappicated.

Don't pierce your skin anywhere to wear rings. It is an open wound and open invitation to the metals and surrounding bacteria to enter your sacred domain—your immune system.

Don't "do any drugs" in any form, either soft or hard. It is Dr. Duesberg's opinion that drug taking has destroyed the immune system of United States AIDS victims. He has a great deal of convincing evidence. He states in his book *Why We Will Never Win the War on AIDS*²⁵ that no agencies have investigated this explanation because it would be unpopular and adversely affect the drug market. Such a study requires resources beyond my reach. But this may indeed be a significant, if not the most significant source of azo dyes, benzene and PCBs for many AIDS patients. Perhaps nitrates ("poppers") have a special immune lowering action of their own. Such a possibility should be quickly tested by any country in distress, not shunned, nor argued in the courtrooms. Laypersons should be sitting on the committees that decide what theories to spend public moneys on to do research. Professionals, politicians or industry representatives will choose self-serving research.

Dump all your body chemicals and drugs in an outside dumpster. Never look back. Life is ahead of you again, and you must hurry to catch up.

Whatever you do need to keep, or have made yourself, should be sonicated or zappicated as a final precaution against traces of PCB and benzene.

4. Clean Up Your Home

Your home is your personal environment. It is your little bit of cosmos, even heaven at times. Get it cleaned up while you are on your motel-vacation. This is an easy task because it mostly involves throwing things out. Hopefully your family and friends will jump to your assistance.

- The refrigerator gets checked or changed
- The basement gets cleaned
- The garage gets cleaned

- Every room in the house gets cleaned

Freon is a refrigerant that has been banned in most countries for its role in ozone depletion. It is also hazardous to you. Check your refrigerator. If it is older, it may still be one of the Freon-containing kinds. If so, wheel it outside the same day you read this. You may leave it on an extension cord and use it until you find a new non-Freon variety. You must be totally, not partially, Freon free.

What is so damaging about Freon in your body? After all, it is non-biodegradable. If it has no biological interactions, how could it hurt us? By being non-degradable, however, the liver has no chemical reactions with which to detoxify it so it can leave the body! It builds up, therefore. Healthy people accumulate it in their skin. Sick people accumulate it in their sick organs. AIDS patients all have especially high levels right in their thymuses. Freon can act like a trap for other fat-soluble items like PCBs and metals. Particularly, copper is seen at Freon sites. Water that has run through copper pipes carries copper and, of course, dental amalgam has copper. Your body absorbs the copper, which gets trapped by the Freon already there. Obviously, you must remove Freon from your thymus. But how?

Only one useful reaction with Freon comes to mind. Freon is thought to be responsible for the ozone "hole" at the South Pole. Would Freon react with ozone supplied to your body and thereby become biodegradable? Indeed, it does! But only if you drink it as ozonated water. Other ozone routes, as intravenous or rectal, have not been observed to be as effective.

If you have AIDS buy a small ozonator (see *Sources*). Drop the hose into a glass of cold tap water. Five minutes are enough. Drinking three glasses a day is very effective. Even one glass a day keeps Freon and copper moving out.

If you are following your progress with the Syncrometer[®], you will see that Freon now appears in the liver for the first time. Before this, it was marooned in the thymus and other organs. You may also detect a feeling like indigestion. You must come to the assistance of your liver. Even ozonated Freon is extremely burdensome to the liver.

A combination of herbs, (Liver Herb Drink in *Recipes*) rescues the liver from its plight, and prevents the indigestion. Begin with one cup daily, and then increase to two cups. Add juice, whipping cream, coconut cream or sweetening to make it enjoyable (see *Recipes*). After drinking liver herbs you will see that the Freon now appears in the kidneys. Yet it is marooned there unless you assist them. Take the kidney cleanse recipe, 1¼ cup daily, to assist the kidneys so they

can finally excrete the Freon into the urine. Make an enjoyable beverage out of this, too.

It's an elaborate detoxifying program of ozonated water, liver herbs, and kidney herbs taken together for six to eight weeks. This gets most of the Freon out. Afterward, continue the program at a reduced dosage for half a year. The complete Freon removal program is given in *Recipes*.

Clean Basement

To clean your basement, remove all paint, varnish, thinners, brush cleaners, and related supplies. Remove all cleaners such as carpet cleaner, leather cleaner, rust remover. Remove all chemicals that are in cans, bottles or buckets.

You may keep your laundry supplies: borax, white distilled vinegar, homemade soap, and chlorine bleach. This chlorine bleach will, of course, be polluted with azo dyes. It can be used to clean the toilet. It can even be used to whiten clothing; evidently the hot water activates it enough to oxidize its dyes. But never, never use it to wipe tables, counters or cutting boards. Its dyes and heavy metals are left as a residue on everything. Having tungsten, platinum, palladium and dozens more on your cutting board is not a good idea.

You may keep canned goods, tools, items that are not chemicals. You may move your chemicals into your garage. Also move any car tires and automotive supplies like waxes, oil, transmission fluid, and the spare gas can (even if it is empty) into your garage or discard them.

Seal cracks in the basement and around pipes where they come through the wall with black plastic roofing cement. In a few days it will be hard enough to caulk with a prettier color. Spread a sheet of plastic over the sewer or sump pump.

Clean Garage

Do you have a garage that is a separate building from your home? This is the best arrangement. You can move all the basement chemicals into this garage. Things that will freeze, such as latex paint, you may as well discard. But if your garage is attached, you have a problem. Never, never use your door between the garage and house. Walk around the outside. Don't allow this door to be used. Tack a sheet of plastic over it to slow down the rate of fume entrance into the house. Your house acts like a chimney for the garage. Your house is taller and warmer than the garage so garage-air is pulled in and up as the warm air in the

house rises. See the drawing.

In medieval times, the barn for the animals was attached to the house. We think such an arrangement with its penetrating odors is unsavory, in fact benighted. But what of the gasoline and motor fumes we are getting now due to parked vehicles? These are toxic besides! This is even more benighted.

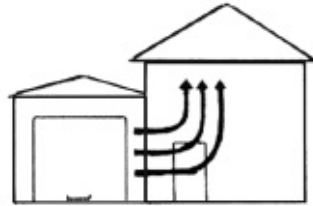


Fig. 102 Garage fumes

If your garage is under your house, you cannot keep the pollution from entering your home. In this case, leave the car on the driveway outside. Move the lawnmower, cans of gasoline, solvents, etc. into a separate shed.

Clean House

To clean the house, start with the bedroom. Remove everything that has any smell to it whatever: candles, potpourri, soaps, mending glue, cleaners, repair chemicals, felt markers, colognes, perfumes, and especially plug-in air "fresheners." Store them in the garage, not the basement. Since most vapor rises, they would come back up if you put them in a downstairs garage or basement.

Next clean the kitchen. Take all cans and bottles of chemicals out from under the sink or in a closet. Remove them to the garage. Keep only the borax, white distilled vinegar and bottles of concentrated borax and 50% vinegar you have made. You may also keep homemade soap. Use these for all purposes. Remove all cans, bottles, roach and ant killer, mothballs, and chemicals that kill insects or mice. These should not be used anywhere in your house. They should be thrown out. Remember to check the crawl space, attic and closets for hidden poisons also. To wax the floor, get the wax from the garage and put it back there. An HIV/AIDS patient should not be in the house while house cleaning or floor waxing is being done.

To keep out mice, walk all around your house, stuffing holes and cracks with steel wool. Use old-fashioned mousetraps. Modern glue-traps seem needlessly cruel.

For cockroaches and other insects (except ants) sprinkle handfuls of boric acid ²⁶ (not the same as borax) under your shelf paper, behind sink, stove, refrigerator, under carpets, etc. Some varieties of ants are repelled by borax (not boric acid).

Use vinegar on your kitchen wipe-up cloth to leave a residue that keeps out ants. Pour vinegar all around your house outside, using one gallon for every five feet, to deter ants. Do this several times a year. Keep foliage trimmed next to the house. You may also use an electronic deterrent.

Remove all cans and bottles of "stuff" from the bathroom to the garage. The chlorine bleach is stored in the garage. Someone else can bring it in to clean the toilet (only). Leave only the borax-soap, homemade soap, and grain alcohol antiseptic. Toilet paper and tissues should be unfragranced, uncolored. All colognes, after-shave, anything you can smell must be removed. Family members should buy unfragranced products. They should smoke outdoors, burn their candles and incense in their own rooms with doors closed and windows open, blow dry their hair outdoors or in the garage, use nail polish and polish remover outdoors or in the garage and not wear fragrance or fragrant shampoo or after shave if you have lung disease.

Do not sleep in a bedroom that is paneled or has wallpaper. They give off arsenic fumes and formaldehyde. Either remove them or move your bed to a different room. Leave the house while this is being done. If other rooms have paneling or wallpaper, close their doors and spend no time in them.

Take taurine and cysteine to help your lungs recover from formaldehyde damage (taurine 500 mg, three daily, cysteine 500 mg, three daily).

Do not keep new foam furniture in the house. If it is less than one year old, move it into the garage until you are well. It gives off formaldehyde. Wash new clothing for the same reason. Move unwashed clothing and suits to a distant closet. And do not sleep on foam pillows or a foam mattress.

Turn off radiators and cover them with big plastic garbage bags, or paint them, or remove them. They give off asbestos from the old paint. The plastic bags themselves should not smell bad—these fumes are **phthalates**—very toxic. Don't buy such bags. And, in any case, soak the bag in a bucket of hot bleach water for an hour first. Follow directions on the bleach bottle. Do not do this yourself.

For food use, avoid smelly plastic zippered bags, too. They are giving off phthalates! If your health food store uses such bags, let the store manager know.

Do not use the water from your hot water faucet for cooking or drinking. It has tungsten or other metals. Do not drink water that sits in glazed crock ware (the glaze seeps toxic elements like cadmium). Do not buy water from your health food store or any other dispensing place.

All holding tanks, all stills, and all pumps must be periodically cleaned, sterilized and greased.

Petroleum derived products are used for this. They contain a host of solvents of a very toxic kind. These pollute the water constantly. It is simply believed, on faith, that small amounts couldn't hurt you! Yet, you can identify them with a Syncrometer[®] and then find them in your thymus! It would be interesting to find out who is servicing your health food store's water supply and with what. You could make it a project. Send it (the cleaner or grease) to a lab for testing if you manage to get a sample. Test for benzene (and PCB if you can afford it).

Change all the galvanized or copper water pipes to PVC plastic [27](#). But do not install plastic valves; these need greasing. Regular metal valves are fine; they do not contribute corrosion to the water. Most AIDS patients and all cancer patients have a buildup of copper. If you are already anemic, this is a high priority. Copper prevents iron from being used by the body to make hemoglobin. Copper uses up your glutathione. Copper causes mutations. It would be wise to switch to plastic plumbing before anybody in your home develops illnesses. Although PVC in dissolved form is a toxic substance, amazingly, the water is free of PVC in three weeks! It gets hard enough not to seep.

If you have a water softener, by-pass it immediately and replace the metal pipe on the user side of the softener tank. It will be corroded. Softener salts are polluted with strontium, chromate and PCB! They are also full of aluminum. The salts corrode the pipes so the pipes begin to seep cadmium into the water. After changing your pipes to plastic, there will be so little iron and hardness left, you may not need a softener. If the water comes from a well, consider changing the well pipe to PVC to get rid of iron. While the well is open, have the pump checked for PCBs. Call the Health Department to arrange the testing.

Another option is to coat the inside of your copper pipes with epoxy (see *Sources*). The coating hardens in a day; the water did not appear in the white

blood cells later, after drinking some. I tested this with the Syncrometer®.

Filters are not useful for metal removal from your drinking water. Corrosion of your pipes overburdens a filter. A new filter may work well but for only the first five days! Filters even add to the water pollution. Reverse osmosis water always contains ytterbium or thulium or yttrium! These are lanthanides, the very contaminants that block phagocytosis!

Metal from corroded water pipes (lead, copper and cadmium) cannot be filtered out or distilled out. Filters were only meant to remove the amount of metal in city water, not corrosion-water. And distillers allow essentially all pollutants to be carried over in the steam.

The cleanest heat is electric. Go "total electric" if possible. If you must stay with gas, have a furnace repairperson check your furnace and look for gas leaks before the heating season starts. Don't call the gas company even though it is free. The gas company misses four out of five leaks! The Health Department does not miss any; call them!

It is possible to get most of this house cleaning done in one day. Do all you possibly can. The more difficult jobs may take a week. This is a week of lost time if you are scheduled for a blood test.

Don't stop because you are already feeling better. Illness can return with a vengeance. Get every clean up job completed so you can feel secure for your next doctor's checkup and for your future.

Finally, search the whole house for holes in the ceiling, walls or floor that lead to insulated areas. Any fiberglass that is exposed will fill your breathing space. Even tiny holes made by pesticide companies can be deathtraps for you; the microscopic bits of glass go to your lungs and thymus gland. Merely covering holes does not work; they must be airtight—fill and paint them. Use duct tape to seal attic entranceways. Check the water heater. Check furnace, air conditioner fans, and dishwashers; pull out any fiberglass stuffed around them. Vacuum afterwards and throw away the bag. Best of all, find a contractor willing to

remove your fiberglass insulation, vacuum, and replace it with shredded paper or vermiculite insulation (see *Sources*).

Suppose you have nobody who is willing to clean up the house, basement, and garage for you, or take on your pets for a month while you find them a new home. Don't delay for a minute if you should be invited to stay with a friend or relative who is willing to clean up their place for you and take you to the dentist. If there are no invitations, go on vacation. Put yourself into a smoke-free motel room (bring your own soap, sheets, and pillowcases, and ask that they not "clean" your room or spray it). Bring your own bug-deterrent so you don't create a problem for them. If you have a camper, remember to clean it up first. Foam and paneling must be out of it. Gas lines should be checked or closed off. Simply being outdoors is your safest place. A sunny beach, with shady places, where you can rest all day is ideal. Remember not to use any sunscreen or suntan lotions. In fact, bring nothing with you that you don't need for the *2-Week AIDS Program*.

But if friends and family mobilized to help you clean up, reward them with status reports on yourself. They have a stake in your success. You are most fortunate.

Watch Your Health Improve

NOW YOU HAVE DONE IT ALL!

Look forward to your next blood test.

- Your parasites are gone. Without the intestinal fluke you cannot have HIV. Without *Paragonimus* you can't make benzene. Without *Eurytrema* you can't produce SV 40 viruses. Even those viruses that were stuck inside your own chromosomes are gone. You are on the *Maintenance Parasite Program*.
- You have cleaned out the benzene, PCBs, metals and asbestos from your body as well as Fast Garnet and Fast Green dyes. Without these you can't get AIDS.
- You have extracted the teeth with large metal or plastic fillings and have

replaced them with partials that you hardened yourself. They do not leach out anything. Small fillings have been removed. You are keeping them squeaky clean with oregano oil tooth powder. You are no longer sucking on mercury, thallium, uranium, lanthanides, malonic and maleic acid, urethane, bisphenol-A, phthalates or dyes.

- You have switched to foods that are pesticide-free and not moldy or processed nor allergenic for you. This means foods that are fresh and have not been chopped, ground, extracted and mixed with other chopped, ground, extracted foods to create concoctions. You have stopped using supplements unless you know they are free of contamination with benzene, PCBs, metals, asbestos and dyes. You zap everything.
- You have stopped putting abnormal chemicals on your skin, in your mouth, on your hair, in your armpits, on your eyelids, on your teeth, on your scalp, on your nails, or in your nose, lungs or genital tract.
- You have cleaned the house of all the chemicals that your body considers toxic.
- You are zapping every day.

Congratulations, this is a big accomplishment!

I hope you did all this in the first week after you bought this book and started on the parasite-killing program. You stand an excellent chance of turning your future around! You could be one of the first true survivors that live to age 75!

Will your next blood test say HIV Positive or Negative? In the past I spoke of the P24 antigen test. Since then, the "viral load" test has become popular. Although this test has its drawbacks, too, it is quite satisfactory for your purpose. You are looking for a very large drop; we do not need to quibble over small amounts, their standards, or the tests' accuracy. You are aiming for zero. The test sensitivity, though, may only reach a number that is less than 400 virus chromosomes per ml of blood. This is a common standard accepted as **Negative**.

Ask your doctor to schedule this test for you. It is called PCR-HIV-1-RNA. If it comes back **NEGATIVE** now, be especially cautious! The virus may be gone but you could reinfect yourself in a single day. Celebrate in a safe, common

sense way.

Of course you could be keeping yourself artificially **Negative** with a drug cocktail that quickly kills every virus that is spawned. That is not the same thing as being **Negative** as a result of eliminating the source of virus. If you are kept **Negative** by a drug cocktail, you cannot use this test to prove you have succeeded in eliminating the intestinal fluke. Your only useful test will be the **immune analysis**, which tests for the ratio of CD4s to CD8s and their total counts. Be sure you are monitoring these also. This is not as expensive as the PCR test.

Also ask your doctor to request a urinary phenol test (chronic, not acute exposure) for you if your first one was high, or got missed. This will tell you if you are still getting too much benzene somehow. Repeat these tests every three to six months after you are recovered to be sure you are holding on to your gains.

How long does it take to recover from AIDS after cleaning up the thymus and bone marrow? About three weeks. Your body is exceedingly swift. And it is age-related. The younger you are, the faster you recover.

How do you know you are recovering? After all, there was no blood test showing your phagocytosis ability or virus-killing ability.

1. Your fatigue lessens.
2. Your mind is clearer.
3. Your temperature goes toward normal.
4. Your skin lesions fade.
5. Your breathing is deeper.
6. Your night sweats stop.
7. Your bowel is functioning normally.
8. Your appetite is good.
9. You are gaining weight.
10. And, of course, your immune analysis shows the CD4 to CD8 ratio rising, as well as the total T-count and total WBC.

These improvements should encourage you to leave no stone unturned; that is, leave no pollutant in your thymus or bone marrow. Don't be satisfied with half

measures. Your life is important to all of society; and your life affects all of humanity.

You may be very eager to find a job, shed your "disability" status and live on a higher income again. But don't rush into it.

You need not only to recover from AIDS, but also to be well, not fatigued. Only you have a profound understanding of the destructive course our so-called "civilization" is taking. Only you understand pollution as nobody else understands it. Only you may foresee the end of the planet's biosphere, or major branches thereof, as you were destined. You have an important mission to this planet's creatures. Your suffering must not be in vain. Heal yourself *completely* so that the rigors of politics, business, education and entertainment are not overwhelming to you.

Stay Clean

Here are a few more ways we could be getting the human intestinal fluke stages. Since the infective stage in nature is the metacercarial²⁸ stage, are we eating metacercaria from vegetation like lettuce? I have not seen evidence for this but it must be researched, thoroughly, as a possibility.

You will see in the case histories how some people test YES (**Positive**) for parasites in spite of having completed the parasite-killing program and being on the maintenance program. This is possible because a reinfection can occur in as little as one hour! Of course, your own bowel is the most likely source of reinfection. Keep hands sanitary by rinsing with grain alcohol solution. And never, never put fingers in your mouth. Observe the best sanitation rules. Zap daily and stay on the *Maintenance Parasite Program*. In cases of persistent reinfection the patient was not cleaning the fruits and vegetables correctly. This will now be easier with the electronic devices. Parasites can make good progress in two days (eating you up and reproducing in you) if given the chance.

You must avoid parasites in daily life! Unfortunately for fast food lovers, the solution is not to make a daily routine out of the maintenance program. Herbs powerful enough to kill parasites probably are not advisable on a daily basis for a long period of time.

Meat Could Be A Source

Are we getting metacercaria from eating animals that have the parasite?²⁹ Suppose we eat the raw blood of an animal that has this parasite. The animal's

blood has eggs, miracidia, redia, cercaria and metacercaria in it. We swallow those live eggs, miracidia, redia, cercaria and metacercaria.

The metacercaria are meant to attach themselves to our intestine and grow larger, into adults that lay more eggs. But could the eggs, miracidia and redia that we eat also survive and develop in us? The miracidia and cercaria with their tails could simply swim away into our bodies. The eggs could hatch into more miracidia. Benzene will invite the stages into the thymus and the time clock for AIDS begins to tick.



They often bring dyes, too! Ask the store manager.

Fig. 103 Ground meats bring infective parasite stages.

When would we eat raw blood? In raw beef such as rare hamburger or steak! In raw turkey as in turkey burgers! And in raw chicken as in chicken burgers! Just handling these raw meats would put the infective stages on your hands! What a huge risk this gives us! Zappicate the meat package before even opening it—extra long—10 minutes. Cook everything thoroughly.

Some flukes are large enough to be seen with the naked eye, although their various stages usually need a low powered microscope. Therefore it should be possible to examine any meat sample from the grocery store to verify this source.

Look at the photos of ground meats. There are objects that look identical to the stages of flukes. Research needs to be done to culture them in order to classify them accurately.

This raises the possibility, in fact, the probability, that our meat animals are the "biological reservoir," namely source of infection, by the HIV causing parasite! The human intestinal fluke was first studied in certain snails in ponds in China. Are our farm ponds similarly infested? If so, our animals have an obvious source of metacercaria.

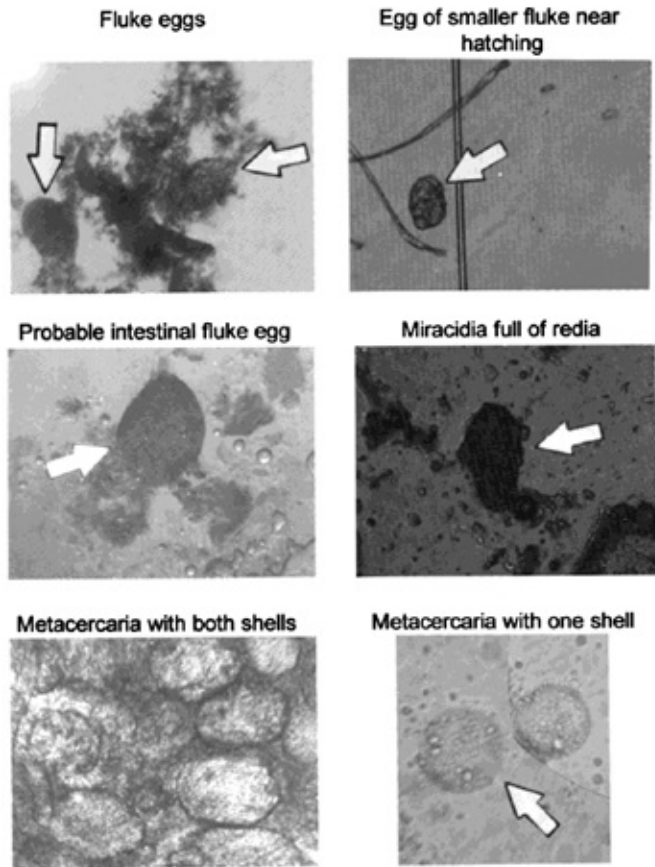


Fig. 104 Likely fluke stages in meat (100X)

My tests show that snails from artificial ponds, field ponds, aquariums, or taken from foliage that has been sprayed carry the HIV virus. These snails also tested **Positive** for benzene. The fish food, animal food, aquarium fish food and the foliage spray all had traces of benzene.



Fig. 105 The Syncrometer[®] detected HIV in snails

In the past I recommended becoming a seafood vegetarian. This has changed. The best advice now is to simply sterilize all meats. Begin by sonicating

The best advice now is to simply sterilize all meats. Begin by soaking, zapping or zapping it.

Then roast or cook in the usual way. **Don't eat any fish or chicken or Cornish hen** at all, since these have been dipped in or sprayed with common laundry bleach and are permanently contaminated with Fast Garnet and Fast Green dyes. It does not wash off. Delicatessen meat must also be electronically cleaned to be safe. Avoid ham and pork for its phloridzin content, although thorough cooking and zapping can destroy this. Are there other sources of this parasite? The common filth on fruits and vegetables are unavoidable sources of parasite eggs. They can be cleared electronically, after washing in hot water. Eggs and dairy foods require longer treatment. But the range of foods permitted has increased significantly in the past few years.

Animals could not always have been infested with these fluke parasites. Cows, chickens and turkeys are not the natural hosts of the human intestinal fluke, although pigs are. And parasite stages should never be found inside any of these animals in any case. But their feeds are now full of solvents, which promote abnormal parasitism in them, just as it does in us.



Three of these had the common pollutants: PCBs, benzene, asbestos, heavy metals, azo dyes and Clorox bleach. We can expect cancer.

Fig. 106 Animal feed supplements

Even bird food was found to have benzene and other solvents in it. Buy seed only if you love birds.



We can expect bird cancer and new diseases to develop.

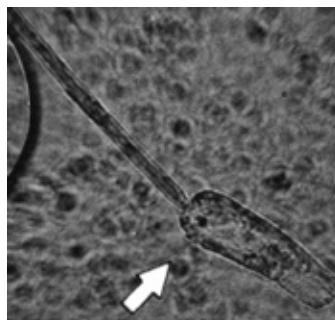
Fig. 107 Processed bird food has benzene and gallate



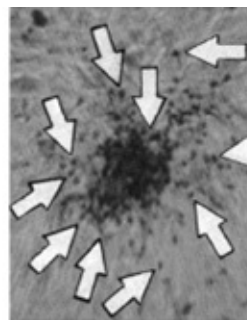
Fig. 108 Solvent-free, gallic acid-free bird food

Sex Could Be A Source

Since the infective stages of the intestinal fluke are microscopically tiny and can travel throughout the body in the blood, it makes good sense that some get into the genital tract and genital fluids. It would be wise to practice protected sex. See the photos of parasite stages in urine. These will certainly be transmitted with sex.



Cercaria seen in urine (400x)



Sperm for comparison (400x)

Fig. 109 Cercaria in urine vs. sperm

Cercaria resemble sperm, which you might expect to see, occasionally, in a urine specimen from a male. However the size difference makes them easy to distinguish.

Raw Milk Could Be A Source



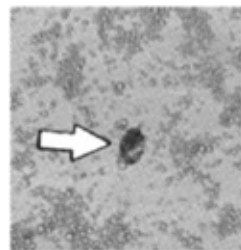
Two overlapped miracidia (100x)

Fig. 110 Miracidia in urine

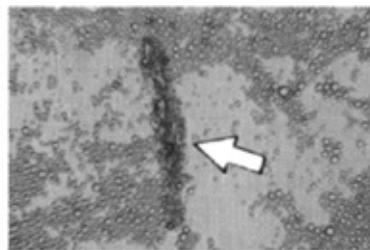
When an animal or human is infested with the fluke stages, all the body fluids eventually have them. Milk is a body fluid. Cow's milk and goat's milk should all be sterilized before drinking it. Do not drink raw or merely pasteurized milk. But simply adding hydrochloric acid and sonicating, zapping or zapping makes it safe.

Mother's Milk Could Be A Source

If the body is teeming with very tiny fluke stages because of the solvent in your tissues, could they be transmitted through mother's milk? See the photograph of mother's milk. It shows a fluke egg almost ready to hatch. The mother was full of benzene. The baby was full of benzene from drinking the mother's milk. The father was full of benzene, also. The family was using cooking oil polluted with exceptionally high levels of benzene.



Egg (100x)



Miracidia developing redia (100x)

Fig. 111 Parasites in human milk

If you are nursing a baby and have HIV/AIDS illness, your milk could have infective stages in it. You can stop infecting your baby by:

1. Going on the parasite-killing program yourself. The ingredients will come through the milk and kill the baby's parasites at the same time.



Baby foods and supplies are processed in the same way as adult foods; this probably explains their extensive pollution with benzene and other solvents.

Fig. 112 Baby food and supplement

2. Stopping the use of baby food or baby products. This will clear your baby of it, as well as you, in about five days. Zappicate everything.

3. Dropping fish and chicken from your diet. Eat other meats and treat them with a sonicator, zapper or a zappicator. Strictly following the dietary guidelines in this book will prevent your baby from getting parasites, benzene and dye buildup again.

4. Taking vitamin B₂ and magnesium with each meal.

5. Stopping exchange of body fluids (through kissing on the mouth and sex) with persons who may be infected. You will be non-infective as soon as your viral load is made **Negative** this natural way and stays that way. Practice protected sex anyway.



Fig. 113 Infant formulas with wood alcohol

Until your intestinal flukes are dead you may be giving the baby parasites in your milk, but don't stop breast-feeding, since this will become the baby's cure, too. Also, switching to canned formula would worsen the situation with solvent pollution. If your baby is very ill with AIDS, she/he is getting large amounts of Fast Garnet and Fast Green dyes, possibly from sugary drinks or bottled water or canned baby food. Change your water source to regular cold-tap water (not in Africa). Test your water source by sending the filter to a testing lab. Feed

her/him no fish or fowl. Cook your baby's food yourself. And use no salves or ointments. Express your milk with a breast pump. Sonicate or zappicate it and then feed it to your baby. Store it in glass jars to refrigerate it. Soon your milk will be safe from the human intestinal fluke and the HIV virus it brings without extra electronic treatment. Be sure to sonicate or zappicate all baby bottles, nipples, teethers and mouth toys. Most of them have PCB contamination! They don't wash clean of PCBs.

Saliva Could Be A Source

Saliva is another body fluid that carries the tiny developmental stages of the fluke parasites. This means that kissing on the mouth could transmit the HIV/AIDS parasite. But would you eventually get HIV? Only if you had benzene in you!

Here are some photographs of human saliva as seen through a microscope.

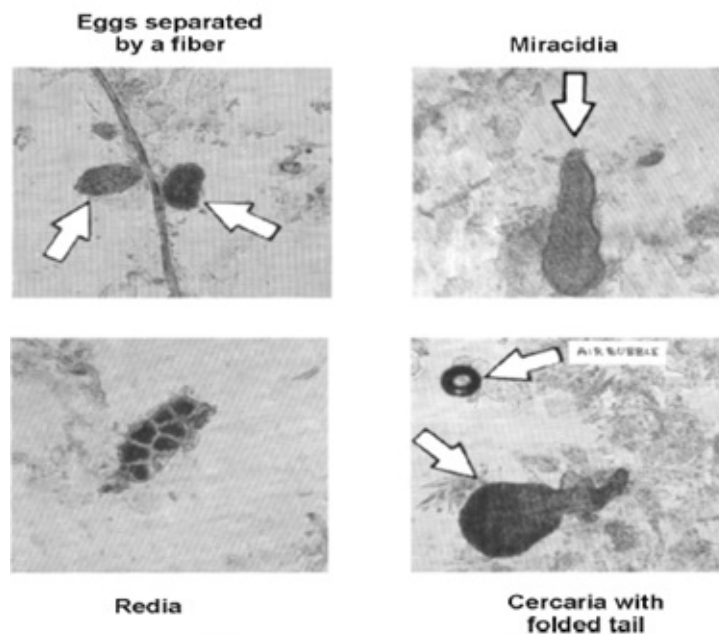


Fig. 114 Parasites in human saliva (100X)

Blood Could Be A Source

The blood carries the infective stages of the intestinal fluke. Until the public blood supply can be searched for them,³⁰ it is not safe. If you need surgery, use your own blood or get it from someone who has gone through the parasite-killing program. Of course, without solvents in your body, such an infection

could not give you HIV/AIDS but it is still very undesirable. Could blood be electronically treated? This seems like an obvious treatment to try. Careful experiments need to be done.

Pets Could Be A Source

Because pet food is polluted with solvents, we should expect "fluke disease" to develop in our pets, too. This means the unnatural development of fluke stages in their bodies. Their saliva, urine and excrement become sources for transmission.

Persons with AIDS should not have a pet. Pets pick up parasites daily and are continually infectious. This is too much of a challenge for your weakened immune system.

We have learned to be careful with their urine and excrement. Now we must be careful with their saliva. Never let a pet lick you. Never kiss your pet. Of course, if you gave them clorox-free water and fed them homemade food, in their own dishes, and kept them on the *Pet Parasite Program*, there would be no danger for them or for you.

To Summarize:

1. We are eating the infective stages of the intestinal fluke in uncooked beef, chicken, turkey, and dairy products.
2. We then transmit it to each other by kissing on the mouth and sex.
3. Even if we pick it up in these two ways, we would not get HIV infection from it unless we have benzene build-up in our bodies.
4. We are getting Fast Garnet and Fast Green dyes from fish and chicken that are disinfected with laundry-grade (dye-polluted) household bleach. These foods cannot be salvaged.

World-Wide AIDS

There are six tasks that need immediate attention:

1. **Cleaning up the meat supply** so that it no longer is infested with flukes. A sample of animal saliva, fixed with equal parts of 20% formaldehyde and spun down in a high-speed centrifuge should provide a quick specimen for observation under the microscope. More modern methods could be devised, based on a reaction of saliva or blood with antibodies to fluke stages. Each animal should be tested. Animals need not be slaughtered but only deparasitized to a greater extent than they now are.

2. **Cleaning up the feed and food supply** of benzene namely, petroleum products. Even without the fluke parasites, benzene will give us AIDS. We do not need the parasites to get AIDS. As benzene spreads so will AIDS. When half the population has benzene build-up in their bodies, half of us will also get AIDS. Simply separating the petroleum industry from the food industry would achieve this clean up.

3. **Destroying all conveyer belts** used in the food industry and exchanging for new ones made without asbestos would go a long way toward correcting AIDS. Establishing mandatory testing of all "belts" used in athletic equipment for asbestos would save costs and be fair.

4. **Stopping the use of amalgam tooth fillings.** The lanthanide metals block immunity, as do mercury and thallium. Each dental patient should be warned.

5. **Manufacturing household bleach in a USP grade** with ingredients that have been tested for traces of azo dyes and heavy metals. Stopping the use of laundry-grade bleach for food contact purposes and in the water supply would stop a large part of AIDS.

6. **Testing the public water supply in Africa for traces of benzene, PCB, azo dyes and heavy metals** and comparing them with those found in the liquid bleach added to their water supply. This would reveal the cause of AIDS on that huge continent. The public water supply is contaminated with these AIDS-inducing contaminants. Using the Syncrometer[®], I had tested nine water samples from unrelated sources in Africa before the year 2001. All were **Positive** for benzene! An additional 11 samples tested in 2001 showed nine **Positive**. A thorough study of how the water is handled and delivered would soon find the benzene source as well as PCB, heavy metal and azo dye sources and end the AIDS tragedy going on there.

Biological Questions

Since there is never a case of HIV infection without human intestinal fluke stages being present, do the stages bring in the HIV virus? Evidently the virus originates with them, not the adult. The stages normally pass through snails as an intermediate host. Does the virus really belong to the parasite stage or the snail?

Why do some people have benzene in their thymuses for a long time after an exposure, while others do not? Evidently, many people can detoxify it quickly so it doesn't build up. Is this a thymus problem or a liver problem?

Is there a special solvent that helps *Paragonimus* multiply, like wood alcohol for *Eurytrema* and benzene for *Fasciolopsis*? Why does *Paragonimus* flourish in some people and not in others? Why can Potato Ring Rot fungus flourish in us?

Why do I always see copper, cobalt and vanadium in the thymus of HIV patients? What role do they play? Are they involved in the T-cell ratio disturbance, too?

Why does only *Fasciolopsis* bring HIV when many other flukes are also present and multiplying? Other flukes use snails, too.

Are other flukes bringing us yet new bacteria and viruses? **Is this how we get all our new bacteria and viruses?** Namely from newcomer parasites? This would make control of new diseases easier.

What symptoms does HIV virus cause? It is not clear in a single case history which symptom might be attributed to the virus, supporting the theory that HIV is a fluke or snail virus.

What symptoms does SV 40 virus cause? These and many more questions need to be researched. Fortunately, these questions don't have to be answered before you cure yourself of HIV/AIDS.

I have recently detected the HIV virus within the human chromosomes, and it therefore has become a human virus. But in contrast to other viruses it disappears from this location, too, soon after both parasite stages and benzene are gone. The virus is still especially vulnerable. What is the body's way to remove this latent virus?

Some Very Good News

- Fluke parasites are very easy to kill, much easier than many roundworms or

tapeworms (tapeworms even survive the parasite herbs).

- Pesticides used on foods haven't penetrated them so deeply that they can't be washed off in two hot washes.
- PCB pollution can be sonicated off and even the molecules destroyed. The same is true for food zapping or zapping.
- Municipal water is still the safest source, provided chlorination is done with chlorine gas, not liquid bleach. I found no cases of lead, asbestos, aluminum, or any solvent toxicity due to city water. If we begin to do water testing for PCB, using our filters, we will be able to head off wholesale water pollution as this toxic waste approaches our reservoirs.
- Solvents, PCBs and aflatoxin leave the body in a few days after you stop getting them into your body if you don't already have a buildup.
- Lead is not coming from paint; it is mainly coming from lead solder joints on copper water pipes. They can be changed.
- Asbestos coming from building materials is relatively minor, compared to your own clothes dryer belts, hair blowers, gym treadmill belts, and most of all, food and water! It can be washed off.
- Although milk has many food phenolic substances and live tissue bits from the cow, it is still unpolluted with metals, asbestos, solvents, aflatoxins or dyes (if you choose carefully).
- Some good tasting ultra pasteurized goat milk varieties are on the market. It is much less polluted than cow's milk and does not have bits of live tissue from the pituitary and hypothalamus glands. It is much safer.
- Benzene and other solvents are not coming from widespread gasoline pollution. Instead, benzene is coming from our foods and products, due to the mistaken belief that we can use petroleum products to spray food and even directly in the manufacturing of food. This is an easier problem to correct.
- Analytical labs have made a giant leap forward in the past seven years. Cleaning up the environment and food will be possible with their help.

African AIDS

Message To The African People

Since I do not know how to reach your government agencies, and yet, I have great concern about the decimation of your population, I chose to write this chapter for you. Do what you can to bring this information to the proper authorities.

No blame is being laid. Water chlorination appears to be the problem. This is a western enterprise; similar mistakes are being made in the west. It is not intentional. But I do hope that you will build safeguards into any future western enterprise as widespread as water treatment, food processing, fuel consumption or air quality. It is a challenge for your best and brightest, together with your least and commonest of citizens. This must not happen again.

Africa, Oh Africa!



I hear your babies crying.
Your mommies are gone
And your daddies are dying.
This mother's heart aches for your children.
Reach out! Reach out!
Before all slip silently away.

The information in this chapter comes from three sets of tests. All were done in 2001. All were done by Syncrometer[®] in the same way as all the testing for this book. The three sets of tests were:

1. African water samples
2. African food samples
3. Samples of saliva obtained from African people.

The purpose of these tests was to search for the five immune-lowering

substances that I believe are the cause of AIDS in the United States and elsewhere on this planet. Benzene had already been found in African water samples tested seven years ago. Would the other four culprits be found, too? Or would there be entirely novel causes unique to Africa?

Remember that Syncrometer[®] tests do not quantify. My estimation is that parts per billion or less, parts per trillion, are involved. But significant is the fact that none, not even parts per quadrillion, were found in United States water (except in special cases) nor in water samples obtained from Israel, Germany, England, Spain, or Canada.

Eleven bottles of water arrived in a single package, all perfectly sealed, none leaking, quite a feat for the shipper. They had been given numbers from one to twelve (number three was missing), and no other information was enclosed.

African Water Samples Tested by Syncrometer[®]

Water Sample Code Number	PCBs	Benzene	Fast Garnet and Fast Green (dyes)	Hypo-chlorite bleach	50 heavy metals	Subset of 4 heavy metals (W, Hg, Pt, Pd)
1	*Positive	P	P, P	N	P	P
2	Negative	N	N, N	N	N	N
4	N	N	N, N	N	N	N
5	P	P	P, P	P	P	P
6	P	P	P, P	P	P	P
7	N	N	N, N	N	N	N
8	P	P	P, P	P	P	P
9	*P	*P	P, P	N	P	P
10	P	P	P, P	P	P	P
11	P	P	P, P	P	P	P
12	N	N	N, N	N	P	P
P = positive N = negative * Denotes especially high values.						

NOTES:

1. These samples were collected by a person unknown to me and given code numbers. I did not know their source, method of collection or treatment.
2. PCBs are polychlorinated biphenyls, a toxic waste of constant concern to government regulatory agencies.

3. Benzene is a toxic solvent, causing cancer, found in gasoline and wherever petroleum distillate is found.
4. Fast Garnet and Fast Green are two of a large number of dyes, used in the food, textile and other industries.
5. Sodium hypochlorite is chlorine bleach disinfectant manufactured in different grades of purity.
6. The 50 heavy metals include nearly all that exist and are listed in the chemical table.
7. W = tungsten, Hg = mercury, Pt = platinum, Pd = palladium. These implicate an industrial origin, rather than food, air or normal water.

We are immediately struck by the fact that these water pollutants are not scattered randomly. They tend to occur together. Water samples #2, #4 and #7 seem entirely pure. Water sample #12 seems pure except for the heavy metals; these alone would make the water extremely toxic and undrinkable.

Our first suggestion would be that something has been added to the water that introduces all of these toxins together. We already know that chlorine bleach is added to make the water safe for drinking. We ask ourselves whether the bleach used could bring with it these contaminants.

Maybe there are other chemicals added to water, legally or accidentally, that could contribute some of these toxins.

My next step was to test a variety of bleach samples obtained in the United States, since it is possible that the bleach itself or the supplies for making bleach are imported into Africa.

I tested several USP grade samples of bleach purchased from a chemical company. There were none of these impurities.

I tested some chemical grade samples from the same company. There were no impurities.

Then I tested supermarket varieties of bleach.

I tested one sample from a variety with the NSF mark of certification. There were no impurities.

I tested three samples of dry (solid) bleach, which is calcium hypochlorite instead of sodium hypochlorite. It is available in small plastic bags in garden and pool supply markets. There were no impurities.

I tested one gallon of sodium hypochlorite, also intended for pool disinfection, called Sunny Sol 150, 12.5% NaOCl, with an EPA registration number. There were no impurities.

I tested only two brands of laundry bleach, commonly available in supermarkets, Ultra Clorox Bleach (EPA Reg. No. 5813-50) and Hilex Ultra Bleach, without an EPA number.

Both varieties had 18 azo dyes, including Fast Garnet and Fast Green. They also had all 50 metals, including W, Hg, Pt and Pd.

These varieties may or may not be the variety used in these African water samples. Any bleach manufacturer who is using the same ingredients or process of manufacturing could be adding these dyes and heavy metals.

These bleach varieties are undoubtedly not meant to be added to drinking water, they are only intended for laundry and toilets, etc.

But it is an easy mistake to make and, in fact, is often made in the United States as well as Africa.

It is easy to believe that one container of bleach is as good as another and, therefore, the cheapest can be chosen. Certainly, the convenience of buying it at a grocery store makes it more tempting, when the hazard is not known.

It might be believed that the bleach itself would destroy traces of dyes. This may indeed happen under special circumstances like when it is used in a hot water wash. But it did not happen in seven of these 11 samples. Although I tested several of these water samples for all 18 dyes that are in my test kit, I did not test all water samples this way. I believe Fast Garnet and Fast Green are the chief dye culprits in AIDS, so I finished the testing for these two instead of the entire set.

Note the absence of chlorine bleach in samples #1 and #9. There could be several explanations. Perhaps the sample was warmed or stood uncovered for several hours before shipping. Hypochlorite easily deteriorates, especially upon heating or standing. Perhaps less bleach was used. Perhaps a different variety was used.

American water samples seldom test **Positive** for bleach even though this is the same substance used to add to drinking waters. The African results suggest that far too much bleach is being used there.

Using too much bleach in the water could be a significant problem in itself. Chlorine is a powerful oxidizer. It could oxidize our sensitive proteins, our

minerals, our vitamins, and our tissues themselves. The mechanisms have not been studied for chronic hypochlorite feeding.

But, certainly, the oxidation of iron in the hemoglobin of our red blood cells would asphyxiate the body. Over-use of bleach could easily be corrected by the technician in charge.

Although PCBs and benzene occurred in the laundry bleaches, they could also come into water in other ways.

The question remains, then, where are the PCBs and benzene coming from, if not with the added bleach? From buckets previously used for motor oil or gasoline, kerosene or similar toxic fluid? From the method of drawing the water, the pump-oil, submersed pump, or run-off into the water source (well, pond)? From something besides bleach that may be added to the water? From the way the well or water source was dug or prepared in the beginning? PCBs do not "wash clean" or "go away" in time. Are regulations on drilling and preparing the source not followed or not available or non-existent?

These are my beginning questions upon reviewing the results of my tests. Perhaps you have additional insights. Send them to me in care of the publisher (address given on the inside cover).

Remember that AIDS is not caused by benzene alone, although I believe it is most important. Four more toxins: PCBs, heavy metals, asbestos, and azo dyes can each contribute to the disabling of the white blood cells—but only these, no more. Any one of these first four can stop phagocytosis, while the azo dyes shorten or lengthen the life span of the lymphocytes. Phagocytosis, the eating of bacteria and viruses by phagocytes in your blood is the major part of immunity. Other aspects of immunity exist and are much more complex. I did not test for asbestos in these water samples or bleach samples. Its presence or absence is, therefore, unknown.

After reporting my results to the sample provider, the water sources were disclosed by the provider, thus breaking the code.

Breaking The Code

The following were the sources of the water samples:

1	Bore Hole: Underground
2	Shallow Well
3	Sample not shipped

4	Shallow Well: (boiled, stored in clay pots)
5	Underground: Town Supply (usually bore hole)
6	Bottled Under Label: "Crystal Water"
7	Bottled Under Label: "AMAZZI"
8	Bottled Under Label: "Seven Falls"
9	Bottled Under Label: "RWENZORI"
10	Bore Hole: Underground
11	Tap Water: Surface Water (Lake Victoria) Capital—City Water Supply—Kampala
12	Boiled Tap Water: Surface Water (Lake Victoria) Capital—City Water Supply—Kampala

The results for the different sources were further explained in these ways:

Samples number #1, #5, and #10 were taken from three different districts of Uganda, all from underground (bore hole) sources. These "water sources are dug deep into ground for more than 30-90 metric meters. A hand pump is normally installed to lift this water to the surface. It often crosses from the topsoil to as deep as the granite soil layers.

"The rig used for sinking this deep well is always lubricated using grease, oils & it is believed that 'prolonged use of this well water will clear up this contamination!!'

"However, the hand pump is also similarly lubricated and maintained that way!! (Its joints and the valves.) In addition, it is recommended that all hand pumps be disinfected using chlorinated compounds."

The "shallow well" source comes from "an underground level less than 30 metric meters. Often privately owned by individuals. The people use ropes attached to a bucket, which is lowered manually. Some/many sources having ropes lubricated with car engine used oils, or grease.

"The source for samples #2 & #4, however, had a small electric pump installed and plastic piping connected to a water reservoir (plastic). However, the T-pipe joints were still metallic."

Mineral bottled water is a "commercial source that has recently become common on the market. It is presented on the market under several brands, by different manufacturers.

"Interestingly, in contrast with the pictures and names of the labels glued onto the bottles, almost all manufacturers obtain 'their waters' from an underground source".

The "surface water source is Lake Victoria, the third world's largest fresh

THE SURFACE WATER SOURCE IS LAKE VICTORIA, THE THIRD WORLD'S LARGEST FRESH water lake. The capital city's (Kampala) water supply is from this lake. The water is treated using chlorine compounds. It is pumped into the main supply network for the whole city. Apparently 'no other stuff is added at the same time as the bleach' although this needs more verification. It seems the PCB and benzene contamination comes from the motorized water pumps (-old).

"Number 12 was the same sample as #11 but boiled using an electric kettle, and stored in a clay pot. Other people/homes store it in a refrigerator."

This is the end of the report by the sample provider.

I was surprised to learn that water sample #12 was actually the same as sample #11, only having been boiled. This was enough to drive off the PCBs, benzene, azo dyes, and bleach itself. Heating the bleach would have activated it first, presumably enough to destroy the dyes. But, unfortunately, metals will always be metals. They cannot be destroyed; they can only be removed. Filtering and distilling are two water treatments that might reduce the metal content but perhaps not enough to make the water safe.

The rational solution is to: stop using impure bleach as an addition to the drinking water, and to eliminate the source for PCBs and benzene—once that is found.

As a temporary solution the water could be boiled and then filtered. Not the reverse. This would only solve the problems if it could be repeated many times and found to be reliable.

Phagocytosis is not the only part of our immune system that is impaired in AIDS. Besides this flaw in the neutrophils (white blood cells), there is a disproportion of the CD4 to CD8 lymphocytes. The CD4s, having eaten HIV and other viruses, as they should, are unable to kill them. They become infected themselves and are consequently killed by other lymphocytes, either the CD8 (killer) lymphocytes or another variety. This is a Syncrometer[®] finding. The CD4 problem is caused by an azo dye, Fast Garnet. The CD8 lymphocytes are over produced and contain the azo dye, Fast Green. The mechanism of this over production is not yet clear. But the ratio of bcl-2 to bax gene products is about 4:1, much too high.

The ratio of bcl-2 to bax could be affected by mutations induced by these dyes, as mentioned earlier. Research is needed to further clarify this.

With a huge over abundance of CD8s, the predatory pressure on CD4s may be greatly increased. The CD8s could be expected to kill those CD4s unable to kill

their own viruses. All this is seen by Syncrometer[®], not regular chemical tests as yet.

Both azo dyes are part of a large number of azo dyes found to contaminate common household chlorine bleach in the United States. The active ingredient in this bleach is sodium hypochlorite, but contrary to expectations, these dyes are not destroyed, at least not fully destroyed by contact with bleach. Why these dyes are present at all is not known. Nor is the supplier of these disinfectants known.

When water is chlorinated for purposes of disinfection, chlorine gas is used by the larger water departments in the United States. At substations or in small water supplies, solid or liquid chlorine is often used in the form of hypochlorites. In the United States it is the practice to measure levels of chlorination at certain checkpoints of the water distribution system. Solid or liquid hypochlorite is added if the level is not high enough. A technician is trained to perform this task correctly. The quality of the hypochlorite is regulated by requiring registration of the product. But the registered variety I tested contained azo dye and heavy metal pollution too. This would introduce all these toxins into the drinking water that were never meant to be allowed.

It is my belief that this has happened on a large scale in Africa. My evidence comes from this data, which shows that water samples that tested **Positive** for all these toxins, also tested **Positive** for hypochlorite, chlorine bleach disinfectant. Water without toxins did not test **Positive** for hypochlorite.



L to R: Sodium hypochlorite liquid, trichloro-s-triazinetriene in tablet form, sodium hypochlorite liquid, calcium hypochlorite in granules, so-dium dichloro-s-triazinetriene in granules, trichloro-s-triazinetriene in granules. None of these chlorination supplies had PCBs, benzene, azo dyes or heavy metals.

Fig. 115 Safe chlorination supplies

It is certainly necessary to disinfect water chemically, or by boiling. **Chlorine has been found safe over many decades. All that is needed is a source of**

pure chlorine or hypochlorite, to prevent toxicity. Using only chlorine gas would avoid all confusion.



BK Powder is practical for dairies. Steramine, in tablet form, is practical for camp-ing and kitchen use.

Fig. 116 More safe chlorinators

Also of some significance is my finding of extraordinarily high levels of hypochlorite. The hypochlorite is evidently much less in USA chlorinated waters, about 1 part per million (ppm). Perhaps larger than normal amounts of bleach are being used in Africa. This should not be necessary.

Laundry grade bleach should be banned from use with drinking water as well as any food contact such as the fishing or food canning industry! Fish and canned food already in the market place should be tested for azo dyes.

What is the effect of the heavy metals being consumed? Do they convey a direct toxicity to the water? Could they be filtered out? Are AIDS patients sick with metal toxicity? Would EDTA-chelation be a temporary treatment measure for individuals?

There are further issues, no less pressing than the origin of azo dyes and toxic heavy metals. The origins of PCB and benzene are not yet clear. You can see from the Syncrometer[®] test results that these two toxins are linked to the azo dyes and hypochlorite. The questions are, what additional procedures are used to treat the water? Are they mechanical or chemical? Or accidental?

Until these answers are found, the problem with AIDS must intensify, eventually reaching all who drink or otherwise consume this water.

As you can see from sample #12 simply boiling the water cleared some of the problems. Was this just a "chance" result, a fluke? Or could it be repeated and eventually relied upon? Would this reduce the AIDS occurrence or its severity?

Would the remaining heavy metals be just as toxic? Or, in fact, the chronic high doses of chlorine?

If you have information, please send it to the publisher. Your participation may not go down in the history books. Mine may not either. But it is a godly deed, worthy of you!

African Food Samples

A different person shipped twenty food samples plus a water sample to me. They were his main foods. Some were raw; some were cooked. I do not know if any were canned, bottled, or purchased in the marketplace. Assuming that the water is the source of AIDS-pollutants, how would you explain these results?

African Foods Tested by Syncrometer®

	PCBs*	Benzene	Hypochlorite bleach	Asbestos	Subset of 5 heavy metals**	Subset of 5 azo dyes***	Thulium****
1. cooked beans	Pos	P	P	P	P	P	P
2. uncooked beans	Neg	N	N	N	N	N	N
3. dry (par-boiled) rice	P	P	P	P	P	P	P
4. cooked rice	N	N	N	N	N	N	N
5. dried gawi	P	P	P	P	P	P	P
6. gawi paste	P	P	P	P	P	P	P
7. local gin (hot)	P	P	P	P	P	P	P
8. water	P	P	P	P	P	P	P
9. potato juice	P	P	P	P	P	P	P
10. honey	N	N	N	N	N	N	N
11. cooked cow meat	N	N	N	N	N	N	N
12. turkey meat fried	P	P	P	P	P	P	P
13. coco yam (raw)	P	P	P	P	P	P	P
14. uncooked yam	N	N	N	N	N	N	N
15. vegetable	P	P	P	P	P	P	P

melon soup							
16. cooked yam	P	P	P	P	P	P	P
17. ice fish (fried)	N	N	N	N	N	N	N
18. red palm oil	N	N	N	N	N	N	N
19. garden egg	N	N	N	N	N	N	N
20. unidentified solid	N	N	N	N	N	N	N

*PCBs are polychlorinated biphenyls.

**Subset of 5 heavy metals are mercury, thallium, tungsten, platinum, palladium.

***Subset of 5 azo dyes are Sudan Black B, DAB, Fast Red, Fast Garnet, Fast Green.

****Thulium is a lanthanide metal.

You can see that the water sample (#8), although coming from a different state than the water samples tested earlier, has exactly the same pollutants. In other words, it is handled in the same way. The same kind of bleach is added. The water is over bleached, as before. And the PCBs and benzene are again part of the problem. Are they part of the bleach? Or part of the water-handling methods?

My early conclusions would be: that raw foods and fried foods did not get touched by the water. That the cooked rice (#4) used water from a different source, as did the cow meat (#11). Is this true? Why didn't the cooking process always destroy the PCBs, benzene, dyes and bleach itself as it did for the one earlier African water sample? Is cooking unreliable? Or is the method of cooking also important?

These foods also had asbestos, suggesting they had traveled on conveyer belts. Or did the water have the asbestos? This is not clear. Were some foods treated with two kinds of water, once during processing for the marketplace, and once at home while cooking?

If you live in Africa, and are familiar with water or food handling practices, and would like to help, write down the name of each food. Try to explain how each pollutant got into it. Add any explanation that you might have that is different from mine. Finally, make a copy of your notes, sending one to me. I will try to learn more about the possible ways this terrible tragedy is happening.

Hopefully your suggestions and the sender's explanations will clear up some of these questions.

Meanwhile, raw and fried foods appear to be safest.

How Do Human Saliva Samples Test?

Fifty samples of saliva were sent to me, sterilized in alcohol for shipment in glass bottles. Making a saliva sample does not need to be a distasteful affair. Chewing a small piece of paper towel is discreet and easy. Popping it into a zippered bag or glass container is next. After this it can be electronically copied, without opening the container. No hazard is created since only the electronic copies need to be shipped; nothing infectious is contained in them. (See copy making)

These are the test results for the first nine samples out of the 50 that were sent. The code is not yet broken. Names and places are unknown to me. Assuming that the AIDS problem stems from the water, how would you explain the differences between them?

African Saliva Samples Tested by Syncrometer®

(these are preliminary results, to be repeated twice more)

AFRICAN SALIVA #1	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase*	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	P	P	P
zearalenone (mycotoxin)	N	P	P
subset of 5 azo dyes**	P	P	P
50 heavy metals	NEGATIVE	N	P
subset of 16 metals***	_****	-	13 out of 16 POS (radon, ruthenium, ferrous compound NEG)

*Reverse transcriptase is an enzyme made by the HIV virus.

**Sudan Black B, DAB, Fast Red RC Salt, Fast Garnet, Fast Green

***manganese, tantalum, ferric phosphate, samarium, uranium, cadmium, iridium, rhenium, beryllium, thallium, nickel, mercury, thulium, radon, ruthenium, ferrous phosphate

****A dash means not tested.

AFRICAN SALIVA #2	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P

Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	NEGATIVE	P	P
zearalenone (mycotoxin)	N	P	P
subset of 5 azo dyes	N	N	P
50 heavy metals	N	N	P
subset of 16 metals	-	-	12 out of 16 POS (radon, lithium, uranium, ferrous compound NEG)

AFRICAN SALIVA #3	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	NEGATIVE	N	N
P24 antigen	N	N	N
PCBs	N	N	N
Benzene	N	N	N
sodium hypochlorite (bleach)	N	N	N
Asbestos	N	N	N
zearalenone (mycotoxin)	N	N	N
subset of 5 azo dyes	N	N	N
50 heavy metals	N	N	N
subset of 16 metals	-	-	2 out of 16 POS (lithium, ferrous compound)

AFRICAN SALIVA #4	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	N
P24 antigen	P	P	N
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	P	P	P
zearalenone (mycotoxin)	NEGATIVE	P	P
subset of 5 azo dyes	P	P	P
50 heavy metals	N	P	N
subset of 16 metals	-	-	12 out of 16 POS (radon, lithium, uranium, ferrous compound) NEG

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AFRICAN SALIVA #5	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
asbestos	P	P	P
zearalenone (mycotoxin)	P	P	P
subset of 5 azo dyes	P	P	P
50 heavy metals	P	P	P
subset of 16 metals	–	–	16 out of 16 POS

Saliva samples #6, #7, #8 and #9 have only been partially tested. These are the preliminary results.

	Saliva Sample #6	Saliva Sample #7	Saliva Sample #8	Saliva Sample #9
PCBs	Positive	Negative	P	P
benzene	P	N	P	P
50 metals	P	N	P	P
hypochlorite bleach	P	N	P	P
P24 antigen	P	N	P	P
reverse transcriptase	P	N	P	P
mercury, thallium	P, P	N, N	P, P	P
Fast Garnet	P	N	P	P
Fast Green	P	N	P	P

Although only an electronic saliva sample is used, a special technique lets us find the results for blood and lymph given in samples #1 to #5 as well. Details of this technique are given in the *Syncrometer® Science Laboratory Manual*.

Notice that the lymph is the "dirtiest" of the three body fluids. Radon and lithium were found to be **Negative** more than once. Ferrous iron was missing in three cases; it was present in the uninfected person along with lithium. Does the over-oxidized body state found in the infected persons destroy both lithium and utilizable iron? Does anemia result?

Are all these persons sick or not? Young or old? What is their water source and how does it test? Even if their water should test pure, could their purchased food be so polluted that it could give them AIDS anyway? Are they also sick from the toxicity (poisoning) of the heavy metals in their body fluids?

If they were switched to clean water, and food cooked in clean water, could they recover their health? It seems possible and likely, to me. **Theirs is not an addiction or a behavior that needs to be overcome, only a mistake to be remedied.** Compliance would be perfect. An experiment arranged to test the theory that toxic water is the cause of AIDS in Africa would bring clear-cut results.



Fig. 117 Our future, unless we act.

The True Story Of...

These are the stories of persons seen in my office for HIV/AIDS disease. The first 53, seen in the period 1992-1993 are presented again. Some have been heard from over the years, but no accurate follow up study has been done. I would appreciate hearing from all. Some cases, those who chose not to follow my program, have been omitted in this printing, to make room for more current stories. This lets you see how my understanding of HIV/AIDS has evolved and how the curing-program has evolved with it.

Earlier cases were tested clinically with the P24 antigen test. Since then the PCR test has been used.

My early electronic (not clinical) test was for P24 antigen, as well. Since then I also include a reverse transcriptase test and a “rev” protein test. Reverse transcriptase is an enzyme made by HIV virus. Rev protein is exclusive to HIV. Each test takes less than a minute.

How to test electronically can be found in the *Syncrometer[®] Science Laboratory Manual*.

The success rate with this method is 100%. This does not include failures due to lack of compliance. Yet, compliance is extremely difficult for some persons. It is my fervent hope that society will sit up and take note of the dilemmas for these patients so that changes in manufacturing policies can be introduced that will benefit all future generations.

Some clients brought with them a clinical HIV Positive test result, others were not yet identified as HIV or AIDS cases by their clinical doctors because no test had been done or the test came back **Negative**. Because electronic testing is much more accurate, I considered them to have HIV if they tested YES (**Positive**) to my Protein 24 antigen sample. Likewise I considered the person cured of HIV when they tested NO (**Negative**).

Clearly, the Syncrometer[®] detects cases of infection long before a clinical test could. Notice the high frequency of combined HIV/AIDS disease and cancer. This is due no doubt to having a common parasite, *Fasciolopsis buski* and a common virus, SV 40.

*Cases marked with an asterisk are significant in that they also had clinical HIV tests repeated at the end of my program.

The names have been changed to ones of the same sex picked at random from a telephone directory. Ages have been changed by up to five years. Some personal characteristics have been changed in non-essential ways.

1 Donna Brooks

HIV

Donna Brooks is 20 and came from two states south specifically for her Epstein Barre Virus diagnosis and Chronic Fatigue Syndrome. She has numerous other problems; many of them are weird, such as shaking with cold, gagging after eating, and pain in the kneecap. She has pain and tightness over the mid-chest. She has a hard time breathing with shortness of breath. She has pain in the breastbone and upper chest. All this suggests HIV illness. She has severe stomach problems and is losing weight. Her mother, who did not come with her, is extremely concerned. She aches all over. She has a rash on her legs and stomach. They have a cat and a water softener. She drinks mostly Mountain DewTM

Protein 24 (HIV) YES (present in her white blood cells) and also at thymus and vagina; NO elsewhere

Ortho-phospho-tyrosine (Cancer) NO (not in her white blood cells, and assumed not elsewhere)

hCG (Pre-Cancer) YES at liver, thymus, vagina and at numerous other tissues!

Note: cancer marker ortho-phospho-tyrosine is NO but cancer marker hCG is YES all over her body!
hCG always precedes cancer.

Fasciolopsis (Parasite) YES at liver, thymus, kidney, intestine, cervix

Fasciolopsis cercaria (Parasite) YES at liver, thymus, vagina only

She states that she is not sexually active and never has been; she has never had a blood transfusion. Note how heavily infested with flukes she is. The flukes in her liver are starting a cancer and the flukes in her thymus have brought her the HIV virus.

Sheep liver fluke (Parasite) YES at thymus and cervix

Pancreatic fluke and all stages (Parasite) NO

Human liver fluke and all stages (Parasite) NO

Benzene (Solvent) YES at thymus and vagina

Isopropyl Alcohol (Solvent) NO

Double and triple checked this. She will avoid all products with "PROP" on the label anyway. Note:

she did not have the cancer marker ortho-phospho-tyrosine, but she was flooded with the cancer marker hCG which is always made before ortho-phospho-tyrosine is made.

Acetone (Solvent) YES

Toluene (Solvent) YES high

Methyl butyl ketone (Solvent) YES high

Remaining solvents: NO. She will stop all commercial beverages. She will be totally vegetarian for three months. She will go off the benzene list. She will start on the parasite-killing program. She brought her latest blood test.

BLOOD TEST	Result	Comment
1. T4	10.4	slightly elevated
2. Cholesterol	very low (168)	indicating a liver problem and cancer risk
3. Triglycerides	very low (37)	cancer risk.

Very low cholesterol and triglycerides have always indicated a high cancer risk. With the emphasis on reducing these currently, this fact seems to be overlooked. Most persons are eating margarine, not butter, and therefore losing their only source of butyric acid in the diet. Butyric acid has been studied and found to have antiparasite and antiviral actions. This is another example where chemical food may be the true villain of human illness. Donna is extremely anxious and broke into tears. She knows her mother will not suspect her of having secret sex affairs, but she can hardly believe the whole situation herself. We reassured her that she could clear it up completely.

Five days later

She feels better, especially mentally (more alert). She can breathe easier. Her sternal pain is gone. Her stomach is the main problem now.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Hexane dione (Solvent) YES

Has had not one sip of a commercial beverage or tea but had potato chips and cookies. She has some with her.

Cookies (Food Sample) YES in her white blood cells

She will stop eating store bought cookies, crackers, and flavored things.

Mineral oil (Toxic Element) YES

Stop using lotions.

Isopropyl Alcohol (Solvent) NO

She is using make-up that has no propanol in it, but will stop all of it anyway, and make her own.

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke and all stages (Parasite) NO

Pancreatic fluke and all stages (Parasite) NO

Human liver fluke and all stages (Parasite) NO

Ascaris, Ascaris megalo (Parasites) YES

These common roundworms are the probable cause of her stomach problems. She will continue the parasite program and also treat the cat. After two weeks she will begin the kidney herb recipe to make more progress in her recovery.

Summary: Donna was understandably shocked that a 20 year old person like herself, who had never had a sexual or blood contact, could have the HIV virus. And, to make matters worse, she had the beginnings of cancer. She could not believe it but was willing to try anything since she already had a fat file from a clinical doctor. After just five days her mother could tell she was better, and she also noticed it herself, so she began to believe our story about the true nature of HIV illness. It is tempting to believe that isopropanol is part of the chemistry that goes toward the production of ortho-phospho-tyrosine and not merely a solvent that helps to hatch eggs or break down the tissues so they will accept fluke stages.

2 Sharon Brownie

HIV and Liver and Lung Cancer

Sharon Brownie came to the office for pain behind her shoulder blades, behind her ears, in both legs, and on top of her head at the scalp. These are unusual symptoms to occur together.

Protein 24 (HIV) YES at thymus

Quite a surprise.

Ortho-phospho-tyrosine (Cancer) YES at liver and lungs

She also has liver and lung cancer, another surprise, since there is no smoker in the house.

Fasciolopsis (Parasite) YES at thymus and blood

The meaning of this result is not clear. How could an adult fluke fit into a blood vessel? She has both cancer and HIV. Yet, the adult intestinal fluke is not in the liver, only in the thymus and, apparently, blood.

Fasciolopsis redia (Parasite) YES at blood, thymus, liver and lung

She will start on parasite program. She will go off items on the benzene and propanol lists.

Four days later

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Protein 24 (HIV) NO

Fifteen days later

She feels considerably better. She still gets weak spells in her arms and legs (but not pain, now).

Protein 24 (HIV) NO

Gallium, Gold, Ruthenium (Toxic Elements) YES

Tooth fillings. She has no tooth fillings but wears a metal partial denture. She will get a new metal-free plastic one.

Thirteen days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Oxalate (Kidney Stones) YES

Start on kidney herb recipe.

Isopropyl Alcohol (Solvent) YES

Pentane (Solvent) YES

Kerosene (Solvent) YES

Used in cook stove.

Denatured alcohol (Solvent) YES

Used in lamps. She will be much more careful when pouring these fuels and will stop drinking soda pop.

Diphyllobothrium (Parasite) YES

Dog/fish tapeworm. She will increase parasite dosage.

Eleven days later

She still has pain at left lower abdomen, upper back and lower back. This is probably still due to parasites, plus liver gallstones.

Kidney Stones (ALL) NO

Continue kidney herbs at half dose.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Denatured alcohol (Solvent) NO

Pentane (Solvent) YES

Can't give up soda pop.

Isopropyl Alcohol (Solvent) YES

Source unknown, since she uses no commercial body products.

Gastrothylax, Trichomonas (Parasites) YES

Continue parasite program.

Parasites (Remainder) NO

She will start taking peroxy and 07 in preparation for a liver gall-stone cleanse. She will do a 5-day high dose parasite treatment.

Another month later

Her left arm is numb, both feet are numb. There is shoulder and shoulder blade pain. She is still putting off the dental work.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Diphyllobothrium, Gastrothylax, Trichomonas (Parasites) NO

Solvents (ALL) NO

Diplococcus pneu, Histomonas, Salmonella typh, Haemoph inf (Pathogens) YES

Two of these are teeth bacteria. She is getting a lot of headaches. Remainder of box 1 and 2: NO.

Five weeks later

She is still getting a lot of headaches, probably from tooth bacteria. She did a liver cleanse and got numerous tan-colored stones.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Clostridium sept. (Pathogen) YES

Probable cause of pain behind both ears. Needs to do dental work.

Wood Alcohol (Solvent) YES

Is drinking Pepsi™ again.

Kerosene (Solvent) YES

They are using it again; must change.

Summary: Sharon eliminated the HIV virus and her liver cancer in record time: 4 days. What was more difficult was eliminating headaches; in fact, it was not accomplished. Her isopropanol disappeared after she switched off commercial shampoo. It remains to be seen whether her arms and feet will recover. She does plan to get the dental work done.

3 John Vissers

HIV

This 35-year-old man experiences numbness in his legs and arm. He was exposed to glues. He also has fatigue and poor concentration. He experiences occasional sore throats and pain in his shoulders, wrists, lower back, and knees. His mood is very changeable with some depression. He only has a few good days in a month. He suffers from hay fever and chest tightness. This is a long list of ailments for a man of his youth. They have a water softener.

Protein 24 (HIV) YES

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis (Parasite) YES at thymus; NO at liver

Others not tested.

PCB (Toxic Element) YES high.

Body current was extremely low considering that 5 volts was applied to his hands during testing—alerted me to possible PCB pollution.

Benzene (Solvent) YES

Others not tested. He will start on parasite program and go off all items on the benzene list. His son is with him and is not well, either. We will attend to him next.

One month later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

TCE, TCE ethylene, Wood Alcohol (Solvents) YES

One month later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

TCE, TCE ethylene, Wood Alcohol, Pentane (Solvents) YES

He will stop using commercial beverages and make his own.

PCB (Toxic Element) NO

Went off detergents.

Summary: John is unable to come more often for follow-ups. His numbness suggests mercury toxicity but we have not even tested for toxic elements at this point. He can be commended, though, for getting rid of benzene, HIV, PCBs, and parasites.

4	Pete Vissers	HIV
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This 8-year-old boy has pain in his chest and cysts in the back of his neck. He also has a frequently stuffy and runny nose, dry lips, swollen glands, upset stomach after eating, leg pains, and some trouble sleeping. The chest pain is similar to his father's.

Fasciolopsis (Parasite) YES at thymus; NO at liver

Protein 24 (HIV) YES

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES

Isopropyl Alcohol (Solvent) NO

PCB (Toxic Element) YES

Others not tested. Start on parasite program. Go off detergent and benzene products.

Summary: The chest pain drew my attention immediately to the probability of HIV virus. The cysts were immediately suggestive of PCBs. These cysts are described in the Japanese book on the PCB event that took place many years ago there. So there was little difficulty in finding it in Pete. But I did not see him for follow up. It seems likely that the child was included in the lifestyle changes made by his parents.

5 Betty Naylor

HIV and Cervical Cancer

Betty is 24 years old, arriving for Chronic Fatigue Syndrome. However, she had an impressive list of additional symptoms involving her lower back, stomach, throat, skin, ears and neck. She also had chest tightness and the need for long breaths of air and PMS. The chest problem suggested the possibility of HIV-illness. She sleeps all day and has burning over the sternum. They have a water softener. She has been sick all winter.

Protein 24 (HIV) YES at thymus, vagina; NO elsewhere

Ortho-phospho-tyrosine (Cancer) YES at cervix only

hCG (Pre-Cancer) YES at thymus, cervix; NO at vagina

This was quite a surprise. Betty volunteered that she had never had sex in her life and had never been in the hospital except at birth. I reassured her that this could be quickly cleared up, provided she followed instructions meticulously. She was very eager to do so.

Fasciolopsis adults (Parasite) NO

Fasciolopsis miracidia (Parasite) YES at cervix and vagina

Fasciolopsis cercaria (Parasite) YES high at cervix

Fasciolopsis eggs (Parasite) YES at vagina

Sheep liver fluke (Parasite) YES high at liver (one side) and intestine

Sheep liver fluke eggs (Parasite) YES at liver (same side as above), cervix and vagina

Human liver fluke adults (Parasite) YES at liver (same side as above)

Human liver fluke eggs (Parasite) YES throughout liver

These findings suggest both benzene and isopropanol have accumulated in Betty's body. There isn't enough time to test for all solvents today.

Benzene (Solvent) YES at thymus and vagina

Isopropyl Alcohol (Solvent) YES at liver (same side as above) and thymus; NO at vagina

To avoid benzene, she is to go off all toothpaste, Vaseline products, ice cream and frozen yogurt and cooking oils, except olive oil. To avoid propanol, she is to go off all body products that have "PROP" on the label. She is to go off all commercial beverages to avoid other solvents, not yet tested. We will follow-up very soon. She is very anxious. She will start on parasite-killing program. She will be strictly vegetarian for 3 months.

Five days later

She has a lot more energy and has gone off her antibiotics. She says she is very apprehensive.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Solvents (ALL) NO

Fasciolopsis and all stages (Parasite) NO

Pancreatic fluke (Parasite) NO

Sheep liver fluke (Parasite) NO

Human liver fluke (Parasite) NO

She is elated. She will continue the parasite-killing program and her other lifestyle changes.

PCB (Toxic Element) YES

Off detergent; use borax and washing soda and homemade soap.

Gadolinium, Tantalum (Toxic Elements) YES

Tooth fillings.

Holmium (Toxic Element) YES

Probably with the PCBs.

Toxic Elements (Remainder) NO.

She needs metal tooth fillings replaced. After 3 months of vegetarian diet she will eat only fish and seafood in restaurants and superwell done meats at home.

Summary: This young woman fairly bounced out of the office at the good news of her second visit. The entire story of how she could have gotten the HIV virus and developed cancer of the cervix was like a revelation to her—almost unbelievable. Yet her mother, she said, was witness to her health improvement in just 5 days, and she is forced to believe it all. At any rate, she is much too scared not to believe that she had HIV virus.

Notice a peculiarity: there is no adult intestinal fluke in the liver. Not even a stage of it is in the liver! Yet there is ortho-phospho-tyrosine being produced! It is being produced at the cervix where the miracidia and cercaria are and where the sheep liver fluke eggs are. Now, the sheep liver fluke adults are found in the liver. Could they orchestrate the production of ortho-phospho-tyrosine for the intestinal fluke? Or was there an adult intestinal fluke at some earlier time that got killed? One seldom sees both adult flukes together. Do they kill each other somehow? Notice, too, that the cancer marker, hCG, was present, along with the cancer marker, ortho-phospho-tyrosine at the cervix. But only hCG was being produced at the thymus. Is a particular stage responsible for producing hCG? I explained to Betty that she must take great care to protect her thymus for two years so that it will completely regain its health. It would be tempting to neglect the dental work but this would be a tragic mistake. Benzene leaves the thymus in a weakened condition so that other solvents and toxic substances continue to accumulate there. This would, surely, give her lowered immunity, perhaps even AIDS.

6 Kersten Mossay

HIV

Kersten is a young woman with early teenage children. We have seen her from time to time, perhaps once a year, for 5 or 6 years now. She says she does not often go to clinical doctors. Today she has a 100° temperature, which she has had for a month. There is also blood in her urine. She has been to a clinical doctor who diagnosed it as *nephritis*. Her blood pressure goes from high (173/140) to extremely low. Her pulse goes to 120 in the evening. She

has a sore throat and is experiencing double vision. She hurts all over, especially in her hands and feet. She has become extremely nervous, with bad memory and is very fatigued. A second clinical doctor did an antinuclear antibody test, which was Negative. He gave her a diagnosis of *fibromyalgia* and wanted to schedule her to see a psychiatrist, but she hasn't carried this out.

Protein 24 (HIV) YES

Ortho-phospho-tyrosine (Cancer) NO

Being Positive for HIV astounded her. Neither she nor her husband have ANY risk factors. Coming from a strict religious background, there is no extra-marital sex or use of blood, nor recreational drug use. I assured her it had nothing to do with her or her husband's conduct.

Fasciolopsis (Parasite) YES at thymus and kidney; NO at liver, intestine, etc.

Fasciolopsis remaining stages (Parasite) NO

Gardnerella vag, Salmonella, Flu A and B, Shigella, Borellia, A strep, Herpes Simplex 1, Adenovirus, Proteus, CMV, Resp Sync Virus, Chlamydia, Bacillus cereus, Strep pneu (Pathogens) YES

Propionobacterium, Trichomonas, Bacteroides frag, Campylobacter pyl, Haemophilus inf, Staph aureus, Strep pneu, Coxsackie virus B4, Histoplasma cap, Human Papilloma (Plantar), Coxsackie virus B1, Nocardia, EBV, Human Papilloma 4 (Pathogens) NO

End of Box 1. She has 14 YES out of 28 tested, much too high for a regular illness; this is an immune deficiency state. Obviously, Kersten has numerous infections unleashed in her body and would soon be bedridden and terminally ill. Her generally healthy lifestyle, with avoidance of alcohol and nicotine, and ability to adapt to new personal habits, will come to her assistance now.

Benzene (Solvent) YES

Solvents (Remainder) NO

They will remove all solvents from their basement and house to an outdoor garage. They will lose some paint cans to damage by freezing this way. She will start on the parasite-killing program and avoid eating meat altogether. She will stay off the benzene pollution list I gave her. She will bring in her husband for testing.

Three days later

Kersten's husband, Leroy, has arrived for a brief check. He is experiencing no health problems, although he works hard as a home builder.

Leroy

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus and penis; NO at liver, kidneys, brain, prostate, etc.

Fasciolopsis adults (Parasite) NO

Fasciolopsis cercaria (Parasite) YES at thymus and penis; NO at liver, kidney, brain, prostate

Leroy has brought a sample of the frozen beef they have been eating; it is from a special local source. It tested YES (**Positive**) to Fasciolopsis cercaria electronically. We will examine it under the microscope also.

Benzene (Solvent) YES

Solvents (Remainder) NO

He will start on parasite program. He loves beef and will cook it thoroughly but is not completely convinced it is dangerous. He probably, also, does not believe his HIV POSITIVE status. However, he is willing to help Kersten get well.

Four days later (1 week after first visit)

Kersten has arrived. She is very much better. She still has a sore throat.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke adult (Parasite) YES at intestine

Sheep liver fluke other stages (Parasite) NO

She will continue the parasite program, vegetarianism, and avoidance of benzene list. She is concerned about the children. I suggested being very careful to thoroughly cook the meat for them and avoidance of benzene polluted products and food.

Summary: It is 4 months later; evidently the family is staying well. I am especially fond of this family. Notice that they were not full of food solvents, in general, due to their habit of eating home-cooked food and beverages. Since the parasite stage could be sexually transmitted as well as eaten with meat, it was important for Kersten's husband to come in, which he did without a hostile attitude. Probably, he was not yet ill because the parasite cycle had not completed itself; he did not yet have the adult fluke. The virus can be present without an adult fluke but when all the stages are gone, it is gone, too. Note its preference for thymus and penis as a tissue site in Leroy.

This is a young 34-year-old person who works for a doctor and has already tried a number of alternative health procedures. She has a long list of bizarre symptoms, such as swollen and itching lips, gagging when eating, suggesting AIDS, but the symptom of chest heaviness made it even more probable. She has a water softener.

Protein 24 (HIV) YES at thymus, vagina and ovaries

Ortho-phospho-tyrosine (Cancer) YES at intestine

hCG (Pre-Cancer) YES everywhere

What a shocking realization this brought to her, both HIV and cancer in a single diagnosis. She could hardly bear the news in spite of my assurance that she could eliminate them both within 10 days. Perhaps she was also angry or disbelieving.

Fasciolopsis (Parasite) YES at liver and intestine

Gave her cancer.

Fasciolopsis eggs (Parasite) YES at intestine, adrenals, saliva

Sheep liver fluke and all stages (Parasite) NO

Pancreatic fluke and all stages (Parasite) NO

Human liver fluke and all stages (Parasite) NO

Benzene (Solvent) YES at thymus

Go off items on benzene list.

Isopropyl Alcohol (Solvent) YES at liver

Eliminate propanol. Others not tested. She will start parasite program. Note: I failed to test for Fasciolopsis stages in the thymus. My error!

Twelve days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

HIV and cancer are gone—everything was done correctly.

Aluminum Silicate (Toxic Element) YES

Will disconnect water softener and switch salt.

☒ Bismuth (Toxic Element) YES

Get rid of fragranced items.

☒ Radon (Toxic Element) YES

Open the vents to the crawl space.

☒ Thallium and Germanium (Toxic Element) YES

This coincidence of thallium and germanium is only found when the tooth filling metal has these pollutants. She is very upset about this since she states that she has had weak hands (very weak) for many years already. This is a classic symptom of thallium poisoning. She had all her mercury fillings taken out by Dr. S. who is a Huggins Institute trained dentist. 5 gold crowns were put back in her mouth, and she spent \$3,000 on this last fall.

☒ Gold (Toxic Element) YES

☒ Mercury (Toxic Element) YES at tooth #29 and 15

Tooth #29 has a gold crown. She says this tooth has been bothering her. I then searched for the location of the thallium and found it at teeth #29, 10, and 18. She will ask the dentist to do a fresh panoramic X-ray to search for tattoos. I shone a flashlight in her mouth and could see 2 tattoos. However, these metal pinpoint leftovers might be left from the braces she used to wear. She states she remembers seeing them after the braces were removed.

☒ PCB (Toxic Element) YES

Uses Dr. Bronner's peppermint soap—will go off.

Summary; Lenore's case is especially tragic but nevertheless an early warning sign for all humanity. She was given 16 mercury fillings starting in early childhood, some of which were polluted with thallium. This was the probable cause of having a child with microcephaly. In an effort to improve her health she turned to health food soap only to be poisoned with PCBs. Only her good intelligence and survival instinct kept her from self-destructive anger. She will probably set herself and her family on the road to good health.

8, 9	Brenda Stauffer & Katy
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HIV

This is a very pleasant but concerned mother; she has her 10-month-old baby, Katy, with her. Brenda is 31 and complains of burning on her chest. (She places her hand right over her thymus, and I sincerely hope this isn't HIV disease.) She also has chronic back pains, which move about, and is always sleepy. Her baby has had one illness after another, including pneumonia and has been on antibiotics all winter. She is breast-feeding, and the baby appears

well grown and content.

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) YES at thymus and vagina

This is indeed shocking. She has no risk factors. I explained the benzene problem and its link to parasites in the thymus.

Fasciolopsis (Parasite) YES at thymus only; NO at liver and intestine

Other parasites not tested.

Benzene (Solvent) YES

Other solvents not tested. She is not using any items on my benzene list of polluted items. She is using peanut oil in cooking. She will stop and bring it in for testing. She will switch to olive oil.

Baby, Katy, age 10 months

She was tested by surrogate technique, using her mother in the circuit.

hCG (Pre-Cancer) YES throughout body

Ortho-phospho-tyrosine (Cancer) YES throughout body

Protein 24 (HIV) YES throughout body

The shock of seeing this apparently healthy baby riddled with cancer and HIV disease was too tragic for me to communicate to the mother. I did not tell her.

Fasciolopsis adult (Parasite) NO

Fasciolopsis eggs (Parasite) YES at liver, thymus, saliva

We should be able to see these eggs in the baby's saliva and have taken a sample on a cotton bud for examination under the microscope.

Sheep liver fluke adults (Parasite) NO

Sheep liver fluke eggs (Parasite) YES at saliva, thymus, liver

Pancreatic fluke and all stages (Parasite) NO

Human liver fluke adults (Parasite) YES throughout her body

Benzene (Solvent) YES one of the highest levels seen

It seems likely the baby is getting the parasite stages from the mother's milk; we will get a sample of the milk and search under the microscope. The benzene must be coming through the milk too.

Summary: Since the mother will go on the parasite-killing program immediately and be off benzene sources, I suspect the baby will be cleared of her problems within a week. I emphasized the importance of follow-up in one week, since the source of benzene was not proved. But the mother felt this would not be possible for various reasons. This lack of concern shocked me and irritated me. To be sure the mother returns I broke the news to her that her baby had cancer. She was overwhelmed with sadness, immediately. I hope she comes back on time.

Seven days later

Baby Katy

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- hCG (Pre-Cancer) YES at thymus

Mother, Brenda

- Protein 24 (HIV) NO
- hCG (Pre-Cancer) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO
- Wood Alcohol (Solvent) YES at pancreas and in breast milk
- Regular gasoline (Solvent) YES
- Solvents (Remainder) NO

Father, George

- Benzene (Solvent) YES
- Isopropyl Alcohol (Solvent) YES

He has not observed any rules or restrictions. They will continue on parasite program and stay off benzene and propanol products.

Summary: The HIV is gone and cancer is almost gone for mother and baby. They will try to avoid commercial beverages and cold cereals for their family. The thymus is probably somewhat damaged and care must be taken to avoid toxic substances from getting into it.

Two weeks later

The baby has not been ill since last visit. She has been kept on a sulfa drug all this time, however. The mother seems afraid to take the baby off it.

Baby, Katy

- Protein 24 (HIV) NO
- hCG (Pre-Cancer) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO

Mother, Brenda

- Protein 24 (HIV) NO
- hCG (Pre-Cancer) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis cercaria (Parasite) YES high at thymus

This explains the burning over her chest, which she still experiences.

- Benzene (Solvent) YES at thymus

They are using some cooking oil for baking cakes; will switch to olive oil.

- Isopropyl Alcohol (Solvent) NO

Other solvents not tested. Brenda has been drinking unpasteurized milk; she will heat it to steaming now. The baby gets heated milk. The father was not tested at this time.

Summary: Both cancer and HIV are gone but are lurking in the wings. If the parents are not very vigilant over diet and body products they will recur. Fortunately, this story has a happy ending

Three weeks later

Baby was ill 1 week ago and got Sulfatrim from a clinical doctor. She is on the medication now.

Baby, Katy

- Benzene (Solvent) YES high

Don't use Baby Magic on baby

Don't use Baby Wipes on baby.

Isopropyl Alcohol (Solvent) YES high

Baby is eating Cream of Wheatä, oats, cornmeal and mashed potatoes with gravy.

Mother, Brenda

Benzene (Solvent) YES

Isopropyl Alcohol (Solvent) YES

She is eating nothing that might have benzene in it. We will test their well water. She will stop using baby shampoo.

Ten days later

They have brought a sample of their well water.

Mother, Brenda

Benzene (Solvent) YES

Benzene (Solvent) YES in drinking water!

Finally, the riddle of the benzene source is solved. The father, who is present, is very concerned. He will search for pollution in his well, pump and cistern.

Baby, Katy

Solvents (ALL) NO

Haemophilus infl, CMV, Mycoplasma, Staphylococcus aureus, B strep, EBV (Pathogens) YES

End box 1. 6 were YES (Positive) out of 34. This is quite poor; suggestive of developing AIDS.

Three weeks later

Brenda says she feels better. They have switched to a different well for their drinking water.

Thulium (Toxic Element) YES

Orange drink, probably from the added vitamin C; will stop.

Beryllium (Toxic Element) YES

Gasoline.

Fiberglass (Toxic Element) YES

Will search for a hole in the ceiling or wall, exposing insulation.

Toxic Elements (Remainder) NO

I tested her other children for benzene, and one was YES (**Positive**) for it (he is still using toothpaste; will stop).

Final Summary: Hopefully, this discovery of polluted well water will stop the nightmare these parents have experienced since the birth of their last child.

10*	Mel Davison	HIV
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Mel is a healthy looking young man of 25. He came with a friend from a large city, five hours away. He brought with him a recent blood test, including his **HIV Positive** test results. He was referred by a cured cancer client.

BLOOD TEST	Result	Comment
1. Creatinine	slightly high (1.1)	kidney problem
2. Uric acid	very high (9.4)	kidney problem
3. Phosphate	high (4.3)	dissolving bone
4. Calcium	very low (8.5)	he is not drinking milk
5. Total protein	very high (9.0)	probable liver problem
6. Albumin	low (3.5)	probable liver problem
7. Globulin	high (5.5)	probable liver problem
8. GGT, SGOT, SGPT	high (55, 46, 58)	liver problem
9. LDH	high (208)	check for cancer
10. Cholesterol	very low (121)	check for cancer
11. WBC	very low (3.0)	bone marrow toxin?
12. RBC	low (4.35)	parasites
13. Platelet count	low (158)	bone marrow?
14. Poly/lymph	low (47/38)	chronic virus
15. Monocytes	slightly high (8.9)	virus
16. Eos	slightly high (3.6)	parasites
17. Baso	high (2.6)	check for cancer
18. Sed rate	high (56)	inflammation somewhere
19. HIV 1	POSITIVE	antibody test by ELISA Assay
20. HIV	POSITIVE	antibody test by Western Blot

These blood test results are definitely poor; his youthful healthy appearance belies these bad results. He will start to drink milk, 2%, 3 glasses a day and later cleanse his kidneys.

- Protein 24 (HIV) YES at thymus and penis; NO elsewhere**
- Ortho-phospho-tyrosine (Cancer) NO**
- hCG (Pre-Cancer) NO**
- Fasciolopsis (Parasite) YES in half of thymus only and at intestine**
- Sheep liver fluke (Parasite) YES at both sides of thymus and intestine**
- Sheep liver fluke cercaria (Parasite) YES at penis only**
- Pancreatic fluke (Parasite) NO**
- Human liver fluke (Parasite) NO**

Note: His thymus gland is hosting both intestinal and sheep liver flukes. They tend to exclude each other in the liver. Why are they compatible in the thymus? He must have many solvents in his thymus.

- Benzene (Solvent) YES at thymus, intestine, penis**

He will start on parasite-killing program immediately. He will avoid benzene products.

Same day, 3½ hours later

He took a large dose of parasite killer, instead of beginning at day one.

- Protein 24 (HIV) NO**

Perhaps he killed the redia stages that carried the virus?

- Cobalt, PCB (Toxic Elements) YES at thymus**

Off detergents.

- Mercury, Iridium (Toxic Element) YES at thymus**

Tooth fillings.

- Vanadium (Toxic Element) YES**

Gas leak.

Toxic Elements (Remainder) NO

He is requested to get all metal out of his mouth immediately and get replacements as he is able to afford them. His only gas appliance is a stove; he will get a maintenance person to check it for leaks. After this he will do an air sampling for us to test for vanadium next time.

Acetone (Solvent) YES

Benzene (Solvent) YES higher than before

He brought his own water for drinking with him; he will switch to faucet water.

Methyl Butyl Ketone, Wood alcohol, Carbon tetrachloride (Solvents) YES

Solvents (Remainder) NO

Note: Although the parasite was killed quickly, and the HIV virus disappeared, the benzene level had not reduced. He will go off all commercial beverages and drink only milk (to which he is allergic), water (from faucet), homemade fruit and vegetable juice, single herb teas, homemade coffee substitutes. He will go off all cold cereal. This is a lot of change to put into effect rather quickly. But his friend is supportive and may help him get it accomplished.

Eighteen days later

At his last blood test he was evaluated as having AIDS with a T count of 78.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Solvents (ALL) NO

Vanadium (Toxic Element) YES

Nothing has been done about the stove.

Cobalt (Toxic Element) YES

Has not gone off detergents.

Mercury and Iridium (Toxic Element) YES

Dental work not done.

PCB (Toxic Element) YES

Still using detergent.

CMV, EBV, Streptococcus pneumonia (Pathogens) YES

Herpes 1 (Pathogen) YES everywhere in body

Candida (Pathogen) YES

Obviously AIDS; others not tested at this time.

Nine days later

Mel has been well. He has bought a vegetable juicer and enjoys his new lifestyle.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) YES at thymus and penis

Has the virus again.

Fasciolopsis adults (Parasite) NO

Fasciolopsis cercaria (Parasite) YES at thymus

But NO at white blood cells, indicating a minimal infection.

Fasciolopsis redia (Parasite) YES

Sheep liver fluke adults (Parasite) YES at liver, NO at thymus

Sheep liver fluke miracidia (Parasite) YES

Other flukes not tested.

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) NO

Mel has probably reinfected himself by eating undercooked meat, by saliva or sexual contact very recently. Due to past injury of the thymus by benzene, the parasite stages go immediately to the thymus, interfering with T cell formation. He will increase his parasite maintenance program to daily doses instead of twice a week. This will prevent 3 days' growth opportunity for the parasites. Note that it is the cercaria or redia of the intestinal fluke that brings with it the HIV virus, not the adult. He will do a 5-day high dose parasite program, also. He will avoid eating beef, chicken, or turkey for 3 months. Also note that cercaria were not showing up in the white blood cells: if I had not also tested the thymus I would have missed them.

Ten days later

Protein 24 (HIV) NO

Got rid of virus again.

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) YES throughout his body

A precancerous situation exists; it is always caused by Isopropyl alcohol.

Isopropyl Alcohol (Solvent) YES at thymus, one part of the liver

He has used regular commercial shampoo recently.

TCEthylene, TCE, MEKetone (Solvents) YES

Flavored foods.

Styrene (Solvent) YES

Off styrofoam cups.

Kerosene (Solvent) YES

More careful with gasoline.

Butyl Nitrite (Solvent) YES high at thymus

Commonly called "rush". Will go off. Will bring in all other body products for testing.

t-Butyl Nitrite (Solvent) NO

2 Methyl propanol (Solvent) YES()

Grain Alcohol (Solvent) YES

Possibly from Black Walnut tincture. Use no alcoholic beverage. Put tincture in warm beverage.

Solvents (Remainder) NO

Note: Mel has picked up a number of solvents, including propanol which is giving him the precancerous condition indicated by hCG. However these solvents, while giving him AIDS, do not bring him the HIV virus. He will need to be much more disciplined to regain his immunity. He will take charcoal capsules (3 a day) and Silymarin caps (4 a day) until his next appointment. [I have since found Silymarin to be polluted and have switched to Milk Thistle, see *Sources*.]

Seven weeks later

I fear the worst after this long absence without reinforcement and support of office visits.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- hCG (Pre-Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO

He has done an excellent job of changing his lifestyle and is ready for a clinical test for HIV antigen. Hopefully he will do it today, before he can reinfect himself.

- Balantidium troph, Babesia canis, Eimeria tenella, Fiscoedrius elongatus (Parasites) YES**

End of box 1.

- Taenia solium scolex (Parasite) YES**

This is a tapeworm, he will start on Rascal for 2 bottles.

- Gaffkya tetragena, Klebsiella pneumoniae, Proteus vulgaris, Veillonella dispar, Staph aureus, Troglodytella, Salmonella para, Strep mitis, Sphaerotilus natans, Pseudomonas aer (Pathogens) YES**

Ten positives out of forty tested. This is a good result.

Six weeks later

Although Mel's clinical test was done the same day, the results have just arrived in the mail. They are NEGATIVE for HIV. We will send him a copy.

Summary: Mel has learned the secret of HIV/AIDS illness. He is capable of steering a wise path. We wish him well.

11

Anne Burgad

HIV

Anne is a 44 year old woman with shoulder pain, elbow pain, and arm pain, probably due to gallstones in her liver. She has frequent headaches. She also has lower back pain and numbness in her right hand and 2 middle fingers. Her hands seem weak. This had started about 6 years ago with a big attack of arm pain and numbness. Her foot and big toes are very painful. Her feet get numb when sitting. Sometimes she can't get her breath. I discussed cleansing her kidneys and liver.

Ortho-phospho-tyrosine (Cancer) NO

Kidney Stones (ALL) NO

Very unusual to find a person with no kidney stones, especially when they have lower back pain and foot pain. Most strange! We will start on kidney herb recipe, in spite of no stones being present, in hopes of curing the low back pain.

Three weeks later

Gallium and Mercury (Toxic Element) YES

Toxic Elements (Remainder) NO

She is to get all metal fillings replaced with plastic.

BLOOD TEST	Result	Comment
1. Seg/lymphs	49/41	virus
2. T4	slightly low	
3. Phosphate	slightly high	dissolving bone. Drink 3 glasses of goat milk daily. Take magnesium (300 mg) 1/day.
4. SGOT, SGPT	very low	Take B6 (500 mg) 1/day till problem is solved. Later take B6 (250 mg) 1/day.
5. Cholesterol	very low	liver problem, cancer risk. Eat butter, no margarine.
6. Total protein	slightly low 6.6	liver problem

One month later

She has all metal fillings out. She is experiencing worse chest "tightness."

Mercury (Toxic Element) NO

Babesia (Parasite) YES

Echinococcus granulosus eggs (Parasite) YES

Sheep liver fluke (Parasite) YES

End box 1. Start on parasite-killing program.

One month later

She is coughing more, is more tired, and finds it difficult to breathe. (I will check for HIV.) She has been breaking out in *Herpes*.

Benzene (Solvent) YES

She is using Camphophenique™. Will go off.

Solvents (Remainder) NO

Sheep liver fluke (Parasite) YES at thymus; NO at liver, intestine, etc.

Echinococcus granulosus, Babesia (Parasites) NO

Protein 24 (HIV) YES

She will go off the benzene list and continue on parasite program.

One week later

She is much improved with shoulder pain and headaches reduced.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

She still has pain over her sternum.

Iodamoeba, Leishmania don, Loa loa (Parasites) YES

End of box 2. Continue parasite program. Loa loa often causes pain over heart region.

Solvents (ALL) NO

One week later

The sore spot on her mid chest is finally gone.

Iodamoeba, Leishmania don, Loa loa (Parasites) NO

She will prepare to clean her liver by taking 07 and peroxy (17½%) with meals.

Six weeks later

She has done 2 liver cleanses and got hundreds of stones out. Some chest tightness persists. Finger joint pain persists.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke (Parasite) YES

Note: Sheep liver fluke returned, probably due to handling raw pork in a restaurant.

Two months later

Neck pain and back pain are present. There is obviously still a large source of bacteria, in spite of dental repair, liver and kidney cleansing. I will search for tapeworm heads.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- hCG (Pre-Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO
- Moniezia scolex (Parasite) YES at pancreas; NO in white blood cells
- Moniezia eggs (Parasite) YES at liver, thymus, intestine, spleen, pancreas
- Pinworm eggs, Schistosoma jap (Parasites) YES

Do 3 day extremely high dose of parasite program, including Rascal

Summary: Anne had a bout of HIV apparently due to sheep liver fluke invasion of the thymus. There was benzene in the thymus. She cleared this up quickly but remained in poor health. Bacteria seemed endless. But killing the tapeworm head may put an end to her various pains. The presence of tapeworm eggs all over her body implies that the tapeworm heads had "hatched" and let out their unfertilized eggs. I believe benzene causes such hatching of stages that have been in capsules.

Two weeks later

She still has the tapeworm.

One week later

She still has pieces of the tapeworm.

One week later

Tapeworms are all NO. She complains of hoarseness and shoulder pain.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

She will repeat liver cleanses. She already has over 1,000 stones washed out.

Summary: Anne's health is typical of tapeworm sufferers. She will have some very good days and think her bad health is in the past. Then she will be sick again. She has accomplished a lot for herself already. It is heartening to see her determination to get well. She will use our Cold Prevention Program: CFH capsules (thyme plus fenugreek) one a day by summer, two a day by winter, zinc tablets from Bronson Labs, one a day by winter, Oscilloccinum in case of influenza. Her chest tightness disappeared. She plans to continue cleaning her liver to completion; a taste of good health, even intermittent, keeps her focused on completion.

12 Phyllis Zink

HIV and Cancer

Phyllis is a 46 year old woman who drove by herself 150 miles for reasons of her history of breast cancer. It was discovered by mammogram. She had a mastectomy and they took out 3 lymph nodes two years ago and has been followed since then by annual mammograms. She has a heart murmur, occasional pain in knees and wrists, and a long history of period-related problems. They have a water softener and use reverse osmosis (R.O.) water for drinking.

Ortho-phospho-tyrosine (Cancer) YES

Protein 24 (HIV) YESs

Since these results seemed impossible to her and I was afraid she might leave, do nothing about her status, and never return, I suggested she get a clinical test (P24 antigen test) for HIV.

Six weeks later

She waited 2 weeks before doing the test and it came back NO (**Negative**) for the HIV virus. This was most unfortunate since she waited another month before returning.

Ortho-phospho-tyrosine (Cancer) YES at liver and breast

The cancer has spread to the liver.

hCG (Pre-Cancer) YES at liver, breast and blood

Protein 24 (HIV) YES at thymus only

Perhaps the clinical test didn't find the virus because the lab examines blood serum, not the white blood cells or their contents. A case must be further advanced for the virus to be so prevalent that the virus is in the blood serum.

Fasciolopsis (Parasite) YES at intestine, liver, thymus

Adults in the liver are giving her cancer; adults in the thymus are giving her HIV. However, she has no sensations over the breastbone nor chest tightness.

Fasciolopsis redia (Parasite) YES at liver and thymus

Sheep liver fluke and all stages (Parasite) NO

Pancreatic fluke and all stages (Parasite) NO

Human liver fluke (Parasite) YES high at liver, thymus, bladder, kidney, breast

Human liver fluke metacercaria (Parasite) YES high at liver, thymus, kidney, bladder, saliva

Notice: she could transmit these very tiny infective stages by kissing! She will start on parasite-killing program.

Benzene (Solvent) YES at liver, thymus, breast, etc.

Brushes teeth twice a day with Colgate™, Crest™, and Tom's™ toothpastes—eats cold cereal daily—go off the entire benzene polluted list.

Isopropyl Alcohol (Solvent) YES at liver, thymus, breast, etc.

Remainder not tested. She will check her cosmetics for propanol and make her own hair spray. She will switch shampoo to borax.

Seven days later

She is having some loose bowels, probably due to parasite-killing herbs.

Protein 24 (HIV) NO

hCG (Pre-Cancer) NO

Ortho-phospho-tyrosine (Cancer) NO

Regular leaded gasoline, Petroleum ether (Solvent) YES

Put gas in her car yesterday. She will be much more careful.

Methyl Ethyl Ketone (Solvent) YES

Instead of stopping cold cereal, switched to a health brand, will stop.

Titanium, Thallium, Germanium (Toxic Elements) YES

Tooth fillings.

Toxic Elements (Remainder) NO

See dentist immediately to remove all metals; save grindings for me to add to my thallium collection.

Summary: Phyllis cleared up her HIV and cancer in 7 days. But will she complete her program of getting well again? Thallium is to the body what termites are to a wood frame house—just a question of time before health collapses.

13 Ray Broyles

Cancer and HIV

We first saw Ray two years ago. He was age 40 at that time and had just had an unusual experience. He had always been healthy and energetic. Then for no reason he passed out. He began vomiting, felt extremely weak and had other strange symptoms. His regular doctor prescribed a tranquilizer, Oxazepam™, after ruling out numerous possibilities. However, these attacks recurred, and he lost about 10 pounds in a few months. I did not suspect nor test for cancer. I found the parasite, Trichuris, and heavy metals from tooth fillings as well as tungsten from his electric hot water heater. He was put on a parasite program. He became well but did not clear up the metal problems. He did not stay on a maintenance program for killing parasites. We did not see him till recently. He had no further episodes of passing out but was unable to recover from a recent flu.

This time the parasite test revealed *Fasciolopsis* in the liver. He was put back on the parasite-killing recipe. The cancer test, ortho-phospho-tyrosine, was **Positive**, and tungsten was showing its presence in all his body tissues. He soon got rid of his cancer and by changing his water sources and doing dental work he got rid of the tungsten problem. (He stopped all use of electrical frying pans and toasters.) He felt fine, his former self, and was released with food and body product restrictions.

We saw him again a half year later for frequent burping and difficulty swallowing. There was some similarity to his original attacks. There was pain over his chest and heart area, but I did not suspect HIV at that time. The parasite test showed heartworm and dog tapeworm eggs. The cancer test was

parasite test showed heartworm and dog tapeworm eggs. The cancer test was Negative.

He was put on a high dose parasite-killing program and dental repair was recommended. This cleared up his health problems, again, temporarily. He was not given food or product restrictions. A half year later he became ill again with prolonged flu and pressure on his chest.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Fasciolopsis and all stages (Parasite) NO

I did not search his tissues, only the white blood cells. Could I have missed a few?

Sheep liver fluke redia (Parasite) YES at thymus, penis

Sheep liver fluke metacercaria (Parasite) YES at pancreas only

Pancreatic fluke (Parasite) YES at thymus, pancreas

Human liver fluke (Parasite) NO

Benzene (Solvent) YES at thymus

Uses Nivea™ brand cream after shaving—will go off entire list of benzene containing products.

Wood Alcohol (Solvent) YES high at thymus and pancreas

Others not tested at this time. He was to switch off commercial beverages and will take Milk Thistle capsules temporarily, to assist the liver. And he will return to a high dose parasite-killing program followed by a maintenance program. He must avoid eating meats in restaurants.

Three days later

Protein 24 (HIV) NO

Virus is gone but he is still very ill.

Benzene (Solvent) YES

Has not stopped eating cold cereals.

Ten days later

His pains are gone. His digestion continues to be a problem. I suspect tapeworm heads have been released in his liver by the solvents; they are shedding eggs. He feels well enough to return to work.

He will add Rascal to his daily routine for 2 weeks to kill tapeworms.

Decane, Methyl Butyl Ketone (Solvent) YES

Hasn't stopped eating processed foods

Toluene (Solvent) YES.

Summary: Ray's patience has paid off, in spite of imperfect compliance. If he had accepted the tranquilizer a few years ago, without pursuing the true cause of his illness, namely parasites and solvents, he would be a permanent invalid today.

14

Sybil McAsh

HIV

This 22 year old woman says her main problem is upper and lower back pain. Due to this pain, she finds it difficult to milk or do her upholstery. Four years ago she had mononucleosis, and she has never really gotten well from it. She also complained of the following: 1) her ears feel shut at times and wet; 2) her hands are sometimes numb; 3) she is gassy; 4) her legs hurt frequently; 5) her knees burn after walking; 6) the arches on her feet hurt; 7) she experiences cramping and clotting as well as headaches and a short temper when she menstruates. Except for a few “weird” symptoms, this seemed like a simple case of kidney stones and liver stones. It was quite surprising, then, to see that:

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) YES at thymus; NO at vagina

She has no pain over her sternum, but she has chest tightness when she breathes. She has the HIV virus, although there are NO risk factors for her. I deliberated for some time before breaking the news to her. I explained the logic of it but perhaps she was too upset to comprehend it.

Fasciolopsis (Parasite) YES at intestine and part of thymus

Fasciolopsis redia (Parasite) YES at the same part of thymus as above

Others not tested

Xylene, Styrene (Solvents) YES

Benzene (Solvent) YES at both parts of thymus

Solvents (Remainder) NO

She will start on parasite program. She will go off the list of items polluted with benzene. She will go off commercial beverages and drink milk, water, single herb teas, fresh squeezed fruit juices and homemade tomato juice without salt added. She will stop using styrofoam cups. We will deal with kidney stones later.

Two weeks later

She states that she suffers from bloating each time she eats or drinks. We will plan to clean her liver. She also gets severe headaches.

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) NO

She is very pleased, as I am, to have vanquished this virus. However, regaining the health of her thymus is still a challenge.

Benzene (Solvent) NO

Decane, TCE (Solvent) YES

She will be more careful in food selection, avoiding cookies and cakes from the store. She will start on the kidney herb recipe to improve her back and leg pains.

Summary: Sybil got rid of her benzene toxicity and also the HIV virus. She is on day 12 of the parasite program. Her metal tooth fillings, as well as her husband's, appear corroded and tarnished on the top surface. She is to remove all metal from her mouth to improve thymus function so she can regain her normal immunity.

15

Tina VanWinkle

HIV

This is a young couple belonging to a religious group where the common risky behaviors are unthinkable. Tina has been well until recently. This winter she has already had 2 courses of antibiotics and can't get rid of her cough. She feels pain in the chest when she lifts an object. She also had "walking pneumonia" this winter. She is chronically congested in her head as well, all of which is unusual for her. When she placed her hand over her sternum to illustrate this pain, I suspected HIV/thymus disease. They have several young children.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus, vagina and uterus

Fasciolopsis (Parasite) YES at thymus; NO at liver

No other parasites or stages were tested in order to save office time for her husband.

Benzene (Solvent) YES high everywhere

She has high levels of benzene throughout her body. She is eating various brands of cold cereal daily. She will stop immediately. She will avoid other items on the benzene list, although she had not been using most of them.

Husband, Alfred

He has no obvious health problems and complains about nothing. He smokes (a little).

Benzene (Solvent) YES at the liver; NO at thymus

This is quite unusual. Benzene nearly always accumulates at the thymus.

Isopropyl Alcohol (Solvent) YES at liver

He uses no body products, other than shampoo. His main source of propanol must be cold cereal.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) YES at liver and lung

Note: He has cancer developing at the liver! They both (as well as their children) will stop eating cold cereal. They will start parasite-killing program. They will avoid the benzene list.

Thirteen days later

Tina no longer has chest tightness, but her cough has gotten croupy and worse.

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) NO

We are all very pleased.

Hexane dione (Solvent) YES

Stay off commercial beverages.

Methyl Ethyl Ketone, TCE (Solvents) YES

Solvents (Remainder) NO

Note that her benzene problem is gone.

Alfred

Her husband, Alfred, seemed put out and put upon with all the restrictions I placed on him. However, he did accomplish his purpose.

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) NO

Carbon Tetrachloride (Solvent) YES

Stay off cold cereal and commercial beverages. Others not tested.

Summary: This young couple averted disaster, narrowly, as each filled up on solvents by eating cold cereals and drinking commercial beverages. Hopefully, they will be able to teach their children how to avoid both cancer and HIV by avoiding polluted food and products.

16*

Lenzy Perez

HIV

Lenzy is a young man, age 28, who has come to correct his HIV **Positive** status. We assured him that in 6 weeks he would get an HIV-NEGATIVE test result if he followed instructions meticulously. He seems incredulous but willing to try. He brought the test results under a code number. The test was done and confirmed at Anonymous AIDS Antibody testing lab. He has a chronic sore throat and some anxiety but otherwise is not ill.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) YES

Benzene (Solvent) YES at thymus and penis

Kerosene, Methylene chloride (Solvents) YES

He will go off cold cereals and all commercial beverages. He will be vegetarian for 3 months. He will be off the benzene-pollution list I gave him.

- Fasciolopsis (Parasite) YES at thymus only; NO at liver and intestine
- Fasciolopsis unincubated eggs (Parasite) YES at thymus, penis, spleen, semen
- Sheep liver fluke cercaria (Parasite) YES at thymus, penis, spleen
- Pancreatic fluke (Parasite) YES at thymus
- Human liver fluke and all stages (Parasite) NO

He will start the parasite-killing program. He was concerned that his friend was using marijuana and it might be polluted. I tested it for benzene. It was YES (**Positive**). He will alert his friend immediately.

Seven days later

His sore throat is gone. He feels better. He still has a complexion problem on forehead.

- Ortho-phospho-tyrosine, hCG (Cancer) NO
- Protein 24 (HIV) NO

He is now HIV-free.

- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke and all stages (Parasite) NO
- Pancreatic fluke and all stages (Parasite) NO
- Human liver fluke and all stages (Parasite) NO

He is very happy but incredulous also.

- Bismuth (Toxic Element) YES at thymus

Off colognes and all fragrant products.

- Palladium (Toxic Element) YES

Tooth metal.

- Mercury (Toxic Element) YES high at thymus and numerous other tissues

- Gallium (Toxic Element) YES at thymus

Tooth metal.

- Lead (Toxic Element) YES at thymus

We will test water.

Lutetium, Zirconium (Toxic Element) YES at thymus

He will go off commercial deodorant and other body products. He will continue on parasite program. He needs to have all metal removed from his mouth.

Seven days later

His clinical doctor repeated the HIV antibody test. It was POSITIVE again, as you would expect an antibody test to be.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

He is on day 14 of the parasite program.

Benzene (Solvent) YES at the edge of thymus

Solvents (Remainder) NO

He will be more diligent about avoiding the benzene list and will bring personal products for testing.

Bismuth (Toxic Element) YES

He has brought several fragrance varieties for testing, but I prefer he not use any commercial variety.

Warts, Candida, CMV, Treponema, Capsules of bacteria (Pathogens) YES

Pathogens (Remainder) NO

End of box 1 and 2. Note: He picked up a small amount of benzene but has not developed numerous infections; only 5 pathogens, total, out of 67 tested! This is as good or better than average for a non-HIV infected person.

Seven days later

He is feeling much better than he did at first. His dental appointment is scheduled.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

Denatured alcohol, Petroleum ether (Solvents) YES

He will be more careful when putting gas in his car. He is now on a parasite maintenance program. His complexion is clear. He looks well.

Lead (Toxic Element) YES

Lead (Toxic Element) NO in his drinking water

Bismuth (Toxic Element) NO

Uses the cologne tested to be bismuthfree.

Zirconium (Toxic Element) NO

Proteus mir:, B strep, Histoplasma, Salmonella ent, Lepto ent, Haem inf, Bacillus anth (Pathogens) YES at thymus

Pathogens (Remainder) NO

End box 1 and 2. This is a very good record for an average person but not as good as his previous record. Four of these are tooth bacteria. He will do dental work soon.

Uric Acid, Cysteine and Cystine, all 3 phosphates (Kidney Stones) YES

He has an unusually large number of kidney stones. He has not been drinking milk for over a year; he has read it causes mucous and could make his sore throat worse. I reassured him his throat would clear up after dental work. He also needs to reduce phosphate in diet (meat, bread, cereal, sodas) and eat more fruits and vegetables. He plans to buy a vegetable juicer. He will start to drink milk if he digests it OK. He may wait until his stomach parasites are killed so he can digest it better. He will start on kidney herb recipe to dissolve these deposits and also take magnesium oxide, 300 mg, per day. He is ready for HIV antigen test. We will send requisitions.

One week later

Ortho-phospho-tyrosine, hCG (Cancer) NO.

Protein 24 (HIV) NO

He will do an HIV antigen test. We did not send requisitions earlier.

One week later

He looks good and feels very well.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

Mycoplasma, Histopl cap, A strep, Proteus (Pathogens) YES

This is the average number of infections for a well person. He has not completed his dental work yet.

One week later

His clinical HIV antigen test results are back. It states he is NEGATIVE. He is very pleased. He recently had a regular blood test by his clinical doctor; it showed a T cell count of 787.

☒ Chlamydia tr, Coxsackie B4, Bacillus anth, Pneumocystis carn, Spirillum rub, Trepon pall (Pathogens) YES

He has 6 YES tests out of about 70; this is better than the average healthy person. He has completed his dental work.

Summary: Lenzy says he is enjoying his new lifestyle. He would like someone to talk to about all of this, though, and I hope he finds a few other cured cases with whom to share his joy and anxiety over recurrence. He is planning an expansion of his massage clinic and plans to bring in products to be tested for benzene so that he isn't selling this "deathtrap" to anybody. He is a uniquely moral person.

17 Dan Holt

HIV and Anemia

This is a 40 year old man with anemia. For the last 1-2 years he has had a chronic coldflu syndrome. He is over stressed. He is in engineering. He has pain in the pancreas area and over the heart. He experiences "hot flushes." He has dry skin and lower back pain. He drinks a lot of decaffeinated beverages. He has additional bizarre symptoms.

☒ Asbestos (Toxic Element) YES

Will test clothes and hair dryers.

☒ Silver (Toxic Element) YES

Tooth fillings.

☒ Gold (Toxic Element) YES

In his glasses and tooth fillings.

☒ Thulium (Toxic Element) YES

In his vitamins.

☒ Palladium (Toxic Element) YES

Tooth fillings and glasses.

Zirconium (Toxic Element) YES

Deodorant and toothpaste.

Toxic Elements (Remainder) NO

Remainder were NO. He will start on kidney herb recipe and get plastic rimmed glasses and arrange to get metal tooth fillings replaced by plastic.

BLOOD TEST	Result	Comment
1. RBC	low	anemia, parasites
2. Creatinine	slightly high	kidney
3. Uric acid	slightly high	kidney
4. Calcium	low	He will drink 2% milk, 3 glasses/day and take magnesium oxide, 1 a day (300 mg, from Bronson Labs).
5. SGOT, SGPT	low	Take B6 (500 mg) one/day.
6. Cholesterol	very low	cancer risk

Three weeks later

Cysteine, Cystine (Kidney Stones) YES

He has been on kidney herbs for 4 weeks. Continue up to 6-8 weeks.

Echinococcus granulosus cysts adult (Parasite) YES

Echinococcus granulosus eggs (Parasite) NO

Chilomastix (Parasite) YES

Parasites (Remainder) NO

Will start on parasite program

One month later

Cysteine, Cystine (Kidney Stones) NO

Chilomastix, Echinococcus all stages (Parasites) NO

Asbestos, Zirconium, Silver, Gold, Thulium (Toxic Elements) NO

Start on thiocetic acid (100 mg) 1 per day

Start on thioctic acid (100 mg), 1 per day.

Solvents (ALL) NO

He says he feels very well. All his symptoms are resolved. Client released. He will stay on vitamin E (400 mg), B₆ (250 mg), vitamin C (1000 mg) magnesium (300 mg), thioctic (100 mg) daily.

One month and 2 weeks later

He now has thrush, which his wife has also. He has had it for 6-8 weeks and is on a prescription drug for it.

Protein 24 (HIV) YES at thymus

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis adults and redia (Parasite) NO

Fasciolopsis eggs (Parasite) YES at thymus, liver, and penis

Benzene (Solvent) YES high

He uses Tom's™ toothpaste and rubber cement; he will stop. He will repeat parasite-killing program at higher dose. He will avoid rare beef.

Two months later

Thrush has returned. He was feeling very well until recently. He has not eaten beef for 22 years or any meat except chicken, turkey and tuna fish. He will go off all but fish and seafood.

Protein 24 (HIV) YES at thymus

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis miracidia (Parasite) YES at thymus only

Fasciolopsis adult and remaining stages (Parasite) NO

Sheep liver fluke and all stages (Parasite) NO

Methylene chloride (Solvent) YES at thymus

Drinks Celestial Seasonings™ tea.

Solvents (Remainder) NO

We will test his beverages. He will start on a 5 day high dose parasite program again.

Two weeks later

He still has thrush and general fatigue. He has done the 5 day high dose parasite program and is still on a maintenance program.

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) YES
- Fasciolopsis miracidia (Parasite) YES at thymus, penis; NO elsewhere
- Fasciolopsis adult and remaining stages (Parasite) NO
- Sheep liver fluke (Parasite) NO
- Pancreatic fluke (Parasite) NO
- Candida (Pathogen) YES
- Hexane (Solvent) YES

Still drinking Celestial Seasonings™ tea.

- Toluene (Solvent) YES
- Solvents (Remainder) NO

Go off commercial beverages.

One day later

He still has Candida (yeast infection).

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) YES
- Fasciolopsis (Parasite) YES at thymus
- Fasciolopsis redia and miracidia (Parasite) YES
- Sheep liver fluke cercaria, redia, and miracidia (Parasite) YES

He was eating turkey, frozen and cooked. He will stop.

- Pancreatic fluke (Parasite) YES
- Candida (Pathogen) YES

Five days later

Benzene, Xylene, Grain Alcohol (Solvents) YES

Solvents (Remainder) NO

He will go off benzene list more carefully.

Five days later

He is still fatigued.

Protein 24 (HIV) YES

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis (Parasite) YES

Others not tested.

Five days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Solvents (ALL) NO

Candida (Pathogen) NO

Perhaps he has finally conquered this problem by staying off all meats and commercial beverages.

One month later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Petroleum ether (Solvent) YES

Car problem.

Methyl butyl ketone (Solvent) YES

Solvents (Remainder) NO

He is still using Celestial Seasonings™ teas.

Summary: Mr. Holt was one of my early clients with HIV illness; I did not suspect it nor test for it until he got thrush (Candida in his throat). It was quite difficult for him to eradicate it because his benzene sources were obscure. But he was diligent and finally was successful.

18

Linda Holt

HIV

This 37 year old woman is the wife of Dan Holt and had a lot of symptoms. Her eyes are itchy and runny. She suffers from sinus infections and ringing in the ear. Her throat is sore due to asthma and asthma drugs and she has a yeast infection in her throat. Her neck is stiff and the muscles are sore Her shoulders are tense. She suffers from chest congestion, asthma, and had pneumonia two years ago. Her heart area feels constricted. Her stomach is bloated and aching. She has constant lower back pain. Her feet are achy at the end of the day. Her sleep is affected by her breathing and worries. Her energy level is up and down and affected by her asthma. She has frequent headaches. She often has urinary tract infections. She has had depression off and on for the past 20 years. She has a weight problem. She is on Vanceril™, Ventolin™, Seldane™, Humibid LA™, Intal™, Medrol™ (4 mg), Beconase™, Anacin™, and Acetaminophen™. She is allergic to cats, dogs, fish, some foods, horses, dust, mold, and grass. (I suspect Sheep liver fluke and *Ascaris*.)

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis and all stages (Parasite) NO
- Benzene (Solvent) YES high

She will start parasite program and go off items on the benzene-pollution list.

Two months later

She has swelling across her abdomen.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) YES cervix; NO elsewhere
- Fasciolopsis (Parasite) YES at liver; NO elsewhere

Fasciolopsis eggs (Parasite) YES at blood and cervix

Fasciolopsis remaining stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Original guess was wrong.

Wood Alcohol (Solvent) YES at cervix

Drinks root beer.

Isopropyl Alcohol (Solvent) YES at cervix; NO at liver

Solvents (Remainder) NO

Go back on parasite program. Avoid propanol-containing products.

Two months later

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Fasciolopsis (Parasite) YES at thymus

Fasciolopsis eggs and redia (Parasite) YES

Sheep liver fluke adult, cercaria, miracidia (Parasite) YES

Pancreatic fluke adult (Parasite) NO

Pancreatic fluke stages (Parasite) YES

Wood alcohol, Regular gasoline, Benzene, Grain alcohol, Toluene (Solvents) YES

Solvents (Remainder) NO

She will go on high dose parasite program, then on maintenance program. She will be off benzene list and commercial beverages.

Five days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Parasites (ALL) NO

TCEthylene (Solvent) YES

Off Celestial Seasonings™ tea.

Solvents (Remainder) NO

One month and 3 weeks later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Ascaris (Parasite) YES

Cause of asthma.

Ascaris mega (Parasite) YES

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke miracidia (Parasite) YES at liver

Pancreatic fluke (Parasite) NO

Human liver fluke (Parasite) NO

Methylene chloride, Pentane, Methyl ethyl ketone (Solvents) YES

She will definitely go off commercial beverages, definitely.

BLOOD TEST	Result	Comment
1. FBS	slightly high	cleanse liver
2. Phosphate	high	dissolving bone. She will drink 3 glasses of 2% milk daily and take 1 magnesium (300 mg) daily.
3. LDH	high	liver? heart? cancer?
4. RBC	slightly high	check cobalt toxicity
5. Eos	very high (8%)	parasites

One month later

She is congested. She has been on parasite maintenance program, 2 times a week.

Protein 24 (HIV) NO

Styrene (Solvent) YES

Stop using styrofoam products.

Petroleum ether (Solvent) YES

Stop pumping gas.

Decane (Solvent) YES

Off cold cereal.

Solvents (Remainder) NO

Beryllium (Toxic Element) YES high

Benzalkonium (Solvent) YES

Wash plastic cups before using. She does not use toothpaste.

Chromate (Toxic Element) YES

No source found.

Mercury high, Cerium, Tellurium high (Toxic Element) YES

Tooth fillings.

Barium (Toxic Element) YES high

Lipstick.

Vanadium (Toxic Element) YES high

Search for gas leak in house.

Lutetium (Toxic Element) YES

Ventilate painted room.

Formaldehyde (Toxic Element) YES

Foam mattresses. Throw them out.

Toxic Elements (Remainder) NO

Needs to remove metal from mouth, fix a gas leak in the home, get away from gasoline and paint fumes and throw away foam mattresses. Notice how many of these would worsen her asthma.

Summary: Ms. Holt and her husband were undoubtedly infecting each other with the flukes and had to

both be free of them before either could stay well. Hopefully, Ms. Holt will work at her health until she can be off some of her drugs and actually begin to feel better. In a family setting one is faced with other person's parasites and pollution in addition to your own. She has done an excellent job.

19

Claudia Holt

HIV

This is the 13 year old daughter of Linda and Dan Holt. The parents are concerned about the HIV virus for their children. Claudia has no health problems.

Protein 24 (HIV) NO

Fasciolopsis cercaria (Parasite) YES at one part of thymus and vagina only

Fasciolopsis remaining stages (Parasite) NO

Benzene (Solvent) YES

She will start parasite program and go off the items on the benzene-pollution list.

One week later

Benzene (Solvent) YES higher than before

Benzene (Solvent) YES high in Future™ floor polish, NuFinish™ (once a year car polish)

They were keeping these items in a closet; will put them in the garage and never again use polish with bare hands.

Fasciolopsis and all stages (Parasite) NO

Two months later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Hexane dione (Solvent) YES

Drinks ginger ale, switch beverages. Note: benzene is gone.

One month later

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Fasciolopsis eggs and cercaria (Parasite) YES

Sheep liver fluke adult and miracidia (Parasite) YES

Pancreatic fluke (Parasite) YES

She will go off meat and start parasite program again.

Isopropyl Alcohol (Solvent) YES

Cosmetics.

Benzene, Ether, Toluene (Solvents) YES

Solvents (Remainder) NO

She will stay off commercial beverages.

Five days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Pancreatic fluke and stages (Parasite) YES

Sheep liver fluke and stages (Parasite) NO

PCB (Toxic Element) YES high

Go off all detergents.

One month and one week later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Wood Alcohol (Solvent) YES at pancreas

PCB (Toxic Element) YES

Toxic Elements (Remainder) NO

Summary: Notice how Claudia can easily kill her parasites but promptly picks them up again. I suspect fast food meats to be her main source of infection. She may be typical of the general population, picking up benzene on a daily basis but eliminating it shortly. Only after a time of several years will the thymus be so damaged and liver detoxification mechanisms be so weakened that benzene begins to pile up and set the stage for AIDS.

Sidney was away at college and was not seen until after the rest of the family. He has severe allergies for which he takes several medications. He is trying to hold a job besides going to school. He has stiffness of joints, shoulder pain, lower and upper back pain, knee pain, and a few others. He wears a splint to keep from grinding his teeth.

Cysteine (Kidney Stone) YES

Kidney Stones (Remainder) NO

He will begin with our kidney herb recipe to remove his sulfur crystals and get relief from stiffness and lower back pain.

Two weeks later

He has not gotten any pain relief. In fact, his fatigue has worsened.

Protein 24 (HIV) YES at thymus, penis and brain

We did not discover this at first visit because of focusing on regular problems and not suspecting HIV!

Benzene (Solvent) YES

Uses Vaseline Lip Therapy™—will go off.

Fasciolopsis (Parasite) YES at thymus and intestine

Fasciolopsis redia (Parasite) YES at thymus and blood

Fasciolopsis cercaria (Parasite) YES at thymus and brain

Others not tested. He will start on parasite-killing program. He will avoid benzene-polluted products.

Two months later

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) NO

He has done well. He has his old energy back and can concentrate on studies.

Three months later

He has felt better than in a long time. He is not even getting colds or flu, like others around him. He will stay on parasite maintenance program.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke (Parasite) NO
- Pancreatic fluke (Parasite) NO
- Methyl butyl ketone (Solvent) YES
- Solvents (Remainder) NO

He will switch to milk and water and fresh squeezed juices, no commercial beverages.

Summary: Sidney has done an exemplary job of changing his lifestyle. He appreciated knowing the cause of his problems, which were much too numerous for his age. He was also very thankful to have an understanding of this disease in order to escape it in the future.

21 Ralph Smith

Multiple Cancer and HIV

Ralph, age 43, came to our office because of his sarcoidosis which was diagnosed six years ago, although he had it earlier than that. At that time, he had pain on the center front chest so that he couldn't breathe deeply. He was put on cortisone for it and the pain was reduced, but it is still minimally present. This location suggests the thymus. He is still on Prednisone.TM

- Protein 24 (HIV) YES at thymus and penis; NO in semen and saliva
- Ortho-phospho-tyrosine (Cancer) YES at thymus, intestine, lung, bronchii

He has both cancer and HIV! He stated that he had been tested for HIV antibody twice already, both times with Negative results.

- hCG (Pre-Cancer) YES in all tissues

He is pre-cancerous throughout his body! This was a shock.

Fasciolopsis (Parasite) YES at thymus and liver

Fasciolopsis cercaria (Parasite) YES at thymus, liver, semen, penis

Other flukes not tested. Start on parasite program.

Isopropyl Alcohol (Solvent) YES high at liver

Since he does not eat cold cereal nor use body products, his only source is shampoo. Considering his high levels, there must be an unknown source of propanol. He will be watchful. He will switch off commercial shampoo.

Benzene (Solvent) YES high throughout his body

Go off the benzene list. This youngish man had tried many things to improve his health. His medical file is ½ inch thick. It seems incredible that so massive a cancerous state could be missed by clinical routines.

Five weeks later

Protein 24 (HIV) NO

Very good news.

Ortho-phospho-tyrosine (Cancer) YES at intestine only

hCG (Pre-Cancer) YES at intestine, lung, bronchii

Fasciolopsis (Parasite) YES at intestine and liver; NO at thymus

Fasciolopsis cercaria (Parasite) YES at intestine and liver; NO at thymus

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) YES

He is still using his favorite shampoo but will switch.

Summary: Ralph has solved part of his problem, the HIV virus and benzene pollution. But the propanol level was still high and the flukes were still thriving (due to eating hamburgers) so the cancer continued. He is determined, though, to cure it all.

22

Bruce Whitlow

HIV

This is a 34-year-old male who has a long history of chronic sinus infections and allergies. He reported that his main problems were: chronic sinus and ear problems. He was getting "bubble shots" from Dr. Scheffer's

sinus and ear problems. He was getting bubble shots from Dr. Schaller a few years ago. Another doctor did a RAST test. He is now on weekly allergy shots. He feels tired and foggy headed. He had elbow soreness in his right arm and he broke his right arm 4 times. He has a weight problem. He quit smoking a month ago. He suffers from lower back pain. He gets headaches, 1-2 times a week. He has had tinnitus on the left side for 10 years. He has to urinate frequently and has a history of prostate infection. He has no pets.

BLOOD TEST	Result	Comment
1. CO2	high (28)	search for air pollutant
2. Uric acid	high	kidney problem
3. Calcium	slightly low (9.1)	He will increase his milk consumption and take magnesium (300 mg) 1/day and B6 (250 mg) 1/day.
4. LDH	slightly low	fatigue
5. Iron	very low	parasites
6. Cholesterol	slightly high	liver gallstone cleanse
7. Triglycerides	slightly high	kidneys
8. WBC	low	bone marrow toxin
9. RBC	low	anemia—parasites
10. Platelet count	slightly high	parasites
11. Urinalysis	OK	no urinary tract infection

Uric Acid, Mono and di Calcium phosphate (Kidney Stones) YES

Start on kidney herb recipe.

Twenty days later

He reported that his lower back is better.

Kidney Stones (ALL) NO

Mercury (Toxic Element) YES high at bone marrow and lungs

Tooth fillings.

Rhodium (Toxic Element) YES at bone marrow and lungs

Tooth fillings.

10000 findings.

Strontium (Toxic Element) YES at bone marrow and lungs

Toothpaste

Zirconium (Toxic Element) YES at bone marrow and lungs

Off deodorant.

Vanadium (Toxic Element) YES at bone marrow and lungs

Cause of red skin on face—search for gas leak in home. We will test his home air for vanadium after he fixes his gas pipes. He needs all metal removed from his dentaware.

Fasciolopsis adult, miracidia (Parasite) YES

Fasciolopsis redia, cercaria (Parasite) YES at bile duct

Trichinella, Ancylostoma (Parasite) YES

Remainder untested. Start on parasite program.

Seventeen days later

Gas leak has been fixed.

Mercury, Rhodium (Toxic Elements) YES

Has not done dental work yet.

Strontium (Toxic Element) YES high

Off toothpaste.

Vanadium (Toxic Element) NO

Fasciolopsis and all stages (Parasite) NO

Ancylostoma, Echinococcus, Sheep liver fluke, Dipetalonema (high), Dipylidium caninum, Plasmodium vivax, Schistosoma, Leishmania tropica, Necator, Plasmodium falciparum (Parasites) YES

Increase parasite treatment with a 5 day high dose program. This is an unusually high number of parasites, especially after several weeks of parasite treatment. We must test for HIV/AIDS.

Protein 24 (HIV) YES

Benzene (Solvent) YES

Off benzene-pollution list.

Two weeks later

He reported that his sinus problem has not improved.

Rhodium (Toxic Element) NO

Vanadium (Toxic Element) YES high

Has another gas leak.

Zirconium (Toxic Element) YES

Still on toothpaste.

Strontium (Toxic Element) YES high

Uses toothpaste and has not done dental work.

Eimeria, Diphyllbothrium (Parasites) YES

Parasites (Remainder) NO

Continue on parasite maintenance. He plans to clean his liver to get rid of allergies. He is starting on 07 and peroxy for this purpose.

One month later

He has done 3 liver cleanses. He has been feeling a lot better. Energy is up. He got out a total of 750 stones. He took 14 wormwood for 3 days, plus Black Walnut—30 drops 4 times daily.

Protein 24 (HIV) NO

Eimeria, Diphyllbothrium (Parasites) NO

Vanadium (Toxic Element) NO

He fixed second leak.

Zirconium (Toxic Element) NO

Strontium (Toxic Element) YES

Still using toothpaste.

Mercury, Rhodium (Toxic Element) YES

Has not done dental work. He is leaving on vacation to Europe for a month. He is very pleased with his new energy.

Summary: We did not see Bruce after this, but he stopped in for some vitamins and told the receptionist he was very well. He was back at his old job. He had a wonderful vacation. He was living carefully as we had taught him, and he planned to come back for follow-up when he had managed to do his dental repair.

23 Brandi Rosette

HIV and Cancer

This 3-month-old baby is ill. She is filled with mucous. She has already had pneumonia once. She frequently does not want to feed—she is on Enfamil™ with iron. She saw her clinical doctor yesterday, he is giving her antibiotic shots twice a week and told her parents he is at a loss to understand her illness. She has very little leg motion. She does not sleep much.

Protein 24 (HIV) YES

Ortho-phospho-tyrosine (Cancer) YES

The baby has cancer and HIV, how tragic.

Isopropyl Alcohol (Solvent) YES at liver and thymus

Benzene (Solvent) YES

The baby has been on a lotion, Forever Living Aloe Heat Lotion™ since shortly after birth. This lotion tested YES (Positive) to both benzene and propanol when rubbed into my arm!

Fasciolopsis (Parasite) YES at liver and thymus

Fasciolopsis eggs (Parasite) YES at saliva

Strep pneu, EBV, Influenza, B strep, Proteus, Gardnerella vag, Chlamydia tr, Candida, CMV, Resp Sync v (Pathogens) YES

One half of box I tested. Note: She is YES (Positive) to 10 out of 15 pathogens tested; this qualifies as AIDS. She will start on parasite-killing program for babies.

Mother, Argella

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) YES at liver

Cancer of the liver is in the mother.

hCG (Pre-Cancer) YES at one part of liver only; NO in WBCs

Isopropyl Alcohol (Solvent) YES

Will go off body products. Other solvents not tested

Fasciolopsis adults (Parasite) NO

Sheep liver fluke adults (Parasite) YES

Others not tested. Note: this is unusual, not to have the adults in the liver. But it is nearly always liver cancer where this unusual situation is seen.

Father, Fred

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Protein 24 (HIV) YES

Benzene (Solvent) YES throughout his body

Isopropyl Alcohol (Solvent) NO

Other solvents not tested. They will keep the baby off all body products except olive oil. She will get only fruits and vegetables and milk, no crackers and other processed foods. The whole family will go off propanol and benzene polluted foods.

Summary: This case nearly brought tears to the eyes of all of us. They have not returned. Parasites and pollution are claiming the life of this beautiful child.

Later: This story has a happy ending. The baby recovered her health; the family was perfectly observant of the rules to keep her healthy. She is now a happy, growing infant.

24*	David Adair	HIV and Lung Cancer
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This is a very ill-appearing tall man, with labored breathing and hot hands to the touch. He was concentrating poorly as we greeted each other. His parents drove him here from a neighboring state for his HIV Positive diagnosis on the recommendation of a friend. He is extremely lethargic, but not able to sleep. Very little history was taken because he was barely able to sit in a chair.

Protein 24 (HIV) YES at thymus and penis

Ortho-phospho-tyrosine (Cancer) YES at bronchii

Also has lung cancer. He was diagnosed HIV Positive 5 weeks ago, after several bumps appeared on his right leg. But he had not been well for two years and has moved back to his parents' home.

Benzene (Solvent) YES at thymus

Methylene chloride (Solvent) YES at thymus

Acetone (Solvent) YES high at thymus

Kerosene (Solvent) YES high

He will go off commercial beverages and drink only milk, water and homemade fruit and vegetable juices. Note: no propanol was found; yet he is producing ortho-phospho-tyrosine in his lung. Could this be an error? Or did I fail to test for propanol? Perhaps it was only present in the liver, not the white blood cells, so I failed to catch it. He was cleaning paint brushes in kerosene recently; he will never do this again. His parents will cook for him and buy the new products he needs.

Fasciolopsis eggs (Parasite) YES at thymus and penis

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

He will start parasite program. He will switch from soap and detergent to borax concentrate. He will use only our body products. Note: there is no adult fluke in either liver or thymus; his clinical drug for HIV may have killed it. He will be vegetarian for 3 months.

The next day

He is feeling very ill, barely able to sit for the appointment. His mother is anxious, sitting upright. His father is standing, pacing the floor with his hands together.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Both the virus and cancer are gone. This quick result may be due to his having only fluke eggs in the body when he arrived yesterday.

Herpes simplex 1, Trich vag, Nocardia, Borellia burg, B strep, A strep, Haemophilus inf, Coxsackie B4, Coxsackie B1, Histoplasma, Campyl pyl, Bacillus cereus, Bacteroides fr, Staph aureus, Plantar wart, Gardnerella, Propionobacter, Adenovirus, Strep pneu (Pathogens) YES

EBV, CMV, Flu, Resp Sync Virus, Chlamydia, Shigella, Proteus, Salmonella (Pathogens) NO

End box 1. Note: he has 19 out of 27 pathogens in an active stage, obviously AIDS. He will use our

End box 1. Note: he has 15 out of 27 pathogens in an active stage, obviously AIDS. He will use our LG, 1 tbsp. 4 times daily. Also vitamin C, 3 grams a day. L-G is an immune booster we use for serious viral conditions.

They left for home, feeling that a test that shows NO (Negative) for HIV without showing any improvement in symptoms must surely be worthless and they must prepare for their son's death.

Eight days later

He is less lethargic today.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

PCB (Toxic Element) YES high

Off all detergents; may eat on paper plates and cups using plastic cutlery to avoid soap residue on dishes.

Solvents (ALL) NO

Is complying very well with instructions.

CMV, Gardnerella, B strep, Bacteroides fr, Salmonella ent, Histoplasma cap (Pathogens) YES

EBV, Flu, Resp Sync Virus, Chlamydia, Shigella, Proteus, (Pathogens) NO

Note: he has only 6 positives out of 27 in box 1! He is improving.

Anaplasma, Strep pyog, Mycobact TB, Shigella dys, Campyl fetus, Strep G, Clostridium sept (Pathogens) YES

Mycoplasma, Candida (Pathogens) NO

End box 2. Note: he has only 7 positives out of 40 in box 2. He is making good progress. I suspect teeth are source of most of the bacteria.

Twelve days later

He looks better. He walks without apparent neuropathy. He is taking his own notes on this visit. He has moved back to his own apartment.

TCE (Solvent) YES

Drinks flavored coffee—will stop.

PCB (Toxic Element) NO

Uses borax for everything. He is on parasite maintenance program.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

A strep (Pathogen) YES at tooth #17

Left lower wisdom tooth.

Klebsiella (Pathogen) YES at tooth #17 and 1

Upper right wisdom tooth.

Corynebacterium, Campyl fetus (Pathogens) YES tooth #1

Pneumocystis carinii (Pathogen) YES at lungs

Note: he has only 5 pathogens that are growing, out of 67 tested, and these are mainly at 2 tooth locations. He needs to see dentist for cavitations at teeth #1 and 17.

Asbestos (Toxic Element) YES

No clothes dryer or hair blower in apartment—test house air.

Bismuth (Toxic Element) YES

Using cologne—he will go off.

Copper, Mercury (Toxic Elements) YES high

Tooth fillings.

Palladium (Toxic Element) YES

Tooth fillings.

Arsenic (Toxic Element) YES high

Remove all pesticide. Remaining toxins not tested. He is advised to remove all metal from his mouth in addition to having cavitations done.

Ten days later

He is smiling now, walking briskly, and taking charge of his own case. He says he has more energy. But his right leg is a problem. He has difficulty walking on it. It is considered to have neuropathy by his clinical doctor. A new dark spot has appeared beside the old spot on his shin. It is thought to be Kaposi's sarcoma by his clinical doctor. His doctor says he has permanent HIV neuropathy. His

breathing is still labored and audible.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Fasciolopsis (Parasite) YES at skin; NO in thymus, liver, intestine

Cause of Kaposi's.

Fasciolopsis redia (Parasite) YES at skin, blood, bladder

Sheep liver fluke cercaria (Parasite) YES at skin, bronchii

Pancreatic fluke adults (Parasite) YES at skin, penis and bronchii

Human liver fluke (Parasite) YES at skin and bronchii

He has been eating at Arby's™ but will stop. He will go on our 5 day high dose parasite program. Note: the parasites are growing in the skin, causing the purplish lumps to appear. He did not get his cancer or HIV back because he did not have propanol or benzene in him. He must have another solvent, though. Will check.

Moniezia tapeworm head (Parasite) NO

Herpes 1 (Pathogens) YES at skin

Resp Sync Virus, B strep, Staph aureus, Adenovirus, Nocardia, Candida (Pathogens) YES at skin and bronchii

He needs to get his dental work done.

Wood Alcohol, Methylene chloride (Solvents) YES at skin

He has been drinking an herb tea blend. He will stick to single herbs.

Arsenic (Toxic Element) NO

Carpets were steam cleaned.

Asbestos (Toxic Element) YES

He brought air samples.

Asbestos (Toxic Element) YES bedroom air, kitchen air

Asbestos (Toxic Element) NO living room air, bathroom air

The kitchen has a radiator; the bedroom is next to the kitchen. We will test the paint on the kitchen radiator for asbestos with a wet towel rubbing.

Nine days later

His breathing is still audible. He has made a dental appointment; is on his way there. He has done a 5 day highdose parasite program and is on maintenance again.

Pinworm eggs, Strongyloides larvae (Parasites) YES

Parasites (Remainder) NO

Petroleum ether, Regular gasoline (Solvents) YES

Gassed up car this morning. He will be more careful at gas stations.

Seven days later

He appears normal in walking and in energy but his breathing is still audible. His leg is worse, with increased purple blotches.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Hexane (Solvent) YES

He has been using artificial creamer for coffee but will stop.

Asbestos (Toxic Element) YES

Brought paint chips from radiator in the kitchen—are YES (**Positive**) for asbestos—remove radiator.

Campylobacter pyl and Campylobacter fet (Pathogens) YES

Causes varicose veins. May contribute to purple blotches.

Salmonella para (Pathogen) YES

Strep G, Diplococcus pn, and Staph mitis (Pathogens) YES

Tooth bacteria.

Mycobacter TB (Pathogen) YES

Lung bacteria

Klebsiella, Corynebact diph, Blepharisma, Anaplasma (Pathogens) YES

He is in process with dental work and appears well enough to repeat the clinical HIV test soon

He is in process with dental work and appears well enough to repeat the clinical HIV test soon.

One month later

He has not been ill; he looks well. He had part of his dental work done this morning, but there is still quite a bit more to do.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

We will give him a requisition to do his clinical HIV antigen test today.

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) NO

TCE (Solvent) YES

Eats flavored croutons—will stop. He is on the parasite maintenance program, 2 times a week.

Herpes zoster, Candida, Measles (Pathogens) NO

Herpes simplex 1, Mycoplasma (Pathogen) YES at thymus

CMV (Pathogen) YES

I picked some possible infections but only got 50% YES (**Positive**), definitely not the picture of AIDS. His legs have healed; his doctors decided not to biopsy after all.

Ten days later

His clinical HIV test results arrived. They are NEGATIVE.

Five weeks later

He had remaining cavitations done yesterday and is scheduled for metal removal from dentalware in several weeks. His symptoms of “HIV neuropathy” are probably due to mercury toxicity. He is also very stiff after sitting. He also lost his peripheral vision. He has not had any illness in the past month. He has started drug testing studies at a hospital. His T count is still under 300. He has been on AZT for 6 months.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) YES

Is still using prescription shampoo; will use borax. He will stay on parasite maintenance program. Next time we will check for tapeworm stages and toxins.

Summary: David got rid of his cancer and HIV virus in 24 hours but getting rid of his AIDS was much more difficult. With his parents' assistance and his own stick-to-it-ness he succeeded.

25 Verna Albright

HIV

Verna, age 30, came for rather mild sounding symptoms such as fatigue and insomnia. She felt lightheaded and often depressed. It all started with an acute sore throat and influenza about 6 months ago, and she can't seem to recover. She is on the birth control pill but it does not prevent her severe menstrual pain. She had acute mononucleosis a few months ago.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus and vagina

This Positive HIV test is quite a shock to both of us. I reassured her that it can be quickly cleared up and will not come back provided she understands the illness well enough to avoid it. She seems angry with my finding. It would be best to schedule a regular clinical test for her.

Fasciolopsis adults (Parasite) NO

Fasciolopsis cercaria (Parasite) YES at liver, thymus, blood

Sheep liver fluke eggs (Parasite) YES at liver, thymus, blood

Sheep liver fluke (Parasite) YES at liver, thymus, uterus

This is the probable cause of menstrual pains (other parasites not tested).

Benzene (Solvent) YES at thymus and vagina

Hexane (Solvent) YES

Remainder not tested.

Summary: Verna seemed quite eager to leave the office in spite of our reassurances. She has not returned in 4 months. We scheduled clinical tests for her but received no test results back. We hope she returns eventually. Her anger is understandable.

26 Milton Essey

HIV

Milton, age 21, came with his mother, perhaps against his will, since he wrote very little on his symptom sheet. His mother said they had been doctoring for 7 years already and could not find his problem. He has chronic stomach problems and nausea and fatigue. He can't eat until after one o'clock in the afternoon to reduce distress. I suspect roundworm and Salmonella.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus, blood and genital tract

Benzene (Solvent) YES

Uses no benzene polluted products but chews tobacco which may have benzene—I have asked for a sample. Other solvents not tested.

Fasciolopsis (Parasite) YES at thymus; NO at liver, colon, etc.

I should have checked stomach. My error.

Fasciolopsis redia (Parasite) YES at thymus and liver

Other parasites not tested. He will start on parasite-killing program. He will remove all solvents, cleaners, Vaseline, and automotive things from his house.

Five days later

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Mycoplasma (Pathogen) NO

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) YES

Solvents (Remainder) NO

Summary: We were all thrilled with Milton's (or perhaps his mother's) accomplishment. I thought they were both so upset and angry with my findings that they would not return. But he carried out his instructions perfectly. They removed a lot of "automotive stuff" in cans from their basement. He didn't say much at either visit, but his smile said it all at the end. I hope he also eliminates isopropyl alcohol and that his quest for normal health is ended.

Alma is 26 years old and has had a fever of unknown origin for several years. She brought considerable paper work documenting her past illnesses. She has night sweats, is nauseated, and her neck feels swollen. She is extremely fatigued.

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) YES at thymus and vagina
- Fasciolopsis (Parasite) YES at thymus and intestine
- Fasciolopsis cercaria (Parasite) YES at thymus and blood

Other parasites not tested.

- Benzene (Solvent) YES

Uses Vaseline™ and will stop.

- Solvents (Remainder) NO

Her husband, Cruz

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) NO
- Fasciolopsis (Parasite) YES at intestine only
- Fasciolopsis other stages (Parasite) NO
- Solvents (ALL) NO

Note: There are no reproductive stages of Fasciolopsis in Cruz due to the absence of solvents. They will both start on parasite-killing program and avoid benzene-polluted products.

Two weeks later

Alma's fevers continue on and off. She has had a very bad cold.

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) NO
- Fasciolopsis and all stages (Parasite) NO
- Benzene (Solvent) NO
- Palladium, Tellurium (Toxic Elements) YES

Toxic Elements (Remainder) NO

She will replace her metal tooth fillings to improve her immunity.

mono-Calcium Phosphate (Kidney Stone) YES

Kidney Stones (Remainder) NO

She will change her diet to include 3 glasses of milk, at least 2% and increase fruit and vegetables. She will reduce meat consumption and eat nothing rare. She will start on kidney herb recipe.

Summary: This may have been a very useful experience for Alma and Cruz. In 2 weeks they learned how to rid themselves of parasites and avoid HIV and cancer for the future. Since they are from several states away, they may not return. Hopefully, they are sticking to their new lifestyle.

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Bill Lippencott

HIV

Bill is a graduate student in physics and needs superior health to accomplish his goals. When his mood or concentration is not at its peak his performance is poorer and quite noticeable to himself. He is health conscious and has no risky behaviors. We saw him last fall, 4 months ago for a mood and energy problem and now it is back.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) YES at thymus and penis

This was very shocking news. However, he was able to understand the explanations that followed and felt reassured that he would not be victimized by this disease.

Benzene (Solvent) YES at thymus, penis

Solvents (Remainder) NO

He will go off the benzene-polluted list of products.

Fasciolopsis adults (Parasite) NO

Fasciolopsis miracidia (Parasite) YES at thymus, blood

He will take our parasite-killing program.

Eleven days later

Protein 24 (HIV) NO

- Methylene chloride (Solvent) YES and in corn flakes**

Benzene is gone but he picked up a new food solvent.

One month later

He can tell he is not feeling right again.

- Solvents (ALL) NO**
- Fasciolopsis cercaria (Parasite) YES at liver, thymus and brain**
- Pancreatic fluke (Parasite) YES at pancreas**
- Sheep liver fluke (Parasite) YES at pancreas**
- Sheep liver fluke miracidia (Parasite) YES at thymus**

Note: Bill has picked up rather a lot of fluke parasites. The source is uncertain. He will do a 5 day high dose parasite program.

One month later

- Protein 24 (HIV) NO**
- TCEthylene (Solvent) YES**
- Pentane (Solvent) YES**

Will stop drinking apple juice, the probable source.

Two months later

His bowel movement is strangely disturbed, very much slowed down but not hard or difficult (I suspect tapeworm.)

- Hexane (Solvent) YES**
- Taenia solium scolex (Parasite) YES at intestine and muscles; NO in white blood cells!**
- Hymenolepis nana, Hymenolepis dim cystic (Parasites) YES**

These intermediate stages of tapeworms are buried in the muscle but have been activated, possibly by the erosive action of the powerful solvents, pentane, hexane and benzene he has had exposure to. He will take a heroic dose of parasite herbs.

Two weeks later

He still has tapeworm parasites

He still has tapeworm activity.

Isopropyl Alcohol, Acetone, K-1 kerosene (Solvents) YES

They are drinking Springdale Spring Water™ (it tested **Positive** for benzene, isopropyl alcohol and acetone). He will switch to tap water and kill tapeworm stages again with a new formulation called Rascal.

Summary: This young man was beginning to be ill with HIV disease but conquered it before serious damage was done to the thymus. Notice that in spite of his best efforts to avoid toxic food and products, he continues to suffer from them. There is very little safe food available that does not require cooking. And, in Bill's case, even the water was polluted. Only a massive clean up policy mandated by the government can stop the tide of pollution flooding our food and water.

Three weeks later

He is feeling better but has some shoulder pain. He took a super high dose of the parasite herbs for 3 days.

Taenia solium scolex (Parasite) YES at intestine

Decane (Solvent) YES

Solvents (Remainder) NO

He needs to clean his liver and stay on Rascal as part of his parasite maintenance program.

Two weeks later

Decane (Solvent) YES

Has been eating cholesterol-free food; will stop.

Gasoline (Solvent) YES

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Amy & Charles Furtner

HIV

Amy Furtner is a young mother of three children. She was referred to us by her doctor for mysterious illness. She had already seen numerous clinical doctors who wanted to put her on antibiotics, anti-inflammatories, antidepressants and the like. Since she had been a very active healthy person, neither she, nor her husband Charles wanted to settle for this. Her husband was with her. Her main problem was pain in her joints (every joint I could name) but she also had belching and muscle wasting which seemed more ominous. The children appeared healthy but Charles had chronic fatigue. Amy

had already taken out amalgams and root canals and tried various detoxifying routines and had gotten significantly better after that. She is now 100% better than she was, Charles said, but still has a lot of pain.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus and vagina, NO elsewhere

They were very shocked. They said the referring doctor would not like this. He wouldn't give her an HIV test although they had asked for one.

Fasciolopsis adults (Parasite) YES at thymus, NO at intestine and elsewhere

Fasciolopsis cercaria (Parasite) YES at thymus, blood, vagina, NO at intestine and elsewhere

Fasciolopsis remaining stages (Parasite) NO

Other parasites not tested.

Benzene (Solvent) YES at thymus, NO at blood, vagina, intestine

TCEthylene (Solvent) YES at kidney, NO elsewhere

Solvents (Remainder) NO

She will start on parasite program, together with the whole family. She wants to bring her children for testing next time. She will be off the benzene pollution list.

Twelve days later

Soon after starting the parasite program she felt pressure on her upper chest and the front of her neck. She used to have these symptoms a year ago.

Protein 24 (HIV) NO

She and her husband are happy with the news.

Fasciolopsis and all stages (Parasite) NO

Continue on parasite program as per instruction sheet.

Uranium (Toxic Element) YES at lungs and trachea

Her husband was quickly checked for uranium also. He too was YES (**Positive**) at lungs and trachea. They will try to improve ventilation through crawl space.

Solvents (ALL) NO

She has one child, about three years old, with her. The child was NO (**Negative**) for benzene.

Seven days later

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke and all stages (Parasite) NO
- Pancreatic fluke and all stages (Parasite) NO
- Oxalate, mono-Calcium Phosphate, Cysteine (Kidney Stones) YES
- Kidney Stones (Remainder) NO

She will stop drinking tea and go on kidney herb recipe. She will start to drink 3 glasses of 2% milk unless her symptoms worsen. She thinks her other doctor will not like this; he thinks milk causes a lot of problems. I suggested she sterilize her dairy foods herself.

- Uranium (Toxic Element) NO

They opened the crawl space windows.

Sixteen days later

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) YES

She has the virus back again. She did not continue the parasite program after the last visit. Will do so.

Two weeks later

She has all three children with her. Her eyes are giving her problems.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- TCEthylene, MEK (Solvents) YES very high

She has been drinking store bought fruit juices. Will stop.

- Solvents (Remainder) NO
- Fasciolopsis and all stages (Parasite) NO

- Sheep liver fluke adults (Parasite) NO
- Sheep liver fluke cercaria (Parasite) YES at thymus, vagina only
- Pancreatic fluke (Parasite) NO

Others not tested.

Charles Furtner

We will test her husband to check for possible sexual transmission.

- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke adults (Parasite) YES
- Sheep liver fluke cercaria (Parasite) YES at thymus, blood, penis
- Pancreatic fluke (Parasite) NO

Note: sexual transmission seems very likely.

Child Debbie, about 3

- Solvents (ALL) NO
- PCB (Toxic Element) NO
- Fasciolopsis adults (Parasite) YES
- Fasciolopsis redia (Parasite) YES
- Fasciolopsis miracidia (Parasite) YES

She will be put on parasite program, going up to 4 wormwood capsules and 6 drops of Black Walnut Hull tincture.

Child Brian, about 6

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis adult (Parasite) YES
- Fasciolopsis eggs (Parasite) YES
- Fasciolopsis other stages (Parasite) NO
- PCB (Toxic Element) YES high

Acetone (Solvent) YES high

Petroleum ether (Solvent) YES high

Car fumes? They will go off detergent and store bought fruit juice for the whole family. Brian will start parasite program, going up to 6 wormwood capsules and 10 drops Black Walnut Hull tincture.

Child Beverly, about 10

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES at thymus

TCEthane (Solvent) YES

Petroleum ether, Toluene (Solvent) YES high

Hexane, TCEthylene (Solvent) YES

Solvents (Remainder) NO

She will stop drinking fruit juice, and avoid gasoline smells which she is fond of. Mother will go off detergent use.

Fasciolopsis adult (Parasite) YES at thymus, NO at intestine

Fasciolopsis redia (Parasite) YES

Fasciolopsis other stages (Parasite) NO

She will be on parasite program going up to 6 wormwood capsules and 10 drops of Black Walnut Hull tincture. Note how close to having the HIV virus she is. Perhaps she already has been getting it intermittently.

Amy Furtner, thirteen days later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Xylene (Solvent) YES

Off "organic" apple juice, homemade OK.

Solvents (Remainder) NO

A. strep (Pathogen) YES at tooth #17

Probable cause of joint pain.

Proteus (Pathogen) YES

Always present with oxalate kidney stones. Stay on kidney herbs six weeks.

Clostridium tet (Pathogen) YES at tooth #17

Cause of stiffness in muscles.

Pneumocystis carinii (Parasite) YES

Pathogens (Remainder) NO

She will get upper left wisdom tooth X-rayed and cleaned up.

Summary: Amy could be proud of her parenting. She got her three children back to perfect health. She said she could hardly remember when they had been happy or playful. Now, only thirteen days after starting treatment, they were playing with each other. She and her husband love to watch them from the side: they don't hit each other; they seem content with themselves and their own things. Her joint pain is no better. Hopefully, the dental clean up and parasite maintenance program will be the last of her problems.

Charles Furtner

Back to the first visit. He has no health problems, except occasional fatigue.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES at thymus

Methylene chloride (Solvent) YES at kidney

MBK (Solvent) YES

Other solvents not tested.

Fasciolopsis miracidia (Parasite) YES at blood, intestine

Fasciolopsis adults and other stages (Parasite) NO

Sheep liver fluke and stages (Parasite) NO

He will go on parasitekilling program and benzene removal along with Amy to protect her and the family as well as himself.

Twenty five days later

Amy had stopped the parasite program, and so had he.

Protein 24 (HIV) YES

He was shocked by this result.

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES

He uses rubber cement. Will bring it in for testing and switch brands. He will return to parasite program and benzene restrictions.

Two weeks later

Amy's tests were NO.

Protein 24 (HIV) YES

But Charles still has the virus.

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) NO

Xylene, Toluene (Solvent) YES

Other solvents not tested.

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke adults (Parasite) YES

Sheep liver fluke cercaria (Parasite) YES at thymus, blood, penis

Pancreatic fluke (Parasite) NO

Note: Both Fasciolopsis adults and benzene are missing from this HIV incident, so it seems quite likely that the virus can survive for short periods without its parasite host.

Thirteen days later

Protein 24 (HIV) NO

- Ortho-phospho-tyrosine (Cancer) NO
- TCE (Solvent) YES
- Solvents (Remainder) NO
- Fasciolopsis and all stages (Parasite) NO
- Fasciolopsis redia (Parasite) YES
- Sheep liver fluke adult (Parasite) YES
- Pancreatic fluke (Parasite) NO

Summary: Here we see how a whole family becomes host to fluke parasites. The parents probably transmit it to the children by kissing and transmit it to each other as well. But they all have “fluke disease” due to solvent build up. We cannot expect our bodies to detoxify solvents; it is an unreasonable expectation since these solvents are unnatural to the biosphere; therefore we must avoid them. This family showed exemplary compliance and intelligence.

31*	Allan Gies	HIV
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Allan is a young man of 38, diagnosed with HIV virus three years ago. He came from two thousand miles away specifically for his HIV status. A former girlfriend also has HIV Positive status, and he believes he “picked it up” from her. He has been in a doctor's care since then. He appears well. On his symptom list he mentions chest tightness, rashes, occasional night sweats, fatigue, a weight loss of 20 pounds since infection. His only medication is preventive antibiotics. He found a dentist to remove his mercury amalgams before arriving. He has brought a recent blood test with him:

BLOOD TEST	Result	Comment
WBC	very low (3.4)	bone marrow toxin
RBC	very low (3.2)	anemia–parasites and bone marrow toxin
MCV	high (101)	<i>Ascaris?</i>
Platelet count	low (131)	bone marrow toxin
Lymphs	low (17%)	bone marrow toxin
Eos	very high (7%)	parasites
Phosphate	low (2.3)	needs vitamin D

He has also had an immune cell analysis. His helper/suppressor ratio is near zero.

Protein 24 (HIV) YES at thymus

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) NO

Aflatoxin (Toxic Element) YES high at thymus, elsewhere

We will test his foods for aflatoxin.

Benzene (Solvent) YES

He will go off benzene list.

Fasciolopsis (Parasite) YES

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Human liver fluke (Parasite) NO

This low level of fluke infestation probably accounts for his small number of symptoms.

Ascaris (Parasite) YES

CMV, Mycoplasma, Candida (Pathogens) YES

Herpes 1, Bacteroides fragilis, Haemophilus infl (Pathogens) NO

It is unusual for *Bacteroides fragilis* to be absent when *Ascaris* is present. I also tested a dozen other pathogens, of which he had six, suggesting AIDS. He has had thrush for some time. He will start on the parasite program.

He has brought water samples from home, as well as air samples.

Hot water sample (Environment) YES in white blood cells

His hot water has something toxic in it.

Cold water sample (Environment) NO

He plans to live with a relative when he returns home in order to avoid both the water and a pet he has.

Two days later

Protein 24 (HIV) NO

His virus is gone.

Aflatoxin (Toxic Element) NO

Stopped commercial fruit juices. They probably contained aflatoxin from the inevitability of some moldy fruit getting into the batch intended for juice making.

Mercury, Nickel (Toxic Elements) YES at thymus

His dentist apparently did not get all the amalgam out. He will need to repeat dental work. He is dismayed. Start on thioctic acid, two, 3 times per day.

Arsenic (Toxic Element) YES

We tested his dust sample from home to find the source of arsenic in his immune system, it was NO (**Negative**). He will ask motel service to stop using pesticide in his room.

Wood Alcohol (Solvent) YES

Stop coffee.

Benzene (Solvent) NO

He is complying with benzene list.

Nocardia, Beta strep, Alpha strep, Mumps, Staph aureus (Pathogens) YES

Out of 18 tested this is an improvement already!

Two days later

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

These parasites are gone.

Aflatoxin (Toxic Element) YES high

Suspect grapes.

Benzene (Solvent) YES

Suspect bacon.

Oxalate (Kidney Stones) YES

Kidney Stones (Remainder) NO

Start kidney herbs.

Samarium, Tellurium, Gallium, Barium, Iridium, Tantalum, Rhodium, Thallium (Toxic Elements) YES

Only dental fillings could give these metals.

Anaplasma, Bordetella, Besnoitia, Central spores, Clostridium sep, Coryne xer (Pathogens) YES

Out of 12. He is not improving further, due to dental problem.

Five days later

His hot water that he tested Positive to was analyzed.

Tungsten, PCB (Toxic Elements) YES in hot water

Cadmium, PVC, Lead (Toxic Elements) NO in hot water

He was sent to be retested for HIV using the Protein 24 test.

Four days later

Benzene (Solvent) YES

He is still eating benzene polluted foods like ice cream. Will stop. His clinical Protein 24 test for HIV was still positive.

Summary: Allan had to leave for home at this point. We were both disappointed at the clinical results. This was my first attempt to retest so early (nine days); perhaps it takes longer than that for the clinical test to confirm mine. He will also start on vitamin D (50,000, two per week forever) to raise his serum phosphate level. Allan did a perfect job of killing parasites and getting rid of HIV. But correcting his immune problem will depend on redoing dental work to get thallium and mercury out of his body, and staying off benzene polluted items.

Eight weeks later (based on saliva sample)

He is still free of HIV but is getting frequent infections. He has not redone dental work yet nor distanced himself from pet. Must get on with this.

Six weeks later

Allan has tested NEGATIVE in a clinical Protein 24 antigen test. We are pleased with his vigilance. He is staying off toast and taking B2 daily.

32,33,34

Jane, Donald Elliot, Dog

HIV

We saw Jane six months ago for cancer, which she cleared up at that time. Now she returned with her husband, Donald. She was concerned about his fatigue and irritability that she felt was not normal. She had stayed irregularly on the parasite-killing program but had been using commercial body products and no diet restrictions. She is concerned about her own choking spells during mealtime.

Ortho-phospho-tyrosine (Cancer) NO

Cancer has not returned.

Protein 24 (HIV) YES

This was both shocking and distressing. Her immediate thought was could she have gotten HIV from Donald. I assured her that sex was not a primary source. Most likely she picked up HIV through a parasite stage still alive in the rare steaks they are both fond of.

Isopropyl Alcohol (Solvent) YES

Off the isopropyl alcohol list.

Benzene (Solvent) YES

Off the benzene list.

Fasciolopsis (Parasite) YES at thymus

Go on high dose parasite program.

Husband, Donald

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus, penis, liver, prostate; NO at intestine

Donald was also shocked and mystified over his possible source of the virus. He wondered whether he could be getting it from their pet dog.

Benzene (Solvent) YES at thymus

He will go off the benzene list.

isopropyl Alcohol (Solvent) NO

Fasciolopsis (Parasite) YES at thymus and intestine

He will start on parasite program. He wanted their dog tested. They will bring him on Sunday, when

there are no people around.

Dog, Buster

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

This is my first observation of HIV in a pet. Dogs and cats are not natural hosts for *Fasciolopsis*.

Benzene, isopropyl Alcohol, others (Solvents) YES

They will bring in his food for testing; there is some in the car because they are from two states away.

Benzene, others (Solvents) YES in dog food

Donald is furious over pollution in pet food. They will purchase several varieties and find a clean one.

Fasciolopsis (Parasite) YES

I suspect solvents make this possible. They purchased several other dog food brands, but all had solvents. They will feed Buster table scraps.

Seven days later

Jane

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

She is very relieved.

Benzene (Solvent) NO

Although the source was not identified.

Isopropyl Alcohol (Solvent) YES

She has not switched shampoo but will try.

Fasciolopsis and all stages (Parasite) NO

She will stay on parasite maintenance.

Donald

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Benzene (Solvent) YES

There may be a chemical in his office that has benzene. He will bring several for testing.

isopropyl Alcohol (Solvent) NO

Fasciolopsis and all stages (Parasite) NO

Buster

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Benzene (Solvent) YES

He is still getting some commercial feed. He is a big dog; there aren't enough table scraps.

Summary: Both Jane and Donald got rid of their virus and parasites before their dog did, probably because of the benzene problem for Buster. But they plan to find pure food for him so he is no longer infectious. They would like to know if he was really their source of infection. They have not stopped eating red meats but cook it thoroughly now. This was my first encounter with a pet carrying HIV. It seems a likely source for them since the dog licks them and he is a house dog.

35

Alita Sokolis

HIV

Alita Sokolis is 25 years old and came in with a variety of pains in unusual places. She had seen 3 clinical doctors and 2 specialist doctors for the pain over her ovaries. A laparoscopy revealed nothing. She has a history of asthma and pain and tightness in her chest (this is suggestive of HIV). She also has constant headaches.

Ortho-phospho-tyrosine, hCG (Pre-Cancer) NO

Protein 24 (HIV) YES at thymus and vagina

Fasciolopsis (Parasite) YES at intestine, thymus, ovary and uterus

Finding the adult human intestinal fluke in the ovaries is extremely rare. Probable cause of pain at ovaries.

Fasciolopsis eggs (Parasite) YES at thymus, ovary, uterus and saliva

Sheep liver fluke (Parasite) YES at liver, thymus and ovary

Others not tested. Alita has a dreadful infestation of large flukes. She will start on the parasite-killing program.

Benzene (Solvent) YES throughout her body

Others not tested. She will go off the benzene list. She has been using Blistex™.

Two weeks later

She feels much better but has begun to have headaches on one side of her face (right side). Chest pain is gone but slight pain over ovaries is still present.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) YES

Ate a hamburger recently but will stop eating them.

Wood Alcohol (Solvent) YES

Won't drink Kool-Aid™ and artificial sweeteners.

t-Butyl Nitrite (Solvent) YES

Solvents (Remainder) NO

Antimony (Toxic Element) YES

Off colognes.

Vanadium (Toxic Element) YES high

Search for gas leak in home.

Thallium (Toxic Element) YES

Germanium (Toxic Element) NO

Thallium may be coming from pesticides, not tooth fillings, since germanium is NO. Will repeat at next visit.

Fiberglass (Toxic Element) YES high

Search for a hole in wall or ceiling of home. Others not tested.

Summary: Alita has improved her health greatly and cured her HIV infection. Now that she sees better health is possible, she is determined to make the necessary changes to recover from all her problems.

36

Renee Williams

HIV

We have seen Renee several times a year for the last 10 years. In this time she has made changes when a crisis occurred but nothing fundamental. They still have a water softener. They still are cooking with aluminum and copper pots. She still has a mouth full of mercury. She wears a lot of make-up and metal on her skin. She also has a stressful life with a full-time job. Each health crisis seems a bit more severe than the last one. Today she has arrived with numbness in her hands. This implicates heavy metals in the brain, particularly mercury from her numerous corroded tooth fillings. However, I will check for solvent toxicity today since she has a very short appointment and I have stressed the tooth fillings in the past.

Isopropyl Alcohol (Solvent) YES

May have cancer.

Ortho-phospho-tyrosine (Cancer) NO

A relief.

Protein 24 (HIV) NO

Mycoplasma, E. coli, A strep, Myco TB, Plantar wart, Diplococcus pn, Papilloma, Anaplasma (Pathogens) YES

Pathogens (Remainder) NO

This is more than the average number of active bacteria for a well person. I recommend getting her metal tooth fillings replaced and a course of parasite treatment as well as replacing her cosmetics with propanol-free varieties. I believe this is falling on deaf ears, however.

Six weeks later

Renee is much worse. Her hands are hot and swollen. Her legs are sore. She has seen her clinical doctor who recommends vigorous treatments for rheumatoid arthritis.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Does not surprise me but startled her—disbelief soon calms her.

Fasciolopsis (Parasite) YES at thymus

Fasciolopsis cercaria (Parasite) YES at thymus and heart

Fasciolopsis miracidia, redia, eggs (Parasite) YES

Sheep liver fluke and miracidia (Parasite) YES

Pancreatic fluke (Parasite) NO

Others not tested. She agrees to start the parasite-killing program.

Pathogens (8 Tested) YES

She is Positive to 8 out of 8 pathogens tested. This is AIDS. She doesn't hear what I am saying.

Benzene, isopropyl alcohol (Solvents) YES

I encouraged her to stay off the benzene list and propanol-containing products. She is asked to follow-up in 5 days.

Eleven days later

Renee's hands are no better but my first concern is her thymus health.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

This convinces her that all my tests are invalid since her hands are no better. But she is also afraid to leave this unconventional approach because it has served her so well for 10 years.

Fasciolopsis adults and cercaria (Parasite) YES at thymus

Pancreatic fluke (Parasite) YES at thymus

Continues to eat fast food hamburgers.

isopropyl Alcohol (Solvent) NO

Good progress—found propanol-free cosmetics.

Benzene (Solvent) YES

Possibly nail polish.

One week later

Swelling in her hands persists.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Uric Acid (Kidney Stone) YES

Start on kidney herb recipe. Stay on parasite maintenance program.

Two weeks later

Joints of hands are hot and swollen. She can make no progress without removing the mercury and heavy metals from her dentalware and getting rid of benzene so her natural immunity can conquer the bacteria in her joints.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis cercaria (Parasite) YES

Still eating hamburgers.

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

She will continue on the parasite program.

Benzene (Solvent) YES

Eats ice cream. She is advised again to get metal removed from her dentalware.

Summary: Renee is very close to permanent invalidism, taken from her high activity level and put in a wheelchair. She has delayed too long with all the necessary changes. Will she conquer her ice cream and hamburger habit? We hope it won't be too late. Notice that she became free of the HIV virus while she still had adults and cercaria in the thymus. Is it the other stages that bring the virus?

We have seen Neil, age 67, for four years, along with his wife. They stay in moderately good health, especially Neil. But today he complains of fatigue, nothing specific. He describes his chest as feeling “drawn.”

Gold (Toxic Element) YES

Toxic Elements (Remainder) NO

He has never replaced his gold dentals. I suggest going off peroxide and toothpaste to reduce gold erosion until he gets them replaced. Also start on thioctic acid (100 mg), 4 a day, to draw gold from his tissues.

Two months later

He has not improved. His respiratory problem is worse. He is worried about asthma.

Gold (Toxic Element) YES

Must get on with dental work.

EBV (Pathogen) YES

Protein 24 (HIV) YES

Note: I missed this test at his earlier visit, although there was a clear chest symptom! My error.

Fasciolopsis (Parasite) YES at thymus

Fasciolopsis miracidia (Parasite) YES at thymus, penis

Others not tested.

Benzene (Solvent) YES

Using car polish with bare hands.

Isopropyl Alcohol (Solvent) YES

Will switch to our shampoo. He will repeat a 5 day parasite program. He will go off benzene products.

Two weeks later

Ortho-phospho-tyrosine (Cancer) YES

Protein 24 (HIV) NO

He now has cancer instead of the HIV virus.

Fasciolopsis (Parasite) YES at liver; NO at thymus, etc.

Benzene (Solvent) NO

Isopropyl Alcohol (Solvent) YES

He will go off all products on the propanol-polluted list. He will repeat a 5-day parasite program.

Two weeks later

Solvents (ALL) NO

He is feeling much better

Summary: We are quite endeared to Neil because he appreciates us so much. He had a close encounter with HIV virus which would have given him AIDS in half the usual time because of his metal problem. Hopefully, he will part with that corroded gold soon

38

Delia Heron

HIV

This 30-year-old woman had a baby 7 months ago. After delivery she got more and more tired. Her first child is 5. She had one problem after another after this second baby. She has only been home 2 weeks at a time since then, always needing to be hospitalized. Finally, she had open heart surgery and got a valve put in. A clot in her leg occurred and infections in the valve. She was rehospitalized. Her latest hospitalization was for general illness but culturing showed nothing. She is feeling very bad all the time.

Today, she has just arrived from the hospital where she was released at 9 am. This is a very young looking, frail woman with a very blonde complexion. Even as a child medicine was not tolerated. She is very allergic to penicillin; she got desensitized to it but got more reactive to it later when she was given some.

She now has an aortic valve due to bacterial endocarditis (I suspect a chronic tooth infection). She has a tooth that is broken off, but it didn't get fixed. She had braces in her teens. She has been having diarrhea recently since she was started on Cleocin™ antibiotics.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus, liver, brain, etc.

She and her parents are incredulous that she could be HIV Positive. They are very devout. They may not take me seriously after this disclosure.

Fasciolopsis adults (Parasite) NO

Fasciolopsis miracidia (Parasite) YES at thymus; NO elsewhere

Fasciolopsis redia (Parasite) YES at thymus; NO elsewhere

Sheep liver fluke (Parasite) NO

Mycoplasma, Papilloma #4, Resp Sync Virus, CMV, Staph aureus, Proteus, Haemoph, Adenovirus, Nocardia, Salmonella, Bstrep, Gardnerella, Chlamydia, Bacillus cereus, Strep pneu, Histoplasma (Pathogens) YES

Influenza A and B, Herpes simplex, Papilloma plantar, Trich, Coxsackie 4, Borellia, Campyl, Bacteroides fr (Pathogens) NO

This is certainly the picture of AIDS (16 positives out of 25 tests).

Benzene (Solvent) YES at thymus

Will stop using toothpaste and other products on benzene list.

Isopropyl Alcohol (Solvent) YES at thymus; NO at liver

PCB (Toxic Element) YES high

Off detergent—switch to borax.

Solvents (Remainder) NO

Mercury (Toxic Element) YES high

Needs tooth fillings out. She will begin parasite program

One day later

Her father called to say Delia was having burning over her chest. This is a typical result of killing parasites in the thymus. I encouraged him to interpret this as a good result.

One week later

She is very weak but able to sit.

Protein 24 (HIV) NO

She now has a chance to survive.

Fasciolopsis and all stages (Parasite) NO

Pentane (Solvent) YES

Drinks Classic Coke™ and Pepsi Free™—will go off.

PCB (Toxic Element) NO

Switched off detergents.

Mycoplasma, Flu A and B, CMV, Chlamydia, B strep, A strep, Resp Syn, Gardnerella, Propion, Papilloma #4, Campyl Haemoph, Histoplasma, Trich, Proteus, Herpes simplex, Adenovirus, Staph aur, Strep pneu, Bacteroides fr, EBV, Papilloma, Borellia, Nocardia, Coxsackie B4, Bacillus cereus (Pathogens) NO

Shigella flex (Pathogen) YES

Cause of stomach problem—take citric acid 1/8 tsp., 4 times daily in water, juice or boiled milk; also Lugol's iodine, 6 drops 4 times daily in ½ glass water (after meals and bedtime).

Salmonella, Coxsackie B4 (Pathogens) YES

Her picture has improved greatly. She has only 3 infections out of 29 tested. We will encourage her to get dental work done so she can recover. She will begin taking Milk Thistle, 3 a day and thioctic, 4 a day.

Summary: We saw Delia only twice. At her first visit we could see she had both benzene and propanol accumulated in her tissues. In addition, she had PCBs at high levels and mercury at high levels. She was a very ill person with no time to lose. However, she did not return and we have heard no more about her. We had not sufficiently warned her about meat eating and all the benzene polluted products. I fear she got her illness back and decided that our treatment was worthless. Notice that isopropyl alcohol has not accumulated in the liver; it is present in the thymus! What are the factors determining which organ lets it accumulate? Does the parasite precede the solvent to the chosen organ?

39

Sandra Carson

HIV

Sandra is 29 and was diagnosed as HIV Positive at a hospital in a neighboring town. She will bring in her medical summary. She also has a long list of pains, including chest pain. During her menstrual period her whole body hurts from top to toe. She has a chronic headache.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES high at thymus and vagina

She feels pressure over breast bone.

Fasciolopsis (Parasite) YES at thymus; NO at liver, intestine

Sheep liver fluke cercaria (Parasite) YES at thymus, vagina, blood

Pancreatic fluke (Parasite) YES at pancreas

She will start on parasite-killing program.

Herpes simplex 1, Gardnerella, Adenovirus, Propiono, CMV, Bacteroides fr, Proteus, Campyl pyl, Shigella, Haem inf, B strep, Bacillus cereus, Salmonella, Borellia, Trich, Nocardia, A strep, Coxsackie B 1, Staph aur, Histoplasma, Strep pneu, Papilloma 4, Chlamydia, Coxsackie B 4, EBV (Pathogens) YES

Influenza A and B, Resp Syn V, Plantar wart (Pathogens) NO

This is certainly the picture of AIDS. She is Positive to 25 out of 28 pathogens tested.

Benzene (Solvent) YES at thymus and vagina

Switch from Colgate Tartar Control™ toothpaste to baking soda for tooth cleaning (at that time no baking soda tested **Positive** to benzene). Observe the rest of the benzene pollution list.

Three days later

She felt an unusual sensation over her upper breast bone for a while after starting on parasite herbs, but now it is gone. Probably due to parasite-killing; this is common.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

She no longer has the HIV virus; it took her only 3 days to accomplish this. We will give her requisitions for retesting soon.

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke cercaria (Parasite) YES at thymus

Ate hamburger against instructions, but will stop.

Pancreatic fluke (Parasite) NO

Solvents (ALL) NO

She will start on kidney herb recipe for her lower back pain.

Summary: Sandra did not return after her second visit, probably for financial reasons. Her friend was paying the bills. She had already financially ruined herself. Possibly she did not wish to have her HIV status changed since she did not wish to go off Social Security support. She was not well enough to hold a job. If her HIV status had changed she may have lost all means of survival. We hope she is abiding by the rules for living that we gave her and that she can enjoy life again. We, in turn, lost an opportunity to prove to the clinical profession that she had reverted to HIV-NEGATIVE status.

40 Shirley Stafford

HIV and Liver Cancer

Shirley has a healthful lifestyle, without alcohol or nicotine. But she developed a pain over the upper midchest (she put her hand right over the thymus gland) and visited her regular doctor. The doctor wanted her to have a mammogram. Her left arm feels heavy. She also has low back pain that runs down her left leg.

Protein 24 (HIV) YES at thymus and vagina

This was almost self-evident, considering the chest pain. My explanations seemed odd to her. She has no known risk factors.

Ortho-phospho-tyrosine (Cancer) YES at liver only

She has cancer of the liver as well.

Fasciolopsis (Parasite) YES at liver and thymus; NO at intestine

Fasciolopsis redia (Parasite) YES

Others not tested. She will start on parasite program.

Benzene (Solvent) YES

Go off all items on the benzene list.

Isopropyl Alcohol (Solvent) YES at one part of the liver only; NO at WBCs!

Note: I could have easily missed the propanol if I had not searched the liver for it. She will go off shampoo and use ours.

Two weeks later

Shirley has not been ill since the last visit. Her arm feels normal now: it had felt heavy before. The pain over her breastbone is gone now.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Kerosene (Solvent) YES

Be more careful when pouring it.

Solvents (Remainder) NO

Asbestos (Toxic Element) YES

Will test home air. Suspect washing machine belt.

Formaldehyde (Toxic Element) YES

New recliner chair and foam pillows.

Mercury (Toxic Element) YES at thymus

Toxic Elements (Remainder) NO

She is advised to replace her metal tooth fillings with metal-free plastic ones. She will do away with new furniture.

Two weeks later

Her low back pain is unimproved. She has brought 2 belts for testing. One of the belts was YES for asbestos. She will start on kidney herbs for low back pain.

Two weeks later

She has scheduled her dental work.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) YES

isopropyl Alcohol (Solvent) YES

She began using Listerine™; will stop.

Arsenic (Toxic Element) YES

Asbestos (Toxic Element) NO

The new belt is asbestos free. She will remove pesticide from home

The new bed is asbestos free. She will remove pesticides from home.

Summary: It is always a delight to work with a client who can dispose of new furniture or carpets without regrets when health is at stake. Our culture teaches us to value our material things, not our health. Shirley was inspiring to our office with her ease of choosing health before gold crowns and expensive new furniture.

We have seen Helen in the past five years for painful joints, high blood pressure, and thyroid problems, but she has been in reasonably good health. After a long absence, she arrived at the office looking very pale and thin. She has just returned from the Mayo Clinic. She said they were unable to diagnose her with anything significant in spite of her critical condition. She had not made an appointment but was only purchasing vitamins. I coaxed her to take my first test panel.

Ortho-phospho-tyrosine (Cancer) YES at thymus, bone marrow, liver, intestine and brain!

Protein 24 (HIV) YES at thymus, brain, pancreas, blood

She has widely disseminated disease. How could this be missed by clinical medicine?

Fasciolopsis adults (Parasite) NO

Fasciolopsis miracidia (Parasite) YES at thymus, bone marrow and liver

Fasciolopsis redia (Parasite) YES at thymus, bone marrow, and blood

Benzene (Solvent) YES

She will begin parasite program immediately and go off benzene and isopropyl alcohol containing products and return in 2 days for a follow-up. She seemed too ill to do more testing now.

Two days later

She looks exceedingly ill, can barely walk.

Ortho-phospho-tyrosine (Cancer) YES at thymus, intestine

Protein 24 (HIV) YES at thymus and bone marrow

Notice how both illnesses have shrunk their territory in her body.

Fasciolopsis miracidia (Parasite) YES

Continue parasite program.

Benzene (Solvent) YES high

The level is much higher than two days ago, she has obviously had a recent high exposure. She has

The level is much higher than two days ago, she has obviously had a recent high exposure. She has brought some cans, her water and an air sample (of house dust) to test.

Benzene (Solvent) YES in Scotchguard™ for fabrics (a spray can), laundry room air (laundry room has an odor), and in her filtered water at sink (purified drinking water)

Benzene (Solvent) NO in Carbona™ spot remover, Energine™ cleaning fluid and plain cold tap water

In view of the possibility that the purified drinking water is contaminated with benzene, she will use purchased drinking water. She does not trust her tap water. She is still an emergency case and needs to follow-up in 3 days.

Three days later

She seems a bit better.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis rediva (Parasite) YES at thymus, bone marrow

She has had discomfort over her middle abdomen to the point of pain during this week.

Benzene (Solvent) YES and in WD40™

Uses it on exercise bike—will stop.

Four days later

She is still very ill but feels some improvement. She has partly cleaned the house of chemicals. She has had a “full” feeling on front of neck, still noticeable.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

She will not eat pork or beef and will not handle meat in the house. She does not eat turkey or chicken because of her sensitivity to Salmonella (gets sick right away).

Fasciolopsis and all stages (Parasite) NO

Benzene (Solvent) YES high

She is using facial cleanser, a heating pad, shower water, shampoo, Polysorbate 80™. She will stop until we test each one for benzene.

Strep pyog, Pseudomonas aer, Diplococcus pn, Gaffkya (high), Clostridium (high) (Pathogens) YES

Remainder not tested. Note: all five of these are typically found in teeth. She has a mouth full of metal—mostly gold. She had too many infections (5 out of 6 tests), so I did not continue testing. The implication of AIDS was obvious. She resisted suggestion of dental work. But she will call the dentist regarding cavitations at teeth #1 and #32. I tried to impress on her the need for speedy removal of tooth infections and benzene.

Four days later

Although Helen is not interested in removing the metal from her mouth, she has just returned from seeing the dentist. The dentist found no X-ray evidence of any tooth abscess or cavities, but Helen did have several cavitations cleaned. She is feeling considerably better for the first time.

Benzene, xylene, acetone, wood alcohol, isopropyl alcohol (Solvents) YES

She will switch to grain alcohol as general cleanser and continue parasite program.

Three days later

She is still getting some low days. She still weighs under 100 pounds but feels she may have gained one pound.

Benzene, ether, isopropyl alcohol (Solvents) NO

Dipetalonema, Echinococcus, E. hist, Echinoporyphium, Fishoedrius (Parasites) YES

Pancreatic fluke (Parasite) YES

Remainder: NO (Box 1). She tested YES for cholesterol crystals and needs to cleanse her liver of gallstones.

Five days later

She is feeling better than 1 week ago, but she still has her ups and downs.

Fishoedrius, Myxosoma (Parasites) YES

Necator (human hookworm) (Parasite) YES high

Moniezia (Parasite) YES high

Tapeworm head, probably escaping from its cyst after solvent action.

Leishmania mex, Taenia sag (Parasites) YES

Parasites (Remainder) NO

Mycoplasma (Pathogen) YES high (systemic)

Probable cause of general aching.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis miracidia (Parasite) YES at thymus

Isopropyl Alcohol (Solvent) YES high

Went back to using commercial shampoo.

Benzene (Solvent) NO

Solvents (Remainder) NO

Stay on parasite maintenance program.

Five days later

Benzene (Solvent) YES

Isopropyl Alcohol (Solvent) YES

Using untested body chemicals. Will stop.

Six weeks later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

TCE (Solvent) YES

Off commercial beverages.

Solvents (Remainder) NO

Stay on parasite program.

Six weeks later

She is very much better. She has been on chelation treatment for 1 week. She is on a parasite maintenance program.

- Solvents (ALL) NO
- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine (Cancer) NO
- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke (Parasite) YES
- Pancreatic fluke (Parasite) NO

She will stay off rare meat.

Summary: Helen had a very close brush with death. Her great dependence on body chemicals of all kinds (lotions, etc.) contributed to this near tragedy. At one point her weight was 93 pounds, and I feared we had seen her for the last time. If she had followed her friends' advice to hospitalize herself or had returned to the Mayo Clinic, she would not have survived. Although she appeared well at the last visit, her failure to remove dental metal could shipwreck her health in the future.

42	Sing Tong	HIV
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This 27-year-old man came in complaining of fatigue, minor depression, and occasional swimmer's ear. He was concerned about his HIV status and wanted to be tested in my unconventional way in spite of getting an HIV Negative result recently.

- Protein 24 (HIV) YES high at thymus and blood
- Ortho-phospho-tyrosine (Cancer) NO
- Benzene (Solvent) YES

Off the benzene-pollution list.

- Fasciolopsis adults, eggs, miracidia (Parasite) NO
- Fasciolopsis cercaria (Parasite) YES at thymus and blood
- Fasciolopsis redia (Parasite) YES at one part of thymus and blood
- Echinococcus granulosus (Parasite) YES
- Parasites (Remainder box 1) NO
- E. coli (Pathogen) YES at blood

Constipation or a fissure or even hemorrhoids can let these colon bacteria into the bloodstream.

Klebsiella (Pathogen) YES at one part of thymus (the same), blood and penis

Pathogens (Remainder) NO

He worked in a restaurant for 7 years and handled a lot of meat. He will start on parasite-killing program.

One week later

He has more energy. He felt a sensation over the thymus the first few days on the parasite program. This is common.

Protein 24 (HIV) NO

Benzene (Solvent) NO

Fasciolopsis and all stages (Parasite) NO

Echinococcus granulosus eggs (Parasite) YES

Echinococcus granulosus adult (Parasite) NO

Gyrodactylus, Leucocytozoon, Leishmania mex, Plasmodium falc, Schistosoma, Trypanosoma lew, Trichinella (Parasites) YES

Taenia pisiformis cysticercus (Parasite) YES

Has tapeworm disease.

Parasites (Remainder box 2) NO

He will increase parasite program to 4 capsules of cloves, 3 times daily for 4 days.

E. coli, Klebsiella (Pathogens) NO

Thorium (Toxic Element) YES

Toxic Elements (Remainder) NO

He will seal cracks in basement floor. Note: benzene is gone. He is eating more healthful food, also. He has cleaned the house and basement of all solvents, paint, varnish and cleaners.

One week later

Sing feels fine.

Echinococcus all stages, Gyrodactylus, Leucocytozoon, Leishmania mex, Plasmod falc, Schistosoma, Trypanosoma, Trichinella, Taenia pis (Parasites) NO

He will stay on parasite maintenance program.

Thorium (Toxic Element) NO

Has put in a crawl space fan.

Benzene (Solvent) NO

Shigella flex (Pathogen) YES

Strep G (Pathogen) YES

Needs cavitation cleaned at tooth #1.

One month later

Solvents (ALL) NO

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Summary: Sing was a model HIV client. He had previously been given an HIV antibody test that was NEGATIVE, but he was not surprised to find he was POSITIVE when he came to us. He was anxious to understand all the features of HIV-illness and to learn how to take care of himself. Although he had vanquished the virus in 6 days, he returned to improve his immunity and he did accomplish everything in about 6 weeks.

43

Jimmy Smith

HIV

This 45-year-old man has had strep throat for about 2 weeks and can't clear it up. His ears have painful stabs with pain running down his neck on both sides (obviously tooth infections). He has a tingling on the front top chest wall. He experiences pain in his left heel when getting up in the morning, but it's not acute during the day. He has soreness in the base of his breastbone. He experiences headaches (needs a liver cleanse). He has stiffness and reduced motion at his elbows and general body stiffness. He will take the kidney herb recipe for his foot pain.

Proteus (Pathogen) YES

Off nickel—probably tooth metal—take histidine, 1/day, 500 mg. Histidine is a nickel chelator but this is not a good solution for a dental problem, of course.

Papilloma, Plasmodium, Hemophil inf (Pathogens) YES

He is testing **Positive** to the first four pathogens in a row, suggesting HIV illness—will check.

Protein 24 (HIV) YES

We will postpone kidney cleanse and do parasite program.

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis (Parasite) YES at thymus, intestine; NO at liver

Fasciolopsis miracidia (Parasite) YES at thymus, kidney

Benzene (Solvent) YES

Isopropyl Alcohol (Solvent) YES

Others not tested. They might have paint thinner in the house. We will test air. He uses nothing on the benzene list. He will switch off his shampoo and use ours. He will start on parasite-killing program.

One week later

Solvents (ALL) NO

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Cystine, phosphates (Kidney Stones) YES

He eats a lot of meat, namely phosphate; he will switch to fish that at least have built in bones (calcium). Start on kidney herb recipe.

Three weeks later

His throat feels better but he has minor sternal pain occasionally (probably heart parasites). There is no change in his ankle and heel pain. Soreness at the base of breast bone persists. He has fewer headaches and less stiffness.

Toxic Elements (ALL) NO

Surprisingly good.

Acanthocephala (Parasite) YES

Do a 5-day high dose parasite program and start on readiness program for liver cleanse.

Dirofilaria (Parasite) YES

Dog heartworm, cause of chest pain.

Loa loa (Parasite) YES

Also causes chest pain. Others not tested.

One month later

Jimmy has tingling and soreness over his chest wall and neck again. He had 1-2 weeks that were OK.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis and all stages (Parasite) NO

Pancreatic fluke (Parasite) NO

Sheep liver fluke (Parasite) YES at thymus

Probable cause of tingling.

Sheep liver fluke metacercaria and cercaria (Parasite) YES

He will avoid eating meat in restaurants and stick to fish and seafood. He will repeat a 3 day high dose parasite program.

Benzene (Solvent) YES

Off ice cream.

Xylene (Solvent) YES

Off Sprite™.

TCethylene, Acetone, Toluene (Solvents) YES

Probably 7UP™. He will avoid all commercial beverages.

One month later

He still has tingling over his abdomen occasionally and a lot of bloating. He also had the flu for a week again.

TCE (Solvent) YES

Drank a small amount of pop again—will stop.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Mycoplasma, Candida (Pathogens) NO

CMV, Gardnerella, Adenovirus, B strep, Shigella, Nocardia, Trich vag, Borellia, Plantar wart, Coxsackie B1, Strep pneu, A strep, Herpes zoster, Salmonella ent, Staph aureus, Bacillus cereus, Histoplasma, Proteus mirab, (Pathogens) YES

End of box 1. This is the picture of AIDS, but without HIV.

Fasciolopsis redia (Parasite) YES at thymus

Fasciolopsis cercaria (Parasite) YES

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Clonorchis (Parasite) YES

He has been eating McDonald's hamburgers and will definitely stop this time. He will repeat the 5 day high dose parasite program and start on maintenance after that.

Two weeks later

He had continuous influenza. He is on Kephalexin™ antibiotic and cough medicine.

Solvents (ALL) NO

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Iridium (Toxic Element) YES at thymus

Tooth fillings—remove metal from mouth.

Hafnium (Toxic Element) YES at thymus

Source unknown.

Palladium high, Nickel high at thymus, Gadolinium at thymus, Scandium (Toxic Elements) YES

Tooth fillings.

PVC (Toxic Element) YES at thymus

Works with building materials.

Toxic Elements (Remainder) NO

He needs all dental metal replaced with metal-free plastic.

Herpes zoster, Mycop, EBV, Bacillus cere, Human papilloma 4, Lepto int, Eikanella, Lacto acid, Klebsiella, Gaffkya, Bacill anthrac, Anaplasma, Mycob. TB, Pseudo aer, Strep mit, Tobacco mosaic virus, Haemoph inf (Pathogens) YES

This is the picture of AIDS.

Summary: Jimmy has done an excellent job of removing solvents from his foods and products. He has gotten rid of the HIV virus but not his AIDS. He has been advised to get the metals out of his mouth in order to stop them from fluxing into the thymus. We are waiting anxiously for him to complete this job so his immunity can recover.

44 Stella Rowley

HIV and Cancer

This 23-year-old woman came in because of her chronic yeast infection, menstrual cramps she has suffered from “all her life,” migraines, bunions, and heart arrhythmia. She also noted that she has sinus problems during the fall and spring. Her right wrist is sore. She has occasional constipation and diarrhea; her right knee is sometimes sore. She is on several medications for her various ailments, way too many for her age.

Ortho-phospho-tyrosine (Cancer) YES

Protein 24 (HIV) YES

She has both cancer and HIV illness unbeknownst to her, but she is not too surprised. I am surprised at her calmness.

Isopropyl Alcohol (Solvent) YES high

Eliminate propanol polluted products like cold cereal and shampoo.

Benzene (Solvent) YES high

Off benzene list.

□ PCB (Toxic Element) NO

Summary: She arrived with HIV test results that were NEGATIVE. Apparently, however, she had the intuition that something was quite wrong with her but could not get it established clinically. We recommended a vegetarian diet for her, which appealed to her anyway. She has not returned, and three months have passed. Hopefully, she has followed some of the advice we gave her. Her finances may not have been adequate for her to return for follow-up.

45

Dawn Generes

HIV

This 51 year old woman had the following problems: 1) her feet kill her. She works at a hospital and is on her feet all day. At night there is a cramp in them. They burn and ache all the time. She has tried different shoes. The pain is not in her toes but higher up, to about 6 inches above the ankle, mostly on her right foot. This started about 5-10 years ago and has worsened in the past 2 years; 2) her sinuses are clogged and she feels like there is something in her throat; 3) she has a low energy level; 4) she is holding water in her hands and feet; 5) she has lower back pain, for which she sees a chiropractor; 6) her knees hurt; 7) she has elbow pain—it hurts her to pick up a quart jar; 8) her left hip and leg are painful; 9) she has gum disease; her front teeth are badly eroded and she has loose teeth.

She will go on a tooth program which consists of:

- Flossing 1 time/day (use monofilament nylon fish line, 2 to 4 pound test)
- Brushing 2 times/day. At one brushing use potassium iodide (white iodine, see *Recipes*) from a pharmacist. Use 4 drops on a tooth brush. At second brushing use 17½% hydrogen peroxide, food grade, again 4 to 5 drops on tooth brush. If spilled on skin, wash it off.
- Also, take 3 glasses of 2% milk/day (sterilized by boiling), 1 magnesium oxide (300 mg)/day; 500 mg B6/day, and vitamin D 1/day for three weeks, then 2 a week forever. Obtain vitamin D from dentist (50,000 units).

She will start on kidney herb recipe.

One month later

Her legs are very restless. She works the night shift and will use ornithine to sleep and arginine as a caffeine substitute to keep awake.

caffeine substitute to keep awake.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Ancylostoma duod, Dientamoeba, Echinostoma rev, Eimeria ten (Parasites) YES

Has pigeons and chickens.

Parasites (Remainder) NO

Stay on parasite-killing program.

Six weeks later

She is experiencing pain over her sternum.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Fasciolopsis adult (Parasite) NO

Fasciolopsis cercaria (Parasite) YES at thymus, vagina, blood

Pancreatic fluke (Parasite) NO

Sheep liver fluke (Parasite) NO

Isopropyl Alcohol (Solvent) YES at thymus; NO at liver!

Benzene (Solvent) YES high at thymus and vagina

Solvents (Remainder) NO

Note: The propanol is in her thymus, not her liver. She does not eat junk food or drink commercial beverages so has no other solvents in her! She will go off the benzene list, off shampoo and hair spray. She will use our varieties.

Six weeks later

She is “fantastically better,” she says.

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke cercaria (Parasite) YES at blood; NO at liver and thymus

She had a roast beef sandwich at Hardee's™ a few days ago. Go on 3 day high dose parasite program followed by maintenance, and stay off restaurant meats.

Isopropyl Alcohol (Solvent) NO

Benzene (Solvent) NO

Beryllium (Toxic Element) YES

Gasoline, car exhaust.

Gold (Toxic Element) YES

Change wrist watch to plastic.

PCB, Holmium (Toxic Elements) YES

Switch to borax and washing soda instead of detergent.

Formaldehyde (Toxic Element) YES high

There is no foam furniture or mattresses in the house—they are remodeling the hospital where she works.

Toxic Elements (Remainder) NO

Summary: Dawn has succeeded in every way to improve her health, a tribute to her intelligence and good attitude.

46

Diane Barron

HIV

This 22-year-old woman had numerous serious problems. She had a chest X-ray that showed spots that are thought to be tuberculosis. She suffers from cataracts in one eye and sinus problems. She has a hearing loss in her left ear and her throat is frequently dry and sore. Her shoulders have dull aching pain and her wrists crack with sharp pains as well as her hands. Her chest feels heavy, congested and she has occasional sharp pains there. She has an irregular heartbeat, possibly mitral valve prolapse. She suffers from stomach ulcers and easily feels nauseated. She has chiropractic adjustments weekly for sharp pain between the shoulders. Her leg muscles ache and twitch, especially when she is tired. Her knees pop easily and ache. She may have bunions and her feet ache. She sleeps a lot but also has occasional insomnia. Her energy

level is consistently low and her concentration is much less than it used to be. She has frequent bad headaches that make her sick to her stomach. She has frequent urinary tract infections. She suffers from depression and bulimia. She works in a dental office. This is an odd assortment of symptoms, especially for so young a person, typical of HIV illness.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES

Fasciolopsis (Parasite) YES at intestine only

Fasciolopsis eggs (Parasite) YES at thymus, vagina, and blood

Fasciolopsis other stages (Parasite) NO

Other parasites not tested. Start on parasite program.

Benzene (Solvent) YES at thymus and vagina

She uses essential oil shampoo. Will stop and use our recipe.

Solvents (Remainder) NO

Note: She has no build-up of other solvents yet. Presumably her liver can still detoxify them quickly.

One month later

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Continue parasite program.

Arsenic (Toxic Element) YES

Pesticide Deacon™ everywhere in the house; remove.

Radon (Toxic Element) YES high

House is partly over crawl space and partly over basement—she should open crawl space vents.

Molybdenum (Toxic Element) YES

Automotive chemicals?

Gold (Toxic Element) YES

Gadolinium (Toxic Element) YES

Toxic Elements (Remainder) NO

She has no gold tooth fillings, but works with gold crowns in dental office that give off vapor and dust.

Benzene (Solvent) NO

Hexane (Solvent) YES

Off commercial beverages.

Acetone (Solvent) YES

Dental glue.

Ether (Solvent) YES

Dental materials.

Methylene chloride (Solvent) YES

Commercial beverages.

TCEthylene (Solvent) YES

Flavored foods.

Her house air, and office air (Unknown pollutant) YES

Note: She has some pollutant in her house air as well as office air. She will try to clean them up by removing all chemicals.

Candida (Pathogen) YES

Yeast. Needs to raise her immunity.

Summary: Diane has gotten rid of her HIV virus but still has a lot of cleaning up to do before she gets as well as a young person of 22 should be. She needs to eliminate radon from her home or move. She needs to change her occupation to a less hazardous one. She needs to remove all metal from her mouth and body. I will discuss these items in the future as she gets more adjusted to her current restrictions. She

is doing well and staying free of benzene.

47*

Gene Liggan

HIV

This 36-year-old man has been suffering from fevers and night sweating for several months. He recently ran a temperature of 104°. This went on for a week; the attacks lasted 4-5 hours, then he had one week of remission, then another week of attacks. He saw a clinical doctor who did many tests. He feels very good now in comparison. His HIV virus was found about 4 months ago. He stopped drinking and smoking. He lost about 16 pounds during that ill period, but has gained it back. He had his mercury fillings taken out a year ago when he began seeking out alternative therapies for his mysterious illness. He has a rash on his left cheek and chronic thrush. He brought a thick file with medical records. He has been health conscious for some time and is happy to find us.

Babesia (Parasite) YES

Echinococcus granulosus eggs and cysts (Parasite) YES

He has a dog now but has had cats in the past.

Fasciolopsis (Parasite) YES at thymus, kidney

Fasciolopsis miracidia (Parasite) YES at thymus, kidney

Fasciolopsis other stages (Parasite) NO

He has been trying to get AZT. Note: miracidia are not in the blood, possibly due to taking a sulfa drug recently for about 3 days (he is on it preventively).

Ortho-phospho-tyrosine (Cancer) NO

A few days ago his immunologist gave him a tuberculosis shot, pneumonia, and tetanus shot.

Protein 24 (HIV) YES

Trich (Pathogen) YES

Cook and eat in metal-free pots and cutlery to reduce nickel intake.

Shigella flex, Proteus, EBV, A strep, CMV, Papilloma 4, Coxsackie B1, Troglo, Pseud aerug, Strep G, Plasmod cyno, Staph aureus (Pathogens) YES

He has 13 YES (not counting HIV) out of 27 tested. This is mild AIDS. He has had shooting pains in certain teeth.

Benzene (Solvent) YES throughout his body

He has done a lot of painting and remodeling. He will clear his house of all old paint cans, old brushes, etc. We will test house air for benzene. He will start parasite program.

Three days later

Protein 24 (HIV) NO

Fasciolopsis and all stages (Parasite) NO

He is very pleased but somewhat incredulous.

Three days later

He has been very energized (more so than in the last 2 years); he has to force himself to go to bed, yet he is relaxed and his mood is good. He sleeps well. Cheek skin is better. He has minor fissures at the corner of his mouth. He has no night perspirations anymore. His fevers seem gone. He had been at 102°-104° He also had a very low temperature at times (94°-95°). He is not coughing much at all anymore. He feels his chest is very clear; he quit smoking 4 months ago but it did not clear up his chest.

Protein 24 (HIV) NO

Babesia, Echinococcus all stages (Parasites) NO

Haemoproteus, Multiceps ser, Prosthogonimus, Pneumocystis car, Trypanosoma gam (Parasites) YES

He had a duodenal ulcer, was on Xantac™ and Mylanta™ by the bottle, then a lot of baking soda about a year ago. Rem aining parasites (box 2) NO.

Adenovirus (Pathogen) YES

Remainder box 1: NO.

Strep pneu (Pathogen) YES at two teeth

Anaplasma (Pathogen) YES

Remainder box 2: NO. He is still on antibiotics. This is no longer the picture of AIDS.

Benzene (Solvent) NO

Uranium (Toxic Element) YES high

Living quarters are very dusty. He has ringing in his ear and some pain at 2 teeth. Needs to do dental work.

One month later

He has gained 10 pounds. He has felt less stressed and his energy was very good until yesterday. Some days he is still slightly lethargic. His minor rash on his cheeks persists. His tongue is very sore and swollen. He has not done dental work yet.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) NO

Leishmania mex (Parasite) YES

Other Leishmanias: NO.

Haemophilus infl, Shigella (Pathogens) YES

Pathogens (Remainder) NO

One month later

His thrush has cleared up, but he has a slight headache and lower leg pain.

BLOOD TEST	Result	Comment
1. T cells and T-helpers	Low	
2. Monos	high (12%)	
3. Chloride	high	
4. Calcium	very low	He will drink 3 glasses of 2% milk/day and take magnesium oxide (300mg), one a day.
5. BUN, Creatinine	slightly high	kidney problem
6. SGOT, SGPT	very high	possibly due to drugs

He works with other people; they have a lot of respiratory problems. He will go on the respiratory health program:

1. CFH 2/day in winter (this is a combination of thyme and fenugreek herbs).
2. One Bronson Zinc tablet (60 mg) daily.
3. Oscillocoquinum when chills are felt.

Kerosene (Solvent) YES

Methylene chloride (Solvent) YES

Has been drinking soda, will stop.

Solvents (Remainder) NO

Fasciolopsis adults (Parasite) NO

Fasciolopsis eggs (Parasite) YES at pancreas

Sheep liver fluke adults (Parasite) NO

Sheep liver fluke miracidia (Parasite) YES at liver; NO elsewhere

Repeat 5-day high dose parasite program. Go off beef (he has been eating some prime rib rare beef).

Candida (Pathogen) YES

Protein 24 (HIV) NO

Is free of benzene. He will do an HIV antigen test at clinical lab.

Five days later

His temperature is 102° today. He also has an injured ankle. He has been having a normal or low temperature in the mornings, but it goes up about a degree in the evenings. He isn't feeling as well as he should, with a lot of aching in his legs, especially from the knees down.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis eggs (Parasite) YES at thymus only

Fasciolopsis other stages (Parasite) NO

Continue on parasite program.

Candida, Shigella, Salmonella, (Pathogens) NO

Mycoplasma, Influenza A and B (high) (Pathogens) YES

Note: His influenza is activated and he will be on Oscillococcinum for five days.

One week later

His clinical HIV antigen test result has arrived. It is Negative. His temperature in the morning is 98.8°. He went to the emergency room the other night with wheezing and was diagnosed with bronchitis. He was put on antibiotics.

Fasciolopsis and all stages (Parasite) NO

Sheep liver fluke (Parasite) NO

Pancreatic fluke (Parasite) NO

Continue parasite maintenance program and *Pet Parasite Program*. He has a cat.

Solvents (ALL) NO

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Staph aureus, Strep G (Pathogens) YES at tooth #1

Needs cavitation cleaned.

Summary: Gene was quite elated with his HIV Negative status. He is advised to see dentist to clear bacteria which are a chronic drain on his health. He will continue on his restricted lifestyle and come in for a checkup every month.

48

Valri Nesbit

HIV

This 27 year old woman came in with a long list of problems including tinnitus, a low grade fever for several months, a general feeling of illness for several months, the source of which no clinical tests can uncover. She has chest pain at midsternum (probably HIV) and has been nauseated a lot lately. She has intermittent tachycardia (heart problem), tingling of the hands and feet, a minor sleep problem and a daily headache. She is on oral Mycostatin™ for her vaginal yeast infection which she has had for a long time. This all began after moving to a new building at work.

Ortho-phospho-tyrosine (Cancer) NO

Protein 24 (HIV) YES at thymus and vagina

- Fasciolopsis (Parasite) YES at thymus
- Fasciolopsis cercaria (Parasite) YES at thymus and blood
- Fasciolopsis other stages (Parasite) NO
- Benzene (Solvent) YES

She uses Vaseline Lip Therapy.™ She will remove all solvents from her basement and kitchen and other sources. She will start a parasite-killing program and go off the benzene-pollution list.

Two weeks later

Her fevers subsided but she is still feeling sick with hot flushes. She still feels sternal pain radiating out on each side of the breast bone.

- Ortho-phospho-tyrosine (Cancer) NO
- Protein 24 (HIV) NO
- Fasciolopsis and all stages (Parasite) NO
- Sheep liver fluke (Parasite) NO
- Dog heartworm (Parasite) NO
- Loa loa (Parasite) YES high

Source of sternal pain and heart problem. Remaining parasites not tested.

- Benzene (Solvent) NO
- Mercury (Toxic Element) YES
- Toxic Elements (Remainder box 1) NO

Valri has made a lot of progress in 2 weeks. She will get metal tooth fillings replaced with plastic

Three weeks later

She feels better but still has a low-grade fever (about 99°). Her sternal pain is gone. She has fatigue and muscle aches as well as headaches in the afternoon when she starts to feel hot.

- Mineral oil (Toxic Element) YES

Off all lotions and soaps. Use our recipes.

- Solvents (Remainder) NO

Lead (Toxic Element) YES high

Test water and air.

Toxic Elements (Remainder box 2) NO

She is on the parasite maintenance program.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Loa loa (Parasite) NO

She will start on kidney herb recipe.

Two weeks later

She went back to work. Her water tested YES (**Positive**) to lead by commercial lab test which her husband ordered immediately when she told him about it after her last visit. She has ear pressure.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Loa loa (Parasite) NO

Fasciolopsis adults (Parasite) YES at intestine

Ate hamburgers. Others not tested.

Wood Alcohol, Toluene, Methyl ethyl ketone (Solvents) YES

Off commercial beverages.

Methyl butyl ketone (Solvent) YES

Off flavored foods.

Solvents (Remainder) NO

Note the return of Fasciolopsis, but not in the thymus or liver. It is in the intestine, where it "belongs." Note: there is no benzene or propanol in her.

Candida (Pathogen) YES

Yeast; she needs to raise her immunity.

One month later

She is doing a lot better and has no more fever; she has returned to a normal life and is not eating fast food meals or red meats.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis rediva (Parasite) YES

Sheep liver fluke cercaria, eggs (Parasite) YES

She is on parasite maintenance program but is eating turkey, and chicken; will stop.

Influenza (Pathogen) YES

Candida (Pathogen) YES

Has been on Mycostatin™ for the past 3-4 months.

Pentane (Solvent) YES

Possibly in beer she drank last night.

Solvents (Remainder) NO

Summary: Valri did an admirable job of curing her illnesses. The restrictions may eventually be too constraining for her so that she will repeatedly get HIV and/or cancer. Hopefully, our meat supply will get cleared up of this parasite in the not-too-distant future. At her last visit, her husband, John, came with her, in order to clear the whole family of this parasite.

Husband, John

Lead (Toxic Element) YES

They are working on the lead-in-water problem. (He had been incredulous of our results with Valri until the lab reported presence of lead, he stated.)

Carbon Tetrachloride (Solvent) YES

Uses disinfectants.

Solvents (Remainder) NO

PCB (Toxic Element) YES

Off detergent. He will stop drinking commercial beverages.

Fasciolopsis and all stages (Parasite) NO

Pancreatic fluke (Parasite) NO

Sheep liver fluke cercaria (Parasite) YES

He has always eaten rare steak but will stop.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Fortunately for Valri, John is supportive at least when he is able to observe the testing and follow the logic himself. Together, they may be able to keep Valri well.

49

Joseph Haidu

HIV

Joseph arrived from the southwest for his HIV Positive condition. I assured him that he would be completely well soon. He has limited time (six days) in this area. He is seeing a clinical doctor frequently, is on antibiotics preventively, and is quite anxious about his condition. He is about 35. He does not appear very ill.

Protein 24 (HIV) YES at thymus and penis

hCG (Pre-Cancer) NO

Ortho-phospho-tyrosine (Cancer) NO

Fasciolopsis adults (Parasite) NO

Fasciolopsis eggs (Parasite) YES throughout body and in saliva

We will get a saliva specimen for microscope study.

Sheep liver fluke (Parasite) YES at thymus; NO at liver

Others not tested.

Benzene (Solvent) YES throughout his body

Isopropyl Alcohol (Solvent) YES at liver and thymus

He will start on parasite-killing program. He will go off the benzene list and propanol containing body products such as shampoo.

Wood Alcohol (Solvent) YES

Decane (Solvent) YES

Solvents (Remainder) NO

He will go off commercial beverages.

Mercury, Nickel (Toxic Elements) YES at thymus

Tooth fillings.

PCB (Toxic Element) YES at thymus

Off detergent. Others not tested. He is advised to remove all metal from his mouth and replace it with metal-free plastic. Joseph appears dismayed over this necessity. He plans to postpone this action.

Influenza, EBV, CMV, Resp Syn V, Plantar Wart, B strep, Histopl cap, Adenovirus, Haem inf, Campyl pyl, Staph aur, Propio, Bacillus cer, Coxsackie B-1, Nocardia, Proteus mir, Strep pn, A strep, Gardner vag (Pathogens) YES

Herpes zoster, Hep B (Pathogens) YES at thymus

End of box 1. This is obviously AIDS, since he has 21 YES out of 27 tests.

Two days later

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

Isopropyl Alcohol (Solvent) NO

Benzene (Solvent) NO

Hexane dione, Grain alcohol (Solvents) YES

He has used no alcoholic beverage. However, he is taking our Black Walnut Hull tincture drops in the parasite program, which are 25% alcohol. Must take it in warm beverage.

Salmonella typhi, Eikanela cor, E. coli, Clostr tet, Bacill anth, Erwin coro, Blephar, Coryne dip, Neisseria, Coryne xer, Strep pyog, Sphaerot nat, Strep G, Trep pall, Veillon disp (Pathogens) YES

End box 2. He has 15 YES out of 40 tested, obviously still the picture of AIDS.

Two days later

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) NO

isopropyl Alcohol (Solvent) YES

Used Listerine™.

Benzene (Solvent) NO

Butyl Nitrite (Solvent) YES

Source unknown. Others not tested.

Sodium Fluoride (Toxic Element) YES

In Listerine™?

Thallium and Germanium (Toxic Elements) YES

This is a surprise! And explains, in part, his extremely low immunity even after the benzene and parasites are gone. He will save the dentist's tooth grindings for me to test for thallium.

Antimony (Toxic Element) YES

Used Kiss My Face™ soap.

Aluminum (Toxic Element) YES

Soap.

Fiberglass (Toxic Element) YES

Is at a friend's house and will leave soon.

Radon (Toxic Element) YES high

Possibly from friend's house.

PVC (Toxic Element) YES

Possibly from friend's house.

Formaldehyde (Toxic Element) YES

Got a foam mattress from the hospital will throw out.

Two days later

This is a follow-up to assess Joseph's improvement in immunity.

Isopropyl Alcohol (Solvent) NO

Benzene (Solvent) NO

TCEthylene and several more food solvents (Solvent) YES

Others not tested. He has been drinking Celestial Seasonings™ tea and bottled water (probable sources).

Pancreatic fluke adults (Parasite) YES at thymus

Pancreatic fluke stages (Parasite) YES at thymus

Others not tested. He has eaten a hamburger (probable source). He is advised to be a vegetarian for 3 months to eliminate hazard of reinfection.

Pathogens (MANY) YES

He tested positive, again, to 25 of 27 tests, a most devastating picture of AIDS. He was advised to return as soon as possible to this area in order to get his dental work done so his immunity can increase.

Summary: Joseph has accomplished his goal of eliminating the HIV virus but has not accomplished his goal of recovering from AIDS. He will probably be ill soon and will need to be hospitalized. Hopefully, he will get his dental work done before he is incapacitated and terminally ill.

50

Lil Zwick

HIV

Lil has been coming to our office for 1½ years for assorted problems. She had already cleared up a number of toxic pollution problems resulting from pesticide in their well water and arsenic and gas leaks in the house. She has also gone through a parasite-killing program, liver cleansing, and kidney cleansing. She had complete dental work to remove metal and infections. She appeared in robust good health today but complained of a burning sensation at the top of her esophagus that she attributed to heartburn (she put her hand over her thymus, I suspect HIV).

Ortho-phospho-tyrosine, hCG (Cancer) NO

Protein 24 (HIV) YES at thymus and genital tract

Fasciolopsis (Parasite) YES at thymus and vagina

Benzene (Solvent) YES at thymus and vagina

Will avoid meats and all the items on our benzene list. The source is not obvious.

Bismuth (Toxic Element) YES

Off skin lotion.

Aluminum (Toxic Element) YES

Off deodorant.

PVC (Toxic Element) YES

Source of PVC unknown. She will go back on the parasite program. She will also avoid isopropanol.

Six weeks later

Her chronic fungus problem is much better.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Parasites (All flukes) NO

Taenia solium scolex (Parasite) YES

Tapeworm, start on Rascal for 3 bottles.

Influenza (Pathogen) YES

All other respiratory pathogens were NO.

Summary: She feels like her old self again, able to work hard, physically; she has no more "heartburn." Notice how easy it is to acquire the HIV virus or a precancerous condition and how easy it is to get rid of it. Many healthy persons have probably gone through the cycle of getting it and losing it numerous times.

51 Marilyn Werdick

HIV Illness and Pancreatic Cancer

Marilyn Werdick came with a diagnosis of pancreatic cancer at age 50. It happened suddenly, with stomach trouble two months ago. She thought it was due to her pain medicine for lower back pain. CAT scan showed area of pancreas that was suspicious. Biopsy showed pancreatic cancer. Surgery was

begun but they just sewed her back up. She is on morphine. She is still smoking but promised to stop.

- Protein 24 (HIV) YES at thymus, vagina, pancreas
- Ortho-phospho-tyrosine (Cancer) YES at pancreas
- Fasciolopsis (Parasite) YES at liver and thymus
- Fasciolopsis eggs (Parasite) YES at thymus, NO elsewhere
- Sheep liver fluke (Parasite) NO

She has no sensations over the breast bone.

- Gardnerella, flu, Plantar Wart, Strep pn, Trichomonas, Adenovirus, Campylobacter, Alpha Strep, Proteus v, Papilloma 4, Bacillus cereus, Nocardia, Staph aureus (Pathogens) YES
- Bacteroides fr, Haemoph inf, Herpes 1, CMV, Borellia, EBV, Shigella, Histoplasma, Chlamydia, Cocksackie B4, Salmonella, Resp Sync V (Pathogens) NO

Stopped here (this is less than half the test). This shows AIDS-like lost immunity. Too many pathogens are growing in her. Her body must be full of solvent.

- Benzene, Wood Alcohol, Hexane, Pentane, isopropyl Alcohol (Solvents) YES

She was started on parasite-killing program. She will be off all commercial beverages and cosmetics and benzene sources.

Four days later

She missed her appointment.

Twelve days later

She died (telephone call).

Summary: Marilyn had none of the risk factors associated with HIV. She was just an ordinary middleage woman who didn't drink alcoholic beverages. If she had acted quickly, she would most likely have survived and gotten reasonably well again. Perhaps she missed her appointment because of embarrassment over not being able to stop smoking. Maybe I was too hard on her about it. We did not hear any details surrounding her death. Notice the adult fluke in the thymus where T cells are made. The thymus is a small gland and the fluke is a large parasite; it is like having an elephant in the kitchen. How could the thymus do its work? People often feel strange sensations at the top of their breastbone when flukes are in it, but she didn't. Cancer and HIV illness are first cousin diseases. Cancer results when propanol builds up in the body. AIDS develops when benzene builds up.

This 76-year-old man has been coming to our office for the past year, for a variety of ailments including heart disease and pain in his hips as well as his hearing loss. He had already done a parasite-killing program and had cleaned up his teeth. Suddenly he tested POSITIVE for HIV infection in my office in a routine test.

Protein 24 (HIV) YES

Campylobacter, Coxsackie virus, Nocardia, Chlamydia, Staph aureus, Klebsiella, Gaffkya, Clostridium tet (Pathogens) YES

Wood Alcohol (Solvent) YES

Off commercial beverages and chemical sweeteners.

Benzene (Solvent) YES

Solvents (Remainder) NO

Fasciolopsis eggs (Parasite) YES at thymus

Fasciolopsis adults and other stages (Parasite) NO

He has been eating hamburger and pork sausage. He will go on a parasite-killing program. He had neglected the maintenance program for several months. His pulse is irregular; he will stay off caffeine.

One week later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) NO

Wood alcohol (Toxic Element) NO

Nocardia, Chlamydia, Coxsackie 4, Gaffkya, Klebsiella (Pathogens) NO

Staph aureus, Clostr tet (Pathogens) YES

Tooth bacteria, cause of heart problem. He is much better. We will search for teeth responsible next time.

One month later

His pulse is still irregular. He is on new heart medication from his clinical doctor.

Chlamydia, Bacter fr, Coxsackie B1 (Pathogens) YES

Pathogens (Remainder box 1) NO

Ascaris, Treponema (Parasites) YES

Ascaris megalo (Parasite) NO

Staph aureus (Pathogen) YES high

Probable cause of heart disease. Remainder not tested. *Ascaris* worms always bring *Bacteroides fragilis* bacteria and the Coxsackie viruses. He has not seen dentist yet.

Five months later

He had a check up recently with his clinical doctor who pronounced him well and told him that his blood test was good.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) YES at intestine

He is just beginning a cancer!

Fasciolopsis adults (Parasite) YES at intestine and one part of the liver

He has been eating hamburger and chicken. He will go back on parasite program, 5-day high dose.

Isopropyl Alcohol (Solvent) YES

Has been using commercial shampoo; will switch to borax.

Summary: Notice how easy it is to pick up the intestinal fluke parasite and how easy it is to start a cancer or get HIV from it. But it also takes isopropyl alcohol to start a cancer and benzene to start HIV. Hopefully, our meat supply and other foods will be cleared of parasites and solvents soon, so the risks are removed.

53 Joyce Stegeman

HIV, Breast Cancer, Colon Cancer

Joyce has been going to a clinical doctor for 2 months, but no diagnosis has

been reached. She reported the following problems: 1) fatigue; 2) hunger and nausea both; 3) warmth in head (mild fever?), occasional chills; 4) sounds like wind tunnel inside the head (roaring); 5) loose bowels, 3 to 4 times daily; 6) weight loss; 7) weakness; 8) tired and restless at same time; 9) some numbness. Slight inflammation of the liver was seen by one doctor.

Fasciolopsis (Parasite) YES at gallbladder, liver, thymus; NO at intestine

Fasciolopsis redia (Parasite) YES

Ortho-phospho-tyrosine (Cancer) YES at colon and breast

She had intense stinging in her colon and in both her breasts and under armpits 2 months ago, but it went away.

Protein 24 (HIV) YES

This came as a surprise. She was tested clinically for HIV a few months ago; it was NO (**Negative**). She seemed relieved to hear these findings; that is, that she was HIV Positive; she thought she'd had it for some time.

Dipetalonema, Echinococcus granulosus, Fiscohedrius, Haemoproteus, Toxoplasma (Parasite) YES

Start on parasite program.

Four days later

Fasciolopsis (Parasite) NO

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES at muscle, bone, thyroid, thymus

She is using Tom's™ fennel toothpaste. Will go off.

Tin (Toxic Element) YES at muscle, bone, thyroid, thymus

Toothpaste.

Three days later

Tin (Toxic Element) NO

Benzene (Solvent) YES

She has been off toothpaste. She will go off the whole benzene list. She is too fatigued to go to work.

Six days later

Six days later

She is feeling more like herself. No hot spells, but she is not well.

Benzene (Solvent) NO

Protein 24 (HIV) NO

Dipetalonema, Pancreatic fluke (Parasite) YES; remainder of box 1 NO

Summary: Joyce had both cancer and the HIV virus. Small wonder that her symptoms were too confusing for clinical doctors to reach a diagnosis. By the time I saw her I was routinely testing everybody for Protein 24 in their white blood cells (immune system); P24 is a small chip off the core of the virus. When the intestinal fluke was gone, both cancer and HIV were gone! She had the solvent benzene accumulated in her; propanol was not tested at the first visit so it can't be ruled out of the picture. Joyce got her health back. Her illness had made her financially broke, so she did not come back. She was only in her early 30's. We hope she is staying off benzene and propanol sources.

54*

Alex Solis

HIV

Alex is a short, stocky person, brought by his sister from a nearby state. Alex is somnolent, sleeping 23 out of 24 hours. He did not speak for himself but was able to walk alone. He has been HIV POSITIVE for about a year. In the past he was very healthy. He was hospitalized for 6 weeks in Kentucky and is on medication for Toxoplasma, TB, etc.

Protein 24 (HIV) YES at thymus and penis; NO at urine, saliva, etc.

Ortho-phospho-tyrosine, hCG (Cancer) NO

There is no cancer or precancer.

Fasciolopsis (Parasite) YES at intestine, thymus; NO at liver

Benzene (Solvent) YES at thymus, intestine; NO at liver

He will start parasite program and go off all benzene-polluted products on my list. Since his sister is very health-oriented, the source of benzene in such high quantities was not obvious. They will bring in their water supply for testing.

Two days later

Protein 24 (HIV) NO

The virus is gone.

Benzene (Solvent) YES

We're not sure where this is coming from—he is drinking a tonic made by a relative, using cold tap water and fresh herbs; also using spring water (fresh from the spring). Both of these are here for testing:

Benzene (Solvent) YES in Tonic, YES in Water

This came as a shock since they do not live near a toxic dump. The sample bottles may be contaminated. They will immediately get new samples and have them sent overnight mail.

Candida, Influenza, Mycoplasma, Salmonella ent, CMV, Hepatitis B (Pathogens) YES

6 out of 8 pathogens tested YES. This low immunity indicates AIDS. Note: It was especially easy for Alex to kill all parasites, taking only 2 days, instead of 5. Perhaps his herbal concoction is also a parasiticide. But he will stop using it and switch to using faucet water immediately.

One day later

Protein 24 (HIV) NO

Benzene (Solvent) YES

Benzene (Solvent) NO in faucet water

They have also been drinking distilled water from the grocery store. They will go off this and use ONLY faucet water.

Aluminum (Toxic Element) YES

Mercury (Toxic Element) YES

Needs to remove metal from mouth.

Asbestos (Toxic Element) YES high

Sister is using a hair blower; will stop.

Cobalt, PCB (Toxic Elements) YES

Off detergent. They will use pure borax only, for all purposes and use no detergent.

All 6 drugs, Vitamin B6 (Samples) YES

His white blood cells are working on removing one or more things in these. Change brands and bring in for testing.

Two days later

Protein 24 (HIV) NO

Benzene (Solvent) NO

TCEthylene, Hexane dione (Solvents) YES high

Restaurant food.

Solvents (Remainder) NO

Note: Alex is well enough to sit for a longer period of time for testing. The entire solvent test was done this time, not only the benzene test. Note how few other solvents he has, a tribute to his sister's home cooking and food selection.

Oxalate, all Phosphates, Uric Acid (Kidney Stones) YES

Start on kidney herbs. Note how many kidney stone varieties he has!

Two days later

Memory and mental function is very much better. Fatigue is slightly better. He is still sleeping 21 out of 24 hours. He is able to smile. He converses a bit with his sister.

Protein 24 (HIV) NO

Benzene (Solvent) NO

Wood Alcohol (Solvent) YES

Solvents (Remainder) NO

PCB (Toxic Element) YES

Was using some Dr. Bronner's Baby Supermild Soap™; will stop and use borax only.

Radon (Toxic Element) YES

Move into a different hotel room. End of box 1.

Pneumocystis carinii, TB, *Paragonimus Westermanii* (Parasites) NO

Taenia solium scolex (Parasite) YES in liver

Taenia pisiformis cysticercus (Parasite) YES in liver

Start on Rascal; take 4 capsules, 3 times daily for about 3 weeks.

Three days later

He feels he is getting better. Still sleeping about 16 hours out of 24. He speaks to me for himself. He produced an entire sentence.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine, hCG (Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO
- Urocleidus (Parasite) YES
- Trypanosoma gambiense, Trypanosoma equip (Parasites) YES

Sleeping sickness.

- Trypanosoma lewisi, Trypanosoma brucei, Trypanosoma rhodesiense, Trichuris (Parasites) YES
- Trypanosoma cruzi (Parasite) NO
- Naegleria (Parasite) YES high

Note: Naegleria is a brain parasite. He has 2 kinds of “sleeping sickness.” He has been in Africa in the past. These infections may account for his extreme somnolence. He is continuing the parasite program.

Two days later

- Trypanosoma lewisi, Trypanosoma brucei (Parasites) YES
- Trypanosoma cruzi, Trypanosoma rhodesiense, Trypanosoma equip, Trypanosoma gambiense (Parasites) NO
- Naegleria (Parasite) NO
- Schistosoma mansoni (Parasite) YES high
- Protein 24 (HIV) NO
- hCG (Pre-Cancer) NO
- Benzene (Solvent) NO
- Isopropyl Alcohol (Solvent) NO
- Benzene (Solvent) YES in water samples

Water samples of both spring water and cold faucet water were sent from his home. Both tested YES for benzene. This seems extremely enigmatic to his sister. She will remove all possible source of pollution after she gets home and we will then retest the water for her. Since Alex is improving, they have my permission to be away on a 1 week vacation.

One week later

Alex is walking about and converses with his sister and others who speak to him. He is very much better.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Histoplasma, Chlamydia trachomatis, Herpes simplex 1, Adenovirus, 2 Coxsackie viruses, Measles (Pathogens) YES

End box 1. Note: He still has 7 out of 27 pathogens tested; he still has low immunity but not AIDS.

Two days later

He is conversant when awake but is still sleeping approximately 18 hours.

Taenia pisiformis cysticercus (Parasite) NO in all tissues

Taenia saginata cyst (Parasite) YES at liver

He will stay on Rascal as originally directed. Then he will take it 2 days a week.

Summary: Alex is ready to go home. He will stay in his sister's home until follow-up time in one month. His sister has done an admirable job in reclaiming Alex from his imminent comatose condition. Hopefully, they will not run into a polluted-water problem while at her home. They will continue their parasite program and diet and product restrictions. They were given blood test requisitions at last visit; will test for HIV antigen P24. They are very pleased with Alex's new found health.

About ten days later

Report received from clinical laboratory for Alex Solis: HIV antigen NEGATIVE.

55	Calvin Parker	HIV
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This 34 year old man was diagnosed as HIV POSITIVE about 5 years ago. He started taking AZT 4 years ago. He is alternating between AZT and DDI plus Bactrimä. He was referred by a cancer client. He is not visibly ill.

Protein 24 (HIV) YES at thymus, kidneys, semen and urine

Ortho-phospho-tyrosine, hCG (Cancer) NO

Fasciolopsis (Parasite) YES at thymus, liver and intestine

Fasciolopsis eggs (Parasite) YES high at urine and saliva

Others not tested. Start on parasite program.

Benzene (Solvent) YES at thymus only (low level)

He will go off all benzene-polluted items on my list.

One week later

He is getting a CBC and T cell count every 3 weeks. He is on day 7 of the parasite program.

Fasciolopsis and all stages (Parasite) NO

Hexane dione (Solvent) YES

Flavored food.

Ether (Solvent) YES

He will be more careful when pumping gasoline.

Solvents (Remainder) NO

He does not have benzene in him today; this is good progress.

Silver (Toxic Element) YES

Thallium (Toxic Element) YES high

Remainder not tested. Thallium is probably coming from his metal tooth fillings, probably as a pollutant of mercury. He needs all metal removed from mouth.

Influenza, Shigella flex, Adenovirus, Mumps, Coxsackie B4, Histoplasma (Pathogens) YES

Haemophilus infl (Pathogen) YES at part of thymus only

Staph aureus (Pathogen) YES at part of thymus only

Herpes simplex 1 (Pathogen) YES

Also visible in mouth. End of box 1. He has 9 out of 27 tests positive, moderate AIDS. He will take 1 dose of Oscillocoquinum at bedtime for flu.

Two weeks later

He has a dental appointment. He has not had an illness, and this past week his energy returned.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Methyl propanol (Solvent) YES

Will test chocolate which is his weakness.

Formaldehyde (Toxic Element) YES

Will test house air.

Toxic Elements (Remainder) NO

Staph aureus, Clostridium sept, Pseudomonas, Clostridium bot, Erwinia caro, Strep G, Haemophilus inf, Troglody-tella, Mycobacterium TB, Treponema pneu, Pneumocystis carn, Veillonella, Sphaerotilus natans (Pathogens) YES

End box 2. At least 5 of these are tooth bacteria; they should disappear after dental work.

One week later

He has had no illness. All the metal is out of his mouth. He still has plastic crowns (maybe they will be OK and not need replacement). He is feeling very much better with less fatigue. He found a dentist near his home to do the necessary work.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Solvents (ALL) NO

Formaldehyde (Toxic Element) YES and in living room air

He has 2 pieces of new fabric furniture in living room; he will separate furniture placing them into two different rooms and test the air in each room to find out which piece is fuming formaldehyde. He has been on Rascal for a week.

Taenia pisiformis, Taenia solium (Parasites) NO

Staph aureus, Haemophilus influenzae, Herpes zoster (Pathogens) YES

Pathogens (Remainder) NO

He has only 3 infections growing in him out of 67 tested! This is better than average. The dental work has had a profoundly beneficial effect. He is ready for his clinical HIV antigen test.

One week later

He has had no illness.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine, hCG (Cancer) NO
- Aflatoxin (Toxic Element) NO
- Formaldehyde (Toxic Element) NO

Removing furniture worked! Stay on Rascal, take 1 day a week.

- Herpes zoster (Pathogen) NO

One month later

His clinical test results came back POSITIVE for HIV.

*Summary: Calvin was an exemplary client; he did everything correctly. What went wrong? Why did his clinical test say **Positive** when mine said Negative? There are several possible explanations, but the best course of action is to repeat my test, correct any regression that might have occurred, and then repeat the clinical test once more.*

56	Maurice Johnson	HIV
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Maurice is a 44 year old man with a prostate problem. He gets up more than once during the night to urinate. He had a severe prostate infection in his early 20's. He has been experiencing swelling for about 6 months. He also has occasional lower back pain. He will start on the kidney herbs for these symptoms. He will take it full strength for 3-4 weeks and then ½ half strength for 3 months. He also experienced some chest pain 3 years ago, so severe he thought it was a heart attack.

- Protein 24 (HIV) YES
- Ortho-phospho-tyrosine, hCG (Cancer) NO
- Benzene (Solvent) YES
- Fasciolopsis (Parasite) YES

Start on parasite-killing program. He will avoid all items on the benzene-polluted list.

One day later

Protein 24 (HIV) NO

Isopropyl Alcohol, 1 Methyl Propanol (Solvents) YES

Shaving supplies and mouthwash.

Benzene (Solvent) NO

Solvents (Remainder) NO

Schistosoma haematobium (Parasite) YES

Probable cause of prostate problem.

Taenia pisiformis cysticercus (Parasite) YES

Dirofilaria immitis (Parasite) YES

Probable cause of chest pain experience.

Loa loa (Parasite) NO

Others not tested.

Antimony (Toxic Element) YES

Off colognes and fragrant body products.

Fiberglass (Toxic Element) YES

Check insulation, make sure it is covered, no holes.

Aluminum, Aluminum Silicate (Toxic Elements) YES

Off deodorant and soap.

Mercury (Toxic Element) YES

Needs all metal out of mouth.

PCB (Toxic Element) YES

Off detergent, use borax only.

Nickel (Toxic Element) YES

Tooth fillings.

Summary: Since Maurice is from another far away country, he cannot return for several months to follow-up. He plans to be very compliant. He was not surprised at his HIV Positive status and, in fact, is somewhat relieved to hear about his real problem. It was easy for him to shed the parasite and the HIV virus and to avoid benzene.

57 Orlo Kremer

HIV and Kaposi's

(Orlo Kremer's file covering his first few visits was lost, so I am writing this introduction from memory.)

Orlo is a terminally ill young man in his mid-thirties who was brought to our office by his friend. During critical periods his friend would bring him to his own home and care for him. Orlo had no interest in alternative therapy but his friend did, and insisted on his taking vitamins and herbs. This had gone on for several years before coming to my office. In his near terminal state, Orlo offered little resistance physically but still resisted emotionally. His diagnosis had never been clear but his friend suspected AIDS. Not until Orlo broke out into purple spots all over his right arm was Kaposi's diagnosed.

Upon arrival, Orlo was barely ambulatory, breathing with difficulty but he had not stopped smoking. His friend appealed to me to come down as hard as possible on Orlo for this. Normally, this loses me a client. But I would lose him shortly anyway, so I took Orlo aside and told him in no uncertain terms that he would die, yes die, if he did not quit. He must quit this very day. I asked his friend, when they were back together, NOT to purchase cigarettes for him when so requested. Orlo tested YES (**Positive**) to HIV, as expected, and was started on the parasite program. At the next visit he was still smoking. But his friend was relentless in his persuasion and by his third visit Orlo had quit. His friend was very happy. We shared his joy.

Next visit (new file)

His skin looks better, purple spots are fading, but he is feeling no better. His appetite is good. He still has night sweats.

❑ Protein 24 (HIV) NO

❑ Ortho-phospho-tyrosine, hCG (Cancer) NO

- Benzene (Solvent) NO
- 4 Leishmanias (Parasite) NO
- Candida, Nocardia (high), Mycoplasma (Pathogens) YES
- Moniezia scolex, eggs (Parasite) YES

Start Rascal.

Eleven days later

He was sick last week, just feeling bad; is staying with friend.

- Protein 24 (HIV) NO
- Ortho-phospho-tyrosine, hCG (Cancer) NO
- Moniezia scolex (Parasite) YES at pancreas, NO at white blood cells
- Moniezia eggs (Parasite) YES at pancreas and white blood cells
- Moniezia main body (Parasite) NO
- Other tapeworm eggs (ALL) NO

Two weeks later

He has bad diarrhea. He has been in the hospital. He has gained 13 pounds. He feels well in spite of being sore and achy. He has been living at home. There is a dog in the house.

- Fasciolopsis eggs (Parasite) YES in saliva, semen, spleen, urine

We will take a saliva sample to search under microscope.

- Human liver fluke adults (Pathogen) YES
- Sheep liver fluke (Parasite) NO
- Pancreatic fluke (Parasite) NO
- Benzene (Solvent) YES

Off ice cream.

- Decane (Solvent) YES

Remaining solvents not tested. He will go off cold cereal. He will go back on the 5 day high dose parasite program. He has been eating hamburgers at restaurants. He will go to stay with friend.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Two months later

He looks no better. His arm is covered with purple spots, at least a dozen, some as large as quarters.

Fasciolopsis adult (Parasite) YES at skin

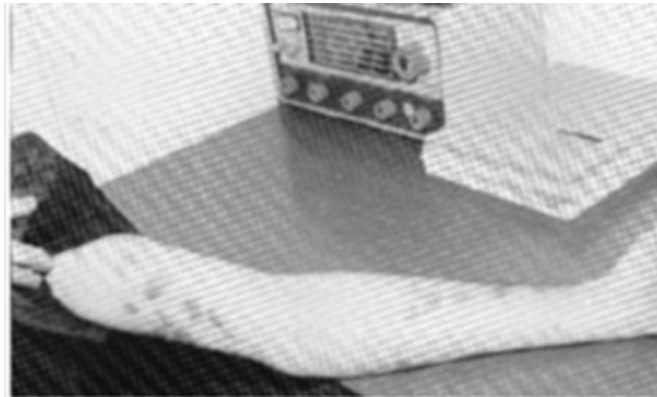
Sheep liver fluke (Parasite) YES at skin

Pancreatic fluke (Parasite) YES at skin

With all three of these large flukes in his skin, it is no wonder he has purple spots.

Necator americanus larva, Taenia pisiformis cysticercus, Taenia solium scolex (Parasites) YES

4 Leishmanias (Parasite) NO



Protein 24 (HIV) NO

He does not yet have the virus back; perhaps the redia stage is necessary for this; perhaps benzene is essential also.

Benzene (Solvent) NO

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) YES high everywhere

Isopropyl Alcohol (Solvent) YES high

Off shampoo and cold cereal. Others not tested.

Arsenic (Toxic Element) YES

Pesticides in house. Must be removed.

Cobalt (Toxic Element) YES

Detergent. Go back to borax and washing soda.

Vanadium (Toxic Element) YES

Gas leak. They will find it immediately.

Summary: We would have liked to show a picture of beautifully recovered skin, but that desire could not be accomplished in time for this book. We admire both Orlo's efforts to comply, and his friend's efforts to save Orlo's life. This has been going on for a number of years, and I hope they succeed.

58*

Roy Ferguson

HIV

Roy, age 29, was first seen six months ago regarding his HIV Positive status. Two years previously he began to be ill. Last year he had shingles and thrush. He brought with him a considerable number of blood test results, done as recently as a few months ago, showing a CD4 count of 300/mm³ and a CD4/CD8 ratio of 0.18. He also had tested **Positive** to HIV. He appeared healthy.

Protein 24 (HIV) YES in numerous tissues

Ortho-phospho-tyrosine (Cancer) NO

hCG (Pre-Cancer) YES at intestine only

Fasciolopsis (Parasite) YES at thymus and intestine; NO at liver and bone marrow

Benzene (Solvent) YES

This was a very short initial visit, confirming his status. He will start on parasite-killing program and stay off the benzene-pollution list. He will eat only fish and seafood for 3 months. He will bring in suspicious products for testing that he is using and are not on the benzene list.

One week later

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Benzene (Solvent) YES at thymus only

He has been off all products on the benzene list. But he has used Halls Plus™ with liquid center for

congestion and has eaten Bryer's™ Strawberry yogurt. He will stop this.

Hepatitis B, Salmonella ent, CMV, Borellia, Shigella flex, Papilloma #4, Influenza, Bacteroid fr, A strep, Strep pn, Chlamydia trach, Measles, Gardnerella vag, Campyl pyl, Mycoplasma, Herpes Simplex 1, Respiratory syn v, B strep, Bacillus cereus, Histoplasma cap, EBV (Pathogens) YES

End box 1. He tested **Positive** for 21 out of 29 pathogens, definitely AIDS. He will take 1 tbsp. of LG 4 times daily and continue the parasite program.

One week later

Neck glands are down, no longer swollen. Energy is slightly up.

- Protein 24 (HIV) NO**
- Ortho-phospho-tyrosine, hCG (Cancer) NO**
- Benzene (Solvent) NO**
- Isopropyl Alcohol (Solvent) NO**
- Methyl Ethyl Ketone (Solvent) YES**
- Hexane (Solvent) YES**
- Solvents (Remainder) NO**

He will be more careful to avoid flavored and processed foods.

- Regular gasoline (Toxic Element) YES**
- Mineral oil (Toxic Element) YES**

Uses Aubrey™ products, will stop.

Haemophilus inf, Salmonella ent, Borellia, Chlamydia trach, Nocardia, Mycoplasma, B strep, Papilloma #4, Plantar wart, Coxsackie B1 (Pathogens) YES

Note: He still has 10 out of 29 pathogens, a considerable improvement, but still indicative of AIDS.

One week later

His tongue shows a little improvement.

- Protein 24 (HIV) NO**
- Ortho-phospho-tyrosine, hCG (Cancer) NO**

Benzene (Solvent) NO

Candida, Corynebacterium diph, Bordetella pertussis, Corynebacterium xerosis (Pathogens) YES

Only 4 out of 29 pathogens are active.

One week later

Tongue still sore but improved. He feels fine.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Taenia pisiformis cysticercus (Parasite) YES at muscles

Taenia solium (Parasite) YES at muscles

He is too fatigued to hold a job.

Mineral oil (Toxic Element) YES

Stop soap and lotion. Use our recipes.

Grain Alcohol (Solvent) YES

He is using our Black Walnut Hull tincture. His liver can't even oxidize these few drops in an hour!
Must put them in warm beverage.

Solvents (Remainder) NO

One week later

He has had no illness; feels quite well. Tongue is about 50% improved.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Taenia pisiformis cysticercus (Parasite) NO everywhere

Taenia solium scolex (Parasite) YES at muscle

Start on Rascal; take for 2 bottles.

Benzene (Solvent) NO

.. Isopropyl Alcohol (Solvent) NO

Candida, Coxsackie viruses (both), Chlamydia (Pathogens) YES

He is ready for clinical testing for HIV antigen.

One week later:

He has had some lower back pain; will start on our kidney herb recipe.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Benzene (Solvent) YES

He suspects a new personal product he is using. He will stop using it.

Isopropyl Alcohol (Solvent) NO

Aflatoxin (Toxic Element) YES in liver

He will be much more careful to avoid moldy food. I suspect beer. He will do without beer.

Taenia solium cysticercus (Parasite) YES at muscle

Continue Rascal for a third bottle, then for 1 day a week as maintenance. Note: because of the great risk of exposure to benzene-polluted products, Roy will continue follow-ups weekly for a while.

One week later

His clinical test result was NEGATIVE for the HIV antigen. His tongue is improved and less sore, but still deeply furrowed. He has not been ill this week.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine, hCG (Cancer) NO

Aflatoxin (Toxic Element) NO

Has been off peanut butter; keeps his bread in freezer; uses no vinegar.

Candida (Pathogen) YES

We will make a new tongue swab to capture his remaining tongue pathogens on a permanent slide. He is no longer POSITIVE to his earlier slide. Roy is overjoyed at his good results and knowing that his careful adherence to the new lifestyle will protect him.

Summary: Roy was an exemplary client. Fortunately, he was not too ill to take charge of his lifestyle

and was able to comply promptly. He never missed an appointment and was an inspiration to us all. He cleared his HIV virus in the first week (probably the first few days) but clearing the AIDS took longer. Once a client has been declared free of disease, it is all too easy to feel overconfident and begin to take small risks. For this reason, we do not recommend the clinical test until six weeks have passed free of the virus. Roy will continue to follow up once a month, sooner if ill.

59*

Laurence Iverson

HIV

Laurence Iverson is a very pleasant young man who came for his HIV Positive status. He was not ill although several minor ailments were recurrent. For example cold sores, night sweats, thrush, and enlarged lymph nodes. Five years earlier he had a Salmonella infection, and was put on megadoses (30-40 grams per day) of vitamin C. He was also on Zovirax,TM Erythromycin,TM Zoloft,TM and Ativan.TM He had been instructed to be off tobacco, alcohol and IV drugs. A blood test done in early 1994 was **Positive** for HIV by EIA screening. Supplemental tests were also positive. CD4 count was 510 cells, and CD8 was 1140, giving a ratio of .45. The blood test was repeated, and CD4/CD8 was 26. He arrived at our office three weeks after this last blood test.

- Protein 24 (HIV) YES
- Fasciolopsis cercaria (Parasite) YES at thymus
- Fasciolopsis (other stages) NO
- Benzene (Solvent) YES
- Isopropyl Alcohol, wood alcohol (Solvent) NO
- Ergot, Sterigmatocystin, Zearalenone (Mold toxins) YES
- Other mold toxins NO
- Mercury (Toxic Element) YES
- Shigella (Pathogen) YES at thymus

He was instructed to zap once a day to kill remaining cercaria, take vitamin B2, 100 mg, three, 3 times daily to detoxify his benzene accumulation immediately. He was to prevent reinfection, and avoid benzene polluted products, and follow the diet rules concerning dairy. He was to take niacinamide 500 mg, 3 twice daily to detoxify ergot, and avoid moldy food. He was put on the Bowel Program (page **Error! Bookmark not defined.**), also vitamin C and Super B 50 complex. He was to switch his drinking water from purchased to filtered tap water. All supplements were to be supplied by our office to avoid risk of pollution. No other supplements were to be taken.

Ten days later

- Protein 24 (HIV) NO
- Benzene (Solvent) NO
- Ergot, Sterig, Zear (Mold toxins) NO
- Shigella, Salmonella (Pathogens) YES

He had picked up Salmonella. He was given Lugol's solution and hand sanitation was reviewed.

Eighteen days later

He was still in the middle of dental mercury removal. He had started himself on LG and was free of cold sores. His toenail fungus was improved.

- Protein 24 (HIV) NO
- Benzene (Solvent) NO
- Bacteria (All) NO

Three and a half weeks later

- Protein 24 (HIV) NO
- Benzene (Solvent) NO
- Bacteria (All) NO

He was scheduled for a blood test, including PCR.

Seven days later

The PCR test was Negative.

Summary: my policy is to do a PCR test six weeks after the first Negative benzene result. Laurence did everything correctly and received a well deserved result on schedule

60*

Andrew Nelson

HIV

Tall and athletic-looking, Andrew was without the energy of a feather. He was immediately put in a hospital bed. Testing was done on a saliva sample.

- Protein 24 (HIV) YES

Benzene (Solvent) YES

Formaldehyde (Toxic Element) YES

Zearalenone (Mycotoxin) YES

His new suit (formaldehyde source) was removed from the closet. All his supplements were stopped (he had been using a weight gain powder that tested **Positive** to benzene). In the hospital he was given plain Mexican home cooking; no brown rice, chips, or popcorn. He was on Isoniazid, Zoloft, Pyrazinamide and Bactrim for tuberculosis and on Quinadex and Lanoxin for heart fibrillation. He was to stop all his medications immediately and zap instead. His medications had benzene, isopropyl alcohol or wood alcohol pollution, a cruel irony indeed.

He was put on vitamin B2 (100 mg, 9 per day).

Two days later

Benzene (Solvent) YES

He will stop all his supplements and medications, stop hospital soap and baking soda.

Two days later

He feels fine, is getting up for walks downtown. Numbness in toes is worse. He is to stop all personal products like toothpicks (they contain mercury).

Two days later

He has left for home due to boredom and wellness. No symptoms. He wants to get back to work. He promises to stay off health potions, off untested medications, keep zapping and do the parasite maintenance program. He will follow up with a saliva sample sent to us every week at first.

He stayed free of benzene for six weeks, then stopped sending samples.

Four months later

He did a blood test ordered by his clinical doctor including CBC and differential, basic immune profile, and two HIV tests. His *T cell* helper to suppressor ratio was still low (0.2) but P24 antigen test was NEGATIVE. And PCR antigen (quantitative) was 30,000.

Summary: Andrew didn't stay long enough to realize he had more toxic things to clean out of his life. He needs to remove Freon and copper to normalize his T cell counts. But he had unusual intelligence and courage. He changed a six week stay to a six day stay and still succeeded.

61*

Clyde Rightweiser

HIV

Clyde, age 30, was diagnosed with HIV six months ago. He has headache, lower abdominal pains and neck pain.

Protein 24 (HIV) YES

Benzene (Solvent) YES

Shigella, Staph (Pathogens) YES

Mercury, PCB (Toxins) YES

He will zap the parasites immediately; take 1 gm vitamin C with each meal, 300 mg vitamin B2, 3 times daily. He will stop smoking by switching to chewing our “smoking herb blend.” He will start dental work at once.

Two days later

Protein 24 (HIV) NO

Benzene (Solvent) YES

PCB (Toxic Element) NO

Four days later

Protein 24 (HIV) NO

Benzene (Solvent) NO

He quit smoking marijuana eight days ago. He is feeling better.

Nine days later

Lots of stomach cramps as soon as he eats.

Salmonella (Pathogen) YES

Eat only sterile dairy food. Use Lugol's 4 times daily after meals and bedtime. Wash hands with alcohol rinse. Headaches are better. Eye pain persists.

Eight days later

Benzene (Solvent) NO

Staph (Pathogen) NO

His amalgams are out.

Salmonella (Pathogen) NO

He must stay on Lugol's, at least once a day, to help prevent reinfection. His abdominal pain is gone; he still has back pain.

Eight days later

Abdominal pain returned, sleeping poorly, losing weight, constipation.

Staph (Pathogen) YES

Dentist has not treated cavitations yet.

Benzene (Solvent) NO

Thirteen days later

His *T cell* count is up from 11 to 20, according to a test ordered by his clinical doctor.

Protein 24 (HIV) NO

Staph (Pathogen) YES

Is still getting dental work done.

Three weeks later.

The HIV-1 antigen test (quantitative) is **Negative**.

*Summary: Clyde did not stay well consistently after getting a Negative HIV result. If he neglected vitamin B2 he would be **Positive** for benzene, showing that he was still getting it. He continued to pick up Shigella, which gave him diarrhea. Taking untested medicine for the diarrhea gave him benzene, which in turn reduced his ability to fight Shigella, a vicious cycle. All in all his health deteriorated in spite of no longer having the virus.*

62*

Eugene Wald

HIV

Eugene Wald was diagnosed with HIV three years earlier. He immediately began to investigate and try all the alternative therapies he could find, even in Mexico, including ozone, peroxide, and live cell therapy. He appeared in good health and was active in his profession. He was taking bee pollen and numerous other exotic supplements. He had his amalgams replaced. He brought his latest blood test which showed: a rather high CO2 level implying an air toxin. His uric acid was slightly high, perhaps because his LDH was slightly high (187 in a range of 94-250). His total protein was slightly high

(8.0) and cholesterol too low (131). He had already started the parasite program.

Protein 24 (HIV) NO

Ortho-phospho-tyrosine (Cancer) NO

Benzene (Solvent) YES

He agreed to go off everything on the benzene list. It grieved him to give up his bottled water.

Shigella (Pathogen) YES

He was to sterilize all dairy foods.

Chlorine (Toxic Element) YES, and high

He was to stop using bleach and to run his cold water through a filter pitcher.

Nine days later

Benzene (Solvent) YES, and high

Wood alcohol, (Solvent) YES

Isopropyl alcohol (Solvent) NO

Mercury, lead (Toxins) YES

Ergot, aflatoxin (Mycotoxins) YES

He was quite upset that he still had benzene; we asked him to bring in all his special products for testing and everything he put on or in his body. He was using dental floss, which could explain the mercury. He was to bring in water and dust samples from his home; stop eating all nuts and grocery bread.

Adenovirus, beta strep, alpha strep, Bacteroides fr., bacillus anth., Candida (Pathogens) YES

He obviously still had AIDS (7 out of 7 tests positive).

Three days later

His product test results were:

Sample name	Benzene	Propyl alcohol	Wood alcohol	PCB	Lead
bee pollen	N	N	POS	N	

black chalk	N	N	N	N	
colostrum	POS	N	N	N	
contact lens solution	POS	N	N	N	
honey POS for ergot					
IM B12 shot	N	N	N	N	
IV B complex	N	POS	N	N	
IV vitamin C	POS	N	N	N	
mixed nuts	N	POS	N	N	
olive oil	N	N	N	N	
pygmy dirt	N	N	N	N	
royal jelly	N	POS	N	N	
V8 vegetable juice	POS	POS	N	N	
water, kitchen, cold					POS
water, kitchen, cold, filtered					N
water, kitchen, hot					POS
water, shower, cold, filtered					POS
water, shower, cold, unfiltered					N
water, shower, hot, filtered					N
water, shower, hot, unfiltered					POS

Ironically, he was “mainlining” benzene into his body with an intravenous health treatment procured in Mexico (but made from U.S. ingredients). He stopped all the polluted health supplies. One confusing result was the cold shower filtered water; it was **Positive**, while the unfiltered water was **Negative**. Perhaps the filter needed changing, or Eugene mixed his samples up, or we mixed the results up. In any event it was not worth rechecking because Eugene immediately started looking for a new place to live, and brought in water samples from the new place before he signed the lease.

He had to leave on vacation and when he returned...

Four months later

Protein 24 (HIV) NO

Benzene (Solvent) NO

He had been well all this time. We scheduled a clinical P24 antigen test. It came back **Negative**.

Eight months later

- Protein 24 (HIV) NO
- Benzene (Solvent) NO
- Copper (Toxic Element) YES, high
- CFC (Freon) (Toxic Element) YES at thymus
- Penicillium conidia, penicillium spores (Fungi) YES, at lungs

To get the CFC out he was given a complicated program. Because Freon is not biodegradable, we first ozonate it by drinking ozonated water (three glasses a day—the tube from a small ozonator is dropped into a glass of water and left to bubble for two or three minutes). Within minutes we can find CFC in the liver; evidently it has been mobilized from the tissue where it lay marooned. To help it out of the liver drink two cups each day of the Liver Herbs (page 582); failure to do so often causes digestive distress.

From the liver the CFC travel to the kidneys for excretion. But it is marooned again without more help! This time the Kidney Cleanse (page 579) comes to the rescue. So finally, a batch of CFC leaves your body. Next day another batch can be unloaded, and so on for six to eight weeks.

Eugene replaced his Freon refrigerator with a non-Freon variety. He had the Freon removed from his car's air conditioning system. He bought an ozonator and started removing his body's Freon accumulation.

The fungus growth in his lungs might explain his asthma attacks. The source of copper was not determined.

But he was still free of benzene, so we ordered a PCR antigen test for him. The results came back **Negative**.

Summary: Eugene's zeal for health inspired us all. He can now sustain his energy beyond that of the average person: well into the evening. But we discourage this. Better to sustain it into the later years.

63*

Fred Dizon

HIV

Fred Dizon, about 40, was a handsome young man in the prime years of his life. He stated he had been HIV Positive for 7 years. He had only begun to have illness in the last year and was now living at home. His father was terminally ill with cancer and when he and his parents arrived in summer 1996, we gazed with admiration at the mother. She had no time—not a speck of time—for self pity. There was work to be done and she dove into it like a fighter plane

higher panel.

Fred was given initial instructions to avoid the benzenelist in the book, kill parasites regularly, and do the starting blood tests. After this, he was on his own while their attention was focused on his father.

A few problems could easily be seen on his blood test results. Potassium and calcium were too high, indicative of a thyroid problem.³¹

BLOOD TEST	Result	Comment
Potassium	5.1 meq/l	(3.5-5.3) Somewhat high
Calcium	10.2 mg/dl	(8.5-10.3) Somewhat high
Gobulin	3.2 g/dl	(2.2—4.2) Somewhat high
WBC	8.0 thous/mcl	Quite good
RBC	4.4 mill/mcl	Quite good
Patelet count	419 thous/mcl	Somewhat high

His globulin level was slightly elevated implicating vanadium toxicity at the liver. This would undoubtedly come from his dentalware, besides a gas stove and a refrigerator.

Of his 8,000 WBC per mm³, 46% were neutrophils and 35% were lymphocytes. This gives 2784 lymphocytes per mm³. The monocyte level was quite high (15%) showing chronic viral infection. The Tlymphocytes showed the typical problem for HIV Positive persons: the CD4's (helpers) were much lower in number than the CD8's (suppressers), instead of the other way around as is normal. His ratio was: CD4/CD8 = 0.62.

We compared this with an earlier blood test done in March '95, during a bout of illness. Again his WBC had been slightly high (8.9) as well as his platelet count (521). At that time, too, his lymphocytes had been 35% and monos 16%. His T cell ratio had been slightly better, 0.7. He had lost a little ground since then.

In spite of his extra duties and stress at this painful time in his life, Fred freed himself of benzene at once—in a day. They moved into their RV, and cooked outdoors, staying outside most of the time. The refrigerator was moved outdoors. They got rid of all foam bedding. Fred wanted to live. He resented none of the restrictions

RESERVED NONE OF THE RESTRICTIONS.

Although his blood chemistry tests were done the first day, the viral load test was not done until 2 weeks after their arrival. But the results had gotten lost somehow so the lab was called to obtain them. The lab reported a *Negative* result! But this seemed too good to be true, after only 2 weeks, so it seemed best to repeat the test. A week later, a second test was done. It too, indicated a *Negative* result for the PCR viral load (RNA quantitative). The family was still sure there was some mistake. This disbelief was no doubt a blessing for them both, as they were only three weeks into the HIV recovery program. He had only been off all benzene-polluted products for three weeks, along with killing parasites. Besides this he stopped eating brown rice, snack chips and popcorn. His food was tested for benzene, isopropyl alcohol, and zearalenone before he ate it.

His father slipped away near the end of September. We wondered whether he got the good news about his son's progress and understood it before he died. We hoped so. Fred's improvement was beginning to show; he was less fatigued.

A urine phenol test was suitably low:

☒ **Phenol (random urine) 6 mg/L (2-75 is considered a normal range)**

This showed that he had not been getting benzene in minute doses, chronically, in some form, since benzene is excreted as phenol. He was obviously not allowing himself small indiscretions, like a tiny bit of favorite junk food or supplements. Soon Fred no longer needed naps during daytime. He grew impatient to leave for home and resume work.

But his mother waited patiently while grieving. Our hearts went out to her as we bolstered her decision to have Fred stay until all dental work was completed. Only this could keep him safe for her.

Syncrometer® tests still showed copper, cobalt, vanadium, the malonates, urethane and bisphenol-A (an estrogenizer).

By October, all metal and plastic had been drilled out of his teeth. Several had been extracted and replaced with acrylic partials. His front teeth were full of holes where plastic had been removed. He was keeping them well brushed with white iodine.

After this, a new immune analysis was obtained. The T cell ratio was now 0.9, a remarkable improvement! Then they left for home, before the final cleanup of dentalware by air abrasion.

The new viral load test had been postponed till he could arrange it at home where insurance would pay the bill.

Delays ensued, as they do for an active young man. But in spring, 1997, the new blood test results arrived at my office.

❑ HIV 1 (P24 antigen) Negative

❑ HIV 1 (RNA by PCR, quantitative) less than 400 copies/ML

This is a **Negative** result.

Summary: Fred was a model patient. But with a return of health, over-confidence and impatience returned, too. And he left before all work was complete.

Fred needs to return and finish his dental cleanup to perfection. He needs to be searched for amalgam tattoos and for plastic remnants. These would be removed by air abrasion with baking soda—a few minutes work, without anesthesia! This could elevate his T cell ratio further, I believe. What about replacements? He could then fill the holes with common ZOE. Some might fall out and need replacement in a year's time. At least the holes would not need to be enlarged. Perhaps, by then, something more permanent, yet safe, will be available.

If not, it could wait. If a couple of teeth get infected and need to be pulled during the year, so what? Life and health are worth more than a few teeth. A new partial could be made that included the newly extracted ones.

Congratulations, Fred. And our deepest respect and sympathy to Fred's mother.

64 Doris Wittenberg

HIV/AIDS

This is not a success story. Be prepared! But it is important to report our failures so we all can learn.

Doris represented the growing class of transgender persons in society. She

came at the eleventh hour, so to speak, in fact, at the last minute of the eleventh hour. Life was already beginning to slip according to hospital personnel.

But there is always a chance that we can snatch it back. Only if the heart can do no more, the liver can do no more, and the kidneys can do no more will all our efforts fail. How can we ever know? We must try. And her loved ones agreed. They were unwilling to let go a life so young and so beautiful. They took her out of the hospital where nothing could be done except “watching” and brought her where a great deal could still be done. Her caregiver would see to that.

It had been her second recent hospitalization and she had lost 30 pounds. It was her lungs, both times. She was on five medications, but only antibacterials and antifungals now. Everything else was deemed past usefulness by her USA doctors. She arrived in the summer of 2000. We were only taking “hopeless” cases. Our goal was to find out why they were considered hopeless and whether the barrier of hopelessness could be broken. We ordered the usual blood tests plus a viral load test for HIV and an immune analysis. The viral load was over the top of the testable range, over 750,000. The ratio of CD4’s to CD8’s was not obtained, nor was the actual number of white blood cells or lymphocytes.

Our first task was not to kill parasites and lower the viral count but to immediately find which organ was the weakest link in her chain to survival. Clinical medicine is not advanced enough to decide this scientifically. A blood test, appearances, physical assessment and guesswork is all it has for this crucial time.

We guessed lungs, which rattled with labor, but nevertheless selected blood for testing first with the Syncrometer® since that would give us a more systemic picture.

PCB (Toxic Element) YES, at blood

Benzene (Toxic Element) YES at blood

These two solvents were so plentiful they were now circulating to every organ via the blood.

PCB (Toxic Element) NO at the white blood cells in the blood

Germanium, organic (Nutrient) NO at the white blood cells in the blood

- Selenite (Nutrient) NO at the white blood cells in the blood
- Beta glucan (Immune Factor) NO at the white blood cells in the blood
- Asbestos (Toxic Element) NO at the white blood cells in the blood
- Benzene (Solvent) NO at the white blood cells in the blood

The neutrophils (phagocytes) were not “eating” any of the two solvents. And there was no germanium or selenite in them. There was none of the essential beta glucan, either.

- Asbestos (Toxic Element) YES at blood
- Ferritin (Iron Storage) YES at blood white blood cells

The white blood cells were coated with sticky ferritin, due to asbestos, which had not being phagocytized. We started her immediately on levamisole, 50 mg, (two, 3 times daily before meals). I saw her caregiver run to the pharmacy at the end of the block.

- Protein 24 (HIV) YES at blood
- Reverse transcriptase (HIV Enzyme) YES at blood
- Fasciola (Parasite) YES at blood
- Fibronectin (Cell Glue) YES at blood

We interrupted testing of blood here since we could already see the severity of the condition. The rather large Fasciola fluke stages had access to her very blood now, shedding fibronectin into the whole circulation. Yet she could walk, talk and smile still. She could take care of her own basic functions. There was hope. We turned to her lungs.

- Paragonimus (Parasite) YES at both left and right lungs
- Pneumocystis (Fungus) YES at both left and right lungs
- Sorghum mold (Fungus) YES at both left and right lungs
- Fasciola (Parasite) YES at both left and right lungs
- Fasciolopsis (Parasite) NO at both left and right lungs
- Chaetomium (Fungus) YES at both left and right lungs
- Cobalt (Toxic Element) YES at both left and right lungs
- Vanadium (Toxic Element) YES at both left and right lungs

Fasciola was playing a prominent role not yet understood, and the lungs did have some problems, but most items tested were **Negative** (and not listed above). Our guess was wrong. The critical organ could not be the lungs. We did not yet know what it was. She was switched to benzenefree, PCB-

free, asbestos-free, dye-free, lanthanide-free food. All body products were stopped. They were given the list of supplements to start on and instructions for the plate-zapper, which they should bring with them next day. There would be 10 tsp. of Black Walnut Hull tincture to take plus cloves and wormwood, daily. Doris and her caregiver smiled their good-byes. They were back next day, with all chores completed and plate-zapper in hand.

One day later

Asbestos (Toxic Element) YES (as before) at blood

Potato Ring Rot (Fungus) YES at blood

Chaetomium (Fungus) YES at blood

Fasciola (Parasite) NO at blood

Fibronectin (Cell Glue) NO at blood

Evidently the 10 tsp. of Black Walnut Hull tincture had done its job on Fasciola promptly. Since Fasciola is responsible for fibronectin presence, it was gone too.

Protein 24 (HIV) YES

Reverse transcriptase (HIV Enzyme) YES as before

Sorghum mold (Fungus) YES

Paragonimus (Parasite) YES

Pneumocystis (Fungus) YES

The first task was to clear the blood of all this obstructionist fungus flotsam and jetsam. They started plate-zapping with a blood slide on the plate, followed by a white blood cell slide, these two to be alternated every 20 minutes for the rest of the day. Her skin at the wrists was full of PCBs, as were her hands. In fact, every skin location tested was PCB-**Positive** except for a location just in front of each heel. We put her copper tubes there, to be connected to her platezapper. A blanket could cozy her feet. Sitting in an easy chair while zapping, she could be entertained and coaxed to eat a little more and join in the life around her. She could finish this plate-zapping task at home, so after learning the set-up they left for the comforts of their motel room. Next day, she had already zapped four hours in the morning before they arrived.

One day later

She looked and felt better, was eating better. We tested her first for flu and Salmonella at her whole body. We wanted to anticipate any “side effects” of killing the large flukes in such numbers. Both were Negative. So the defenses against these two after effects had worked (homeographic bottles for flu and Salmonella on the plate). Then we tested her blood again to follow up on her treatment so far.

Protein 24 (HIV) NO at blood

- Reverse transcriptase (HIV Enzyme) NO at blood
- Potato Ring Rot (Fungus) NO at blood
- Pneumocystis (Fungus) NO at blood
- Paragonimus (Parasite) NO at blood
- Chaetomium (Fungus) NO at blood
- Sorghum mold (Fungus) NO at blood
- Asbestos (Toxic Element) NO at blood
- Salmonella (Parasite) NO at blood
- Holmium (Toxic Element) NO at blood

Her zaps had been good ones. If the voltage had been too low, holmium would have been left behind. She had made a clean sweep of her blood. What next? Lungs? Thymus? Bone marrow? Where could we have the greatest impact? We chose thymus, testing by Syncrometer[®] first:

- PCB (Toxic Element) NO at thymus
- Benzene (Toxic Element) YES at thymus
- Fast Garnet (Dye) YES at thymus
- Asbestos (Toxic Element) NO at thymus
- Holmium (Toxic Element) NO at thymus
- Thulium (Toxic Element) NO at thymus
- Fasciolopsis (Parasite) YES at thymus

Next, searching topically at the skin over the thymus and at many chest locations, we found:

- Fasciolopsis (Parasite) YES everywhere

Searching deeper at one of these chest locations, a vein with valve was located, a lymph vessel, a lymph vessel valve, the connective tissue and the adipose (fat) layer. At each location a Fasciolopsis was present. We could conclude that Fasciolopsis was everywhere under her skin. We must kill them slowly. But did she have time? Her benzene level seemed to be waning. But what was the extent of her PCB contamination? We began testing at the crown of the skull, which often appears to be a collecting point when PCBs are circulating in the body:

- PCB (Toxic Element) YES at the crown of the skull
- Fasciola (Parasite) YES at the crown of the skull

Fasciolopsis (Parasite) YES at the crown of the skull

Next we began searching topically on her upper arm, where bone marrow could be contacted through the skin electrically:

PCB (Toxic Element) YES at upper arm

Benzene (Toxic Element) YES at upper arm

Fasciolopsis (Parasite) YES at upper arm

Fasciola (Parasite) YES at upper arm

Potato Ring Rot (Fungus) YES at upper arm

Zearalenone (Mycotoxin) YES at upper arm

We could conclude she was making a part of her benzene herself from zearalenone, which in turn is made by Potato Ring Rot fungus that had taken over killed Paragonimus nearby. All of this is going on in her bone marrow.

Fast Garnet (Dye) YES at upper arm

Her bone marrow was saturated with this dye. We moved up and down the arm over the bone, it was the same. We chose the thymus for zapping next leaving the bone marrow for a later time. In retrospect, perhaps we should have chosen the bone marrow.

One day later

The next day she felt “fluey” and more fatigued. We must have done some significant fluke killing. We tested for flu and Salmonella. Flu but not Salmonella was **Positive**. She increased her flu protection by zapping at flu frequencies. Of greater concern was her Pneumocystis level. It had gone wild, especially at the right lung. She had a small temperature elevation, 100° F. We checked her five medications; one of them, her Diflucan, had Fast Garnet and other azo dyes in the color coating. We rushed out to search for a Mexican equivalent that would test free of dyes. We recommended staying in bed to keep warm, while zapping the thymus at both the arteries (group A) and veins and lymphatics (group L). (These “groups” refer to a patterned bottle of water used for zapping.)

One day later

Her caregiver arrived with a saliva sample for testing, leaving her warm in bed at home. Her temperature was holding at 100° F. She was much better according to him. And her presence was not needed for testing, since it can be done in absentia, even in detail, on the saliva sample. Her caregiver was already expert at platezapping. He would zap Doris at kidneys and lungs next.

One day later

Next day, all went well. She was eating, drinking and zapping.

One day later

We skipped Sunday and resumed testing Monday, again on a new saliva sample. Both kidneys were clear of everything now. Both lungs were clear, even of Pneumocystis. But the white blood cells in the lungs still had their cargo of this fungus. They were stalled. She needed more selenite and germanium. We gave her our office supply while her caregiver ordered more.

The left side of the thymus was clear of everything too; even Fast Garnet was leaving. The white blood cells had their beta glucan again, their interleukin 12, their germanium and selenite. They were still busy with Fast Garnet. P24 was already **Negative** but reverse transcriptase could still be found. At the right side of the thymus everything was clear too, but here the white blood cells were still handling holmium.

She was zapping genital locations now. Here there was left over HIV virus, Fast Garnet and Pneumocystis. The killing action of Fast Garnet could easily be seen at the white blood cells in all these organs. The normal ratio for the gene bcl-2 and bax is one to one. In cancer, where cells are stimulated to grow much too fast, bcl-2 activity outstrips bax by many multiples. For Doris, bax outstripped bcl-2, 3 to 1, just the opposite. Her white blood cells here were being scheduled to die (called apoptosis), wherever Fast Garnet was present.

We had not yet learned to take out this toxic dye specifically at one location, with homeography. We could only zap, fast and furiously. She could do it at home, to save time for more zapping. Her caregiver got in 10 hours a day, while tending to all her other needs, not the least of which were emotional.

Two days later

Enough progress had been made. Then why was she still so groggy? And her skin, already too rosy when she arrived, was showing patches of red color. Were the symptoms related? We searched at brain and skin to find out.

The treacherous worm Ascaris (microscopic larvae) was still everywhere. We dared not kill it too fast. Although some immunity had been returned to her thymus, parts of bone marrow, lungs and some genital organs but there was none yet in her brain and skin. Everywhere were Ascaris larvae and eggs. Still her body tackled them bravely. One of the larval stages releases treponema (syphilis). Treponema was booming in her brain. They were plentiful at the blood too, and spine, so walking would be difficult soon unless they were conquered.

We gave her a new zapper, with an additional built in frequency, near the Ascaris and treponema frequencies. It worked better. In onehalf day of special frequency zapping, treponema was gone. It left behind red patches. My opinion was that they were the “allergic” aftermath of killed larvae.

Just at this time her family came to visit. They had never seen a platezapping setup. It looked like a scene from a science fiction movie to them. Never having seen patchy red skin before either, they insisted on rushing her to the ER (hospital emergency room in USA). A week ago they had left in a similar rush. What is a family to do?

But the ER still confirmed she was in the process of dying. In the hospital she was forced to eat the usual dyefilled jellos and puddings, chemical potatoes, coke and similar body-atrocities. Her family

could be forgiven but the medical establishment cannot. After a few days in the hospital, she had lost so much ground everybody was appalled. Despite their concern they were providing nothing of real use; their IVs were pitifully poor and would, of course, be themselves contaminated with bacteria, *Ascaris* eggs, even azo dyes, not to mention PVC. After pronouncing death imminent to her caregiver, he knew again there was nothing to lose. He had gotten "Power of Attorney", meanwhile, so he picked her up and carried her bodily outside. Straight into a waiting taxi headed for the border. The Mexican hospital was ready. In isolation, although it was not necessary any more (the P24 and reverse transcriptase had been **Negative** for some time) they had the peace and quiet they needed.

As soon as she arrived back in Mexico; her caregiver put her back on the zapper. She could sense with closed eyes what was happening. Her caregiver brought a saliva sample for testing. A complete blood test was done. The Mexican doctor was kind and encouraging, his presence exuded love, a commodity less known in United States hospitals.

The saliva test showed she was somewhat reinvaded by HIV, *Ascaris* eggs and treponema but not drastically. The most damaging was benzene and Fast Garnet, picked up again in large quantities from the hospital food and IVs.

Fearing the worst, her caregiver took a "last" photo of her. He was zapping at blood, WBC, A, L, and genital organs continuously, while the right plate held pneumocystis, treponema, sorghum mold, yeast, flu and Salmonella, potato ring rot and candida.

The saliva sample showed Fast Garnet, again, in every organ we tested. But reverse transcriptase (HIV) was now quite rare, in fact, only in the brain. She was semi-comatose.



Fig. 119 Viral load more than 750,000.

The blood test results had arrived. Both BUN and creatinine were over the top of the range; she was beginning to have kidney failure. Her total protein was down to 5.7; she needed albumin by IV at once. Both calcium and phosphate were somewhat elevated showing that the thyroid and parathyroid glands were now involved. Her body was teeming with clostridium bacteria, seen by the low uric acid level. There were plenty of dead parasites for them to consume. Potassium was quite low; it would cause fatigue. Triglycerides were too high, associated with kidney distress. And carbon dioxide was too low, evidence of over acidic conditions. But the liver was strong as were the adrenals; blood sugar was fine. She was immediately started on an IV of albumin and potassium; it should have been done days earlier, it would have been so easy for the United States emergency room to add it to their IVs. But they had done only a scanty chemistry in her blood test. as though

such things did not matter. It would be a race for her life now.

The first week back

The nurses watched. The doctor examined. Her caregiver zapped and we tested. Day by day, her organs were getting cleared again. Suddenly at the end of one week her skin started to clear. She became lucid. She wanted to take care of herself. We were jubilant.

Five days later

She could sit up and eat unassisted. We thought we were on the home stretch toward recovery.

Her HIV test result had just arrived from two days before. Her viral count was a mere 3,460. Her caregiver beamed and told her family there was great hope, almost certain success.



Fig. 120 Viral load 3,460

But it was not to be. Her total protein level stubbornly refused to come up in the most recent test in spite of dose after dose of albumin. In fact it was dropping. The liver whose job it is to make albumin was inundated in cobalt, vanadium, and other amalgam-related chemicals. At that time we could not do homeography. Now we would simply pull the cobalt and vanadium out of the liver using such drops. It is not an uncommon emergency situation, for which there has never been a solution. She was inundated in these metals but we dared not use EDTA because of her previous kidney condition. The latest test actually showed the kidneys had improved so much they were no longer to be considered in failure. But we couldn't risk setting them back. The thyroid and parathyroid had improved; the potassium level was normal again; adrenal function was back. Still, the bone marrow could not make red blood cells. It may have been missing a kidney factor or liver factor required to do this job. The purchase cost of

these factors would be prohibitive for the caregiver. Her family was destitute. We ordered them for her ourselves. The red blood cell count was at 3.1. We opted for a transfusion just a bit early. Maybe this would oxygenate her tissues enough to let the liver make albumin again; this was our reasoning. The Fast Garnet she had picked up in just a few hospital days in the United States stayed tightly stuck in her bone marrow. We could have used our 40-vitamin B2 “trick”. Forty vitamin B2 (300 mg) capsules can take out the azo dyes from any one location, like liver or brain, in her case bone marrow. But Fast Garnet does not respond as well as other azo dyes. And the risk was diarrhea. We couldn’t risk that, either.

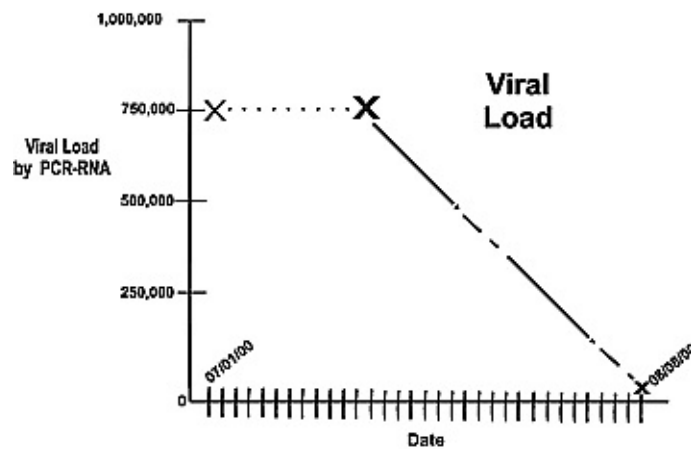


Fig. 121 Viral load drop in five weeks

Now, a year later, we would simply take the dye out of the critical organs with homeographic drops, all in one day. At that time we couldn’t. We could only wait for her transfusion blood of special blood type to arrive. In the United States this is easy; it could have been done while in the ER. In Mexico there is often a shortage and a waiting period.

One unit of blood arrived. She was hooked up at once. That would tide her over a waiting period for the next unit.

She improved every day, with normal thoughts, speech and actions. But her strength did not come up in spite of albumin doses. Her appetite was good; she was gaining a bit of weight, the best sign of all.

Suddenly she was gone. After a cheerful evening of chatter and hope, her caregiver said goodnight to her at midnight. At 3 a.m. her heart beat its last. She was gone forever.

Summary: She had been essentially free of the HIV virus for two weeks. Her AIDS had improved a lot. Was it a blood crisis that the United States refused to fix and Mexico was unable to fix? Or was it something quite unknown and mysterious that had her in its grasp? We will never know.

She was happy in the last few days, hopeful and not in pain, with a loved one nearby. She was not full of tubes—a better way to go than in the United States. We loved her. The devotion of her caregiver shone like a beacon. But our ignorance of life’s real parameters showed pitifully. And it seemed to me that if her clinical help had incorporated our principles this story could have had a happy ending.

65 Annamarie Stevenson

HIV

Annamarie Stevenson was in the prime of her life, and still is. At age 52 (give or take a little) she has a lot to contribute to society with her job, her community life, and her family. With her children raised she can now “enjoy life” and “reap the rewards” of being a conscientious, responsible citizen. Or can she?

In the spring of 2001, while doing our program, we saw her blood test result suddenly worsen. Her WBC had again dropped, this time to 2.9. Her RBC also dropped further, to 3.03. Together, they mean she had bone marrow damage to the extent of needing a transfusion. Now! Not later. It was time to be very alarmed. Why was this happening to her?

Her viral count had been “below detection” for a long time. What was destroying her bone marrow now, if it was not the HIV virus?

Annamarie was diagnosed **Positive** for HIV two years earlier, shortly after her husband died of AIDS. She was put on the most suitable cocktail of drugs at that time and became **Negative** promptly. Her viral count had never been very high. Why did she deteriorate since then, since the virus was being kept to a negligible level? Why was her health failing?

Why were her WBC and RBC dropping, in spite of being **Negative** for the virus? This was baffling and disappointing to her.

She came to us four months ago to cure herself. The first thing we did was schedule a new viral count, immune analysis, and blood chemistry. The results for her first test were:

BLOOD TEST	Result	Comment
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Viral load	<400	Negative
WBC	3.3 thousand	(4.0-10.0) Low
RBC	3.13 million	(4.2-5.4) Low
Patelet count	305 thous/mcl	(150-400)
Neutrophils	54.7%	(40-70)
Lymphocytes	33.2%	(20-40)
Monocytes	10.5%	(0-12)
Eosinophils	1.0%	(0-5)
Basophils	0.6%	(0-2)

Calculating how many lymphocytes she has (33.2% of 3.3) we get 1,100, which is only slightly low and all due to her overall low level of WBCs. If you had been trained as a doctor and hematologist you would think first: why is the WBC count so low?

Her blood chemistry was exceptionally good, as we see here:

BLOOD TEST	Result	Comment
Sodium	138	(132-146)
Potassium	4.5	(3.3—5.3)
Chloride	100	(96-106)
BUN	15	(5-24)
Creatinine	0.9	(0.8-1.2)
Glucose	92	(65-115)
Bilirubin, Total	0.5	(0-1.5)
Albumin	4.0	(3.5-5.0)
Globulin	3.1	(calculated)
Total Protein	7.1	(6.1-8.2)
AST	18	(0-60)
ALT	19	(0-60)
Alkaline Phosphatase	84	(0-135)
Calcium	9.3	(8.6-10.4)

There are small test results that should be followed up on later.

These are excellent results. Her health should not be failing at any location. Next, her immune analysis test showed:

BLOOD TEST	Result	Comment
Lymphocyte count, total	1096	(1000-3100)
T Helper (same as T4 or CD4)	32.3%	(32-62)
T Helper, total count	354	(32.3% of 1096)
T Suppressor (same as T8 or CD8)	37.9%	(14-38)
T Suppressor, total count	415	(37.9% of 1096)
Helper Suppressor Ratio	0.9	(calculated as $\frac{354}{415}$)

Annamarie was certainly in good health. Then why were the WBC and RBC very low, the total lymphocyte count rather low, and the number of suppressor lymphocytes higher than the helper lymphocytes? Even if you were a lay person or an auto mechanic or some bewildered visitor from Mars your first suspicion would be this: "There is a serious problem in the bone marrow where WBCs and RBCs are being made". Yet our medical doctors do not analyze the patients' bone marrow. On the other hand, if something were just plainly killing them after they were already made, the leftovers of large numbers of killed RBCs would be detected (elevated bilirubin). And they are not. So the primary problem is probably a toxin that prevents their formation. Perhaps, secondarily, some killing or blood loss is taking place, too, and we should be on the lookout for evidence. Several chemicals come to mind: benzene, lead, chemotherapy-type chemicals.

You might suspect that the problem had spilled over to the thymus since the lymphocyte types are programmed there. And something is killing the T-Helpers or preventing them from being programmed as such or shortening their life span. Could it be the T-Killer Cells? After all, that is their job. The T Suppressors are killers, killing every cell that displays viruses and there are certainly too many suppressors and too many virus-filled T-Helpers.

Are the killer cells on the rampage and trying to increase their numbers? It would be reasonable; in biology when an organ has a big task to do, it makes itself bigger. Or is there another reason for the growing numbers of T8 cells? After all, we have cancer-like diseases where the eosinophils go up too high (eosinophilia), where platelets go up too high (thrombocytosis), and where the

total WBC goes too high (leukemia). Tumor tissues show these same phenomena. The suppressors might be doing something similar. If so, some mutations might be expected. We could search for these, as in cancer. We should expect cell division stimulants, too, and search for them.

A killer chemical in the bone marrow could account for the lowered WBC, lowered RBC, and lowered lymphocytes, but probably not for the inverted ratio of T4 to T8s. Besides a mutation, other explanations might exist. If it were the HIV virus itself (but that is being kept **Negative**) could some of them be sneaking past the drug cocktail to reach the T4s and dispatch them? It's possible, but the huge amount of dispatching needed is out of line with the few viruses left (in a **Negative** blood sample). And a **Negative** viral load would not explain the burgeoning T8s either. There has to be another contributor.

Since you already know the true sequence of events in HIV/AIDS disease, from the earlier explanation in this book, let us see if you can predict the outcome of the tests that were done for Annamarie.

After starting on our program she put HCl in all her food and beverages and also sonicated it. She immediately stopped getting benzene in her food, it was all tested by Syncrometer® until she had learned to wash it correctly. She switched to cold tap water from bottled water. Her tap water from home, both hot and cold, tested **Negative** for benzene and PCB. She stopped using all body products and supplements she had grown fond of and had brought with her. Her soap and shampoo were now borax water (and citric acid conditioner). Her dishwashing soap and laundry soap were borax, too.

She got started zapping her blood, arteries, WBC, lymph vessels, thymus, and bone marrow according to the zapping schedule. Her family helped her to get eight hours of zapping in. The PCBs poured out (urine tests were **Positive** for it now) through the kidneys. Kidney magnets were in place each day. She was on the supplement list that goes with this program. It included the parasite killing herbs.

In six weeks she could have been completely cured, with no need for cocktail drugs. What would you expect to see on her next blood test results that we received about three weeks into her program?

1. Would you expect the WBC to go up or down?
2. Would you expect the RBC to go up or down?
3. Would you expect the viral load to go up or down?
4. Would you expect the CD4 to CD8 ratio to go up or down?

After the first month her blood test results were:

1. The WBC went up to 3.85. The lymphocytes were now up to 1424.
2. The RBC went up to 4.0. A lower benzene level could explain all this.
3. The viral load would stay the same, due to being on “drug cocktail”, so was not even repeated by us. It could wait for her doctor at home to schedule.
4. The CD4 to CD8 ratio, though expected to rise, was not tested since this test would be done at home too, where it would be free of charge.

Her blood chemistry continued to be very good. One item, uric acid, was now abnormally low (1.2). This could have been due to the folic acid supplement she was taking, which is known to lower uric acid. But, more likely, it reflected on the clostridium bacteria in a feeding frenzy over killed large parasites.

In a few weeks she had learned everything she needed to know and could continue on her own at home. She elected to leave early.

Then she had her follow-up test with her doctor. What would you expect to see?

Two weeks later

On her blood test at home, her viral load was **Negative** as expected “on cocktail”. Her WBC, which her doctor repeated, was a wonderful 4.3! although the lymphocytes were down to 1259. So it was the others, the phagocytes, which were holding on to their gain. Something at home was seriously wrong for her lymphocytes. But what? She was not eating any dyes in food, so the CD4 to CD8 ratio had come up nicely to 1.1, very significant.

She had gotten partial dentures and hardened them herself at home in a saucenan. They were not seeing anything. This was tested by Syncrometer®

saucypan. They were not sleeping anything. This was tested by Synchronizer. She was cooking right, drinking tap water that had tested free of PCBs, benzene, copper and lead when she first came. The cocktail drugs themselves can take a dreadful toll on health, of course, but was there anything else? There seemed to be a mystery factor.

Three weeks later

Annamarie knew she was losing ground again at home in spite of her new good habits. She sent us an electronic saliva sample. (Making a bottle copy of your own saliva is quick and easy, and entirely safe, since it contains no actual saliva, see directions on page 85).

Three weeks later

We had analyzed her saliva sample along with new water samples we requested. Her saliva test showed there was so much PCB in her body it was actually afloat in her blood! Her thymus gland was full of benzene again! Just from living at home? Dyes were notably absent. This meant her food was properly chosen and treated. It could not have brought her benzene and PCB. Was it her water? Her dentures? Her drugs? We requested a set of five water samples, taken on five different days and a pill of each of her two types of drug.

We analyzed her water samples. We were horrified. Three out of five water samples were **Positive** for PCB and benzene, both! We faxed her these results within an hour of completing them together with this message:

Dear Annamarie,

Please move away from your home immediately. We would like to see you save your life. If you have a water softener, please take it out immediately; PCBs often come from that source. But if not, there is no solution. You will need to move from your house. Yours sincerely.

We heard nothing for a week; then her reply, together with some new blood test results. What would you expect?

One week later

The viral load was still <400. The WBC was 2.9 (the extreme danger zone

she had seen at the beginning of this story; she should be living in a bubble now). The lymphocyte count was 1231. It was now the ordinary phagocytes that were missing, not the lymphocytes. The benzene was doing its deadly job on the ordinary neutrophils that do our phagocytosis. The RBC was 3.03, which is almost transfusion level (3.0). Fortunately her hemoglobin level was still good, due to taking lots of vitamin B12 and folic acid.

But the CD4 to CD8 ratio had continued to improve; it was now 1.2, a significant improvement. She was not getting any more azo dyes. This much was under her control. Her dye-seeping teeth were gone and all her food was free of them. She was continuing to remove it from CD4 and CD8 cells in her organs with homeographic drops.

Then we read her letter.

“I read in my newspaper that barge cleaning had been done on the Ohio River and an accidental spill required the EPA to investigate for possible benzene contamination. They of course said there was nothing to fear... I live within one mile of this area and our water supply is from the Ohio River...”

Run, Annamarie, run. Don't stop—don't look around. Survivors run. But will she?

Society has let her down. She believes our agencies like FDA and EPA are watching out for terrible toxins that might get into the drinking water. She is just beginning to wonder about it. It is not so easy to move to another home 'away from Ohio River water' when you are nearly penniless from health problems.

If she were to request testing of her water for PCB and benzene, would the agencies respond? If she were an important politician, demanding some response, would the agencies select a test that, though legal, would not be sensitive enough to detect them? In fact, might they do several tests so they could, legally, choose the **Negative** one to report?

If one out of three legally required tests were **Positive**, would they be legally permitted to throw this one away without telling her?

Would she be better off sending her own samples, privately, to labs in

Switzerland and France for honest testing at a sensitivity level that is better than just the “legal level” allowed in the United States?

For answers to some of these questions read the water regulations and results that come regularly from your own water department. Get more information about them from the references they cite. If you have HIV/AIDS, try to learn more about your water!

Ten weeks later

Another blood test report arrived. Can you guess the results? (Hint: She is in control of dyes herself. She may or may not have moved away from PCB-water. She is cleaning her produce with hot water washes but not with a zappicator.) WBC 3.3 (higher), RBC 3.13 (higher), lymphocytes 1363 (higher), T-Helper 577 (higher), T Suppressor 413 (lower), Helper/Suppressor ratio 1.4 (higher). Well done Annamarie, so far... We can guess she is living away from home. We hoped to find out soon.

Two months later

Annamarie sent the results of her next blood test. She was holding a job though still fatigued. She had been living with relatives and friends so far (hooray!). What would you expect had happened to her WBC, etc.?

She also sent a set of five water samples from home in the hope the benzene had finally cleared up. Her five water tests were **Negative** for benzene and PCBs; she could go home — but with what assurance that there would be no repeat?

Now the results: WBC 4.2 (higher), lymphocytes 1424 (higher), RBC 3.21 (higher), T-Helper 654 (higher), T-Suppressor 367 (lower), Helper/Suppressor ratio 1.8 (higher). Congratulations, Annamarie!

The extremely low RBC was still mysterious. A saliva sample revealed there was still mercury and thallium attached to her RBCs, from her earlier amalgam-days.

Summary: we asked Annamarie to return briefly. We used a toothbrush zappicator to remove the amalgam remnants from her mouth. We also used homeographic drops that specifically took mercury and thallium out of her RBCs. All this took three days. Her energy bounced up. Will it stay up? What

does the future hold for her?

66

Sally Hoyer

HIV

Sally was a tall, stately woman from Kenya, Africa. She was in the USA on business, which brought her to Chicago every 6 months. She had heard about the superior dentistry offered in Mexico and wanted to have her amalgams changed to plastic. She called us to make the arrangements. We responded that we do not recommend this anymore because the plastic cannot be hardened enough to prevent seeping of dyes and unpolymerized plastic. She arrived anyway, quite suddenly. She had no health problems, only trying to do what was best for her health, so I suggested she leave a saliva sample with us to test for cancer and HIV; dental decisions could wait for the results.

Business could not wait, so she delivered the sample and left. This is what I found:

- Protein 24 (HIV) YES at saliva**
- Reverse Transcriptase (HIV Enzyme) NO at saliva**
- SV 40 (Virus) YES at saliva, very high**
- Copper (Toxic Element) YES at saliva, very high**
- Apol (Food Antigen) NO at saliva**
- Fast Garnet (Dye) YES at saliva**
- remaining dyes in my test set of 5 dyes NO**
- PCBs (Solvent) YES very high at saliva**
- Benzene (Solvent) YES very high at saliva**
- Asbestos (Toxic Element) NO at saliva**

Searching next at her lymph:

- PCBs (Solvent) YES at lymph**
- Benzene (Solvent) YES very high at lymph**
- Asbestos (Toxic Element) NO at lymph**

- Copper (Toxic Element) NO at lymph**
- Apiol (Food Antigen) YES at lymph**
- Melanin (Body Pigment) YES at lymph**
- Pyrrole (Toxic Product of Blood Destruction) YES at lymph**
- Phenol (Toxic Product of Benzene Detoxification) NO at lymph**
- Fast Garnet (Dye) YES at lymph**
- remaining dyes NO**

A food antigen acts like an allergen; it can give you an allergic reaction, unbeknownst to you. Apiol is one of them. It is found in all of the popular cooking oils for which reason these foods are OFF the diet.

Melanin is our natural body pigment (color). We all make, and need, some of it, but not so much that it can be detected in the lymph. To make it, the body uses a copper-based enzyme (tyrosinase). Evidently, high levels of copper stimulate this enzyme.

Pyrrole comes from blood or chlorophyll when these are destroyed, such as by burning animal or plant material. They each break up into bits of blood and further into pyrrole. Cigarette smoke and eating smoked meats could bring it into the body. It is not normally detected unless you smoke. Yet Sally did not and never had smoked.

Phenol is the detoxification product of benzene. Its presence is understandable since she had benzene accumulations. It destroys living tissue but it is not clear if it acts as an antigen. It is not clear whether excess melanin, pyrrole or phenol act as antigens.

Next, at her blood:

- PCBs (Solvent) NO at blood**
- Benzene (Toxic Element) NO at blood**
- Copper (Toxic Element) YES at blood**
- Apiol (Food Antigen) NO at blood**
- Protein 24 (HIV) NO at blood**
- Reverse Transcriptase (HIV Enzyme) NO at blood**
- SV 40 (Virus) NO at blood**
- Melanin (Body Pigment) YES at blood**
- Pyrrole (Toxic Product of Blood Destruction) NO at blood**
- Phenol (Toxic Chemical) NO at blood**

Fast Garnet (Dye) YES at blood; remaining dyes NO

Notice how clean your blood is kept, typically. Doing a blood test would reveal very few problems. Saliva or lymph is much more revealing. But her high copper and melanin levels could be spotted in the blood as well as the dye.

Next, at the cerebrospinal fluid (CSF):

PCBs (Solvent) NO at CSF

Benzene (Solvent) NO at CSF

Copper (Toxic Element) YES at CSF

Apiol (Food Antigen) NO at CSF

Melanin (Body Pigment) YES at CSF

Pyrrole (Destroyed Blood) NO at CSF

Phenol (Toxic Chemical) NO at CSF

Protein 24 (HIV) NO at CSF

Reverse Transcriptase (HIV Enzyme) NO at CSF

SV 40 (Virus) NO at CSF

Fast Garnet (Dye) YES at CSF

remaining dyes NO

The cerebrospinal fluid is also kept clear of most toxic things, but must yield to high copper levels, the production of too much melanin and Fast Garnet dye. We might assume that she can still detoxify the other dyes as well as PCBs and benzene. Or is she eating a lot of a certain red food?

Is her thymus gland being affected? These are the test results:

PCBs (Solvent) YES at thymus

Benzene (Solvent) YES very high at the thymus

Asbestos (Toxic Element) YES at thymus

Fast Garnet (Dye) YES at thymus

Fast Green (Dye) YES at thymus

Fast Red Violet (Dye) YES at thymus

DAB (Dye) YES at thymus

- Sudan Black B (Dye) YES at thymus
- Copper (Toxic Element) YES at thymus
- Cadmium (Toxic Element) YES at thymus
- Thulium (Toxic Lanthanide Element) YES at thymus
- Cobalt (Toxic Element) YES at thymus
- Chromium III (Toxic Element) YES at thymus
- Mercury (Toxic Element) NO at thymus
- Silver (Toxic Element) NO at thymus

These results change the picture. When PCBs, benzene, asbestos, numerous heavy metals excluding mercury and silver, and numerous azo dyes are found together, it signifies clorox. Her thymus is full of the liquid bleach used to disinfect her drinking water. Her immune system will be destroyed by these.

- Protein 24 (HIV) YES at thymus
- Reverse Transcriptase (HIV Enzyme) NO at thymus
- Rev Protein (HIV Product) NO at thymus
- SV 40 (Virus) YES at thymus

She has both viruses at the thymus. Is she showing parasitism here?

- Fasciolopsis buski* (Parasite) YES very high at thymus
- Fasciola (Parasite) YES at thymus
- Ascaris lumbricoides* (Parasite) NO at thymus
- Ascaris megalocephala* (Parasite) NO at thymus
- Paragonimus (Parasite) YES very high at thymus
- Eurytrema (Parasite) YES very high at thymus
- Clonorchis (Parasite) NO at thymus
- Strongyloides (Parasite) YES very high at thymus
- Echinostoma revolutum (Parasite) NO at thymus

She has excessive parasitism right at the thymus where the waterborne immune-destroyers are. Will this bring her multiple food allergies next? Will Fasciolopsis shed so many *Bacillus cereus* bacteria, each making tyramine that ordinary good food will be turned into “bad” allergenic food?

- Bacillus cereus* (Bacterium) YES at thymus**
- Tyramine (Bacterial Toxin) YES at thymus**
- Apiol (Food Antigen) YES at thymus**
- Pyrrrole (Destroyed Blood) YES at thymus**
- Phenol (Toxic Chemical) YES at thymus**
- Melanin (Body Pigment) YES at thymus**

The food phenolic, apiol, is being accumulated at the thymus. The other items come from other sources. Is the bone marrow already involved in this chain of events?

- PCBs (Solvent) NO at bone marrow**
- Benzene (Solvent) YES very high at bone marrow**
- Asbestos (Toxic Element) NO at bone marrow**
- Copper (Toxic Element) YES at bone marrow**
- Lead (Toxic Element) NO at bone marrow**
- Thulium (Toxic Lanthanide Element) YES at bone marrow**
- Chromium III (Toxic Element) YES at bone marrow**
- Mercury (Toxic Element) NO at bone marrow**
- Cadmium (Toxic Element) YES at bone marrow**
- Cobalt (Toxic Element) YES at bone marrow**
- Vanadium (Toxic Element) NO at bone marrow**
- Fast Garnet (Dye) YES at bone marrow**
- remaining dyes NO**

The evidence of her chloroxed water is just beginning to develop at her bone marrow. Is it promoting parasitism in the bone marrow?

- Fasciolopsis (Parasite) YES at bone marrow**
- Fasciola (Parasite) NO at bone marrow**
- Clonorchis (Parasite) NO at bone marrow**
- Eurytrema (Parasite) NO at bone marrow**
- Paragonimus (Parasite) YES at bone marrow**

It would take more than a miracle to kill all these, considering the amount of bone marrow in each of us. Only the return of her own immunity can save her from disaster lying ahead.

SV 40 (Virus) NO at bone marrow

Protein 24 (HIV) NO at bone marrow

Rev Protein (HIV Protein) NO at bone marrow

The viral enzyme seems to be able to spread without the presence of virus. When the exact bone marrow location that had the enzyme was searched, both viruses were actually present. The same situation was seen for *Bacillus cereus*. A few bacteria can produce a lot of tyramine, which was being shipped about by the body fluids.

Reverse Transcriptase (HIV Enzyme) YES very high at bone marrow

***Bacillus cereus* (Bacterium) NO at bone marrow**

Tyramine (Bacterial Toxin) YES at bone marrow

This will give her food allergies of a special sort, called food phenolics. The first one appears to be apiol, again.

Apiol (Food Antigen) YES at bone marrow

Phenol (Toxic Chemical) YES at bone marrow

Melanin (Body Pigment) YES at bone marrow

Pyrrole (Destroyed Blood) YES at bone marrow

Soon more body tissues will begin to shred as the phenol accumulates. More food substances will turn into allergens as tyramine spreads.

Next, at lymph.

Thymus Tissue (Body Organ) YES at lymph!

It doesn't belong here; it has shredded away from the thymus gland. Are other organs shredding, too?

Hypothalamus Tissue (Brain Organ) YES at lymph

Pituitary Tissue (Brain Organ) YES very high at lymph

Pancreas Tissue (Body Organ) NO at lymph

Vagina Tissue (Genital Organ) NO at lymph

Ovary Tissue (Genital Organ) NO at lymph

Fimbria Tissue (Genital Organ) YES at lymph

A genital organ is shredding, too.

Fallopian Tube Tissue (Genital Organ) YES at lymph

Uterus Tissue (Genital Organ) NO at lymph

The erosion (shredding) of hypothalamus and pituitary glands is well underway and possibly accelerating because complement C3 is already depleted. It is keeping the blood and cerebrospinal fluid clear of antigen at its own expense. Erosion of fimbria and fallopian tube is also underway.

Complement C3 (Arm of the Immune System) NO at lymph

It should have been there. It is present in all healthy people.

There are also fused cells of all these shredding organs swimming in the body fluids. The tests were for thymus-fallopian tube, hypothalamusfallopian tube, and many more not shown. But the combination that forms a TUMOR NUCLEUS is absent. This would have been a fusion of hypothalamus, pituitary and pancreas. She is making hypothalamus-pituitary-thymus combinations and others. The paths of HIV disease and cancer diverge at this point. But it (getting cancer) could still happen—rather more easily, once one disease is already established. This explains the close relationship between these diseases.

With hypothalamus and pituitary cells fusing to the thymus, we could expect considerable interference with the thymus' activities. Its precise nature is not yet clear.

HGH (Human Growth Hormone) YES high at thymus!

This hormone is never normally detected here. What kind of growth is being stimulated? Only future research can tell. Other hormones coming from the pituitary transplant in the thymus have not been researched yet. This ends the study of her electronically copied saliva sample.

She came right back from Chicago to cure her beginning HIV disease. But she had an emergency message from her family in Kenya and had to leave the next day. Certainly, dental work was not the only high priority now. Finding safe water at home was most urgent.

She was advised to find a water supply that had been chlorinated with chlorine gas and had not been “boosted” with liquid clorox. That seemed like a tall order to her. She sent two samples of common foods, in case these were the sources of the five immunity-destroyers. They were *Beurre de Karite Shea* butter and *Zomi Palm Oil*. Here are their test results (positive means the product has the indicated toxin).

Toxin	Beurre de Karite Shea Butter	Zomi Palm Oil
PCBs	Negative	Negative

Benzene	Negative	Negative
Asbestos	Negative	Negative
Dyes	Negative	Negative
Heavy Metals	Negative	Negative
Apiol	Positive	Positive
Gallic Acid	Negative	Negative
Phenol	Negative	Negative
Phloridzin	Negative	Negative
Chlorogenic acid	Negative	Negative

Summary: Sally was shocked and horrified at her newly found HIV positive status, but not panicked. She planned to find out as much as she could about her water supply. She would send us samples to test until she found a safe supply. Then she would move there. As for the 2 foods, she should stop eating them. She should send samples of other oils or butter until she finds one without apiol. She planned to do this. Maybe she can do it all before her return.

67 Suzanne Bertorelli

Cancer and HIV

Suzanne Bertorelli and Stephen Cornell (the next “true story”) were business partners in South Africa. They came to the USA to establish new business contacts and check into new supply sources. They owned a factory where the line-cleaners and disinfectants used were tested for harmful solvents and other toxins. This represents a hopeful new development in manufacturing and a much-awaited change by their healthminded customers.

It was especially tragic when Suzanne was diagnosed with ovarian cancer. Of all persons, she expected herself to escape this modern epidemic. She came to us to cure her cancer and to find out why her extrahealthy lifestyle had failed her. She brought a water sample from home, a dust sample and some common foods she ate.

Her saliva test showed these results.

PCBs (Solvent) YES at saliva

Benzene (Solvent) YES at saliva

50 Heavy Metals (Toxic Elements) YES at saliva

Azo dyes (Toxic Dyes) YES at saliva

Clorox (Laundry Bleach) YES at saliva

Asbestos (Toxic Element) NO at saliva

This looked suspiciously like evidence of clorox-contaminated water. We shifted our attention to her water sample. Would she already have the HIV virus, too, besides cancer?

We tested her water sample.

PCB (Solvent) YES in water

Benzene (Solvent) YES in water

Asbestos (Toxic Element) YES in water

Clorox (Laundry Bleach) YES in water

Uranium (Toxic Element) YES in water

Yes, she was getting the familiar five immunity-destroyers from her water. All the more important to test for HIV/AIDS now when she could still reverse it all.

Protein 24 (HIV) YES at saliva

Reverse Transcriptase (Virus Enzyme) YES at saliva

SV 40 (Virus) NO at saliva

SV 40 (Virus) YES at lymph

Reverse Transcriptase (Virus Enzyme) YES at lymph

Protein 24 (HIV) NO at lymph

Rev Protein (HIV Product) NO at lymph

Reverse Transcriptase (Virus Enzyme) NO at thymus

Protein 24 (HIV) NO at thymus

SV 40 (Virus) YES very high at thymus

Melanin (Body Pigment) NO at thymus

Phenol (Toxic Chemical) NO at thymus

Apiol (Food Antigen) NO at thymus

Bacillus cereus (Bacterium) NO at thymus

Tyramine (Bacterial Toxin) NO at thymus

For the HIV virus to show up in the saliva or lymph (above) there must be quite a large colony somewhere, but they were not at the thymus. We will search more thoroughly for them.

Protein 24 (HIV) NO at bone marrow

Reverse Transcriptase (Virus Enzyme) NO at bone marrow

They were not at the bone marrow.

Protein 24 (HIV) NO at vagina

Reverse Transcriptase (Virus Enzyme) NO at vagina

Apiol (Food Antigen) NO at vagina

Protein 24 (HIV) NO at uterus

Reverse Transcriptase (Viral Enzyme) NO at uterus

Apiol (Food Antigen) NO at uterus

Protein 24 (HIV) NO at left and right ovaries

Reverse Transcriptase (Virus Enzyme) NO at left and right ovaries

Apiol (Food Antigen) YES at right ovary; NO at left ovary

The left ovary had the OPT (cancer). It had developed in an ovarian cyst she had battled for 2 years. But the other ovary had the food antigen.

Fast Red Violet (Dye) YES at left ovary (with the cancer)

Inside the cyst was a fluid collection, to be expected since it had accumulated the dye, Fast Red Violet. This is the dye that causes effusions. She also had silicone there, probably from her toothpaste. And a huge amount of gold. She had loved gold and wore a lot of very "pure" gold. Tin and strontium were both there, also from toothpaste. Isopropyl alcohol was present and an exceptionally high amount of uranium. There had been a lot of uranium in her water, and perhaps even more in her erstwhile amalgam fillings. The food antigen, phenylalanine, was collected there as in all ovarian cancers.

But apiol had collected in her right ovary. The right ovary did not have a cyst, nor did it have a Fast Red Violet accumulation, nor cancer.

Protein 24 (HIV) NO at both fallopian tubes

Reverse Transcriptase (Virus Enzyme) NO at both fallopian tubes

Protein 24 (HIV) YES very high at both left and right fimbria

The fimbria is the “finger-like” extension at the end of the fallopian tube that “catches” the egg that is released by the ovary. Finally, the large population of HIV viruses was found.

Reverse Transcriptase (Virus Enzyme) YES high at both fimbrias

SV 40 (Virus) YES at fimbria

Rev Protein (HIV Protein) YES at fimbria

Pyrrole (Destroyed Blood) YES at both fimbrias

Phenol (Toxic Chemical) YES at both fimbrias

Apiol (Food Antigen) NO at both fimbrias

Melanin (Body Pigment) NO at both fimbrias

The food antigen did not necessarily precede the viruses, nor did melanin.

Fasciolopsis (Parasite) YES at fimbria

Paragonimus (Parasite) YES at fimbria

Eurytrema (Parasite) YES at fimbria

All 3 parasites were present together here, possibly feeding on blood to make pyrrole. As the body spontaneously killed them, they supported fungus growth, which used the body’s copper, depositing it again when they were killed. So a lot of copper accumulated there, triggering melanin formation. It seems these events may be the early beginnings of parasite-caused disease. Later, food allergies would develop, as the bacterium *Bacillus cereus* is released from Fasciolopsis. The bacteria form tyramine, which floods the local area, changing any loose amino acids or sugars into the non-biological form (D-amino acids or L-sugars, even D-thyroxine). The body swiftly traps these abnormal molecules in an allergic reaction to eliminate them but not without an inflammation developing. That is a possible scenario for the beginning events we see here.

How did so many parasite varieties get to the fimbria? Possibly from their favorite lair nearby, the colon-plus-2-picofarad location, halfway up the left colon. From here they proceeded to the fimbria when the water-borne immunity-destroyers accumulated here.

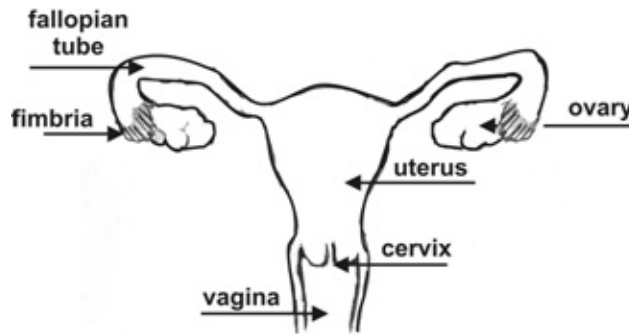


Fig. 122 Picture of female organs

- Protein 24 (HIV) YES at colon + 2 pF**
- Reverse Transcriptase (Virus Enzyme) YES at colon + 2 pF**
- Fasciolopsis (Parasite) YES at colon + 2 pF**
- Eurytrema (Parasite) YES at colon + 2 pF**
- Paragonimus (Parasite) YES at colon + 2 pF**

Suzanne was advised to do special enemas. A Lugol's enema or a Black Walnut Hull tincture enema kills them rather easily, but, of course, they extrude their eggs at once. Only a steady course of antiparasite herbs and zapping can eventually overcome them when parasitism is advanced. And only with the help of the immune system. This means, first and foremost, getting away from chloroxed water.

Suzanne was fortunate in having a factory. A water sample from the factory was shipped at once. It tested free of chlorox. She would be able to use this water while she found a new residence. But she had just recently moved. And just recently exchanged all her amalgams at great cost. Unhappiness reigned. Yet, no risk could be taken to continue accumulating Fast Red Violet dye from her new plastic fillings in her ovarian tumor. Extraction of plastic teeth was the only failsafe way to stop this dye from entering the ovaries. In a week she had it all done and was recovering nicely. No replacement could even be contemplated. Any dental impression compound placed in her mouth, even for a few minutes, would certainly be absorbed. All the dye, silicone and aluminum in such compounds would be transported straightaway to the ovaries and fimbria.

Summary: Before she left she had zapped herself free of parasites in most of her genital organs, but not yet the fimbria. She still had 24 teeth to chew with and that would do, a good trade for a life free of fear. But will she solve the water problem in time to keep her gains?

Stephen, Suzanne's business partner was tested next.

Benzene (Solvent) YES at saliva

PCBs, heavy metals, dyes and asbestos did not show up here. He was excreting more, evidently. There was no evidence of Protein 24, SV 40, or reverse transcriptase at the saliva, lymph or thymus. But they were somewhere since the lower abdominal lymph (lymph + 1 µH) showed the presence of SV 40. A search at the genital organs revealed these results:

Protein 24 (HIV) NO at both testes, penis, prostate, left and right vas deferens, sperm (semen)

Reverse Transcriptase (Virus Enzyme) NO at both testes, penis, prostate, sperm

Reverse Transcriptase (Virus Enzyme) YES at left vas deferens

SV 40 (Virus) NO at penis, prostate

SV 40 (Virus) YES at left testis, left vas deferens, sperm

But this was not all. The preference for his left side suggested brain involvement. We searched the brain next.

Reverse Transcriptase (Virus Enzyme) YES at the right side of the medulla, a brain organ

Protein 24 (HIV) NO at right medulla

SV 40 (Virus) YES at right medulla

Rev Protein (HIV Protein) YES at right medulla

Both viruses were here! Why?

Fasciolopsis (Parasite) YES at right medulla

Paragonimus (Parasite) YES at right medulla

Eurytrema (Parasite) YES at right medulla

All three parasites were here. Was there no immunity to fight them?

Apiol (Food Antigen) YES at right medulla; NO at left medulla

Apiol would consume the complement C3 here and leave the right medulla wide open to attack.

Melanin (Body Pigment) YES at right medulla

Copper (Toxic Element) YES at right medulla

The right medulla housed the expected parasites, bringing in their wake the Aspergillus and Penicillium family of fungus growth. This brought about a copper deposit which triggered melanin formation. Meanwhile, apiol was collecting here, the first food phenolic to become an allergy for him. Complement C3 was being consumed by the allergen so the problem in the brain could be

expected to spread. we will search further.

Complement C3 (Immune Factor) YES at left medulla; NO at right medulla

It should be everywhere.

Aspergillus and Penicillium (Fungus) YES at right medulla

SV 40 (Virus) YES at pineal gland

This gland regulates our day and night cycles.

Reverse Transcriptase (Virus Enzyme) NO at pineal

Copper (Toxic Element) YES at pineal

Eurytrema (Parasite) YES at pineal

Gallic acid (Food Antigen) YES at pineal

This is the trigger for the SV 40 virus. It is another food phenolic that had become an allergen for him.

Summary: Stephen had already weathered some severe bouts of illness, not knowing why or where they were coming from. He lived an ordinary low-risk life. Now, with brain parasitism, it all made sense. He would see to it that the drinking water for both of them would be safe. He would kill parasites and zap his organs until he returned in the fall to follow up on his early HIV disease.

For us, the last 3 patients were especially tragic. I must now contemplate the probability that all of Africa, including the rich and elite, might pass away although most appear well enough today.

Finale

I hope you reach the same conclusions as I did from these case histories:

HIV is not caused solely by sexual or blood contact with an infected person. People with no such exposures, even small children and babies, have it. It comes with a parasite that you can pick up easily in your daily routine. It is way too prevalent, and we are all at risk!

It is amazing how easy the HIV virus is to eliminate—*Fasciolopsis buski* is one of the first to succumb to the parasite-killing herbs—but it is just as easy to get reinfected. Nor does getting rid of HIV bring relief, since the thymus has been attacked, immunity has been lost, and AIDS has progressed.

If you have HIV you are halfway to having cancer because the same

parasite causes both. The same SV 40 virus is present for both. All cancer needs now to develop is inflammation in the pancreas so the tumor nucleus can be completed.

Eliminating HIV does not cure AIDS. Benzene, metals, asbestos, PCBs, and dyes do the damage.

You can beat AIDS with a complete program of lifting the burdens on your immune system (clean water, food, body, dentalware, home). Your body will “miraculously” heal.

One thing that is not clear is why it seems more young people are contracting HIV/AIDS than older people. My explanation is that more young people use the list of benzene-polluted products. Young people eat more fast foods, drink more bottled water, use more food supplements and get more dental work. Also, the gay men I see often drink beer, use lubricants, “rush” and marijuana, all of which are benzene sources. But is that all?

The solution for worldwide benzene pollution stands out clearly. **Separate the petroleum industry from the food industry. Monitor the chlorination of water.** Use modern testing methods to monitor food, feed and water for solvent residues, dyes and heavy metals. This would return the parasite to its former status as an intestinal fluke, unable to invade other organs. I hope these case histories have provided the incentive to begin this clean up program.

Zappers

Being able to kill your bacteria and other invaders with electricity seems like a panacea, especially when you can do it all in three, seven-minute sessions. But killing things that your body should have been able to kill itself, or things that should not have gotten in in the first place, tarnishes this concept. Nevertheless, it is a superb help when the complete picture is kept in mind. This means respect for the immune system, understanding our extreme dependence on it for survival of our species.

The evolution of the zapper from the earlier frequency generator is described in *The Cure For All Diseases*. The advantage of not needing to know the frequency of the pathogens you wish to kill makes it exceptionally useful.

No matter what frequency your zapper is set at (within reason), it kills large and small invaders: flukes, roundworms, mites, bacteria, viruses and fungi. It kills them all at once, in seven minutes, even at 5 volts. But the current does have to reach them and there are certain hard-to-reach places: for instance the eyes, the appendix, the testes, the inner ear bones and most of the contents of the intestine.

How does it work? I suppose that a Positive voltage applied anywhere on the body attracts Negatively charged things such as bacteria. Perhaps the battery voltage tugs at them, pulling them out of their locations in the cell doorways (called *conductance channels*). But doorways can be Negatively charged too. Does the voltage tug at them so they disgorge any bacteria stuck in them? Perhaps it just closes these doorways. How would the Positive voltage act to kill a large parasite like a fluke? These questions cannot be answered yet, although the evidence is clear: a sudden release of parasite eggs into the blood, bits of parasite in the white blood cells, and later, the appearance of mold just where the flukes had been. Killing action is also suggested when a large fluke can no longer be heard on the Syncrometer® in seven minutes. Only further research will find more facts.

Another earlier question has a clear answer, too. Is the killing effect due to immune system stimulation? The answer is, yes. The empowering effect on white blood cells is seen when they suddenly possess parts of the fluke and bacteria, when minutes before zapping they did not.

Other fascinating possibilities are that the intermittent Positive voltage

interferes with electron flow in some key metabolic route, or straightens out the ATP molecule disallowing its breakdown. Such biological questions could be answered by studying the effects of positive electrical pulses on pathogens in a laboratory.

The most important question, of course, is whether there is a harmful effect on you. I have seen no effects on blood pressure, mental alertness, or body temperature. It has never produced pain, although it has often stopped pain instantly. This does not by itself prove safety. Even knowing that the voltage comes from a small 9-volt battery does not rigorously prove safety although it is reassuring. The fact that thousands of zappers are in use suggests safety, too. And finding that one of its mechanisms is through the immune system, makes it even more appealing. Viruses and bacteria disappear in three minutes; damaged tapeworm stages, flukes, roundworms in five; and mites in seven. People who are not ill need not go beyond this time, although no bad effects have been seen at any length of treatment.

The first seven-minute zapping is followed by an intermission, lasting 20 to 30 minutes. During this time, bacteria and viruses are released from the dying parasites and start to invade you instead. Such releases form the basis of “detoxification illness”, which must be controlled and counteracted. Each parasite has its own bacterial and viral escapees.

The second seven-minute session is intended to kill these newly released viruses and bacteria. If you omit it, you could catch a cold, sore throat or something else immediately. In fact, if you do, you know you killed some serious parasites. Again, viruses are released, this time from the dying bacteria. The third session kills the last viruses released.

A fourth and fifth session may be very beneficial, too, especially when we see bits of protein called “prion protein” streaming from killed flu viruses. But not enough experiments are completed to be certain that everyone needs extra sessions. Remember HIV/AIDS patients will be plate-zapping for 20-minute sessions anyway. So, the need for more regular zapping sessions is not yet indicated

**Do Not Zap If You Are Pregnant
Or Wearing A Pacemaker.**

These situations have not been explored yet. Don't do these experiments yourself. Children as young as eight months have been zapped with no

Children as young as eight months have been zapped with no noticeable ill effects. For them, you should weigh the possible benefits against the unknown risks.

That is all there is to it. Almost all. The zapping current is most effective for the blood and lymph, two rather salty (conductive) fluids. But it does not reach deep into the eyeball or testicle or bowel contents. It does not reach into your gallstones, or into your living cells where Herpes virus lies latent or Candida fungus extends its fingers. To reach deeper, the herbal parasite program and homeopathy must be added to the zapper treatment.

HIV and AIDS victims have many organs saturated with PCBs and benzene, two insulators. You cannot pass enough electricity through your hands or wrists due to these insulators, nor will it penetrate the thymus effectively.

To reach specific organs like the thymus, electrically, with a significant effect, you will need to do plate-zapping and use foot electrodes. You merely need to put a sample of thymus tissue on the zapping plate.

For HIV sufferers, copper pipe electrodes are placed under the feet just in front of the heels. The choice of copper is important because it is the most conductive metal, besides silver. The pressure of your feet on the pipes helps the current penetrate. Hand pressure is hard to keep up. A flat electrode provides too little surface for contact and produces too little pressure under the foot. But blood and lymph are still the most important locations to zap. These are reachable by regular zapping (without a plate). Using foot electrodes helps greatly, for both plate-zapping and regular zapping.

In earlier books a circuit was described that produced a totally Positive electrical field at all times, called "Positive offset". But many zappers were built with small substitutions when the exact components were not available. This often brought the resulting electrical field too close to Negative so that brief excursions into the Negative field were inevitable. Even very brief "Negative spikes" are undesirable. For this reason the circuit given here has an additional component, a Positive offset resistor. With this addition, it is easy for the builder to measure the Positive offset on an oscilloscope. It will be $\frac{1}{4}$ volt. **Anyone purchasing a zapper should ask for this measurement. The consumer should also request copper electrodes of tubular design and plates of correct dimension ($3\frac{1}{4}$ to $3\frac{1}{2}$ inches square) and composition (aluminum).**

Although wrist straps are convenient, not enough research has been done to

accurately compare effectiveness with the tubular design of electrodes. A very ill person should use the copper tube electrodes, of correct dimension, correctly placed (see picture) and not risk poor conductance.

Zapping once a day is now a common routine for many persons. The elderly seem to be keeping more alert for years. For many it is a daily pain-reliever, fatigue-lifter, or mystery-helper. For the ill, zapping all day, continuously, for a month or more has often brought significant improvement. Only further research can shed light on how all this happens.

Just as amazing as its action is the simplicity of the circuit design. Even a complete novice could build one.

Building A Zapper

You will be given two ways to build a zapper: the **shoebox** way and the **breadboard** way. The breadboard way for a 1000 Hz (1 kHz) zapper.

Both have $\frac{1}{4}$ volt Positive offset. You will be able to test your zapper (or any commercially made one) for its Positive offset feature simply by observing it on an oscilloscope.

Hints for absolute novices: Don't let unusual vocabulary deter you. A "lead" is just a piece of wire used to make connections. When you remove a component from its package, label it with a piece of tape. A serrated kitchen knife works best, as does a large safety pin. Practice using the micro clips. If the metal ends are L-shaped bend them into a U with the long-nose pliers so they grab better. Chips and chip holders (wire wrap sockets) are very fragile. It is wise to purchase an extra one of each in case you break the connections. The "555" timer is a widely used component; if you can't locate this one, try another electronics shop.

The Shoebox Way

This circuit has been improved since the one given in earlier books.

A resistor has been added that gives every pulse an added Positive offset of $\frac{1}{4}$ volt. You no longer need to operate your zapper so daringly close to a Negative voltage.

To build your zapper you may take this list of components to any electronics store (Radio Shack part numbers are given for convenience). You may also order a kit, see *Sources*.

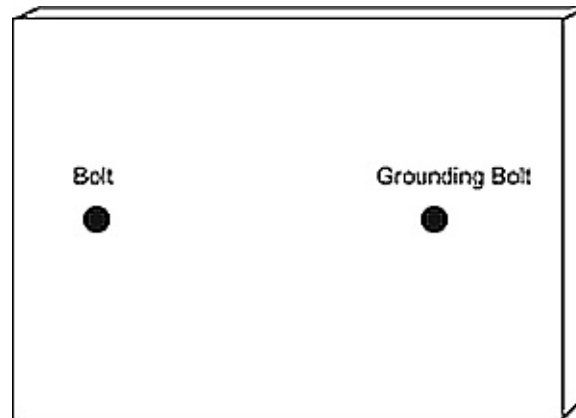
Parts List for 30 kHz Zapper Circuit Shoebox Way

Item	Radio Shack Catalog Number
Shoebox	
9 volt battery	
9 volt battery snap connector	270-324 (set of 5, you need 1)
on-off toggle switch	275-624A micro mini toggle switch
If not available, choose any toggle switch with holes in the contact points or Radio Shack 275-612	
1 K Ω resistor, brown-black-red-gold	271-312(500 piece assortment) use 2
3.9 K Ω resistor, orange-white-red-gold	Use 2 from the 500 piece assortment
39 K Ω resistor, orange-white-orange-gold	From 500 piece assortment
low-current red LED	276-044
.0047 uF capacitor	272-130 (set of 2, you need 1)
.01 uF capacitor	272-131 (set of 2, you need 1)
555 CMOS timer chip (TLC 555)	276-1718 (you may wish to buy a spare)
8 pin wire-wrapping socket for the chip	900-7242
If only 16 pin sockets are available, cut one in half OR leave half empty.	
short (12") alligator clip leads	any electronics shop, get 10
If not available, use 14" length from Radio Shack, 278-1156	
Micro clip jumper wires	278-017 (you need 2 packages of 2)
If not available, use mini-clip jumper wires 278-016	
2 bolts, about 1/8" diameter, 2" long, with 4 nuts and 4 washers	hardware store
2 copper pipes, 3/4" diameter, 4" long	hardware store
sharp knife, pin, long-nose pliers, tape, 4 twist ties or rubber bands	

Assembling The Zapper

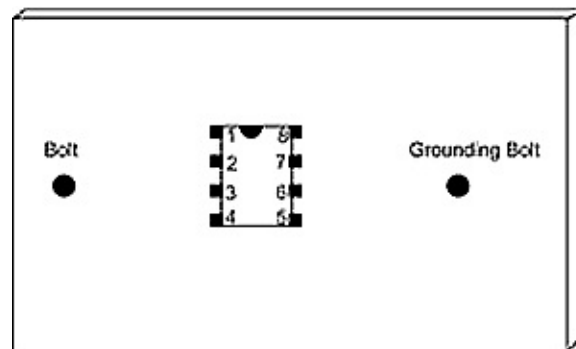
1. You will be using the lid of the shoebox to mount the components. Save the box base to enclose the finished project.

2. Pierce two holes near the ends of the lid. Enlarge the holes with a pen or pencil until the bolts would fit through. Mount the bolts on the outside about half way through the holes so there is a washer and nut holding it in place on both sides. Tighten. Label one hole “grounding bolt” on the inside and outside.

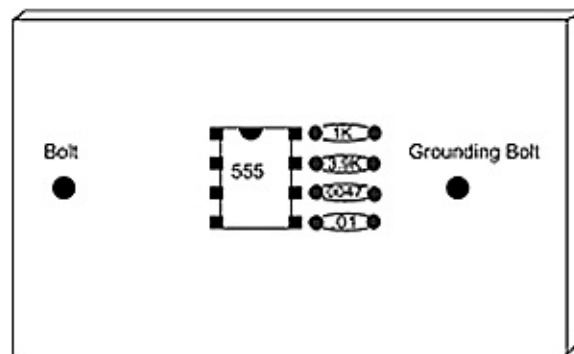


3. Mount the 555 chip in the wire wrap socket. Find the “top end” of the chip by searching the outside surface carefully for a cookie-shaped bite taken out of it or an imprinted dot. Align the chip with the socket and very gently squeeze the pins of the chip into the socket until they click in place.

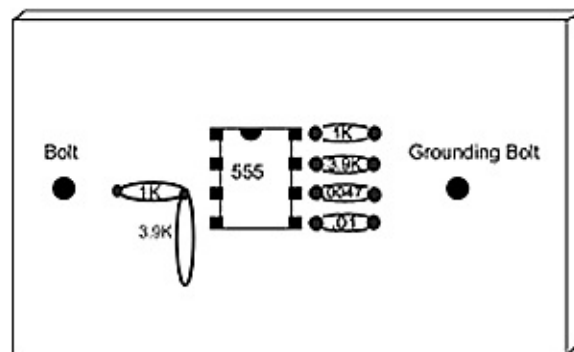
4. Make 8 pinholes to fit the wire wrap socket. Enlarge them slightly with a sharp pencil. Mount it on the outside. Write in the numbers of the pins (connections) on both the outside and inside, starting with number one, near the “cookie bite”, as seen from outside. After number 4, cross over to number 5 and continue. Number 8 will be across from number 1.



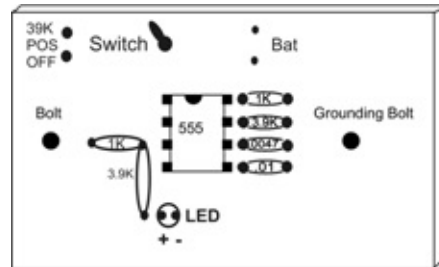
5. Pierce two holes $\frac{1}{2}$ inch apart very near to pins 5, 6, 7, and 8. They should be less than $\frac{1}{8}$ inch away. (Or, one end of each component can share a hole with the 555 chip.) Mount the .01 uF capacitor near pin 5 on the outside. On the inside connect pin 5 to one end of this capacitor by simply twisting them together. Loop the capacitor wire around the pin first; then twist with the longnose pliers until you have made a tight connection. Bend the other wire from the capacitor flat against the inside of the shoebox lid. Label it .01 on the outside and inside. Mount the .0047 uF capacitor near pin 6. On the inside twist the capacitor wire around the pin. Flatten the wire from the other end and label it .0047. Mount the 3.9 K Ω resistor near pin 7, connecting it on the inside to the pin. Flatten the wire on the other end and label it 3.9 K. Mount the 1 K Ω resistor and connect it similarly to pin 8 and label it 1 K.



6. Pierce two holes $\frac{1}{2}$ inch apart next to pin 3 (again, you can share the hole for pin 3 if you wish), in the direction of the bolt. Mount the 1 K Ω resistor and label inside and outside. Twist the connections together and flatten the remaining wire. This resistor protects the circuit if you should accidentally short the terminals. Mount the 3.9 K Ω resistor downward. One end can go in the same hole as the 1 K Ω resistor near pin 3. Twist that end around pin 3 which already has the 1 K Ω resistor attached to it. Flatten the far end. Label.



7. Next to the 3.9 K Ω resistor pierce two holes $\frac{1}{4}$ inch apart for the LED. Notice that the LED has a Positive and Negative connection. The longer wire is the anode (Positive). The flattened side of the red dome marks the Negative wire. Mount the LED on the outside and bend back the wires, labeling them (+) and (-) on the inside.



8. Near the top pierce a hole for the toggle switch. Enlarge it until the shaft fits through from the inside. Remove nut and washer from switch before mounting. You may need to trim away some paper with a serrated knife before replacing washer and nut on the outside. Tighten.

9. Next to the switch pierce two holes for the wires from the battery snap connector and poke them through. Do not attach the battery yet.

10. An inch away from the switch pierce two holes $\frac{1}{4}$ inch apart. Mount the 39 K Ω resistor on the outside and label it inside and outside as “39 K, Positive offset.” Flatten the wires on the inside.

Now to Connect Everything

First, make slits at each corner of the lid with a knife. They will accommodate extra loops of wire that you get from using the clip leads to make connections. After each connection gently tuck away the excess wire through the most convenient slit.

1. Twist the free ends of the two capacitors (.01 and .0047) together. Connect this to the grounding bolt using an alligator clip.

2. Bend the top ends of pin 2 and pin 6 (which already has a connection) inward towards each other in an L shape. Catch them both with a alligator clip and attach the other end of the alligator clip to the free end of the 3.9 K Ω resistor by pin 7.

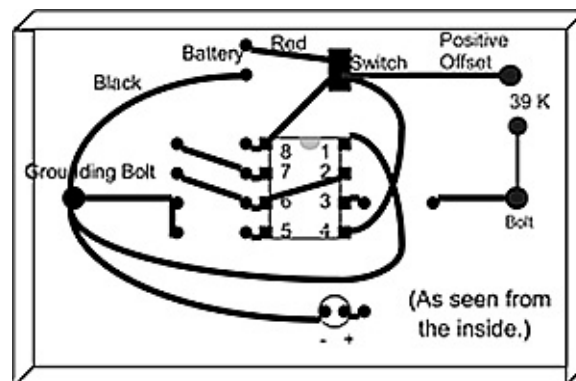
3. Using an alligator clip connect pin 7 to the free end of the 1 K Ω resistor attached to pin 8.

4. Using three micro clips connect pin 8 to one end of the switch, pin 4 to the same end of the switch, and one end of the offset resistor to the same end of the switch. (Put one hook inside the hole and the other hooks around the whole connection. Check to make sure they are securely connected.) Connect the free end of the offset resistor to the bolt using an alligator clip.

5 Use an alligator clip to connect the free end of the $1\text{ K}\Omega$ resistor (by pin 3) to the bolt. It is the **output resistor**.

6. Twist the free end of the $3.9\text{ K}\Omega$ resistor by pin 3 around the plus end of the LED. Connect the minus end of the LED to the grounding bolt using an alligator clip.

7. Connect pin number 1 on the chip to the grounding bolt with an alligator clip.



8. Attach an alligator clip to the outside of one of the bolts. Attach the other end to a handhold (copper pipe). Do the same for the other bolt and handhold.

9. Connect the minus end of the battery snap connector (black wire) to the grounding bolt with an alligator clip.

10. Connect the plus end of the battery snap connector (red wire) to the free end of the switch using a micro clip lead. Attach the battery very carefully. Before attaching the battery to its snap connector, cover one terminal with tape. After snapping in one terminal, remove the tape to attach the other terminal. This is to prevent accidental touching of terminals in a backwards direction. If the LED lights up you know the switch is ON. If it does not, flip the switch and see if the LED lights. Label the switch clearly. If you cannot get the LED to light in either switch position, double-check all of your connections, and make sure you have a fresh battery. Even if it does light up, check every connection again.

11. Finally tie up the bunches of wire pushed through the slits in the corners

with twisties or rubber bands and replace the lid on the box. Slip a couple of rubber bands around the box to keep it securely shut. For safer storage, place it inside a larger box.

Note: Having gained this much experience, you may prefer to build your next zapper on a piece of cardboard folded in the shape of a bench, \sqcap , and able to fit inside a shoebox for more protection.

Could you build this zapper the breadboard way? Yes, and use the 30 kHz parts list.

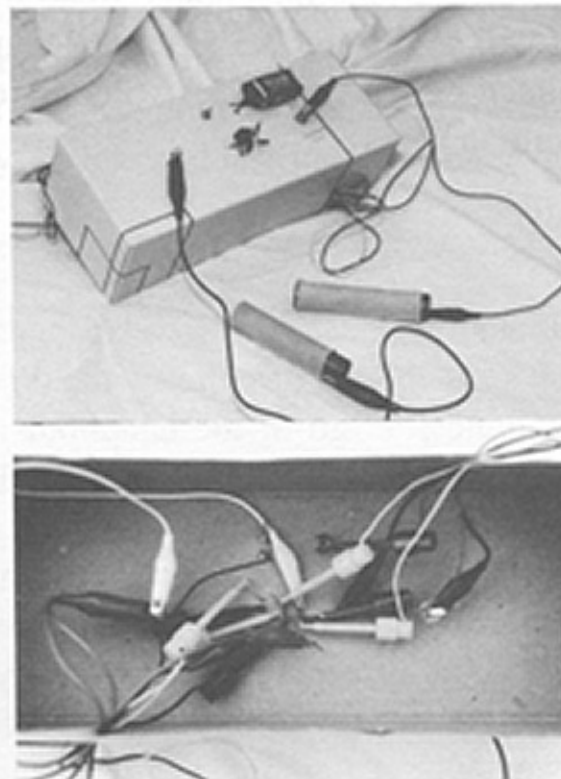
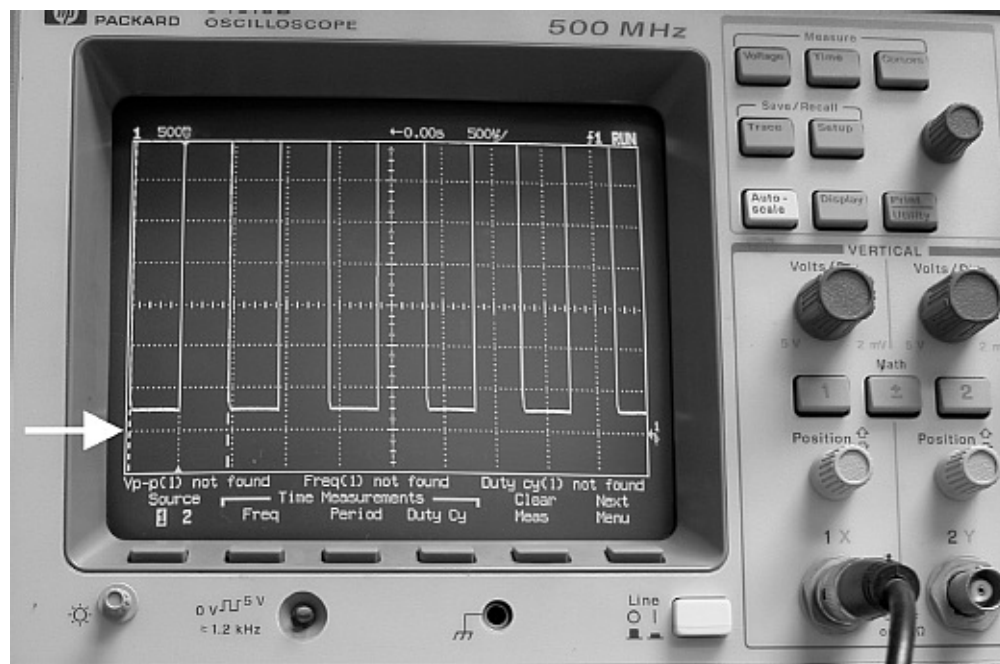


Fig. 123 Zapper under construction

- Optional: measure the frequency of your zapper by connecting an oscilloscope or frequency counter to the handholds. Any electronics shop can do this. It should read between 20 and 40 kHz. The shop can also read the voltage (peak to peak) and the amount of Positive offset (on the .5 volt-per-division scale). The voltage output should be about 8 volts.
- Note: a voltage meter will only read 4 to 5 volts because it displays an average voltage.
- Optional: observe the square wave pulses without holding on to the

handholds. They begin to rise from a base voltage of about $\frac{1}{4}$ volt. This is the “Positive offset”. The tops and bottoms of each pulse are flat, each lasting about the same time (50%) called the duty cycle. The rise and fall of each pulse is vertical, without a spike in the Negative direction. When you grasp the handholds (called “under load”) the peak-to-peak voltage drops considerably, and the shape has rounded instead of square corners for each pulse. This is a reflection on your body’s capacitance; it is normal.

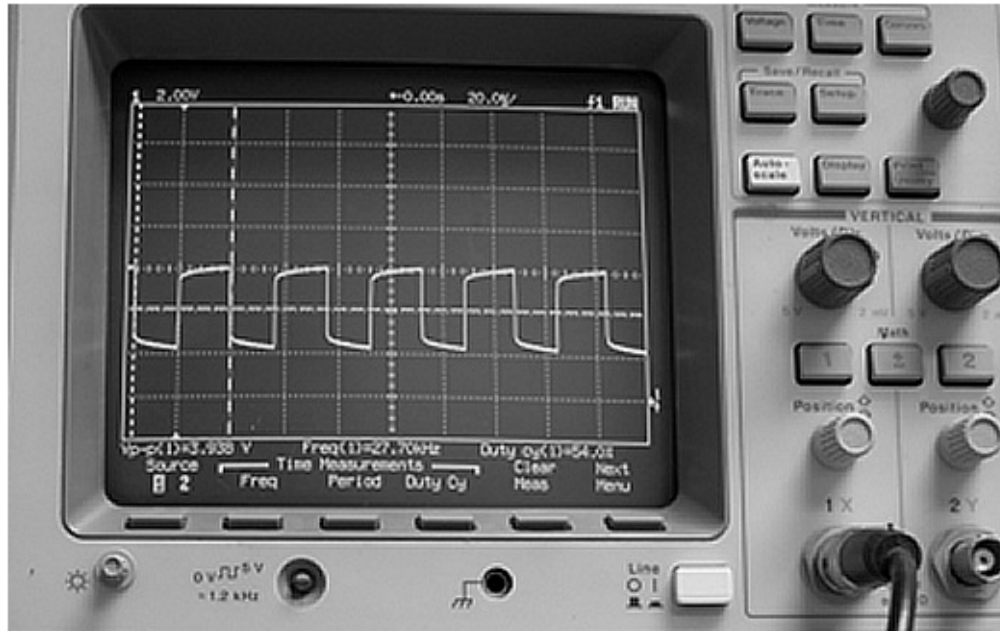
- Optional: measure the current that flows through you when you are getting zapped. You will need a $1\text{ K}\Omega$ carbon resistor and oscilloscope. Connect the grounding



At a range of .5 volts per division, it is easy to see the offset. Before the unit is turned on, the zero line is found at arrow on left side of screen. (Also see arrow at right side). Turning it on shows the elevated bottom edge of each pulse. Also, no spikes go below the zero line into the Negative field at any time.

Fig. 124 Zapper output with $\frac{1}{4}$ volt Positive offset

bolt on the zapper to one end of the resistor. Connect the other end of the resistor to a handhold. (Adding this resistor to the circuit decreases the current slightly, but not significantly.) The other handhold is attached to the other bolt. Connect the scope ground wire to one end of the resistor. Connect the scope probe to the other end of the resistor. Turn the zapper ON and grasp the hand-holds. Read the voltage on the scope. It will read about 3.5 volts. Calculate current by dividing voltage by resistance. 3.5 volts divided by $1\text{ K}\Omega$ is 3.5 ma (milliamperes) of current.



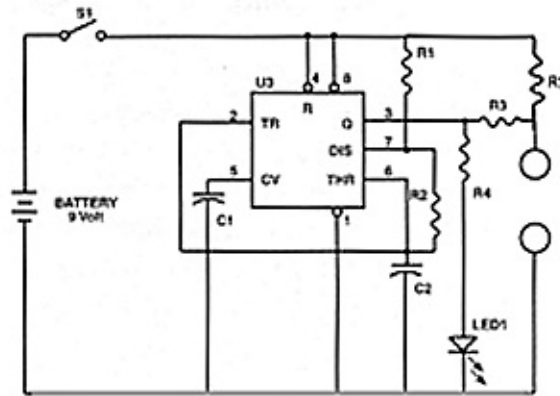
Duty cycle, voltage and frequency are less important than absence of Negative spikes and presence of the extra $\frac{1}{4}$ volt Positive offset.

Fig. 125 Zapper output under load shows effect of body capacitance

If Someone Else Builds Your Zapper

Parts List

- R1 1 K
- R2 3.9 K
- R3 1 K
- R4 3.9 K
- R5 39 K
- C1 .01 μ f
- C2 .0047 μ f
- U3 MC1455
- LED 2 ma LED red



Give this to an electronics person to build in a project box.

Fig. 126 Zapper schematic

Using The Zapper

1. Wrap handholds in one layer of wet paper towel before using. More will reduce the current. Grasp securely and turn the switch on to zap. Keep a bottle of water handy to keep them wet.

2. Zap for seven minutes, let go of the handholds, turn off the zapper, and rest for 20 minutes. Then seven minutes on, 20 minutes rest, and a final seven minutes on. This is the routine for **regular** zapping.

3. For plate-zapping, stay connected for 20 minutes at any one tissue location, and move on to others after that.

Testing The Zapper

Trying the zapper on an illness to see “if it works” is not useful. Your symptoms may be due to a non-parasite. Or you may reinfect within hours of zapping. The best way to test your device is to find a few invaders that you currently have. (This is described in the *Syncrometer[®] Science Laboratory Manual*). This gives you an exact starting point. Then zap yourself. After the triple zapping, none of these invaders should be present. If they do survive, especially the larger ones like Fasciola flukes, they are undoubtedly saturated by an insulating substance such as PCBs, Freon or benzene. For this reason, plate-zapping is chosen.

Plate-Zapping

By passing the zapper current through a capacitor plate in the same manner as the Syncrometer[®] current, a similar effect can be observed. The item placed on the plate directs or invites the current; in fact, nothing else will be zapped. My interpretation is that the capacitor plate on the resonance box has a “standing wave” relationship to an identical capacitance in your body (actually, a capacitance-inductance unit), making the resistance between them essentially zero. For this reason the dimensions and composition of the capacitor plates are important. Nearly all the current will go to this location in your body. The standing wave relationship can be seen for the Syncrometer[®] where the addition of two picofarads capacitance to the plate destroys resonance, but the further addition of two microhenrys inductance restores it again.

Making A Plate-Zapper

I have experimented and gotten good results from two configurations. One uses two sardine can lids to form a single plate. The second uses two pieces of aluminum as separate plates. The advantage of the first configuration is that it is easy to make from items around your home. The advantage of the second configuration is you can do two locations at once. Theoretically, a three-plate, or four-plate, or fifty-plate configuration would increase efficiency even more, but it would also bring a proportional increase in detoxification illness.

Only make plate-zappers as described below.

Other shapes, sizes and compositions have either not been tested or not been found useful.

Single Plate Zapper

The easiest plate zapper to build uses sardine can lids (not other cans). After careful washing and unrolling to make the surface as flat as possible, you mount them on the lids of empty vitamin bottles (the kind with plastic caps). Make a nail hole near the center of each lid and bottle cap. Find sheet metal screws to fit the holes. Tighten the can plates to the lids just enough to be still movable by finger touch.



From any zapper connect the positive output to your plates. In this picture the zapper and plates are connected to foot electrodes (copper pipes).

Fig. 127 Homemade plates

Place your two lids so they overlap slightly. They are held together tightly by the grip of an alligator clip lead. Fasten the other end of the alligator clip to the bolt of your homemade zapper (**Positive** side). Now attach a second alligator clip lead from the same plate to a copper pipe. A third alligator clip lead goes from your homemade zapper grounding bolt to the second copper pipe as usual.

The two can lids must be very securely connected at all times, such as by one of the alligator clips. Use copper pipes to contact your body for best penetration. The high frequency and layer of wet paper prevent the copper from penetrating your skin.

Double Plate-Zapper

Get two 1/32-inch (1 mm) thick aluminum plates. They should be 3¼ to 3½ inch (8-9 cm) square. Drill a hole in the center of each one and mount on a cardboard or plastic box with bolts. Place them about 2-3 inches (5-8 cm) apart.

Run a lead from the Positive output of your zapper to each of the plates (two leads altogether, clip them directly onto the edge of each plate). Then run a lead from each plate to a copper pipe. There is a lead from the Negative output of the zapper to the second copper pipe as usual. You will need five alligator clip leads

altogether.

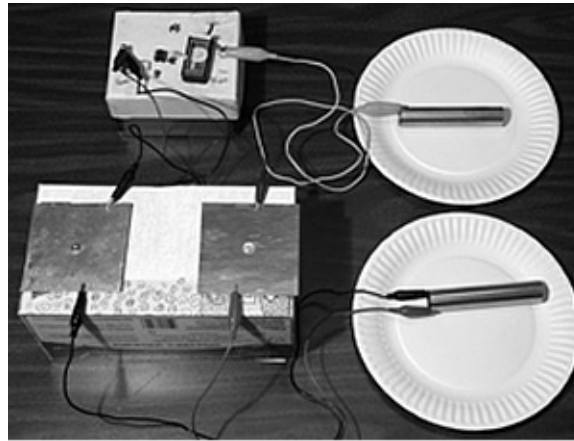


Fig. 128 Double plate-zapper

Plate-Zapping Tips

Because you should use your feet to zap, you may wish to put the copper tubes on the floor. The tubes will be wrapped with wet paper towel, so to protect your floor, one trick is to shove paper plates inside plastic bags underneath the tubes.

With plate-zapping a 9 volt battery will wear out even quicker than for other arrangements. Of course, your body is benefiting from this greater energy input by converting it in some way for itself. You need to check the battery voltage after every zap at first. If the battery voltage ends up at 8.9 or lower, you will have to repeat the last zap. Start each zap at no less than 9.4 v. Expect to drain about .4 volts from the battery for each zap using this dual plate arrangement. Get rechargeable batteries, a battery charger, and a voltmeter all of which will save you money and delays.

For detailed instructions see the *Plate-Zapping Schedule*.

The Zappicator

Attaching a zapper to a loudspeaker brings the electric pulses to the magnet that makes the speaker's paper cone vibrate. The paper cone vibrates the air at the same frequency. We can hear this if the electric pulses are at the correct frequency for our ears, which is from 20 Hz to 20,000 Hz (vibrations per second).

If we attach a zapper to a speaker we would not hear any sound, because the

zapper outputs a frequency of about 30,000 Hz (too high), although the vibrations continue. Each pulse is shorter now and might reach the molecules themselves, the way a passing train can rattle the dishes in your cupboard. If the correct frequency is found you could “rattle” a specific molecule and perhaps destroy it without harming the neighbors. That was the theory. But experiments showed that the incoming pulses had to be totally Positive (100%) and the circular magnet around the speaker had to be producing a North Pole magnetic field to have such an effect. Moreover, if an actual current was running through the loudspeaker, the whole phenomenon vanished!

I experimented with other frequencies, hoping to find one that not only destroyed bacteria and viruses, but “bad molecules” like phenolics in food. I found 1,000 Hz worked well, which surprised me because I expected a much higher frequency.

I could not understand the physics involved, but there were no exceptions. Only the single lead attachment worked, from the (+) output of the zapper to the (+) end of the speaker. If the (-) end was used at all, this unusual chemistry does not occur. The loudspeaker must be acting as if it were an antenna, suggesting that resonance is involved in finding and destroying the “bad molecules.” Fortunately I did not find evidence that “good molecules” like vitamins and organic minerals were affected. They let the pulses pass through unnoticed, like open gates letting through the traffic. But “bad molecules,” like food allergens, PCBs, benzene and phenol were destroyed. In fact, phenol appeared after benzene disappeared. After this, wood alcohol appeared as if phenol molecules had broken in half. With longer zapping even this wood alcohol disappeared producing formaldehyde, and this broke down further to formic acid. Some significant “chemistry” is going on during zapping.

Zapping food is so beneficial you are encouraged to build this device. The circuit is just like the zapper, but with a few component changes to lower the frequency to 1000 ± 5 Hz.

There will be no sound because no current is flowing. But a very tiny voltage and the 1 kHz frequency are affecting all the food that touches the plate or touches other food that is touching the plate. That is easy to see on a frequency counter.

The zapping circuit will also have the Positive offset feature, namely, a special resistor to produce a $\frac{1}{4}$ volt offset, so no Negative voltage could ever be delivered accidentally. It will produce a frequency of 1000 Hz, instead of 30,000.

Building The Zappicator

The zappicator has two parts:

- a speaker box where food is placed and
- a 1 kHz zapper to supply power to the box

First we will build the 1 kHz zapper. We will build it on a breadboard to avoid the tangle of wires, clip leads, and the soldering of other methods.

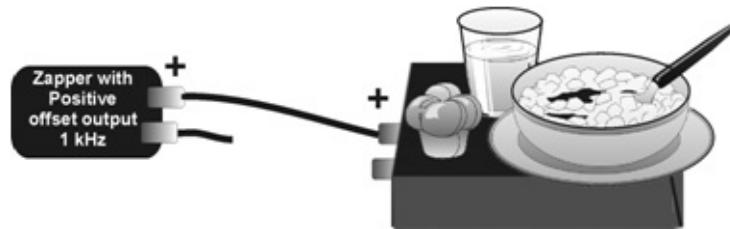


Fig. 129 Zappicator with speaker box and 1 kHz zapper

The Breadboard Way

Instructions for making a 1 kHz zapper:

Parts List for Zappicator Circuit	
Item	Radio Shack Catalog Number
9 volt battery	
9 volt battery snap connector	270-324 (set of 5, you need 1)
on-off toggle switch	275-624A micro-mini toggle switch
If not available, choose any toggle switch with holes in the terminals, OR Radio Shack 275-612	
1 K Ω resistor, brown-black-red-gold (2)	271-312 (500 piece assortment)
2.2 K Ω resistor, red-red-red-gold	use one in the assortment
4.4 K Ω resistor	use one of the 4.7 K Ω resistors in the assortment (yellow-violet-red-gold)
144 K Ω resistor	use two of the 270 K Ω resistors in the assortment (red-violet-yellow-gold)
39 K Ω resistor (for Positive offset)	use one in the assortment

orange-white-orange-gold	
low-current red LED 2 ma	276-044
.0047 uF capacitor (2)	272-130 (set of two)
555 CMOS timer chip (TLC 555)	276-1718 (you might want to buy a spare
alligator clip leads (2)	any electronics shop
Or use Radio Shack 278-1156 (set of 10)	
Breadboard	276-175 (called Experimenter Socket)
breadboard wires	276-173
2 copper pipes, 3/4 inch diameter, 4 inches long	plumbing store
Long nose pliers, scotch tape, wire stripper	

The total cost, as of 2002, was about \$29.00 not including the copper pipes.

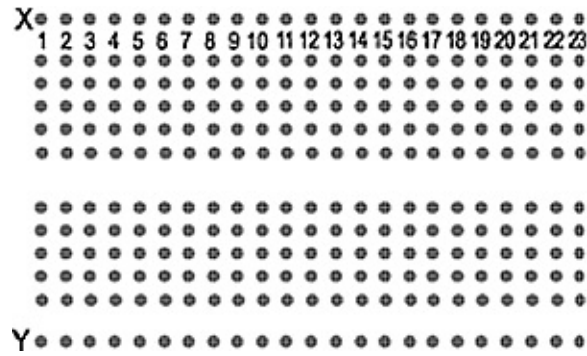
The breadboard is a plastic pad with holes in it. If you look closely at the Radio Shack “Experimenter Socket,” you can see the rows are lettered A through J, while the two outermost rows are X and Y. The columns are numbered 1 through 23. Any other breadboard will work, too.

The components connect by contacting a metal board below the holes. Here are some tips for the novice builder:

If the end of a wire is not bare, use a sharp knife to scrape off about a quarter-inch (1 cm) of the plastic insulation. When stripping wire, if you accidentally cut some of the wire strands off, then cut them all off and start fresh. Hopefully you will succeed before you run out of wire!

If the wire is solid, great, but if it is stranded then twist it with your fingers to help keep the strands together.

When you push a wire (either solid or stranded) into a hole in the breadboard, you should feel it go in securely. If you tug the wire gently it should not come free. If you turn the breadboard upside down and shake it, nothing should fall out. Sometimes (especially with stranded wire which is flexible), the wire will bend instead of going in. Just straighten it out and try again. Hold the wire as close to the end as possible to prevent bending.



Breadboard

You don't need to know this, but if you are wondering how the rest of the breadboard works, holes A1 through E1 are connected internally, A2-E2 are connected to themselves, A3-E3, and so forth. Also F1-J1, F2-J2, etc. Finally, X1-X23 and Y1-Y23 as mentioned above. To connect different rows or across the center groove, jumpers are used, of different lengths, called breadboard wires.

The resistors, capacitors, and LED have long, bare wires. Don't let them touch each other; check each one before attaching the battery. You can cut them shorter if you wish. (You can buy wire cutters, but you can also just use household scissors although cutting wire may dull the scissors.)

The resistors and capacitors have no orientation so can go in any way. But the 555 chip does, it has a small circle or dot in one corner. Also, the LED has a flat side on its rim (hard to see but easy to feel) that tells you which way it goes.

If you bought the Radio Shack resistor assortment you may be wondering how you tell them apart! The answer is by the color of the bands on the cylinder. There is a chart on the back of the package, but to make it easy, the 1 K Ω resistor is brown-black-red-gold; the 2.2 K Ω resistor is red-red-red-gold; the 4.7 K Ω resistor is yellow-violet-red-gold; the 39 K Ω resistor is orange-white-orange-gold and the 270 K Ω resistors are red-violet-yellow-gold. All the resistors in the assortment end with a gold band, so when reading the colors, start at the non-gold end.

The 555 timer chip is sensitive to static electricity. A good way to make sure you are not charged with static electricity is to touch a metal cold water pipe or faucet before handling the chip.

Although you are working with bare wires and electricity, there is little chance of harming yourself. During assembly the battery is not connected. Even while you are using the zapper, there are no voltages higher than the nine volts of the

battery in this circuit. Still, take care not to come in contact with the components while the battery is connected in order not to make a spark or damage a component.

Plug in all the components as shown in the pictures.

Attach the battery last. Do this very carefully to avoid accidentally contacting its terminals backwards. Cover one battery terminal with tape first. Then snap in the free terminal. Remove tape and snap in the other terminal.

If you have a voltmeter and wish to check the output you will find it measures approximately 4.5 V. That is because the zapper is switching between nine volts and zero volts about 1000 times per second. The average of nine and zero is 4.5 V.

Step-by-Step Assembly

1. Examine the 555 timer chip. Find the dot or “cookie bite” at one end. This starts the numbering system for the legs, called “pins”. The pin nearest to the dot is #1. Count them all. Find the 8th row on the breadboard and insert the chip across the “aisle” or groove as shown. Ease the chip in gently. If the pins refuse to go in evenly on both sides you may ease it out again with your fingernail and press the pins a bit closer together. The chip should lie flat against the breadboard when in place. Each pin connects to the row of 5 dots it is in. Identify the row of dots for each pin.

2. Insert the red wire of the battery snap connector. This will bring Positive (+) electricity to the whole row of 23 dots, called X, at the edge of the board.

3. Insert the black wire of the battery snap connector. This connects all the dots on the other edge, called Y, to the Negative (-) side of the battery. This is also called “ground”. Do not attach the battery yet.

4. Insert the jumper (red) that will bring the (+) electricity to pin 8.

5. Insert the jumper that connects pin 1 to ground. Jiggle the jumpers till they go in smoothly or try a different one. Also try bending the wires slightly inward for easier fitting. You have now completed *Diagram A*.

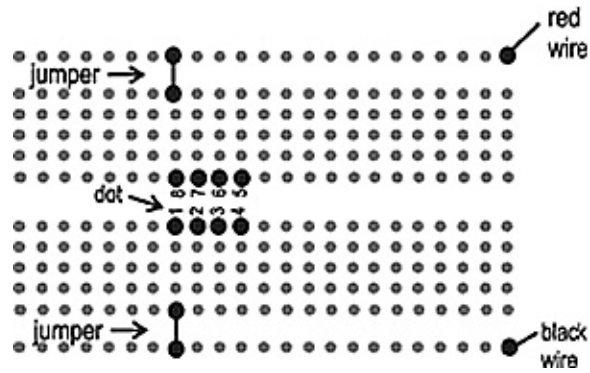


Diagram A

6. Connect pin 8 to pin 7 through a $1\text{ K}\Omega$ resistor (brown-black-red-gold). Since this is a very short distance the ends of the resistor will seem too long. Bend one end over and down to make a “hairpin”. Then cut both ends about $\frac{1}{2}$ inch (1 cm) from the end of the resistor; then insert.



7. Connect the row of dots at pin 7 to pin 6 through a $270\text{ K}\Omega$ resistor (red-violet-yellow-gold). Again, bend one end of the resistor in a hairpin; cut the other end off to make them even. Insert. Repeat with a second $270\text{ K}\Omega$ resistor right beside it. This “parallel” configuration reduces the resistance to half, namely, $135\text{ K}\Omega$. This value is close enough to $144\text{ K}\Omega$ as required on the parts list. This value works as well.

8. Next, you need to connect pin 2 on the 555 chip to pin 6. To do this, choose a jumper (green) that can take you away from the crowded conditions, all the way to row 15 from row 10.

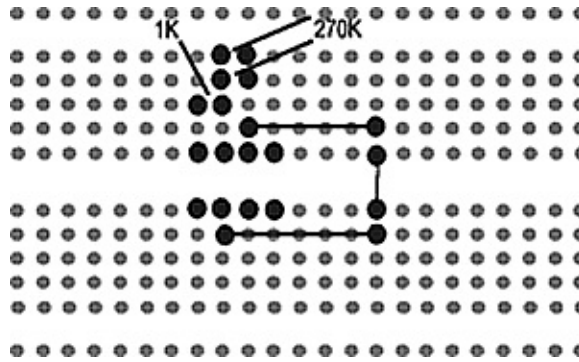


Diagram B

9. Then jump from here across the aisle (orange). From here jump to the row of dots at pin 2 (blue). Now pin 6 is connected to pin 2. You have completed *Diagram B*. (Some of your previous connections are omitted for clarity.)

10. Connect pin 6 to another outlying row, such as row 17, through a capacitor, $.0047 \mu\text{F}$. Push the end at pin 6 in first; then bend the other end slightly inward to insert easily.

11. Insert the other capacitor, also $.0047 \mu\text{F}$, between pin 5 and the same row. After solid insertion straighten out the wires and make sure no wires are touching other wires inappropriately. If any insertion is especially difficult, use long nose pliers to grasp a wire near its end for firmer pushing.

12. Connect the outlying ends of the capacitors (row 17) to ground using a jumper that crosses the aisle (white).

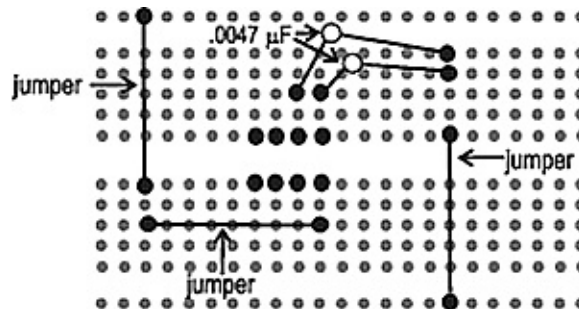


Diagram C

13. Pin 4 also gets energized by the battery. Connect pin 4 to an outlying row (row 3) with a jumper (gray). Connect the same row to the (+) side of the battery with a jumper. You have now completed *Diagram C*.

14. Now to connect the LED. Connect pin 3 to an unused row, such as 14, through a $2.2 \text{ K}\Omega$ resistor (red-red-red-gold). Find the flat side of the red dome

on the LED. The flat side has the shorter wire.

15. Insert the longer wire of the LED at row 14, the shorter wire at ground. The flat side is grounded. You have now completed *Diagram D*.

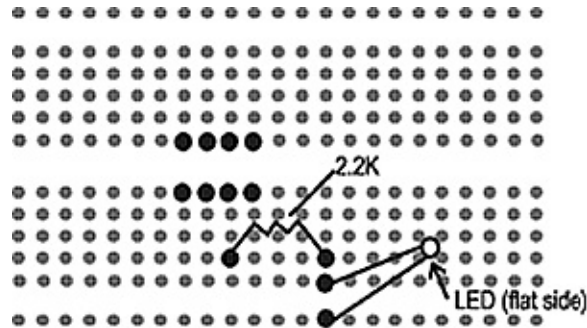


Diagram D

16. Pin 3 is the **output**. We will connect this to one copper pipe that contacts the body, but we will do this through an output resistor. Connect pin 3 to an outlying row, such as 2, through a resistor of $1000\ \Omega$ (brown-black-red-gold). This resistor protects the circuit if you accidentally short the two copper pipes as you hold them.

17. Connect an extra long jumper at row 2; it must reach to the outside of the box that will hold your zapper. Choose a light color that symbolizes the hot (+) wire. You have now completed *Diagram E*

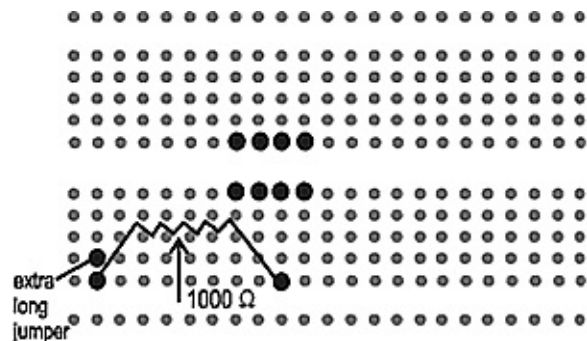


Diagram E

18. Pin 1 is already grounded. Connect another extra long jumper to the ground row, using a dark color (green) that symbolizes ground. This will connect to the other copper pipe that contacts the body.

19. Now to add the offset resistor. Connect the $39\ \text{K}\Omega$ resistor between the battery and the output at row 2. This completes *Diagram F*.

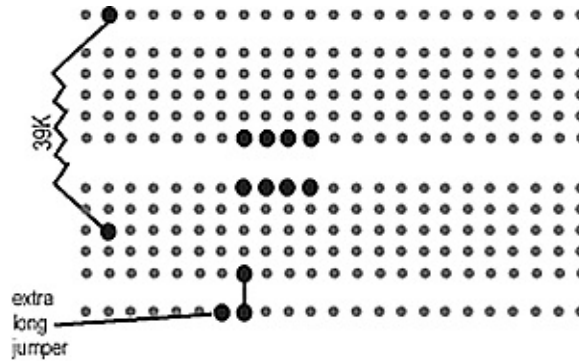


Diagram F

20. To include a switch, pull out the red wire of the battery snap connector from its seat in the breadboard. Cut the red wire in half. Strip $\frac{1}{2}$ inch of insulation from each newly cut end. Practice using the wire stripper on a different piece of wire first. Twist the bare ends into a tight form. Insert one end in the hole of one switch terminal. Make a tight connection. Connect the other bare end to the other switch terminal.

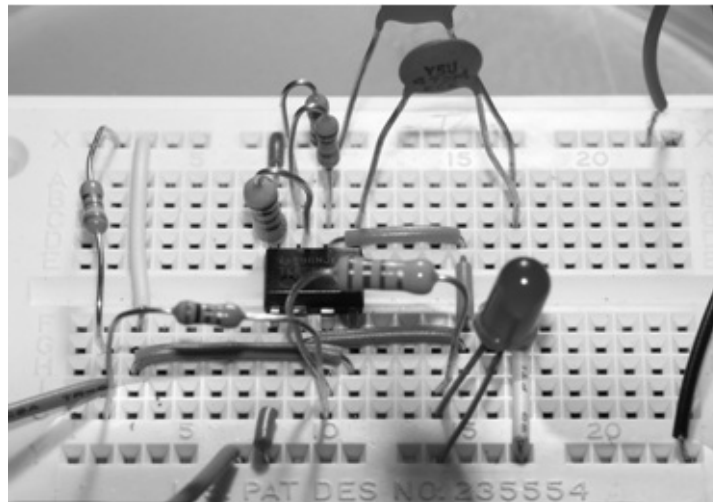


Fig. 130 Finished breadboard zapper (1 kHz) for zapping foods.

If possible, ask an electronics shop to solder these 2 connections for greater durability. Reinsert the red wire in the breadboard.

21. Connect the battery, but do this VERY CAREFULLY. Remember to cover one battery terminal with tape until the other terminal is safely seated in its holder. Then remove tape and seat the other terminal. You could destroy the chip if you touched the wrong terminals briefly.

22. The LED may now light. If it does not, throw the switch.

23. For protection you may place your zapper inside a plastic container with lid. Mount the switch and battery on the outside for convenience.

Troubleshooting

If the LED still doesn't light, it may be in backwards. Disconnect the battery, tape over one terminal, turn the LED around, and reconnect the battery. Being in backwards does not harm the LED. If it still does not light, or flickers, suspect the switch connections. Remove the switch or solder it.

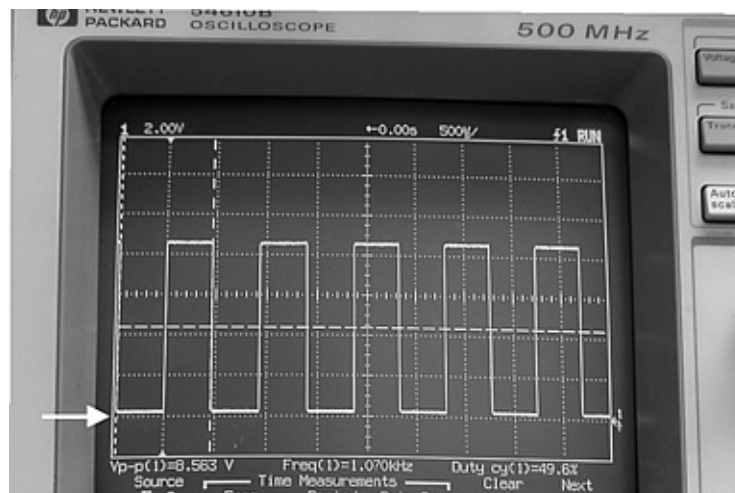
If the battery gets hot, disconnect it immediately! Check that there are no bare wires touching each other. Double-check that your wiring matches the picture. You may have drained the battery a lot, so replace it with a new one.

If everything looks perfect, but the LED still doesn't light, you may have a defective component. That's why the Parts List advises getting a spare 555 timer chip. The 555 is the most likely component to fail. Disconnect the battery and try swapping chips (pay attention to which corner has the circle). None of the rest of the components are likely to fail, but you can try swapping them if you like.

Make sure your battery is fresh. Use a battery tester.

Seeing the Output

An oscilloscope shows you a high-speed picture of how the voltage changes. You can actually "see" the zapper go from zero to nine volts and back repeatedly. And you can calculate the frequency to make sure it is about 1000 hertz (low-frequency) or 30,000 hertz (regular zapper).



The Positive offset is visible just above the zero line.

Fig. 131 Output as seen at 2 volts per division range.

Oscilloscopes are expensive, so rather than buy one, it is better to ask your local television or VCR repair shop if they would use their oscilloscope to check your zapper quickly. Here is how the zapper output typically looks. When your zapper is turned on, the bottom flat lines of each pulse should be $\frac{1}{4}$ volt above (more Positive) the zero line. To see the offset more clearly, change to .5 volts per division.

Making The Zappicator Food Box

Get these supplies:

- Zapper with a 1 kHz output, like you just made.
- Plastic carton, such as a cottage cheese or food container.
- 4 ohm or 8 ohm loudspeaker, 2" or 2½" (5-7 cm) diameter, with a North Pole face.
- one alligator-to-banana clip lead (a piece of insulated wire with an alligator clip at one end and a banana clip at the other) to fit your zapper. Whatever fits is acceptable
- compass
- roll of tape, sharp knife



Fig. 132 Choose speaker with North Pole face

Many loudspeakers on the market are South Pole. Be careful. Take your compass with you as you shop; the compass' North should be attracted to the face (see picture). A field strength of 10 to 20 gauss is preferred. This means the magnet on the speaker should be able to lift a loose chain of six paper clips. The

current and watt ratings given for the speaker are not important. Some loudspeakers have “collars”, or domes, or are encased, or shielded. Do not choose them. They do not work. The magnetic field is not necessarily stable either.

Dropping the speaker or overheating it could change the polarity. Check yours before use with a compass once a week.

Assemble the zappicator food box parts.

1. Find the (+) and (-) sign on the loudspeaker. You will be attaching a lead (wire) to the plus side.

2. Cut a hole, about ½ inch square in the side of the plastic carton for the lead to pass through.

3. Attach the loudspeaker to the bottom of the carton, inside, taping it down securely, or using hot glue around the edge of the cone.

4. Push the alligator clip lead through the hole and attach it securely to the (+) connection on the speaker. Attach nothing to the Negative terminal.



Fig. 133 Find the (+) sign on speaker

5. Find the (+) terminal of your 1 kHz zapper. You must be sure of this. If you did not build it and if it is not marked, take it to an electronics shop; the clerk can check this for you in a minute. Label it. Connect the free end of the clip lead to the (+) terminal of the zapper. If you need to use two leads to connect your

speaker (+) terminal to your zapper (+) terminal, do so. Attach nothing to the Negative terminal.

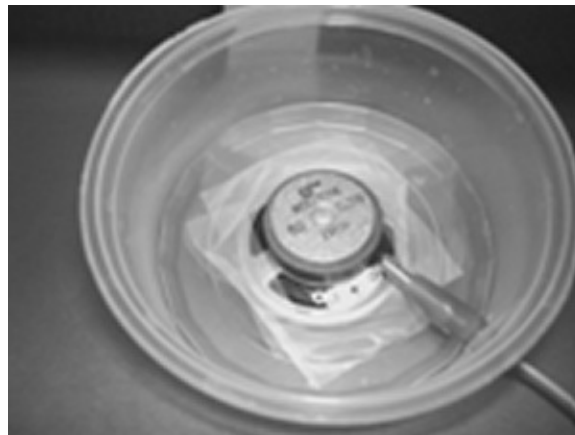


Fig. 135 Attach loudspeaker inside the carton

6. Turn carton over to give you a flat surface for food placement. Place food, packaged food, beverage glass, or filled plate on the top of the carton. It may hang over the edge. Turn zapper on for specified time.



Fig. 134 Connect speaker to (+) output of zapper

Using The Zappicator Food Box

Metal objects, like cans, placed on the zappicator will become magnetized by zapping, showing a South Pole at the base and North Pole at the top. Numerous poles are induced, not necessarily stable. The food inside the can shows the same polarity as the part of the can that is touching it (not opposite). For better quality food, it would be ideal to empty the can first and zap in a non-metal container.



Fig. 136 Place food on top of carton

Glass jars should have their metal lids removed before zapping. This gives all the food a north polarization like the polarity of the speaker. Otherwise the metal lid becomes polarized so that half the entire can becomes north and the other half south.

Foods and beverages become north polarized, although they may have started out south or without any polarity. This is because water is **diamagnetic** and takes on the same polarity as the field nearest to it instead of the opposite polarity as iron-like metals do.

Changing your food to north polarized is an extra benefit of zapping. The main goals are to destroy parasite eggs and other living things as well as harmful molecules, like food phenolics.

Attaching an ordinary zapper with output of about 30,000 Hz to a loudspeaker is almost as useful as using a 1000 Hz zapper. Some phenolics and complex “bad” molecules are destroyed, leaving the “good” ones intact. Both food and water are given a north polarization, which is beneficial.

Use the same instructions for mounting the loudspeaker. Attach a 30 kHz zapper the same way as for the zappicator.

In this chapter you learned to:

Make a zapper in a cardboard box or on a plastic “breadboard.”

Make a 30 kHz zapper or a 1 kHz zapper.

Use a 30 kHz zapper with plates for better effect.

Use a 30 kHz zapper with a speaker to treat food (“food zapper”).

Use a 50 kHz zapper with a speaker to treat food (1000 zapper).

Use a 1 kHz zapper with a speaker for better effect ("food zappicator").

Recipes

Read old recipe books for the fun and savings of making your own nutritious food. With modern appliances like grinders, blenders, juicers, and choppers, recipes that took an hour to make 10 years ago might only take 10 minutes now. Avoid the recipes that have processed (cans and packages) ingredients. When cooking from scratch you can hardly go wrong nutritionally. You only need to know that food consists of 3 parts: protein, starch and fat. Your patient should get plenty of each, with choices, but not a single mouthful of concocted food like soda pop, pretzels, chips, dips, candy or cakes. Every mouthful counts. It needs to be nutritious. And it needs to be safe.

The importance of this book is the emphasis on higher standards of food sanitation and safety. Sanitation from parasite eggs and larvae; safety from the five immunity-destroyers: asbestos, benzene, PCB, metals and dyes.

To make food sanitary and safe we have developed three chemical methods and three electrical methods. They are not equal. They have different uses. Choose carefully to suit your needs.

But isn't this just too much? Too much caution, care and cleanliness? Is all this really necessary? Isn't a little dirt good for you? These are comments that we sometimes hear.

It is years of using the microscope and Syncrometer[®] that provides the answer.

Yes! It is necessary. We are wading in filth—our own, our animals', and other's. But it "looks" clean enough to us and we might think, "What we don't see, surely can't be so significant." Let us take a trip back in time.

A Medieval Weekend

Imagine you have just landed in a medieval town in the year 1250. The family, your ancestors, has invited you to dinner and to spend the night. You hide your car in the woods, to not attract attention, and walk ½ mile along the wide path to their home. You pass many people, all walking, leading animals,

stepping over manure deposits, carrying water in buckets which are set down on the ground to rest arms, carrying milk from the neighbors in open pails, carrying bundles of firewood and a hefty stick to fend off dogs.

You arrive just before supper. The table is half set and the milk already poured. Flies are in each glass (screens weren't invented until later). You want most to wash your hands and get a glass of water, but you change your mind. A sick person in the bedroom next to the kitchen is said to have the plague. So all you want is to wash, not drink. But there is no water for washing; only a water bucket for drinking. One dipper hangs over the rim for all to share. The washbasin is being used in the bedroom. You decide against even washing your hands.

Your relatives are very friendly, eager to hug and kiss every square inch of you. You wipe your mouth as often as possible, discreetly.

For supper you get rye bread and milk (freshly carried), a piece of meat roasted marvelously (your relatives are upper class) and for desert a hunk of cheese, delicious cheddar. You look around for cutlery. There isn't any. It's all fingers, hands and slurping. You make do. You wipe hands inside your shirt. Flies find you tasty now.

After supper you try to find some water; there must be a town supply. You walk to find it and do. It's a gathering place...for pigs and cows and sheep and dogs and you! You beg for some from the person at the rope but the people think you're wasting it on your hands and face. You dry up on your clothes feeling embarrassed. Now it's time to find a toilet. But there is none. The very young children go in a potty where mother cleans them up. Mother uses water from the basin, which is being shared next door. The older children and adults fend for themselves in a community shack. Finally you're forced. You try to look casual, just in case there was a choice. There isn't. Some giggling kids are peeking in through the cracks getting a look at the newcomer. But there is no more waiting. It's diarrhea! What? Salmonella already? Then it strikes you. There's no paper. What are others doing? Nothing. And it's an indelicate subject; you can't talk about it when you already know the answer. There's no grass, no leaves, no hay, no anything. Paper wasn't invented.

You would like to wash your hands and bottom in your own urine; that seems logical; and then rinse them in your own spit—but nobody else seems to be doing that. They merely wipe their hands on their clothes and go about their chores.

You finally emerge and get ready for bed. unwashed. So does everybody. The

flies are settling down but the mosquitoes are starting up, through all the open windows. The buzz makes a faint chorus. You hide everything including your face till you are semi-choked.

You sleep in your underwear and put out the candle as quickly as possible to stop attracting insects.

The next morning you see the darkened corners of the bedroom. You wonder if there are bedbugs and whether you got bitten.

Everybody is getting ready to go to work, and to the village school, and to the fields. But Mother stays in the house to visit with you. She laughs and tries to cheer you up with a little song as she washes dishes (which cleans her hands from the sick bed) and sweeps the floor.

This is your chance to talk. What would you say? Would you say, "My dear great-great-great-great-great-grandmother, you are doing wonderfully well. The children are beautiful and your husband is so helpful. I hope your son gets well." "Oh, yes, it's in God's hands," she says. That seems to bring as much relief as giving an antibiotic.

Would you tell her about germs? The importance of washing hands? Paper or something in the toilet? Wash water in the toilet? Separate water glasses (about six or seven for her to wash each day)? Flies?

Probably not; it would be too difficult to explain or put into practice. You get in your car and vanish. You're home again.

There's No Place Like Home

Everything looks and feels different.

You notice it when anybody doesn't wash hands after toileting. You notice when anybody doesn't wash hands before eating because you know where those hands have been. You notice when dirty hands are fingering the food which will soon be served.

You see a thousand counterparts of your medieval relatives. Even in the room next to the kitchen is a grown child with "chronic fatigue" on the couch. And in another room beside the kitchen the sounds and smells of bowel elimination are taken for granted. It seems rather close to food preparation but it's an indelicate subject so is never discussed. Stains of pet "messes" are in the carpet. Smells of pesticide and laundry soap and fast food are everywhere. The cats jump on the kitchen counter to check into any food left out "for them." The dog runs about

licking everybody on the face and getting into their popcorn as they lie in front of the TV.

We have not learned. Not in 800 years. Despite knowing that sanitation eliminated plagues and epidemics of the past. Despite being able to see our enemies through a microscope. We must change. We must clean up. Clean out. Sanitize. Or give our loved ones to whatever plague comes next.

Food Sanitizers

Lugol's Rinse

Lugol's iodine has been used for decades by travelers to foreign lands to wash their fruit and vegetables. We never thought our food in the United States could be so filthy it required iodine treatment. But it is by far the most efficient "sterilizer" no matter what the level of filth. When animal refuse is used as fertilizer or produce is grown in distant countries where different diseases abound, I would feel much safer with my trusty iodine bottle always handy. Whether I am cooking or eating I can always sanitize most food in minutes.

Lugol's iodine solution

Water

Fill a sink or a bowl with a measured amount of water. Draw a line here, so future treatments do not require measuring again. **Add one drop Lugol's per quart (or liter) of water.** Dip lettuce, spinach and any other produce so everything is well wetted for one minute or more. Rinsing is optional. (Eating traces of iodine is not harmful, but iodine is powerful so do not add it directly to the food on your plate or your beverages; it would destroy some food value and eventually become toxic.) Do not save the water for later use—it will lose its potency. If you wash so many vegetables that you can no longer see the color of the iodine it has lost its effectiveness. Add more.

Cautionary Note:

Lugol's iodine can "crawl" out of its bottle even when it is tightly closed! It can stain the sink and counter top. If this happens use vitamin C immediately to make it colorless, then wipe away.

Keep Lugol's out of reach of children. Keep it in small (½ oz.) dropper bottles

as further protection against accidental overdose.

If your Lugol's was not made from scratch, it will probably have wood alcohol or isopropyl alcohol pollution. Place your entire bottle on a zappicator for 40 minutes to destroy these. It only needs to be done once.

Cysteine-Salt Food Sanitizer

1/8 tsp. cysteine powder

1/8 tsp. salt

1 quart/L water

Stir to dissolve. Immerse produce for five minutes. No need to rinse; this is edible.

When cysteine-salt is used to sanitize a beverage, such as milk or juice, it is added directly, but it soon becomes sulfurous, and unappetizing, so drink the beverage immediately.

HCl Food Sanitizer (5% USP)

1 drop per cup water

Immerse produce. Agitate food well. Let stand several minutes. No need to rinse; this is edible (but don't put it directly in your mouth).

To kill most bacteria and parasite eggs, and to destroy traces of benzene and PCBs, add several drops directly to any food. Stir the food with a non-metal utensil while adding. Although two drops per cup is enough for clear liquids, four drops is safer when particles are present or the food is solid. Do not exceed 15 drops per meal, not counting food preparation.

The Food Sonicator, Food Zapper And Food Zappicator

These three electronic methods were described. The sonicator and zapper destroy living things, destroy live tissue bits found in milk and eggs, and destroy traces of PCBs, benzene and asbestos. They do not destroy many food phenolics or dyes. The zappicator does all these things. None of these devices destroy metals. That is because metal cannot be destroyed—only changed to a different form. Metals must be washed off food.

The zapper and zappicator are more convenient than a sonicator, allowing foods to be placed on them in their original container or packaging, while the sonicator uses water immersion. The time of treatment is **five minutes**, except

for eggs and dairy foods, which need **ten minutes**. The phenolics, phenol, chlorogenic acid, phloridzin, gallic acid, and apiol need 10 minutes. Most phenolics have not been tested yet. Because you will be avoiding foods with these phenolics, you only need to zap 10 minutes, but if you sense some risk, increase the time to 20 minutes. Longer times bring the added benefit of northerly magnetic polarization given to the food and to more phenolic destruction.

Beverage Recipes

Whole Lemonade

1 whole lemon
3 tbsp. honey
1 cup water (with 1 drop HCl)

Double hot wash the lemon, cut away flower and stem ends, cut in pieces and place in blender, seeds, peel and all. Add honey and water. Blend. Strain through a course plastic strainer. Freeze the pulp for future use. This recipe removes asbestos, aluminum and mercury from your body tissues. The effect can be very pronounced if you have already stopped getting these pollutants into yourself. Do not consume more than one lemon a day to prevent becoming allergic to it. In fact, do not consume more than one citrus fruit in a day.

This beverage is the perfect hiding place for even the worst of supplements. The hydrangea powder, even cysteine, thioctic acid, glutathione, and taurine can be hidden when ½ tsp. nutmeg and 4 tbsp. honey are used in the recipe.

Digestive enzymes, betaine, and even wormwood will be hidden when ¼ tsp. cloves are added.

All honey, syrups or sugars should be zapped to destroy phenolic food chemicals besides destroying asbestos, mold spores, and parasite eggs.

Green Dinosaur

one beet leaf, or one handful of watercress or spinach
½ grapefruit or 1 pear, peach, nectarine, ½ pineapple, several apricots or other fruit, including the seeds (choose one variety only); it should be completely ripe

or cooked.
1 tbsp. honey

Don't use a rhubarb leaf or a non-edible! Beet leaves contain a lot of oxalic acid. One leaf is enough. Change variety often. Don't purchase greens at a health food store or any grocery where spraying is done on the display shelves. Give each item two hot washes although it will certainly wilt the greens, but it doesn't matter when making a drink.

Blend greens to make ¼ cup. Peel fruit. Add fruit and honey; blend again. Zappicate. Strain and save the pulp, or add enough water (plus HCl) to make it drinkable.

This beverage can draw aluminum, mercury, asbestos and copper out of the body in large amounts and into the urine. Drink a different one every day

Wheat Germ Tea

3 heaping tsp. wheat germ
1 cup water (plus 1 drop HCl)

Boil wheat germ in water for 1 minute. Strain. Drink hot or cold. Save solids to add to other cooked cereal. This beverage draws cobalt, aluminum and antimony into the urine. Drink only 1 cup a day.

Foods only need to be sonicated, food zapped or zappicated once, not each time you use them.

Straight Wheat Germ

3 heaping tsp. wheat germ

Eat it straight. Even toasted wheat germ draws cobalt, aluminum and antimony out of your body.

Phosphate Beverage

This is a clinical beverage, requiring supervision by a therapist. This pulls aluminum and mercury from your body into the urine. It can also lower blood calcium levels when it is dangerously high. Care must be taken not to lower the

calcium too much.

18 gm dibasic sodium phosphate (Na_2HPO_4)

48 gm monobasic sodium phosphate (NaH_2PO_4)

100 ml water (this is 20 tsp. or a scant half cup)

The clinical dose found in a textbook is too high for our purpose. Use a small dose of $\frac{1}{2}$ tsp. three times a day added to any beverage.

If you are especially prone to detox-illness, use 1 tsp. twice a day to speed up aluminum removal. Prions stay where the aluminum is. Do not take more without a physician's supervision. Check blood calcium levels after one week. Switch to a non-clinical recipe as soon as the prion, aluminum, or high calcium crisis is over.

Baby-Coconut Juice

At a certain time of year the new coconut crop is in. The "meat" is soft and the "milk" plentiful. If you are lucky enough to be near a coconut bar where someone cracks and cleans them for you, eat two or three a week. They are full of germanium and selenium in organic form.

Blend the meat with the milk or with another juice variety. Drink the milk plain or made into eggnog. Add 1 drop hydrochloric acid to sanitize.

Coconut Whipping Cream

1 cup baby coconut meat (solids)

1 cup coconut "milk", or water (plus 1 drop HCl)

Blend until smooth. Spoon into refrigerator jar for use on cereal, pudding, fruit. If the consistency needs adjusting, add more solids or liquids.

Coconut Cream

1 cup coconut meat (solids)

2 cups coconut milk or water (plus 2 drops HCl)

$\frac{1}{2}$ tsp. spice (optional)

Blend until smooth. Pour into tall glass. Or use as a beverage base for any unpalatable supplement. Add supplement to blender, finishing with $\frac{1}{2}$ tsp. nutmeg, cloves, turmeric or other spice.

Coconut Smoothie

Coconut Smoothie

2/3 cup shredded or flaked, sweetened coconut from a package
1/2 cup water (plus 1 drop HCl)

Zappicate entire package. Then blend coconut and water until smooth. Spoon onto cereal, desserts or homemade bread. Add more water or use more powerful blender for a drinkable beverage. This, too, will "cover" any unpalatable supplement when nutmeg or cloves are added as spices. Note: All brands of packaged coconut tested Negative for common pollutants.

Coconut Tea

1/2 cup shredded coconut or flakes
2 cups water (plus 2 drops HCl)
2 tsp. honey

Bring coconut and water to a boil, simmering 20 minutes. Press as much as possible through coarse sieve.

Zoom Juice

This beverage can give you too much energy. Drink during daytime.

1 tbsp. molasses, organic
1 tbsp. chlorophyll
1 tbsp. pomegranate juice or paste

Stir all into a tall glass of water. Add three drops HCl. Zappicate ingredients or the final product. Variations: Add coconut milk or goat milk instead of water. Add a pinch of citric acid. Add 1/8 tsp. watercress powder (see *Sources*). Many supplements can be hidden in this beverage. Pomegranate removes dyes from liver. Watercress powder destroys dyes even in your glass.

Mini Zoom Juice

1 tsp. molasses
1 tsp. chlorophyll
1 tsp. pomegranate juice or paste

Stir into one cup water (plus 1 drop HCl). Drink hot or cold.

Nopales Drink

1 small leaf of nopales (prickly pear cactus), sanitized with 1 drop HCl smeared with your finger
1 tsp. pomegranate paste or 1 cup pomegranate juice
1 tsp. molasses
1 tsp. nutmeg powder
3 drops HCl

Blend till smooth. Add more liquid till drinkable.

Now follows a number of dairy and egg recipes. Remember, you cannot eat dairy products the first two weeks, while on the *2-Week AIDS Program*. After that you can have only goat milk until you are well. Then you may eat other dairy foods—but only if zappicated 10 minutes.

About Eggs

Eggs, even raw eggs, are safe if you pull out the white ropey cord with a fork (this is the location of tissue bits of pituitary and hypothalamus), add 3 HCl drops per egg and zap or zappicate the rest. The presence of tissue bits suggests that hens are allergic to phloridzin and chlorogenic acid just as we are. But eggs have more problems: **malvin**, which causes seizures, and **gallic acid**, which triggers the SV 40 virus and inflames the pancreas. You can destroy these, too, if you zappicate 10 minutes or more.

When feeding a sick pet, a raw egg daily does wonders, while any number of cooked eggs does much less. Now that you know how to eat raw eggs safely, it would be great nutrition for you to eat one daily for two weeks! Be sure to add the HCl while stirring. It, too, "denatures" and destroys the live tissue bits. Drink only one daily of these super nutrition recipes to avoid becoming allergic to them. Longer periods of consumption might increase your demand on vitamin B₆—then take a 250 mg supplement daily.

Egg Nog

1 raw egg
1 cup goat milk
1 tbsp. honey
¼ tsp. nutmeg powder (freshly

Cream Shake

½ cup heavy whipping cream from a Natural Food Store
1 raw egg
1 tbsp. honey

ground)

¼ tsp. nutmeg

water to make 1 cup

Coconut Egg Nog

1 raw egg

1 cup coconut "milk"

¼ tsp. nutmeg powder

1 tbsp. Agave syrup

Egg Nog Cream Shake

1 egg yolk

1 cup half & half, organic

¼ tsp. nutmeg

1 tbsp. honey

Remove the white ropery part of egg. Blend each recipe. Zappicate 10 minutes or more. Add 3 drops HCl to each. The nutmeg destroys tyramine and *Bacillus cereus* bacteria in the dairy product and in you!

About Milk

Dairy products always carry a bacterium, *Bacillus cereus*, in spite of pasteurizing. This variety of bacteria makes tyramine a special "phenolic" **that causes many other allergies to develop**. The bacteria are easily killed with nutmeg; then the tyramine disappears too. Boiled and ultra pasteurized milk does not have them. The presence of these bacteria implies Fasciolopsis parasitism, as we had already seen.

Cows, too, suffer from phloridzin and chlorogenic acid phenolics...unless it is an "old fashioned" cow being raised by traditional standards in South Mexico or on an Amish farm. These had no phenolic antigens or free roaming tissue bits.

Red Milk

1 small raw red beet, peeled

1 cup goat milk

1 Fenu-Thyme capsule

Blend the beet until drinkable or strain and use juice. Add milk and spice (plus 3 drops of HCl); then blend again. Variations: 1 turmeric capsule instead of Fenu-Thyme; use coconut milk instead of goat milk. Raw beet juice can destroy many food phenolic chemicals, including phenol itself. Taken as a relish or juice with meals, it is a great help to the liver. Maybe that is why it is known as a liver tonic. Red beets can raise the red blood cell count, too. Nevertheless, do not overdo the amount of raw beet. A moderate amount is 1 tbsp. per meal.

Beet Popsicles

red beets. peeled and cubed

Freeze some raw beet in small plastic relish containers with lids. Cook the rest and freeze these, too. Serve one portion with each meal. Variations: serve with a tbsp. homemade horseradish sauce; use a sour cream recipe or Mom's Mayo to mix with fresh grated horseradish for the sauce.

C-Milk

Cold milk can absorb a surprising amount of vitamin C powder without curdling or changing its flavor. Try ½ tsp. in a glass of cold goat milk.

Buttermilk-C

Stir 1½ tsp. vitamin C powder into a glass of goat milk, more if it won't develop flakes. Add a pinch of sodium-potassium salt (see *Sources*). Additional seasoning may be herbs or a Fenu-Thyme capsule. Stir and zappicate. If it does not form flakes readily, try a brand that is not ultra pasteurized. Also try adding a pinch of citric acid.

Raw Certified Milk

You may be lucky enough to find this at your health food store. Raw milk has a special factor, lactoferrin. This factor is missing from the liver, spleen and bone marrow in cases of anemia and cancer. One glass of raw milk replenishes it for over a week!

Zappicate 10 minutes to destroy tissue bits of pituitary and hypothalamus as well as phenolic allergens. Add HCl too.

Ice Creams

from the grocery store are loaded with benzene and other solvents. Fortunately there are ice cream makers that do everything (no cranking)! Or try our recipe that uses a blender. Be sure not to add store bought flavors. Use all the essential oils or herb powders discussed in this book. It is your spice "cup-board" for cooking and baking. Zappicate everything.

5-Minute Strawberry Ice Cream

2 half-pints of heavy whipping cream zappicated in the carton for 10 minutes, chilled and HCl-ed.

1 package of frozen zappicated strawberries, about 10 oz.

½ cup zappicated clover honey.

Dump frozen strawberries into blender. Pour whipping cream and honey over them. Blend briefly, (about 10 seconds), not long enough to make butter! Pour it all quickly into a large plastic bowl. Cover with a close fitting plastic bag and place in freezer. Prepare it a day ahead. Try using other frozen fruits, such as blueberries and peaches. Freeze them yourself, fresh from a Farmer's Market. Keep a few berries out of the blender and stir them in quickly with a non-metal spoon before setting the bowl in the freezer. There are many ice cream recipes to be found in old cookbooks. Avoid those with processed foods as ingredients. You may add nuts if you zappicate them or shell them yourself.

Pear Slush

If you miss frozen desserts, learn to make a fruit slush in 5 minutes. Keep a variety in your freezer.

1 large pear
1 tbsp. agave syrup
1 tbsp. water

Double hot wash the pear. Peel and cut away the stem and flower end, leaving no blemishes. Place in blender with syrup and water, seeds and all (pear seeds are powerful virus killers). Scoop into serving size plastic ware and freeze. Serve frozen. Variations: add topping of *Coconut Whipping Cream*.

Coconut Slush

A few wedges of "baby" coconut
1 cup pomegranate juice
1 tsp. molasses
5 drops HCl

Grind in blender till smooth. Pour into freezable containers. Variations: When serving, pour 1 tsp. honey on top.

Complete Meal Drinks

When a meal is missed, weight is lost and the body is stressed. If you are a caregiver and your patient is refusing food, and cannot be given IV-feeding for whatever reason, you can make a drinkable replacer meal that will protect their life and health temporarily. Coax your patient to try at least one of these "total meal" drinks

meal drinks.

EZ Meal

1 egg
1 tbsp. oil (see safe oils)
1 tbsp. honey
¼ tsp. nutmeg (freshly ground)
sodium-potassium salt (to taste)
water to make 1 cup total
CALORIES = 255

EZ Dairy Meal

1 egg
1 tbsp. safe oil
1 tbsp. honey
¼ tsp. nutmeg (freshly ground)
sodium-potassium salt (to taste)
goat milk to make 1 cup total
CALORIES = 345

Mini Flax Oil EZ Meal

1 egg
1 tsp. flaxseed oil
1 tbsp. honey
¼ tsp. nutmeg (freshly ground)
¼ tsp. cloves
½ cup coconut milk

CALORIES = 210

Flax Oil EZ Meal

1 egg
1 tsp. flaxseed oil
2 tsp. oil, safe variety
½ cup coconut whipping cream (100 ml = 250 calories)
1 tbsp. honey
¼ tsp. nutmeg (freshly ground)
water to make 1 cup (optional)
CALORIES = 550

Remove stringy part of egg white. Add 3 drops HCl (5%), mixing thoroughly with plastic fork or blender. Add remaining ingredients and blend or mix with a plastic fork. Zappicate for 10 minutes.

For a change of flavor add cardamom, coriander, licorice powder, ½ tsp. grated lemon peel, but keep the nutmeg. Also try Agave syrup, different kinds of honey or Mexican sugar.

A sick person needs 2000 calories a day to recover, 2500 is better.

The basic recipe combines a protein (egg), a natural fat (cream, oil) and natural carbohydrate (honey, syrup). You may design your own variations.

Sweet or Salty

All granulated forms of all sugar varieties I purchased at USA grocery stores or health food stores had asbestos fibers in them! The organic and Mexican varieties shown did not. Sucrose purchased from a chemical supply company also did not. All honey had asbestos fibers except locally produced or Canadian honeys. Electrical treatment (all three kinds) destroys asbestos; it also kills sorghum mold that is present in all sweeteners tested so far. Simple boiling kills mold too.

Sorghum mold is a fungus that grows in many of our organs; it gives us tiny red "blood blisters" and I believe it is responsible for strokes in the elderly. Because it is dangerous and yet so common, it is constantly zapped while plate-zapping.

Ordinary granulated sugar in Mexico is not over-refined to a glistening white color. It has not developed D-mannitol, an antigen, and it does not have asbestos.

Because most maple syrups have gallic acid, the trigger for SV 40 virus, it must be brought to a boil to destroy it.

Dextrose is the familiar "icing" or "confectioner's sugar". It is especially good for liver disease. When ordered from a manufacturer it had no asbestos (see *Sources*).

Agave syrup is especially free of allergens. Nevertheless, rotate the safe sweeteners so you do not get allergic to any one.



Organic sugar from Paraguay, maple syrup, locally produced honey, sucrose, agave syrup, dark Karo syrup, two Mexican sugars, and dextrose.

Plain Salt

Use pure salt only (see *Sources*), like for laboratory use. Grocery store salt and sea salt as well as other kinds of salt have processing contaminants, not to mention aluminum additives, and often have *Ascaris* eggs and mold.

Two To One Sodium-Potassium Salt

2 cups pure salt
1 cup potassium chloride

Mix. Store in tightly closed glass jar with rice added to absorb moisture. Label. Use in a saltshaker without a metal lid. If you don't mind the taste, a one-to-one mixture is even more beneficial.

B-C Salt

This is the easy way to get vitamin B2 and vitamin C into all your food:

½ cup pure salt or sodium-potassium salt
1 capsule vitamin B2
½ tsp. vitamin C (ascorbic acid) powder (also try 1 tsp.)

Shake together in closed jar. Zappicate. Pour into closeable non-metal saltshaker. When using this salt in cooking, wait until the end to add it, to preserve its vitamin power.

Spreads

Butter

Although it comes from cow's milk, it does not have the tissue bits of pituitary and hypothalamus glands that the milk itself and cheeses have. Unfortunately, most butter is spiced—even when labeled organic. The spice includes "onion", favorite food of *Fasciolopsis*. But boiling destroys it, so I recommend boiling and, later, zappicating to destroy traces of dyes.

Real Butter

1 pint whipping cream
¼ tsp. watercress powder or freshly made watercress juice

¼ tsp. watercress powder or freshly made watercress juice
8 drops HCl

Put all ingredients into a plastic container or a glass jar with enough empty space left to shake well.

Shake for 5 minutes. Soon the cream feels "thick". It gets thicker and thicker until suddenly it all separates into butter and buttermilk. Keep shaking till a solid ball of butter is formed. Pour off the buttermilk. Don't consume this. Throw it out. It contains the dyes, asbestos and heavy metals that may have been in the cream.

Wash the butter pellet with 4 changes of very cold water or until the water remains clear. Finally, sculpt and display your butter on a serving plate or mash it into a regular butter dish. Zappicate and refrigerate. Makes about ¼ pound.

Coconut Butter

10 oz. coconut oil
2 oz. olive oil
½ capsule riboflavin (vitamin B2)
1/8 tsp. pure salt or sodium-potassium salt (to taste)

If coconut oil is solidified, melt it first by warming. Then add oils together in jar. Shake the two oils until uniformly mixed. Add riboflavin and salt. Shake again. Pour into mold or butter dish. Refrigerate. Remove from mold with hot water.

Note about colors: coenzyme Q10 gives a butter-yellow color. Riboflavin gives lemon-yellow color. Turmeric is another safe yellow colorant. Zappicate all.

Peanut Butter

Use fresh unsalted roasted peanuts—they will be white on the first day they arrive at the health food store from the distributor. (Ask when they will arrive.) Or shell fresh roasted peanuts yourself, throwing away all shriveled or darkened nuts. Grind, adding salt and vitamin C (¼ tsp. per pint) as you go. Take your own saltshaker with built in vitamin C to the health food store where you grind it. For spreadability, especially for children, mix an equal volume of cold butter, homemade, or safe oil to freshly ground peanut butter. This improves spreadability and digestibility of the hard nut particles. This will probably be the most heavenly peanut butter your mouth has ever experienced. Zappicate when

finished.



Fig. 138 Light-colored, roasted peanuts had no aflatoxin

A store bought variety should be natural, not partly hydrogenated. Before putting it in the refrigerator, turn it upside down for a day or so to let the oil mix with it. Zappicate the whole jar or add a pinch of vitamin C, vitamin B2, and several drops of HCl after opening.

Marmalade

2½ cups water

2½ quarts whole oranges

2 whole grapefruits

1 lemon

5 to 6 cups (according to your taste) safe granulated sugar

½ tsp. vitamin C

Boil water. Add oranges, grapefruits and lemon that have been double hot-washed, and put through a food processor until coarsely chopped. Bring to a boil; then cook on low heat, uncovered, about 35 minutes. Stir with wooden spoon occasionally and pick out any seeds that rise to the surface. Stir in sugar, again bringing to a boil. Simmer an additional 20 minutes. Stir in vitamin C. Ladle into sterilized glass jars. Cover with plastic lids (see *Sources*). Zappicate each jar when cool.

There are many uses for marmalade besides being good on homemade bread and butter. Try on homemade ice cream.

Preserves are easily made in minutes

1 cup fruit

1 tbsp. water

sweetening

Soak fruit twice for one minute in very hot water to remove dye, asbestos and malonic acid from spray. Peel if possible. Heat to boiling in water, stirring with wooden spoon. When done, add half as much sweetening as there is fruit and bring to boil again. Cool. Zappicate.

Fruit is often unevenly ripened. This changes its nature. I suspect this is the reason that bad chemicals like phloridzin and chlorogenic acid appear in them. Save such fruit for cooking, as in jams or marmalade because this destroys these phenolics.

Dressings

C-Dressing

½ cup safe oil

¼ cup fresh lemon juice

1 tsp. thyme, fenugreek or both. Capsules are freshest. The combination is available as Fenu-Thyme (see Sources). Use 2 capsules.

1 tsp. vitamin C powder

½ tsp. honey

Combine the ingredients in a well-rinsed salad dressing bottle. Shake. Zappicate. Refrigerate. The basic recipe is the oil and lemon juice in a 2:1 ratio. After mixing these, add any pure spice desired.

This dressing is especially good in wintertime to protect you from colds. As little as 1 capsule a day of Fenu-Thyme alone, is quite effective, too.

Mom's Mayo

¾ cup olive oil or other safe oil

1 egg (zappicated and 3 drops HCl added)

¾ tsp. salt (pure sodium chloride or sodium-potassium mixture)

1 tsp. sugar (safe variety)

juice from 1 small lemon

Put egg, lemon juice, salt and sugar in blender. Begin blending. Add the oil slowly, while blending, so you can make your favorite consistency. Makes 1 cup.

Tomato Sauce

Use garden grown tomatoes that have not been sprayed. Only your own garden could be trusted. You will not need the double hot wash. But you do need to zappicate for food phenolics and plain bacteria.

Peel and bring to a boil with just enough water added to keep it liquid. Use non-metal utensils. Add pure salt.

Sour Cream-C

2 cups heavy whipping cream (cow, goat or coconut)

¼ tsp. citric acid

¼ tsp. vitamin C powder

pinch of pure salt

Stir until smooth. Zappicate. Refrigerate two hours before serving.

Main Foods

Use simple recipes from old cookbooks. Bake cookies, cakes and pies from scratch, using unprocessed ingredients. Do not use paper cupcake cups, the wax coating has benzene. Use aluminum-free baking powder (see *Sources*). Zappicate everything. Do not use aluminum baking pans, bowls, measuring spoons, or foil wrapping.



Fig. 139 Use aluminum-free baking powder

Granola

6 cups rolled oats

½ cup raw wheat germ (toasted is second best)

- 1 cup sesame seeds
- 1 cup sunflower seeds (raw, unsalted)
- 1 tsp. cinnamon
- ½ cup homemade butter
- ½ cup honey



Fig. 140 Mexican oats are free of asbestos

Preheat oven to 250°. Toss all ingredients in mixing bowl. Spread thinly on a baking sheet and bake 20-25 minutes. Stir often in order to brown evenly. When golden, remove and let cool. Makes 12 cups. Zappicate each item first or when it's done. You may add raisins and nuts if zappicated.

Jump Start Cereal

- ¼ cup wheat germ
- 1/8 cup pomegranate paste or molasses

Zappicate all items first. Add goat milk, coconut milk or plain water to your serving.

Yogurt

Buy a yogurt maker. Use plain yogurt as starter. Then use your own for the next batch so you stop getting apiol into it. Only pasteurized, not ultra pasteurized goat milk works quickly. When done add fresh blueberries, strawberries, or peaches all double hot-washed. Then zappicate and add HCl, 3 drops per cup.

Goat Cheese

If you were a cheese lover, you would enjoy getting it back on your menu by making it yourself. Make cottage cheese from 2 quarts of goat milk according to

an old recipe. But add a tsp. of regular Blue Cheese before it all turns into curds. You can get addicted to this, so restrict yourself to alternate days. Add 3 drops HCl per cup to final product and zappicate.

Cottage Cheese "Zuppe"

Drop a carton of cottage cheese into a saucepan and cover with goat milk or cream. Add salt and any other herbs. Stir and boil for 20 seconds. When cool zappicate and add hydrochloric acid (3 drops per cup).

Fast Food Cottage Cheese

Zappicate a carton of cottage cheese for 10 minutes. Zappicate the honey dispenser and heat till flowing. Add ¼ tsp. nutmeg and 10 drops HCl to the cottage cheese, stirring it in and leaving a hole in the middle. Pour in honey. For a change, add ¼ tsp. grated lemon peel, too, or the pulp from a whole lemon or other strained beverage.

Fish & Seafood Recipes

Since all varieties of fish and seafood had Fast Garnet dye and "shrimp" antigen (the cause of lymphoma and lymph node metastases) these recipes have been omitted.

Beans, Dried Peas, Lentils & Rice

These foods have hard centers even after regular cooking. *Shigella* bacteria and *Ascaris* eggs survive there.

Nearly all samples from a supermarket or health food store also had asbestos fibers. Maybe they had been "washed", besides, since most had PCB, benzene and dye contamination. Two hot water washes does not completely clean them, but electrical treatment after hot washes did remove it all and kill all live pests.

After this, use your favorite recipe.

Meats

A big advantage has been gained from electrical treatments. All parasite eggs and stages can be killed quickly and to any depth, by any one of the three methods. You can now cook, bake, poach, or fry them the usual way. Do not grill.

Bone Marrow-Beef Broth

3 or 4 beef bones, cut to expose the bone marrow
½ lb. of a cheaper cut of beef, including sinews, gristle, cartilage

1 bay leaf
sodium-potassium salt (to taste)
5 drops HCl (5%, USP)

Place bones and meat in original package in sonicator, on food zapper or zappicator for five minutes. Place meat in large enamel pot. Save bones for later addition. Cover with cold water. Add 5 drops HCl. This will preserve the natural L-G and L-A in the meat. Bring to boil. Remove and discard foam that develops at first during cooking, using wooden spoon.

Add other ingredients and cook till done (about 1 hour). Add bones and cook five minutes more. Add 5 more drops of HCl. Cool. Eat some bone marrow as soon as cool enough. Pour off the broth. Drink one cup a day. Refrigerate. If fat solidifies at the top, do not throw this away. It belongs with the broth. Reheat it daily so it can be mixed.

Variations: Add a homegrown tomato instead of HCl.

Vegeables And Fruits

Most are sprayed with combinations of wax, dye, pesticide, antisprouter, antimold, etc. Azo dyes (Fast Green and Fast Garnet) are present in most sprays as are lanthanide metals. They penetrate the food deeply. But double soaking in hot water for one minute removes it. Even organic bananas, pears, plums and grapefruit must be double soaked this way. Peeling is not sufficient.

Then zappicate them to destroy food phenolic chemicals, parasite filth and leftover traces of sprays. Always zappicate the final product unless you know each item has already been treated.

Parasite Killer Recipes

Spice Syrup

These are essential oils made from traditional herbs. The herbs have been used for centuries to prevent illness associated with food—and are used to this day, in less developed countries, hence their use as spices. By combining them we get an antiparasite, antibacterial, even antiviral effect. All of these invaders enter us with food and can be conquered with food—namely spices.

with food, and can be conquered with food, mainly spices.

1 tsp. peppermint oil

1 tsp. coriander oil

1 tsp. clove oil

1 tsp. nutmeg oil

½ tsp. white thyme oil

1 tsp. fennel oil

½ cup maple syrup, boiled

Mix in glass bottle with enough room to shake. SHAKE VERY WELL before use to prevent separation of oil. If you don't, the bottom portion will not have potency.

The dose is ¼ tsp. 2 times daily. Measure accurately. Do not mix with water. Tip the spoon at the back of tongue and swallow quickly. Chase with a bit of bread until you are used to it. For children: 1/8 tsp. once a day.

General Spice Syrup Recipe

(This is not a single recipe; it is the design for all spice syrups, to make them strong enough but not toxic.)

1 tsp. of any mild-flavored spice oil OR

½ tsp. strong-flavored spice oil, such as wintergreen, white thyme, frankincense, myrrh

2 to 4 tbsp. pomegranate paste or juice, molasses or chlorophyll

½ cup maple syrup, agave, oil, or honey

Choose up to 8 spice oils to combine with other ingredients and syrup. A final dose of ¼ tsp. will give you 1 drop of each mild spice and ½ drop of each strong spice. Do not use more than that three times per day. Too much of any one oil could be toxic.

Choose the herbs to suit your needs. Then measure the correct amounts into a pint jar. Add syrup and shake.

Maple syrup must be brought to a boil first and cooled. You may use agave syrup instead of maple syrup, but add 1 tbsp. water too, to help it mix. You may use an oil instead of syrup as the base. If you use honey instead of syrup you may also need 1 tbsp. water to help it mix.

Spice Tea

1 tsp. whole cloves	1 tsp. whole barley
1 tsp. coriander seed	1 tsp. anise, ground
1 tsp. cardamom, ground	1 tsp. turmeric powder
1 tsp. fennel seed, ground	¾ tsp. nutmeg, ground
2½ cups water	

Add all ingredients to water in a non-metal saucepan and simmer 20 minutes. Strain one cupful through plastic strainer and return the solids to the saucepan; refrigerate.

Add a safe sweetening to the cup of tea. Sip over 1 to 2 hours. This is one day's portion. Do not drink more than 1 cup daily. Next day, strain another cupful and sip as before, hot or cold.

Next day, add a cup of water to the saucepan and reboil for 5 minutes to yield a third cup of tea. Finally, you may eat the solids, one-half portion in one day.

This tea replaces the same spices taken as spice syrup. You may add other spices or hide supplements in this tea. This tea kills a variety of parasites, bacteria and viruses. It can also activate the liver to produce a green bowel movement. Even "gallstones" may appear.

Prion Punch

Prion protein is in all of us repeatedly as our bodies kill flu viruses. Our WBCs eat them promptly. But if a lot of flu virus emerges after killing large flukes and many make their way to the brain, they release their own prions and light-headedness and disorientation is felt. That contributes to detox-illness. You can kill them in hours with:

- 2 horseradish capsules
- 1 tsp. fennel seed (freshly ground)
- 1 tsp. sage (freshly ground)
- 3 heaping tsp. birch bark (powdered)
- 1 tbsp. syrup

Make birch bark tea by simmering in 3 cups water for 1 minute. Cool. Blend dry ingredients in the birch bark tea and syrup. Drink 1 to 3 cups a day to stop detox-illness.

Electronic Pau D'Arco Tea

1 tsp. Pau D'Arco powder
½ cup cold tap water

Place both in a cup on bottle-copying plate. Attach the Positive lead (wire) from a regular zapper to the copy plate. Zap 20 seconds. Sip the water throughout the day to kill Paragonimus. You can strain out the Pau D'Arco if you wish.

Paragonimus Punch

By killing Paragonimus in different ways you reach them in different places. Note how vulnerable they are. You do not need all of these. Each herb kills some.

1 tsp. hydrangea powder
1 tsp. cloves (freshly ground)
1 tsp. nutmeg powder
7 capsules wormwood (200-300 mg per capsule)
3 drops wintergreen oil
3 drops sage oil, Clary
3 drops peppermint oil
3 drops juniper oil
3 drops frankincense
3 drops coriander oil
3 drops cardamom oil
1 tbsp. pomegranate paste or 3 tbsp. juice
1 tbsp. chlorophyll liquid
6 oz. tea made from Pau d' Arco bark
6 oz. tea made from mullein leaf

Place the powders in a tall glass. Add the drops of herbal oils. Then add the liquids, while stirring, to make an enjoyable oils. Then add the liquids, while stirring, to make an enjoyable beverage. Add coconut cream to give a smoother taste. If it is not sweet enough, add agave syrup, honey or boiled maple syrup. Treat each item electronically or the final beverage.

All oils can be substituted with 1 tsp. powder of the same herb.

If you are missing some ingredients, simply leave them out. Add them later when you do have them.

Drink this once a day in divided doses while on this program. Then cut the

dosages in half and later in quarters when you are much healthier. Leave out anything you don't tolerate well.

Pau D'Arco has several other names, including Lapacho and Taheebo. Use regular or electronic tea.

If some of these herbs are already being taken in the Spice Syrup, omit them here.

Buski Tea

1 tsp. anise seeds

1 tsp. fennel seeds

1 tsp. coriander seeds

1 tsp. whole cloves

1 tbs. barley, whole

1 tsp. nutmeg

3 cups water

Combine all ingredients except nutmeg in saucepan. Add water and bring to boil. Simmer 20 minutes. Let stand to cool. Strain 1 cup to drink; put back the solids. Add ½ tsp. nutmeg. Sweeten with any of: pomegranate, molasses, honey, or boiled maple syrup. Later, reheat for second cup, pressing the solids in strainer with non-metal spoon. Add nutmeg and sweetener as before. This tea reaches leftover Fasciolopsis in "unreachable" places so protect yourself from detox-illness.

Zappicate each cup 10 minutes for extra potency.

Six Fresh Seeds

6 large prunes OR 6 large apricots OR 6 large apples OR
6 large pears OR 6 peaches or nectarines

After two hot washes, remove the pits or seeds, saving the fruit for other uses.

To crack open pits: find a rock or piece of cement brick. Slide it into a zippered baggie. Position it in your sink over the drain. Or, if you are near a cement sidewalk, slip the 6 pits into a zippered plastic bag. Procure a hammer. After cracking the pits, remove the seeds and place in grinder. If you are very sick choose seeds the size of your thumbnail. In the case of apple or pear seeds, use up to 30 seeds. Add:

3 tsp. wheat germ
¼ tsp. nutmeg
¼ tsp. barley flour or ground barley

Grind 1 tbsp. whole barley first in coffee grinder and store. Then grind all ingredients together. Eat within a few hours. The barley, like the wheat germ, provides the drying effect that keeps fresh seeds from clogging the grinder. Variation: add 1 tsp. sweetened coconut, flakes or shredded.

It is thought that amygdalin or "laetrile" is the active ingredient, but there is no evidence for this since clinical trials got stalled decades ago after finding it promising against cancer. Amygdalin keeps its potency; the active ingredient we seek does not.

Apricot kernels in health food stores have lost their potency, in spite of refrigeration, so you must prepare your own. Do not crack these pits ahead of time nor store seeds, although you may store pits. The Syncrometer® finds that the active ingredient is already a part of our metabolism, somewhat like a vitamin, and in similarly small amounts. Sick organs have none. The correct amount is essential for us but large amounts are toxic, somewhat like trace elements. Do not take more. Six Fresh Seeds can kill SV 40 and Fasciolopsis buski, as well as destroying many phenolics. The dose is one set of 6 kernels or the seeds of six fruits daily for 6 days, then take 6 days off and repeat the cycle till you are much better.

Black Walnut Hull Tincture

This recipe is 4 times as strong as the original one, so it is called **Black Walnut Hull Tincture, Extra Strength**.

Your largest enamel or ceramic (not stainless steel, not aluminum) cooking pot, preferably at least 10 quarts

Black Walnuts, in the hull, each one still at least 50% green, enough to fill the pot to the top

Grain alcohol, about 50% strength, enough to cover the walnuts

Vitamin C powder
Plastic wrap or cellophane
Glass jars or bottles

The Black Walnut tree produces large green balls in fall. The walnut is inside, but we will use the whole ball, uncracked, since the active ingredient is in the green outer hull.

Rinse the walnuts carefully, put them in the pot, and cover with the alcohol. Sprinkle on 1 tsp. vitamin C. Seal with plastic wrap and cover tightly. Let set for three days. Pour into glass jars or bottles, discarding walnuts, and add more vitamin C (1 tsp. per quart). This will keep the color green. If the glass jar has a metal lid, put plastic wrap over the top before screwing on the lid. Potency is strong for several years if unopened, even if it darkens slightly. Refrigerate after opening.

When preparing the walnuts, rinse only with cold tap water. You may need to use a brush on areas with dirt. If you are not going to use all of them in this batch, you may freeze them in a zippered plastic bag. Simply refrigerating them does not keep them from turning black and useless. The pot of soaking walnuts should not be refrigerated. Nor does the final tincture need refrigeration until after it is opened.

You have just made Extra Strength Black Walnut Hull tincture. It is stronger than the tincture made with just a few Black Walnuts in a quart jar (my earlier recipe), because there are more walnuts per unit liquid. In addition, you will not dilute it before use (although when you take it, it will usually be in water).

Exposure to air does cause the tincture to darken and lose potency. To reduce air exposure, fill the pot as much as possible, without touching the plastic wrap, while still keeping a snug fitting lid. Even more importantly, the glass jars or bottles you use to store your tincture should have as little air space as possible, without touching the plastic wrap on top. A large jar should be divided into smaller ones when you are ready to use it. The idea is not to have partial jars, with a lot of air space, sitting for longer than a month or so. To regain some green color, add several tsp. vitamin C, close jar tightly, and let stand one day.

There are several ways to make a 50% grain alcohol solution. Some states have Everclear™, 95% alcohol. Mix this half and half with water. Other states have Everclear™, that is 76.5% alcohol. Mix this two parts Everclear™, to one part water. Do not use vodka or the flask-size Everclear™; it must be 750 ml or 1 liter. Smaller bottles have wood alcohol or isopropyl alcohol solution. In all

inner. Smaller bottles have wood alcohol or isopropyl alcohol pollution. In all cases, zappricate the alcohol first.

Remember, never use any kind of purchased water to make tincture or you will pollute it yourself.

Black Walnut Hull Tincture (Regular Strength)

This is the potency I used originally. It is included here in case you prefer it or wish to treat a pet.

Fill a quart jar with the green balls. Cover with 50% alcohol. Add 1 tsp. vitamin C. Use a plastic bag to cover jar before closing tightly with lid. Let stand on kitchen counter. After three days, pour liquid into small glass bottles. Add another ¼ tsp. vitamin C powder to the top of each before closing

Black Walnut Hull Extract (Water Based)

This recipe is intended for alcoholic persons: cover the green balls in the 10-quart (non-metal) pot with cold tap water. Heat to boiling, covered. Turn off heat. When cool, add vitamin C, cover with plastic wrap, and the lid. Let stand for one day. It will be darker than the tincture. Do not dilute. Pour into freezable containers. Refrigerate what you will use in two days and freeze the rest. Add vitamin C after thawing or during refrigeration (1 tsp. per quart).

For use: in programs calling for Extra Strength Black Walnut Hull tincture use 4 times as much of this water based recipe (8 tsp. instead of 2 tsp. Extra Strength).

Important Note: do not use bottled or purchased water to make either the tincture or extract or you could pollute it with benzene or isopropyl alcohol.

Lugol's Iodine Solution

It is too dangerous to buy a commercially prepared solution for your internal use. It is certain to be polluted with isopropyl alcohol or wood alcohol. Make it yourself or ask your pharmacist to make (not order) it for you. You cannot take this for granted; you must ask. The recipe to make 1 liter (quart) is:

44 gm (1½ ounces) iodine, granular, USP

88 gm (3 ounces) potassium iodide, granular, USP

Dissolve the potassium iodide in about a cup of water in a glass jar. Then add the iodine crystals and wait till they are all dissolved. This could take a ½ hour with frequent shaking. Then fill to the liter mark (quart) with water. Keep out of

sight and reach of children. Be careful to avoid bottled water for preparation or you may pollute it yourself with isopropyl alcohol! Place a plastic bag over the top; then close tightly before storing.

Pour carefully into a plastic cup before pouring into a dropper bottle. Do everything inside the kitchen sink. Wipe stains up promptly with vitamin C.

Lugol's Iodine Drops

6 drops Lugol's iodine solution

½ glass water

This is specific for Salmonella in your body. It can be taken at any time. If taken at end of meals, it helps to sterilize the food just eaten so gives you double benefit. Do not use if allergic to iodine. (If you have had clinical treatment with iodine, such as a thyroid or kidney scan, you might have become allergic; ask your doctor in this case.) Do not add it to other beverages. Do not take throughout (except in restaurants) or before meals or with vitamins since these will become over oxidized. Do not use daily as a supplement. Keep out of reach of children. If the problem has not cleared up in two days, you are reinfected. Lugol's gives the fastest relief for most food-related stomach distress; it takes about one hour.

White Iodine

88 gm (3 ounces) potassium iodide, granular, USP

Add potassium iodide to one quart/liter cold tap water. Potassium iodide dissolves well in water and stays clear; for this reason it is called "white iodine." Label clearly and keep out of reach of children. Do not use if allergic to iodine. It is useful for disinfecting the mouth but it is not as strong as Lugol's.

Benzoquinone (BQ) (for clinical use only)

- 500 mg benzoquinone powder (not hydroquinone). (One size 00 capsule filled with powder, by hand.)
- 500 ml (1 pint) cold tap water that has been run for a full minute. Such water is safer than the regular water "for injection" since water for injection often has antiseptic contamination.

This should be made and supervised by a physician. Empty the BQ capsule into water, stirring with a plastic spoon until completely dissolved (about one

minute). Further dilute this as follows: 1/2 ml BQ solution as prepared above is added to a second pint of water. All quantities can be approximated, since the final concentration should be one part per million but need not be exact. After the second dilution, the BQ solution must be used within 20 minutes. If there is further delay, the solution must be made up from the powder again. A dose of one cc (2 cc for persons over 100 lb.) is given in the muscle (IM) in the hip after cleaning skin with ethyl alcohol. This is 1 mcg. Give the shot slowly to reduce burning. Patients may exclaim over their improvement by the time the needle is out.

The BQ solution is thrown out when it is 20 minutes old. All containers are new glassware and to be used only for this purpose. Before first use, it is rinsed with tap water to remove any adhering antiseptic. It is only rinsed and drained after that—never chemically cleaned or brushed.

Bowel Improvement Recipes

Bacteria are always at the root of bowel problems, such as pain, bloating and gassiness. They cannot be completely killed by zapping, because the high frequency current does not penetrate the bowel contents.

Although most bowel bacteria are beneficial, the ones that are not, like Salmonellas, Shigellas, and Clostridiums are extremely harmful because they have the ability to invade the rest of your body and colonize a trauma site like the thymus or a tumor. One reason bowel bacteria are so hard to eradicate is that we are constantly reinfesting ourselves by keeping a supply on our hands and under our fingernails.

1. So the first thing to do is **improve sanitation**. Use 70% (approx.) grain alcohol in a spray bottle at the bathroom sink. Or Lugol's iodine, one drop per cup water for dipping hands. Sterilize your hands after bathroom use and before meals in one of these two ways.

2. Second, take **Lugol's** solution, six drops in 1/2 cup water 4 times daily. This is specifically for Salmonella, which is responsible for at least half of all bowel distress.

3. Third, use **turmeric** (2 capsules, 3 times daily). This is the common spice, which I find helps against Shigella, as well as *E. coli*. Expect orange colored stool. Increase to 6 capsules (1 tsp.), 3 times daily for serious problems.

4. Fourth, use **fennel** (same dosage as for turmeric). Take turmeric and fennel

together for fastest relief. Use your ingenuity to make a good tasting "cocktail" out of these herbs.

5. Fifth, take four **digestive enzyme** capsules all together, any variety.

6. Sixth, take 1 tsp. tincture or 2 capsules freeze-dried **Black Walnut**, preferably at bedtime.

7. Seventh, if you are constipated, take **Cascara sagrada**, an herb. Start with one capsule a day, use up to maximum on label. Take **extra magnesium** (300 mg magnesium oxide powder, two or three a day), and drink a **cup of hot water** (flavored is fine) upon rising in the morning. This will begin to regulate your elimination. Constipation is usually caused by *Clostridium botulinum*, which makes its own chemicals in your colon that inhibit acetylcholine formation. Acetylcholine is the normal driving force for intestinal movement. Use **betaine** hydrochloride capsules, three with each meal, to keep Clostridium out of your colon. Constipation can also be caused by other bowel bacteria. Certain drugs, such as morphine or similar painkillers produce constipation as a side effect. You must work hard to be sure you expel bowel contents at least once a day.

With this powerful approach, even a bad bacterial problem should clear up in two days. If it doesn't, you are reinfected. Throw out all the food in your refrigerator. It has been touched by hands. Keep your own hands sanitary. Eat only sterilized food. Keep fingernails short. Do not put fingers in mouth. Your tummy can feel flat, without gurgling, and your mood can be good. Remember, HIV or AIDS is not the cause of your bowel problems. You ate polluted food.

It may take all the remedies listed. Afterwards, you must continue to eat only sterilized food, until your natural immune power is restored. This means, zapppicate all your foods, don't drink out of plastic bottles, and put HCl drops in all your food.

Constipation Tea

Constipation is most often caused by *E. coli* and Salmonella eaten with dairy foods. When these bacteria are added to the Clostridium already there, the problem is worsened. Make sure you are taking up to 3 capsules betaine with each meal.

There are a lot of remedies for constipation , but many people enjoy this tea:

1 tbs. senna tea leaves

½ tsp. mint leaves

Boil for one minute in a quart of water; add a dash of vitamin C and sweetener to taste. Sip through the day to avoid "belly-ache". If you purchase tea bags, zappicate them first, then snip open and throw away the bag. Use a natural tea ball.

Moose Elm Drink—also known as—**Slippery Elm**

For sensitive stomachs when nothing wants to stay down:

1 tbsp. moose elm powder (also called slippery elm)
1 cup cold goat milk (or other liquid)
honey

Start by making a paste of the powder and a tiny bit of goat milk as if it were cocoa. Gradually add more milk to consistency desired. Sweeten with honey. Zappicate. This can be drunk hot or cold. Sip one cup a day. Before you are allowed to have goat milk choose coconut cream or water for mixing.

Alginate/Intestinal Healer

¼ tsp. sodium alginate powder
1 cup water

Boil together, stirring with wooden spoon handle. Simmer till dissolved. Add to soup, stew, moose elm drink, pudding or pie filling. For intestines or stomach that are sore from surgery or cancer. Alginate is not digested—it merely forms a long ribbon of soothing gel that coats trouble spots and finds its way through the narrowest passageway to keep it open. Use 1 cup a day.

Enemas

If you should fail to have a bowel movement in a single day it is a serious matter. An ill person cannot afford to fill up further with the ammonia, the toxic amines, and toxic gasses that bowel bacteria produce. Fortunately, enemas are very easy to do. Do an enema before going to bed.

There are several kinds of enema equipment available in pharmacies; most important is NEVER to use anyone else's equipment, no matter how "sterilized" it is guaranteed to be. Get your own. Do not use the equipment used by a professional bowel-cleanser. It is impossible to completely avoid cross-contamination. You must completely avoid it.

A Fleet™ bottle, obtained at your local pharmacy, will do for a starter. This is a squeeze bottle with a plastic applicator for insertion. Dump the contents since you are unable to test it for toxins. Refill with warm enema solution.

The lubricant can be made in five minutes.

4 level tsp. cornstarch, zappicated
1 cup water

Bring this to a boil and cook for about one minute. Set in the refrigerator to cool quickly. Pour a teaspoon or more on top of a plastic bag for convenience in use. The only other lubricants are olive oil and coconut oil, first zappicated.

For many of us, the rectum and sigmoid colon have ballooned out into a pocket due to past times of constipation. This is called a *diverticulum*. This diverticulum is unreachable by the zipper and by the herbal parasite recipe. But it is just a few inches from the anus so it is quite accessible by enema.

The diverticulum walls are weak due to constant overstretching. But in just a few weeks of assisted cleansing, the pocket will shrink and may even disappear.

Parasites and bad bacteria can escape being killed if they are in the diverticulum. Your entire bowel health can be turned around by killing the invaders of this diverticulum. Two ways of killing rectal parasites are with Lugol's or Black Walnut Tincture enemas. Alternating them is best.

Lugol's Enema

Add ½ tsp. of Lugol's iodine to 1 quart of very warm water; pour into cup-size Fleet™ bottle (giving yourself four doses), or enema apparatus. Administer enema slowly and hold internally as long as possible. Cold water will cause spasms and inability to hold it. Prepare only a cup the first time; do not force yourself to hold more than is comfortable.

Black Walnut Hull Extra Strength Enema

Add 1 tsp. of Black Walnut Hull Extra Strength to 1 quart of very warm water. Repeat as above.

Do an enema daily for one week to improve bowel function, alternating the above varieties. If you have none of these solutions available, use plain salt water, 2 tsp. per quart. In the absence of salt, use plain water. Remember, you must move your bowels or cleanse at least once a day. Hold the enema for ½

hour if possible but even one minute is useful.

Giving Yourself The Perfect Enema

Any drop you spill and everything you use to do the enema will somehow contaminate your bathroom. Yet you must leave it all perfectly sanitary for your own protection. So follow these instructions carefully.

Spread out a large plastic trash bag on the bathroom floor. Place a plastic grocery bag beside it and a paper plate on it. Set a chair nearby, too. The trash bag is for you to lie on. Lie on your back if you have nobody to help you.

Instructions on commercially available enema bottles advise you to be on your knees. This may be workable for the small squeeze-bottle of ready-made solution you can purchase. It is quite impossible, though, if you are elderly, have painful knees or are simply ill and must try to take in a whole quart from a complex apparatus.

Test the apparatus first, in the bathroom sink to see how it works. Wipe away the grease that comes with it on the applicator; it is sure to be a petroleum product and be tainted with benzene.



Fig. 141 Enema container, tube, pinchcock

Pour a tablespoon of oil, zappicated, into the paper plate for the lubricant.

After filling the container with the enema solution, run some through the tubing until the air is out of it and close the pinchcock. Place it on the grocery bag.

Insert the applicator tube as far as you comfortably can. Then lift the container with one hand while opening the valve with the other. The higher you lift it, the faster it runs. Take as much time as you need to run it in. You may wish to set the container on the chair. Very warm liquid is easier to hold. Don't force yourself to hold it all. At any time you may close the valve, withdraw the

applicator, and place it on the grocery bag.

Cleaning up the apparatus, the bathroom, and yourself: This topic is seldom discussed, but very important. Notice that some bowel contents have entered the container by reflux action, which is unavoidable. Consider the whole apparatus contaminated. For this reason you must never, never use anybody else's apparatus, no matter how clean it looks.

First, wipe the applicator tube. Then fill the container and run it through the hose into the toilet. Repeat until it appears clean; this is appearance only; you must now sterilize it. Fill it with water and add Lugol's iodine or povidone iodine until intensely red in color. Place the end of the tube in the container to soak, empty and wipe the outside of the tube with paper. Do not dry the container. Store in a fresh plastic bag. Throw away the trash bag, grocery bag and paper plate. Clean the sink with chlorine bleach. Then wash your hands with skin sanitizer.

If all went well, you may risk taking the next enema on your bed. If not take a shower and stick to the floor location.

Organ Improvement Recipes

Lung Tea

These are the traditional herbs for ravaged lungs. Both herbs are often maligned as dangerous or toxic. Hundreds or thousands of years of simple use, as in this recipe speak otherwise. The concentrates of these herbs should, of course, be evaluated differently.

¼ cup comfrey root (*Symphytum officinale*)

¼ cup mullein leaf (*Verbascum thapsus*)

3 cups water

Combine dry herbs with water. Bring to a boil. Turn burner down to low; cook for 20 minutes. Strain and let tea cool. Add sweetening and two drops HCl per cup at time of serving. Drink ½ cup with each meal, sometimes hot, sometimes cool.

Kidney Cleanse

½ cup dried Hydrangea root

½ cup Gravel root

½ cup Marshmallow root

4 bunches of fresh parsley
Goldenrod tincture (leave this out of the recipe if you are allergic to it)
Ginger capsules
Uva Ursi capsules
Black Cherry Concentrate, 8 oz
Vitamin B6, 250 mg
Magnesium oxide, 300 mg in powder form.

Zappicate all supplies first or the final product.

Measure $\frac{1}{4}$ cup of each root (this is half your supply) and set them to soak, together in 10 cups of cold tap water, using a non-metal container and a non-metal lid (a dinner plate will do). After four hours or overnight, add 8 oz. black cherry concentrate, heat to boiling and simmer for 20 minutes. Drink $\frac{1}{4}$ cup as soon as it is cool enough. Pour the rest through a bamboo strainer into a sterile pint jar (glass) and several freezable containers. Refrigerate the glass jar.

Find fresh parsley at a grocery store that does not spray its produce (ask the owner). Zappicate the entire supply to be sure it is benzene and PCB-free. Boil the fresh parsley, after rinsing, in 1 quart of water for three minutes. Drink $\frac{1}{4}$ cup when cool enough. Refrigerate a pint and freeze 1 pint. Throw away the parsley.

Dose: each morning, pour together $\frac{3}{4}$ cup of the root mixture and $\frac{1}{2}$ cup parsley water, filling a large mug. Add 20 drops of goldenrod tincture. You may flavor with 1 tsp. pomegranate paste, molasses or chlorophyll. Drink this mixture in divided doses throughout the day. Keep cold. Do not drink it all at once or you will get a stomachache and feel pressure in your bladder. If your stomach is very sensitive, start on half this dose.

Save the roots after the first boiling, storing them in the freezer. After 13 days when your supply runs low, boil the same roots a second time, but add only six cups water and simmer only 10 minutes. This will last another eight days, for a total of three weeks. You may cook the roots a third time if you wish, but the recipe gets less potent. If your problem is severe, only cook them twice.

After three weeks, repeat with fresh herbs. You need to do the Kidney Cleanse for six weeks to get good results, longer for severe problems.

Also take:

- Ginger capsules: one with each meal (three a day).
- Uva Ursi capsules: one with breakfast and two with supper.

- Vitamin B6 (250 mg): one a day.
- Magnesium oxide (300 mg): one a day.

Take these supplements just before your meal to avoid burping. If you are already taking these supplements, omit them here.

Some notes on this recipe: this herbal tea, as well as the parsley, can easily spoil. Heat it to boiling every fourth day if it is being stored in the refrigerator; this resterilizes it. If you sterilize it in the morning you may take it to work without refrigerating it (use a glass container).

When you order your herbs, be careful! Herb companies are not the same! These roots should have a strong fragrance. If the ones you buy are barely fragrant, they have lost their active ingredients; switch to a different supplier. Fresh roots can be used.

- Hydrangea (*Hydrangea arborescens*) is a common flowering bush.
- Gravel root (*Eupatorium purpureum*) is a wild flower.
- Marshmallow root (*Althea officinallis*) is mucilaginous and kills pain.
- Fresh parsley can be bought at a grocery store. Parsley flakes and dried parsley herb do not work.
- Goldenrod herb works as well as the tincture but you may get an allergic reaction from smelling the herb. If you know you are allergic to this, leave this one out of your recipe.
- Ginger from the grocery store works fine; you may put it into capsules for yourself (size 0, 1 or 00).

There are probably dozens of herbs that can dissolve kidney crystals and stones. If you can only find several of those in the recipe, make the recipe anyway; it will just take longer to get results. Remember that vitamin B₆ and magnesium, taken daily, can prevent oxalate stones from forming, but only if you stop drinking regular tea. Tea has 15.6 mg oxalic acid per cup³². A tall glass of iced tea could give you over 20 mg oxalic acid. Switch to herb teas. Cocoa and chocolate, also, have too much oxalic acid to be used as beverages.

Phosphate crystals are made at locations that are much too alkaline. This happens where bacteria are thriving. They are very hard to dissolve again. The kidneys are quite susceptible to bacteria and "stone" formation. Drink at least two pints of water a day to avoid making more.

Cleanse your kidneys at least twice a year.

You can dissolve all your kidney stones in three weeks, but make new ones in three days if you are drinking tea and cocoa. Keep bacteria levels down with liver cleanses, betaine and lots of fluid.

Liver Herbs

Don't confuse these liver herbs with the next recipe for the Liver Cleanse. This recipe contains herbs traditionally used to help the liver function, while the Liver Cleanse gets gallstones out.

6 parts tanner's oak bark, *Quercus alba* (white oak bark)
3 parts gravel root, *Eupatorium purpureum* (queen of the meadow)
3 parts Jacob's staff, *Verbascum thapsus* (mullein herb)
2 parts licorice root, *Glycyrrhiza glabra*
2 parts wild yam root, *Dioscorea villosa*
2 parts milk thistle herb, *Silybum marianum*
3 parts walnut bark, *Juglans nigra*, (Black Walnut bark)
3 parts marshmallow root, *Althea officinalis* (white mallow)
1 part lobelia plant, *Lobelia inflata* (bladder pod)
1 part skullcap, *Scutellaria lateriflora* (helmet flower)

Mix all the herbs. Add ½ cup of the mixture to two quarts of water. Bring to a boil. Put lid on. Let sit for six hours. Strain and add sweetening such as Agave syrup or honey. You can make it extra good by adding coconut cream. Drink three cups a day. This gives you about ¼ cup of each herb. Put the strained herbs in the freezer and use them one more time.

Liver Cleanse

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1½ quarts in a day! The liver is full of tubes (*biliary tubing*) that deliver the bile to one large tube (the *common bile duct*). The gallbladder is attached to the common bile duct and acts as a storage

reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

Cleaning the liver bile ducts is the most powerful procedure that you can do to improve your body's health.

But it should not be done before the parasite program, and for best results should follow the kidney cleanse.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites—made of many smaller ones—showing that they regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. It is also thought to slow the flow of lymphatic fluid. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise.

Gallstones, being porous, can pick up all the bacteria, viruses and parasite eggs that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh parasite eggs and bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver

Cleanse your liver twice a year.



Fig. 142 These are gallstones

Preparation:

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Zap daily the week before, or get through the first three weeks of the parasite-killing program before attempting a liver cleanse. If you are on the *Maintenance Parasite Program*, you are always ready to do the cleanse.

- Completing the kidney cleanse before cleansing the liver is also highly recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted

Ingredients

Epsom salts	4 tablespoons
Olive oil	½ cup (light olive oil is easier to get down)
Fresh pink grapefruit	1 large or 2 small, enough to squeeze ½ to 2/3 cup juice (you may substitute a lemon, adding water or sweetener to make ½ cup liquid)
Ornithine	4 to 8, to be sure you can sleep. Don't skip this or you may have the worst night of your life!

Large plastic straw	To help drink potion.
Pint jar with lid	
Black Walnut Tincture, any strength OR 2 freeze-dried capsules	10 to 20 drops, to kill parasites coming from the liver.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs, too, the day before. Even stop zapping and taking drops.

Double hot wash the grapefruit (or lemon). Zappicate the oil to destroy traces of benzene and PCBs or add a few drops HCl and shake.

Eat a no-fat breakfast and lunch such as cooked cereal, fruit, fruit juice, bread and preserves or honey (no butter or milk). This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones. Limit the amount you eat to the minimum you can get by on. You will get more stones. The earlier you stop eating the better your results will be, too.

2:00 PM. Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 tbsp. in three cups water and pour this into a jar. This makes four servings, $\frac{3}{4}$ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM. Drink one serving ($\frac{3}{4}$ cup) of the ice-cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbsp. in $\frac{3}{4}$ cup water now. You may add $\frac{1}{8}$ tsp. vitamin C powder to improve the taste. You may also drink a few sips of water afterwards or rinse your mouth.

Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat by drinking another $\frac{3}{4}$ cup of Epsom salts.

You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM. Pour $\frac{1}{2}$ cup (measured) olive oil into the pint jar. Squeeze the grapefruit (or lemon) by hand into the measuring cup. Remove pulp with fork. You should have at least $\frac{1}{2}$ cup; more (up to $\frac{3}{4}$ cup) is best. You may top it up

with lemonade. Add this to the olive oil. Also, add Black Walnut Tincture or have freeze-dried capsules ready instead. Close the jar tightly and shake hard until watery (only fresh citrus juice does this).

Now visit the bathroom one or more times, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

10:00 PM. Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and lemon juice salad dressing, cinnamon, or straight honey to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within five minutes (15 minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). **Go to sleep**, you may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

After 2 More Hours you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. During the day take the parasite-killing herbs and zap. By supper you should feel recovered.

Alternative Schedule 1: Omit the first Epsom salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time.

Alternative Schedule 2: After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose (but only ½ cup) of the oil mixture and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove.

How well did you do? Expect diarrhea in the morning. This is desirable. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals. Never cleanse when you are ill.

Sometimes the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the *Maintenance Parasite Program* had been neglected. This is why the instructions direct you to complete the parasite and kidney cleanse programs first.

Warning: If you do change these recipes you might expect problems. The liver is quite sensitive to details. If you plan to make changes, be sure to seek the assistance of a therapist.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this is thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

CONGRATULATIONS

You have taken out your gallstones without surgery! I like to think I have perfected this recipe, but I certainly cannot take credit for its origin. It was invented hundreds, if not thousands, of years ago, THANK YOU,

HERBALISTS!

The truth is self-evident. People who have had their gallbladder surgically removed still get plenty of green, bile-coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

Immunity Boosters

Ferritin Fighter

When white blood cells have phagocytized (eaten) asbestos, they become coated on the outside with ferritin. This ruins their immune function. Their outside surface has receptor sites that must be able to "see" and "feel" enemies of your body. Removing this ferritin restores their immune functions. The drug levamisole (available in other countries) can do this in less than a week (50 mg, take two, 3 times daily), but here is a recipe that works also.

1 tsp. bromelain (3000 mg) 600 GDU/gm, or papain
1 tsp. powdered hydrangea
1 capsule fennel for flavoring
½ cup water, goat milk, or coconut cream for mixing
2 drops hydrochloric acid to sterilize

Mix everything together and drink. Take this dose 3 times daily. For convenience, you can mix larger quantities of the dry (not wet) ingredients ahead of time; this reduces the odor. Cut dosage in half after a week. Do not take with meals to avoid consuming the enzymes with food. Continue for a month.

The bromelain or papain will digest the ferritin off your white blood cells, enabling them to remove asbestos, dyes, bacteria, and plastics from your tissues again. But ferritin will return to coat your white blood cells if you continue to eat or drink asbestos-polluted food or water.

Hydrangea is included because most people find it easier to take this way, than by itself. It is not essential.

Watercress (*Nasturtium officinale*) tablets can also remove ferritin. Chew 6 tablets a day.

Drug Removal System

Dye Remover Syrup

Each of these three herbs can remove azo dyes from CD4 and CD8 cells. Since each item is effective, you do not need to wait to get them all, first.

1 tsp. bay oil
2 tbsp. pomegranate paste
1 tsp. lemon oil
½ cup maple syrup, boiled

Zappicate each item in its original container for 10 minutes. Combine all ingredients in a glass jar large enough to allow for vigorous shaking. Dose: ¼ tsp. 3 times daily.

Two more herbs can do this:

2 tsp. powdered hydrangea
2 tsp. powdered olive leaf

Take these straight, stirred into a beverage that suits your taste.

Freon Removal Program

Freon accumulates in the diaphragm and skin in healthy persons. In sick persons the Syncrometer® detects it in the weakened organ. Freon in your body can be ozonated to render it capable of detoxification. This mobilizes it toward the liver.

- 1-3 glasses ozonated water. Ozonate water for five minutes. Make sure the tip of the ozonator tube is sterile by dipping in HCl-water or Lugol's-water first.
- 1-2 cups liver herb tea (see *Recipes*). Drink ½ cup tea for each glass of ozonated water drunk. This helps the liver detoxify the Freon so it can move toward the kidneys.
- kidney herb tea, 1¼ cups daily. This helps the kidneys pull it into the bladder for excretion.

It takes about six weeks to remove Freon from your body. Be sure to get a Freon-free refrigerator before you begin.

L-A Recipe

1 tsp. L-aspartic acid
1 tsp. L-lysine powder

1 tsp. L-lysine powder
1 1/3 cups water

If you purchase these powders already mixed you will need 2 tsp. for the recipe.

Heat, covered, till completely dissolved; it will be near boiling. Use a non-metal pan and non-metal stirring spoon. If it develops a white crystalline precipitate at the bottom, it must be reheated to get it redissolved. Add enough water to keep it dissolved. Since it has no preservatives, you must reheat it to near boiling every fourth day to kill any growing bacteria.

Dose: take 1 teaspoon 4 times daily (or 2 tsp. twice a day) if you are quite ill. Take on an empty stomach, such as before meals. Take 1 tsp. 3 times daily (if not so ill) for as long as you feel you have a viral condition. There are no side effects. Use a non-metal spoon.

Mechanism of L-A. L-A is present in all our white blood cells. It specifically helps them remove copper, cobalt, vanadium, toxic germanium, toxic selenium, toxic chromate and nickel. This set of metals is our "natural" set; those brought in by bacteria or fungus, as opposed to unnatural ones brought in by amalgam, body products, etc.

L-G Recipe

1 tsp. L-glutamic acid powder (see Sources), not glutamine
1 tsp. L-lysine powder (you may open capsules)
1 1/3 cups water

Prepare as for L-A. Dosage is one tablespoon 4 times daily.

Mechanism of L-G. These two amino acids combine chemically in hot water to make eight or more different dipeptides. Each is a form (isomer) of L-G. L-G travels to your thymus; this much can be observed electronically. Does it help T-cells survive? Does it do some other vital task? Today, 10 years after its discovery, some questions can be answered.

L-G is found normally present in at least ten kinds of white blood cells including lymphocytes, neutrophils, and even eosinophils. The CD4s and CD8s normally kill viruses but without L-G they do not. They seem to fill up on them or attack them but are not able to kill them. All CD4s and other white blood cells that do not have L-G present, have mercury and/or thallium stuck inside them. This is coming from amalgam deposits, located in very many places in the body. You have been robbed of your L-G making ability.

Fortunately, taking L-G as made in this recipe, helps the CD4s and others to eject their mercury and thallium. Perhaps it is the body's own heavy metal chelator. Now they can kill viruses again and get your body well. If more amalgam comes their way they again fill up on all 50 or so, metals. Most of them can be destroyed or detoxified somehow. Only mercury and thallium cannot, they remain stuck in the lymphocytes and other specialized white blood cells.

Taking repeated doses of L-G can clean up the white blood cells repeatedly but this is only permanent after amalgam has been removed from the whole body. Nevertheless, this can be accomplished in about six weeks, provided there are no amalgam filled teeth still in your mouth.

As soon as L-G returns to the CD4s they manufacture interleukin 2 again, another important immune chemical. When the CD8s get their L-G they begin killing vagrant tissue bits, tumor cells, and virus filled cells. And life is back to normal.

The Story Of L-G

A tribute to Dr. James Schaffer, M.D., of Bloomington, Indiana.

Dr. Schaffer was a pediatrician who devoted 20 years of his life to discovering L-G (lysine-glutamate). He called it "JS14". At any time of day, his office was crowded to the door with parents holding sick children. He was a gruff man but infinitely caring about his patients. On Saturdays and Sundays he worked on his pet product, JS14.

He had discovered that if you grow a culture of ordinary bacteria, *Staphylococcus albus* (a variant of *S. aureus*), found on anybody's skin, they would make a substance of great immune significance.³³ I gleaned this from reading his patent(s) on the culturing technique.³⁴ He discovered that by adding a little bit of an amino acid, aspartic acid, to the culture, the bacteria would make much more of this mysterious substance than without it. Are these bacteria always making this for us, on our skin, in our intestines? Do these bacteria need a special factor to make it in good quantities for us? These were questions he was trying to answer in his private lab where he worked every spare minute. He would inject some of the culture into mice and then infect them with diseases to see if they got protection from it. Indeed, they did. So he perfected JS14 for human use.

His potent immunity brew was injected just under the skin where it produced a small bubble. It became known as Dr. Schaffer's Bubble Shot. He used it for children and adults with chronic illnesses caused by *Herpes*, Epstein Barre Virus, Cytomegalovirus, and cancer. Later, he used it on porphyria, as well as a mystery disease that nobody could diagnose at that time, which turned out to be HIV/AIDS.

He was getting exceptionally good results and his excitement flowed to those around him. If that excitement had not reached me, I may not have survived to work on cancer and HIV/AIDS. I was suffering from ordinary *Herpes simplex*, but it had spread to the eyes and was spreading through my brain! Once a week I got his Bubble Shot and listened as he updated me on his research.

As soon as I was well enough, I voiced my interest in his project. This buoyed his spirits considerably. He explained that virtually all his "low immunity" patients were lacking complement C₃. But after receiving his bubble shot for some time, C₃ began to appear and the patient got well.

He showed me pictures of horses and other animals that had very quickly gotten well after his shot was given. He showed pictures of human hands eaten almost to the bone by ordinary *Herpes*. He explained they all had no complement.

Occasionally, I would be called by his office to let me know he was ill and could not make the appointment time. I realized this beloved doctor was indeed very ill, and I should learn how to make this immune booster myself.

I did not culture *Staphylococcus aureus*. I studied its molecular structure. It has lysine-glutamate links frequently along the chain of molecules making up its coat. Are our bodies intended to utilize these common skin bacteria after they die in such a way that we would digest these chains to make a superb immune booster for ourselves? Should I begin to experiment with *Staphylococcus aureus* or other "Staphs"? Perhaps such a product was already on the market? So it was! I purchased a kind of L-G and tried it as a bubble shot during those weeks that Dr. Schaffer was ill. My shot did not work well. His return was a great relief. I decided to make the culture broth and learn to culture the bacteria. But Dr. Schaffer was not well enough to teach me the techniques. In desperation I studied the recipe for his cultures from the published reports he gave me. There were large amounts of L-lysine and L-glutamic acid in it. Could they be reacting with each other in the brew to make this potent immune booster? Could this be simulating a part of the Staph molecular structure? Perhaps the Staph was not even necessary! It was a crazy idea but simple enough to try and throw out if it was wrong. I mixed L-lysine and L-glutamic acid under sterile conditions, and tried this as a bubble shot. It had some effect! I was on the right track! It was not as effective as Dr. Schaffer's bubble shot but perhaps it could be made stronger!

Then it occurred to me that this is merely food. These two amino acids are produced in the stomach and intestine by digesting protein. Are some of us with very low immunity not capable of making this mysterious substance because our stomachs are sick? I studied digestion of these amino acids. A great deal has been published about them. In fact, my stomach had been misbehaving for years. Maybe my stomach and intestines were not able to make it by digesting ordinary food. Perhaps this substance could simply be eaten instead of injected. That was the magic answer! By eating it, the potency was greatly increased. Ordinarily, the potency of chemicals is much lowered by the oral route, but in this case, it was reversed. This discovery came just in the nick of time. Bloomington's beloved Dr. James Schaffer passed away. It is a terrible loss to us all. His research was not completed. His results, his data, were voluminous, but only usable by someone intimately acquainted with it. Our mourning after him has not yet ended.

But I could treat myself: not weekly, as before, but daily! I became well. JS14 and L-G were the decisive factors in fighting my chronic *Herpes* eye infection.

The recipe is simple (see *Recipes*), a gift to you in memory of Dr. James Schaffer. Perhaps it is not the same as his Bubble Shot. Perhaps we will never know. But it came into existence as a result of his Bubble Shot and I am ever grateful.

Dental Recipes

Various kinds of dentures, including colored, can be hardened using this recipe. This means they will not seep acrylic acid, urethane, bisphenol-A, phthalates, metals, or dyes, to a detectable level. The hardening was tested with a Syncrometer[®] by soaking dentures of various kinds and colors in water for many hours and sampling the soak-water. Since you will not be able to test, I recommend repeating this denture-cure 3 times.

Denture Hardening

candy thermometer or other easy to read thermometer
small sauce pan; Teflon-coated is fine

Practice run: Find the 160° and 180° F marks on the thermometer. Fill saucepan 1 to 2 inches with cold tap water. Place on burner set at lowest heat. Place thermometer in water, being careful that it could not accidentally tip out and fall on the burner.

Note the time. Check the temperature of the water every few minutes. It should reach 160° F in 20 minutes, not sooner. If it went too fast, throw out the water, set burner lower and start over. When the right speed of heating is reached, you are ready to cure your denture.

Place denture in saucepan; add cold water from tap to previous level. They should be well covered. Heat as before. When 160° F is reached, turn burner to lowest setting. Water temperature should eventually reach 180°F. Remove saucepan from heat and let cool.

Pour off water and cover denture with fresh cold water. Rinse. Denture is ready.

Note:

1. If something went wrong during your first try, simply repeat the whole procedure.

2. Your mouth should have no reaction, no redness, no burning, and no odd

symptoms from wearing your dentures. If symptoms occur, repeat the hardening recipe.

3. A previous recipe gave 160°F as the maximum temperature. Since then phthalates were found to seep from dentures. They require 180°F (but no higher!).

Dental Bleach

This is for use during dental work and for occasional denture cleaning. Do not use it as a regular mouthwash or as a daily denture soak. You would get too much chlorine.

The chemical name for bleach is hypochlorite. There are different grades. The grade used for laundry is not good enough for internal use. Purchase "USP" or better quality, which means food grade. You, or your health food store, will need to order it (see *Sources*). Although you are using an acceptable grade this doesn't mean you can use any quantity you want. Bleach is very caustic. It must be diluted before you can use it without harm. Please follow these directions carefully.

1 tsp. (5 ml) bleach, USP grade (about 5% hypochlorite)
1 pint water (500 ml)

Use a plastic tsp. to measure and mix. The result is 1/100 or 1% as strong as the bleach you started with. This comes to .05% hypochlorite. This is only a quarter as strong as the .2% solution recommended by Bunyan, but is strong enough.

To store, use a glass pint jar with tight-fitting, non-metal lid or place a plastic sheet under metal lid to tighten the fit. **Keep out of reach of children**. You may add a cayenne capsule to make it distasteful and safer from accidental use. If accidentally swallowed, give milk to drink.

Make sure you are starting with (approximately) 5% hypochlorite solution, the same as household strength, when you make this recipe; do not use this recipe if you cannot verify this on the label. Do everything inside the kitchen sink. If you start with some other strength, get an expert, like your pharmacist, to help you make the correct solution.

Dental Floss

The purpose of flossing is to open the gum spaces so your antiseptic can run

down them to reach bacteria. Use fishing line (2 to 4 pound test). Zappicate package first. Double it and twist for extra strength. Floss gently, not to cut into the tooth base or cause bleeding. Commercial floss has been soaked in toxic antiseptic; the waxed or flavored kind has been dipped in petroleum products. In an emergency, use strips torn from a plastic shopping bag. Remember to brush after flossing. You will be using an oregano oil recipe for brushing.

Many persons prefer these shopping bag floss strips. Make a pile of them by cutting strips ¼" by 4". Rinse each one under the hot faucet before use.

Buy a new toothbrush. Zappicate to remove PCBs and other toxic chemicals. Wash once before first use.

Oregano Oil Tooth Powder

1 tsp. baking soda
1 drop oregano oil
1 or 2 drops peppermint oil or fennel (optional)

Mix with plastic fork. Store in closed jar. Zappicate the final product. Dip dry toothbrush in powder. This is about a one week supply. Brushing daily will keep clostridium bacteria at undetectable levels. Oregano oil straight in your mouth could make you jump with burning sensation although it does not harm you. There is no need to take it straight.

Colloidal silver is also effective for killing clostridium bacteria but does not penetrate crevices. Buy a colloidal silver maker (see *Sources*). Use four or five drops on toothbrush.

Hydrogen peroxide, food grade, and **plain salt water** are also good for brushing teeth but don't penetrate crevices.

Dental bleach is safe for mouth contact. It must not be swallowed. Do not use it daily unless recovering from dental work. It introduces too much chlorine into your body. Keep eyes closed while brushing to avoid spatter.

If you have a sore or bleeding mouth, floss and brush only once a day. Use mouthwash the rest of the day.

Denture Cleaner

Dentures that acquire gray or fine-lined black discoloration are growing clostridium bacteria! Kill them by brushing with colloidal silver and letting them stand without rinsing until the discoloration is gone. Salt water helps but is not

strong enough by itself.

Or soak in dental bleach overnight.

Also sonicate or zap or zappicate them at least once a week.

Don't keep partials or dentures in your mouth at night.

Denture Adhesive

1 rounded tsp. sodium alginate

1 cup water

5 drops wintergreen oil or fennel oil

3 drops hydrochloric acid 5%

2 tsp. grain alcohol

Bring water to boil. Add alginate, stirring till all dissolved. To make it thicker, boil longer. Add wintergreen and HCl. After cooling add grain alcohol. Finally, zappicate then refrigerate.

Body Care Recipes

All the commercially produced body care products are contaminated with toxic antiseptics that are themselves polluted. Traces of these, in addition to dyes and silicone, put into or onto the body numerous times a day, amounts to a toxic overload for a HIV or AIDS patient. (They are not good for healthy people, either.) Many people have lost much of their immune power and ability to detoxify foreign substances. These accumulate in the vital organs and set the stage for disease. "Health" or "natural" brands use the same polluted antiseptics!

Take care of your personal needs using only these recipes.

Use borax for all cleaning purposes: laundry (see instructions on box), dishes (use in granular form to scour), dishwasher (2 tsp.) and 1½ tsp. citric acid as the rinse, shampoo and yourself (make liquid form).

Borax Liquid Soap And Shampoo

an empty 1 gallon plastic jug

1/8 cup borax powder

plastic funnel



Make a bottle of borax liquid to fill your soap dispensers and shampoo bottle. Use citric acid to rinse and condition.

Fig. 143 Borax and citric acid for the shower

Funnel the borax into the jug; fill half full with the hottest tap water you can run. Shake a few times. Let settle. Add more hot water until it is all dissolved. In a few minutes you can pour off the clear part into dispenser bottles. This is the soap!

Shampoo: Borax liquid should feel slippery between your fingers; if it does not the concentration is too low; start over, using a heaping tablespoon in a plastic container and enough very hot water to dissolve it all. No tiny crumbs should settle to the bottom. You may make it lathery by adding a tsp. of liquid homemade soap (see recipe). To rinse, use citric acid (see *Sources*). Remove traces of benzene (petroleum residue) from citric acid by zapping the entire bottle for two minutes first or microwaving it. Ascorbic acid, lemon juice and vinegar are all not strong enough to rinse out borax. Put $\frac{1}{4}$ tsp. citric acid in a plastic container like a cottage cheese carton. Add about one cup of water to it while under the shower when done shampooing. Leave rinse in hair for at least one minute while showering your body; then rinse out lightly. This length of time is what makes it feel silky later. After rinsing, your hair should feel soft. Borax shampoo stops scalp itching and dandruff. It will not be necessary to shampoo daily.

Baking Soda Shampoo

1 tbsp. baking soda (remove traces of benzene by zapping the whole box for two minutes or microwaving)

1 cup very hot water

Place both in a plastic container and stir with your fingers until dissolved. This is the soap. To shampoo scoop it up over your hair by hand; if you pour it, too much runs off. This time rinsing with ascorbic acid (1 tsp. to 1 cup water) or vinegar (equal parts vinegar and water) works. Leave rinse in hair one minute. To add sheen to hair, wash a whole lemon twice in hot water; then press lemon against hair.

It is very tempting to buy shampoo or body lotion if the salesperson "guarantees" it meets my standards. Do not! Nothing can be guaranteed unless it is tested. None of them have been tested. But, remember, pollutants are not intentionally added. Producers do not understand the pollution problem. They do not even know it exists. They truly believe their products are "pure". Only the Syncrometer[®] device has shown how extremely polluted they are. Make your own products. You might never go back to commercial products even after you are well.

Egg Shampoo

3 egg whites (save yolks for use later for adding to egg nog)

This probably gives the softest, silkiest hair you have ever owned. But don't blow dry it for best results.

Beat with a fork about 30 times. To shampoo scoop it up over your hair and work it into a lather. Leave it there while you shower. Rinse it out; then condition with 50% vinegar. Leave vinegar in hair a full minute, while you brush skin or massage feet. Rinse out lightly.

Natural Curl And Wave

Step out of the shower and immediately comb your hair straight back once over. Dry in the same direction, front to back, with single sweeps of the towel. After 10 sweeps, stop; it should not get too dry, yet. Dry your body and get dressed. Do nothing more, not a single touch by the comb. Sit in the sun if you have a sunny room, or go about your duties. This slow-dry lets the molecules regroup into waves and curls you never knew you had. If it fails to perform, leave it wetter next time. Do not get into a draft nor drive in the car for best results.

Hand Sanitizers

Food grade alcohol: make up a 70% (approx.) solution. Food grade alcohols are grain or cane (ethyl) alcohol. Only the large size Everclear™ bottle (750 ml or 1 liter) is free of isopropyl or wood alcohol contaminants. Purchase at a liquor store. Next, find a suitable storage bottle. Pour 95% grain alcohol (190 proof) to the halfway mark and add half as much water. If using 76% alcohol, use it straight. Pour into small spray bottle. Use alcohol for general sanitizing purposes and for personal cleanliness. In the bathroom: always clean up after a bowel movement with wet toilet paper. This is not clean enough, though. Follow with a stronger damp paper towel. This is still not clean enough; use a final damp paper towel with a spray of hand sanitizer added. Wash your hands if you merely touch the toilet seat. Remember to keep the toilet lid down while flushing. After washing hands, sanitize them too, spraying a bit on one palm, then putting fingertips of the other hand in it; scratch to get under nails, repeat on other hand. Rinse with water. **Do not use this recipe, nor keep any bottles of alcohol in the house of a recovering alcoholic.**

Lugol's iodine solution, one drop in a glass of water. Pour onto napkin and wipe hands to kill surface bacteria. This is easy to do in a restaurant. For deeper sterilization, for instance, if you are going to put your hands in your mouth to floss, put one drop in a glass of water and dip your hands in it. Unless nails are short, though, the hands will still be contaminated and infectious.

Lugol's iodine straight: when there is no water or no paper, dab 10 tiny drops of Lugol's solution on the palm of one hand. Rub hands together. The stain will wear off in a day.

Moist Towelettes

Always keep a few in a zippered plastic bag in the glove compartment of your car and in your purse. Cut paper towels in quarters and stack. Place in heavy-duty plastic zippered bag. Pour ethyl alcohol or Lugol's sterilizer solution (1 drop per cup) over the towels. Zip shut. Use one before touching any food.

Deodorant

Sweating removes toxins from the body. It should be encouraged. A HIV/AIDS patient should use no chemicals to retard sweating. Remember, PCBs should be sweated out. Simply wash with borax water. After you are well you may use one of these recipes.

Vitamin C water. Mix ¼ tsp. to a pint of water and dab it on.

Citric Acid water. Mix ¼ tsp. to a pint of water and dab it on.

Only a few drops of these acids under each armpit are necessary. If these acids burn the skin, dilute them more. Never apply anything to skin that has just been shaved!

Lemon juice. This acid is not as strong, use what you need.

Cornstarch. Many people need only this. Dab it on.

Zappicate supplies to destroy traces of PCB and benzene.

Baking soda. Dab it on (see *Sources* for safe varieties).

Pure alcohol (never rubbing alcohol). The only food grade alcohol is grain or cane (ethyl) alcohol. Dab a bit under each arm and/or on your shirt or blouse. If the alcohol burns, dilute it with water. Be very careful not to leave the bottle where a child or alcoholic person could find it. Pour it into a different bottle!

Pure zinc oxide. You may ask your pharmacist to order this for you. She or he may wish to make it up for you too, but do not let them add anything else to it. It should be about 1 part zinc oxide powder to 3 parts water. It does not dissolve. Just shake it up to use it. After you get it home, you can add cornstarch to it to give it a creamy texture. Heat 3 tsp. cornstarch in one cup of water, to boiling, until dissolved and clear. Cool and add some to the zinc oxide mixture (about equal parts). Store unused starch mixture in the refrigerator. Only make up enough for a month.

Oregano oil tooth powder. Dab it on. It is surprisingly effective as a deodorant.

Alcohol and zinc oxide. This is the most powerful deodorant. Apply alcohol first, then the zinc oxide.

Remember that you need to sweat! Sweating excretes toxic substances, especially from the upper body. Don't use anything on weekends. Go to the sink and wipe clean the armpits like our grandparents did. A hot washcloth might even help you sweat more. These homemade deodorants are not as powerful as the commercial varieties—this is to your advantage.

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Mouthwash

Mouth odor is usually caused by Clostridium bacteria! Don't cover this up with mouthwash or fragrances. See a dentist! Search for a hidden infection. After clearing it up, floss and then brush daily with oregano oil tooth powder; this serves as a mouthwash at the same time.

Shaving Supplies

Switch to an electric shaver to avoid all chemicals. But don't spray chemical lubricant into the shaver!

After Shaves

A quarter teaspoon vitamin C powder dissolved in 1 pint water. Keep refrigerated.

Suppositories

The coconut oil molded in pen caps can be used as a suppository. If treating hemorrhoids, add one tsp. brewer's yeast (zappicated) for every 10 suppositories.

Personal Lubricants

Heat these together: 1 level tsp. sodium alginate and one cup water in a covered non-metal pan until completely dissolved. Use very low heat and stir with a wooden spoon handle. It takes a fairly long time to get it perfectly smooth. After cooling, pour into a small dispenser bottle. Keep the remainder refrigerated.

Or, boil 4 tsp. cornstarch and one cup water until completely dissolved in a covered saucepan. Cool. Pour some into dispenser bottle. Zappicate. Refrigerate remainder. This is many people's favorite recipe.

Contact Lens Solution

Bring a scant cup of cold tap water to a boil in glass saucepan. After adding ½ tsp. pure salt and boiling again, pour into a sterile canning jar. Refrigerate. Freeze some of it. Also use as eye-drops for lubricating "dry" eyes.

Baby Powder

¼ cup cornstarch, pure (see *Sources*)
1 tsp. zinc oxide powder

1 tsp. white rice, whole grains

Place all in an all-plastic salt shaker. The rice grains are the drying agent. Baby powder should have no fragrance, not even a natural scent. It is a burden to the body. This recipe avoids the **talc** in all commercial brands. The Syncrometer[®] finds asbestos in talc.

Foot Powder

Use a mixture of cornstarch and zinc oxide poured into a tall saltshaker with large holes and a lid. Add long rice grains to fight humidity. Also try arrowroot starch or rice flour. If you don't have zinc oxide, use plain cornstarch.

Skin Healers

Skin Lotion

3 tsp. pure cornstarch (see *Sources*)
1 cup water

Boil starch and water until clear, about one minute. Cool. Zappicate. Pour into dispenser bottle. Keep refrigerated.

Quick Skin Softener

4 tsp. cornstarch
1 cup water

Boil starch and water until clear, about one minute. Cool.

Vitamin C Skin Softener

1 tsp. vitamin C powder (ascorbic acid); or 5 capsules, 1000 mg
3 tsp. pure cornstarch
1 cup water

Boil starch and water until clear, about one minute. Add vitamin C and stir until dissolved. Cool. Zappicate. Pour into dispenser bottle. Keep refrigerated. Apply after washing dishes and after showering.

Vitamin C powder (ascorbic acid; not the same as citric acid). Put a large pinch into the palm of your hand. With your other hand pick up a few drops of

water from the faucet. Rub hands together until all the powder is dissolved and dispensed. It may sting briefly. Do this at bedtime, especially for cracked, chapped hands.

50% Glycerin. Dilute 100% vegetable glycerin with an equal amount of water. This is useful as an after-shave lotion. Zappicate first to destroy asbestos fibers.

Vitamin C liquid. Mix $\frac{1}{4}$ tsp. vitamin C powder in one pint water (opened capsules will do). This is useful as an after-shave lotion and general skin treatment.

Cornstarch. Use on rashes, fungus, moist or irritated areas and to prevent chafe.

Dry skin has several causes: too much water contact, too much soap contact (switch to borax), low body temperature, not enough fat in the diet, or parasites.

Massage Oil

Instead of using any oil, which may be benzene and PCB polluted, and have apiol, make yourself a cornstarch solution:

4 tsp. cornstarch
1 cup water

Boil starch and water until clear, about one minute. For a lighter effect use 3 tsp. cornstarch instead of 4. Variations: Add a vitamin E capsule, 400 units, add vitamin C, 1000 mg. These additions heal skin lesions faster. Keep refrigerated.

Nose Salve

(When the inside of the nose is dry, cracked and bleeding.)

Pour $\frac{1}{2}$ tsp. pure vegetable glycerin (zappicated) into a bottle cap. Add $\frac{1}{2}$ tsp. water.

Applicator: use a plastic coffee stirrer or straw; cut a slit in the end to catch some cotton wool salvaged from a vitamin bottle and twist (cotton swabs, cotton balls and wooden toothpicks are sterilized with mercury which in turn is polluted with thallium, do not use them). Dip it into the glycerin mixture and apply inside the nose with a rotating motion. Do each nostril with a new applicator. Zappicate each item before use.

Lip Soother

▪
For dry, burning lips. Heat one level tsp. sodium alginate plus one cup water until dissolved. After cooling, pour it into a small bottle to carry in your purse or pocket (refrigerate the remainder). Dab it on whenever needed. If the consistency isn't right for you, add water or boil it down further.

Cosmetics

Lipstick

A stick of raw red beet cut like a "French fry" is more convenient and useful than any recipe. Store in plastic bag in refrigerator. Use also on cheeks for rosier complexion.

Lip Crayon

½ cup coconut oil

Use this to replace "chap sticks" and "Vaseline." Zappicate coconut oil first. Pour warmed coconut oil into the caps of ballpoint pens. Cover any holes with tape. Stand them upright in holes made by a sharp pencil in a tissue box. After filling, refrigerate. When hard, release them under the hot water tap. Store in closeable plastic bag in refrigerator. Wrap each in a small piece of paper towel.

Commercial chap sticks, like most cosmetics, contain heavy metals, solvents and aluminum, not to mention the antiseptics, petroleum residues and dyes.

Black, Red And Brown Henna Hair Dye

Henna is an herb traditionally used for dying hair. You can buy the herb in bulk, or you can purchase the herb pictured, packaged specifically for hair. There are other henna hair dye preparations, often with other added chemicals and dyes, so I cannot stress this point enough: use only bulk henna herb (by the pound), or the brand shown!

A young person's hair turns black with this black dye. But older hair turns slate blue. **To get a brown color, mix red and black henna, using 2 parts red to 5 parts black powder.**

The instructions given with the box work well but take rather long. This recipe is a shortcut. It takes 20 minutes (to prepare the dye) plus 50 minutes in contact with hair.

The recipe given is enough for short hair. For medium length, double the

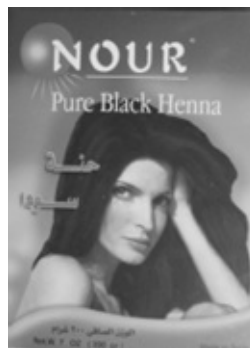
The recipe given is enough for short hair. For medium length, double the quantities. It will not stain the bathtub. After dyeing is complete, you will need to shampoo it out of your hair, so regular shampooing supplies, borax plus citric acid or baking soda plus vinegar are also necessary. Zappicate the whole box of dye for five minutes first.

½ cup distilled white vinegar

½ cup tap water

7 heaping tsp. black henna (see *Sources*)

This recipe is very sensitive. The smallest deviation could cause failure of the dye to "take." Please be extra careful to observe details.



No isopropyl or benzene residue, nor azo dyes or metals. Comes in red and black

Fig. 144 Safe hair dye

Heat water in open, non-metal, 1 quart saucepan until steaming (not the microwave). Turn off burner. Add vinegar. Allow it to cool until just a wisp of steam is still seen coming from the saucepan. Remove 2 tbsp. to a different container, to use later. Then add henna powder. Stir with plastic spoon. It will bubble and rise at first. When thoroughly stirred, the consistency should be like thin gravy. If too thick, use up some of the solution set aside or plain hot water. If too thin, add more powder. Cover and let stand, covered, in warm place such as oven or microwave for 20 minutes (not longer). The dye is being extracted.

Meanwhile, prepare the bathroom. Fold a long piece of paper towel (three sections) in half lengthwise, and then again in half to make a long neckband. Get ready a shower cap to cover hair later, and two more single paper towels. Set comb and shampoo supplies nearby, also within reach from shower. Drape a towel or newspaper over the side of bathtub for comfortable seating. After exactly 20 minutes, stir the henna one more time. Take the saucepan to the bathtub or shower and dip the solution over your hair by hand in small amounts. Get all the hair roots wetted before the long hair. Keep it out of your eyes by

keeping them closed. Then dry your hands with the single piece of towel. Put on the shower cap. Tie the long paper "scarf" around your neck, tucking in the ends. You may want a second scarf to add to the first. Now wash your hands and clean up drips. Note the time. Keep a few paper towels handy to wipe drips off your face.

Leave it all intact for 50 minutes to one hour or 1¼ hours if time is available. During this time some dripping must occur. Wear old clothing. If your hand or finger nails have turned slightly darker after the application you already know the dye will take.

Finally, wash the henna out under the shower until no little particles can be felt on your scalp. Then shampoo and rinse, or merely rinse. Leave rinse in your hair until you finish your shower, at least one minute, this softens and adds gloss to your hair. Then lightly wash out rinse.

After stepping out of the shower, **comb hair first—straight back**. Dry hair before the rest of your body. Dry by pressing with towel in a straight-back direction about a dozen times. This puts curl in your hair. Never rub hair with towel or change the direction. For extra gloss, rub your hands with a washed lemon; then pat hair with hands in same direction. Let air dry, or sun dry, or hang hair over an electric radiator.

If you have tips to add to this recipe please send them to the publisher. They will be gratefully received.

Eyebrow Color

1 capsule Black Walnut Hull
2 drops Lugol's iodine
¼ tsp. Everclear™ alcohol (in 750 ml or 1 Liter size bottle)

Dissolve all in a plastic spoon. Apply carefully. Keep eyes closed. Do not apply dye of any kind to eyelids or eyelashes.

Eyeliner and Eyebrow Pencil

Purchase charcoal tablets from a health food store. Charcoal pencils from art supply stores contained quantities of lead, antimony and cadmium. Zappicate tablets. You may need to wet them with water or oil first to get the charcoal to stick. You could also use a capsule of activated charcoal. Empty it into a saucer. Mix **glycerin** and water, half and half, and add it to the charcoal powder until

you get the consistency you like. Use a brush for eyelashes; use a finger for eyebrows. Zappicate glycerin first.

Don't put any chemicals on your eyelids, since they penetrate into your eye. To check this out for yourself, close your eye tightly and then dab lemon juice on your eyelid. It will soon burn! Everything that is put on skin penetrates. Otherwise the nicotine patch and estrogen patch wouldn't work. Not even soap belongs on your eyelids!

Face Powder

You may use pure cornstarch. You may also try arrowroot starch or rice flour (grind your own white rice in coffee grinder). Use your fingers or a tissue to apply because applicators can carry bacteria.

Blush (face powder in a cake form)

Add 50% glycerin to cornstarch in a saucer to make a paste. Slowly add beet root powder to the desired color. To darken it, try part of a charcoal capsule. A drop of food grade alcohol will also darken it. To make 50% glycerin, add equal parts of glycerin and water. Try to make the consistency the same as your brand name product, and you can even put it back in your brand name container. Zappicate all ingredients.

Hair Spray

Remarkably, a little lemon juice (not from a bottle) has some holding power and no odor! Buy a one-cup spray bottle. Squeeze part of a lemon, letting only the clear juice run into the bottle. Fill with water. Keep it in the refrigerator. Make it fresh every week. Spraying with just plain water is nearly as good! For shinier hair, drop a bit of lemon peel into the bottle.

Housekeeping Recipes

General Sterilizers

Use chlorine bleach for the toilet, except with lung disease. When lung disease is present, use povidone iodine (available at pharmacies, it doesn't stain).

Use alcohol for the rest of the bathroom, and kitchen area.

Use 50% vinegar from a spray bottle for kitchen counters and cutting board. Put cutting board in dishwasher once a week.

For Dishes

Don't believe your eyes when you see the commercials where the smiling person pulls a shining dish out of greasy suds. Something that miraculous is either a trick or very toxic. It does not really rinse off clean. Any dish soap that you use should be safe enough to eat because you will be eating traces of it with each meal! Nothing rinses off clean. Regular dish detergents, including health brands, are now polluted with PCBs. They also contain harmful chemicals like cobalt. Even the detergent molecule itself is much too powerful (surfactant) for our delicate tissues like the pacemaker of your heart, your brain and nerve cells. Use borax for your dishes. Or homemade soap. Or get away from it all with paper plates and plastic (not Styrofoam) cups.

In The Dishwasher

Use 2 tsp. borax powder straight. If you use too much it will leave a film on your dishes. Use 1½ tsp. citric acid in the rinse cycle to reduce film. Extra hot water also helps to reduce film.

In The Sink



Fig. 145 Salt shaker makes elegant borax dispenser

Keep borax powder in a small container by the sink for scouring. Don't use any soap at all for dishes that aren't greasy and can be washed under the faucet with nothing but running water. Zappicate your old sponge or brush or cloth because it may be PCB contaminated. Zappicate new ones as you get them. Start or end each day by sterilizing your sponge (it harbors Salmonella) or start with a new one while the used one dries for three full days (stand them on end). Clean greasy pots and pans with a paper towel first. Then use homemade bar soap.

Homemade Soap

a small plastic dishpan, about 10" x 12"
a glass or enamel 2-quart saucepan
1 can of lye (sodium hydroxide), 12 ounces

3 pounds of lard (BHT and BHA are OK here)
plastic gloves
water

1. Pour 3 cups of very cold water (refrigerate water overnight first) into the 2-quart saucepan.
2. Slowly and carefully add the lye, a little bit at a time, stirring it with a wooden or plastic utensil. (Use plastic gloves for this; test them for holes first.) Do not breathe the vapor or lean over the container or have children nearby. Above all use no metal. The mixture will get very hot. In olden days, a sassafras branch was used to stir, imparting a fragrance and insect deterrent for mosquitoes, lice, fleas and ticks.
3. Let cool at least one hour in a safe place. Meanwhile, the unwrapped lard should be warming up to room temperature in the plastic dishpan.
4. Slowly and carefully, pour the lye solution into the dishpan with the lard. The lard will melt. Mix thoroughly, at least 15 minutes, until it looks like thick pudding.
5. Let it set until the next morning; then cut it into bars. It will get harder after a few days. Then package.

If you wish to make soap based on olive oil, use about 48 ounces. It may need to harden for a week.

Zappicate the lard and any oil you plan to use or you could be making PCB-soap!

Liquid Soap

Make chips from your homemade soap cake. Add enough hot water to dissolve. Add citric acid to balance the pH (7 to 8). If you do not, this soap may be too harsh for your skin, while it is excellent for cleaning the sink.

Furniture Duster And Window Cleaner

Mix equal parts white distilled vinegar and water. Put it in a spray bottle.

Furniture Polish

Use a few drops of olive oil on a dampened cloth.

Carpet Cleaner

Whether you rent a machine or have a cleaning service, don't use the carpet shampoo they want to sell, even if they "guarantee" that it is all natural and safe. Instead add these to a bucket (about four gallons) of water and use it as the cleaning solution:

Wash water	Rinse water
1/3 cup borax	¼ cup grain alcohol
	2 tsp. boric acid (see <i>Sources</i>)
	¼ cup white distilled vinegar or 4 tsp. citric acid
	1 bottle povidone iodine (optional)

Borax does the cleaning; alcohol disinfects, boric acid leaves a pesticide residue, and the vinegar or citric acid give luster. Povidone iodine kills parasite eggs. If you are just making one pass on your carpet, use the borax, alcohol, boric acid, and iodine. Remember to test everything you use on an unnoticed piece of carpet first.

Floor Cleaner

Use borax from the grocery store. You may add boric acid (to deter insects except ants). Use white distilled vinegar in your rinse water for a natural shine and ant repellent. Do not add bleach to this. For the bathroom floor use plain bleach water; follow the label. Never use chlorine bleach if anybody in the home is ill or suffers from depression. Use grain alcohol (1 pint to 3 quarts water) for germ killing action instead of chlorine.

Insect Killer

Boric acid powder (not borax). Throw liberal amounts behind stove, refrigerator, under carpets and in carpets. Since boric acid is white, you must be careful not to mistake it for sugar accidentally. Keep it far away from food and out of children's reach. Buy it at a farm supply or garden store (or see *Sources*). It will not kill ants.

Ant Repellent

Spray 50% white distilled **vinegar** on counter tops, windowsills and shelves and wipe, leaving residue. Start early in spring before they arrive, because it takes a few weeks to rid yourself of them once they are established. If you want

immediate action, get some **lemons**, cut the yellow outer peel off and cover the peels with grain alcohol in a tightly closed jar. Let stand at least one hour. Use 1 part of this concentrate with 9 parts water in a spray bottle. Mix only as much as you will use because the diluted form loses potency. Spray walls, floors, and carpets wherever you see them. The lemon solution even leaves a shine on your counters. Use both vinegar and lemon approaches to rid yourself of many ant varieties.

Some ant varieties are killed by contact with **borax**; sprinkle it on their pathways.

Homemade **soap with sage** fragrance is a powerful killer for still other ant varieties. Set out the pieces along trails.

Peppermint essential oil, diluted with an equal amount of 50% grain alcohol both deters and kills ants. Place in spray bottle.

The clue to conquering ants is knowing what variety you have. Collect all these natural deterrents and test them, one at a time. For the right kind of ant, the effect can be astounding. But when one species leaves, another may take its place without you noticing. Try your whole collection again. After finding the right deterrent again, keep both deterrents in use together.

To treat the **whole house**, pour vinegar all around your foundation, close to the wall, using one gallon for every five feet. Expect to damage any foliage it touches. Reapply every six months, **on schedule**. Make sure there is no earth contact with downspouts.

A hi-tech approach is electronic (see *Sources* for an electronic pest deterrent). Plug-in devices are quite effective for some ant species. Remember, regular pesticide must be repeatedly applied, too, so is no more effective in the long run.

How To Make Test Samples

Homeographic Saliva Sample

Being able to capture the frequency pattern of a saliva sample is important to be able to transport it safely and to be able to store it for an indefinite time. You will need:

- a small bottle that fits snugly in your hand so there is maximum surface contact between hand and bottle. A ½ oz. amber bottle of glass or plastic, with non-metal cap, works well.

- paper, such as kitchen towel, unfragranced, uncolored. Cut or tear a 2" x 2" piece (5 cm x 5 cm).
- cold tap water
- zippered plastic bag

A sample of the water and paper should be made as "controls." Dip a piece of paper in the water; shake to remove drips and place in separate zippered bag. Stuff the small square of paper in your mouth and chew till wet but not dripping. Spit it into a zippered plastic bag without touching it with your hands.

Add 4 tsp. (20 ml) water; no exact measurement is needed. Zip shut. Squish the paper wad with your fingers a few times to mix saliva and water. Set aside. (If you used too big a piece of paper there will not be enough water to do this successfully.)

Put 2 tsp. water in the ½ oz. bottle leaving room for shaking. Close.

Holding the bag in your hand, place the bottle of water on top of it (the bag). Grip both tightly. Shake 130 times vigorously (20 shakes per 5 seconds; practice this beforehand). Label the bottle "Saliva #3, Manual."

Explanation: Saliva, as you produce it, is given the number "1". After adding water, it is called #2; its electronic properties are changed. The copy of #2 is called #3; if copied by hand it is called "Manual".

Protect your copy of saliva from direct sunlight and magnetic fields. That is why the amber color was chosen. Wrap the bottle in layers of packaging material, or "bubble wrap" to keep it safe from magnets while traveling. No refrigeration needed.

Further copies made from your #3 bottle are numbered #4, #5, etc. They are not identical.

Evidently, your body is supplying the high frequency energy needed to "carry" the pattern from the saliva sample through the glass or plastic into the water. The action may be similar to homeographic copy-making.

Making Water Sample

1. Get a one qt./L pitcher or bottle for your collecting container.
2. Run about one cup water from the cold faucet into container. Do this six times during the day.

3. Whenever the container gets nearly full, pour half of it out, down the drain. Keep the remainder.
4. Continue adding samples for six days altogether.
5. Fold a piece of paper towel to make a wick. Cut it about 5 inches (10 cm) long. Stick one end into the water for only 1 inch (2 cm). Most of it will stay dry.
6. Place the wick in zippered plastic bag. Place this inside another zippered bag. For shipping use a third zippered bag. Label.

Food Table

As discussed previously, certain food phenolics and onion compounds can be very damaging. Use this table to identify which foods are safe for you to eat.

These results were found by Syncrometer testing. Foods do not always give consistent results. Ripeness, handling methods, and growing methods can make a difference to the phenolic content of food.

How to read this chart: find the food you are interested in, for example, dried apricots. They are Positive (P) for phloridzin, meaning they do contain it.

Another example is avocados. They are Negative (N) for all of these food chemicals, meaning they do not contain them.. But this does not mean they're safe for everyone to eat. Read about additional food phenolics and choose wisely.

Sometimes I find a food that acts as an antigen, but I have not identified the phenolic involved. Those foods are shown in CAPITALS

Foods in USA (Southern California)

N = Negative P = Positive N/P = Negative & Positive

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
alfalfa, leaf, seed, sprouts	N	N	N	N	N
almonds, raw	N	N	N	N	N
aloe vera		N	N	N	P
amaranth, cooked	N	N	N	N	N
anise seed, ground	N	N	N	N	N
apple, cooked or baked (all varieties)	N	N	N	N	N
apple, raw, <i>Golden, Red Delicious, ripe</i>	N	N	N	N	N
apple, raw, <i>others</i>	N	P	P	P	N
applesauce, baby food from jar (also has PCB, benzene, wood alcohol, isopropyl alcohol, clorox bleach, heavy metals, dyes)	N	N	N	N	P
apricots, raw, very ripe	N	N	N	N	N
apricots, dried, less ripe		P			
artichoke	N	N	N	N	N
asparagus	N	N	N	N	P

asparagus	N	N	N	N	N
avocado	N	N	N	N	N
banana, ordinary ripeness (also has tyramine)	N	P	N	N	N
banana, over ripe	N	N	N	N	N

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
banana, refrigerated or frozen	N	N	N	N	N
banana (<i>purple, Macho, Burro</i> & other small varieties)	N	N	N	N	N
barley, cooked or raw	N	N	N	N	N
basil, fresh	N	N	N	N	N
bay leaf	N	N	N	N	N
beans, green, cooked	N	N	N	N	N
beans, lima, pinto	N	N	N	N	N
beef	N	N	N	N	N
beets, raw or cooked	N	N	N	N	N
watercress	N	N	N	N	N
black cherry concentrate	N	N	N	N	N
Brazil nuts, raw	N	N	N	N	
bread, Mexican (bollillos)	N	N	N	N	N
bread, supermarket (contains D-mannitol; benzene in bottom crust)	N	N	N	P	P
bread, health food store	P	N	N	P	P
bread, homemade, white or whole wheat	N	N	N	N	N
broccoli, cooked (has PIT if raw, see end of chart)	N	N	N	N	N
Brussels sprouts	N	N	N	N	N
bun, hamburger, hot dog (has D-mannitol)	N	N	P	P	

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
butter, <i>Burnette, Eugenia, Iberia, Gloria</i> (Mexican)	N	N	N	N	N
butter, organic (has HGH)	P	P	P	P	P
butter, supermarket The presence of apiol may represent soy oil adulteration	P	P	P	P	P
butter, boiled		N	N	N	N
buttermilk	N	N	P		P
cabbage, cooked	N	N	N	N	N
Cactus (Nopales or prickly pear)	N	N	N	N	N
cantaloupe	N	N	N	N	N
cantaloupe, unripe		P	N	N	

Cantaloupe , unripe		P	N	N	
cardamom, ground	N	N	N	N	N
carrots, cooked, raw (has SHRIMP and CARROT antigens)	N	N	N	N	N
cashews, roasted (have phloridzin if raw)	N	N	N	N	N
castor oil	P				N
Cats Claw herb		N	P		
cauliflower, cooked	N	N	N	N	N
celery, raw	N	N	N	N	N
chard, red, Swiss	N	N	N	N	P
chard, red, Swiss, frozen					N
cheese, cottage	P	P	P	P	P
cheese, organic	N	N	P	P	N
cheese, regular (all cow cheeses have FSH, TSH, HGH, vasopressin, hypothalamus cells, pituitary cells, tyramine, phenyl alanine, malvin & coumarin)	N	P	P	P	P

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
cherries, Bing, black, ripe	N	N	N	N	N
cherries, Bing, black, under ripe	P	P	P	N	N
cherries, Bing, black, under ripe, cooked	N	N	N	N	N
cherries, red, sour	N	N	P	P	N
cherries, yellow	N	N	N	N	N
chicken	N	N	N	N/P	N
cilantro, raw	N	N	N	N	P
cinnamon powder (has cinnamic acid)	N	N	N	N	N
chlorophyll solution	N	N	N	N	N
cloves, powder	N	N	N	N	N
coconut, raw, shredded, flakes	N	N	N	N	N
coconut "milk", fresh	N	N	N	N	N
collards, cooked	N	N	N	N	N
corn on cob	N	N	N	N	N
corn chips	P	P	P	P	P
cornmeal, yellow	N	N	N	N	N
coriander seed	N	N	N	N	N
crackers, whole wheat	P	P	P	P	P
crackers, sesame		P			
cranberry sauce, canned	N	N	N	N	N
cream, heavy, whipping (has tyramine and phenyl alanine)	N	N	P	P	P

cream, organic	N	N	P	P	P
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Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
cream, supermarket (making butter with the recipe, removes these and other toxins)	N	N	P	P	P
Cream of Wheat	N	N	N	N	N
clover, red (has coumarin)	N	N	N	N	N
dextrose	N	N	N	N	N
eggs, raw (have hypothalamus cells and pituitary cells)	N	P	N	P	N
eggs, scrambled, boiled, fried (have hypothalamus and pituitary cells, malvin)	N	N	N	N	N
eggplant	N	N	N	N	N
farina cereal	N	N	N	N	N
fennel, ground, oil	N	N	N	N	N
fig, raw, ripe (has acetic acid antigen at unripe spots)	N	N	N	N	N
fish, fresh or canned (has Fast Garnet dye and SHRIMP antigen)	N	N	N	N	N
flax seed	N	N	N	N	?

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
flour, all purpose, supermarket, white or whole wheat	N	N	N	N	N
garbanzo beans, home cooked	N	N	N	N	N
grain, Quinoa		N		N	
grapes, purple/red, ripe (have malvin)	N	N	N	N	N
grapefruit, red (has caffeic acid)	N	N	N	N	N
granola bars, "100% Natural", commercial (have isopropyl alcohol, aluminum, asbestos)	N	N	N	P	P
gum, chewing (has benzene, aluminum)	P	N	N	N	P
hominy, white	N	N	N	N	N
honey, raw or processed (has coumarin)	N	N	N	N/P	N
horseradish, sauce	N	N	N	N	P
hydrangea root	N	N	N	N	N
jalapeño (seeds only)	N	N	N	N	N
Jamaica flower Mexican drink			P	P	P
jicama, raw	N	P		N	
kipper snacks (has pyrrole, uric acid, nerve growth factor)	N	N		N	P
kiwi	N	N	N	N	N

lemons	N	N	N	N	N
lentils	N	N	N	N	N
lettuce, <i>Romaine, Iceberg, leaf</i> (has menadione)	N	N	N	N	N
limes (have caffeic acid)	N	N	N	N	N
liver (beef, lamb)	N	N	N	N	N

Food Item	Apiol	Phlor- idzin	Chloro- genic	Gallic	ONION
mango, raw (has malvin)	N	P	P	N	N
margarine (has SHRIMP and phenyl alanine antigens)	P	P	P	P	P
meat, lamb, beef	N	N	N	N	N
melon, honeydew, musk (has MELON antigen)	N	N	N	N	N
milk, goat	N	N	N	N	N
milk, cow, raw, organic, pasteurized (has tyramine, phenyl alanine, hypothalamus cells, pituitary cells)	N	N	P	P	N
molasses	N	N	N	N/P	N
mustard seed, whole	N	N	N	N	N
nectarines	N	N	N	N	N
nutmeg, ground (destroys tyramine and Bacillus cereus)	N	N	N	N	N
oatmeal cookies, commercial (have cinnamic acid, aluminum, D-mannitol)	P	N	N	P	P
oats, cooked	N	N	N	N	N
oil, almond	N	N	N	N	N
oil, canola	P	P	N	P	P
oil, corn, supermarket	P	P	P	P	P
oil, cotton seed supermarket	P			P	
oil, flaxseed, pure	N	N	N	N	N
oil, olive, pure	N	N	N	N	N
oil, olive, supermarket	P	P	P	P	N
oil, peanut, pure	N	N	N	N	N
oil, safflower, pure	N	N	N	N	N
oil, sesame, pure	N	N	N	N	N
oil, soy, pure	P	P			

Food Item	Apiol	Phlor- idzin	Chloro- genic	Gallic	ONION
oil, soy, supermarket	P	P	P	P	
oil, sunflower, pure	N	N	N	N	N
oil, vegetable	P			P	

olive leaf, powder	N	N	N	N	N
olives, black, canned	P	P	P	P	P
oranges (have caffeic acid; oranges, homegrown, tree ripened, have no caffeic acid)	N	N	N	N	N
pancakes	N	N	N	N	N
papaya	N	N	N	N	N
parsley, raw (has malvin, coumarin)	N	N	N	N	N
pasta	N	N	N	N	N
peas, baby food, from jar (have PCB, benzene, wood alcohol, chromium, PIT)	N	N	N	N	P
peas, frozen package (have PIT)	P	N	N	N	P
peas, split, yellow (have PIT)		N	N	N	
peas, black-eyed		N	N	N	
peanuts, shelled	N	N	N	P	N
peanuts, in shell	N	N	N	N	N

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
peanut butter, old fashioned	N	N	N	N	N
pears, ripe	N	N	N	N	N
pecans	N	N	N	N	N
peppers, bell, red or green, raw	N	N	P	N	N
peppers, bell, red or green, cooked	N	N	N	N	N
peppers, raw, various	N	N	P	N	N
pineapple, fresh or canned	N	N	N	N	N
plum preserves, canned		P			
pork and beans, canned	N	N	N	N	P
pomegranate juice	N	N	N	N	N
popcorn, yellow	N	N	N	N	N
potatoes, cooked, baked	N	N	N	N	N
potatoes, raw or fried	N	P	P	N	N
potato, sweet, with peel	P	N	N	N	N
potato, sweet, peeled	N				
potato chips	P	P	P	P	P
pumpkin, canned	N	N	N	N	P
pumpkin seeds, raw		N	N	N	
quassia herb powder	N	P			
radish, red, raw	N	P	N	N	N
raisins, golden (have malvin)	N	N	N	N	N

rice, white (fragrant varieties have coumarin)	N	N	N	N	N
salmon, cooked, fresh (has Fast Garnet dye, does not have SHRIMP)	N	N	N	N	N

Food Item	Apiol	Phloridzin	Chlorogenic	Gallic	ONION
sardines in oil	P	N	N	N	N
sardines, in water (all sardines have SHRIMP)	N	N	N	N	N
seafood, shrimp, crab (has SHRIMP antigen)	N	N	N	N	N
sugar, organic	N	N	N	N	N
soybeans, cooked	P	N	N	N	N
soybeverage, commercial	P	P	P	P	P
soy lecithin	P	P	P	P	
spice syrup	N	N	N	N	N
spinach, raw (has oxalate, use small portions)	N	N	N	N	N
squash, yellow, raw	N	N	N	N	N
strawberries, raw, supermarket, organic (have caffeic, cinnamic, malvin)	N	P	N	N	N
sugar cone, Mexican (has malvin)	N	N	N	P	
sunflower seeds, raw	N	N	N	N	N
syrup, agave	N	N	N	N	N
syrup, maple (has ASA)	N	N	N	N/P	N
syrup, rice, organic		N	N	N	
tahini, organic	N	N	N	N	N
tamales, canned in chile sauce	N	N	N	N	N
tapioca, small pearl (has PIT)	N	N	N	N	N
tomatoes, raw, homegrown (have malvin)	N	N	N	N	N
toothpastes with or without fluoride (has silicone, aluminum, malvin, PCB, benzene)	N	N	N	N	
tuna, canned in water, (has SHRIMP)	N	N	N	N	N
tuna, canned in oil (has SHRIMP)	P	N	N	N	N
turkey, dark meat, cooked	N	N	N	N	N
turmeric, ground	N	N	N	N	N
vanilla	N	N	N	N	N
walnut, Black, tincture	N	N	N	N	N
walnuts, raw, organic	N	N	N	N	N
watercress	N	N	N	N	N
wheat, berry	N	N	N	N	N

watermelon			P		
wheat germ, raw, toasted	N	N	N	N	N
yogurt, low fat (has benzene, aluminum, tyramine, phenyl alanine, malvin, PIT)	P	P	P	P	
zucchini	N	N	N	N	

Organ Specific Phenolics

The following food phenolics can also become allergenic (antigens) if not detoxified by the body. Each one is associated with specific organs. Scan this list and avoid ones that pertain to you.

- Acetic acid (vinegar) is antigenic for prostate, colon, liver, brain; brings metastases to these organs. Present in unripe figs, dates, as well as vinegar. Triggers Herpes I virus.
- Apiol is antigen for thymus, ovary, breast; causes metastases here, or AIDS. Found in all popular commercial oils used for cooking. (Not in oils pictured).
- ASA, acetyl salicylic acid, is antigenic for the vagina. Found in some candy, canned food. Can be destroyed with watercress powder.
- Caffeic acid is antigen for brain. Present in certain fruits, coffee. Destroyed by boiling.
- CARROT antigen is attracted to bones; causes bone metastases in cancer. Found in bottom half of carrot.
- Chlorogenic acid is antigenic for the hypothalamus. Present in unripe fruits, dairy products (cow), fried and undercooked potatoes, and coffee. Contributes to the tumor nucleus for all cancers. Destroyed by cooking.
- Cinnamic acid is antigenic for the bladder; causes urinary tract disease, metastases in cancer. Found in various fruits, cinnamon. Destroyed by cooking.
- Coumarin is antigenic for lungs and blood. Causes various blood and lung diseases, metastases in cancer. Found in spray-can fragrances, artificial vanilla, honey, rice. It can be destroyed by adding watercress powder.
- D-mannitol comes from sugars in use in USA. Causes clogged ducts and glands.
- Gallic acid is antigen for pancreas. Present in grains and oils if preserved

with propyl gallate, also in certain foods. Participates in tumor nucleus for all cancers. Destroyed by cooking.

- Malvin is antigenic for seizures and inner ear disease. Found in most blue and red fruits or vegetables, also eggs and chicken. Destroyed by cooking. (Commercially prepared or canned foods cannot be considered cooked).
- MELON is antigen for muscles; causes sarcomas.
- Menadione is antigenic for intestines and blood; causes blood disorders, diarrhea. Found in lettuce.
- ONION is antigen for medulla. Is essential for Fasciolopsis survival. Found in leeks, onions, chives, garlic, asparagus, cilantro, aloe vera, Swiss chard. Destroyed by thorough boiling.
- Phenylalanine, an amino acid, is the antigen for ovarian cancer and malignant melanoma. Found in dairy foods, artificial sugar.
- Phloridzin is antigenic for islets of Langerhans (diabetes) and pituitary gland. Present in apples, soy products, pork products, unripe fruit. Initiates tumor nucleus for all cancers. Destroyed by cooking.
- PIT stands for phenylisothiocyanate, a food phenolic. Found in broccoli, Brussels sprouts, cabbage, mustard green, collards, radishes, peas. Causes bone metastases. Destroyed by cooking.
- Pyrrole is a blood-breakdown product. Found in smoked food, smoke, chronic blood hemorrhages. Accumulates when bleeding.
- SHRIMP antigen is chemically undefined, causes lymph node metastases. Found in all fish and seafood, and in tops of carrots where green rings are seen.
- Tyramine is a bacterial toxin, made by *Bacillus cereus* present in bananas and all cows' dairy products, including pasteurized (not ultra pasteurized) products. Not in goat milk. Causes allergy development in tissues affected.
- Uric acid is a metabolic product, too plentiful in gout and folic acid deficiency. Antigenicity is not known.

As your liver strengthens, you will be better able to detoxi-fy these phenolics, and no longer have to avoid them so strictly.

Sources

This list was accurate as this book went to press. Only the vitamin sources listed here were found to be pollution-free, and only the herb sources listed here were found to be potent, although there may be other good sources that have not been tested. The author has no financial interest in, influence on, or other connection with any company listed, except for having family members in the Self Health Resource Center.

Note to readers outside the United States of America:

Sources listed are typically companies within the United States because they are the ones I am most familiar with. You may be tempted to try a more convenient manufacturer in your own country and hope for the best. I must advise against this! In my experience, an uninformed manufacturer most likely has a polluted product! Your health is worth the extra effort to obtain the products that make you well. One bad product can keep you from reaching that goal. This chapter will be updated as I become aware of acceptable sources outside the United States. Best of all is to learn to test products yourself.

When contacting these *Sources*, ask first for their retail department. They may wish to direct you to a nearby distributor. Be patient.

When ordering chemicals for internal use, always ask for the food grade variety.

Item	Source
Amber bottles, ½ ounce	Continental Packaging Solutions (large quantities); Self Health Resource Center; drug store. Avoid rubber dropper caps.
Amino acid mixture, liquid for IV use and other IV liquids in glass bottles	Abbott Laboratories; Mexican pharmacy
Amino acids, dry	Seltzer Chemicals, Inc.; Spectrum Chemical Co.
Anatomy set	See Microscope slides
Arginine	Seltzer Chemicals, Inc.; Spectrum Chemical Co.

Aspartic acid	Spectrum Chemical Co.
Baking soda (sodium bicarbonate)	Spectrum Chemical Co.
Betaine hydrochloride	Seltzer Chemicals, Inc.
Black cherry concentrate	Bernard Jensen Products; health food store
Black Walnut Hull tincture	See Green Black Walnut Hull
Bleach, USP (NSF) also see Dental bleach	Walmart, Target, Supervalu, Home Best stores and others - <i>Colgate Palmolive; Arctic White</i> ; Target, <i>JAVEX, HILEX</i> in Canada
Borax	Grocery store

Item	Source
Boric acid	Spectrum Chemical Co.; health food store; pharmacy
Cactus, Prickly Pear, tablets (Nopales)	Plantas M. Anahuac, C.A. de C.V. Raw is available seasonally.
Cascara sagrada	San Francisco Herb & Natural Food Co.; Self Health Resource Center
Chlorination supplies	Pool and spa store; (<i>Desert Star, Sani Clor, Water Guard</i>) (also see Bleach, USP)
Chlorine test	Industrial Test Systems, Inc. (choose <i>Sensafe Free Chlorine Test Strips</i> to test for presence of chlorine – not to distinguish varieties). Use for wells.
Cholecalciferol	See vitamin D ₃
Citric acid	Univar
Cleaning sponges	Scotch-Brite – Heavy Duty 3M; grocery store
Cloves	San Francisco Herb & Natural Food Co. (Ask for fresh); Starwest Botanicals, Inc.
Clove bud essential oil	San Francisco Herb & Natural Food Co.; Starwest Botanicals, Inc.
Coenzyme Q10	Seltzer Chemicals Inc.; Threshold Enterprises
Colloidal silver maker	CTS Originals
Compass	Camping store; science store
Cornstarch	Spectrum Chemical Co. Unilever Best Foods
Dental anesthetics	<i>Zuricaina</i> (Blazurmex); <i>Nurocaina</i> (Laboratories Columbia); dental supply stores
Dental bleach	Self Health Resource Center
Dental chemicals	I have not found dental chemical supply companies to be reliably pure. Order your dental chemicals from regular chemical companies like Spectrum Chemical Co. and others.
Dental help in Europe	Naturheilverein
Dental impression compounds	Bosworth Company; GC America, Inc.; Patterson's Dental Supply, Inc.

Item	Source
Denture Material	Fricke Dental International, Inc.
Digestive enzyme mixture	Self Health Resource Center
Electronic copies	Century Nutrition of Mexico
Electronic parts	Radio Shack; Mouser
Empty gelatin capsules size 00	Capsugel; health food store
Enema equipment	Medical Devices International; Source of Health, Inc.; "Fleet" bottles are available at pharmacy; drug store
Epoxy coating for copper pipes	ACE DuraFlo; American Pipelining; Cura Flo
Essential oils	San Francisco Herb & Natural Food Co.; Starwest Botanicals, Inc.
Fat emulsion for IV use	Abbott Laboratories; Mexican pharmacy
Filters, coconut charcoal	Pure Water Products (pitchers); Seagull Distribution Co. (faucet, shower, whole house)
Filters, self-cleaning, prewashed	Seagull Distribution Co. (Ask for PVC installation instructions)
Folic acid	Spectrum Chemical Co.
Germanium, organic	Hydrangea, coconut or other nuts
Ginger capsules	San Francisco Herb & Natural Food Co. (bulk)
Glutamine	Seltzer Chemicals, Inc.
Glutathione	Seltzer Chemicals, Inc.
Goat milk	Dairy; health food store

Item	Source
Goldenrod tincture	Blessed Herbs; Self Health Resource Center
Grain alcohol (ethyl alcohol)	Liquor store, search for the ¾ liter or 1 liter size of Everclear.
Gravel root (herb)	San Francisco Herb & Natural Food Co.; Starwest Botanicals, Inc.
Green Black Walnut Hull freeze-dried capsules	Consumer Health Organization; New Action Products; Self Health Resource Center
Green Black Walnut Hull tincture	New Action Products; Self Health Resource Center
Henna hair dye, black or	Karabetian Imp. Exp., Inc.; San Francisco Herb & Natural Food Co; Self Health Resource Center

red	
Herbs, in bulk	San Francisco Herb & Natural Food Co.
HCl	See Hydrochloric acid
Homeographic copies	The Natural Health Choice Ltd.
Hydrangea (herb)	San Francisco Herb & Natural Food Co.
Hydrochloric acid, USP	Spectrum Chemical Co. (You must dilute the 10% solution purchased [#HY105] to a 5% solution by adding an equal volume of water. For internal use, must be made by pharmacist.)
Hydrogen peroxide 35% (food grade)	Univar
Inspection mirror	Automotive store
Insulation	Bonded Logic, Inc.
Iodine	Spectrum Chemical Co.
L-glutamic acid powder (this is <u>not</u> glutamine.)	Spectrum Chemical Co.
Lipase	Spectrum Chemical Co
L-lysine powder	Spectrum Chemical Co.
Lugol's iodine	Spectrum Chemical Co.; Farm animal supply store (for disinfection and slide staining, not internal use). For internal use must be <u>made from scratch</u> by pharmacist. (For disinfecting food get <i>Veggie Wash</i> from Source of Health; New Action Products.)
Magnesium oxide	Spectrum Chemical Co.

Item	Source
Magnopatch	Cut a 1-inch square from a magnetic sheet available at any craft store (south side up). Glue on one-third inch round magnet in the center, south side up. Round magnets .312 x .125 available from The Cutting Edge.
Marshmallow root (herb)	San Francisco Herb & Natural Food Co.; Starwest Botanicals, Inc.
Microscope slides	Carolina Biological Supply Co.; Southern Biological Supply Co.; Ward's Natural Science, Inc.
Milk thistle seed	San Francisco Herb & Natural Food Co.
Niacinamide	Spectrum Chemical Co.
Olive leaf powder	San Francisco Herb & Natural Food Co.
Oregano oil	North American Herb & Spice Co.; Starwest Botanicals, Inc.
Organ samples preserved on microscope slides	See Microscope slides
Ornithine	Seltzer Chemicals, Inc.; Spectrum Chemical Co.

Ortho-phospho-tyrosine	Use Homeographic copies
Oscillococcinum, homeopathic flu medicine	Boiron Borneman; Self Health Resource Center; health food store; drug store
Ozonator	Superior Health Products (ask for new non-rubber tubing)
P24 antigen sample	Use Homeographic copies
Parasites, bacteria, viruses preserved on microscope slides	See Microscope slides
Pancreatin	Spectrum Chemical Co
Pancreatin-lipase enzyme mixture	See individual ingredients
Peppermint oil	Starwest Botanicals, Inc.
Peroxy	See Hydrogen peroxide
Plastic-coated water pipes	See Epoxy coating

Item	Source
Potassium chloride	Spectrum Chemical Co.
Potassium iodide	Spectrum Chemical Co. (some potassium iodide is radioactive; use sodium iodide instead. The difference in concentration is negligible).
Salt (sodium chloride)	Spectrum Chemical Co.
Seltzer maker	Fante's; KegMan
Shampoo	The Green People Company, Ltd.
Slides	See Microscope slides
Soap, homemade	See <i>Recipes</i> ; Self Health Resource Center
Sodium alginate	Spectrum Chemical Co.; health food store
Sodium hypochlorite, EPA registered, NSF grade	See Chlorination supplies
Sodium iodide	Spectrum Chemical Co.
Stevia powder	Self Health Resource Center
Sonicator	Any ultrasonic jewelry cleaner
Syncrometer [®] video or DVD	New Century Press
Tubes, shielding	Use 1" electrical conduit. Available at hardware store.
Uva Ursi, herb	San Francisco Herb & Natural Food Co.
Vermiculite insulation	See Insulation
Virtual copies	See Homeographic copies
Vitamin A (acetate)	Spectrum Chemical Co.
Vitamin B ₁	Spectrum Chemical Co.

Vitamin B ₁₂	Spectrum Chemical Co.
Vitamin B ₂	Seltzer Chemicals, Inc.; Spectrum Chemical Co.
Vitamin B ₆	Seltzer Chemicals, Inc.; Spectrum Chemical Co.
Vitamin C (ascorbic acid), synthetic	Roche Vitamins, Inc. (all other sources tested had either toxic selenium, yttrium, or thulium pollution)

Item	Source
Vitamin C, organic	Rose hips, currants, dried apricots and goat milk are naturally high in vitamin C. San Francisco Herb & Natural Food Co.; Summer Kitchen; Sun-Maid
Vitamin D ₃	Spectrum Chemical Co.
Vitamin E	Bronson Laboratories
Watercress, fresh	Grocery store
Watercress seeds (<i>Nasturtium officinale</i>)	Garden store
Watercress, tablets (Berro)	Plantas M. Anahuac, C.A. de C.V.
Water filter pitchers	See Filters
Wormwood capsules, mixture	New Action Products; Self Health Resource Center
Wormwood seed	R.H. Shumway
Zinc oxide	Spectrum Chemical Co.

Abbott Laboratories

100 Abbott Park Rd.
Abbott Park, IL 60064
(847) 937-6100
www.abbott.com

ACE DuraFlo

USA (888) 775-0220
CANADA (888) 775-0220
Fax (714) 854-1833
www.aceduraflo.com

American Pipelining

PO Box 5045
El Dorado Hills, CA 95762
(916) 933-4199

www.americanpipelining.com

Bernard Jenson Products

535 Stevens Ave.
Solana Beach, CA 92075
(800) 755-4027
www.bernardjensen.org

Blessed Herbs

109 Barre Plaines Rd.
Oakham, MA 01068
(508) 882-3839
(800) 489-4372
www.blessedherbs.com

Boiron Borneman

6 Campus Blvd.
Newtown Square, PA 19073
(800) 258-8823
(610) 325-7464
www.boiron.com

Bonded Logic, Inc.

411 East Ray Rd.
Chandler, AZ 85225
(480) 812-9114
www.bondedlogic.com

Bosworth Company

7227 N. Hamlin Ave.
Skokie, IL 60076
(800) 323-4352
www.bosworth.com

Bronson Labs

350 South 400 West, Ste. 102
Lindon, UT 84042
(800) 235-3200 retail
(800) 610-4848 wholesale

www.bronsonlabs.com

Capsugel

PO Box 640091

Pittsburgh, PA 15264-0091

(888) 783-6361

(864) 223-2270

www.capsugel.com

**Carolina Biological
Supply Co.**

PO Box 6010

Burlington, NC 27216-6010

(800) 334-5551

(336) 584-0381

www.carolina.com

Century Nutrition of Mexico

S. de R.L. de C.V. Mexico

Fax 52-664-683-4454

Consumer Health Organization of Canada

1220 Sheppard Ave. E

Ste. 412

Toronto, Ontario M2K 2S5 Canada

(416) 490-0986

www.consumerhealth.org

Continental Packaging Solutions

230 West Monroe St.

Ste. 2400

Chicago, IL 60606

(312) 666-2050

www.cgppkg.com

CTS Originals

PO Box 64

Lemon Grove, CA 91946

Fax (619) 644-8635

Cura Flo

1265 North Manassero St.

Ste. 305

Anaheim, CA 92807

(800) 620-5325

Fax (714) 970-2105

www.curaflo.com

Fricke Dental International, Inc.

208 West Ridge Rd.

Villa Park, IL 60181

(630) 833-2627

Fax (630) 833-3148

www.frickedental.com

Fante's

1006 S. 9th St.

Philadelphia, PA 19147-4798

(800) 443-2683

www.fantes.com

GC America, Inc.

3737 W. 127th St.

Alsip, IL 60803

www.gcamerica.com

Industrial Test Systems, Inc.

1875 Langston St.

Rock Hill, SC 29730

(800) 861-9712

(803) 329-9712

Fax (803) 329-9743

www.sensafe.com

Karabetian Import

2450 Crystal St.

Los Angeles, CA 90039

(323) 664-8956

Fax (323) 664-8958

KegMan

(800) 292-6633

www.kegman.net

Medical Devices International

512 Lehmberg Rd.

Columbus, MS 39702

(800) 438-7634

www.cprmicroshield.com

Mouser

1000 North Main St.

Mansfield, TX 76063-1514

(800) 346-6873

www.mouser.com

Naturheilverein

"Hilfe zur Selbsthilfe"

e.V. Postfach 1238

D-65302 Bad Schwalbach

Germany

49-06128-41097

www.drclark-verein.de

New Action Products (USA)

P.O. Box 540

Orchard Park, NY 14127

(800) 455-6459 (USA only)

(716) 662-8000

www.newactionproducts.com

New Action Products

(CANADA)

P.O. Box 141

Grimsby, Ontario L3M 2Y1

(800) 541-3799

(716) 873-3738 (Canada)

New Century Press

1055 Bay Blvd., Ste. C
Chula Vista, CA 91911
(800) 519-2465
www.newcenturypress.com

**North American Herb &
Spice Co.**

PO Box 4885
Buffalo Grove, IL 60089
(800) 243-5242
www.international-alternative-health.com

Patterson Dental Supply, Inc.

1031 Mendota Heights Rd.
Saint Paul, MN 55120
(651) 686-1600
(800) 328-5536
www.pattersondental.com

**Plantas M. Anahuac,
S.A. de C.V.**

Oriente 255 no 57
col. Agricola
Oriental CP 08500
Mexico D.F.
52-557-63-75-20

Anahuac (U.S. office)

7522 Scout Ave.
Bell Gardens, CA 90201
(562) 927-6414

Pure Water Products, LLC

10332 Park View Ave.
Westminster, CA 92683
(800) 478-7987
Box 2783
Denton, TX 76202
(940) 382-3814

www.pwgazette.com

R.H. Shumway

PO Box 1
Graniteville, SC 29829
(803) 663-9771
www.rhshumway.com

Roche Vitamins, Inc.

340 Kingsland St.
Nutley, NJ 07110-1199
(800) 892-6510
(no retail sales)

San Francisco Herb & Natural Food Co.

47444 Kato Rd.
Fremont, CA 94538
(800) 227-2830 wholesale
(510) 770-1215 retail
www.herbspicetea.com

Scotch-Brite

3M Home Care Division
PO Box 33068
St. Paul, MN 55133

Seagull Distribution Co.

3670 Clairemont Dr.
San Diego, CA 92117
(858) 270-7532
www.seaguldistribution.com

Self Health Resource Center

1055 Bay Blvd. Suite A
Chula Vista, CA 91911
(800) 873-1663
www.shrc.net

Seltzer Chemicals, Inc.

5927 Geiger Ct.

Carlsbad, CA 92008-7305
(800) 735-8137
(760) 438-0089
Fax (760) 438-0336
www.seltzerchemicals.com

Source of Health, Inc.
PO Box 161080
San Diego, CA 92176
(866) 372-5275
Fax (619) 795-0569

Southern Biological Supply Co.
PO Box 368
McKenzie, TN 38201
(800) 748-8735
(901) 352-3337

Spectrum Chemical Co.
14422 South San Pedro Street
Gardena, CA 90248
(800) 791-3210
(310) 516-8000
www.spectrumchemical.com

Starwest Botanicals, Inc.
11253 Trade Center Dr.
Rancho Cordova, CA 95742
(800) 273-4372
(916) 638-8100
www.starwestherb.com

Summer Kitchen
13110 Emerson Rd.
PO Box 221
Kidron, Ohio 44636
(330) 857-8500
Fax (330) 857-3392
www.summerkitchenonline.com

Sun-Maid

www.sunmaid.com

Superior Health Products

13808 Ventura Blvd.

Sherman Oaks, CA 91403

(800) 700-1543

(818) 986-9456

www.superiorhealthproducts.com

The Cutting Edge

P.O. Box 4158

Santa Fe, NM 87502

(800) 497-9516

Fax (505) 982-3194

www.cutcat.com

**The Green People
Company Ltd.**

Brighton Road, Handcross

West Sussex RH 176BZ

England

www.greenpeople.co.uk

The Natural Health Choice Ltd.

44 292 055 4943

Fax 44 292 055 3779

www.the-natural-choice.co.uk

Threshold Enterprises

23 Janis Way

Scotts Valley, CA 95066

(800) 777-5677

www.thresholdenterprises.com

Unilever Best Foods

800 Sylvan Ave

Englewood Cliffs, NJ 07632

(201) 567-8000

www.unileverbestfoods.com

Univar (wholesale only)
2100 Hafley Ave.
National City, CA 91950
(800) 888-4897
(619) 262-0711

Ward's Natural Science, Inc.
5100 West Henrietta Rd.
Rochester, NY 14692
(800) 962-2660
(716) 359-2502
www.wardsci.com

Testing Laboratories

(For testing heavy metals, including lanthanides, in carbon filters.)

Alchemy Environmental Laboratories, Inc.
315 New York Road
Plattsburgh, NY 12903
(518) 563-1720
www.aelabs.com

(For testing heavy metals, except lanthanides, in carbon filters.)

Braun Intertec Corp.
11001 Hampshire Ave. S.
Bloomington, MN 55483
(952) 995-2000
www.braunintertec.com

Phoenix Environmental Laboratories, Inc.
587 East Middle Turnpike
PO Box 370
Manchester, CT 06040
(860) 645-1102
Fax (860) 645-0823
www.phoenixlabs.com

(For testing benzene, heavy metals, including lanthanides, in carbon filters.)

SRC Analytical Laboratories
422 Downey Road
Saskatoon, Sask. S7N 4N1 Canada
(306) 933-6932
www.src.sk.ca

1. Shook, Dr. Edward E., *Advanced Treatise in Herbology*, Trinity Center Press, 1978, p. 172.

2. *Positively Aware*, <http://www.thebody.org/tpan/tpanix.html>

3. Barlow, C.H., *The Life Cycle of the Human Intestinal Fluke, Fasciolopsis buski* (Lancaster) Am. J. Hyg. Monog. No. 4, 1925.

4. The Latin names are *rediae* (plural) and *redia* (singular). I have used simplified spelling, “redia”, for both the singular and the plural, more like English usage.

5. Again, I am simplifying the Latin *cercaria* (singular) and *cercariae* (plural) to one case.

6. www.williamfkoch.com

7. Of course, the FDA cannot be expected to accept experiences such as mine. We should find out what evidence they did accept.

8. The brain lacks the enzyme ornithine carbamyl-transferase that is essential for making ammonia harmless by changing it into urea.

9. I published this discovery in *Townsend Letter For Doctors*, July 1991, p554.

10. “Povidone” iodine, topical antiseptic, is available in most drug stores.

11. [www.http://w3.trib.com/~kombu](http://w3.trib.com/~kombu)

12. *Positively Aware*; <http://www.thebody.org/tpan/tpanix.html>; *Positive Health News* www.KeepHope.net

13. <http://www.healthfree.com/paa/paa0008.htm>
http://www.tjclarkminerals.com/Diseases/d_alzheimer.htm
<http://www.geocities.com/pulone8/pulone8index.html>
<http://www.wwns.com/sanders/gh/aluminum.htm>

14. *American Dental Association Guide to Dental Materials and Devices*, sixth edition, copyright 1972, p. 31.

[15.](#) Sax, N. Irving, and Lewis Sr., Richard J., *Dangerous Properties of Industrial Materials* 7th ed., Van NOSTRAND, Reinhold N.Y. 1989.

[16.](#) Block, Seymour S., *Disinfection, Sterilization, and Preservation*, 3rd Ed., Lea & Febiger, 1983, p. 178.

[17.](#) Ber, A. MD, FRCP, *Neutralization of phenolic food compounds in a holistic general practice.* J. Orthomolecular Psychiatry, 1983 4th quarter p. 283

[18.](#) <http://ntpserver.niehs.nih.gov/htdocs/Levels/Tr240levels.Html> Evidently, gallate already had a history of causing pancreatic cancer at the time it was allowed in all our food—even bread.

[19.](#) Butter is our only source of butyric acid in the intestine. There is some evidence that butyric acid favors beneficial bacteria in the intestine and kills parasites! But remember to treat your homemade butter by zapping, zapping, or sonicating it if the cream wasn't treated.

[20.](#) Journal Of Infectious Diseases, 167:789, 1993.

[21.](#) Barium is described in the *Merck Index* as “Caution: All water or acid soluble barium compounds are POISONOUS.” 10th ed. p. 139 1983.

[22.](#) This element goes to bones.

[23.](#) The higher level of benzene in the blood of smokers was measured in 1989. The title of this report is: “Benzene in the Blood and Breath of Normal People and Occupationally Exposed Workers” by F. Brugnone, L. Perbellini, G.B. Faccini, F. Pasini, B. Danzi, G. Maranelli, L. Romeo, M. Gobbi, A. Zedde: *Amer. J. Industrial Medicine*, 16:385-399 (1989)

[24.](#) 20 Mule Team Borax™ works well for soap and is free of metals and other pollutants. Borax inhibits the bacterial enzyme *urease*. Urease is used by bacteria and yeasts that live in us to utilize our urea as a source of nitrogen for themselves.

[25.](#) Ellison, Bryan J., and Duesberg, Peter H. *Why We Will Never Win The War on Aids*, 1994; Inside Story Communications, 190 El Cerrito Plaza, Ste. 201, El Cerritos, CA 94530

[26.](#) Boric acid is available by the pound from farm supply stores or see *Sources*. Because it looks like sugar, keep it in the garage, labeled, to prevent accidental poisoning.

[27.](#) The copper in the handholds used with the Syncrometer or zapper does not penetrate the skin, probably due to the high frequency circuit used and the protective effect of one layer of paper. Silver would be better but no other metals have as much conductivity.

[28.](#) Remember, in nature, the cercaria swim to a plant and attach themselves to a leaf. There they lose their tails and are called *metacercaria*. It is the over-wintering stage.

[29.](#) Nobody has checked beef herds in the USA or the imported sources for the presence of *Fasciolopsis buski*. It is urgent to find out whether cattle, fowl and pets have become a biological reservoir and are transmitting it to some of us. *Fasciola*, *Strongyloides*, *Eurytrema*, *Paragonimus* and *Clonorchis* should also be searched for because I find them so frequently.

[30.](#) Antibodies to the various fluke stages or antigen tests could be used to test the public blood supply for parasite stages. I know of no existing human intestinal fluke test besides my electronic method.

[31.](#) The ranges given by the lab would include these values as “normal”. Syncrometer testing reveals that the upper part of the range actually reflects a problem that must be searched for.

[32](#) Pennington and Church, taken from *Food Values* 14ed, 1985.

[33.](#) Schaffer, James, Beamer, Parker R., Trexler, Philip C., Breidenbach, Gerald, Walcher, Dwain N., Proc. Soc. Exp. Biol. Med. 1963, v112, pp. 561.

[34.](#) *Process For Producing Antiviral Substance From Staphylococcus Organisms*, US Patent 3,625,833, Inventor Schaffer, James J.

[112.](#) *Positively Aware*, Jan/Feb 1999, p. 31.

[113.](#) Mellors, R.C., Kanematsu, S., *Alkaline Phosphatase Activity and Basophilia in Hepatic Cells Following Administration of Butter Yellow to Rats*, Proc. Soc. Exptl. Biol. Med., v. 67, 1948, pp. 242-46.

[114.](#) Pearson, B., Novikoff, A.B., Morrione, T.G., *The Histochemical Localization of Alkaline Phosphatase during carcinogenesis in Rats Fed p-Dimethylaminoazobenzene*, *Cancer Research*, v. 10, 1950, pp. 557-64.