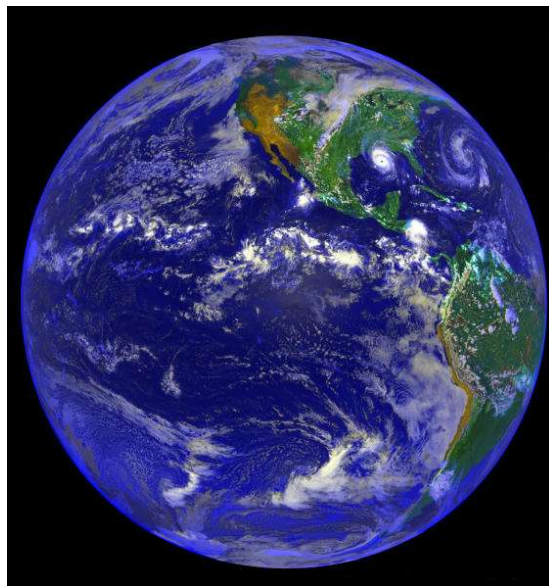
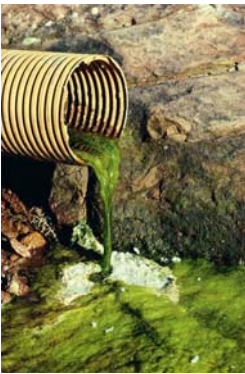


SURVIVE

The Toxic Plagues



With Essential Immune
Nutrients and Detox !

FRONT MATTER

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INTRODUCTION

HEALTHIER CHOICES

Immune Nutrient Deficiency and the Toxic Plagues

We live in toxic times. Never before in recorded history have human beings been packed so closely together, under such toxic and stressful conditions, as in our cities today. Never before have we exposed our planet--and our bodies--to so many different kinds, and increasing quantities of toxins (poisons). This includes chemicals, heavy metals, toxic fumes, radiation, and other poisons in our air, food, and water. No one knows the full consequences of all these different toxins building up and interacting inside human bodies. But we can see some of the effects in bodies around us, or by looking in a mirror.

Medicating sickness, largely due to toxic causes, is Big Business in these stressful times. Approximately 95 million americans* experience a toxic stress-related symptom every week, and take some kind of medication (chemicals). American drug prescriptions increased from 2.1 billion in 1994, to 3.1 billion in 2001, to 3.6 billion in 2005. Based on a population of 300 million, that comes out to over 12 prescriptions for every person! The number of drug-takers rises many times higher with sales of over the counter medications (chemicals). The most prescribed of all drugs are a group known as the antidepressants. Many of these drugs are creating havoc in the bodies, minds, and lives of adults and children taking them. This includes many murders and suicides. For a quick read on the problem, click [here](#). For a growing list of violent incidents involving people taking antidepressants, click [here](#). (If you are reading this pdf on an Apple computer, please see the Note on Hyperlinks at the bottom of page 7.) The financial costs of health care are rising by double digits every year. And so are the numbers of people needing health care. Over half of personal bankruptcies in the united states* are caused by expensive medical emergencies. Many could be prevented with a few changes in diet and lifestyle.

Many of us choose these prescription and over-the-counter drugs (chemicals) to ease our aches and pains. Though these drugs may temporarily relieve our symptoms, they do nothing to remove the underlying causes. Medical statistics show a continuous, epidemic rise in the plagues of cancer, heart disease, obesity, diabetes, asthma, arthritis, and other maladies, at younger and younger ages all over the planet. The same is true of the new infectious and sexually-transmitted plagues of AIDS, hepatitis, herpes, chlamydia, West Nile Virus, bird flu etc. As you will find out in Chapter One, the spread of these plagues is directly linked to **toxic build-up**. This **toxic build-up** is happening both in the earth environment--ocean dead zones, for example--and inside human bodies.

This health decline is also happening in Gaia's other creatures, with the growing list of names on the endangered and extinct species lists. One in four of all species on earth--25%--have been lost in just the last 35 years! We need honeybees, for example, to pollinate dozens of food crops. With Colony Collapse Disorder (CCD), honeybees are now disappearing by the millions. For a complete list of foods threatened by honeybee loss, click [here](#). Many beekeepers believe that CCD is linked to **toxic build-up** of pesticides, herbicides, altered DNA in pollen from GM plants, and other toxins in honeybees.

* National and regional names will begin in lower case letters for a reason. Beyond the illusory divisions by which we define ourselves and mentally separate ourselves from others, we are all part of one, planet-wide, human family. And each of us is an inseparable part of that intricate and increasingly fragile web of life we experience together on spaceship earth--Gaia.

Toxic chemicals--including many prescription, over the counter, and illegal drugs-- destroy various immune nutrients. These immune nutrients are essential in your diet to protect your body from all kinds of toxic chemical, biological, and radiational attacks. If they are lacking in your diet, **toxic build-up** can lead directly to an immune nutrient deficiency disease. One such disease--central to this book--is the modern plague of cancer. In Chapter Five, you will learn how cancer is primarily caused by lack of a vital nutrient that is absolutely essential for all life processes--**oxygen**. Chemicals, heavy metals, radiation, and other toxins destroy the very nutrients which bring oxygen into your body. You will learn how this happens. You will also learn how to prevent cancer, by including these nutrients in your diet. **These nutrients will fortify your immune system to withstand the many new viral and bacterial plagues spreading in our earth environment today.**

Healthy Choices Create a Healthier Immune System

The focus of this book is health--your health. The choices you made in the past largely determined how happy and healthy you are now. The choices you make now will mold the future you. Though this book covers some rather shocking facts of life, ignoring these toxic problems will not make them go away. Here you will find simple, easy, natural solutions--**healthier choices**--to fortify your immune system. They will help make health problems go away. And make them stay away. The cost of these natural solutions is much less than a visit to a doctor's office, a prescription, or a trip to the emergency room.

The purpose of this book is to present some of the best immune nutrition health solutions in a context that explains why they are needed and how they work. The intent is to alert you to some simple, easy, and inexpensive changes you can make in your diet and lifestyle. These **healthier choices** will help you **survive the toxic plagues** that are already here, and those that may be coming in the days ahead.

This book is divided into two sections. **Part One: How to Fortify Your Immune System**, covers several essential immune nutrients your body needs to stay healthy. Three of them are so obvious that most of us take them for granted, and don't get enough. They are **sunlight, oxygen, and pure water**. The others are nutrients your immune system constantly needs to fortify and defend your body. Choosing to include these immune nutrients in your diet will help ensure your continued good health.

This book provides several ways to easily and conveniently add these essential immune nutrients to your diet. At the end of Chapter Seven, you will find formulas and instructions on how to make a **Skin Saver** lotion and an **Inner Skin Saver** margarine. Later, in Chapter Nine, you will find a recipe and instructions on how to make delicious and nutritious **Immune Health Bars**.

Just three **immune powerfoods**, as you will learn inside this book, are the **most concentrated sources** of these essential immune nutrients that help ensure your health. They can also help ensure your physical survival in several possible disaster scenarios. In a disaster, having nutritious food and pure water supplies is **critical**. Unfortunately, too many wait to stock up until the disaster is at their door. And they stock up with processed and bulk foods which lack the essential immune nutrients. These powerfoods store easily and will provide you with disease-fighting and life-protecting nutrients. You can easily add them to other foods. You will find these three **immune powerfoods** covered extensively in this book. You can click the web links to their best sources found at the best discount prices. You will find them together, with instructions for long term storage, at the end of this book.

In **Part Two: How to Detox and Relax Your Body**, you will learn how to clear your body of toxic chemicals, heavy metals, radioactive particles, radiation effects etc. Chapter Ten provides several simple and easy ways to detox. They will help you cleanse your body of accumulated toxins. This chapter also covers detox by full body soaks in a bathtub. You will read the story of a person bedridden

with acute toxicity, caused by the new toxic plague of Morgellon's disease. **When nothing else worked, body detox soaks with this energized mineral solution did!**

Next, you will need to **reduce toxic in-take** to prevent any more **toxic build-up**. Otherwise, immune nutrition and detox may not be enough. You can choose to detox your lifestyle by avoiding like poison the Top Ten most toxic sources covered in this book. You will find them listed together in Chapter Eleven. You need to avoid these toxin sources to stay detoxed and to ensure your good health. Finally, you will find several simple, easy, and proven methods to reduce stress and ways to relax. The rest is up to you, and the choices you make.

Unfortunately, there is a legal "free trade" movement underway to severely restrict your health choices and your access to nutrition supplements. New laws are being pushed by various global chemical, agri-business, and pharmaceutical companies. If these measures become law in america, your nutrition health freedom of choice will be taken away. All nutrition supplements will be limited in concentration and potency to very low levels. Higher concentrations will require a doctor's prescription! These new laws are well underway and planned for full implementation planet-wide in the years 2009 or 2010. They are already implemented, or on legislative agendas, in parts of europe, canada, and australia. The second section in the Appendix covers how Codex Alimentarius--"food code"--proposes to control and limit all access to nutrition supplements. It also provides ways to help prevent this from happening.

The most important concept throughout this book is conveyed in the word essential. You will find this word, and others, underlined and **bolded** to signal the importance of their message. These signals will emphasize vital information you need to know, if you choose to stay healthy. Several tables will list the health benefits of the essential immune nutrients covered here. Other tables will list disease symptoms which often result when one of these essential immune nutrients is deficient in your diet. Unfortunately, many of these disease symptoms are quite wide-spread in the current human population. Unless you are in perfect health, you are probably experiencing some of them. The most common symptom on nearly all the lists is depression. If you are feeling depressed, do not take an antidepressant. **Read this book.** And take action to make healthier choices in your diet and lifestyle.

We begin **Part One** with one of the greatest threats to everyone's immune health, **toxic build-up**.

Note on Hyperlinks: On most PCs, words in blue color and underlined will hyperlink to online information sources when clicked. On Apple computers however, these hyperlinks will not work if you open this pdf in Premiere. To get them to work, please download and install the free Adobe Reader at: http://www.adobe.com/products/acrobat/readstep2_allversions.html Select your operating system on that page and click continue to go to the free download page. After downloading, follow the instructions to install. Then open this pdf in Adobe Reader and the hyperlinks will work. They will take you to sources of important additional information.

PART ONE

HOW TO FORTIFY YOUR IMMUNE SYSTEM

Chapter One

How Toxic Build-Up Plague Endangers Your Immune Health

How Toxins Cause Disease and Faster Aging

All toxins have one thing in common. They either are, or they produce, free radicals in the human body. Normal molecules are electrically neutral because they have pairs of electrons in their outer shell that balance each other. A free radical is any molecule which has an unpaired outer electron. It is “free” to react “radically” with other molecules and cause cellular damage. Free radicals can be very damaging inside the human body. One free radical can destroy an enzyme, a vitamin, a protein, or a hormone molecule. In sufficient numbers, they can destroy cells and even **cause DNA to mutate**.

Many body processes, especially breathing, create free radicals. The immune system even creates some free radicals to selectively destroy viruses and other pathogens without harming normal cells. The immune system usually cleans up and expels these toxins--if it is supplied with enough essential immune nutrients to get the job done. Free radicals cause four basic kinds of physical damage:

Cross-linking. This occurs when free radical damage causes protein, RNA and DNA molecules--even whole cells--to fuse together. This changes or stops their normal activities, and can even kill the cells. This damage stresses the immune system, which has to remove these damaged molecules and cells from the body. Cross-linking causes faster aging. This cell damage is most visibly evident in the skin, where collagen and elastin deteriorate, causing skin to sag and wrinkles to form.

Lysosome destruction. Lysosomes are cell digestive enzymes. Free radical damage can cause these enzymes to “digest” critical cell components, even the cell membrane itself. Again the immune system has to clean up the mess. A common indication of this type of cell damage is pain and inflammation in the synovial fluid of the joints in arthritis, bursitis, and gout.

Cell membrane destruction. Cell and tissue membranes are composed of fatty acids which assist passage of nutrients into cells and wastes out of them. When damaged by free radical toxins, this membrane passage declines or stops. Where there is membrane damage, free radicals can even get inside the cell nucleus and damage DNA. This damage eventually leads to cell dysfunction, cell mutation, or cell death. This cell damage also stresses the immune system, which has to identify and dispose of dead cells. One sign of this type of cell damage is pussy, smelly discharges.

Lipid peroxidation. Its more common name is rancidity, the end result of fats and oils “going bad.” Once fatty acids in cell membranes begin to go rancid from free radical attack, they fall apart, forming more free radicals, called lipid peroxides. Unless controlled nutritionally, this can create a “chain reaction” of continuing cell membrane damage. This stresses the immune system even more. Strong body odor is a sign of this type of damage.

The free radical theory of disease and aging is now well known. Thousands of published scientific papers document free radical disease and aging pathology. This has led to better understanding of the role which antioxidants play in maintaining good health, such as the essential antioxidant vitamins and enzymes to be covered later. Antioxidants clean up and clear out the cellular wastes from the oxygenation processes in your body. Antioxidants protect your immune system. They can also be called **anti-toxins**, because they help your body neutralize and remove chemical and other poisons.

Toxic Chemical Build-Up in Human Bodies

Every year, human adipose tissue surveys document a steady and alarming **toxin build-up** in the entire American (and planetary) population. Annual tests of the National Adipose Tissue Survey conducted by the Public Health Service find growing concentrations of over one hundred different chemicals in human fatty tissue samples. For example, the fatty tissue of every person tested contains styrene, dichlorobenzene, xylene, ethylphenol, and dioxin. Over 90% contain benzene, DDE, and toluene. Even DDT, banned for use in the USA since 1972, is still found in 55% of tissue samples tested. This DDT is coming mostly from imported foods, from countries where it is still used in farming.

Several of these chemicals are so dangerous that they have been placed on the EPA “banned” list; a list which continues to lengthen. But banning their use does nothing about the billions of pounds of chemicals which already pervade, and continue to be dumped into our air, our food, and our water. Thousands of other potentially toxic (poisonous) chemicals have not even been tested for toxicity. And hundreds of new chemicals get introduced every year into our already poisoned Earth environment.

Take mother’s milk, for example. It is produced from fatty tissue in the mammary glands. Human breast milk is often found to contain toxic residues at levels which would require cow’s milk to be removed from the food supply and destroyed. The American Chemical Society published a disturbing paper in 1986. They reported that some breast-fed infants are receiving eighteen times the lifetime maximum dose of dioxin in just their first year of life--from breastfeeding! **Toxic build-up** in women’s breasts not only endangers the health of infants, but is also a major contributing cause of breast cancer.

No one knows the full consequences of all these different chemicals and other toxins building up and interacting inside human bodies. But **toxic build-up** is known to cause allergies, infertility, faster aging, and weakening of the immune system. If you wish to avoid ill health and future health problems, you need to do something to both detox and nutrify your body!

Chemical Allergy--Your Body’s S.O.S. Signal

The major clinical indication of toxic build-up is chemical allergy. Blood and urine tests of chemically allergic people invariably reveal high levels of various chemical toxins in their bodies. There is a new medical specialty--Clinical Ecology--which studies and treats toxic chemical reactions. Dr. William Rae has treated thousands of patients at his Environmental Health Center in Dallas, Texas. He treats a new malady he calls Chemical Hypersensitivity Syndrome, which results from toxic chemical build-up.

Here is a list of chemical toxicity symptoms. None of these conditions is normal. If you are experiencing any of them, your body is sending you a toxic wake-up signal. More chemicals (cortisone,

pain-relievers, antihistamines, antacids etc.) will only make matters worse. They only temporarily relieve or cover up symptoms without doing anything about the major cause--**toxic build-up**.

CHEMICAL TOXICITY SYMPTOMS*

Skin: Itching, burning, flushing, tingling, sweating behind neck, hives, blisters, blotches, red spots, chloracne, weals, itchy rashes, psoriasis, dermatitis.

Ear, Nose, Throat: Nasal congestion, sneezing, nasal itching, runny nose, postnasal drip, sinusitis. Sore, dry, or tickling throat, clearing throat, itching palate, hoarseness, hacking cough. Fullness, ringing, or popping of ears, earache, intermittent deafness, dizziness, imbalance. Recurrent throat or ear infections.

Eyes: Blurring of vision, pain in eyes, watery eyes, crossing of eyes, glare hurts eyes. Eyelids twitching, drooping, or swollen. Redness or swelling on inner angle of lower lid.

Respiratory: Shortness of breath, wheezing, persistent cough, mucus formation in bronchial tubes, recurrent respiratory infections, bronchitis.

Cardiovascular: Pounding heart, increased or racing pulse rate, skipped beats, flushing, pallor, hot flashes, chills or cold extremities, redness or blueness of hands, faintness, chest pain.

Gastrointestinal: Dryness of mouth, increased salivation, canker sores, stinging tongue, burping, retasting, heartburn, indigestion, nausea, vomiting, difficulty in swallowing, rumbling in abdomen, abdominal pain, cramps or colitis, alternating diarrhea and constipation, itching or burning of rectum, food intolerances, bloating, gas, sluggishness after eating.

Brain and Nervous System: Headache, migraines, dizziness, light-headedness, fatigue, compulsively sleepy, drowsy, slower reflexes, depressed; anxious, stimulated, overactive, tense, restless, jittery, easily irritated; silly, inebriated, unable to concentrate, trouble remembering words or numbers or names; stammering or stuttering speech, panic attacks and chronic anxiety, delusions or hallucinations, twitching, tremors, convulsions.

* Extracted directly from *Clinical Ecology* by Iris R. Bell, M.D., Ph.D. and *Human Ecology and Susceptibility to the Chemical Environment* by Theron G. Randolph, M.D.

Toxic Build-Up Risk to the Human Species

Chemical residues tend to accumulate and concentrate in the genital areas, for two major reasons. First, this area is where most people carry a large portion of their body fat. Because most chemical toxins are fat-soluble, they tend to lodge in fatty tissue. Second, this is also where the excretory organs are located. Toxins which are not excreted tend to linger in and migrate into the reproductive organs. Here they can damage DNA--the genetic blueprint for future generations--in the sperm and ova. This toxic build-up is occurring throughout the human and other animal populations.

Several studies point to some alarming results caused by this toxic build-up in human reproductive organs. According to a global review of 61 studies involving 14,947 men, toxic chemical pollution has helped cause the average sperm count to drop by 50% in the past fifty years. Average sperm counts among American men have dropped as much as 30% in just the past fifteen years. Up to 25% of urban men may be functionally sterile, compared with 0.5% in 1938. Recent studies are also finding that carrying an "active" cellphone on your belt or in your pocket can damage your sperm, or your ova. If these levels of sterility keep increasing, the human species itself faces possible extinction.

Over seven million American couples who want to conceive children are unable to do so. Among those women who do conceive, about one-third of their fetuses miscarry, abort spontaneously, or are stillborn. Much of this loss is due to abnormal development caused by toxic genetic (DNA) disorders in the developing fetus. Approximately 7% of American babies are born prematurely. And about 7% of those born at full term have low birth weights (5.5 pounds or less). Many of these children suffer from poor brain development and learning disabilities, such as autism. The incidence of autism has increased over 1000% since 1991, and now affects nearly 1 in every 150 American children. Some research points to the barrage of infant and early childhood immunizations as one of the causes. Most vaccines contain toxic mercury in the preservative thimerosal, and other neurotoxins. One in twelve American infants (8.3%) have birth defects recognized in the first year of life. When birth defects discovered later are added in, the total rises to nearly one in every six births. ("Chemical Hazards to Human Reproduction," U.S. Council on Environmental Quality) A primary cause is inadequate and toxic prenatal nutrition, which can damage the baby's DNA and cause later health problems. Cancer, for example, is now the number one natural cause of death among children between the ages of one and fourteen.

Children's developing bodies are more sensitive to chemicals than adults. **Toxic build-up** is a cause of asthma allergies in children, along with hyperactivity, inattention, confusion, inability to concentrate, and learning disabilities (often diagnosed as ADD, ADHD, etc.). Drugs (more chemicals) such as Ritalin, Prozac etc. only treat symptoms while doing nothing about the underlying cause--**toxic build-up**. Cellphone radiation is also causing health problems in children (and adults). These alarming trends do not bode well for the future of our species. Unless we stop poisoning and radiating our environments--inner as well as outer--these gruesome statistics will, unfortunately, continue to increase.

How You Can Prevent Toxic Build-Up

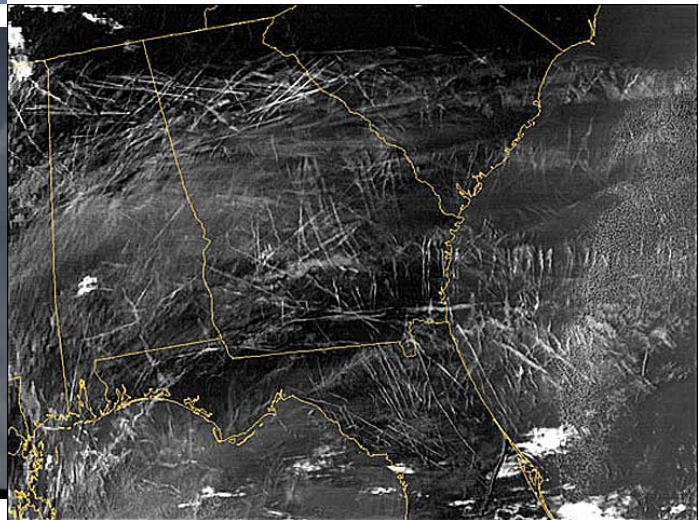
Although you cannot escape chemical toxicity, especially the chemtrail toxins covered next, there are several choices you can make to slow, stop, or even reverse **toxic build-up**. Obviously, the more you expose your body to toxins, the more toxic your body will become. The first step, then, is to **slow toxic build-up** by reducing toxic intake, as explained in Part Two. This means avoiding toxins in what you eat, drink, breathe, and allow your skin to come in contact with. You will find a list of the Top Ten most toxic sources you need to avoid to protect your health and well-being in Chapter Eleven. To stop and reverse **toxic build-up**, you will need to go further and increase **toxic out-go**, covered in Chapter Ten.

Finally, to neutralize and expel these toxins and repair cellular damage, you need to insure that certain essential immune nutrients are present in your diet. Chapter Three will begin with an essential immune nutrient which is vitaly important to your health, but which you may be avoiding--sunlight. But first, there is another major source of toxic chemicals that needs to be covered here. On many days (and moonlit nights) all you have to do is look up, and there they are in the sky. Chemtrails now fill the skies nearly everywhere on the planet, spewing toxic aerosols (fine, pressurized sprays).

Chapter Two

The Toxic Chemtrail Plagues

Our Sky is Being Sprayed with Toxic Chemicals



Our sky--**our air supply**-- is being sprayed with tons of toxic chemicals, metallic particles, and tiny plastic fibers. This spraying over america--and many other countries--has been ongoing since the 1990's. Possible reasons for this aerial spraying found online: to reduce global warming, for weather control, to create a "star wars" missile shield, to test biowarfare agents.* Whatever the reasons, chemtrail toxins now contaminate our air. Then they fall to the ground to contaminate our water, our food supplies, and our bodies. Saturation spraying--bottom photos above--is occurring over most of the populated areas of our planet ([areas reporting chemtrail activity](#), and [long list of direct reports](#)).

Various aircraft that spray these chemtrails have been identified. Chemtrail toxins such as ethylene dibromide (a pesticide banned by the EPA) are being added to jet fuel, so commercial airliners are spraying them. Various aircraft--such as surplus Boeing 707's retired from commercial airline fleets--

* Best overview of military reasons found here: [Chemtrails Over America](#). More chemtrail info: [here](#), [here](#) and [here](#). Or do a web search on chemtrail disease.

have been fitted with engine noise-reducers, storage tanks, and spray equipment. Military aircraft best-equipped to spray for long periods of time are the KC-10 and KC-135 tankers which have huge onboard tanks. Besides a new coating of white paint, engine noise-reducers, and spray ports added to the wings, tail booms normally used for refueling now have large sprayers attached.



KC-135 aircraft with refueling boom.



Refueling boom converted to chemtrail sprayer.

Toxic Heavy Metals in Chemtrail Samples

Analyses of collected chemtrail residues find various metal particles and metallic compounds. These include aluminum, barium, cadmium, chromium, nickel, magnesium, manganese, iron, strontium, thorium, titanium, and zinc.* The metals most frequently found are aluminum and barium. Barium, a heavy metal, and its compounds are very toxic inside the human body. Barium toxicity is similar to arsenic poisoning. Barium carbonate and barium chloride, for example, are used as rat poisons. Drinking water or breathing air contaminated with these metals, especially barium, weakens the immune system. "All modes of T cell activation... were blocked in a reversible and dose-related manner by Ba²⁺ (barium)." T cells are what your body uses to identify and attack invaders, like bacteria and viruses.

* See: <http://www.rense.com/general82/chemit.htm> and <http://www.rense.com/general21/conf.htm> and <http://www.rense.com/general82/chemm.htm> and <http://www.carnicom.com/contrails.htm>

"There is no question about the effect of barium exposure, i.e., barium will interfere with natural immune system functioning." (From article citing published research found [here](#).) "Even slightly water-soluble salts of barium are highly toxic, causing severe hypokalemia [potassium depletion] which is reversed by potassium infusion." From Lewis' Dictionary of Toxicology [here](#). The Environmental Protection agency (EPA) recognizes the toxicity of barium and only allows one part per million in drinking water. Rainwater samples collected after chemtrail spraying have found barium concentrations several times higher than the EPA allows (radio station [KSLA chemtrail investigation](#)).

Visits to emergency rooms and doctors' offices spike way up after heavy chemtrail sprayings. These visits usually involve flu-like respiratory distress and breathing problems of some kind. Thousands of people report the same symptoms at the same time, in several locations sprayed on the same day.

Barium is hygroscopic--a drying agent. When inhaled, barium dries out and damages mucous membranes which line the nose, windpipe, and lungs. This results in itchy eyes, burning throat, hacking cough, asthma, allergies, and nose bleeds. Continuous breathing of barium can cause a chronic lung inflammation known as baritosis. One of the first symptoms of barium (and other heavy metal) toxicity is a metallic taste in the mouth. Another sign is fingernails, toenails, and skin that **glow yellow** under blacklight. Other symptoms include most of those listed in the table of Chemical Toxicity Symptoms in Chapter One. Specifically for barium, these symptoms include: breathing problems, elevated blood pressure, slow heartbeat, irregular heartbeat, ringing in the ears, nausea, vomiting, itchy skin, muscle cramps, muscle tremors, and possible paralysis. You will find a complete summary of barium toxicity [here](#). If you are experiencing any of these symptoms, you need to reduce barium intake to prevent toxic barium build-up (see **Solutions**, below), and **detox** your body to clear it out (see Chapter Ten).

Worse than the heavy metal particles like barium, chemtrails contain other toxic particles that are much more dangerous. These are tiny plastic and silicon fibers also being found in chemtrail samples. These fibers are transparent or translucent, and just a few a microns wide (microscopic). They are nearly invisible to human vision. However, a short Google video clearly shows these fibers. They sparkle briefly in the sunlight as they stream over the edge of a roof, where they are visible from the shade. You will find the clip [here](#) (fibers become visible at one minute mark). These fibers also become visible under blacklight. People are ingesting these fibers, and their bodies try to expel them through their skin. A short video clearly shows these fibers--growing out of the skin--two days after shaving the head. Watch the fibers disappear when the blacklight turns off: [videoclip](#) (fibers very visible at 3:20 mark).

Morgellons Disease may be Chemtrail Fiber Disease

These plastic and silicon fibers have been and are being sprayed in many populated areas around the entire planet. Millions of people are inhaling these invisible fibers, drinking them in their water, and eating them with their food. Tens of thousands of innocent victims are now experiencing devastating physical, mental, and emotional problems. A new disease, partially caused by ingestion of these air-sprayed fibers, is spreading around the planet. It is called Morgellons disease, but might actually be Chemtrail Fiber Disease. The Morgellons Research Foundation (<http://www.morgellons.org/>) has already been contacted by over 10,000 american families afflicted by this new disease. In early 2007, an estimated 60,000 americans suffered from it; and well over 100,000 worldwide. The reported numbers steadily grow at an estimated 1,000 per day: [read about it here](#). And many cases are going unreported.

The symptoms usually begin with a rash. Pimple-like pustules begin breaking out on different parts of the body. These pustules are unique because they exude tiny plastic fibers, plastic flakes, and plastic puss. This is a natural reaction of the human immune system to try to expel a foreign substance. Since these fibers are unnatural (plastic and silicon), the skin is not made to expel them efficiently. Some fibers get stuck together and poked up through skin pores and hair follicles. Others get clumped

together in bumps under the skin. Some dissolve into blobs of white or yellow plastic. The skin burns or itches like poison ivy and scratching opens lesions into sores which do not heal easily. Those who suffer from this disease feel like something is crawling around under their skin. The sensations are unnerving, and the pain excruciating. Some of those afflicted have actually committed suicide. There are many symptoms of this new disease, some of which are listed in the following table. You can easily check your skin for these fibers with a blacklight (see **Solutions**, at end of this chapter). These symptoms flare up, calm down for awhile, and then reappear more intensely. If you are experiencing any of them, you need to check your body for these fibers and plastic spots with a blacklight.

SOME SYMPTOMS OF MORGELLONS (CHEMTRAIL FIBER DISEASE?)*

Skin lesions/rashes--pimple-like, itchy, painful, slow-healing with little or no infection
Skin sensations--crawling (like invisible bugs), pinching, biting, stinging or prickling of skin
Tiny fibers--emerge from lesions and hair follicles, transparent or translucent of various colors
Other stuff--fuzzy balls, hard granules like sand, black specks, dots, or tar in skin or lesions
Eyes--loss of visual acuity, sandy or gritty feeling in eyes, extra-sensitive to light, night blindness, floaters on eyeball surface, stringy discharge
Ears--itching, ringing or beeping, clogged from sinus drainage, thick, excess hair inside ear
Nose--allergies & sinus problems, congested, thick, stringy mucus, dries hard and glue-like, scents not perceived correctly, from keen smell to none at all, thick hair in nostrils
Mouth/throat--teeth become loose or fall out, sore, tickling throat, hacking cough, taste buds go from keen taste to none at all, constant sinus drainage in back of throat
Body--joint pain, neck, shoulder, or lower back pain, muscle twitching or cramping, irregular heart beat, stools and urine contain foreign matter, fingernails change shape or texture, drastic changes in body temperature, gastrointestinal problems, weakness, chronic fatigue, exhaustion, blood pressure changes, insomnia or very sleepy
Mind & emotions--memory loss, confusion, inability to concentrate, ADD/ADHD symptoms, writing and spelling become difficult, mood disorders and mood swings, including loss of temper, loss of creativity or existing skills, lack of libido, clumsiness, impeded speech, confusion, disorientation, depression

* Compiled from a more complete list at: <http://www.rense.com/general74/morg4.htm>

Most doctors and dermatologists dismiss the fibers as lint, or diagnose delusional parasitosis (imaginary parasites). And no official diagnostic code exists for insurance companies to cover the costs involved. But finally the outcries to Congress became so loud and strong that the Centers for Disease Control (CDC) agreed to fund a study into Morgellons disease by Kaiser Permanente in northern California. They will collect possible fibers only from Kaiser patients. This will severely limit the investigation. The CDC plans to send fibers collected to the Armed Forces Institute of Pathology in Washington D.C. for analysis. Poor choice. That is an institution which will have a vested interest in not revealing the true nature of these fibers or where they are actually coming from. Following are several reasons why.

Research into Morgellons fibers are confirming that they are man-made. According to, [Dr. Hildegard Staninger](#), private lab tests show that the outer (Morgellons) fibers are composed of a high density hollow polyethylene fiber (HDPE) which is used to manufacture fiber optics. This compound is not found in nature. These fibers are man-made. She explains:

It was further determined that this material is used throughout the bio-nanotechnology world as a compound to encapsulate a viral protein envelope, which is composed of a viron (1/150th times smaller than a virus) with DNA, RNA, RNAi (mutated RNA) or RNAsi linear or ring plasmids for specific functions. (Found [here](#), [here](#) and [here](#).)

Dr. Edward L. Spencer, MD goes further, linking these chemtrail fibers directly to Morgellons disease:

There now exists strong data indicating that this disorder is associated with nanotechnology, specifically nano machines in the form of nanofibers. The National Science Foundation (NSF) defines nanofibers as having at least one dimension of 100 nanometer (nm) or less...The fibers are shed regularly and some grow to long lengths indicating fiber production in the human body. Dr. Janovy has stated of this blue fiber, "it has no eukaryotic cells, it has no cell membrane, it is not a parasite, it is not biological, it is a machine."

["Infectious Man-Made Nano-Disease Spreading Globally!," by Ed Spencer, MD](#)

Polymer chemist, Dr. R. Michael Castle, has studied atmospheric polymers for years. In his research he has found that some of the chemtrail fibers contain bioactive materials, which can cause "serious skin lesions and diseases when absorbed into the skin." He has identified microscopic polymers comprised of genetically-engineered fungal forms mutated with viruses. He says that trillions of fusarium (fungus/virus mutated spores), which secrete a powerful mico-toxin, are part of the air we breathe. ["The Methodic Demise of Natural Earth: An Environmental Impact Overview," by R. Michael Castle](#)

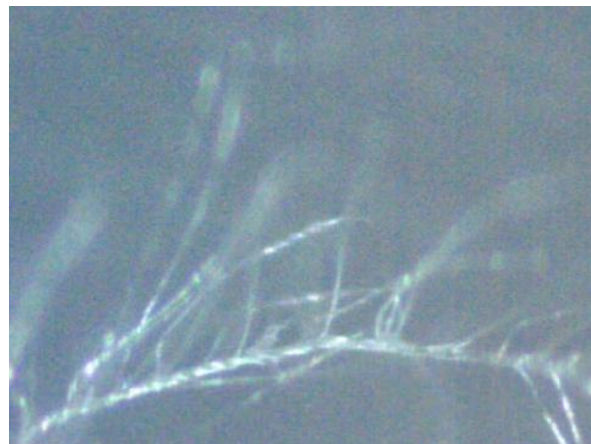
Microscopic analyses of these plastic fibers show that they contain unidentified bioactive components about one micron in size. These could be mold or fungus spores, bacteria, yeasts, parasites, virus envelopes, or who-knows-what ([see photos of fibers here](#)). The EPA and other government agencies refuse to analyze chemtrail samples. There are several reports on the internet of sample test results from independent labs. However, soon after the results are posted, these labs refuse to perform any more tests. In one case, the career of a state criminal forensic scientist was threatened after he expressed interest in analyzing a chemtrail sample. Click "Lab Terminates" in left column [here](#). Videoclips and chemtrail links at yahoo, google, and other internet sites frequently disappear. Others get digitally altered to make viewing them difficult. An ongoing campaign is trying to convince the public that these are just normal jet contrails. Don't believe the hype. [Chemtrails are real, and a threat to your health.](#)

Visual Proof--Some Morgellons Fibers are Chemtrail Fibers

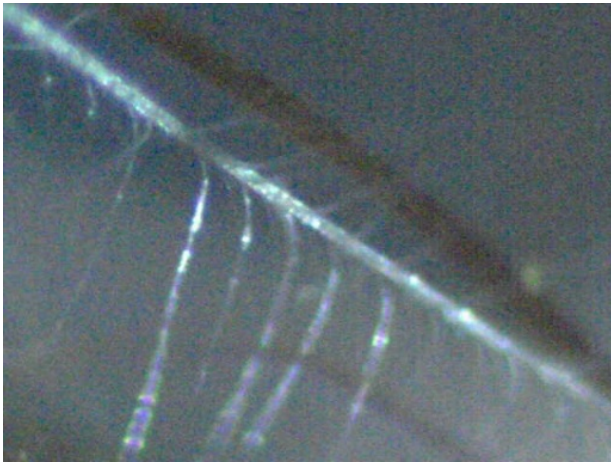
Among the jumble of air-sprayed fibers, there is one particular type that stands out from all the rest. Below you will see five microscope photos of a feather-like fiber. The first, on the left, came from an aerosol chemtrail sample. The other four came from the skin of Morgellons victims. These photos and captions were extracted from "Chemtrails & Morgellons Disease?" found [here](#).



From Aerosol spraying sample - Chemtrails
Chemtrailcentral.com



From Jan Smith: Morgellons exudate resembling
feather...came out of a lesion.



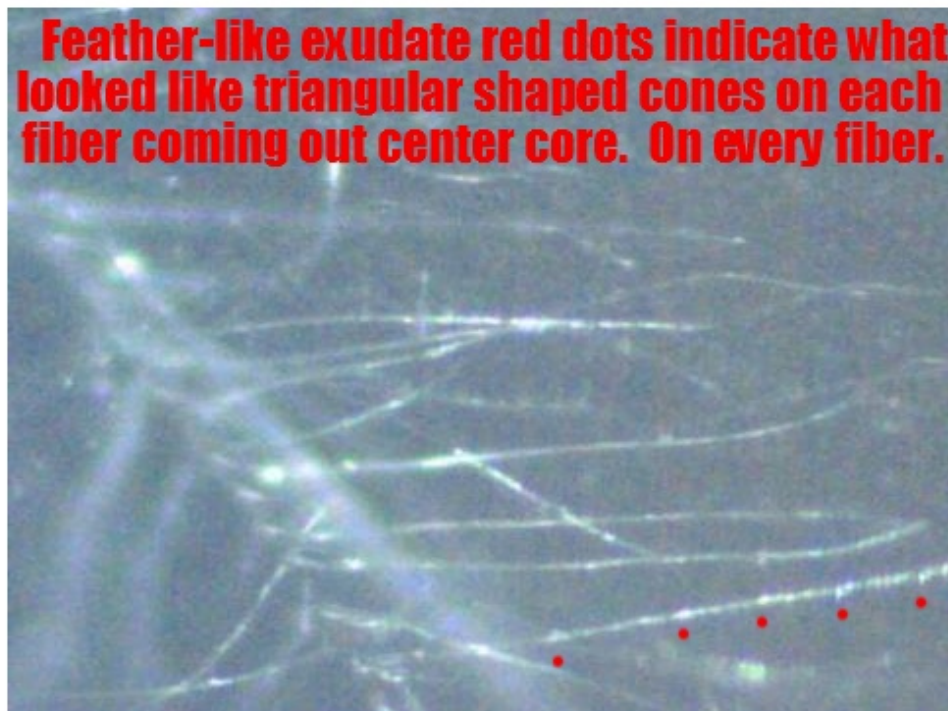
Specimen from G's body



Another from: "P"-California Feather/Worm

How Chemtrail Fibers Disrupt Biological Processes

These nanofibers are shaped like tiny antennae. Under higher magnification, these hollow plastic fibers are found to contain tiny silicon fibers inside. And every fiber off the main stem shows triangle-shaped cones attached to it. These cones would account for the extreme stickiness of the fibers which many Morgellons victims report.



The article about this unique chemtrail fiber links to a website, which describes how tiny, cone-like, silicon semiconductors are made. As quoted from [here](#): "We have produced a simple process to fabricate nanopyramid arrays (NPAs) on SI [silicon] surface (Fig. 1)...And this process enables us to easily fabrication [sic] a p-n junction in the apex of the nanopyramid." P-n (positive-negative) electron junctions are the basic mechanism for electron transport across cell membranes. Cell membrane structures are liquid crystal semiconductors. Tiny silicon semiconductor antenna arrays like this one can have very detrimental effects inside a human body. They can drain physical energy by disrupting cellular energy processes. They can cause "short circuits" in nervous system signaling--leading to

twitches, tremors, confusion and "brain fog." These particular fibers could be largely responsible for the chronic fatigue and severe neurological disturbances many Morgellons victims are reporting. Following is an explanation of how this may occur.

When a p-n junction is hooked up to a battery--such as a cell membrane--it becomes a diode. A diode allows current flow in one direction only. It converts alternating current (AC) pulses to direct current (DC) pulses. These diodes are spaced along each of the smaller fibers branching off the main, or central fiber. This is the shape of a rectifying antenna. This fiber is designed to receive AC signals which convert (rectify) to DC signals at each diode point along the smaller fibers. Because of its tiny size, this nanoantenna is tuned to receive high frequency waves--microwaves. Microwaves are AC signals, or pulses (explained [here](#)). When these AC pulses convert to DC pulses through these nanoantennae inside the human body, the result is internal chaos. All human and animal biological electrical signals, from individual cells to the entire nervous system, heart, and brain, are DC.* This helps to explain many of the disruptions in the nervous systems, brains, and hearts--minds and emotions --of those suffering from Morgellons (Chemtrail Fiber Disease?).

The Author's Own Toxic Skin Discovery

The author first became aware of chemtrails in 1999, when he saw them being sprayed in thick parallel trails along the California coast. Those trails spread out, as most of them do, filling a clear blue sky with a grey haze. Spraying in 1999 was at much lower altitudes than today. After several days of this close spraying, both he, and most of his co-workers, were coughing from a flu-like respiratory illness that lasted for weeks. Ever since that unpleasant experience, he has noticed frequent chemtrail spraying everywhere he has lived or visited in the western united states.

After researching all the latest chemtrail information, the author decided to use a blacklight to check for fibers and barium in his own skin. Before doing so, he recalled various symptoms he had recently been experiencing. This included painful muscle cramps in his legs, frequent ringing in his ears, and itching in the skin of his forearms. After brushing away lint, no fibers were found. Several small white spots, however, **were found** on the forearms and calves. Not visible under normal light. Fingernail would not scrape away--they are in the skin. **This is one of the signs of plastic toxic build-up.** Whether these plastic spots came from chemtrail fibers is unknown. These spots probably came from plastic food and beverage containers used over the years (covered in Chapter Eleven). And then, passing the blacklight over his hands--**there it was**. Fingernails and edges of fingers glowed bright yellow. **This is a major sign of barium toxic build-up.** The following photo shows the author's glowing fingertips and fingernails under blacklight. (The white spots in skin were too small to capture in a photo of this size.)



* This DC system is described in the research of the late Dr. Robert O. Becker, detailed in his book *The Body Electric*.

Solutions: If your diet includes the essential immune nutrients covered in later chapters, your immune system can sweep up and expel the chemtrail heavy metals in the urine and feces. With chemtrail fibers, you will need to go further. These fibers are similar in size to fiberglass or asbestos. And they produce even worse effects if you inhale them. Chemtrail fiber fall-out should be treated like **radioactive fall-out**. You do not want these fibers (or barium particles) inside your body. The key is to not let them get into and build-up in your body. One way to lower your exposure to both metal particles and fibers is to obtain a fine dust mask designed for long-term wear. Put it on during and after heavy chemtrail spraying. This one filters 95% of particles down to .3 micron size: [mask here](#). This mask has a valve which opens when you exhale, making it easier to breathe when you wear it. There are several other filter masks listed at this website with similar effectiveness. If you cannot afford or do not have a mask, cover your mouth and nose with a moistened handkerchief, and tie in place at the back of your neck.

To filter the air in your home and office, you will need an air filtration device equipped with a HEPA (sub-micron) filter. Besides a HEPA filter, this one has five other air filtration and germicidal (germ-killing) devices built into one unit, at the cost of just one of them: [Multi-Tech Air Filter](#). If you can't afford this, you can attach a high-efficiency Purity furnace filter to a box fan, as explained [here](#). Purity furnace filters are available at some local hardware stores for about \$10 each, or online [here](#). You should also consider using these filters to cover the screen windows in your bedroom--as the author has now done. This will protect you from breathing metal particles or fibers while you sleep at night.

Chemtrail fibers are sprayed less often than the metal particles. It is possible that specific areas are being targeted with these fibers to test biowarfare agents they contain. To see these fibers, you will need a blacklight (24 inch tube type works best). One source is [here](#). Check outdoors with blacklight for signs of chemtrail fiber spraying at night or early morning. If you see these fibers coming down, or already around your home, wear a dust mask. Spray fibers away outside with a water hose. Check inside your vehicle for these fibers. Check family and pets for fibers in a dark area. If you detect these fibers on your body, remove contaminated clothing, take a shower or bath, and put on clean clothes.

In Chapter Ten, **How to Clear Your Body of Toxic Build-Up**, you will learn how to protect your immune system by ridding your body of chemtrail residues, heavy metals, and many other toxins. You will learn about an effective body soak detox formula. **After all else failed, a Morgellon's victim used these body detox soaks to clear her body of fibers, heal her skin lesions, and recover her health.**

Call to Action: Stop the Chemtrail Spraying

Chemtrail spraying is a crime against Nature, and a threat to the health of every living being on planet earth. Absent a loud and widespread public outcry, the spraying will continue. And with it will continue the tragic consequences to everyone's immune health. Besides reducing our exposure to chemtrail fall-out and detoxing our bodies of accumulated chemtrail toxins, we need to speak out. Otherwise, we will continue to suffer the consequences of not speaking out. As a beginning step, you can sign the Chemtrails Petition to Congress [here](#) and [here](#). If you live in California, you can sign the "Call on Gov. Schwarzenegger to Investigate Chemtrails" petition [here](#). There are several other online petitions. Just do a web search for "chemtrail petition." You can support local and national groups that oppose chemtrail spraying, and make your voice heard in opposing this crime against humanity. You can educate yourself about chemtrails and their unhealthy effects, by visiting and reading the many websites linked in this chapter. You will find an excellent documentary on the chemtrail problem posted at Google Video [here](#).

We now move in the next chapter to cover an essential immune nutrient which is vitaly important to your health, but which you may be avoiding--sunlight.

Chapter Three

How Sunlight Ensures Your Immune Health

Lack of Sunlight Can Make You SAD

In the early 20th century over 50% of americans were farm families, working outdoors most of the day in direct sunlight. Today less than 1% of the population now feeds the rest of us. As a result, for the last several decades most of us have been shutting ourselves indoors, away from the sun, in artificial light.

Scientists at the National Institute of Mental Health have identified an emotional stress disorder which arrives in the darkness of winter and leaves with the brightness of spring. This malady is found mainly in adults between the ages of 20 and 40, affects women more than men, and its prevalence increases the further north one lives. Formerly known as “the winter blues,” this abnormal stress condition is increasing fast in the american, european, and asian populations. Known as Seasonal Affective Disorder (SAD), it afflicts an estimated 25 million americans each winter. The symptoms, however, are appearing more and more among people who shut themselves indoors all day long under artificial light.

People with SAD tend to overeat, oversleep, lose interest in sex, become withdrawn and undergo personality changes. Studies of SAD in areas with little winter sun--norway, finland, and alaska--found many additional effects. Researchers found a direct correlation between **lack of regular sunlight exposure** and **higher incidence** of the symptoms summarized in the following table.

SYMPTOMS OF SUNLIGHT DEFICIENCY

Physical Symptoms

Hyperactivity
Higher heart rate
Higher blood pressure
Increased stress hormones
Reduced immunity
Chronic fatigue
Visual difficulties
Nutrition problems
Postural problems

Mental/Emotional Symptoms

Changes in brain waves
Reduced ability to concentrate
Alterations in body rhythms
Lower performance
Overeating
Excessive sleeping
Irritability
Depression
Reduced sex drive

Dr. Richard J. Wurtman, Professor of Endocrinology at M.I.T. has been studying light's effects on health for over twenty years. He concludes that: “Light is the most important environmental input after food in controlling body function.” All the colors of sunlight's rainbow, it turns out, are important in the human body. Nobel Prize-winner Albert Szent-Gyorgi found that many hormones and enzymes have their own characteristic color, are light sensitive, and their potency and activity can be altered by specific colors of light.

About 90% of our indoor world is “lit up” by cool-white fluorescent light. Cool-white is deficient in the colors red, blue, violet, and near ultraviolet (UVA). It is also unbalanced, with a high concentration in the yellow/green part of the spectrum.* Because cool-white is so unbalanced, it interferes with what

* Light from incandescent bulbs is also color-deficient and unbalanced, with no UVA and a high concentration in the red part of the spectrum.

your eyes perceive. Cool-white distorts color and depth perception. It has been implicated in vision problems, and the need to wear eyeglasses. Cool-white can cause eyestrain, tension headaches, and mental fatigue from trying too hard to see.* Cool-white also causes classroom behavior problems.

Experiments in lighting elementary classrooms found that children under cool-white had many of the symptoms of SAD (reported in *Health and Light*, by John Ott). These children had higher blood pressure, were more hyperactive, irritable, noisy, and inattentive (cool-white helping to cause ADD?). Those tested under full-spectrum fluorescent lighting were calmer, better behaved, more attentive, and had higher overall academic scores. And regular daily exposure to full spectrum lighting is now used to effectively treat SAD. The term full spectrum means that a light source has a color spectrum closely approximating natural sunlight.

The symptoms of SAD are becoming quite widespread among the American and planetary populations, as more and more people spend all their time indoors under artificial light. One of the major symptoms of SAD is depression. This helps explain the rise in prescriptions for antidepressants, which are now the most prescribed category of drugs in America today. This despite the fact that initial studies (not made public) demonstrated that these drugs are of no more benefit than a placebo. And they have disastrous side-effects. These drugs are causing havoc in the bodies, minds, and emotions of many people taking them. For the real story, read [this article](#). **First Solution:** instead of taking an antidepressant, take a walk outdoors in the sunshine and fresh air (oxygen).

There is a much better, more energy-efficient alternative for office and home desk reading and tasking lamps. New full spectrum compact fluorescent bulbs have recently become available. Light from these bulbs will help reduce many of the symptoms listed in the table above. Here is the best source found for full spectrum compact fluorescent bulbs at the best prices: [click here](#). **Second solution:** obtain and install full spectrum compact fluorescent bulbs in your office and home desk and tasking lamps. They also make very thoughtful and caring gifts for family and friends.

The lack of full-spectrum lighting indoors and lack of regular sunlight exposure outdoors is contributing to an even bigger health problem--the **skin cancer plague**.

The Sunlight Scare--What are the Real Facts?

Excessive exposure to sunlight has been linked with skin cancer. This involves primarily that portion of sunlight known as short wavelength ultraviolet (UVB). Warnings to avoid exposure to sunlight abound. As a result, many people have actually become so afraid of sunlight that they completely avoid it. Such avoidance deprives the body of the essential benefits of UVB, covered in the table below. Avoidance of sunlight also eliminates the benefits of UVA.

The ultraviolet frequency band begins with the longer wavelengths called UVA. UVA lies just beyond the range of human vision, after violet on the color scale. UVA is sometimes called blacklight. As a component of sunlight (or full spectrum lighting), it helps to "light up" what your eyes see. UVA, entering through the eyes, stimulates the pineal gland through a branch in the optic nerves. The pineal produces substances that help activate, regulate, and balance the brain and central nervous system. Lack of UVA causes mood disorders, hormone imbalances, disrupted sleep-wake cycles, insomnia, and its opposite "falling asleep at the wheel."

* Research in Germany found high levels of stress hormones in those sitting under cool-white, but not in those sitting under full-spectrum. Based on this research, cool-white fluorescent lights are legally banned in German hospital and medical facilities.

The human body requires 20 to 30 minutes daily exposure to both UVA and UVB in order to maintain several vital physical functions. **“The most ‘biologically active’ part of sunlight is the ultraviolet. It is absolutely critical for optimal health.”** (Zane R. Kime, MD, *Swannanoa Health Report*.) The following table lists a few very good reasons why daily exercise outdoors in direct sunlight and fresh air is essential to your good health.

SOME BENEFITS OF ULTRAVIOLET LIGHT

- Boosts metabolism.
- Lowers blood pressure.
- Increases sex hormones.
- Increases heart efficiency.
- Effectively treats psoriasis.
- Eases breathing in people with asthma.
- Reduces blood cholesterol levels, helps weight loss.
- Increases calcium absorption, reduces blood calcium.
- Activates natural vitamin D production.

Natural vitamin D is a fat-soluble substance produced by the skin during exposure to sunlight. In the human body, it functions as a steroid hormone, binding to the cell nucleus and influencing the expression of genes. This affects a wide range of cellular processes, especially the regulation of calcium. The vital importance of this fact in cancer formation will become more apparent in Chapter Four. The ability of the human body to produce vitamin D is reported to drop by about 80% from age 20 to age 70. Over half of Americans above age 65 may be vitamin D deficient. Synthetic vitamin D (another chemical) added to milk, cereal, and other products is much less effective than the natural form made by your skin. And synthetic D is toxic to your body in large doses, while natural D is not. Here are some more reasons why daily outdoor exercise is very important to your good health.

SOME BENEFITS OF VITAMIN D

- Essential for proper calcium absorption, bone growth, bone density, and bone strength.
- Modulates cell growth, maturation, and proliferation.
- Helps stop abnormal cell growth (cancer) and curbs formation of blood vessels that feed tumors.
- Preserves muscle strength and resiliency after exercise.
- Strengthens immune system T-cells.
- Stimulates insulin production.
- Reduces risk of type 1 and type 2 diabetes.
- May help prevent osteoporosis, osteoarthritis, rheumatoid arthritis, autoimmune disease, nonspecific body aches, depression, and prostate, colon, breast, and other cancers (per population studies).

Commercial lighting produces no UVB in order to prevent skin damage from constant exposure. UVA is also totally missing in artificially-lighted, indoor environments. Plastic sheet diffusers in fluorescent lighting fixtures filter out what little UVA those lights produce. All forms of glass--windows, windshields, skylights, and sunglasses--block out most ultraviolet from sunlight. If you spend virtually all of

your time indoors and inside transportation vehicles, your “light diet” is deficient in both UVA and UVB--unless you use a full spectrum lamp. And your body may be lacking the benefits listed above, while showing symptoms and conditions of deficiency of this essential immune nutrient--sunlight.

Without moderate daily exposure to sunlight, you are actually increasing your risk of developing skin cancer. An important research study conducted in England and Australia found that those at lowest risk for developing skin cancer were those whose main outdoor activity was sunbathing! The same study found that incidence of skin cancer in office workers is two times higher than in workers regularly exposed to sunlight due to their lifestyle or occupation. This was confirmed by another study of nearly 900 women who worked indoors under fluorescent lighting. These women were 2.1 times more likely to develop melanoma. For those exposed to this lighting for 20 years or more, the relative risk factor was 2.6 times. In addition, most skin cancers appeared on parts of the body that were seldom exposed to sunlight. (Both studies were reported in the British Medical Journal, *Lancet*.)*

This means that UVB exposure is **not** the main cause of skin cancer. There is another, much more important, and often ignored factor at fault here--inadequate immune nutrition.

In the 1930's--when the majority of the population still worked outdoors in sunlight and consumed lots of fresh-from-the-garden green and yellow vegetables--only one in 1500 Americans developed skin cancer. Now most people work indoors under artificial light and consume very few green and yellow vegetables. As a result, the incidence of medically diagnosed skin cancer has risen to one in about every 200 Americans. Skin cancer is now the most common of all cancers in the United States. Most skin cancers are easily treatable basal cell and squamous cell types. Cure rate is over 90% when detected early. But the medical lab and treatment costs are very expensive. There are much less expensive, natural remedies for the growing plague of skin cancer.

You can help **prevent** skin cancer just by taking a daily walk outdoors. If you are too weak, then just rest in a chair in direct sunlight for 20 to 30 minutes. You can also **prevent** skin cancer by adding a few essential immune nutrients to your diet (next chapter).

The Real Causes of the Skin Cancer Plague

The primary causes of skin cancer are more complex than simple lack of or over-exposure to UVB. They include the skin itself--the essential immune nutrients it needs, and what it actually receives in the diet. The human body does not need toxic chemicals, but all of us ingest them with our air, our food, and our water. Unless we give our immune system some extra nutritional help, our body has trouble neutralizing and expelling all these toxins. Since most chemical toxins are fat-soluble, they tend to accumulate in fatty tissue, especially under the skin.

For optimum health, human skin and internal tissues require certain essential immune dietary nutrients, UVB or no UVB. These nutrients are called essential because your body cannot produce them, and without them will develop immune deficiency diseases, such as cancer. These essential nutrients get used up in body processes and have to be constantly replaced in your diet. That is why they are called essential. The more chemical toxins in your air, food, and water, the more these nutrients get used up.

The vast majority of American diets are deficient in sufficient quantities of these essential immune nutrients. Food processing removes or degrades them, and adds chemicals which destroy them. As you will learn in the next chapter, just a few, concentrated sources of these essential immune nutrients can both prevent and remove cancer. The most important nutrients are the pigments--carotenes and chlorophylls--found in those green and yellow vegetables Americans used to eat on a regular basis.

Chapter Four

How Essential Nutrients Ensure Your Immune Health

Carotenes--The Cancer Killers

Carotenes are among the most important antioxidant nutrients and immune power builders known. The animal-derived (liver) and synthetic vitamin A (another chemical), are toxic to the body in large doses. When vitamin A comes from the orange-red, natural vegetable pigment known as beta carotene, also called pro-vitamin A, it is therapeutic--see chart below.

Your body converts beta carotene to vitamin A as needed. And it stores any excess in the blood, lymph, liver and fatty tissue. Since these areas are where many toxic chemicals also get stored, carotenes help protect fatty tissue and cell membranes from toxic chemical and other types of damage. Pro-vitamin A is essential in your diet for your body to have healthy epithelial tissue. This tissue forms your body's largest organ--your skin. It also forms the mammary glands and mucous membranes--your inner skin--which line all the organ systems of your body. **Vitamin A deficiency has been linked with higher incidence of cancer in epithelial tissue, which accounts for well over half of all cancers.** Vitamin A performs many important functions inside your body, as listed in the following chart.

SOME FUNCTIONS OF VITAMIN A (preferably taken as mixed carotenes)

Promotes healthy skin and eyes.
Necessary for growth, maintenance, and repair of teeth, nails, hair, and bones.
Protects skin from damage by UVB, X-rays, and nuclear radiation.
Essential for formation, maintenance, and repair of epithelial tissue, especially the skin.
Protects and strengthens the thymus gland and helps it produce immune system T-cells.
Neutralizes toxins before they can damage cell membranes, or DNA.
Substantially lowers cancer risk.

Population studies have long confirmed the direct link between higher dietary levels of beta carotene and lower cancer risk. Clinical and laboratory studies have confirmed the population studies. Several hundred research papers certify the connection between dietary intake of beta carotene and reduced cancer risk. Some of the findings point to the immune system as the critical factor in this connection. Optimum dietary levels of beta carotene are known to boost the immune system. Research studies have linked dietary beta carotene to production of immune system lymphocytes, phagocytes, T-cells, B-cells, and five classes of immune antibodies. But very few medical doctors, other than naturopaths (see Appendix), prescribe natural beta carotene for their cancer patients. Synthetic beta carotene (another chemical) is much less effective than the natural form (see Appendix for why).

As a result of the overwhelming evidence, the American Cancer Society (ACS), American Cancer Institute (ACI), National Cancer Institute (NCI), and National Academy of Sciences (NAS) all recognize the importance of vitamin A in reducing cancer risk and call for higher dietary levels for all americans. The ACS, in fact, has for many years asked the USDA to double the recommended minimum daily allowance from 5,000 International Units (IU) to 10,000 IU.

At the same time, however, studies by the U.S. Department of Agriculture find that most of our diets fall far below even the present RDA. This occurs because we do not eat enough green and yellow vegetables, which provide carotenes and chlorophylls. The NCI recently reported that over 90% of us do not consume enough of these important vegetables. Nearly 25% of us do not eat a single serving, though the NAS recommends five per day. About 25% of the “vegetables” Americans eat are potatoes (often french-fried) which contain only a tiny trace of vitamin A. And that trace is destroyed by cooking, baking, or frying. Vitamin A in other vegetables is destroyed by canning, freezing, cooking, baking, frying, and microwaving. Both dietary deficiency and vitamin A toxicity problems can be avoided by taking a concentrated, natural beta carotene source.

Most of us are not even meeting the present RDA for vitamin A. How can we double or triple our daily intake of green and yellow vegetables to get the higher amount recommended by the ACS--10,000 IU? We don't have to. Taking a daily dose of 5 grams of nature's highest whole food source-- spirulina--will feed your body 12,000 to 15,000 IU as natural beta carotene! Following is another reason for having spirulina in your diet.

Chlorophylls Fortify Your Immune System

Chlorophyll, the green pigment in plants, is a potent antioxidant and blood and liver purifier. It has been called “green blood” for a good reason. Its molecular structure (porphyrin) is nearly identical to the oxygen-carrying heme molecule in red blood cells. The molecular structure of both heme and chlorophyll are identical, except that heme has iron at the center and chlorophyll has magnesium at the center. Since your body can convert chlorophyll to heme in producing new red blood cells, chlorophyll is essential for a healthy, oxygen-rich blood supply. It also helps nerves and muscles recover from stress and strain. Chlorophyll fortifies your immune system and protects it from many toxins.

The magnesium in chlorophyll is essential for over three hundred different biological functions, some of which are highlighted in the table below. Several of them and protect your immune system.

SOME BENEFITS OF MAGNESIUM

Helps regulate blood pH, heartbeat, nerve transmission, and cellular energy production.

Stimulates white blood cell immune activity (phagocytosis).

Retards bacteria growth.

Gives radiation protection from x-rays, microwaves etc.

Helps remove heavy metals.

Helps detox the liver and other organs,

Deodorizes the body.

Relieves ulcers.

Aids healing of eleven types of skin diseases.

Chlorophyll also stimulates tissue cell activity and tissue repair. It is therefore essential in the diet for wound-healing and for rebuilding tissues damaged by toxic chemicals, especially in the skin. Unfortunately, most american diets are also deficient in the “green foods” which provide this essential nutrient. Rather than eating a pound of spinach everyday, you can just add a few grams of concentrated chlorophyll. And one of the best sources of concentrated chlorophyll is spirulina.

Spirulina--Concentrated Immune Nutrition

Spirulina means tiny spiral, because it is microscopic and spiral in shape. Spirulina is a blue-green vegetable plankton or algae, which grows in several alkaline lakes around the world. The largest used to be Lake Chad in Africa. The people in Chad have used sun-dried spirulina in their diets for centuries. Another is Lake Texcoco in Mexico. The ancient Aztecs are reputed to have used it in their diets as well. Spirulina is now grown in huge food grade, membrane-lined ponds on aquafarms in several places around the planet. Two of the largest are located in Hawaii and southern California. Spirulina grows most abundantly in very alkaline waters (pH 10+), which are shallow for maximum sunlight exposure.

Spirulina has been called a “superfood,” and for many very good reasons. Spirulina is packed full of nutrients essential to immune system health. As you will learn here, it is one of the most nutritious food sources on planet Earth. Spirulina is the highest natural, whole food source of cancer-fighting carotenes. The greenness of its color comes from several different chlorophylls. The blueness of the blue-green spirulina comes from phycocyanin. Phycocyanin, like chlorophyll, has the same molecular structure as heme, except with cobalt at the center.

Spirulina contains the B vitamins B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxin), and is one of the highest vegetable food sources of B-12 (cyanocobalamin). **All help protect your body from free radical toxic damage.** B1 protects your liver, kidneys, and skin from cross-linking in collagen and elastin. B2 recycles oxidized glutathione peroxidase (an antioxidant enzyme covered later) back to its normal state. B3 helps remove “age” spots in the skin. B6, B-12, and folic acid (also in spirulina) help protect cells from radiation damage. They stimulate repair of red and white blood cells damaged by toxins. B-12 is essential for red blood cell production; deficiency of B-12 produces anemia. B3 helps lower cholesterol and triglyceride levels in the bloodstream. B1 and B6 prevent plaque formation on artery walls. B6 and B-12 help build and protect the myelin sheaths that cover nerve fibers and brain cells. B6 protects enzymes (covered later) which convert amino acids into neurotransmitters. The FDA advises pregnant women to increase their intake of folic acid to prevent neural tube defects in their babies. The list of benefits from having B vitamins in your diet goes on and on. Unfortunately, they get destroyed by: alcohol, refined carbohydrates such as sugar and white flour, caffeine, nicotine, chemical toxins, food processing, microwaves, food irradiation etc. So you need them in your daily diet from natural, chemical-free sources--such as spirulina.

Spirulina contains 60 to 65% protein, and eighteen of the twenty-two amino acids; including all nine essential ones. These amino acids are essential for B-vitamin utilization; the production of brain neurotransmitters, immune system cells, red blood cells; and to repair cells damaged by toxic attack. Spirulina’s carbohydrates are mainly glycogen and a rare sugar, rhamnose. Glycogen is what your body produces from sugars and stores in the liver. So it does not affect the blood sugar balance. Spirulina has been found helpful in weight loss. The amino acids phenylalanine and tryptophane in spirulina elevate mood and restrain appetite. The rhamnose sugar slowly raises blood sugar levels without overstimulating the pancreas. These two factors tell the brain’s “hunger control center” (the hypothalamus) that the body is getting what it needs nutritionally, helping to curb physical appetite. Spirulina is used by many people to help control their weight, while getting a concentrated dose of supernutrition at the same time.

Spirulina also contains the minerals calcium, magnesium, iron, phosphorus, potassium, and sodium; and the trace elements manganese, zinc, boron, copper, molybdenum, and selenium.

Selenium is a trace mineral essential to your immune system. It boosts antibody production and increases the effectiveness of vitamin E (covered next). It helps your body get rid of toxins, especially hydrocarbons and heavy metals. Deficiency has been linked to higher cancer risk. Population studies

have found the lower its concentration in food and water, the higher the incidence of cancer. Selenium in large doses is toxic, but the trace amounts in spirulina are just what your body needs.

Zinc is essential for the thymus gland to produce immune system T-cells and the nucleic acids RNA and DNA. Zinc is an essential component of over eighty different enzymes. It assists the absorption and proper functioning of several antioxidant vitamins. Dietary zinc deficiency can result in enlargement of the prostate and lead to chronic prostatitis, a prelude to prostate cancer. Food processing destroys zinc, especially the milling of whole grains into refined flour products.

AARP Magazine, "the world's largest circulation magazine" produced by the American Association of Retired People, rates spirulina as the "**#1 food that can add years to your life**" (Sept/Oct 2006 issue).

There are presently two domestic companies producing high-quality spirulina for the American market. Cyanotech Corporation grows their spirulina pacifica strain in Hawaii, and markets their own brand Nutrex.® Their water supply comes from mountain sources nearby. Earthrise Farms grows Earthrise® spirulina in the southern California desert. Their water supply comes from wells near the Salton Sea. Spirulina is sold under many other brand names in the United States, but their source is usually given as Cyanotech (Hawaiian) or Earthrise.* For quality reasons, avoid imported spirulina from any other sources.

Cyanotech research found that oxygen passes through plastic bottles and plastic lids, gradually damaging and degrading the contents through oxidation.** They also found that infrared light passes through clear plastic or glass and can also damage the spirulina inside. That is why both Nutrex® and Earthrise® spirulina come packed in dark translucent glass bottles with gasketed metal lids and oxygen absorbing packets inside. Spirulina will maintain potency indefinitely (years) when packed this way. With top tightly sealed and stored in a dark, cool location, spirulina does not require refrigeration. Avoid spirulina sold in plastic bottles.

Because it is such a concentrated source of nutrients to which your body may not be accustomed, you may want to start with three half-gram (500 mg) tablets, or a half teaspoon of spirulina powder a day. You then gradually increase to ten tablets or one tablespoon of powder (5 grams) per day. To try spirulina, you can find it in most health food stores. You can also find spirulina at lower cost from discount stores on the internet. Best source found at best prices: <http://www.allstarhealth.com/> (Shipping only \$5.95 per order, and no sales tax outside California.)

Ordering spirulina online can bring your cost down to about 50 cents for the recommended daily dose of 5 grams of tablets. The cost per day drops below 30 cents if you use a tablespoon of the powder (no tableting cost), though some people do not like the seaweed-like taste and smell. **Spirulina tablets and powder also make an excellent compact, easy to store, low-cost, emergency survival food.** That, and the many essential immune health nutrients spirulina provides, is why it is one of the three **immune powerfoods**. You will find all three, and their best sources at the best bulk prices, listed at the end of this book.

* Both companies used to be certified organic, until hamstrung by a technicality concerning the natural nitrate fertilizer they use. For further info: <http://www.shokos.com/Organic-spirulina-Nutrex.html>

** Shopper Beware: This research means that all food and vitamin sources packaged in plastic containers are exposed to oxidation, and will lose much of their nutritional potency while sitting on the shelf. **Solution:** after purchase, immediately transfer contents to tightly sealed, recycled glass containers.

How Spirulina Helps Ensure Your Immune Health

A study at the Institute of Radiation Medicine in the Czech Republic reported radiation-protection benefits from taking spirulina. This study involved children exposed to Chernobyl nuclear fall-out through contaminated food. Five grams spirulina per day reduced urine radioactivity levels by 50% in only 20 days. The authors of the 1993 report concluded that: "Use of spirulina decreases dose load received from food contaminated with radionuclides, Cesium-137 and Strontium-90. Spirulina is favorable for normalizing the potential of children's bodies in conditions of long-lived low dose radiation." This study was confirmed by another in the Ukraine treating children exposed to radiation from Chernobyl. These children had chronic radiation sickness and elevated levels of Immunoglobulin E (IgE), which indicates high allergy sensitivity. Consuming spirulina lowered levels of IgE in the children's blood, and normalized their allergic sensitivity. As a result of this documented research, a Russian patent was issued for use of spirulina as a medical food to improve the immunity of the children evacuated from Chernobyl.

Spirulina is used in nutritional therapy, primarily in Japan and Mexico, to successfully treat a host of toxic and metabolic disorders. These reportedly include: fatigue, anemia, cataracts, diabetes, hepatitis, heavy metal poisoning, immune deficiency, pancreatitis, radiation damage, cirrhosis of the liver etc.

Two very significant studies of a spirulina-dunaliella algal extract were performed at Harvard University's Department of Oral Pathology in the 1980's. Researchers induced cancers with a toxic chemical in the cheek pouch of hamsters. Hamsters have a gene that is capable of causing cancer (oncogene), which is identical to that found in humans. In the first study, the extract **made cancer tumors disappear** in the hamsters. In the second study, the extract **prevented cancers from forming**. These studies confirmed much greater effectiveness of the natural carotene-rich extract against cancer, than synthetic beta carotene, also tested in this study. Besides beta carotene, the natural algal extract also contained a broad mix of other carotenes, including alpha carotene, astaxanthin, cryptoxanthin, lutein, zeaxanthin, and many others.

In the tumor-prevention test, 100% of a control group of hamsters and over 50% of another group fed synthetic beta carotene developed observable tumors. No tumors were found, however, in a third group which was given the natural extract. Microscopic tissue examination of the latter group revealed large numbers of both cancer-killing T-cells and immune cells called macrophages devouring abnormal cells before they could become tumors. These macrophages also tested positive for tumor necrosis factor--an immune-produced substance which kills cancerous cells--at a rate ten times higher than the synthetic beta carotene group.

Articles reporting these experiments were published in the May, 1988 issue of Carcinogenesis: Schwartz J., Scklar G., Suda, D. *Inhibition of experimental oral carcinogenesis by topical beta carotene*, and in the June, 1988 issue of Journal of Nutrition and Cancer: Schwartz, J, et al, *Prevention of experimental oral cancer by extracts of Spirulina-Dunaliella Algae*. Summaries of these and several other cancer-prevention studies involving spirulina can be found [here](#).

The most concentrated natural source of mixed carotenes on the planet is another microalgae. It is named dunaliella salina and extracts from it were used in the Harvard cancer studies cited above. The highest concentration available on the market provides 25,000 IU of vitamin A activity per capsule. If the label says beta carotene from d. salina, then you know the carotenes inside are natural, and from the best natural source. If no source is given, the product is probably synthetic beta carotene (another chemical) and should be avoided (see Appendix and above cancer study conclusions).

Two excellent sources for d. salina mixed carotenes at discount prices:

http://www.allstarhealth.com/f/now-natural_beta-carotene_25000_iu.htm (NOW Foods brand) and <http://www.vitacost.com/Natures-Way-Beta-Carotene-25-000-IU-D-SALINA> (Nature's Way brand) You can ask for these brands of d. salina pro-vitamin A (mixed natural carotenes) at your local health food store, or buy online at a discount.

THE FOLLOWING EXPERIMENT IS VERY IMPORTANT. **This procedure removed skin cancer spots in four out of four cases tested, three in front of the author's very own eyes.** In one case, the person (a heavy smoker) was having regular appointments to remove cancer spots by laser treatment. He took daily carotene capsules orally for about a week, and the skin cancer spots disappeared. He went away for a two week vacation without the capsules, and the cancer spots returned. So he started taking them again, and the spots went away again. In another case, the skin cancer was so severe that it had eaten a hole in the skin about the size of a dime. Over the course of daily application for 10 days, **the hole slowly closed as new skin formed, with no scab and no scar!** In the third case, a lady had a few cancer spots on her face. Using this procedure, they were gone in a few days. The fourth case involved a cancer spot on the author's own arm, which disappeared in three days using this procedure.

PLEASE TRY THIS SKIN CANCER EXPERIMENT

If you or someone you know has skin cancer, please perform a simple experiment: Gently clean and dry the area to be treated. Squeeze a few drops of mixed carotenes from a capsule containing d. salina, 25,000 IU concentration, directly onto the affected skin area. Rub gently to work it into the affected area. Cover the area with a bandaid so the pad is loose, not tight . This allows oxygen to get to the skin area being treated under the pad, keeps the carotenes in place, and prevents staining of nearby clothing. Clean the skin area daily, and apply a new dose and a new bandaid. **Watch what happens over the next few days.** Based on the Harvard research, widely acknowledged potency of carotenes, and above firsthand reports, this experiment just might work for you or your loved ones.

If this works for you or someone you care about--please spread the word.

Vitamin E Protects Your Skin and Cell Membranes

Vitamin E is another essential immune nutrient for your body. It is sometimes called the “skin vitamin” because it protects collagen and elastin in the skin from solar radiation and toxic chemicals. It neutralizes toxic free radicals in the skin, **helping to prevent age spots and skin cancer.** Dr. Paul Knekt, a researcher at finland's Social Insurance Institution, performed a long-term study of cancer in 36,000 finnish citizens. He found that those with the lowest blood levels of vitamin E had nearly twice the risk of developing skin cancer. Vitamin E also protects cell membranes, epithelial linings, and glands such as the breasts. According to Dr. Knekt's study, women with low blood levels of both vitamin E and selenium have a ten times greater risk of developing breast cancer.

Vitamin E not only protects the skin and breasts, but also protects the body's other protectors. It protects the heart and lymphatic system and plays a vital role in the immune system, by assisting in the production of B-cells, T-cells, and several antibodies. Like the carotenes, vitamin E is fat-soluble. It prevents rancidity of fatty acids in the blood stream, especially in the membranes of red blood cells. Vitamin E boosts the oxygen-carrying capacity of red blood cells, enhances circulation, and helps

oxygenate body tissues and the skin. It also protects enzymes, sex hormones, and other antioxidants (primarily carotenes) from toxic damage in cell membranes, especially those comprising the skin. It has also gained attention for offering protection from coronary artery disease.

Vitamin E is listed on supplement labels mainly as natural d-alpha tocopherol or synthetic dl-alpha tocopherol. There is a great difference in the activity and bioavailability of natural (d-) and synthetic (dl-) vitamin E. Synthetic vitamin E (another chemical) has the opposite molecular structure of the natural form, and is up to 50% less bioavailable (see Appendix). The recommended daily allowance (RDA) for vitamin E is very low-- 22 international units (IU) per day. All the RDAs, in fact, are too low (see Appendix for why). In these toxic times, the most commonly recommended amount of supplemental vitamin E for adults is 400 to 800 IU per day. Some research studies have produced warnings about taking too much. But these studies all used the synthetic form of vitamin E, not the natural one. The natural form has not been proven toxic in large doses. **When checking vitamin labels watch out for and avoid dl-, which means synthetic (another chemical).**

Vitamin E also protects your skin, your eyes (with vitamins A and C), and the rest of your body from radiation damage and toxic chemicals such as hydrocarbons, heavy metals, ozone, carbon monoxide, and the toxic side effects of many drugs. Unfortunately for us, vitamin E is largely destroyed in food processing, especially in grain conversion to flour. The **immune powerfoods** spirulina, unrefined vegetable oils (Chapter Seven), and sprouted seeds and grains (Chapter Eight), all provide some vitamin E. The best natural sources contain a mix of several different tocopherols and tocotrienols. Just as mixed natural carotenes are more nutritionally effective, so are mixed natural tocopherols with tocotrienols. One of the best online all-natural, concentrated source of E at a discount price: click [here](#).

Vitamin C--Nature's Champion Detoxifier Helps Ensure Your Immune Health

For those who can not give up all alcohol, tobacco, and caffeine, for those who eat too many hotdogs and processed foods--here is a helper. Vitamin C will help your body undo some of the toxicity your choices create. It wins the prize as champion detoxifier. Unlike most animal bodies, the human body cannot produce its own vitamin C. It is essential in your diet everyday to provide regular protection. Just take a look at the following chart, which lists eleven benefits that daily intake provides.

ELEVEN BENEFITS OF VITAMIN C

- ◆ Neutralizes/detoxifies over 50 toxic chemicals and heavy metals.
- ◆ Prevents drug side effects, used successfully to help treat drug addiction.
- ◆ Regenerates vitamin E to prevent cell membrane damage.
- ◆ Boosts immune system and helps fight bacterial infections.
- ◆ Increases production of white blood cells, 3 classes of antibodies, and interferon.
- ◆ Assists calcium absorption and iron assimilation.
- ◆ Lowers cholesterol/triglyceride levels when too high, removes excess cholesterol.
- ◆ Increases collagen, hormone, and neurotransmitter production.
- ◆ Assists growth/repair of cells, body tissues, blood vessels, and bones.
- ◆ Lowers risk of cataracts when combined with vitamins A and E in the diet.
- ◆ Protects fatty acids, enzymes, vitamins A, E, and B-complex from toxic attack.

It is very difficult to get enough vitamin C from natural sources to receive its many benefits. You would have to eat fourteen oranges (one of the highest sources) to get 1000 mg of vitamin C. It cannot be extracted from natural sources. It has to be created chemically, and most forms are only water-soluble. Clinical data from human and animal studies proved that one form of vitamin C is superior to other forms. This is non-acidic Ester-C® Calcium Ascorbate, which is absorbed at a higher and faster rate than either ascorbic acid or calcium ascorbate. It has two added advantages. First, it does not tend to upset the stomach. Second, it is soluble both in water and in lipids (fats and oils). This means that it can be absorbed and used both by the blood and by cell membranes.

In nature, vitamin C is always found with bioflavonoids. Bioflavonoids assist vitamin C assimilation and effectiveness. They help strengthen and protect the walls of blood vessels, especially the capillaries. Bioflavonoids also help maintain blood and tissue permeability for oxygen transfer, and help keep them flexible. And this point is especially important when it comes to cardiovascular disease. Capillaries are so small that blood cells can only pass through in single file, one-by-one. If damaged and stiffened by toxins, capillaries can narrow or kink, stopping blood flow. Just like hardening of the arteries, hardening of the capillaries cuts off oxygen and nutrients to the areas affected. Vitamin C with bioflavonoids can help keep your body healthy. But they need to be combined with the other essential nutrients in spirulina, in order to best do their miraculous work. You can find Ester-C® with bioflavonoids at local health food stores, or discounted on line.

In the next chapter, you will learn about two more immune nutrients. Both are absolutely essential for maintaining a healthy immune system, and to prevent both cancer and heart disease.

Chapter Five

How Essential Fatty Acids Ensure Your Immune Health

Why Your Immune System Needs Essential Fatty Acids (EFAs)

Two essential fatty acids (EFAs)* are the most important fats that you need to include in your daily diet. You can safely reduce some other fats in your diet, but not these. They are linoleic acid (LA) and alpha-linolenic acid (ALA). Their best sources with the highest, unaltered concentrations are unrefined vegetable oils. Your body cannot make LA or ALA, but must have them for many vital body processes. That is why they are called essential and must be supplied in your diet. **These fatty acids help prevent and correct several degenerative diseases**. Following is a list of some symptoms of EFA deficiency.

EFA DEFICIENCY SYMPTOMS

Abnormal fatigue	Kidney malfunction
Arthritis	Lack of coordination
Arteries, hardening	Learning defects in children
Blood clots	Liver degeneration
Cancerous conditions	Miscarriage
Circulatory problems	Mood changes, <u>depression</u>
Dry, scaly skin	Poor wound healing
Membrane dryness	Skin diseases
Skin eruptions	Sterility
Stunted Growth	Tingling in extremities
Hair loss	Vision problems
High blood pressure	Water loss due to skin weakness

Because only a few foods provide ALA, most modern diets are 90 to 100% deficient in ALA, compared with the average diet of 100 years ago. Even if ALA and LA were both present in sufficient quantities in your daily diet, several other conditions can interfere with EFA metabolism to produce functional deficiency--your body can't use them efficiently.

High blood sugar, for example, blocks the release of stored LA from fatty tissue. The average american diet contains over one hundred forty pounds of sugar and other sucrose-based sweeteners per year. That is over six ounces every single day--making LA functional deficiency quite widespread. A diet high in refined sugars, starches, and high fructose corn syrup uses up the nutritional co-factors needed for EFA metabolism. Lack of these co-factors (see chart, next page) and the presence of EFA-blockers impedes your body's ability to use EFAs efficiently. **This can cause cellular toxicity, cell mutation, even cell death**. High blood sugar also increases stress on an overworked pancreas to produce enough insulin, contributing to the onset of diabetes.

* Essential fatty acids are a large group of fatty acids needed by your body. Your body can make all the others from these two, if nutritional co-factors are present. For complete information on fatty acids and their importance to your health, please visit [here](#).

EFA NUTRITIONAL CO-FACTORS

Include EFA Activators

LA* & ALA in unrefined vegetable oils
Vitamins A, B1, B2, B3, B6, C, E*
Minerals zinc, magnesium, iron*
Sulphur proteins (methionine)*
Trace minerals selenium, copper, chromium*
Fiber
2 daily servings fruit
Raw, steamed, or boiled vegetables
Whole grains
Oxygen**

Reduce EFA Blockers

Refined vegetable oils
Cholesterol from animal fats
Saturated fats
Fried & deep-fried foods
Drugs of all kinds (legal & not)
Partially hydrogenated oils
Excessive salt
Alcohol, caffeine, nicotine
Refined sugars and starches
Lack of exercise

* All found in spirulina except for vitamin C and chromium.

** Another reason why you need outdoor exercise and deeper breathing.

Unrefined vegetable oils, raw nuts, raw seeds, uncooked legumes (peas and beans), and spirulina provide all-natural EFAs in their most pure and concentrated form. Most people do not consume enough of these on a regular basis. But most do consume high levels of EFA-blockers. As a result, **many human bodies on planet earth are both dietarily and functionally deficient in EFAs.** The nutritional importance of EFAs becomes more clear when we look at the critical role they play in all cellular processes.

EFAs Are Essential for Cell Life

EFAs are the highest source of energy in nutrition. EFAs stimulate fat metabolism, and speed up your metabolic rate by bringing more oxygen into your body cells. Sufficient EFAs in your diet combined with regular exercise--oxygen--will help burn off excess fat. An EFA deficiency, too many refined sugars and starches, and lack of exercise, however, will cause your body to gain weight.

EFAs help remove excess cholesterol. Your cardiovascular system must have sufficient dietary EFAs to prevent fatty deposits in your arteries. EFA supplementation is proven to reduce blood cholesterol levels by 15% to 20%. Heart muscle tissue also requires LA for a strong, regular heartbeat.

EFAs help build your brain. Both LA and ALA are essential for normal brain development and balanced nervous system function. An ALA deficiency in early infancy, for example, can cause a permanent learning disability. Lack of sufficient ALA may also be a contributing cause of mental illness. LA and ALA are essential for production of prostaglandins (described below), which regulate several vital biological processes throughout your entire body.

EFAs are essential for your cells to produce prostaglandins, which help regulate all cellular processes. The prostaglandins consist of three groups that include about thirty different substances which have been isolated and identified so far. When your cells lack these important, hormone-like substances made from EFAs, you expose yourself to the toxic conditions which they relieve or prevent. Some functions of prostaglandins are summarized in the chart below. Symptoms of deficiency are the conditions they prevent.

SOME FUNCTIONS OF PROSTAGLANDINS

Function	Benefit
Control blood stickiness	Prevent clots, oxygen cut-off
Shrink nasal membranes	Increase oxygen, stop sinusitis
Open up blood vessels and keep them flexible	Improve oxygen circulation, relieve angina and headaches
Slow cholesterol creation	Prevent excess blood cholesterol
Control inflammation	Prevent arthritis, help arthritics
Direct hormones to cells	Maintain hormone balance
Raise insulin efficiency	Prevent diabetes, help diabetics
Remove excess fluids	Reduce water retention
Prevent nerve problems	Improve nerve function
Activate helper T-cells	Prevent immune malfunction
Regulate calcium use	Increase calcium assimilation
<u>Regulate cell division</u>	<u>Prevent fast growth of cancer cells</u>

EFAs Build Cell Membranes

EFAs build the main structural, and most biologically active components in all cell membranes. They perform many vital purposes in membrane function. EFAs are an essential ingredient in phospholipids. These form the double-layered, self-sealing membrane structure of **every cell in nearly every living organism**. Inside cells, they also help form the membranes around interior cellular organs. These include the cell nucleus which contains the DNA and the lengthy membranes of the energy-producing mitochondria. Phospholipids* create the cell membrane barriers which determine what is allowed inside and what stays outside each cell. Molecules of protective vitamin E, for example, fit exactly into cell membrane spaces created by the shape of the EFA-based phospholipids.

EFAs carry energy in the form of extra electrons. These electrons make cell membranes “come alive” with electrical energy. This “membrane electricity” assists the passage of nutrients and oxygen into cells, and helps carry wastes and carbon dioxide out of them. Working collectively in tissue and organ membranes, this electrical energy propels toxins to the surfaces of the skin, intestinal tract, kidneys, and lungs to be expelled. EFAs are therefore essential in your diet for removing toxins neutralized by antioxidants, stopping their build-up in your body, and preventing cellular damage.

Mitochondria are the powerhouses of all plant and animal cells. Their lengthy membranes are loaded with EFAs, and full of electrical energy. They “fire” this membrane energy in controlled DC electric currents to power muscle contractions, nerve transmissions etc. Heart muscle cells contain about half their volume in mitochondria. They fire their energy at the same time to produce each heartbeat. This causes the heart muscle to contract and pump blood throughout your body. **Heartbeat strength and regularity depend on EFAs.**

* Phospho means phosphorus, and lipids mean fatty acids. Lecithin granules are over 95% phospholipids, which helps form the myelin sheaths which protect brain cells and nerve fibers. Lecithin also provides choline, which your brain needs to produce neurotransmitters. Most diets provide adequate amounts of lecithin, but you may need to take extra lecithin if you have a brain or nervous system disorder. An excellent, low-cost source [here](#) (scroll down), or your local health food store.

The more deficient your diet in EFAs, the less your cell membranes can repair toxic damage, maintain this electrical energy, and insure your overall health.

EFAs Transport Oxygen

These electric charges also make EFA-based phospholipids behave like "oxygen magnets." This feature makes them indispensable in oxygen transport. Their presence in cell membranes brings oxygen all the way from the membranes in your lungs, through capillary walls, into red blood cells and back out again into every cell of every tissue and organ in your body. **EFA deficiency, therefore, creates oxygen deficiency.** Oxygen deficiency creates stress headaches, fatigue, and weight gain by slowing down fat metabolism (the burning of fats to produce energy). **Oxygen deficiency is a major contributing cause of cancer.** This becomes more clear when we look at the unique characteristics of cancer cells.

Cancer Cells Hate Oxygen

Cancer cells differ from normal cells in one very significant way. Like most bacteria and viruses, cancer cells are anaerobic. This means they can live without oxygen. In fact, cancer cells seem to hate oxygen because they use several defenses to keep oxygen out.

1. Cancer cell membranes are very deficient in EFAs. This reduces their exposure to the oxygen which EFAs normally bring into each cell. It has been found that **the lower their membrane EFA concentrations, the faster cancer cells grow.**
2. Cancer cell membranes are deficient in antioxidant enzymes (covered later). Since they do not need oxygen, they do not need the enzymes. And deficiency of these enzymes is one reason why cells become cancerous in the first place.
3. Normal cells have calcium bound up in their cell membranes and inner linings. This calcium assists oxygen flow, strictly controls passage of sodium into the cell, and helps regulate cell growth rates. Cancer cells, however, pump calcium out and pump sodium in.* This further reduces oxygen flow. Free of the calcium that would regulate their growth, cancer cells can now grow more rapidly, producing energy via anaerobic, non-oxygen metabolic pathways. This is the **key point** in understanding the creation of cancer cells inside all animal bodies, as explained below.

Cancer Loves Sugar

In 1931, Otto Warburg received the Nobel Prize for finding and proving the main biochemical cause of cancer. He stated that: **“The prime cause of cancer is the replacement of the normal oxygen respiration of body cells by an anaerobic cell respiration.”** This anaerobic (oxygen-free) respiration in cancer cells is called fermentation. Fermentation requires sugar which, at over six ounces per day in the average American diet, is abundantly available in most people's bodies. This inefficient, non-oxygen metabolic pathway leads to twenty times lower ATP (adenosine triphosphate) production in cancer cells. Since ATP (produced in the mitochondria) is your body's main source of energy, lower ATP levels cause tiredness and chronic fatigue in cancer patients. This fact is recorded in medical archives, and some oncologists (cancer doctors) do recommend that their patients reduce their refined sugar intake. They would help their patients even more if they would also recommend more EFAs, natural carotenes (pro-vitamin A), and tocopherols (vitamin E).

* Barium absorbed from chemtrails also pushes calcium out of cell membranes.

Alas, only about four hours of medical school courses are nutrition-related. Thankfully, naturopathic physicians are more aware of the importance of nutrition in health. You will find more information about naturopathy in the Appendix.

EFAs Kill Cancer Cells

Experiments using EFAs consistently kill cancer cells without harming normal cells. This occurs both in test tube cultures of human cancer cell lines and in the human body. The most effective in cell cultures appear to be flax oil (high in ALA) and gamma linolenic acid (GLA). The Department of Pharmaceutical Technology at the Medical Academy in Wroclaw, Poland reports that: “The fatty acids from linseed [flaxseed] oil...gave 100 percent dead carcinoma cells.” [underline added] David F. Horrobin of the Efamol Research Institute in Canada notes that: “Addition of GLA to malignant cell lines causes the cells to begin to exhibit cytopathic [damaging] effects within about 3 days and to die within 4 to 10 days.”

The human body makes GLA from LA, if the enzymes needed for the conversion process are present. Exactly how ALA and GLA kill cancer cells is not yet known. Like LA, these fatty acids are oxygen transporters, and may kill cancer cells with the oxygen they carry. GLA is a precursor for a group of prostaglandins that are very potent against cancer cells. These prostaglandins pump calcium into cell membranes, halting the calcium loss. Along with calcium, these potent prostaglandins also regulate normal cell growth rates which slow down cancer cell growth. Most important of all, and like natural beta carotene, LA, ALA, and GLA stimulate the T-cells of the immune system which recognize and destroy cancer cells.

Taken together, all these effects may be how EFAs kill cancer cells in the human body. Their ability to transport oxygen also helps explain how cancer cells can occur due to lack of dietary EFAs and resulting oxygen deficiency. There are several dietary conditions which block LA conversion to GLA and, in turn, to prostaglandins--especially the lack of EFA nutritional co-factors, covered earlier. You can take GLA directly in a dietary supplement to bypass these blocks. Evening primrose oil contains 8 to 9% GLA, hempseed oil contains 2 to 3% GLA, and spirulina contains 1 to 1.5% GLA (and 1.5% LA).

All this information on EFAs leads up to a story well known in Europe, but much less so in the United States.

EFA-Rich Blood Carries Oxygen Better

Inspired by Otto Warburg's findings, in the 1950s another German scientist, the late Dr. Johanna Budwig focused on fats in human blood. She developed new blood analysis techniques so sensitive that the fatty substances in a single drop of blood could be accurately separated, positively identified, and quantified. Working with thousands of blood samples from both sick and healthy people, she meticulously tabulated and documented her findings. Dr. Budwig was uniquely qualified for this research, holding degrees in physics, pharmacy, biochemistry, and medicine. She was nominated seven times for the Nobel Prize in medicine.

Dr. Budwig found that blood samples from people with cancer, diabetes, and liver disease consistently lacked ALA and methionine. Both are essential components of albumin, the critical blood protein in oxygen-carrying hemoglobin. She did not find these deficiencies in the blood samples from healthy people. Among the chronically ill, however, Dr. Budwig always detected a yellow-green substance in their blood, which she proved was damaged albumin. When she added flax oil (high in ALA) and extra methionine to their diets, the yellow-green color gradually disappeared and the distinctive red color of hemoglobin reappeared.

This helps explain how oxygen depletion can cause cells to become cancerous. The less hemoglobin the blood contains, the less oxygen it can carry, and the more oxygen-starved cells become. This forces cells either to die for lack of oxygen, or to convert to non-oxygen energy production by fermentation in order to survive. She therefore concluded that ALA and methionine deficiencies were major contributing causes of cancer, diabetes, and liver disease.

For over fifty years until her death at age 95 in 2003, Dr. Budwig successfully treated all manner of diseases caused by oxygen depletion and toxic cell membrane damage with a simple regimen of nutritional therapy. Besides eliminating all refined sugar, starch, and animal fats (EFA blockers), she prescribed whole grains and lots of fresh, uncooked fruits and vegetables and their juices (high in EFA activators). But the real magic in her regimen is a simple, nutritionally potent, and very effective formula that combines EFAs and methionine.

Flax Oil in Nutritional Therapy

Dr. Budwig combined four ounces of low fat or nonfat cottage cheese mixed with three tablespoons of fresh flax oil. She sometimes added an ounce of milk to produce a more liquid substance. The cottage cheese provides about 17 grams of easily digested and absorbed calcium and protein which is high in methionine. The fresh flax oil provides about 24 grams of ALA, about 6 grams of LA, plus 12,900 IU vitamin A, and about 45 IU vitamin E.

Her formula's two simple ingredients were remarkably effective in reversing the effects of cell membrane damage. Over a period of about three months with this daily supplement regimen, the yellow-green damaged albumin disappears and anemia declines. Blood oxygen levels increase. Tumors recede and disappear. Diseased tissue becomes healthy again. Energy and vitality increase. And many symptoms of cancer, heart disease, and other diseases vanish. Her research is covered in her book, *Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer, and other Diseases*, available at amazon.com (or, possibly, your local library). For further info about "the Budwig diet," please visit [here](#)

Word of Dr. Budwig's successes spread throughout Europe. The list of medical conditions and cellular diseases she successfully treated with this formula is quite long.

CONDITIONS CORRECTED WITH FLAX OIL NUTRITHERAPY

Anemia	Melanoma	Glandular atrophy
Anoxia	Stomach cancer	Heart dysfunction
Arthritis	Cardiovascular disease	Immune deficiency
Brain cancer	Childhood diseases	Kidney failure
Colon cancer	Constipation	Low vitality
Leukemia	Diabetes	Menstrual problems
Liver cancer	Dry skin	Pancreatitis
Lung cancer	Eczema	Swollen tonsils
Lymph cancer	Gall stones	Sterility

Too much dietary flax oil (too much ALA), however, can upset the delicate prostaglandin balances in the body. Some heavy users of flax oil have reported dry eyes, thin skin, joint pains etc. (See article

[here](#).) Some possible side effects include diarrhea, gas, and nausea. **CAUTION:** If you have inflammatory disease of the intestine, esophagus, or stomach, you should avoid flax oil.

According to some nutritionists, the recommended dietary ratio of LA to ALA is about 3 to 1. The flax oil ratio is the reverse of this--1 part LA to 4 parts ALA. Flax oil, then, needs to be mixed with other oils to provide the optimal EFA content in your body. You will learn how to do this in Chapter Seven. But first, in the next very short chapter, you will learn about something you must avoid to keep your immune system healthy--trans fats.

Chapter Six

How Toxic Trans Fats Endanger Your Immune Health

Trans Fats Are Toxic to Your Immune System

Most vegetable oils found on supermarket shelves (for decades) are heavily refined. This industrial-strength processing damages the EFAs in the resulting oil. Most damaging is the excessive heat in the pressing operation. Mixing, pumping, and bottling processes expose the EFAs to excessive oxygen and light, which also damages them. Partial hydrogenation, used in the manufacture of margarines and shortenings, overheats vegetable oils even more than refining. So does their use in deep-frying and baking. Heat damages EFAs by changing their molecular structure to a form not found in nature.

When vegetable oil temperatures reach 320 degrees F or higher, the natural, bent shape of EFAs (cis-form) rapidly changes to an unnatural, straight shape (trans-form). Since they are not EFAs anymore, they are now called by a new name: trans-fatty acids (TFAs), commonly called trans fats. Trans fats have **nutritionally dangerous** properties, and should really be called toxic fatty acids.

Natural EFAs are liquid at body temperature, are water-soluble when bound with proteins in the bloodstream (lipoproteins), tend to disperse, prevent fatty deposits and make blood platelets less sticky (prevent blood clots). The unnatural trans fats, however, are solid at body temperature, tend to stick together (cause blood clots), and are not water-soluble.

For these reasons, trans fats impede the free flow of the watery blood and lymph fluids, cause blockages in circulation, and make the heart pump harder. One test that involved feeding partially hydrogenated vegetable oils with 37% trans fats to test animals found blood cholesterol levels went up 15% and triglyceride levels went up 47%! Trans fats contribute to weight gain and toxic stress on the cardiovascular system.

Trans Fats Block Oxygen

Trans fats create EFA deficiency. They interfere with the enzyme systems which convert EFAs to prostaglandins. Trans fats only partially “mate” with these enzymes and use them up without producing anything beneficial in the process. This causes disruption of all cellular processes which the vital prostaglandins help regulate. Worse yet, EFA deficiency can force the body to insert trans fats into cell membranes in their place. **This is the most dangerous consequence of having trans fats in your diet.**

Unlike EFAs, **trans fats do not transport oxygen**. When they get into cell membranes, therefore, they block the transport of oxygen in and carbon dioxide out--the primary condition found in cancer cells. Trans fats also prevent the passage of nutrients into, and wastes out of cells. **In short, the toxic effects of trans fats in cell membranes are a contributing cause of the increasing incidence of degenerative diseases such as cancer and heart disease.**

In 1994, a Harvard School of Public Health (HSPH) press release warned consumers on the dangers of trans fats in margarines, baked goods, and deep-frying oils. In June, 1999, a Harvard review of recent research found that eating trans fats increases risk of heart disease. This report projected that “...if trans fats were replaced by unsaturated vegetable oils, we would expect to see at least 30,000 fewer persons

die prematurely from CHD [coronary heart disease] each year.” A more recent summary of this Harvard research can be found [here](#). This, and other confirming research, led the FDA to require that trans fats be listed on food labels beginning on January 1, 2006.* Check food labels. **Avoid trans fats.**

Our Trans Fat-Filled Diets

The average american diet includes about 12 grams (nearly one-half ounce) of trans fats each day, or about 10% of calories consumed. This totals about ten pounds per person per year. This is about **twice the combined intake of all other synthetic chemical food additives in the average diet**. About 95% of dietary trans fats come from refined and partially hydrogenated vegetable oil products. For these reasons, you need to greatly reduce consumption of refined vegetable oils, partially hydrogenated oils, and deep-fried and baked products made with them. One study found that:

- refined vegetable oils contain up to 13.7% trans fats,
- tub margarines average 17% trans fats, with the highest at 43.4%,
- vegetable oil shortenings average 20% trans fats, with the highest at 37.3%,
- and stick margarines average 31% trans fats, with the highest at 60%.

Unfortunately, the conversion of EFAs to the toxic trans fats reduces the true EFA content of refined vegetable oils. In many cases, especially in partially hydrogenated products, the true EFA content may be less than 5%. A huge 57% of dietary fats in the average American diet come from refined and partially hydrogenated vegetable oils, margarines and shortenings with high percentages of trans fats.

Besides creating trans fats, current vegetable oil refining methods create several other potentially harmful and toxic by-products. Since vegetable oil refining removes and destroys the natural antioxidants, these are replaced with synthetic antioxidants (chemical preservatives). These chemicals only protect the oil from becoming rancid, for longer shelf life. Once inside the human body, these chemicals serve no nutritional purpose. They can interfere with the actions of hormones, enzymes, and antioxidants, disrupting oxygen metabolism. Refined vegetable oils and trans fats increase **toxic build-up**, cause cellular toxicity, and lead to immune system breakdown.

SOLUTIONS: avoid all trans fats, and include in your diet the unrefined vegetable oils which are high in both EFAs. Make and use your own **Inner Skin Saver** margarine, from the recipe provided at the end of the next chapter. This next chapter explains the best sources of EFAs.

* Germany has gone even further. Primarily because of Dr. Budwig’s research, trans fats in food products are limited by law to no more than 1%.

Chapter Seven

Best Sources of EFAs For Your Immune Health

EFA Sensitivity is Its Virtue

Vegetable oils are sensitive, and our present refining methods compromise or destroy that important quality. The sensitivity of these oils to oxygen, heat, and light is not a flaw. This sensitivity is why they are so beneficial. Though refined vegetable oils may cost less than unrefined oils, their price in the long run--in terms of cellular toxicity and resulting medical bills--is far too high.

Because EFAs are sensitive to heat, unrefined vegetable oils last longer when refrigerated. They are very sensitive to oxygen, so you need to keep the cap on tight. Since EFAs react with the infrared part of the light spectrum, storage containers need to be opaque or translucent, but not transparent. Because EFAs are so electrochemically active, storage containers should be inert. Plastic containers, slowly leach chemicals into the oil they contain. As you learned in the section about spirulina, plastic bottles also let oxygen slowly seep inside. Glass is best, and used for some oils found in health food stores. If you must buy vegetable oil in a plastic bottle, transfer it at home to a glass bottle for safer storage.

What do we behold on supermarket shelves? Totally transparent plastic bottles revealing a lightly colored or clear vegetable oil inside. When you lift the cap and break the foil seal, you detect only a slight scent. Touch a drop to your tongue, you detect only a slight taste (when compared to unrefined oils). Just like refined sugars and starches, we now have refined oils, for long shelf life with most of the best nutrients removed, damaged, or destroyed. In some cases chemical colorings and preservatives are added to the oil (read the labels).

Even when protected from heat, light and oxygen, unrefined oils can break down (go rancid). Rancidity produces toxic lipid peroxides (explained in Chapter One) which must be avoided. Rancidity begins to occur from two to six months after the containers are opened. Shelf time depends on light, heat, and oxygen exposure, EFA concentrations in the product, and whether refrigerated. Once this breakdown begins--detectable by a scratchy taste and rancid odor--the oil must be discarded. Oil contained in glass bottles or in gelatin capsules has a much longer shelf life (up to a year) when kept tightly-capped in the refrigerator.* To ensure they are fresh, unrefined oils are best bought locally in glass bottles at local health food stores, and kept refrigerated. As warned earlier, if you must buy your vegetable oils in plastic bottles, transfer immediately to glass containers when you get home.

Increased shelf life is the main reason why we see so many refined oil products. Refined vegetable oils on grocery shelves do not contain the high concentration of EFAs, carotenes (provitamin A), and tocopherols (vitamin E) found in the unrefined products. Their absence increases shelf life and expands profit margins, by not having to discard spoiled product. **But this profit advantage comes at great physical health cost to the consumer.**

* If you take vegetable oil in gelatin capsules (such as fax oil), do not just assume the oil is safe. Check for rancidity before ingesting. Just puncture a capsule and squeeze some oil onto a finger. Give it the smell test and taste test before using.

Best Unrefined EFA Sources

The most highly concentrated sources of EFAs are the oils found in seeds, beans, grains, and nuts. These oils act as high energy activators in the creation of a sprout, which becomes a seedling, which then becomes a seed-filled plant or nut-filled tree. The following chart gives typical EFA percentages normally found.

TOP 10 EFA SOURCES			
<u>Oil Source</u>	<u>% Total EFAs</u>	<u>% LA</u>	<u>% ALA</u>
Hemp*	77	57	20
Safflower	75	75	0
Flax	72	14	58
Evening Primrose**	72	72	0
Sunflower	65	65	0
Soy (<u>avoid</u> --refined)	57	50	7
Corn (<u>avoid</u> --refined)	59	59	0
Pumpkin	57	42-57	0-15
Walnut	56	51	5
Wheat Germ	55	50	5
Sesame	45	45	0

* Also contains 2 to 3% GLA
** Also contains 8 to 9% GLA

Though rather expensive, hemp seed oil is nature's most concentrated source of both EFAs. According to some nutritionists, a ratio of three parts LA to one part ALA is the best balance for the human body's nutritional intake of EFAs. Hemp oil is the only high-EFA vegetable oil which contains this three-to-one nutritional balance.* Hemp oil also contains natural vitamins A and E, as well as the immune-enhancing gamma linolenic acid (GLA). For these reasons, unrefined hemp oil is one possible choice for EFAs in your diet. Because of its high EFA content, hemp oil should not be heated.

Safflower and sunflower oils are rich in vitamins A and E and LA, but contain no ALA. They are more widely available than hemp, and much less expensive, with a longer shelf life. If you use these oils in your daily diet, you only need a small amount of flax oil to provide EFA balance. You can cook with safflower and sunflower oils, but only at very low heat to preserve the essential immune nutrients.

Flax oil contains the highest concentration of ALA, plus vitamins A and E. Flax oil has the advantage of being readily available at reasonable cost. A teaspoon or two 1000 mg capsules per day is sufficient, as long as the diet includes a tablespoon or two per day of unrefined safflower or sunflower oil. Flax oil should not be heated.

Evening primrose oil is the highest natural oil source of GLA. Evening primrose seeds are very tiny, so it takes a lot of seeds to yield a little oil. This rather expensive oil is usually encapsulated and sold for its GLA content as a nutritional supplement in health food stores. Since it is usually extracted with solvents, it should be avoided. If your body needs GLA, take hemp oil or spirulina instead.

• The hemp oil supply comes primarily from Canada, since hemp cannot be legally grown in the United States. Imported hemp seeds have to be sterilized. Sterilization can harm the oil the seeds contain. For this reason, avoid domestically-produced hemp oil pressed from sterilized imported seeds.

Most soy and corn oils are heavily refined and partly hydrogenated. This refining destroys EFAs by converting them to trans fats. Both oils are extracted by using solvents. Monosodium glutamate (msg) is often added to corn oil to improve the flavor (read the labels and read the Appendix about msg). Both oils likely come from GM (genetically modified) seeds. For these reasons, avoid soy and corn oils.

Pumpkin seed and walnut oils contain both LA and ALA, but are rather expensive and difficult to find fresh. Sesame oil (best organic, from unroasted seeds) is more stable, and lasts much longer when exposed to heat, light, and oxygen. You can safely use it for cooking at low to medium heat. Sesame oil is readily absorbed by the skin. It also makes skin more moist, soft, and supple. Sesame oil is used in both the **Skin Saver** lotion and the **Inner Skin Saver** Margarine, covered below. Other oils are too rich in EFAs to apply to the skin. They oxidize too rapidly when exposed to air, becoming rancid.

Though rather expensive, fresh wheat germ oil is high in vitamins A and E and is good for your body and your skin. It has been shown effective in treating dry, cracked skin, eczema, psoriasis, stretch marks, and sunburn. It should not be used, however, by anyone with wheat or gluten allergies. Wheat germ oil found on supermarket shelves may be old, extracted using solvents, and possibly rancid. Look for it refrigerated in health food stores. Make sure it is cold pressed, not solvent extracted.

EFAs move in the bloodstream as lipoproteins (oils combined with amino acids). For this reason, you must combine vegetable oils with proteins (such as spirulina) in your diet. EFA-rich oils are best when not heated or baked. You can add them to cooked foods as they cool down. You can also add them to salad dressings, sauces, and other toppings in place of other oils.

All unrefined vegetable oils need to be stored in translucent or opaque glass containers to protect them from infrared light. Oils high in EFAs are most potent for about three to six months after you break the airtight seal. They will last much longer--up to a year--if you keep them refrigerated. If stored at room temperature and not used up within a few months, the oil will start to become rancid. Rancidity can be detected by a rancid smell and a bitter taste when placed on the tip of the tongue. When this occurs, discard the oil immediately and replace it with a fresh bottle. The labels on high quality, EFA-rich oils normally carry a date stamp of bottling and/or a use-by date.

Two other oils commonly found in many processed foods deserve mention here--cottonseed oil and canola oil. Both oils are solvent extracted and may come from GM seeds. Both contain toxic acids which have to be removed during refining. Cotton is grown with more chemicals and sprayed with more insecticides than any other crop. These toxic chemicals get concentrated in the seeds. After refining, both oils contain trans fats. When hydrogenated for use in processed food products, trans fat content increases even more. For these reasons, avoid all products containing canola and cottonseed oils.

For more detailed scientific information on the biochemistry of EFAs, fats and oils, check the book *Fats that Heal, Fats that Kill*, by Udo Erasmus, Ph.D. in Nutrition). This book is, perhaps, the single best resource for understanding how dietary fats and oils impact the human body. Much of the information presented in this book about vegetable oils comes from his doctoral research into the biochemistry of EFAs. For further information, please visit [here](#).

How to Make Skin Saver Lotion and Inner Skin Saver Margarine

You can feed your skin and your immune system the concentrated essential nutrients they need to help prevent skin cancer. You only need five ingredients to create a very skin-healthy lotion. This lotion will help heal skin lesions and clear other skin problems caused by Morgellons (Chemtrail Fiber Disease?). It will also help remove wrinkles, by feeding the skin what it needs to hydrate, firm up, and smooth out.

1. **Organic sesame oil** (from unroasted seeds). Readily makes skin more moist, soft, and supple. Easily absorbed by the skin, taking other nutrients in with it. Contains LA and vitamins A and E.
2. **Organic virgin coconut oil.** Adds pleasant aroma, does not feel greasy, softens and protects the skin, absorbs easily, taking other nutrients into the skin layers. Antiseptic fatty acids it contains help prevent fungal, bacterial, and viral infections. Makes skin more evenly textured and gives it a healthy "glow." For further information about the benefits of coconut oil on your skin, please click [here](#).
3. **Organic (if possible) liquid lecithin.** Lecithin is an emollient, a softening and soothing agent. Helps moisturize and hydrate the skin. Also deeply penetrates the skin, taking other nutrients into skin cells and the bloodstream. Contains phospholipids, which form and repair cell membranes.
4. **Vitamin E** from mixed natural (d-) tocopherols. The "skin vitamin" carried into the skin by the other ingredients. Lowers risk of skin cancer.
5. **Pro-vitamin A** as mixed carotenes from d. salina. Protects and promotes healthy skin. Helps bring more oxygen into the skin. Lowers skin cancer risk.

HOW TO MAKE SKIN SAVER LOTION

- Step 1 Obtain an 8-ounce translucent or opaque glass bottle with dispenser cap, an 8-ounce measuring cup, and the 5 ingredients. To the measuring cup:
- Step 2 Add 4 ounces organic sesame oil from unroasted seeds.
- Step 3 Add 2 ounces organic coconut oil.
- Step 4 Add 1 ounce organic liquid lecithin.
- Step 5 Puncture capsules containing 1600 IU natural (d-) Vitamin E, aim and squeeze contents into cup. A clean pushpin works fine to puncture. A clean pair of pliers will hold the capsule securely
- Step 6 Puncture capsules containing 100,000 IU pro-vitamin A only from d. salina mixed carotenes, and squeeze contents into the cup.
- Step 7 Mix ingredients, pour into glass bottle, and screw on dispenser cap.

HOW TO USE/APPLY SKIN SAVER LOTION

- Step 1 Wash areas to be coated before applying to clean skin and remove cosmetics, soap film, dead skin, etc.
 - Step 2 Shake the bottle to mix all the ingredients thoroughly together.
 - Step 3 Spread oil very thinly over your skin, and gently massage into your skin.
 - Step 4 Let the oil sink into your skin for at least 30 minutes, to an hour or more.
 - Step 6 Keep coated skin areas away from clothing, for the carotenes can stain. Or you can wipe skin after 30 minutes with a paper towel or cloth to remove any excess before donning clothing over those areas.
 - Step 7 Refrigerate after use. Let contents warm to room temp for next use.
- NOTE: **Skin Saver** also makes an excellent all-natural suntan lotion that will give your skin a glowing, golden tan. The carotenes act as a natural sunblock to help prevent burning and reduce UV damage. After all, that is what plants use to protect themselves. Do not try to get a suntan in a day or two. Pale skin will burn and peel from overexposure. Begin gradually, no more than an hour exposure per day over several days.

Author's Note: A health-oriented company, or an entrepreneur, is highly encouraged to trademark and produce **Skin Saver**, and the following formula, as products for sale to the general public.

These five ingredients provide several essential immune nutrients your skin needs to **help prevent skin cancer and heal skin lesions**, from the outside-in. To feed and protect your skin from the inside-out, these essential immune nutrients need to be in your diet. One way to do that is to make your own margarine by adding a few more ingredients to the **Skin Saver** formula. This creates an **Inner Skin Saver** formula to nourish your epithelial tissue. As you learned in Chapter Four, this tissue forms the mammary glands and mucous membranes--inner skin--which line all the organ systems of your body.

HOW TO MAKE INNER SKIN SAVER MARGARINE

Obtain a 10 or 12-ounce, wide-mouth, glass jar and metal lid with plastic seal.
Add 2 ounces organic sesame oil--or sunflower, hemp, or safflower oil.*
Add 2 ounces organic extra virgin olive oil.
Add 2 ounces organic coconut oil.
Add 1 ounce organic liquid lecithin.
Add 1 ounce organic brown rice syrup.
Add 1 tablespoon natural flavoring--garlic, herbs, ginger, cinnamon, sea salt etc.
Add 100,000 IU pro-vitamin A from d. salina mixed carotenes.
Add 1600 IU natural (d-) vitamin E.
Screw on cap. Shake well to mix ingredients. Place in refrigerator to solidify.
Scoop out with a spoon to use as a margarine or spread. Do not use for cooking or baking, because heat will destroy the essential immune nutrients.
* If you use an oil other than sesame, you may need to add extra coconut oil so that the mixture will solidify in the refrigerator.

Coconut oil increases the metabolic rate, raises energy levels, and promotes weight loss. It has anti-fungal, anti-bacterial, and anti-viral properties, which strengthen your immune system. Coconut oil helps stabilize blood sugar levels, lower cholesterol, and increase thyroid hormone production. It assists your body in absorbing other nutrients, like vitamins A and E. For further information about the many health benefits of coconut oil, you can read excerpts from the book *Coconut Oil Diet Secrets* [here](#). For these reasons, shredded coconut is a major ingredient in **Immune Health Bars** (page 51).

Lecithin assists absorption of vitamins A, D, E, and K. Lecithin is composed primarily of phospholipids, which are essential for building and repairing cell membranes throughout your body. Lecithin forms the myelin sheaths that cover your nerve fibers and protect your brain. Lecithin provides choline, which is critical in fat and cholesterol metabolism. Your body also needs choline to make neurotransmitters. These enable DC electrical signaling in your nervous system and brain. Your heart muscle has the highest concentrations of lecithin of any muscle. Lecithin gets damaged or destroyed in food processing. The best source of liquid lecithin found, certified organic, containing 39% phospholipids, and the only one not solvent extracted is available [here](#). The second best source found contains 56% phospholipids. It is solvent extracted, but quality controlled for purity and costs less than half as much from [here](#). Lecithin granules, an optional ingredient in **Immune Health Bars** (page 51), contain 95 to 98% phospholipids.

For the many reasons given in Chapter Five and in this chapter, the EFAs in unrefined vegetable oils help ensure your immune health, and your survival. That is why unrefined vegetable oils are one of the three **immune powerfoods**. You will find all three, along with their best sources found at best prices, grouped together at the end of this book.

In the next chapter you will learn about a group of nutrients which are also essential to ensure your immune health--antioxidant enzymes.

Chapter Eight

How Antioxidant Enzymes Ensure Your Immune Health

Enzymes Are Essential for Life

Your body's ability to digest and absorb nutrients from the food you eat is totally dependent on enzymes. Digestion is an enzymatic process from beginning to end. Yet enzyme activity declines 30% to 50% by middle age. In these toxic times, enzyme activity is now falling fast in all age groups. This is not surprising when we look at what destroys enzymes.

Cooking any food above 140 degrees Fahrenheit destroys them, as do pasteurization, microwaves, and gamma rays (food irradiation--which also destroys EFAs and carotenes). Most food processing methods kill enzymes before they can get to your plate. Even if you eat uncooked and organic foods, the enzymes may be destroyed in your body before it can use them. Chlorine and fluoride in drinking water destroy enzymes, as well as lead, cadmium, and hydrocarbons in the air. Depressants such as alcohol destroy them. Enzymes also get burned up by stimulants such as caffeine, nicotine, cocaine, and methamphetamine. Antibiotics and many other types of pharmaceutical drugs destroy enzymes. Dietary enzyme deficiency is a primary cause of many digestive disorders, and the resulting nutrient malnutrition which leads to immune nutrient deficiency diseases. Natural-source dietary enzyme supplements can be found at health food stores and on the internet. Cyanotech, for example, claims that their spirulina pacifica strain contains over 2,000 different enzymes. There is one special group of body-produced enzymes which are essential for maintaining a healthy immune system. These are the antioxidant enzymes.

Antioxidant Enzymes Help Slow the Aging Process

Antioxidant enzymes protect your body by nourishing and activating both the immune system and the free radical disposal system. They include two primary enzymes: superoxide dismutase (SOD) and catalase (CAT). There are eight secondary enzymes, the most important of which are glutathione peroxidase (GP) and methionine reductase (MR).

Each of these enzymes renders harmless specific kinds of free radicals (toxins). And they are much more powerful than vitamins. It takes one molecule of an antioxidant vitamin to neutralize one free radical. But a single molecule of one of these enzymes can rid your body of thousands of free radicals. And they do this three to ten times faster than vitamins.

The most dramatic example of the importance of antioxidant enzymes is vividly illustrated in the rare genetic disease called progeria. A major cause of this hereditary genetic disease is the physical inability to produce sufficient antioxidant enzymes. As a result, the bodies of those with progeria age very rapidly. Most appear wrinkled, withered, stooped, and aged at the young age of ten to fifteen years. They invariably die very young from age-related illnesses and organ failure. At the other extreme is a rare bacteria which produces the highest levels of antioxidant enzymes ever recorded. This bacteria is called *radiodurans*, and it lives inside nuclear reactors. The importance of these enzymes in fighting disease and slowing the aging process, therefore, is fundamental--especially in these toxic times.

How Antioxidant Enzymes Help Prevent Disease

Both SOD and CAT are special proteins normally produced abundantly in your body to keep oxygen metabolism under control. They are found most concentrated in those fluids and tissues, such as the bloodstream and the brain, where the highest concentrations of oxygen are also found. They also prevent breakdown of synovial fluid in the joints, and have been used to treat arthritis. While CAT contains iron, SOD contains a trace mineral--zinc, copper, or manganese--depending on where in the body it is found.

SOD is also found in the eye lens and in immune system killer cells--T-cells. Copper-SOD is present in the fluid inside cells, and in the space separating the two membranes that surround mitochondria. Manganese-SOD is also found inside mitochondria. SOD, therefore, is vital to the energy-production activities of mitochondria. Manganese--SOD protects the cell nucleus (which contains the DNA) from oxygen and toxic damage. **University studies of fifty different cancers found that cancer cells contain little to no manganese-SOD.** Cyanotech spirulina contains 3000 units of SOD in 5 grams of tablets or powder, the recommended daily dose.

MR removes free radicals by attaching to them to render them harmless, then transporting them out of the body in the urine. MR is essential in the diet to prevent damage by hydroxols (a free radical form of water), the most reactive of all free radicals. MR contains the amino acid methionine and the trace mineral molybdenum (both of which are found in spirulina).

GP is a compound of the trace element selenium with the tri-amino acid glutathione, which consists of glycine, cysteine, and glutamic acid (all four found in spirulina). As far as cell and immune protection is concerned, gluathione periodoxase (GP) is the most important antioxidant enzyme. It prevents fatty acids in cell and tissue membranes from going rancid. GP is essential for preventing and repairing toxic chemical and radiation damage in all cell membranes, including elastin and collagen in your skin. Collagen comprises about 30% of your body's protein. It serves as the major structural component of skin, ligaments, tendons, muscles, cartilage, bones, and teeth. Collagen breakdown is found in Morgellons (Chemtrail Fiber Disease). GP removes peroxide radicals (cellular breakdown byproducts) by attaching to them and flushing them out in the urine. It does the same with heavy metals such as lead, cadmium, and mercury; sticky resins called epoxides; and toxic chemicals like pesticides, chlorine, and fluoride. GP renews the cell membrane antioxidant vitamin E.

Since the human liver contains nearly 50% fatty tissue, GP is especially important in preventing membrane damage in the liver. It is also important in preventing cataracts. The highest concentrations of GP are found in the lens of the eye. **Laboratory analyses of human cancers have found very low GP levels, both in cancer tumors and in surrounding tissue.**

These four antioxidant enzymes, therefore, play vital immune-protecting, anti-cancer, and anti-aging roles in your body. For a healthy immune system, either their component parts or the enzymes themselves, need to be in your diet. Spirulina contains SOD, plus all the amino acids and trace minerals your body needs to produce CAT, GP, MR. If you take 5 grams of spirulina each day and feel fine, you may not need to take an antioxidant enzyme supplement. But if you have arthritis--your body is telling you it needs something. That something could be wheat sprouts.

Antioxidant Enzyme Factories--Wheat Sprouts

Plants (including spirulina) produce antioxidant vitamins and enzymes to protect themselves from free radical reactions (during photosynthesis) and from solar radiation (sunlight). **Organic wheat sprouts are the highest natural food source for all four of these vital antioxidant enzymes.*** One company, Biotec Food Corporation, has developed and tested several hybrid cross strains (not GM) of organic wheat to produce high concentrations of these enzymes when sprouted. Each strain is grown hydroponically, sprouted, and dried at low temperatures to preserve the enzymes. They claim that their products contain much higher concentrations of these four antioxidant enzymes than any other food source. Biotec also claims that each of their caplets contain the concentrated enzyme equivalent of 9 quarts of wheat sprouts. To help fight disease conditions such as arthritis, they recommend 5 caplets per day for the first two weeks, reduced to three per day thereafter.

Antioxidant Enzyme Protection from Toxic Chemicals, Heavy Metals, and Radiation

Dr. Stephen Devine, in his book *Antioxidant Adaptation*, calls antioxidant enzymes “the first line of defense against free radical pathology.” Dr. Rita Lee goes further in her *Radiation Protection Manual*:

“Clinical evidence records positive benefits from SOD/CAT in the treatment of arthritis (up to 90% remission), radiation sickness, jet lag, multiple sclerosis, and as an anti-aging supplement. SOD/CAT also diminishes the side effects of radiation and the nausea of chemotherapy...Many people taking glutathione peroxidase report improved skin appearance including shrinkage of moles and disappearance of pigmented “age” or “liver” spots and stretch marks as well as more evenly textured skin with smaller pores...Methionine reductase is especially good to combat chemical poisoning from carbon monoxide, insecticides, air pollution, etc.” (underline added)

Biotec’s Cell Guard® (a balanced combination of all four enzymes) was clinically tested and evaluated at the ByeloRussian Institute of Radiomedicine.** This study involved children exposed to radiation from the Chernobyl nuclear disaster. Their bodies had absorbed radioactive cesium and their immune systems were suppressed by the radiation. According to Drs. L. N. Ostakova and N. A. Gress, Cell Guard® proved more effective than other treatment alternatives. They found a “normalization of practically all immunological indices of nearly every person receiving Cell Guard.” They also observed “more efficient removal of radioactive cesium and a reduction of lead and nitrate levels in comparison to a control group.” Another study in Sweden confirmed the ability of Cell Guard® to remove cesium from the human body and to provide immune protection from radiation. Cell Guard® is available at many health food stores, and [here](#).

Sprouts--Mother Nature’s Little Nutrition Miracles

Sprouted seeds, beans, and grains are one of the most concentrated, lowest-cost whole food sources for amino acids, antioxidant enzymes, vitamins, and trace minerals. During germination, seeds and grains come alive and undergo fast internal changes. And the great miracle of this amazing process is a huge increase in a host of nutrients which arise miraculously inside the sprouting seed.

- Enzymes immediately become active and create a host of beneficial changes.
- Proteins convert to free amino acids, which are more easily assimilated by the body.
- Starches change to simple sugars, also more easily assimilated.

* Wheatgrass juice also contains these enzymes, though at lower concentrations than wheat sprouts.

** As described in *Live Enzyme Foods, Safeguards of Cellular Health*, by Biotec Foods.

- Minerals chelate, or combine in a way that increases their assimilation.
- Antioxidant enzymes appear in large amounts to protect the fragile new life form.
- Vitamin content increases from three to twelve times above what the seed contains.
- Chlorophyll and carotene content increase dramatically when you expose some sprouts (such as alfalfa) to sunlight.

Wheat sprouts, for example, contain four times more folic acid and six times more vitamin C than unsprouted wheat. In sprouting analysis studies at the University of Pennsylvania, vitamin C content in some seeds was found to increase up to 700% in the first 72 hours of sprouting! For this reason, some fresh sprouts contain more vitamin C than citrus juices, along with bioflavonoids. This increase also applies to vitamins A, E, the B-complex, and others, depending on the variety of seed sprouted. In a Yale University study sprouting grains, seeds, and beans showed increases in B vitamins from 20% to 600%. Vitamin E in wheat increases 300% in sprouted wheat within just four days of sprouting! For these reasons, sprouted seeds, beans, and grains make a very nutritious addition to your daily diet.

Buckwheat is a sprout nutrition powerfood. It contains **most** of the essential nutrients covered in this book, and more. Here is what buckwheat provides, found here. **Constituents:** oils--linolenic, linoleic, arachidonic, oleic, palmitic and stearic acids; sugars include fructose, glucose, sucrose, maltose, raffinose, rhamnose; bioflavonoids with rutin; flavonols, co-enzyme Q10, hesperidin, citrin, quercetin, flavones, lecithin, 15% protein with all essential amino acids (amino acid score 99; supplying excellent protein availability) **Vitamins:** A, B1, B2, B3, B5, B6, B15, B17, C, K, P, choline, folic acid, inositol, PABA **Minerals:** boron, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon.

Sprouts are very economical foods, costing just a few cents per serving when you sprout them yourself. When they come from certified organic, non-GMO origin and are sprouted with pure water, **you know** they are free of chemical residues. Sprouting seeds, beans, and grains are easy to store and retain their high germinating ability for more than a year. They last even longer when kept in glass jars with airtight lids in a cool, dark storage area. Sprouts are also: low in calories and fat; tasty and versatile in the menu; and simple, easy, and fast to grow. They require less than two minutes of your time and attention per day. In just three to five days, you can have an "instant garden" of nutrition-rich sprouts ready to eat. Sprouts will also keep well in the refrigerator for several days. **Like spirulina, organic sprouting seeds, beans, and grains make an excellent, compact, easy to store, emergency survival, superfood source.** They will come in quite handy if you should happen to find yourself in a disaster situation. You can even plant them in the ground, and grow a garden from them. This, along with the essential nutrients they contain, is why they are one of the **immune powerfoods**. You will find all three together at the end of this book.

One of the best sprouting sources, at very reasonable prices, is Handy Pantry Sprouting. This company offers a full line of organic, non-GM, not-irradiated, sprouting seeds, beans, and grains, sprout salad mixes, sprouting kits, and how-to sprouting information. Their products can be found in many health food stores. Or you can order directly at their website: <http://www.handypantry.com>

You can also purchase packaged sprouts at many groceries and health food stores. Just make sure they are fresh and crisp--not soggy and limp. Many of these stores also carry breads made from sprouted wheat kernels, sometimes called manna bread or essence bread. Some breads have wheat sprouts added in, but these do not provide the high antioxidant enzyme content of those made almost exclusively from sprouted wheat and baked slowly at low temperatures.

Next we will look at even more ways to help ensure your immune health.

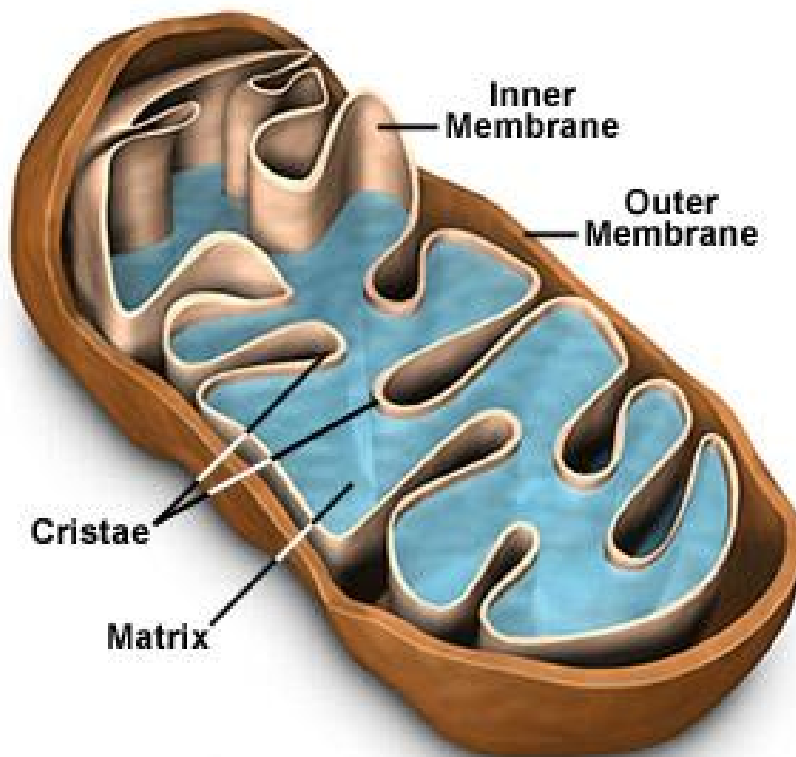
Chapter Nine

More Ways to Ensure Your Immune Health

The Heart-Protecting Co-Enzyme--CoQ10

CoQ10 is a co-enzyme which is essential for efficient cellular energy production. As explained above under EFAs, this involves the energy-producing cell components known as mitochondria. Mitochondria consume large quantities of oxygen to produce over 90% of your body's physical energy. CoQ10 is reported to prevent fatty acid breakdown in mitochondrial membranes by neutralizing (quenching) singlet oxygen radicals.* Here is a mitochondrion, your body's most important energy-producer:

Mitochondria Structural Features



People with periodontal disease, hypertension, or cardiovascular disease are frequently deficient in this important nutrient. Some studies have found CoQ10 deficiencies in the majority of people who have heart disease.** CoQ10 has been used as a heart nutrient in Japan since 1974. Over six million people there take an expensive, synthetic form of it every day. CoQ10 is used in treating congestive heart failure and cardiac arrhythmias, to lower blood pressure, and reduce injury following stroke or heart attack. If you have a heart condition, be sure to ask your cardiologist about CoQ10. You might also consider trying astaxanthin.*

* There is a carotene which quenches singlet oxygen at much higher rates than CoQ10. This is astaxanthin, which is now available from Nutrex® You can read more about the astaxanthin product BioAstin™ [here](#), and order it at a discount [here](#).

** Explained in more detail [here](#).

As you age, your body produces smaller quantities of CoQ10. This lowers your energy levels and makes you tire more easily. It can also be stressful to your heart. Heart muscle cells contain about 50% of their volume in mitochondria. They power every beat your heart makes. CoQ10 is produced inside the body. Anyone who eats sensibly, gets sufficient essential immune nutrients, exercises, and feels full of energy may not need to take supplemental CoQ10. But if you have passed the age of 50, and your energy levels are declining, adding a capsule or two containing 100 mg of CoQ10 each day could make a difference. An excellent CoQ10 source, optimized for assimilation, can be found [here](#).

How to Make Immune Health Bars

Another good way to enjoy the health benefits of the immune superfoods, is to make **Immune Health Bars**. Unlike candy or energy bars, these bars provide essential immune nutrients and provide longer-term energy from complex carbohydrates. They do not strain the pancreas like a shot of sugar does. You can add lots of great tasting ingredients that are good for you. And they cost less and taste much better than candy bars.

RECIPE FOR IMMUNE HEALTH BARS

WET INGREDIENTS :

1 cup organic brown rice syrup (complex sugars, metabolized slowly, allergen-free)
½ cup organic liquid lecithin (high in phospholipids, which form and repair cell membranes)
¼ cup pure water (reverse osmosis or distilled, if possible)
Add 100,000 IU pro-vitamin A from d. Salina mixed carotenes, and 1600 IU natural vitamin E

DRY INGREDIENTS (all organic, if possible):

2 cups rolled oats (16% protein, fiber, vitamin E, phosphorus, B vitamins, carbohydrates)
1 cup crisped or puffed whole grain rice (10% protein, 15% carbohydrates, fiber, fatty acids, B vitamins, selenium and magnesium)
1 cup shredded* nuts--walnuts (LA & ALA), unroasted cashews, pecans, almonds, peanuts etc.
1 cup raisins (10% protein, 6% vitamin C, 10 minerals)--or use date or dried fruit pieces
1 cup shredded, unsweetened coconut (5% protein, 4% vitamin C, 10 minerals, oils, fiber)
¼ cup spirulina powder (concentrated immune nutrition)

Other potential ingredients: sesame/sunflower/hemp/flax seeds, nut butters, nutritional yeast, dark chocolate powder, pure vanilla extract, cinnamon, ginger, lecithin granules, herbs etc.

* You can use a nut chopper like [this one](#)

HOW TO MAKE IMMUNE HEALTH BARS

- Step 1 Mix wet ingredients thoroughly in small mixing bowl.
- Step 2 Mix dry ingredients thoroughly in large mixing bowl.
- Step 3 Pour wet ingredients over dry ingredients and mix together thoroughly
- Step 4 Scoop mixture into large (10X12) glass dish, or 2 smaller (8X8) glass dishes.
(Or cut ingredient list in half to fit one 8X8 dish.) Push mixture down to compress and flatten mixture into a thin layer.
- Step 5 Place uncovered dish in refrigerator for two hours or more to dry and solidify.
If no fridge, let stand at room temperature for two hours to dry and solidify.
- Step 6 Cut into bars with a sharp knife, and enjoy!
- Step 7 Store any leftovers in a tightly-sealed glass jar in the frig, or in cupboard if no refrigeration. This will protect immune nutrients from heat, light, and oxygen.

For extra immune health by adding EFAs, you can coat them with, or dip them in, **Inner Skin Saver** margarine. And you can make a sprout salad to eat with them. Just mix unrefined vegetable oil, apple cider vinegar, herbs and a little pure water to make a delicious and nutritious dressing for your sprout salad. Now you have all three **immune powerfoods**, and much more, packed into one very tasty and healthy snack!

How Deeper Breathing Helps Ensure Your Immune Health

Oxygen is an essential nutrient. As you learned in Chapter Five, lack of sufficient oxygen is a cause of cancer. Hypoxia, sometimes called altitude sickness, is simply a lack of enough oxygen getting to the brain. Although this condition normally occurs at high altitudes, this malady is becoming more common in our heavily polluted, low oxygen urban environments. Traffic policemen in Tokyo, for example, have to take regular oxygen breaks. Effects are cumulative (build up over time). Alcohol, smoking, lack of exercise, poor diet, and some medications can interfere with blood and brain oxygenation. The major problem with this condition is mental impairment, where one does not notice any problem. The table below lists the symptoms which point to a need for more oxygen in your diet. Many of them are similar to alcohol intoxication. If you are experiencing any of them, your body needs more oxygen.

SYMPTOMS OF OXYGEN DEFICIENCY (HYPOXIA)

Visual impairment, poor color vision, impaired night vision.
Headache, lightheadedness, breathlessness, dizziness.
Faster breathing, higher pulse rate, higher blood pressure.
Fatigue, lassitude, drowsiness, sleepiness, exhaustion.
Lower sense of touch and pain,
Brain impairment, anxiety, confusion, inability to concentrate.
Slower thinking, inattentive, faulty memory, poor judgement.
Euphoric, elated, pugnacious, overconfident, morose.
Slower reaction time, poor coordination, “punch drunk.”
Danger Sign: blue discoloration of the lips, tongue, or skin.

Do you, like most people, breathe with just the top part of your lungs? Chest breathing is shallow breathing, and only uses only about a third of your lung capacity. Watch athletes and you will see that they breathe with their abdomens, especially when they are out of breath. Because it fills the entire lungs. deep breathing can triple your lung capacity. Instead of breathing from the top of your lungs down, the natural way is to breathe from the bottom of your lungs up.

The bellows breath uses the abdominal muscles to fill the bottoms of the lungs first. Then the chest muscles take over to fill the middle lungs. Finally, the shoulder muscles complete the lung-filling process. If you learn to breathe more deeply from your abdomen, you can triple your breathing capacity, and triple your intake of life-giving oxygen. Regular exercise strengthens the abdominal muscles and makes deeper breathing easier and more frequent.

Slower, deeper breathing also helps your body relax. The easiest method to relax your body this way is to take slow, deep breaths. Let the air flow out on the exhale without effort. While exhaling, say in your mind the word “relax.” Let your shoulders droop a bit forward at the end of the breath, as if your body is dissolving into a bowl of jelly. The more you concentrate and relax into the deep breathing process, the less stray thoughts will make you uneasy, and the calmer you will become. The deeper you breathe, the more oxygen will get to your brain, and the better you will feel inside.

WARNING: Beware of claims that breathing ozone or taking hydrogen peroxide will increase oxygen levels in your body. Above 1 ppm in concentration, both are toxic to mucous and cell membranes. Neither can substitute for natural oxygen from the air, carried into and throughout your body with the assistance of the essential immune nutrients covered in this book.

How Pure Water Helps Ensure Your Immune Health

Water is an essential nutrient. Your body is over 60% water. Your brain is 85% water, and your blood 90%. Every system and cell in your body uses water. Whenever you breathe, sweat, urinate, or defecate, you lose water. For the average person, urination requires about a quart of water per day.

Do you drink enough water each day? A study at Loma Linda University followed 20,000 healthy men and women aged 38 to 100 for over six years. During the study period, women who drank more than five glasses of water per day had a 41% lower risk of dying from a heart attack than those who drank less than two glasses. The protective effect was even greater among men. Men who drank more water were 54% less likely to have a fatal heart attack.

But there was a difference between drinking water and drinking something else with water in it. When researchers included other liquids like coffee, soft drinks, juices, tea, milk, and alcoholic beverages, the risk of heart attack actually increased. Men who drank large amounts of liquids other than water had a 46% increased risk of fatal heart attack, and women's risk doubled. The researchers noted that water absorbs quickly and easily into the bloodstream and thins the blood. Other liquids require some digestion which requires water to move from the blood into the gut--creating a blood-thickening and potentially clotting effect. (*Journal of Epidemiology*, May 1, 2002).

If your water comes from a surface supply, you need to install a reverse osmosis (RO) filter for your drinking and cooking water. Reasons why: most cities add chlorine and flouride, and the water supply may contain **heavy metals and fibers from chemtrail fall-out**. RO is the only way, other than distillation, to remove all these toxins. You will find an excellent portable RO water filter at a reasonable price: [here](#). Or you can purchase RO drinking and cooking water at some local health food stores and RO vending machines located outside some grocery stores. Since RO removes nearly all minerals, just add a pinch or two of sea salt or Celtic sea salt per gallon. For reasons why sea salt is better than refined table salt, click [here](#).

A lack of sufficient water in the diet leads to dehydration. Dehydration is one of the most frequent causes of hospitalization after age 65. The following table lists the symptoms which point to a need for more water in your diet. If you are experiencing any of them, your body may need more water.

SYMPTOMS OF WATER DEFICIENCY (DEHYDRATION)

Dry, or sticky mouth, dry tongue, thick saliva.
Low or infrequent urination, urine is dark color (major sign).
Sunken eyes, no tears, dry eyes.
Muscle weakness, cramps, persistent fatigue, lethargy.
Headaches, dizziness, nausea.
Rapid breathing, increased heart rate, higher blood pressure.
Dry skin, loose skin, skin lacks elasticity.
Lightheadedness, forgetfulness, confusion.

SUMMARY FOR PART ONE

After reading **Part One**, you now know how the essential immune nutrients work to ensure your health, and why you need them in your diet. There is a very simple and easy way to get the first three essential nutrients--sunshine, oxygen, and pure water. Just give your body 30 to 60 minutes of vigorous exercise each day. Take along a stainless bottle of pure water to drink from. Be sure to drink plenty of purified water daily. This helps keep your body hydrated, and carries toxins out of your body in the urine. To get most of the other essential immune nutrients and enzymes, just add three items to your daily diet:

1. **5 grams spirulina** per day. Tablets are small and easy to take with sips of water. Powder needs to be mixed into something first, or it will stick to your mouth and tongue. Cost: 27 to 50 cents (Tablets at wholesale prices, with powder costing even less wholesale--see page 76.)
2. **Two tablespoons unrefined, high-EFA, vegetable oil** per day. Use organic sunflower, safflower, hemp, sesame, and flax oils. Cost: 7 to 12 cents per day retail. Easiest and most nutritional way is to replace butter and margarines with homemade **Inner Skin Saver** margarine (page 45).
3. **1000mg of vitamin C each day** (or more) **with bioflavonoids**. Will help your body eliminate many toxins. Cost: 16 cents (Ester C with bioflavonoids, including shipping, from this [source](#).)

If you are overweight, you will need to go further. If you truly want to lose weight, you must **remove from your diet**: animal fats, fried and deep-fried foods, trans fats, refined sugars and white starches, high fructose corn syrup, msg, and aspartame. All of them create fat in your body. Most of them also bypass the hunger control center in your brain. This makes you eat more to feel physically satisfied (stuffed?). Include in your diet those factors which burn off fat. Fat-burning increases as oxygen increases--get more exercise. Next: eat more salads and sprouts--which taste great and satisfy appetite. You will learn about the many benefits of the Raw Foods Diet, including weight loss, on page 64. Eat coconut or use coconut oil to speed up fat-burning metabolism. For energy and stamina eat high-fiber, low-fat, homemade **Immune Health Bars** (page 51).

You may be overweight because you, like many people, use food to fill an emotional need. To lose weight, you will need to acknowledge and learn how to deal with that need. Doing that will require a whole other book. A good one is *Fattitudes*, which you can find at amazon.com, or possibly your local library. To see if you fall into this category, you can take an online quiz adapted from the book: "Are you an emotional overeater?"--available [here](#).

Part One covered the essential immune nutrients your body needs to prevent immune nutrient deficiency diseases and the **Toxic Plagues**. These nutrients will also help your immune system protect your body from other potential plagues like bacteria and viruses your body may run into. That includes the common cold and flu viruses, and the various pathogens carried inside chemtrail fibers. If you truly care about your health, you need to care for your body. If you give it the essential immune nutrients it needs, your body can heal itself. **It does so everyday, in many ways.**

Adequate nutrition by itself, however, is not enough in our increasingly toxin-polluted planetary environment. To protect your health, you will need to go further. **Part Two** will cover how to increase your toxic out-go to eliminate toxic build-up. Chapter Ten explains how to eliminate toxins which have already built-up inside, and gently clean them out. Chapter Eleven will explain how to reduce your toxic intake, by avoiding the top ten major toxin sources. This will assist you in preventing **toxic build-up** in the first place. Finally, you will learn proven ways to slow down and relax. Stress is a major cause of health problems, absenteeism, and medical costs these hectic days. If you are feeling stressed out, don't take a pill. Read **Part Two**.

PART TWO

HOW TO DETOX

AND RELAX YOUR BODY

Chapter Ten

How to Clear Your Body of Toxic Build-Up

Toxic Waste Dumps Inside Your Body

We have littered our planet with chemical, nuclear, and biological waste dumps that seep toxic poisons into our water supplies, our food supply, and our air. Many of us do the same inside our bodies. We force our body to create “waste dumps” inside us when we do not pay enough attention to elimination. These waste deposits seep toxins and bacteria into our blood supply, which is our cellular food, water, and oxygen supply. As you learned earlier, they create toxic conditions inside your body that can be hazardous to your health. A toxic blood supply leads to toxic cells and a damaged, impaired immune system. The dietary deficiency diseases, and the **Toxic Plagues** covered in **Part One** can also be called **toxic build-up diseases**. These toxins continue to build-up in our earth environment, in our food chain, in our air (chemtrails) and water supplies, and in our bodies. We stand at the top of the food chain of toxic chemical concentration, and what we ingest impacts our future health. Having the essential nutrients in your diet is not enough. Unless you do something to improve your elimination, your lack of elimination could cause a **toxic waste build-up**, which might end up eliminating you!

Toxic Waste Build-Up Causes Toxic Damage

The human body is, thankfully, equipped with several very efficient organs to dispose of cellular garbage, metabolic wastes, dead cells, and toxins absorbed. These include the kidneys, urinary tract, liver, gall bladder, lymphatic system, skin, and colon (large intestine). The most important waste-eliminator of them all, handling the largest volume, is the colon. If the colon does not function properly, not all wastes get eliminated. They back-up and gradually build-up on colon walls. At a certain point, wastes begin to get reabsorbed back into your body and get deposited elsewhere. This **toxic waste build-up** causes a condition known as autointoxication. It can produce headaches, nausea, feelings of stress and fatigue, and worse. You can reverse this toxic accumulation by learning how to detox your colon.

When waste backs up in your colon, the other elimination systems become overburdened. The lymph nodes, which act as blood filters, swell up with accumulated wastes seeping back into the bloodstream from a toxic colon. This creates lumps at the lymph node sites, which are concentrated in the armpits and in the groin area. If these lumps contain chemical carcinogens, they can mutate the DNA in surrounding tissues, causing lymphatic, breast, uterine, colon, and other cancers. The liver, your primary blood purifier, can be damaged and its vital functions impaired, even to the point of liver cancer. Skin pores and hair follicles become clogged with wastes they cannot expel fast enough, resulting in skin problems, including skin cancer. The list of diseases that can be caused by a poorly functioning colon is quite long, potentially deadly, and entirely preventable.

Causes of the Toxic Colon Plague

Diets that largely consist of low-fiber processed foods (sugar, white flour), foods which tend to decay (meat, fish, dairy products), and chemicals added during food processing (lots) cause the colon walls to produce a slimy, sticky, mucous coating. This is entirely a protective reaction, to prevent colon membrane damage from toxins. When the diet lacks fiber, however, this mucus is not efficiently removed. Layer upon layer of fecal matter builds up on colon walls, like plaster. When it becomes a continuous process with nearly every meal, it leads to waste build-up and colon toxicity.

As these layers build up on the colon, the peristaltic, muscle-propelling action of the colon weakens. As a result, waste transit time through the colon increases. Food begins to rot, decay, and lose its moisture before it can be expelled. This causes the wastes to become drier and stickier, with an even greater tendency to stick and build up on the colon walls. Some colons upon autopsy, for example, contain many pounds of compacted, layered, old fecal matter with only a tiny hole in the middle for wastes to pass through. Such waste deposits cause the colon to sag in places (prolapsis), constrict in others, and to develop small, waste-filled pouches that protrude from the colon wall (diverticulosis). This **toxic waste build-up** leads to a host of related problems, including inflammation of the colon itself (colitis).

Because they have not “taken the trouble” to cleanse their colons, over 50,000 Americans die needlessly every year from colon cancer--one of today’s leading causes of cancer death in adults. And more than a million americans have already undergone very expensive colon surgery to correct colon toxicity problems. The most-used surgical procedure, known as colostomy, involves surgical removal of part of the colon and rerouting the remainder to exit through the abdominal wall. Henceforth, those who have endured this operation no longer have control over their own evacuation. They must, instead, wear a plastic feces collection bag and empty it several times a day. This is much too high a price to pay for conditions that are **completely preventable by merely keeping your colon clean**.

There are several physical, mental and emotional conditions which can point to a colon toxicity problem, many of which are listed in the table on the next page. Frequent constipation is one of the most common and telltale symptoms of colon toxicity. It is quite prevalent among the american population, with over 40 million taking laxatives occasionally, and over 8 million at least once a week. But laxatives only worsen the problem. They just stimulate the colon to get rid of the irritating laxative itself, while doing nothing to reduce waste build-up on colon walls. Alternating bouts of constipation and diarrhea are even worse, because diarrhea drains body fluids, removes essential minerals such as potassium, and drains water and energy from the body. Prescription and over-the-counter drugs are not the answer (though billions are spent on them every year). These drugs only temporarily relieve symptoms without dealing with the cause--toxic colon. What is really needed are **natural** ways to cleanse the colon, especially changes in the diet which help the colon to cleanse itself.

SYMPTOMS OF TOXIC COLON

Low energy, easily fatigued	Intestinal inflammations
Need to sleep longer	Frequent headaches
Flatulence	Skin rashes, boils, pimples
Frequent stomach upset	Frequent bronchial congestion
Gastritis	Abdominal pains
Bad breath, body odor	Bloating
Foul-smelling stool, urine	Low back pain, sciatica
Food allergies	Poor assimilation of nutrients
PMS	Lower resistance to infections
Melancholy, <u>depression</u> , phobia	Nervous system problems
Breast soreness, lumps	Sinusitis
Vaginal discharges, infections	Eye problems
Constipation	Irregular heartbeat
Diarrhea	Slow heartbeat
Sluggish elimination	Senility
Irregular bowel movements	Colon cancer

How to Detox Your Colon

There are ways to cleanse your colon in order to prevent the disease conditions that a toxic colon can create. The present emphasis is on dietary fiber. Fiber comes in five main types. The insoluble fibers cellulose and lignin create bulk and speed the passage of food through the digestive tract. Both come in beans, vegetables, and the bran of whole grains. Pectins, gums, and gels are water-soluble fibers. They come in fruits, vegetables, and beans. All types of fiber are important for healthy intestinal bacteria and to: maintain bulk, add moisture, reduce waste transit time, bind with and remove toxins, lower serum cholesterol levels, and **prevent toxic waste build-up**.

Fiber is nature's way to keep the colon clean, prevent intestinal inflammation, relieve constipation, and maintain regularity. But in the last 50 years, average daily dietary fiber intake has dropped by over 80%. This is due to modern diets that are high in refined sugars and flours, meat, dairy products, and processed foods, all of which contain little to no fiber at all. Most nutritionists recommend 25 to 30 grams (an ounce) of fiber a day. This is easily obtained just by including whole grains, fruits, and vegetables in your daily diet. But dietary fiber may not always scour out or dissolve away layers of fecal matter deposited on colon walls after years on a low-fiber diet. For this reason, a deeper internal cleansing method may be required. There are two methods, and both use water: enemas and colonics.

Enemas, often used in hospitals and nursing homes, are seldom practiced at home by most americans. This may be due to the squeamishness and embarrassment with which most people approach the subject of elimination. A subject many people would rather ignore, and just take a laxative. For those who ignore this issue, the future may hold the symptoms listed above, even a colostomy or colon cancer. This is a very high price to pay for holding onto this problem. When the simplest partial solution--a series of enemas--is absolutely free (if you have an enema bag, hose/nozzle, and pure water).

Many a constipation-caused headache can be relieved by a 30-minute enema, along with many other colon toxicity problems. Enemas can be easily and safely self-administered in total privacy while lying

down on some towels on the bathroom floor. The list of nine steps below is a very simple, safe, and easy procedure to follow.

PARTIAL COLON CLEANSING IN NINE EASY STEPS

If you don't already have one, purchase a 2-quart enema kit at a local drug store. If you don't have a water filter, purchase a gallon of reverse osmosis (RO) filtered water. A gallon usually costs 25 to 35 cents at RO water machines outside some grocery and drug stores, or inside some health food stores (bring your own container).

- Step 1 Pick a time when you can be alone in your bathroom undisturbed for at least 30 minutes. Put a DO NOT DISTURB sign on the door, and turn on some pleasant music for sound privacy. Place a towel and pillow where you will be lying down on your side.
- Step 2 Into a 2 quart saucepan pour 1 ½ cups (12 oz) pure water.* Heat to boiling. Fill pan about a half inch from top with water at room temperature. Test with fingers to insure water is not too hot and not too cold. If too hot, pour off a little water and add more cool water. If too cold, heat on stove a little longer. Place lid on pan and carry to bathroom.
- Step 3 Lock the bathroom door, turn on the music and the vent fan, or open a window. Pour water slowly into enema bag in bathroom sink. Connect the hose with nozzle to the opening on the bag securely. Raise the bag above the nozzle so a little water begins to run out the nozzle. (This precaution expels any air that might be in the hose.) Pinch the control valve completely closed, so the hose does not leak at either end.
- Step 4 Hang or lay the bag on its side so the outlet is about a foot above your body when you are lying down.
- Step 5 Lie down, lubricate the nozzle, and slowly insert the nozzle. Keep it inserted with one hand so it does not slip out.
- Step 6 Open the control valve slowly. Shut it off anytime you feel discomfort.
- Step 7 Gently self-massage your abdominal area back and forth, with the fingers and palm of your other hand. This will help move the water up your colon.
- Step 8 When you have absorbed all the water you can comfortably hold, shut off the control valve. At the beginning you may find it difficult to take even a quart--that's okay. Lie quietly for a few minutes, and continue to gently massage your abdomen--back and forth, inwards and upwards. This will help break loose and dislodge wastes that have built up on your intestinal walls. About ten minutes of massage is usually long enough.
- Step 9 When you feel ready to evacuate, sit on the toilet. Let the water flow out gradually. Resist trying to expel all at once (can make a mess). It will take a few minutes for all the wastewater to completely drain down and out. You may even need to stand up and gently bounce up and down a little to shake the water downward inside. Clean up afterwards. Make sure to hang the bag and hose where they will empty completely and dry out. This will prevent mold and mildew, especially in humid climates.

* If your water is filtered, just run the hot water over your fingers until it reaches the right temperature. Then fill the bag and start at Step 3.

Enemas only clean out the rectum and the lower parts of the large intestine. To clean out the entire large intestine, you will need a colonic irrigation. Colonic irrigations are performed in hygienic conditions by a trained technician, while your body lies under a privacy cover. A steady stream of warm, clean water under controlled pressure flows in at the same time that waste-filled water flows out. Colonics can be much more effective than enemas because they penetrate much further up the colon and dig more deeply into layers of encrusted waste. Usually a series of colonics are needed to get rid of **years of toxic waste build-up**. Cleansing this way will help ensure your immune health. And help prevent colon cancer, or the need for a colostomy.

Added benefits of colonics, enemas, colon-cleansers, and a high-fiber diet include: a slimmer abdomen from a slimmer colon, weight loss from dropping several pounds of toxic waste, clearer eyes, sweeter breath, more energy, and a lighter feeling. Before an enema or colonic, however, it may be helpful to read further about them. You will find information about enemas online and free [here](#).

CAUTION: If you have any pre-existing health condition which could be aggravated by taking enemas or colonics, seek the advice of your physician or other qualified health provider, such as a nurse or naturopath.

How to Detox Your Body Through Your Skin

Your body's largest excretory organ, by surface area, is the skin. An easy, and very thorough body detox solution is the 30-minute full body soak. After adding minerals to your bathwater, you lie comfortably in your own bathtub, while the mineralized water leaches out toxic chemicals and heavy metals through your skin. The old method, using epsom salts (magnesium sulfate--a sedative), can leave you feeling tired. Some Morgellons victims have reported some fiber-removal success by soaking their body in a bath of epsom salts and alfalfa powder (one example [reported here](#)).

There is an even better body soak solution, which the author used to detox his own body of the barium and white (plastic?) spots in his skin reported in Chapter Two. This new method, composed of fractionated (separated) minerals in an energized solution, really works! These body soak detox formulas include charged particles of potassium, magnesium, sulphate, and calcium. All these minerals assist the body to remove and counteract the toxic effects of chemicals, plastics, and heavy metals, especially barium. As explained in Chapter Five, EFAs in your body act as "electron pumps" to move toxins into your colon, lungs, and skin to be expelled. An energized mineral body soak greatly assists your skin in pumping out and removing toxins from your body through your skin. This is especially true of heavy metals like barium and plastic Morgellons' fibers and plastic residues, which your skin has difficulty expelling. A charged mineral body soak gives your body the help it needs to get rid of them, and to rebalance your immune system.

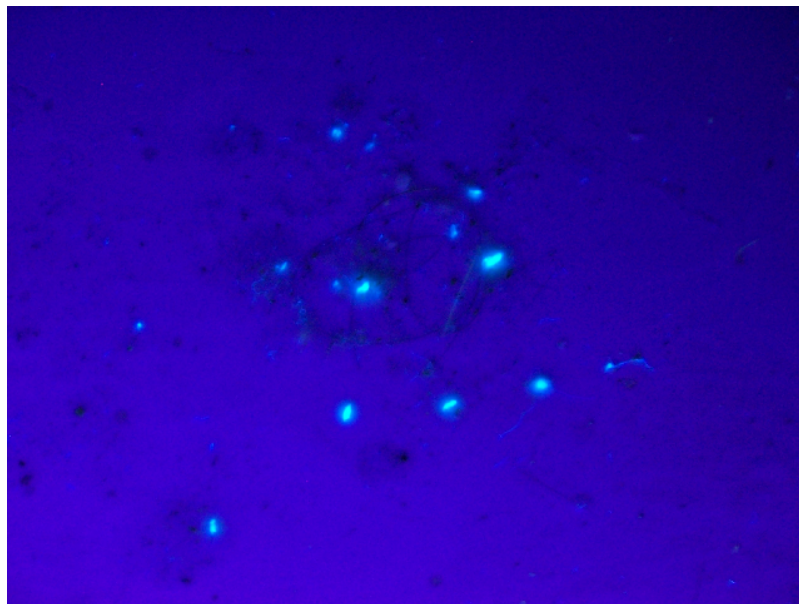
This method became known when Dr. Lee Cowden used a body soak detox formula from DNR, Inc. in his Dallas, Texas practice. His results were reported in a 1996 article in *Alternative Medicine Digest*. He successfully treated women whose bodies were poisoned by silicone from their breast implants. He had his patients try a DNR body soak detox formula. These body soaks triggered the release of many white silicone flecks from patients' skin that they could see in their bath water. Their health immediately improved. Dr. Cowden remarked that: "Body soaks worked even when all else failed."

While finishing this book, the author learned that a friend had developed acute toxicity from chemtrail spraying several years earlier. She read the Morgellons (Chemtrail Fiber Disease?) symptoms list in Chapter Two and said she was stricken with most of them. These symptoms developed over a three year period and became progressively worse. She finally ended up confined to a bed in her parents' home for over a year. Her joints constantly ached. She had chronic fatigue. Though she was constantly tired and spent most of her time in bed, she had trouble sleeping. She suffered from intensely burning, inflamed skin over parts of her upper body. Worst of all, her arms were covered with red, blister-like, skin sores. These very painful lesions constantly itched and burned like crazy, and were filled with a yellow pus. She felt the crawling and stinging sensations under her skin that other Morgellons victims have reported. She took many tests to determine the cause of her condition. Various tests confirmed that her body had high levels of chemical and metals toxicity. One doctor found that she had one of the highest levels of toxicity he had ever seen! After reviewing the test results he stated: "I can't believe you are still alive." She then spent thousands of dollars on detox and alternative therapies, but nothing worked. Then, after years of torment, she finally heard about the body soak detox treatment that, she feels, saved her life.

She began taking full body soaks with an energized detox formula from DNR designed specifically to remove toxic chemicals and heavy metals. From the very beginning, during the soak she scraped away a grey, glue-like substance that came out of her skin on many parts of her body. After each body soak, she found that her hair was also saturated with this grey, gooey substance, and it stuck her hair together like glue. When she combed her hair, the comb filled up with this goo. In this goo she saw clumps of white fibers that looked like fiberglass. She found that lemon juice worked the best to remove it from her hair. She also saw a yellow (barium?) stream flowing in the water as the tub drained. After the very first body soak, she felt an immediate improvement in her condition. Her "brain fog" began to clear and her skin felt less painful. As she continued the body detox soaks over the next six months, her overall condition greatly improved. And her energy levels and health began to return to normal!

To stay detoxed, she still takes body soaks with this formula, especially during times of heavy chemtrail spraying. The author thanks her for sharing the experience of her ordeal with him. And he is very grateful that she told him about the DNR body soak detox formula, which he used to detox his own body (see below). The product code is **COF-130EX**, and you will find it [here](#). For a \$40 sign up fee, \$24 of which is refunded on the first order, you can become a "wholesale buyer" and get a 40% discount on all DNR products. If you are suffering from symptoms of chemical toxicity listed in Chapters One and Two, especially the Morgellons' symptoms, you need to use this product. Chemical toxicity is quite widespread and getting worse all the time with **toxic build-up**. There are many people suffering from these toxic conditions who you can help with these body soak detox products. The author's friend also recommends another DNR body soak formula which she has also used with success. This one removes free radicals, and the toxic effects of chemotherapy, multi-source radiation, and carcinogens, while strengthening the immune system. The product code is **CAN-133** and you will find it [here](#). For further information about these body soak detox formulas, visit their source: <http://www.dnrsite.com/>

The author can attest from personal experience that the COF-130EX body soak detox formula really works. The following photos, taken under blacklight, illustrate some of the results. The first photo shows some of the white (plastic?) specks left on the bottom of the bathtub after the soak water drained out. You can see these specks glowing intensely white under blacklight. Many black, tar-like specks (some visible here) also appeared with these white spots, clustered near the drain.



Like his friend, the author also saw streams of a yellow substance flowing in the water as it drained. The next photo shows (barium?) residue, glowing yellow under blacklight, deposited near the drain.



This body soak method requires getting your whole body under water, including your head. Like his friend, after each soak the author's hair stuck together like it was glued. He found no goo in his comb, but he had to shampoo twice to get rid of the gunk that accumulated on his hair.

After these full body detox soaks, the author and his friend use the **Skin Saver** lotion covered in Chapter Seven to lubricate their skin and replenish skin nutrients. The author also takes a potassium supplement and eats high-potassium foods (listed [here](#)) to counteract effects of barium toxicity.

Nurify and Detox Your Body with Fresh Juices

For daily nutrition, detoxing, and cleansing purposes, fresh, organic juices rank at the top of the list. Fresh juices contain the concentrated nutrients of the fruits and vegetables from which they are extracted. One pint of fresh vegetable juice will supply the same vitamins, minerals, and live enzymes as two large vegetable salads. Juices can also be selected or blended specifically for the antioxidant nutrients they contain. An 8-ounce glass of fresh carrot juice, for example, will supply 10,000 IU of pro-vitamin A activity, as natural beta carotene. Carrot juice combines well with beet, parsley, celery, sprouts, and other vegetable juices for a potent “nutrition cocktail.” You can add powdered spirulina and bee pollen to juices, and give your body even more concentrated immune nutrition.

Minerals in fresh juices are completely different from isolated minerals. In foods, minerals combine with vitamins and amino acids in a process called chelation. Chelated minerals are easier for your body to assimilate and utilize, especially those found in fresh juices. This occurs because your body assimilates all nutrients in a liquid medium. Even solid foods have to be broken down and “juiced” before they can be assimilated. Juices make it very easy to digest nutrients directly with little digestive effort, and they speed into the body for quick energy. This fact is even more important if you have digestive problems or lack of appetite, but still want to feed your body what it needs.

Freshly-squeezed juices, especially those made from sprouts, are a prime source of enzymes, including antioxidant enzymes. Fresh juices can help offset an enzyme-deficient diet of processed, fried, overcooked, enzyme-dead foods. As we learned earlier, enzymes become even more important as your body grows older, because your internal enzyme production and activity decline with age. Many of us, therefore, need supplemental enzymes in our diets if we are to avoid the consequences of poor digestion and sluggish elimination. Look at juice-loving Jack LaLanne. He is still full of energy and preaching the benefits of nutrition and exercise, at a very spry 93 years (shooting for over 100). His personal motto: "If man made it, don't eat it." On aging: "Most people who live to over 100 are very conscious about how they look and what they eat. They keep moving and keep active." Quoted from a 2008 interview found [here](#).

The fluids in fresh juices (about 65% water) have been naturally purified by the plant or tree, and energized by the live enzymes and concentrated nutrients they contain. Fresh, organic juices do not contain the long list of chemical additives found in popular beverages such as soft drinks, alcoholic beverages, and city drinking water. Fresh juices not only make an excellent replacement for such beverages. They also taste better and feel more satisfying to your body.

Most commercially produced supermarket juices are not nearly as potent nutritionally. All commercial juices destined for store shelves are required to be pasteurized by heat to prevent pathogens. This heat destroys some enzymes and essential nutrients. Worse yet, most commercial juices are concentrated by removing the water with even more heat. This increases shelf-life and lowers shipping costs, but at great nutrition cost to the consumer. When juice concentrates are reconstituted, the water added back in is usually filtered city water, which may still contain some contaminants, such as chlorine. Most commercial juices are made from non-organic sources and may contain pesticides and other agricultural chemicals. Artificial colors, preservatives, corn syrup, and sugar are often added in (read the labels).

Several natural food stores carry flash pasteurized (not from concentrate) juices from organic sources. Some even make fresh-squeezed organic juices and juice smoothies in their deli or kitchen. Fresh-squeezed juices cost more, but they are well worth the price. They deliver the concentrated nutrition that commercial juices lack. Various juice bars are springing up in many metropolitan areas, offering quite a range of imaginative concoctions. They give the term "getting juiced" a whole new meaning.

The key words in juices are fresh and organic. The lower-cost nutrition health solution: purchase a juicer or blender and make your own fresh juices from locally-grown, organic fruits and vegetables in season. Enzymes and vitamins in fresh juices (like vitamin C) are quickly damaged by exposure to oxygen and light. For this reason, they should be consumed **immediately** after juicing to give your body the benefits of concentrated immune health nutrition.

Clean Away Toxins with Juice and Water Fasting

Fasting is the quickest way to move chemicals and other toxins into the bloodstream and out of your body. Fasting for a few days also allows your digestive and other organ systems to shut down, rest, and repair themselves. This can also help you feel more relaxed and clear-headed. It is best, however, to prepare your body for a couple of days beforehand. You will need to greatly reduce or eliminate mucus-forming foods--meat, dairy products, refined sugars and starches etc. A couple of days eating just fresh fruits or vegetables works best.

WARNING: If you have a medical condition or take medications, check with your health care provider before undertaking a fast.

Juice-fasting provides energy and nutrients, increases the metabolic rate and helps you shed a few pounds if you are overweight. The nutrients in juices assist toxin release and elimination in the urine. This is especially true of fresh, organic fruit juices, which are more effective body cleansers than vegetable juices. These juices provide nutrients to fortify your body during a fast. They do, however, cause the digestive system to process them, and can trigger food cravings. For these reasons, a water fast for a few days may be preferable, but only if you are in very good health.

Experiment and see what type of fast works best for you. You might try fresh juices with added spirulina powder for a couple of days and then go to water mainly, with an occasional glass of juice when needed for energy. The two most important factors in fasting are: eat no solid foods, and drink lots of fluids each day, especially pure water. Do not drink coffee during a fast. It can cause a big shock to your stomach and heart. A daily enema during a fast, or every other day, will help clean out your colon. You will be surprised at what comes out after an enema, even after several days of not eating anything solid. Full body soaks will help get rid of body toxins through your skin. After a four or five-day fast with fresh juices and lots of water, you will be pleasantly surprised by the results.

During a fast, pounds drop off, the skin tones up and clears up, sinuses clear, eyes brighten, hair begins to shine, immunity improves, and you feel more calm inside. These are just a few of the direct benefits that come from detoxing your body. Indirect benefits include better disease-prevention and fewer medical bills, thanks to a stronger immune system and a healthier body. Fasting will cause stored toxins to enter the bloodstream for removal. This can temporarily cause headaches, body aches, and/or lightheadedness until toxins are excreted and their body levels decline. The natural sugars in fruit juices can elevate blood sugar levels, which may pose a problem if you have diabetes. Your body will be more sensitive after a fast. Your stomach will be smaller. For this reason, be sure to end any fast gently, with only fresh fruit or slightly cooked vegetables for a day or two. Fresh vegetable soup with some spirulina added in, makes a healthy and nutritious meal anytime, and especially after a fast. You may also need to take an acidophilis/bifidus supplement to restore intestinal bacteria.

CAUTION: You will need to greatly reduce or completely eliminate ingestion of toxins during a fast. This includes alcohol, tobacco, corn syrup, sugar or diet sodas, recreational and prescription drugs, anything containing monosodium glutamate, aspartame and other chemical food additives (see Appendix).

Short fasts of a few days often won't clear out chronic health problems. Long fasts of over a week can upset your body's equilibrium in many ways. For this reason, undertake them only with help and advice from a nurse or naturopath, who may be familiar with such deep cleansing regimens. You can find an excellent introduction to fresh juice fasting in *The Juicing Book*. This informative book covers nutrient composition of juiced foods, evaluates different juicers, presents fruit juice recipes, and explains which juices are best for correcting specific physical maladies. This book is available from amazon.com, or possibly your local library.

Moving from an acid-generating diet to a more alkaline diet also aids any detox program. Acid-forming foods include meats, dairy products, and refined sugars and starches, especially breads and baked goods. These lead to more mucus production and sinus/lung congestion. High fructose corn syrup, for example, converts directly to triglycerides (saturated fats). This raises blood pressure, increases the heart rate, stresses the liver and pancreas, and gets deposited as body fat. For your health's sake, **AVOID** high fructose corn syrup. Alkaline foods, on the other hand, enhance cleansing, bringing more calmness and clarity into your body. To better insure your immune nutrition health, just include more raw foods like fresh fruits, vegetables, juices, sprouts, spirulina, and brown rice in your diet. For sugar cravings, eat some pineapple, raisins, dates, figs--or make a batch of **Immune Health Bars** (page 51).

Raw, Live Foods for Extra Immune Health Assurance

The popular Raw Foods Diet, sometimes called the Live Foods Diet, is based on eating nothing but unprocessed, preferably organic, freshly picked (live), whole plant-based foods, 75% to 100% of which is uncooked. This includes fresh fruits and vegetables and their juices, beans, grains, legumes, unroasted nuts and seeds, seaweeds, sprouts, dried fruits, other organic foods which have not been processed such as spirulina, and purified (not tap) water. Spirulina, in fact, is very necessary, since a raw foods diet can be too low in B-12, protein, and amino acid profile. The only processing of spirulina is low temperature drying, which both Cyanotech and Earthrise have perfected to preserve the nutrients and enzymes.

Some advantages of a raw, live foods diet: high in enzymes, vitamins and minerals, easiest way to remove animal fats and toxic chemicals from the diet and to lose weight. Metabolism speeds up, energy levels increase, digestion improves (low acidity, high alkalinity), elimination is better and faster (lots of fiber), skin health improves, and diabetes symptoms subside. There are several books available about the raw foods diet. You will find an excellent one [here](#). Or do a web search for "raw foods book."

Dr. Gabriel Cousins, M.D. has developed a 21-day live food diet to treat diabetes. He claims, based upon fully-documented lab tests, to have cured diabetes in dozens of people. His book, *There is a Cure for Diabetes*, covers his innovative and effective raw food diet program in detail. For further information, click [here](#) to visit his webpage about this program.

Instead of a total vegan live food diet, however, most people prefer to just add more raw, uncooked foods to their diet. Vegetable and fruit salads, nuts, raisins, dates, sunflower seeds, cashews, pecans, and walnuts are all tasty and nutritionally healthy additions to any diet. The **Inner Skin Saver** margarine and **Immune Health Bars** are entirely composed of raw foods that will fortify your immune system.

Clean Your Tongue for Sweeter Breath

Look in a mirror, open your mouth, and stick out your tongue. Is it a rosy-pink color? If you see a white film on top of your tongue, it means that millions of bacteria are living there. Scraping your tongue on a regular basis removes this coating and uncovers the taste buds. Tooth brushing and mouthwashes (chemicals) do nothing to remove mucus, oral debris, and bacteria on the tongue. These are the root causes of halitosis, or "bad breath." Besides reducing mouth odor, tongue cleaning greatly reduces bacteria stored in the mouth and reduces plaque formation on the teeth. Tongue scrapers are available at many health food stores. They work better than toothbrushes, which can get contaminated with bacteria.

Have Fun and Play Outdoors!

It sounds so simple, but when was the last time you took a long, relaxing walk outdoors? Give yourself a break! You deserve it and **only you** can give it to yourself. For cleaner air, exercise away from traffic noise and smog, near plants and trees (oxygen-producers). You will need to wear a mask during times of heavy chemtrail spraying. For your heart and lungs' sake, you might walk up a couple of small hills or flights of outdoor stairs while you are at it. Or toss a frisbee, softball, or football with children, partner, or friend. Take a hike or bicycle ride, go for a swim, fly a kite, or swoop in a swing at a local park or playground! Use your imagination. There are lots of ways to give your body sunlight, exercise, and oxygen while you are playing and having fun. The human body was not designed to sit for endless hours stuck in front of a TV or computer screen. It wants to run and jump and play! Exercise feels good, is good for you, and can be lots of fun. Who knows, you might even begin to feel like a kid again!

Chapter Eleven

How to Detox Your Lifestyle

Prevent Toxic Build-Up

The first nine chapters explained how to counteract toxins by fortifying your immune system. They also explained why you need to reduce your toxic chemical intake, and how to increase your toxic chemical out-go. Those chapters covered many of the major toxic sources you need to avoid, reduce, and begin to eliminate from your life. Following is a summary of those toxic sources, and their solutions. Applying this list in your daily life will help ensure that you are a survivor and not a statistic.

TOP TEN TOXIC GROUPS TO AVOID

<u>Group</u>	<u>Solution</u>
Airborne toxins	Use an air filtering device, especially for chemtrail fall-out (see below).
Waterborne toxins	Install reverse osmosis (RO) water filter for your drinking and cooking water. Or purchase RO water at vending machines. Carry your filtered water to work in glass or stainless steel container. <u>Avoid soft drinks</u> .
Foodborne toxins	Avoid/reduce <u>processed</u> and GM foods, msg, aspartame. Follow Jack LaLanne's advice: "If man made it, don't eat it." Avoid <u>plastic</u> food containers, or transfer at home to ceramic or <u>glass</u> containers.*
Toxic fats	Avoid/reduce animal fats, fried and deep-fried foods, refined oils, partially hydrogenated oils/margarines. Use <u>unrefined</u> vegetable oils, and make your own Inner Skin Saver margarine.
Refined sugars & starches	Avoid/reduce sugar, corn syrup, and white flour products. Use brown rice syrup, stevia,** and spouted whole grain breads instead.
Drugs	Avoid/reduce <u>all drugs</u> --legal & illegal. Get some sunlight, oxygen, and natural endorphin and enkephalin release from exercise.
Body care toxins	Use only <u>all-natural</u> body care products with <u>organic</u> ingredients.
Artificial lighting	Obtain <u>full spectrum</u> compact fluorescents for desk/tasking lamps. Expose your skin to 20 minutes of sunlight every day.
Radiation sources	Avoid/reduce TV, x-rays, <u>direct cell phone contact</u> , microwaved and irradiated foods.*** Consume the anti-radiation food--spirulina.
Stinkin' thinkin'	Avoid harming your body. Be more kind to your body.

* Plastic containers leach chemicals into their contents--even more when heated. See toxins in take-out coffee cups and food containers, next page. Use ceramic, stainless steel, or glass instead--except newer Pyrex. Company and glass formula changed in 1998. Many internet reports of newer Pyrex cooking and baking dishes **exploding** when heated.

** Stevia is a 100% natural sweetener, with no calories, and no side effects. Since it is 30 times sweeter than sugar, use a tiny pinch to sweeten, or put a pinch in an eyedropper bottle and fill with water for a natural liquid sweetener.

*** The last two destroy vitamins & enzymes, and create "unique radiolytic substances"--now being called radiotoxins. For further info about radiotoxins in irradiated foods click [here](#), or do a web search for "radiotoxins."

The air in many public places contains unhealthy toxins and germs. If you are near someone who sneezes, hold your breath or cover your nose with a tissue or cloth, and leave the area. A sneeze propels a fog of tiny droplets for several feet. This fog will linger in the air for quite some time. Sneezes are a primary way that cold and flu viruses spread in enclosed spaces like schoolrooms, offices, airplanes, etc.



Better yet, wear a face mask when you or others around you may be infected with the cold or flu. This is a very common and caring custom in many Asian countries. It sets a good example, and gives a visible hint to others to protect themselves as well. Keep tissues or handkerchief with you to use when you feel a sneeze coming on. If you have none, at least cover your mouth with your hand and sneeze into it. Then be sure to wash your hands afterwards, or you will be putting germs on everything you touch. For this reason, it is a good practice to wash your hands frequently during cold and flu season.

For airborne toxins, activated carbon filters work well to remove chemicals, smoke, and odors. Negative ion generators work well to remove particles and kill germs, if they have a fan and filter. Otherwise dirt gets deposited on nearby surfaces. A HEPA filter is the most effective protection against airborne metals, chemtrail fibers, some germs, and allergens. Germicidal (UVB) lamps work better than ions to kill airborne germs, bacteria, viruses and fungi. One air purifier is the best source found at the best price. It combines all these air-cleaning technologies into one unit, at a price you would normally pay for only one of them. You will find it [here](#).

If you buy carry-out coffee, take along your own ceramic or stainless steel (no plastic lining) mug. **Reason:** toxic chemicals in paper and styrofoam carry-out cups leach into hot beverages inside. Paper coffee cups are lined with a polyethylene lining to prevent leakage. The paper is bleached white by dioxin--a proven carcinogen (cancer-causing agent). Styrofoam coffee cups (and most carry-out food containers) are even worse. Production of polystyrene (styrofoam) involves two proven carcinogens--benzene and styrene. Both types of cups slowly leach their chemicals into the beverages (or foods) they contain. For further information about plastic toxicity, please visit [here](#).

Better yet, drink herbal teas instead of coffee. Some herbal teas are stimulating and wake you up--like basil, borage, cinnamon, ginger, ginseng, and yerba mate. Others are relaxing--like chamomile, peppermint, spearmint, St. John's wort, lemon balm, and kava kava. Valerian root tea is a great stress-reducer, relaxer, and natural sleep aid. Most herbal teas have medicinal effects. For a list of some herbal teas and their effects click [here](#). Be sure to use a ceramic cup instead of a plastic one.

Polystyrene foam cups also contain bisphenol A, which is a proven endocrine-disruptor (causes hormone imbalances). This chemical is also found in polycarbonate (used to produce some water bottles). "Tiny doses of bisphenol A, which is used in polycarbonate plastic baby bottles and in resins that line food cans, have been found to alter brain structure neurochemistry, behavior, reproduction and immune response in animals." Quoted from [here](#). "It is known that most of us carry at least 500 chemicals in our bodies, but we assume that these are harmless and that the government regulates them closely and would ban them if they were harmful. However research increasingly shows that some chemicals known as endocrine disruptors have health effects at very very low levels, much lower than what the EPA approves." **Solution:** avoid all plastic containers. Do not use plastic containers for baking in microwave or conventional ovens. Use--or transfer contents to--ceramic or glass baking dishes instead. Do not heat Pyrex dishes made after 1998. If "Corning" is imprinted on the dish, it is safe to use.

The last item on the Top Ten list above--stinking thinking--is the most important one to avoid. The degree to which it is absent will largely determine whether you actually make use of this book and the Top Ten List in changing your diet and your lifestyle. In a nutshell, this means love your body more. It means take care of your body, so it can take care of you.

How Your Thoughts and Feelings Affect Your Body

There are many links between your body and your inner world. The hormones of the endocrine glands, for example, create a bridge to your physical body from your thoughts and feelings. The endocrine system is directly linked with your brain via your central nervous system. Positive, uplifting, and creative thoughts stimulate the endocrine glands to release pleasant-feeling and euphoric hormones such as the endorphins and enkephalins (as does strenuous exercise). Negative, anxious, and self-destructive thoughts cause them to release tense-feeling stress hormones, such as adrenaline and cortisone. Stress hormones can suppress your immune system. In his studies of healthy and sick people, Dr. Howard Friedman (in his book, *The Self-Healing Personality*) found certain mental and emotional factors tend to maintain good health, and their opposites tend to produce or complicate sickness. Those on the positive side of the following list produced longer survival times and more remissions (spontaneous cures) in his cancer patients. Those factors on the negative side produced just the opposite.

MENTAL AND EMOTIONAL HEALTH FACTORS	
<u>Positive</u>	<u>Negative</u>
Joy	Hostility/anger
Challenge	Apathy/boredom
Freedom to choose	Fear, apprehension
Enthusiasm	Melancholy/ <u>depression</u>
Acceptance	Judgementalness/rejection
Ability to choose	Repression/suppression of feelings
Optimism	Pessimism

Dr. Friedman notes that mental and emotional stress causes many cardiac arrhythmias (irregular heartbeats). Inner stressful feelings can cause this quivering of the heart muscle, which is responsible for over 300,000 sudden heart attack deaths each year in the united states. In other words, your physical heart responds to how you feel, as well as what you think and believe.

Hostility and anger are at the top of the negative health factors list, because they stress the heart the most. A Johns Hopkins study of more than 1,000 physicians over 36 years reported on the toll this can take.* Young medical students who said in a questionnaire that they were quick to react with anger, had three times the normal risk of later developing heart disease. Those who said they expressed or concealed their anger, became irritable, or engaged in griping sessions were five times more likely to have an early heart attack.

Stress is pervasive in our modern, fast-paced urban environments. One in-depth study found that: "19 percent of absenteeism, 40 percent of job turnover, 10 percent of medical costs of prescription drug plans, and 60 percent of workers' compensation awards are due to stress." Because of the stress people are feeling, antidepressants are now the most prescribed drug in the united states. Another study

* "Anger in Young Men and Subsequent Premature Cardiovascular Disease," Chang, P. et al, *Archives of Internal Medicine*, April 22, 2002.

estimated the total costs at 300 billion dollars. "The \$300 billion price tag comes from the [American Institute of Stress](#), which reports that the cost includes: "accidents, absenteeism, employee turnover, diminished productivity, direct medical, legal, and insurance costs, workers' compensation awards as well as tort and FELA [Federal Employers' Liability Act] judgments." If you or your friends are feeling "stressed out," there are better and safer ways to reduce stress instead of taking a pill. Slow deep breathing, taking a walk, and drinking a relaxing herbal tea can reduce stress. Watching a funny movie that makes you laugh may help even more.

Joy tops the positive health factors list, because it frees the heart the most. Laughter, it has been said, is the best medicine. Drs. Lee Berk and Stanley Tan of Loma Linda University studied the effects of laughter on the immune system. They found the body's response to belly laughter is the exact opposite of its reaction to stress. Their published research studies show that laughing lowers blood pressure, reduces stress hormones, increases muscle flexibility, and boosts immune function. Laughing raises levels of infection-fighting T-cells and gamma-interferon, as well as B-cells which produce disease-fighting antibodies. Laughter also releases endorphins, the body's natural painkillers, producing a general sense of well-being. ("Therapeutic Benefits of Laughter" condensed from [here](#).)

The Institute of Heartmath (IHM--<http://www.heartmath.org/>) has also found that positive feelings produce very positive effects. IHM has been researching stress and its effects on the heart, mind, and body since 1991. Their motto is "A change of heart changes everything." Their science-based techniques and technologies enable you to reduce the stress you are feeling, increase positive feelings, and improve your health, performance, and quality of life. Many of their studies have been published in peer-reviewed journals. From their website:

"IHM is a recognized, global leader in emotional physiology, stress management and the physiology of heart-brain research. □□The HeartMath Research Center is engaged in basic psychophysiology, neurocardiology and biophysics research, and in clinical, workplace and organizational intervention and treatment outcome studies in collaboration with numerous university and health care system partners. □□Our research has significantly advanced the understanding of heart-brain interactions, heart-rhythm-pattern and heart-rate-variability analyses, emotional physiology and the physiology of optimal learning and performance."

Teachers should note that HeartMath offers programs for reducing test anxiety among school children. Results show increased stress management, improved interpersonal skills, feeling more comfortable in the classroom, and improved test scores.

HeartMath has developed several practical, easy-to-use tools for transforming stress and anxiety into greater energy, and feelings of well-being. Their cell phone size, portable, emWave Personal Stress Reliever®, for example, measures subtle changes in heart rhythms. It "tunes you in" to the intelligence and guidance of your own heart. "It trains you how to shift out of stress, and into a high performance state called coherence." Their emWave PC® goes further. This system provides detailed computer software analysis of your heart rhythms and emotional state. It trains you how to shift into coherence while playing fun games onscreen. HeartMath also offers several excellent books for dealing with your inner life during these stressful times. Some titles: *Transforming Depression*, *The HeartMath Approach to Treating Hypertension*, *Transforming Anxiety*, *Transforming Anger*, and several more. For further information, and to view a streaming emWave® demo, visit: <http://www.heartmath.com/>

Biofeedback, as used in the emWave and emWave PC, is a proven method to promote emotional and physical well-being. Biofeedback rises to a whole new level with the Wild Divine® computer game system. This consists of three finger sensors that measure your body's heart rate and skin tension. These inputs link with biofeedback software that responds to them onscreen. Unlike most computer games which focus on violence, frenzy, and mayhem, this one is just the opposite. It focuses on peace, calmness, and loving feelings.

Wild Divine® takes you on a fun, enchanting, and educational journey into a magical realm. Surrounded by spectacular landscapes and pleasant music, you move along meandering pathways, into and through exquisitely-detailed rooms, temples, caves, and more. You meet caring and helpful mentors along the way, who give sagely advice. Along this journey, you meet fun and interesting challenges, while learning various methods of focusing your breathing and quieting your mind and heart. You learn how to calm down, become more peaceful inside, and feel more from your heart. By applying these breathing and focusing techniques in daily life, this "game" helps you to relieve stress and rise to new levels of inner experience. The Wild Divine® computer game is being evaluated as a treatment for attention deficit hyperactivity disorder (ADHD). It sure would be much better than giving children drugs! Preliminary results are positive, as reported [here](#). This is their website: <http://www.wilddivine.com/>

Listen to Your Intuitive Heart

You are more--much more--than your physical body. You have a quiet superintelligence inside which is marvelous and miraculous. You don't have to think about how to digest your food, fire each heartbeat, or make happen the countless other things that keep your body alive and well. This superintelligence knows how and does it all for you. It continuously serves you automatically, and selflessly, day after day, year after year.

"When you were first conceived, you were just a double strand of DNA in a fertilized ovum. It divided 50 times only. In 50 replications, you had a hundred trillion cells. Which is more than all the stars in the Milky Way galaxy. And each cell, it's estimated, does about six trillion things a second. And every cell instantly knows what the other cell does." Quoted from this one minute [videoclip](#).

This superintelligence is with you always, records everything you experience, and tries to communicate and share its wisdom with you. But this "still small voice" is not easy to hear. It speaks the subtle language of feelings. So, in order to be understood, this subtle intelligence must be felt. It springs from the intuitive heart of your being. That part of you that knows, instantly and directly, without knowing how it knows.

Unlike your mind, your inner heart does not judge, criticize, belittle, or close itself off to you (though your mind can cut you off from it). Wild Divine®, emWave®, meditation, and prayer train you how to hear this gentle inner voice. This intuitive intelligence can guide and direct you to health, fulfillment, and inner joy--if you listen to and follow your deeper feelings. The choices you make then become more loving and attuned with reality, and more health and happiness producing.

By learning to communicate creatively through your intuitive heart, you become the solution for your own inner toxic stress relief. By becoming more calm, caring, and appreciative both within yourself and toward others, you become less stressed by and less stressful to others. In this way, you not only become more peaceful inside, you also bring more peace to the world around you. May peace be with you.

APPENDIX

The RDAs Need to be Increased

The Recommended Dietary Allowances (RDAs) were set in 1968 for essential nutrients in the human diet needed to prevent deficiency diseases. Research since then has found many more nutrients to be essential (such as EFAs), yet no RDA exists for them at all. The RDAs began at very low levels, and have been revised very little ever since, mostly downwards. The RDA for vitamins E, B-12, biotin, and folate, for example, were cut by half. Here is an [historical table of the RDAs](#). The present RDAs do not account for several factors that have reduced vitamin and mineral content in foods over the past 40 years. Here is why:

1. Stressed soil. Emphasis on yield. Continuous planting of same crop in the same field. Soil fertility and nutrients, especially minerals, become depleted. Soil requires more chemical fertilizers. This leads to more topsoil erosion from wind and rain, further decreasing soil fertility and soil nutrients.
2. Stressed seeds. Hybrid and genetically modified (GM) seeds developed for yield, ease of transport and storage of produce, not nutrient content.
3. Stressed plants. When grown in monoculture with lots of chemical fertilizers, plants become less able to resist insect attack. This leads to more pesticide applications to keep plants alive and producing. And even more pesticides to keep fruits and vegetables from being eaten by insects.
3. Stressed produce. Nutrient content in fruits and vegetables begins to decline as soon as they are harvested. They spend days in transit and storage as they cross the country. They spend more time in distribution channels, produce markets, and your local grocery store before they get to your plate.
4. Stress in food processing. All forms of food processing degrade and destroy vitamins and enzymes in the final food product. Canned foods lose up to 94% of their vitamins, frozen foods lose up to 83%, and cooked vegetables lose up to 56%. Microwaving and food irradiation also destroy vitamins and enzymes. And both produce potentially toxic "unique radiolytic substances" that are not found in nature. These are now being called radiotoxins. No one knows their true toxicity, because none have been tested. "The FDA has approved irradiation for use in beef, pork, chicken, other poultry, eggs in the shell, fruits and vegetables, wheat, wheat flour, juice, spices, dried-vegetable seasonings, and sprouting seeds. Seventy-five percent of our beef producers and 50 percent of our poultry producers have signed agreements to use this technology." Quoted from an excellent book. You can read the first two chapters for free at this website: <http://www.digestivewellnessforchildren.com/> The USDA is on the verge of requiring all fresh produce to be irradiated.

The result: Recent studies of nutrient content in foods show big declines in the nutrients they used to contain. A study by biochemist Donald Davis at the University of Texas, Austin found decreases up to 38% in protein, calcium, vitamin C, phosphorus, iron, and riboflavin. His conclusion: "The higher the yield, the lower the nutrients." Nutrient labels on processed foods do not account for this loss, nor the nutrient destruction during food processing. As a result, you can no longer get the RDAs by eating a "balanced diet," which very few people actually eat.

The RDAs also do not take into account toxic chemical build-up occurring in human bodies. These toxins destroy the essential immune nutrients your body needs. You need to eat foods which supply the essential immune nutrients that ensure your health, especially the **Immune Powerfoods**.

Solutions: Buy fresh produce from local organic farmers. Support organic farms and farmer's markets. Avoid the Top Ten nonorganic fruits and vegetables that contain the highest concentrations of toxic pesticides. According to the Environmental Working Group, these are: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, and pears. Better yet, grow your own garden from heirloom seeds and natural fertilizers, like compost. Then you know what is in the produce you are eating. Organic, garden-grown foods are not only more nutritious, but they also taste better. Whether you grow them yourself or obtain them from other sources, always scrub your fruits and vegetables in pure water. This will remove dirt, bacteria, and surface chemicals that may contaminate them. Finally, **avoid** microwaved and irradiated foods.

Gravest Threat to Your Nutrition Health--Codex Alimentarius

In essence, Codex Alimentarius means "food code." It was set up at the United Nations way back in 1962 to set standards for international free trade foods. This legislation will become legally binding on and enforceable in all countries in free trade alliances such as GATT and NAFTA. It is heavily controlled by multinational agri-business and pharmaceutical corporations. Major goal: total control of nutrition supplements by pharmaceutical companies. How this would destroy your freedom of choice:

- * Dietary supplements could not be sold for preventive or therapeutic use, unless proven in tests by drug companies and sold by them.
- * Potencies would be limited to extremely low dosages. Only the drug companies would have the right to produce and sell the higher potency products. Such as the totally inadequate synthetic (chemically-derived) vitamins they already produce, at greatly inflated prices.
- * Prescriptions would be required for anything above the extremely low doses allowed.
- * Common foods such as garlic and peppermint would be classified as drugs or a third category (neither food nor drugs) that the big drug companies could regulate and sell. Any food with any therapeutic benefit could be considered a drug, even water (when used to treat dehydration).
- * Codex regulations for dietary supplements would become binding in every country covered.
- * All new dietary supplements would be banned unless they go through Codex testing and approval.
- * Genetically modified foods would be sold worldwide without labeling.

"If Codex Alimentarius has its way, then herbs, vitamins, minerals, homeopathic remedies, amino acids and other natural remedies you have taken for granted most of your life will be gone. The name of the game for Codex Alimentarius is to shift all remedies into the prescription category so they can be controlled exclusively by the medical monopoly and its bosses, the major pharmaceutical firms. " Quoted from [here](#).

Solution: Take action to oppose and prevent this attempt to destroy your freedom of health choice in using nutrition supplements. Visit and sign online petitions against Codex [here](#). (click button at bottom of webpage) and [here](#) (scroll down to read petition and sign). Do a web search to find more petitions to sign. And let your congressmen and senators know that you oppose Codex!

The Number One Killer of americans--The Medical System!

According to a 2003 report entitled *Death by Medicine*, the number one killer of americans is not heart disease or cancer. "It is evident that the American medical system is the leading cause of death and

injury in the United States. The total number of iatrogenic [physician related] deaths shown...is 783,936. The 2001 heart disease annual death rate is 699,697; the annual cancer death rate, 553,251.” The report breaks down this total of unnecessary American deaths into Hospital Adverse Drug Reactions (106,000 deaths), medical errors (98,000 deaths), bedsores (105,000 deaths), infections (88,000 deaths) malnutrition (108,800 deaths), outpatient adverse drug reactions (199,000 deaths), unnecessary procedures (37,136 deaths) and surgery-related (32,000 deaths).

Highlights from this report are carried on the web under the headline: "Death by Medicine." The complete report, which is a statistical and rational indictment of the present medical system, is available for free online [here](#).

What is Naturopathy and Who are the Naturopaths?

Naturopathy focuses on natural remedies, while emphasizing prevention and self care.

SIX PRINCIPLES OF NATUROPATHY

- ◆ **Do no harm.** Use the most natural, least invasive, and most nontoxic therapies.
- ◆ **Identify and treat the cause.** Look beyond symptoms to find and treat the underlying cause or causes.
- ◆ **Use healing power of Nature.** Trust the body’s natural ability to heal itself.
- ◆ **Treat the whole person.** View the body as a whole in all its physical, mental, emotional, and spiritual dimensions.
- ◆ **Doctor as teacher.** Educate patients in the steps to achieve and maintain health.
- ◆ **Prevention.** Focus on promoting health and wellness, and preventing disease.

Instead of treating symptoms, naturopaths strive to find the underlying causes. They ask their patients about their diet, lifestyle, and specific personal environment. With this information, they can then analyze how these factors contribute to the illness. Next, they develop an individual treatment plan which supports and promotes the body’s own healing process. This plan may include nutritional supplements, herbal remedies, acupuncture, colonics, an exercise regimen, and even lifestyle counseling. This individual approach, and willingness to go beyond chemical pharmacology, is what distinguishes naturopathy from conventional medicine.

Naturopathic medicine is not uniformly regulated across the United States. Some people call themselves naturopaths who do not meet the standards of a true naturopathic physician. This requires graduating from an accredited program and passing a licensing examination. The five approved programs are: Southwest College of Naturopathic Medicine and Health Services in Arizona, University of Bridgeport College of Natural Medicine in Connecticut, National College of Naturopathic Medicine in Oregon, Bastyr University in Washington state, and the Canadian College of Naturopathic Medicine in Ontario, Canada. All five are four-year, graduate level medical schools, with many of the same courses that are taught in a typical medical school. The major difference is naturopathy’s emphasis on natural therapies rather than pharmacology or surgery.

For further information, and to find a local naturopathic practitioner, contact the American Association of Naturopathic Physicians at <http://www.naturopathic.org/> If you live in California, contact the California Naturopathic Doctors Association at <http://www.calnd.org/>

Why Natural Vitamins are Better Than Synthetics

Synthetic vitamins are not as bioavailable or as biologically active as natural vitamins. Nature's organic compounds in solution cause light to turn either to the right (dextrorotary, designated by the prefix d-) or to the left (levorotary, designated by the prefix l-). Organic chemistry can only create synthetic (unnatural) compounds with a mixture of both forms, turning light both left and right in solution (dl-). Consequently, dl- on a vitamin label means that it comes from a synthetic source. Natural vitamin E, for example, only comes in the d- form. The l- form is of no use to the human body. Therefore d-alpha tocopherol (the natural form) is at least twice as effective as dl-alpha tocopherol (the synthetic form).

There is an even bigger difference between synthetic and natural beta carotene. In nature, it appears in two forms which appear together in food sources. One is called the cis- isomer and the other is called the trans- isomer. The cis- form is stable, fat-soluble, and easily absorbed by cell membranes. The trans- form is not fat-soluble, is not easily absorbed without the cis- form, and tends to crystallize. Organic synthetic chemistry can only create the trans- form.

Recent animal studies found that an approximate 50-50 mix of both forms is absorbed ten times more completely than the trans- form by itself.* Consequently, if you supplement your diet only with synthetic beta carotene, you have to take ten times as much to get the same cell membrane protection as the natural mixed form. So, if you purchase beta carotene capsules, read the label. If it is composed of mixed carotenes from d. salina, it is natural. If it does not give d. salina as the source, it is probably synthetic (another chemical).

Excitotoxins--Avoid Monosodium Glutamate and Aspartame

Excitotoxins are substances that excite brain receptors in a toxic way, and can cause destruction of brain cells (neurons). Two of the most toxic can be the amino acids phenylalanine and glutamine. Both occur naturally in proteins, in very low concentrations, balanced and buffered by other amino acids. When they occur by themselves in high concentrations, however, they become toxic. Their presence overstimulates neurons, causing them to fire abnormally and repeatedly, and basically excites them to death.* Many studies have shown that excitotoxins also produce free radical toxins. There are two (among many) severely excitotoxic food and beverage additives widely-used in the food processing industry. Both are well-known excitotoxins. They are monosodium glutamate (msg) and aspartame.

Msg is added to make food taste better, so consumers will eat more of the products to which it is added. This is great for food industry profits, but creates very unhealthy consequences in consumers' bodies. Msg overstimulates the appetite control center in the brain, so the eater can't get enough. Msg has been implicated in many research studies as one of the main causes of the growing obesity epidemic. When researchers want to create obese mice or rats, they inject them or feed them with msg. They even have a name for these obese creatures--"msg-fattened rodents." Now we find, in all age groups all around the planet, large numbers of msg-fattened people.

Since more consumers are becoming aware of the dangers of msg, food processors now use many different names to disguise msg presence in foods. Some list "no msg" or "no added msg," on product labels when msg is still present, but exists as part of another ingredient! The following table lists some names which mean that msg is always present. If you read food labels, you will find msg in nearly every processed food product, including foods served in fast food restaurants. There are many names which indicate that msg is present in processed foods. For a list, check the table on the next page.

MSG NAMES TO AVOID IN PROCESSED FOODS

Msg	Monosodium glutamate
Monopotassium glutamate	Glutamate
Glutamic acid	Glutamic acid
Hydrolyzed vegetable protein	Hydrolyzed protein
Hydrolyzed corn gluten	Textured protein
Autolyzed plant protein	Autolyzed yeast
Sodium caseinate	Calcium caseinate
Yeast extract, yeast food, or yeast nutrient	

Aspartame is another excitotoxin which goes by several names: aspartame, Nutrasweet,[®] Spoon-ful,[®] Canderel,[®] Equal,[®] Equal-Measure,[®] Benevia[®] etc. Take the names “diet” and “sugar-free” as warnings that the product probably contains aspartame (read the labels). Aspartame contains 10% methanol, 50% phenylalanine, and 40% aspartic acid.

Methanol, also known as wood alcohol, is a poison. The Environmental Protection Agency (EPA) notes that methanol “...is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic.” The EPA defines safe consumption of methanol as no more than 7.8 mg per day. A one-liter diet soft drink flavored with aspartame contains about **56 mg** of methanol, or seven times the EPA limit.

Ironically, if you consume aspartame you may actually gain weight. The isolated and concentrated phenylalanine (50%) in aspartame stimulates the pancreas to overproduce insulin. This insulin removes glucose from the bloodstream and **stores it as fat**. This can result in low blood sugar and lead to food cravings. Concentrated phenylalanine can also inhibit the body’s production of serotonin, which helps to control appetite (and mood swings). This leads to more food cravings, increased carbohydrate consumption, **and more weight gain**.

When exposed to temperatures over 86 degrees F or after prolonged storage, phenylalanine decomposes into diketopiperazine (DKP), a known carcinogen implicated in brain tumor formation. High concentrations of isolated aspartic acid can cause neurological disorders. Since its introduction as a food additive in 1981, aspartame has accounted for more than 70% of all complaints reported to the FDA’s Adverse Reaction Monitoring System. Reported reactions to msg and aspartame include: headaches, joint pain, hypertension, chronic fatigue, vision problems, diabetic complications, memory loss, depression, confusion, convulsions, brain seizures, and the list goes on.* In many cases, those health problems **disappear** when people refrain from msg and aspartame.

For more information on how msg and aspartame cause weight gain and many other problems, just do a web search using the word excitotoxins.

* For further information about the dangers of aspartame and a more complete list of aspartame reaction symptoms, see <http://www.aspartame.com/symptoms.htm> or do an internet search under aspartame disease.

** Also check the website of Dr. Janet Starr Hull, at <http://www.sweetpoison.com> Dr. Hull overcame aspartame poisoning--misdiagnosed as Grave’s Disease--with a detox program she created to reverse her condition.

Avoid Body Care and Hygiene Toxins

Thousands of different chemicals are used in the manufacture of beauty, body care, and hygiene products. Most contact the skin and tend to clog the pores. This decreases the ability of your skin to breathe and dispose of wastes. A prominent example is an area concentrated with sweat glands and lymph glands--the armpits. Here the body disposes of wastes in perspiration which can lead to underarm odor. Chemical and aluminum compounds in underarm deodorants/antiperspirants can prevent this waste release, and may be a contributing cause of breast cancer. It is much healthier for your body to clean these areas often with a natural soap, rather than clogging them up with chemicals.

Artificial fragrances can contain any of about 4,000 separate chemicals that do not have to be listed on the label. Complaints about such products to the FDA include: headaches, dizziness, fatigue, rashes, skin discoloration, violent coughing, nausea, vomiting, and allergic skin reactions. Clinical observations by medical doctors have shown that artificial fragrances can cause all kinds of behavioral reactions including depression, hyperactivity, irritability, and inability to cope. Reported in *Clinical Ecology*, by Iris R. Bell, MD, PhD.

HEALTHIER BODY CARE AND HYGIENE CHOICES

- ♦ Only use unscented or naturally-scented products.
- ♦ Use natural, biodegradable soaps and detergents. Try Dr. Bronner's all-natural soaps and shampoos.
- ♦ Only use body care products with all-natural ingredients.
- ♦ Avoid mineral oil, a petroleum product which can damage your skin.
- ♦ Read the labels, avoid chemicals as much as possible.*

* This applies to all household and garden chemicals, which should be either stored outside or safely disposed of with a qualified recycler/waste handler. Do not toss chemicals into the garbage can, or into your local environment.

The Environmental Working Group has created a database that gives toxicity levels for more than 25,000 cosmetics and personal care products. To check on the toxicity of products you use, go [here](#).

The Three Immune Powerfoods

Here once again are the **Immune Powerfoods**, from the best sources found at the best bulk prices:

Spirulina-- Nutrex® 4536 half-gram tablets (5 lbs) for \$125.95 (2.7 cents per tablet) found [here](#) (scroll down page). Retail cost for a 400-tab bottle is about 10 cents per tablet, and 5 cents wholesale. Hawaiian (Nutrex®) spirulina powder, 4 pounds, best price from best source--\$60 (\$15 per pound, under 15 cents per tablespoon) [here](#). Retail cost for a one pound bottle is \$44, and \$28.50 wholesale.

Sprouting seeds, beans, and grains, sprouting kits, sprouting how-to information--organic, non-GM, not-irradiated, high germination rates, available in plastic bags, nitrogen-packed cans, and by the bucket. Sprouts only cost pennies per serving when you sprout them yourself. Please remember that, in the sprout category, buckwheat is a nutrition health powerfood (see page 49). Best prices at best bulk source: <http://www.handypantry.com/> Handy Pantry sprouting seeds are also available in smaller portions at many health food stores. If you purchase another brand, make sure those sprouting seeds are organic, not from GM (genetically modified) plants, and have not been irradiated.

Unrefined vegetable oils--Best options for long term storage are quart bottles of sunflower and safflower oils from your local health food store. Plus a glass jar or two of flax oil capsules from the same place. If purchased in plastic bottles, when you get home transfer to and tightly seal recycled opaque glass containers with airtight lids and refrigerate for long term storage. For freshness and quality, these oils are best purchased locally rather than online.

PLEASE NOTE: Bulk spirulina powder will arrive in plastic containers. You will need to place contents in large glass jars with airtight lids for long term storage. You can wrap each bottle with bubble-wrap to prevent breakage, and place in cardboard boxes to prevent light from damaging the contents. Stored this way, spirulina will keep its food value for years. Best source of large glass jars at the lowest price: recycled from your trash, local recycling center, or thrift store.

Oxygen-absorbing packets placed in each jar, and each time opened, will prevent oxidation of contents. Explanation of effectiveness [here](#). Best source found at best price: [here](#). Procedure for using: Have a small glass jar with airtight lid ready to store unused packets. Open jars or buckets containing long term storage foods. If you like **Immune Health Bars** (page 51), consider storing all the recipe's ingredients in bulk quantities. Open sealed bag of packets, quickly place a packet in each jar. Quickly stuff unused packets in the glass jar you set aside and seal lid tightly to save for future use. Then close and reseal jars storing long term storage foods. Spirulina, sprouting seeds, and Immune Health Bar ingredients do not require refrigeration. Only vegetable oils do, and even they will keep fine for several months without refrigeration. Just keep them in tightly sealed glass jars, protected from light and excessive heat.

Two other immune health powerfoods deserve mention here. The first is nutritional yeast powder or flakes. After spirulina at 65%, nutritional yeast is the second highest vegetable source of protein at 50%. Like spirulina, it contains 18 amino acids, several minerals, and is rich in B-complex vitamins, especially B-12. As long as you store nutritional yeast in tightly-sealed glass containers, protected from high heat, light, and oxygen, it will retain its food value indefinitely (years). You can add it to juices, smoothies, salad dressings, **Inner Skin Saver** margarine (page 45), and **Immune Health Bars** (page 51). Nutritional yeast is available at most health food stores. To find online wholesale sources, just do a web search for "nutritional yeast products." The second powerfood, bee pollen, contains about 40% protein, several minerals, and many of the immune nutrients. Since it is the male seed of the plant, it also contains DNA and RNA. If it comes from genetically modified (GM) plants, pollen will contain altered and potentially very toxic DNA and RNA. Unless you know for sure that its source is GM-free, you should **avoid** bee pollen.

With these **immune powerfoods**, you can ensure that your diet contains most of the essential immune nutrients you need to survive the **Toxic Plagues**. By placing extra supplies of these powerfoods in long term storage, you can insure that you and your family have immune health assurance come what may.

You should also consider obtaining a pair of re-cleanable, water-filtering, Black Berkey® Purification Elements [here](#) (scroll down for details of what they remove). You will need them if your water source becomes contaminated, or gets shut off so that you must get your water from an unreliable source. With these, you can create a gravity-feed water filter system from a plastic water jug and a large-mouth ceramic or glass receptacle. Just drill a hole in bottom of the plastic jug. Then cut off the top so you can attach the filter at the bottom. Place this jug on top of the receptacle and pour in the water.



May you be free from danger. May you have ease of physical well-being. May you have peace and happiness of mind and heart. And may you have an awake, aware, and energized spirit!