The Cure For HIV And AIDS

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What is a Cure?

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

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

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

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

You Can Be HIV-Negative

In 6 Weeks... just like these people.

Read their case histories.

Sex	Age	Lab	Test	Result
M	50	Vanderbilt Univ.	HIV and AFB	Positive
		The Medical Lab.	P24	**(1 month later) Negative**
M	29	St. Vincent Hospital	HIV antibody screen	Positive. Repeatedly reactive.
		The Medical Lab.	P24	**(3 months later) Negative**
M	41	Mayo Medical Laboratories	HIV antibody, Western Blot	Positive. Reactive at p17, p24, p31, gp41, p51, p55, p66, gp160.
		The Medical Lab.	P24	**(4 months later) Negative**
M	40	Bartholomew County Hospital	HIV antibody	Positive
		The Medical Lab.	P24	**(1 month later) Negative**
M	29	Anonymous AIDS Antibody Clinic	HIV antibody	Positive
		The Medical Lab.	P24	**(1 month later) Negative**
M	28	Not shown	HIV antibody	ELISA Assay Positive. Western Blot Analysis Positive.
		The Medical Lab.	P24	**Negative**
M	37	SmithKline Bio-Science Lab	HIV antibody Screen	Repeatedly reactive by HIV ELISA screen. A western blot analysis is being performed for further eval.
		SmithKline Bio-Science Lab	Western Blot	P24 reactive, P31 non-reactive, GP41 reactive, GP120/160 reactive
		Nichols Institute	P24	(on program 2 weeks) Positive
		Mayo Med. Lab.	P24	**(4 months later) Negative**
M	34	Orange County Public Health	EIA screening	IFA reactive
		Specialty Ref Lab	PCR	**(3 months later) Negative**
M	33	Lexington VAM	Western Blot	IFA Positive
		Nichols Institute	PCR	**(2 months later) Negative**
M	51	Not known	Various	Positive
		Nichols Inst.	P24	**(4 months later) Negative**
		Specialty Ref Lab	PCR	**(2 more months) Negative**
M	53	Roche Biomedical Laboratories	Western Blot, PCR	Positive Positive
		Nichols Inst.	P24	**(5 months later) Negative**
		Nichols Inst.	PCR	**(9 more months) Negative**
M	40	Not known	Various	**Positive**
		Smith Kline	Immune Anal.	Helper/Suppresser **0.62**
		Smith Kline	Immune Anal.	Helper/Suppresser **(3 mo. later) 0.9**
		Sharp Mem. Hosp.	PCR	**(additional 2 weeks) none detected**
		Sharp Mem. Hosp.	PCR	**repeated (1 week later) none detected**
		Labcorp	PCR	**(7 more months) Negative**

Notice to the Reader

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

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

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

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

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

Acknowledgments

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

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

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

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

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

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A New Challenge

From Time Immemorial Healthy People Have Held Sick People Hostage.

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

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

---

[1] Shook, Dr. Edward E., *Advanced Treatise in Herbology*, Trinity Center Press, 1978, p. 172.

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

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

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

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

Awareness Is Not What We Need

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

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

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

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

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

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

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

"Positively Aware"[2] is a journal for HIV Positive persons. I recommend it for anyone who feels safe from this disease. Some recent topics were Lost Youth, One in 62 Young Injec-

[2] *Positively Aware, http://www.thebody.org/tpan/tpanix.html*

tors, The Joys of Safer Sex, and HIV Drug Companies Sue South African Government. The journal is full of drug ads. These drugs kill the HIV viruses coursing in the blood. They do not kill the source of the viruses, a common human parasite that has taken on a new life cycle. The Syncrometer® easily spots the parasites in the genital organs, in the thymus and bone marrow. Eventually even the space under the skin becomes packed with larval stages. The Syncrometer® "sees" them as easily as an infrared camera picks up a warm body. Superior technology can make it easy, but very difficult if belief interferes with rational thinking and declines its use.

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

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

The Beginning: A New Concept

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

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

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

HIV is a *virus*.

AIDS is a *condition*.

Sometimes they occur together.

Sometimes they occur separately.

HIV stands for Human Immunodeficiency Virus.

AIDS stands for Acquired Immune Deficiency Syndrome.

The HIV Virus

This is the source of the HIV virus

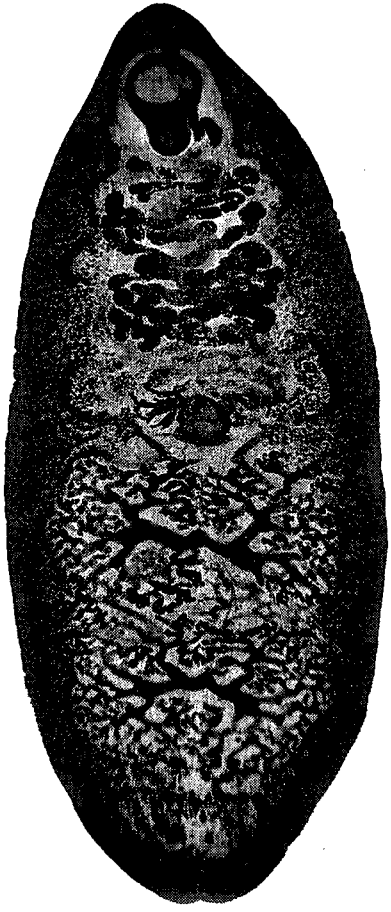
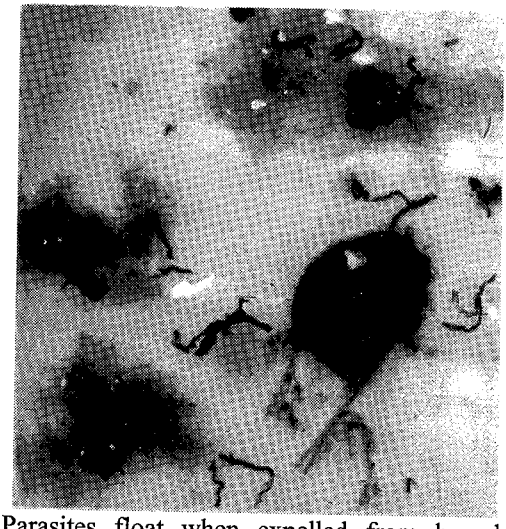


Fig. 1 Human intestinal fluke (Fasciolopsis buski)

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



Fig. 3 Human intestinal fluke, typical size



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

Fig. 2 Five flukes in various stages of decay

The HIV virus belongs to this fluke.

Many of us have this fluke parasite in our intestines. Humans are the natural host for this parasite. But they are seldom

preserved well enough for you to identify in the toilet bowl. Later, when you have learned how to kill them in the intestinal tract in a way that keeps them better preserved, you will have a chance to see and recognize them (see page 166).

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

IT IS NOT DIFFICULT

to kill this parasite and all its stages.

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

AIDS IS A CONDITION

AIDS reflects the condition of your white blood cells. We write them as WBCs. They are your immune system. There are a variety of them. The *phagocytes* are expected to eat bacteria, dead refuse and toxins. There are two kinds of phagocytes, the **neutrophils** and the **macrophages**. Other white blood cells are expected to destroy viruses. They are your *lymphocytes*, particularly **CD4** and **CD8** cells. Your WBCs are expected to

make some powerful big-parasite killers: benzoquinone ("BQ"), rhodizonic acid ("RZ"), glyoxal, glyoxylic acid, and hydroxybutyric acid as well as others not yet discovered. We will discuss these later. But none of this is happening. There is very serious damage to all these immune functions.

Why?

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

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

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

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

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

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

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

The Thymus Gland And AIDS

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

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

To find these glands:

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

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

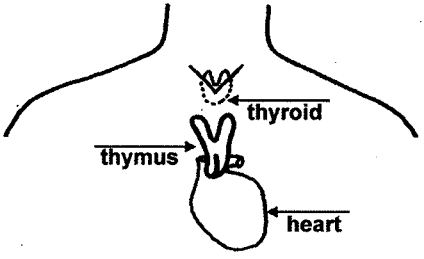


Fig. 4 Drawing of thymus gland

An HIV victim also has fewer white blood cells, about 3500 instead of 5000. This develops gradually. Maybe not enough are being made in the bone marrow. Maybe something is killing them. Maybe both. The true cause of this is not yet known to clinical science. But the Syncrometer® (see page 29) finds the same common toxin to be at fault, **benzene**.

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

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

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

Two things are happening. Not enough white blood cells are being made. And something is causing the T-helpers in the thymus to die an early death. Why? The bone marrow has a killer chemical on the loose, just where white blood cells are being born. **And the thymus is being invaded by the intestinal fluke.** The thymus is a small gland and the intestinal fluke is a large parasite! The thymus has a lot of work to do (like a taxi-dispatching station for white blood cells) and the flukes are eating its food and leaving their wastes in it. It is like having a bus full of people inside the tiny waiting room of the taxi station.

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

The fluke will bring its own "personal" bacteria, *Bacillus cereus*, to the thymus. These bacteria make a special toxin called *tyramine*. Tyramine will make the thymus allergic! Al-

gic to a common food substance that arrives every day. Al-
gies consume **immune power** of the special kind called
plement C_3. Now the thymus, already burdened by benzene
the intestinal fluke, must share its immune power with yet
her consumer. The more that is eaten of this food the
mer the immune power becomes. Soon other parasites
of ber excluded. Paragonimus arrives. Eurytrema arrives
ng the SV 40 virus. All these events started with the fas-
s fluke. And as you read the case histories a fascinating
revealed.

In each case, the real culprit is **benzene**.

ne

is a *solvent*. It is an extremely toxic solvent. We
pect to find benzene anywhere in our environ-
n monitored in gasoline. It is prohibited in dry
nd rubber cement. How could it be present in

s the main cause of AIDS

A solvent is a substance that can dis-
many solvents used in industries but
ast as benzene.
e of greases! Fats and oils make up
l our nerves and the protective cov-
zene can dissolve them!
ate in diff is

alcohol is a pollutant in carbonated beverages, artificial sweetener and many other foods. At first your body can detoxify it; this is when your body is young and strong like a child's. But as you keep drinking the wood alcohol, the pancreas wears out, the wood alcohol begins to pile up there and do a lot of harm. It weakens the pancreas so much that any parasite can live there. The immunity of the pancreas is being lowered. Bacteria, viruses, fungi, metal dissolved from tooth fillings, chemicals from the air you breathe and food you eat can now find a home in your pancreas. Is it any wonder that this leads to diabetes? Wood alcohol also accumulates in the eyes. Sometimes they burn and itch. Now the eyes let parasites in to multiply, like *Toxoplasma* from cats. The eyes also let in toxins from food or your environment and we call it **allergies**. The real culprit in this case is wood alcohol! It accumulates in the pancreas and eyes.

Benzene accumulates in the thymus!

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

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

Without being able to phagocytize in the thymus and bone marrow everything else is soon allowed to land there. The mercury from metal tooth fillings, the copper from your copper water pipes, the silicone from your toothpaste, the dyes from your candy and jello can all be found in your thymus after benzene damage has been done. It is as if the front and backdoors to your house have been opened, letting in all comers.

Squatters Arrive

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

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

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

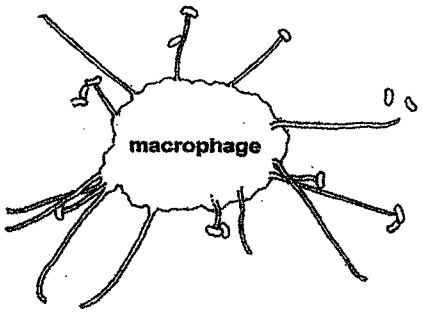


Fig. 5 Phagocytosis brings in E. coli for breakfast

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

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

Pathogens Attack

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

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

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

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

Now that the T-cell count is gradually going down and the phagocytes have been disarmed, your Pandora's box of patho-

gens is opening, letting out one after another, until the body is seething with infectious organisms. Is it any wonder that you are getting sick?

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

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

The Garbage Dump

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

The less that is done to a food, the less chance there is to pollute it. But, of course, such matters should not be left to chance. Processed foods should be tested before they arrive in the grocery store, at least for the five immune-lowering toxins they might have. This was never necessary before. We could count on the good common sense of bakers, cooks, canners, and manufacturers. But all these professions have become much more complex. Bakers don't know what is in their ready-

mixes, cooks don't know what is in their ingredients, and manufacturers don't know what their extraction solvents are. All these details are considered off limits to anyone inquiring (it is after all, mere "housekeeping") and even beneath consideration of management! It is left to the technician. Technicians must keep the processing machinery working. They are "given" the solvents, chemicals and cleaners that "must" be used to keep it all working. So, choices important to our health are made by machinery manufacturers; not doctors, researchers or even owners of companies. We must protect ourselves!

Simpler is better

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

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

Which Came First?

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

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

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

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

Co-Parasites And Co-Viruses

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

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

Eurytrema, Clonorchis and Strongyloides team up with Fasciolopsis in cancer. Eurytrema contributes the virus SV 40 in both cancer and HIV/AIDS. That is why cancer and HIV/AIDS have much in common. Teamwork is not necessar-

ily intentional. Two parasites or viruses can share a space, our bodies, the way a cat and dog can share their owner's home.

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

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

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

Watching The Thymus

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

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

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

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

This device is called a Syncrometer®.

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

In this way we can detect and identify things at specific locations in the body, even in the chromosomes. With this device we can watch the thymus or any other organ, as the parade of parasites and toxins come and go. In previous books I tracked the benzene to its outside sources: toothpaste, ice cream, store bought bread, bottled water. Since then I have also tracked it to *Paragonimus* flukes, a totally inside source. Let us "tune in."

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

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

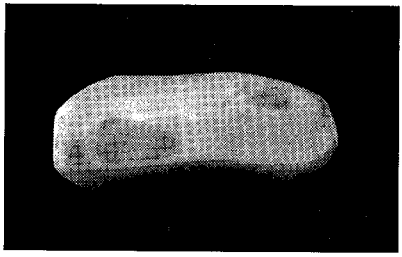


Fig. 6 Potato Ring Rot mold hidden in potatoes

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

Let us watch now what is happening in an HIV/AIDS patient. The white blood cells are spitting bleach at a Paragonimus lair we have singled out with our Syncrometer®. It takes longer but soon the whole family is gone. A few hours later,

the same location is occupied by a Pneumocystis patch, as before, then by Potato Ring Rot. The white blood cells are devouring this now but it takes too long. The fungus is already inside the phagocytes but yet it isn't dead. This is puzzling. The fungus starts to make its mycotoxin, **zearalenone**. And minutes later, the zearalenone is being "detoxified" into benzene! This is the same benzene that is so deadly! It lingers, too, much too long. It will soon stop phagocytosis there, as a small "pond" of benzene develops. It is creating a huge hazard, like a lighted match near a gasoline can. Benzene happens to be the critical solvent that triggers the HIV virus. This virus is merely a latent virus in a different parasite some distance away and not as common as Paragonimus. It is Fasciolopsis. If the benzene lingers long enough and spreads far enough to reach the Fasciolopsis, its HIV virus will be triggered out of its sleep (latency). HIV will be activated. The Syncrometer® can now "hear" the virus, in louder and louder resonance. It begins to multiply the way *Herpes* does when we supply its special triggers. Now HIV can spread to our bodies.

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

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

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

Endogenous Benzene

Endogenous means self produced or internally produced. No biologist or biochemist could suspect or even believe that

benzene could be produced by a living organism, neither plant nor animal.

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

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

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

solvent, is a powerful tissue destroyer; now the thymus will begin to shred and lose bits of itself into the circulation.

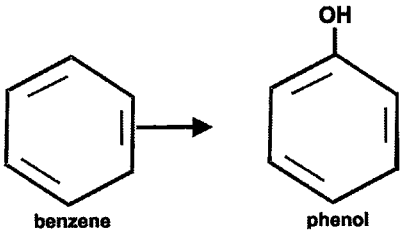


Fig. 7 Benzene is detoxified to phenol

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

But in this century it leads to AIDS. The total amount of benzene to be removed or detoxified has been doubled or worse in this century. We have dumped it on our food (pesticide), even mixed it in our food (baking grease, flavors and colors) in wholesale amounts. We have fumed it into our air (exhaust, colognes, cigarette smoke). Every liter (quart) of air in an office or even outside in a meadow has its benzene, detectable by regular chemical methods. This means a few parts per trillion.

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

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

Eurytrema Brings SV 40 Virus

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

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

Parasites Plus Benzene

Let us review for a minute:

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

2. Benzene in our bodies weakens the thymus gland where our T-cells are cloned and programmed. T-cells are lymphocytes, our virus-eating white blood cells. Benzene also weakens the bone marrow where our T-cells are originally made. Benzene blocks the white blood cells' ability to phagocytize, causing AIDS, an acquired immune deficiency.

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

3. There are many fluke parasites. In addition to *Fasciolopsis buski*, the human intestinal fluke, there are four other very common flukes: sheep liver fluke, pancreatic fluke, human liver fluke, and Paragonimus, the lung fluke. Paragonimus and Eurytrema have a special relationship to Fasciolopsis.

Paragonimus provides an endogenous pathway to benzene production. And benzene triggers the HIV virus out of latency in Fasciolopsis larval stages. Eurytrema provides a special virus, SV 40, to both HIV/AIDS sufferers and cancer victims. This links cancer to HIV and AIDS.



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

Fig. 8 Four common flukes

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

More Immune Defects

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

Certain food substances called **allergens** or **antigens** specifically target the thymus after Fasciolopsis arrives there. One

is **apiol**. Another one is **gallic acid**. And all along, the harsh chemical, **phenol**, has been damaging the thymus simply because it is the detoxification product of benzene which accumulates there.

These allergens use up all the **complement C_3** in the thymus. C_3 is necessary for "killer" action by white blood cells. So yet another immune defect is occurring.

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

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

We will discuss these later.

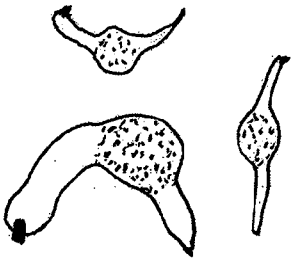
But benzene starts it all. It increases parasitism. Parasites and viruses thrive in its presence leading to more immune damage.

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

There are many more flukes that can parasitize us. There is Prosthogonimus, a fluke from chickens; Cryptocotyle, a fluke from sea gulls; Platynosomum, a cat liver fluke; Echinostoma, a fluke that rests itself on our neuro-muscular junctions causing ALS and fibromyalgia; Acanthocephala, (still quite mysteri-

ous); Echinoporyphium, cause of kidney disease, and several blood flukes, the Schistosomes.

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



Appears as black dots (mid region) in toilet bowl, about ¾-inch long.

Fig. 9 Acanthocephala

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

Flukes



Size about 1/10mm.

Fig. 10 Fasciolopsis egg

To understand HIV disease you should understand the basic facts about the human intestinal fluke. Its scientific name is *Fasciolopsis buski*. Fluke means "flat", and flukes are one of the families of flatworms. It is as flat as a leaf. This lets it sandwich itself in between your tissues without your noticing it...without causing a disturbance or pain. The parasite is not unknown; it has been studied since at least 1925.[3] This study was done in China. Since then it was often believed to

[3] Barlow, C.H., *The Life Cycle of the Human Intestinal Fluke, Fasciolopsis buski* (Lancaster) Am. J. Hyg. Monog. No. 4, 1925.

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

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

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

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

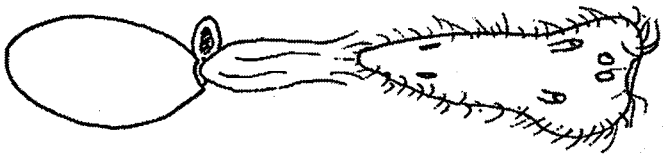


Fig. 11 Miracidia hatching

Flukes And Solvents

But something special happens to people who have solvents in their bodies. The liver is unable to kill these tiny fluke stages. These baby stages are actually allowed to make their home in the liver and other tissues. It is as if the immune system has no power to kill them. The flukes begin to multiply in people with solvents in their bodies! The miracidia (hatchlings)

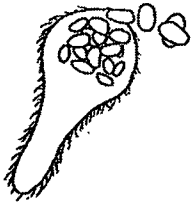


Fig. 13 Miracidia expelling "mother" redia

start to make little balls inside themselves, called *redia*[4]. But each redia (ball) is alive! It pops itself out of the miracidia and begins to reproduce itself. Forty redia can each make 40 more redia! And all of this out of one egg!

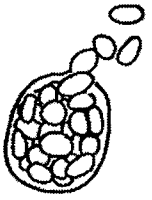


Fig. 12 "Mother" redia bearing "daughter" redia

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

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

Now they are called *cercaria*[5].

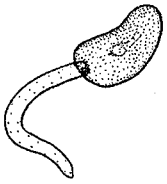


Fig. 14 Cercaria

[4] The Latin names are *rediae* (plural) and *redia* (singular). I have used simplified spelling, "redia", for both the singular and the plural, more like English usage.

[5] Again, I am simplifying the Latin *cercaria* (singular) and *cercariae* (plural) to one case.

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

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

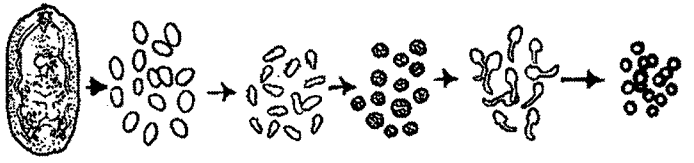


Fig. 15 Life cycle of a fluke

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

But this is not normal for flukes. This is:

Stage	Normal Life Cycle
1 Egg	Expelled with bowel movement onto soil. Washed by rain into ponds.
2 Miracidia	Hatches from egg in water. Has cilia, can swim vigorously and must find intermediate snail host in one to two hours or may be too exhausted to invade.
3 Redia	Develop inside miracidia as little balls until expelled. Those are "mother" redia, and each one bears "daughter" redia for up to 8 months, all still inside the snail, and living on the fluids in the lymphatic spaces. Similarly, daughter redia are continually developing cercaria.
4 Cercaria	Have a tail, use it to exit from snail and swim to a plant. If the snail is feeding on a plant, cercaria can latch onto plant with sucker mouth and start to encyst (form a "cocoon") within minutes. Tail breaks off and swims away to dissolve.

5 Metacercaria	Two-walled cysts. The outer wall is very sticky. But as you eat the plant it is stuck to, the least pressure will break it, leaving the cyst in the mouth. The "almost unbreakable" inner cyst wall protects it from chewing, and the keratin-like coat prevents digestion by stomach juices. However when it reaches the duodenum, contact with intestinal juices dissolves away the cyst-wall and frees it. It then fastens itself to the intestinal lining and begins to develop into an adult.
6 Adult	Lives in your intestine and can produce 1000 eggs per bowel movement and live many years.

Fig. 16 Fasciolopsis' normal life cycle

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

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

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

In this book you will learn how to kill it.

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

The HIV virus is brought into the body by an intestinal fluke stage inhabiting the benzene damaged thymus.

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

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

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

Weapons Of Mass Destruction

Early in the last century, before medical research had b come a business and a monopoly, a young man graduated wi a Ph.D. in chemistry and biochemistry. He was William

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

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

He decided to try substituting other oxidizers; maybe the beleaguered organ could use them instead. He had chosen benzoquinone first and was instantly successful! Even though it was an industrial chemical, very powerful and of course toxic in any large amount, the body could use it. His theory was supported. He cured very many cancer cases with a single shot of 1 microgram of benzoquinone. The smallness of the quantity is astounding and important, just as it is for vitamins A, D, B_{12}, hormones and ultra trace minerals. Larger doses are damaging.

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

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[6] www.williamfkoch.com

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

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

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

The Syncrometer® shows that these immune weapons ca kill our large parasites, our flukes, our roundworms, includin *Ascaris* of two kinds. Even when they are beyond attack by th WBCs!

It is this kind of "natural immunity" that is missing i HIV/AIDS patients, besides the defects in phagocytes an lymphocytes and the lack of complement C_3.

Yet, we do not need to procure BQ or RZ, glyoxal or gly oxylic acid, nor take them. We can send an electronic messag in the form of homeographic drops to your body to make them The body does so promptly. It will overcome the Ascaris, kil flukes at the same time, and then keep on making these im mune system **weapons** for you at any location that you choose.

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

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

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

Purge The Parasite, Cure HIV

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

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

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

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

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

To get well, you should do three things:

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

Killing Parasites

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

Herbal Parasite Remedies

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

Getting rid of all these parasites would be absolutely impossible using clinical medicines that can kill only one or two

varieties each. Such medicines also tend to make you quite ill. Flagyl™ is used for amoebas and Giardia; when the correct dosage is used, it can cause extreme nausea and vomiting. Quinine for malaria (another parasite disease) is quite toxic. Imagine taking 10 such drugs to kill a dozen of your parasites! Good news, perhaps, for the drug makers but not for you.

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

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

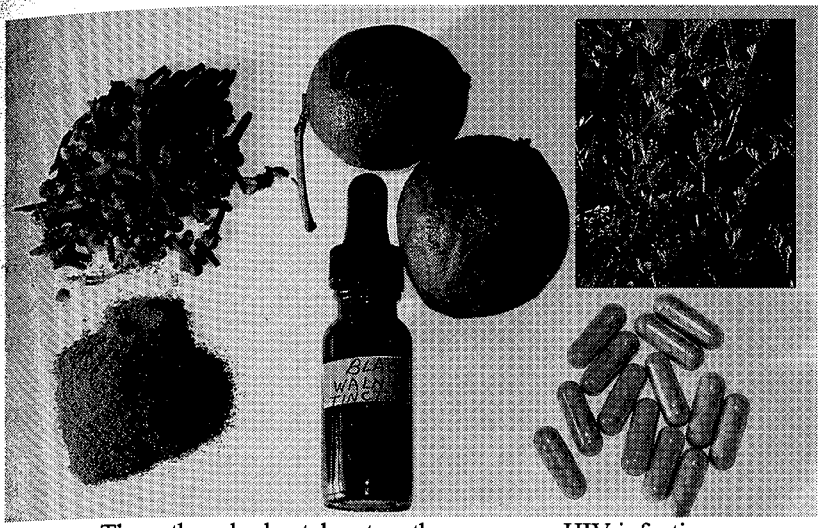
These three herbs must be used together. Black Walnut Hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new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

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

I encourage everyone to make their own parasiticides and to take back the responsibility for keeping themselves and their families free of these tiny monsters. The recipe for Black Walnut Hull tincture is given in *Recipes* (page 568).

Note that it is a tincture (extracted using ethyl alcohol), not an ordinary extract (which uses water). The Black Walnut extract that is available from herb companies is not potent as a parasiticide. It is black, not pale green, indicating that the criti-

cal harvesting time had passed. Of course there is no time to make your own if you are ill. See the chapter on *Sources*.



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

Fig. 17 Cloves, black walnut, and wormwood

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

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

The amount you need to eliminate HIV is very small, yet you cannot do without it. But the FDA (Food And Drug Administration) has regulated it as toxic! It is therefore unavailable in concentrated form from herb companies. The evidence for toxicity accepted by the FDA must have been hearsay. I have heard of only one case of intolerance (intestinal cramps)

in 10 years. Not so much as a headache or nausea[7] should expected. The toxic level must be much higher than is need to kill these parasites.

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

If you grow your own, dry the leaves when they are in th prime. The leaves are greenish gray and quite bitter. Nobo would accidentally eat too much of them. For a child, crumb a leaf and measure ¼ tsp.; stir this into honey.

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

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

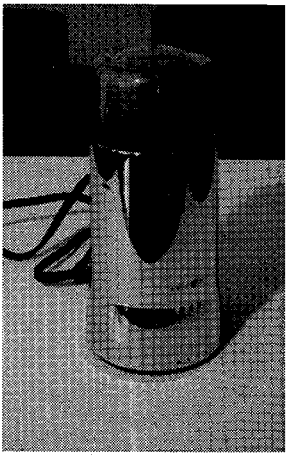


Fig. 18 Food Grinder

[7] Of course, the FDA cannot be expected to accept experienc such as mine. We should find out what evidence they did accept.

You must question your source and get a satisfactory answer or grind your own.

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

You now have:

- One 1 oz. (30 ml) bottle of pale green Black Walnut Hull tincture Extra Strength. This is six teaspoons, enough for three weeks if you are not very ill.
- One bottle of wormwood capsules (each capsule with 200-300 mg of wormwood) or ½ cup of *Artemisia* leaves gathered from a friendly neighbor's shrub.
- One bottle of freshly ground cloves (each capsule with 400-500 mg cloves), or ¼ cup bulk powdered cloves, or one half-ounce bottle of the essential oil of cloves.

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

Two additional items, *ornithine* and *arginine*, improve this recipe. Parasites produce a great deal of ammonia as their waste product. Ammonia is their equivalent of urine and it is set free in our bodies by parasites in large amounts. Ammonia is very toxic, especially to the brain.[8] I believe this causes insomnia and other sleep problems at night and anxiety by day. By taking ornithine at bedtime, you will sleep better.[9] Arginine has similar ammonia reduction effects but must be taken in the morning because it gives alertness and energy.

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[8] The brain lacks the enzyme ornithine carbamyl-transferase that is essential for making ammonia harmless by changing it into urea.

[9] I published this discovery in *Townsend Letter For Doctors*, July 1991, p554.

Do not try to substitute drugs for herbs. **Drug parasiticid can be extremely toxic, even in the small doses needed. N do they kill all the stages.** Here is a clipping that describ them.

Common Drugs For Parasitic Infections

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

Names & Adverse Effects of Common Drugs

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

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

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

Fig. 19 Some clinical parasiticides

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

A Meadow Of Health

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

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

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

Organ	Parasite or Pathogen	Herb
adrenals	*Echinoporyphium recurvatum*	cardamom
all body organs together	*Fasciolopsis buski*	6 watercress tablets (*Nasturtium officinale*), 6 fresh apricot, peach or nectarine seeds for 6 days
anterior pituitary	Prions	6 fresh apricot seeds for 6 days, birch bark tea, fennel seed (freshly ground), horseradish, licorice root powder, sage leaves, raw nopales (cactus)
blood	Fasciola	coriander
breast	Fasciola	mullein
breast	Paragonimus	mullein
breast	*	mullein
cerebrum	*Echinostoma revolutum*	white thyme
cerebrum	Macracanthorhynchus	oregano oil
cerebrum	Prions	myrrh, Lugol's iodine
eye	Fasciola	wormwood
eye muscles	*Fasciolopsis buski*	fennel seed (freshly ground), anise seed (freshly ground), nutmeg, Water-

		cress, 6 apricot seeds for 6 days
hypothalamus	Strongyloides	chaparral, coriander
hypothalamus	*	wormwood
kidneys	*Echinoporyphium recurvatum*	jalapeno seeds, BQ drops** watercress, fresh apricot seeds
kidneys	*	cardamom, parsley, hydrangea, goldenrod, nutmeg
lumbar spine	*Echinostoma revolutum*	white thyme
lumbar spine	Macracanthorhynchus	oregano oil
Lung	Fasciola	BQ drops
Lung	Paragonimus	mullein, BQ drops
Lung	*	mullein
muscle-tendon junctions (joints)	*Fasciolopsis buski*	6 fresh apricot seeds for 6 days, fennel seed (freshly ground), horseradish capsules, pomegranate juice, watercress or 6 watercress tablets daily
pancreas	Eurytrema	nopales (cactus)
rectum	*Fasciolopsis buski*	turmeric, oregano leaf
whole body	Paragonimus	nutmeg, coriander, Pau D'Arco

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

Fig. 20 Selected herbs and their tropisms

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

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

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

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

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

Procedure For Cure

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

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

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

There are no side effects as you can see from the case histories. There is no interference with any other medication. There is no need to stop any treatment that a clinical doctor or alter-

native therapist has started you on, provided it is free of immu nity-destroying pollutants.

How could you know whether a medicine is free of the fiv immunity-destroying toxins: benzene, PCBs, asbestos, heav metals and azo dyes? Only the Syncrometer® method can te for these in a few minutes. If you have friends with HIV di ease, you could become their angel by learning to use this de vice. It is described, complete with lessons in the *Syncrometer Science Laboratory Manual*, available from the same pub lisher.

Meanwhile, until you can do your own testing, take at lea these precautions: wash color coating off any tablets you ar required to take and set to dry. Dip all tablets in a cup of wate to which one drop of hydrochloric acid (5%) has been adde then dunk in vitamin B_2 powder. This detoxifies traces of ben zene. Or zappicate them (see page 244).

HIV Curing Recipe

Herbal Parasite-Killing Program

1. **Black Walnut Hull Tincture Extra Strength** (se *Recipes*, page 568).

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

Take one drop. Put it in ½ cup of water. Sip it on an empt stomach such as before a meal.

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

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

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

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

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

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

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

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

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

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

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

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

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

Day 2: take 1 capsule before supper.

Day 3: take 2 capsules before supper.

Day 4: take 2 capsules before supper.

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

3. **Cloves**: Fill size 00 capsules with fresh ground clove if this size is not available, use size 0 or 000. In a pinch, emp vitamin capsules. You may be able to purchase fresh grou cloves that are already encapsulated; they should be about 5C mg. Grocery store ground cloves do not work! Either grir them yourself or see *Sources*.

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

Day 2: Take 2 capsules, 3 times daily.

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

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

Alternatively, you may make yourself clove syrup:

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

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

Take **ornithine** at bedtime for insomnia. Even if you do n suffer from insomnia now, you may when you kill parasites.

Parasite Program Handy Chart

Strike out the doses as you take them.

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

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

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

Tips on taking pills

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

Maintenance Parasite Program

YOU ARE ALWAYS PICKING UP PARASITES PARASITE EGGS ARE EVERYWHERE AROUND YOU YOU GET THEM FROM OTHER PEOPLE, YOUR FAM ILY, YOURSELF, YOUR HOME, YOUR PETS, UNDER COOKED MEAT, UNCOOKED DAIRY PRODUCTS AN HIDDEN DIRT ON FRUITS AND VEGETABLES.

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

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

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

- **Black Walnut Hull Tincture Extra Strength:** 2 ts on an empty stomach, like before a meal or bedtime.
- **Wormwood capsules:** 7 capsules (with 200-300 m wormwood each) together on an empty stomach.
- **Cloves:** 7 capsules (about 500 mg. each, or fill size (capsules yourself) together on an empty stomach. A ternatively, take ¼ tsp. homemade clove syrup 2 tim on this day.

- Take **ornithine** every night until you don't need it.

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

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

Pet Parasite Program

Pets have many of the same parasites that we get, including Ascaris (common roundworm), hookworm, Trichinella, Toxoplasma, Strongyloides, heartworm and various tapeworms. Every pet living in your home should be deparasitized

(cleared of parasites) and maintained on a parasite prograı Monthly trips to your vet are not sufficient.

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

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

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

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

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

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

If your pet vomits or has diarrhea, you may expect to se worms. This is just what was wanted. But it is extremely infe

tious and hazardous. Never let a child clean up a pet mess. Begin by pouring salt and iodine[10] on the mess and letting it stand for five minutes before cleaning it up. Clean up outdoor messes the same way. Finally, clean your hands with diluted grain alcohol (dilute 1 part alcohol with 4 parts water). Grain alcohol is actually *ethyl* alcohol that has been made by fermenting grain. In some countries sugar cane is used to make ethyl alcohol. A common brand in the US is Everclear™. But be careful. The smaller flask sizes are polluted with solvents from the pumping and filling processes, no doubt. Choose the 750 ml or 1 liter bottle, which is evidently bottled differently. Be careful to keep all alcohol out of sight of children; don't rely on discipline for this. Be careful not to buy isopropyl rubbing alcohol for this purpose.

Start the wormwood a week later.

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

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

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

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

Here is a handy chart.

[10] "Povidone" iodine, topical antiseptic, is available in most drug stores.

	Parsley Water	Black Walnut Hull Tincture Dose	Wormwood Capsule Dose	Clove Capsule Dose (Size 0 or 00)
Week	teaspoons on food	drops on food, cats twice per week, dogs daily	open capsule, put smallest pinch on food	open capsule put smallest pinch on food
1	1 or more, based on size			
2	1 or more	1		
3	1 or more	1 or more, based on size	1	
4	1 or more	1 or more	1	1
5 and onward	1 or more	1 or more	1	1

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



Six of the bagged varieties had PC benzene, asbestos, thulium, numerc heavy metals and azo dyes. Two bagg varieties were unpolluted.

Fig. 21 Polluted and safe pet foods

If feasible, leave shoes at the door.

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

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

Killing Co-Parasites

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

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

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

"Drug Cocktail" Effects

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

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

It has the effect of killing Paragonimus specifically, without killing Fasciolopsis, Fasciola, or Eurytrema. But without Paragonimus, there are few Pneumocystis fungal growths. No

Potato Ring Rot forms so no zearalenone is produced and benzene is formed. All these are now absent. Without benze the HIV virus is not triggered out of Fasciolopsis nor your o cells and so you achieve the "virus—**Negative**" state. course, exogenous benzene is still arriving and should eliminated, too, to become truly **Negative**. But even a 50% duction in benzene is very significant.

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

Herbs are only one way to kill parasites and eliminate Hl The electrical way is called zapping. The third way is cal homeography. The fourth is withholding their favorite fo We will discuss these soon.

Tapeworm Disease

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

But I have found that all HIV/AIDS sufferers have "ta worm disease". The stages are hatching. This spews the t larvae and cysts, plus unfertilized eggs and their bacteria over the body, making you feel sick. Perhaps the large amou of solvents accumulated in the body forces them to hatch; p haps the lowered immunity allows them to hatch. The Sync meter® usually detects scolices and eggs in the most vital gans: the thymus, spleen, bone marrow, brain and liver.

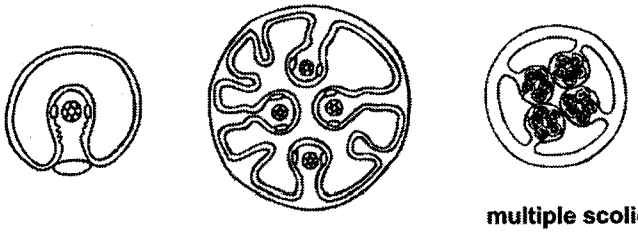


Fig. 22 Various types of tapeworm larvae

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

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

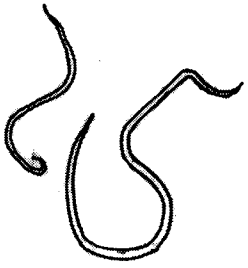


Fig. 23 Ascaris has pointed ends

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

Ascaris Everywhere

Ascaris infests animals and humans from pole to pole of this planet. It is safe to say that all dogs and cats have it and all humans have it from time to time. Domestic animals and humans each have their own variety of Ascaris; yet can host the other varieties, too. Horses have *Ascaris megalocephala.* Pigs

have *Ascaris suum*. The human variety is *Ascaris lumbricoic* Ascaris does not attach itself to you, it hardly even moves simply lies still in your organs absorbing your nutrients a eventually filling up with eggs. Often they are pink with y vitamin B12!

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

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

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

Surely, a few Ascaris eggs still escaping into your b could not do much harm since the overall problem has b greatly reduced! This is not so. The eggs may even do m harm than the worms. Ascaris eggs bring three very import pathogens that spread throughout your body: *Rhizobium le minosarum*, *Mycobacterium avium/intracellulare*, and common cold virus, Adenovirus. A flood of these is respor ble for your night sweats! As soon as the last Ascaris eg gone, these pathogens are gone, too, and the following ni becomes free of sweating. If your night sweats come back, know Ascaris eggs are present again. And in 24 hours, unl you kill them, they will hatch into larvae and start the wh cycle over again. "Shingles" comes from *Ascaris lumbricoic* as well as Mumps.

It takes about three weeks for large parasites like Asc and tapeworm larvae to disintegrate completely and be clea from your tissues. If eggs or scolices are continually relea during this time, the cycle of infection cannot be broken. F tunately, the same two things that can penetrate tapeworm

vae can also penetrate Ascaris worms and mop up after them, whether dead or alive!

Strangle The Stragglers

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

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

You can easily make your own ozonated oil. Purchase an ozonator and a small bottle of olive oil. Treat the oil first to remove traces of PCB and benzene (see page 244).

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

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

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

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

act these symptoms, so do what helps you most. It may more rest, or taking vitamin C.

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

Cysteine has other important benefits for you. It coun acts the radiation we all get from living on this planet, cal "background radiation". This might even explain why supp menting animals with cysteine had the effect of lengthen their lives substantially. Cysteine is a heavy metal detoxif perhaps through the formation of glutathione. It deserve permanent place on your supplement list.

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

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

	Ozonated olive oil	**L-cysteine, 500 mg each**	**vitamin 400 IU**
Two weeks	1 tbsp. AM, 1 tbsp. PM	2 capsules, 3 times daily	once daily hours or m after oil
One week off			
Two weeks (if necessary)	1 tbsp. AM, 1 tbsp. PM	2 capsules, 3 times daily	once daily hours or m after oil
One week off			
Continue this schedule until well!			

Zapping Parasites

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

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

If the varying voltage becomes NEGATIVE, even momentarily, it supports and maintains their lives! This must be avoided. You cannot take this for granted when you purchase a zapper. The maker must assure you that it has been checked on an oscilloscope and not even 1% negative voltage found. Preferably a picture of the zapper output on an oscilloscope should accompany the unit together with an arrow pointing to the zero line. If the circuit diagram is followed exactly as given on page 505, there will be no error.

If the voltage is applied in pulses, to produce a "square" wave, it will affect many parasites at once so that the rate of raising and lowering it, called frequency, is not critical. Even though these tiny animals undoubtedly have a "mortal frequency", this rate does not need to be known or used when a square wave of electricity, **totally positive**, is used (see page 531).

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

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

With this knowledge you may build or purchase a zappe is energized by a 9 volt battery. This is too small a voltag harm you or even to feel although some people can feel a w tingling sensation. Most of the current is flowing through blood in your arteries and veins, but a fraction of it reac every organ and tissue in your body. Except when this orga saturated with a liquid *insulator*. Insulators do not let cur pass.

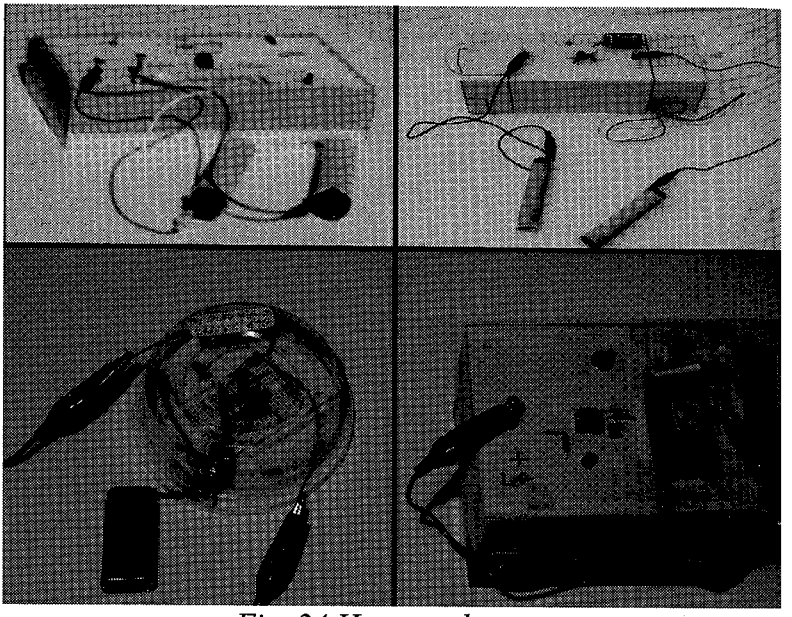


Fig. 24 Homemade zappers

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

PCBs

The "best" liquid insulators ever invented were a family chemicals called polychlorinated biphenyls, popularly cal PCBs and resembling thin machine oil. They were soon pu use in transformers, the large pots or kettle-like containers y see hanging from tall utility posts. Our industrialized nati the United States, had not solved the problem of dispo

though, before PCBs came widely into use. Finally, in the 1970s, after 40 years of use, production was stopped because the disposal problem still had not been solved and PCBs were beginning to seriously pollute the environment. They were now classified as a "toxic waste" to be disposed of only in government-regulated ways, mostly in metal barrels buried in toxic waste disposal sites. Now, 30 years later the barrels have leaked considerably through unavoidable rusting and breakage, and PCBs are trickling out and downward, with gravity, to the nearest waterway.

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

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

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

Much more information on PCBs is available in libraries and on the Internet. Our public agencies publish reassurances that no health hazard exists. But the Syncrometer® tells a very

different story. As a society we must mobilize our resources to destroy them and avoid them.

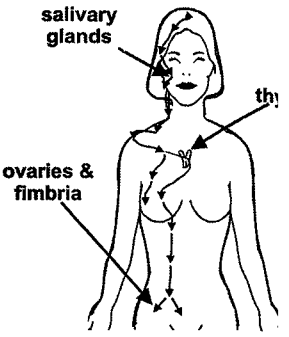


Fig. 25 PCB route i HIV disease in wom

PCB Pathways

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

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

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

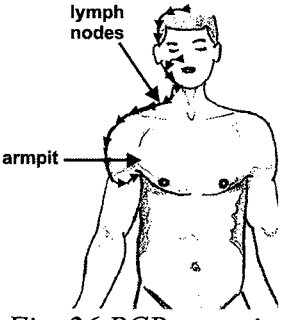


Fig. 26 PCB route in sence of disease

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

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

In men with HIV disease in the United States, the skin over the thymus is heavily loaded with PCBs coming from all the

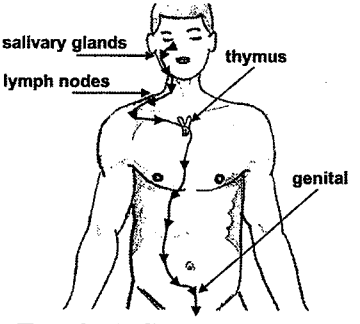


Fig. 27 PCB route in HIV ease in men

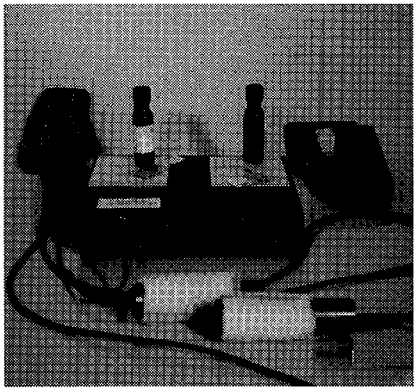
neck lymph nodes. They exit from the thymus through an edge of the breast down to the genital region.

Usually, one side is more affected than another.

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

Plate-Zapping

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



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

Fig. 28 Plate-zapper

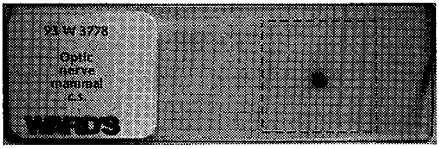


Fig. 29 Microscope slide with real tissue under glass square

can be purchased from biological supply companies (s
Sources) and are safe to handle.

Bottled Alternative

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

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

White Blood Cells Respond...

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

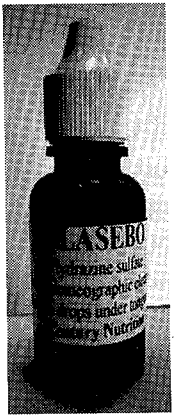


*Fig. 30 Bottle-cop
has frequency patte
of an object or
chemical in wate*

Like a fairy godmother who has waved her wand, all four immune blockers are quickly taken out of the thymus tissue and imprisoned in the white blood cells. They have phagocytized. After this phago
tosis continues normally. Normal conductivity returns t

when all insulators have been removed. Large parasites and small parasites are killed next, perhaps with special WBC weapons. Even tapeworm stages are killed and eaten. Hundreds of toxins, heavy metals, fungus, mycotoxins, all are eaten in one big frenzy.

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

...But Only If Fed

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

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

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

It takes 1000 mcg (1 mg) of selenite and 1 tsp. hydrangea powder in a single dose to keep unloading the thymus toxins

for four hours. One cup of coconut "milk" has both. It take two more doses after that, spaced four hours apart (altogethe 12 hours) to clean up the thymus or other small organ.

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

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

What happens to the dead carcasses of large flukes lyin about like dead rats? They will soon be enveloped in mold an toxic decay. Watch what happens to a tiny dead fish at the bo tom of an aquarium at a pet store. Within a day fine fuzz seen all over the surface, like velvet. In a few days if it is n scooped out, a halo appears around the dead fish. Fungus ha taken over the entire fish and is now going through its ow stages of development, glistening under the aquarium ligh The owner will scoop it out.

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

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

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

Dodging The Flu

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

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

Zapping one organ may give you such symptoms while another does not. The difference is clear. It depends on the lymphocytes there. If they are filled with mercury and thallium (from amalgam in teeth) they are not able to kill viruses or Salmonellas. And you could get detox-illness. If amalgam has already been removed there, flu and Salmonella pathogens are killed as fast as they emerge and no sickness is felt. That is why our *2-Week AIDS Program* starts with removing amalgam by extracting teeth and taking L-G and L-A. You are now less likely to get detox-illness from plate-zapping. Nevertheless, you are likely to experience some attacks. It is a very small

price to pay since it is not a virulent flu or vicious Salmonell attack nor a dreadful cold. You have already been "carrying these pathogens for many years as your strain. In fact, you hav already been attacked and have felt them many times witho recognizing it. And as often as you have had the flu you hav also battled and won "prion disease". The Syncrometer® see **prion protein** bits escaping from the flu virus.

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

Prions are very sensitive to several herbs. They are given i the "Prion Punch" recipe given on page 564.

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

The flu and Salmonella syndrome is a partnership. To gether, they can cause mild fatigue, slight nausea, slightly el vated temperature, dizziness, disorientation and lack of appe tite. But mood is usually spared or even elevated! By preven ing at least one of the FSS duo (Salmonella) from developin by taking Lugol's, the symptoms are greatly lessened. Yo may, in fact, notice nothing. But it is better to be forearme against flu, too. Have on hand homeopathic flu medicine, Os cillococcinum.

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

It is important to know that if you develop any after effe from zapping, however small or large, we have always found

to be due to flu, Salmonella and prions, namely the result of killing large flukes. For some persons Adenovirus, the common cold, or *Clostridium botulinum*, which causes weeping, plays a role, too. Go after these the same way—by including them at the zap location and with homeography.

Plate-Zapping Is Part Of The Team

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

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

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

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

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

Feast or Famine

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

When the tiniest bit of onion is eaten, it arrives quickly all the various Fasciolopsis lairs. What is the attractive for New parasite stages immediately develop and their populat booms. Withholding onion is just as powerful. The famine create for them cuts their population in half in about 5 da But many sources of onion are so unexpected, it is almost i possible to avoid. Most kitchen spices I tested and even a sa ple of organic butter had onion chemicals in them! The o way to rout the last remnant of onion is with a diet complet devoid of canned food, spiced food, and processed food for t weeks. This is the third way to kill Fasciolopsis on a la scale. And the search is on to find the essential foods of Pa gonimus and other parasites.

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

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

An Enema A Day Keeps The Viral Load At Bay

A simple way to kill very many HIV viruses is with enemas. The bowel, too, becomes a seething source of HIV viruses and other disease pathogens as AIDS progresses. They are easy to kill here, with a simple enema. Use Lugol's or Black Walnut hull tincture added to the water. Alternating them is best. Even plain salt water can flush out half of them each day. Take an enema daily. See instructions on page 575.

Viral Load Dropping

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

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

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

You are no longer feeding Fasciolopsis its essential nutrient from the Lily (onion) family. The benzene already in your body will be destroyed with vitamin B_2. Vitamin B_2 will also detoxify Fast Garnet and Fast Green dyes though more slowly than coenzyme Q10. Stay on at least 10 capsules of B_2 daily. Together with coenzyme Q10 and dye-remover herbs (see

Recipes) you will soon get these dyes out of your WE where the harm is being done.

Benzene turns into phenol. Magnesium and glucuronic a destroy phenol. Magnesium should be taken in large doses (only the powdered variety to avoid its laxative effect). (curonate is found in Kombucha tea, a traditional Asian ipe[11], and in supplements.

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

Zapper Mysteries

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

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

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

There is another way, besides herbs, zapping, enemas nutrient withholding to eliminate parasites from your body storing immunity. The body normally uses benzoquinone (and rhodizonic acid (RZ), which it makes itself, to kill flu

[11] www.http://w3.trib.com/~kombu

and two very common Ascaris varieties. It uses the body's own electricity to make these.

In AIDS, as well as cancer and other diseases, large parts of the body are no longer making BQ or RZ nor the other immune weapons I mentioned earlier. We will find a way to help the body make them again through **homeography**.

Homeography

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

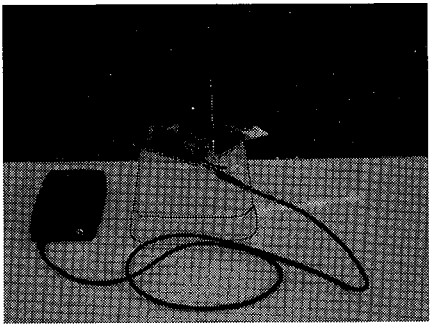


Fig. 31 Making a bottle copy of a slide using a zapper

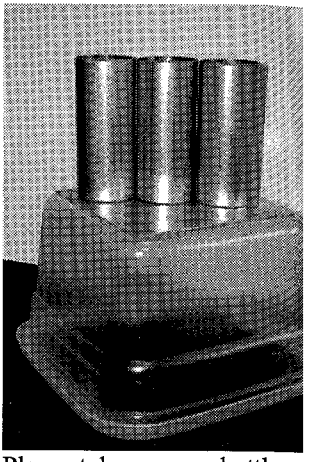
In fact, water seems to have a large capacity to hold frequencies without confusing them mixed up or confused. These discoveries are too new to be able to answer even simple questions. What kind of energy is being held in the frequency pattern? How is it held? Only further research can shed light on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

How To Make Homeographic Drops

You will need a source of Positive offset square waves, at least 30 kHz, close to 50% duty cycle and at least 9 volts peak-to-peak. This is what a zapper produces, so you may already have the most important item. You will also need a 3½ inch square of aluminum sheet, about $^{1}/_{32}$" to $^{1}/_{16}$" thick, called the plate. You may find the aluminum at a hardware store; just cut

to size. The plate is fastened to a plastic stand; a disposa food container works well. A wire comes from the Posit output of the zapper and connects to the plate. The Negat output is not used.

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



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

Fig. 32 Shielded bottle make stronger copies

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

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

Homeographic Drops Can Strengthen

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

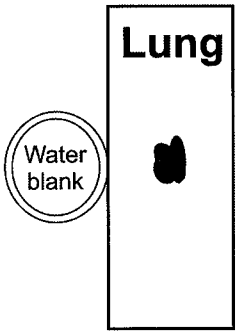


Fig. 33 Strengthen your organs with their own frequencies supplied as drops of water.

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

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

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

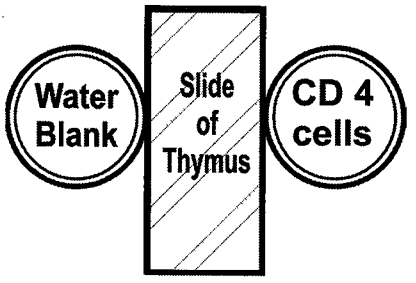


Fig. 34 This combination makes the thymus CD4 cell pattern

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

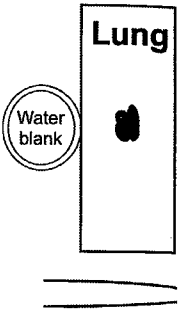


Fig. 35 To mak right lung, plac 1 pF capacitor plate

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

You may make drops of all the organ samples you can b You may have 30 or 50 bottles to take, **giving one minut each**. You can do this while you are zapping. There are no s effects although you may feel new body currents in location disease. If you take these drops more than 6 times daily, effect may be much stronger. If you give yourself detox-illr

you have evidence that you even killed large parasites. How did your body do that?

Homeographic Drops Can Supply

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

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

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

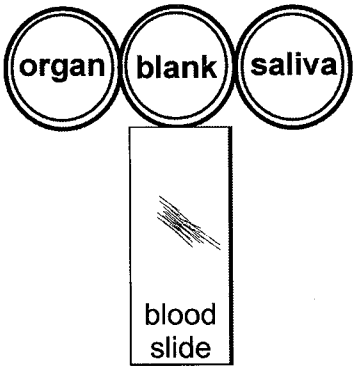


Fig. 36 This combination makes BQ in the organ

One could, of course copy some real benzoquinone into a bottle of water and take those drops. We call this "cloned BQ." These drops are quite powerful but only for a short time. Inducing your body to make BQ using the combination of saliva and blood and organ is superior!

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

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

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

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

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

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

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

Zapper Alchemy

Another technique is plain copying. After a few da taking drops you may be running low in this variety! Yo make more the same way you did the first time, but it's e

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

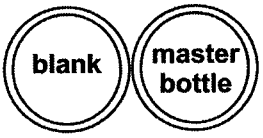


Fig. 37 To clone your master substance it should touch the blank

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

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

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

Review

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

1. The herbal way is system-wide but misses hard to reach places like the brain and lymph valves under the skin. Also, herbally killed parasites release their eggs into the blood unless

promptly zapped. Although cloves kill eggs, it is difficu consume enough at the right time. Regular zapping is easie

2. The zapping way should be done by plate-zapping s PCBs saturate the most important organs, even hands, prev ing them from conducting the zapper current. For p zapping, sit with your feet on the zapper's copper tubes f total of eight hours a day. Follow a schedule of organs t plate-zapped. This lets you restore immunity to one organ another. Expect minor side effects, which you minimize by ing "protective" drops for the key brain organs, hypothala pituitary, pineal and cerebrospinal fluid.

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

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

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

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

- Remember that your viral load will not come d unless you get rid of benzene and kill the parasite *ciolopsis buski* everywhere. You must also kill Par nimus that leads to benzene formation in the body. kill Eurytrema to get rid of SV 40 virus.
- Your CD4 cell count will not come up significa unless Fast Garnet is removed from them. Your C

will not go down significantly unless Fast Green is removed from them.

And none of these successes returns your phagocytizing power system-wide. To regain this and have immunity again from all the treacherous diseases everywhere in your body (not just in the locations where you have zapped or "dropped") you must get rid of the immune blockers: benzene, PCBs, asbestos, and metals. We will get rid of these in the next chapter.

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

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

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

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[12] *Positively Aware; http://www.thebody.org/tpan/tpanix.html; Positive Health News www.keephope.net*

Getting Back Immune Power

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

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

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

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

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

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

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

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

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

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

Immune power should not be a fuzzy concept. Fuzzy co cepts misguide us and lead to wrong conclusions. Our WB are our immune defense. In the same way as we were watchi the thymus (page 29), we can watch our white blood cel (WBC), using the Syncrometer®. Just how to arrange f WBC-watching is given in the *Syncrometer® Science Labor tory Manual*. We can watch the white blood cells in action the blood or lymph or even in arteries, veins and tissues of a organ. We can see if WBCs are eating bacteria and toxi (phagocytizing). We can see if they are making special chem cals—interleukins, for example. We can see if they have t equipment they need to carry out their work—beta glucans, f example. We can see if they are scheduled to multiply or to d by finding the ratio of **bcl-2** to **bax** gene products in them. W

can discriminate between different white cells by their surface markers and search for the problems they may be facing. For example we can focus on CD4 (helper) cells, CD8 (suppressor) cells, or CD14 (macrophage) cells.

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

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

Getting Rid Of Asbestos

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

The bulk of our exposure really comes from food and water, even the finest "organic" food and the "best" tasting bottled water. A steady diet of asbestos fibers from pureed vegetables in canned baby food, to fresh fruits and vegetables, to cooked and baked produce, even to rice, beans, coffee, sugar, and cereal grains finally reaches it's limit for your white cells. How does it get into all these foods? A clue comes from taking swabs of conveyor belts. In supermarkets these belts carried vast quantities of asbestos fibers. The Syncrometer® detects them easily. I believe that the practice of throwing newly picked lettuces, cabbages, and the whole gamut of produce on conveyor belts to be spray-washed, simply picks up all the loose bits of asbestos that are lying on the aged and fraying

belts. And new belts pick it up from the dust off old nearby. Does it not wash off easily in your kitchen sink only is it stuck in the produce with its sharp spear-like but it is then sealed tightly into the food as the spray dries and hardens under blow dryers.

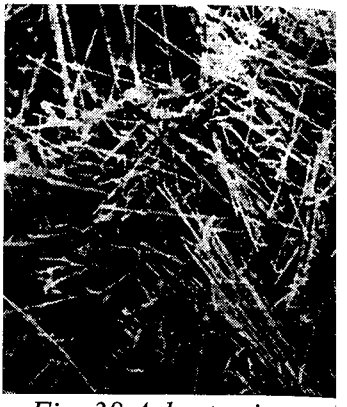


Fig. 38 Asbestos is neea shaped

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

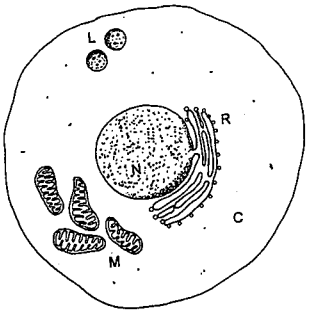
How does asbestos destroy your immunity, your blood cells' ability to phagocytize? The Syncrometer® ma possible to see some of the details.

A substance, **ferritin**, is involved. Ferritin is a gummy of protein with pinholes in its walls. It attracts iron to itse simply sticks itself against your iron, as in your old wor red blood corpuscles. The iron molecules are inside th blood corpuscles, where they are part of your hemoglobi salvage the iron molecules they are stuffed through the holes to the inside of the hollow ferritin ball. It is like p pennies into a piggy bank. A cluster of such iron molecu accumulating inside. How clever it is to recycle our iron s we should never be anemic. Yet one of the largest caus death from either AIDS or cancer that I see is due to an There is a point of weakness in the story of iron usage; th captured inside the ferritin ball cannot be used again unti in reduced form. Not many reducing agents can do this. min C and L-cysteine are two, red beets are an herb tha

do this. If you are anemic you may have plenty of iron but it locked up in your ferritin.

Ferritin is expected be present only in a cial location inside the lysosomes picture).

Suppose you have on oatmeal with rai- and nuts, all of ich bring asbestos ers. Your white od cells take notice. hen the white blood lls begin to eat the bestos fibers that are iving with your food, here will soon be loose on molecules inside the phagocytes. One common kind of asbestos has iron molecules as a part of its structure. The white blood cell can pry off this iron. But loose iron triggers genes in the WBC to make much more ferritin (to store it all). So much ferritin is made that it seeps out of the cell and coats the outer surface. Eventually the whole white blood cell is smothered in ferritin. The little receptor-sites on the outside surface of the white blood cell, whose job it is to "sniff out" toxins or bacteria, are smothered in ferritin like an oil slick over a duck. The cell is helpless, it certainly can't phagocytize. After ferritin coating appears, the white blood cells remain quite empty although there are bacteria and toxins all around.



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

Fig. 39 A cell with lysosomes, etc.

How can the ferritin be removed? The quickest way is with the drug, levamisole, two tablets, 50 mg each, taken 3 times daily before meals. Most of the ferritin coating will be gone from the thymus' white blood cells in three days. But levami-

sole has other values too, so it is recommended in your re
ery recipe for at least 14 days.

Another ferritin remover is the plant enzyme, papain.
fortunately, it smells like pure decay. If you could wear a r
or a clothespin, while you get it into a liquid that's spiced,
the Spice Syrup (page 562), it is not so disagreeable. The
is 1 tsp. papain 3 times daily, before meals, to avoid using
on food digestion. You could of course put it into capsules
by then you have suffered from the smell just as much.

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

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

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

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

Getting Rid Of Lanthanide Metals

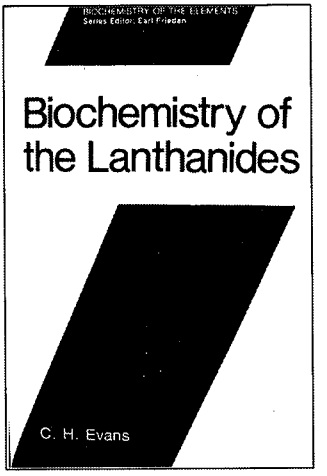
The lanthanides are a set of 15 magnetic metals. The
thanides were studied intensively after WWII to try to find
for them and to bring them into commerce despite their t
ity. This may sound noble enough to the business mind. E
is like trying to find uses for X-rays in shoe stores, radioa
ity in watch dials, and radioactivity in porcelain teeth (to r
them sparkle). With reckless disregard for society's safety
commerce constitutes white-collar crime of the lowest kir
has done as much harm to human health as bringing mer
into the dental profession. After studying the lanthanide

about 10 years in connection with cancer and AIDS I am led to believe they have interfered profoundly with the force of the natural magnetic field surrounding us. Much more research needs to be done to investigate this possibility.

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

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

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



ISBN 0-306-43176-9
Fig. 40 Lanthanides disrupt fundamental biological processes

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

Do not use reverse osmosis water. A lanthanide (from the water filter) added to your water is much more harmful than whatever the filter removes. A water-treatment company likes

to trade on your (and their!) ignorance of water composition hires sales people who are sincere but ignorant also. They show you a demonstration of how hard your water is by adding a chemical to a sample of your water. The chemical precipitates minerals and impresses you with how "excessive" the minerals are. But water should be hard. Your body counts getting minerals from water. None of these minerals are harmful. Any truly harmful items cannot be precipitated and revealed that way!

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

- Membrane filters bring lanthanides.
- Carbon filters bring benzopyrenes, serious carcinoge
- Other kinds of filters add heavy metals or chemicals.
- Distilled water brings metal from the pipes (usu copper) in large amounts, or lead from glass tube they are used.
- Rainwater brings smog particles and PCBs in cities.
- Cistern water brings the materials of the cistern plus molds and may be stagnant.
- Well water brings traces of tin and arsenic if it is fertilized fields or animal run off. It may bring PCB the pump is submersible. Otherwise, it is a good cho perhaps the best.
- Regular water from the faucet has benzene in Afr the source is not yet known. I have frequently detec it in American water, but only if it is wrongly chlo ated (using laundry bleach instead of EPA registe bleach). At least 90% of USA AIDS cases I have s were drinking such water!
- Softened water brings the actual chemicals of the tener (large amounts of aluminum) plus contamina into the water, often strontium, uranium and PC Even though the softened water is brought only to hot water faucet, it cannot be kept out of your food drink when a single lever faucet is used. The alumir

accumulates in the brain and adrenal glands causing dementia, particularly Alzheimer's, and adrenal insufficiency. Learn more about this from the internet[13].

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

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

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

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

Holmium is another lanthanide that is as powerful as it is dangerous. It occurs in combination with PCBs. Perhaps it was used as the catalyst to manufacture PCBs. It is suddenly abundant when PCBs are being removed by a too-low zapping voltage or by the body itself. When too low a voltage is used for plate-zapping it must all be repeated, to remove the holmium

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[13] http://www.healthfree.com/paa/paa0008.htm
http://www.tjclarkminerals.com/Diseases/d_alzheimer.htm
http://www.geocities.com/pulone8/pulone8index.html
http://www.wwns.com/sanders/gh/aluminum.htm

that was left behind. Wherever there is holmium there is nc terleukin 12. **White blood cells cannot phagocytize in presence of holmium or any other lanthanide.**

Tooth filling material, whether metal or plastic, all cont lanthanides. They seep constantly into your body. They do stay in your intestinal tract to be eliminated nor go to the b der to be excreted. They go to your thymus and bone marro you have HIV or AIDS disease, to your tumors if you h cancer, and to some other organ if you have another dise Toxins always migrate to your problem-spot; I have called phenomenon morbitropism, meaning disease-attraction. T eased organs attract those things causing the disease.

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

But denture material itself is very easy to harden. You do it yourself, simply in a saucepan. If you have a remov denture, follow the recipe given on page 596.

Perhaps further dental research will bring improved harc ing technology. Until then, filled teeth must be replaced anc new teeth filled with any plastic material. It cannot be harde sufficiently.

Once the lanthanides are out of your mouth, a major sou has been eliminated. Simply not eating them with food is last task. Lanthanides do not sonicate apart as asbestos complex chemicals can. You must carefully wash them your food with hot water. The practice of preparing fruits vegetables, starting with two hot water washes in a row, moves lanthanides stuck in the sprayed-on chemical film al with asbestos. Read exact instructions on page 562.

Getting lanthanides out of your body is almost impossi They do not behave like other metals. Supplements are not

either. But plate-zapping an organ removes them. Homeopathic drops can remove them, too, an organ at a time. Their magnetic property must be coming into play.

Getting Rid Of Amalgam Metals

The body's supply of mercury does not come from eating fish. It comes from a much more obvious source, right in your own mouth. A pellet of mercury about half the size of each amalgam filling was intentionally put there by some well-meaning dentist. But the American Dental Association (ADA) condoned this practice in spite of being able to see the gross degree of corrosion it underwent later. In spite of ample amounts of research proving its harmful nature, the ADA persisted in proclaiming its harmlessness. And so, from a single profession, the entire United States has had its immunity damaged and is paying the price in cancer cases, HIV and AIDS cases, and countless other diseases. It is important for sociologists to study this phenomenon. Unless it is studied and acknowledged, we are bound to repeat it. What safeguards could be put in place to avoid a global catastrophe?

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

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

L-G stands for lysine-glutamate.
It tackles your amalgam deposits, even the mercury, thallium and uranium they contain.

Every white blood cell that has mercury or thallium inside itself is unable to kill. Yet killing is its job. The body relies on

lymphocytes and special killer cells to kill viruses, bact
parasites, and foreign tissue bits like yeast and fungus.
even have a "second brigade" variety of lymphocytes wh
job it is to kill those cells that couldn't kill. And we have c
plement C_3 to assist with killing. We were meant to be
protected.

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

But once the tooth source is gone, taking large doses o
G for quite a long time keeps amalgam metals pouring out
the urine until your body is cleared, about six months. M
both L-G and L-A from scratch with the recipe (page 592
obtain ready made from *Sources*.

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

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

Fortunately you can get a head start on amalgam rem
by extracting amalgam filled teeth. Teeth that once had ar
gam fillings can be treated with a new device, a **toothbr**
zappicator. Evidently, this changes the leftover heavy me
chemically, allowing them to be dissolved and excreted (
haps hydrolyzed or oxidized). By zappicating every tooth
once held amalgam and every space along the bony tooth-ri
where teeth once were, the buried bits of amalgam can be
moved, too. Taking L-G at the same time removes it all fa
After three complete rounds of zappication directly on to

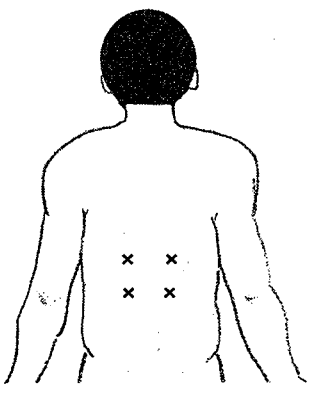
teeth and along sides where soreness or redness is present, the buried amalgam will be gone from these bone locations in a few days.

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

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

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

At the same time as you are zappicating your teeth, you should be wearing "kidney magnets" to assist them, as well as drinking a lot of water. Kidney magnets are tiny 10-gauss magnets you can tape over your kidney locations, one or two per kidney. Most important is being sure that the NORTH Pole is touching your skin. Such magnets are the equivalent of zapping. See *Sources* for the magnopatch.



Magnets assist adrenals, kidneys, ureters and bladder.

Fig. 41 Tiny North Pole magnets

Teeth that once had amalgam fillings and now have plastic caps or fillings can be zappicated to

change their chemistry, too. But if the amalgam was not moved very completely, there may be too much left to mobi this way. It would be best to extract them, of course. Zappi them at least 3 times. If your health does not return, ext these.

Getting rid of lanthanide metals, mercury and thalliun part of the "dental cleanup". We will describe it very carefi later, since on this depends a large part of your immune sys recovery (see page 209).

Getting Rid Of PCBs

Roomfuls of scientific literature on PCBs exist. Agen and environmentalists are truly concerned. But nobody come up with a way to detoxify PCBs that have entered the ter supply or food chain; nor to test for them, cheaply quickly. We are sitting as helpless babes-in-the-woods wai for PCBs from toxic waste sites to reach the waterways, even knowing when it has happened or what to do.

Arm yourself with information off the internet. Then the water supply that comes to <u>your</u> kitchen tested with the est technology. But don't just send the water. Run w through a carbon filter for a month or more. Then send in entire filter. This lets you know if you <u>ever</u> ran PCB-w through it. Learn about the latest technologies. Costs are c ing down. Labs are eager to serve you!

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

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

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

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

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

Traces of PCBs can be sonicated off baby toys, baby bottles and teethers as if you were "cleaning jewelry" (see page 242). It also comes off dentures, fresh from the dentist, or even if very old. It comes off toothbrushes and off eyeglasses fresh from the optometrist. Don't contaminate your sonicator. Always place the article in a plastic bag with water added and zip tightly before lowering it into the sonica-

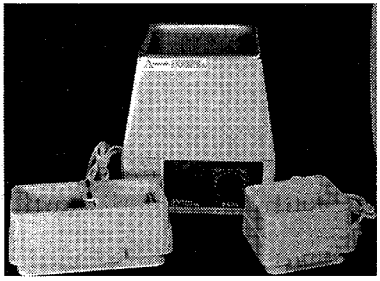


Fig. 42 Jewelry cleaners like these can remove PCBs



Fig. 43 Clean PCBs off plastic toys and baby things

tor water. Sonicate baby things three times. Empty the wat into the toilet, not the sink. Rinse the items afterwards.

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

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

Macrophages, your WBC "piranha-brigade", must ha molecules of *betaglucan* on their surface in order to work. PC oil swamps or removes their betaglucan. Without it, they ca not phagocytize, namely eat, your body's enemies, includi PCBs! Like soldiers without ammunition, they must stand id by. Fortunately, most PCBs stay in your fat. But it is only temporary solution. When you develop a trauma or disea condition in one of your organs, they are attracted there. No immunity will fail at this organ, making the disease mu worse quite quickly.

Meanwhile, the liver will try to detoxify PCBs but it has reactions that can do this. That is why PCBs are called nonbi degradable.

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

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

Evidently ozonated oil travels to your PCB accumulatio mobilizing them from your organs towards the kidney a

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

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

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

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

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



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

Fig. 44 Safe oils

Cook and bake with homemade butter or olive oil. Yet, hardly any cooking oils on the market, including olive oil, are

safe from benzene and PCBs (many also have antimony poll tion, a significant toxin).

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

Butter made in Mexico or homemade was pure. Boili USA butter helps but is not enough for an HIV/AIDS victi Dyes, metals and apiol do not boil out. Make your own or u only oils (see *Recipes*). At this time PCBs have not yet enter other dairy foods. But you will need to avoid dyes here. sure to add a pinch of vitamin B_2 to any dairy food and to b it as well as treat it electronically. Other details will be given the *Diet* and *Recipes* chapters.

PCBs have polluted the soap, shampoo and lotion indus for 10 years already. I mentioned this as early as 1994. T problem has not abated. It has intensified. Don't use any co mercially made body product. Make your own or simply u borax for all purposes. The recipes are given in the *Recip* chapter (see page 535). No salves, no ointments, not ev health food varieties are safe.

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

Getting Rid Of Benzene

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

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

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

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

Use	Limitation (inclusive of all petroleum hydrocarbons that may be used in combination with white mineral oil)
1. As a release agent, binder, and lubricant in or on capsules and tablets containing concentrates of flavoring, spices, condiments, and nutrients intended for addition to food, excluding confectionery.	Not to exceed 0.6% of the capsule or tablet.
2. As a release agent, binder, and lubricant in or on capsules and tablets containing food for special dietary use.	Not to exceed 0.6% of the capsule or tablet.
3. As a float on fermentation fluids in the manufacture of vinegar and wine to prevent or retard access of air, evaporation, and wild yeast contamination during fermentation.	In an amount not to exceed good manufacturing practice.
4. As a defoamer in food	In accordance with §173.340 of this chapter.
5. In bakery products, as a release agent and lubricant	Not to exceed 0.15% of bakery products.
6. In dehydrated fruits and vegetables, as a release agent	Not to exceed 0.02% of dehydrated fruits and vegetables.
7. In egg white solids, as a release agent	Not to exceed 0.1% of egg white solids.
8. On raw fruits and vegetables, as a protective coating	In an amount not to exceed good manufacturing practice.
9. In frozen meat, as a component of hot-melt coating	Not to exceed 0.095% of meat.
10. As a protective float on brine used in the curing of pickles	In an amount not to exceed good manufacturing practice.
11. In molding starch used in the manufacture of confectionery	Not to exceed 0.3% in the molding starch.
12. As a release agent, binder, and lubricant in the manufacture of yeast	Not to exceed 0.15% of yeast.
13. As an antidusting agent in sorbic acid for	Not to exceed 0.25% in the

food use	sorbic acid.
14. As release agent and as sealing and polishing agent in the manufacture of confectionery	Not to exceed 0.2% of confe tionery.
15. As a dust control agent for wheat, corn, soybean, barley, rice, rye, oats, and sorghum.	Applied at level of no more th 0.02% by weight of grain.

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

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

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

21 CFR 172.560 (4-1-94 Edition) Modified hop extract.
The food additive modified hop extract may be safely used in beer in accordance with the following prescribed conditions:
(a) The food additive is used or intended for use as a flavoring agent in the brewing of beer.
(b) The food additive is manufactured by one of the following processes:
(1) [describes a hexane extract]
(2) The additive is manufactured from hops by a sequence of extractions and fractionations, using benzene, light petroleum spirits, and methyl alcohol as solvents, followed by isomerization by potassium carbonate treatment. Residues of solvents in the modified hop extract shall not exceed 1.0 part per million of benzene, 1.0 part per million of light petroleum spirits, and 250 parts per million of methyl alcohol. The light petroleum spirits and benzene solvents shall comply with the specification in §172.250 except that the boiling point range for light petroleum spirits is 150°F-300°F.
[(3) through (8) go on to describe other allowable manufacturing processes using methylene chloride, hexane, methyl alcohol, sodium hydroxide, butyl alcohol, ethyl acetate, potassium carbonate, ethylene dichloride, isopropyl alcohol, trichloroethylene, palladium, hydrochloric acid, sulfuric acid, peracetic acid, sodium borohydride and other chemicals.]

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

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

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

I find benzene is present in foods and products that have been colored, flavored, stabilized, conditioned, defoamed, coated, or preserved. Although our regulatory agencies have been vigilant in checking gasoline, dry cleaning fluid, and outdoor air for benzene, the most toxic route, food, beverage and cigarettes, has escaped detection. The present extent of benzene pollution is unthinkable and overwhelming.

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

Benzene Polluted Products

THROW THESE OUT

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

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

Vaseline products (Nox-zema, Vick's, Lip Therapy), chap stick, hand cleaners

Cooking oil and shortening (except safe varieties)

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

Cold cereal, including granola and health brands

Toothpaste, including health brands

Chewing gum

Ice cream and frozen yogurt

Vitamins and other **health supplements** (buy nothing colored or flavored; rinse in HCl water)

Baking soda and cornstarch (see *Sources*)

Flavored pet food, both for cats and dogs

Rice cakes, even the p ones

Bird food made into cake

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

Personal lubricant, inc ing lubricated condoms (electronically as if food)

Pills and capsules, at le third of all I test are poll This includes herbal ext and prescription drugs. V color coating off; then in HCl water and dun vitamin B_2 before swal ing. Hardly any Mex brands are polluted.

Cigarettes (if you sm have yours analyzed b lab) Treat each package tronically as for food.

Soaps, hand creams, creams, moisturizers

Marijuana

Amyl nitrate, butyl ni and similar products, monly called "**Rush**"



Zappicate 10 minutes.

Fig. 47 Lubricated condoms have benzene

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

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

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



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

Fig. 48 Mexican-made candy

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

Make your own replacements from our recipes!

In HIV disease the body rids itself of benzene in three to five days after stopping the use of polluted products. But in AIDS, the skin and all fat locations hold onto it for several weeks. We will detoxify it with vitamin B_2.

All persons with HIV or AIDS associated illness have be zene accumulated in them. But what about the rest of us? W too, have been using benzene-polluted items. Why does it r accumulate in everybody? The answer, of course, lies in hc much benzene you get. But is that all? Is there some spec toxin that only some of us get, and that specifically causes be zene buildup? Indeed there is. People with a benzene build have more Paragonimus parasites and have been eating more a special mold toxin. It is found in popcorn, potato chips, bak potatoes, French fries and brown rice! The mycotoxin zearalenone. Stop eating these foods. Eat white rice and cook potatoes. The toxicity of molds is much more important th the nutritional difference.



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

Fig. 49 Some benzene-polluted products—BEWARE!

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

All persons with a benzene buildup, regardless of their H status, have zearalenone toxicity. Many persons have also be eating a lot of grilled food, toast, wieners, and open-fla

heated food. Such foods have benzopyrenes in them. Benzopyrenes use up the liver's detoxifying ability for benzene and leave benzene to accumulate. Stop eating these foods.

Two More Tips For Reducing Benzene Buildup

1. Make sure you are taking at least 600 mg of **vitamin B_2** (riboflavin) with each meal.

2. Don't visit tanning booths! Ultraviolet light destroys the B_2 already in your body.

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

How Benzene Works

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

His-Cys-Lys-Phe-Trp-Trp-OH (abbreviatedly pronounced "hiss-siss") is a very important natural peptide that we all have. It locks the door to your genes when viruses approach and wish to enter (integrate). In technical language, this peptide inhibits the **integrase**, which permits viral integration as well as disintegration when the virus decides to leave your genes to multi-

ply. What could be more important to the HIV virus than t ability to integrate? The second peptide, Ac-muramyl-Ala-I isoglutamine-OH ("ack-mur"), is another natural viral replic tion inhibitor. Evidently carboxy ethyl germanium sesquioxi holds the master key to both these peptides. Benzene destro this essential germanium! As soon as benzene is gone, carbo ethyl germanium sesquioxide and both peptides reappear.

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

Magnesium helps to detoxify phenol, forming magnesi phenyl phosphate. Take it in powdered form (like in capsul to avoid its laxative effect (perhaps tablets are harder to d solve and absorb). Always take vitamin B_2 and magnesium gether. And in the long run, such as months, take B_6 also.

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

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

If you are an HIV/AIDS patient, USP-quality HCl sho be added to all the water you use for drinking or cooking. C

drop of 5% HCl treats two cups of polluted water. Start now (see *Sources*). Do not use more.

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

You have now accomplished two goals

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

Rescue Your Lymphocytes

Get Rid Of Fast Garnet And Fast Green

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

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

All the fish in the market place, fresh, frozen or canned I tested (hundreds of samples) had Fast Garnet dye in it exc an occasional can of tuna. They also had hypochlorite (blea and the other azo dyes in them. There are hundreds of dyes; test set has 18. Some fish also had all the heavy metals come with clorox disinfectant, even including mercury thallium.

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

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

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

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

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

Food should not be painted,

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

Fast Garnet causes CD4 cells to be programmed to die.

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

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

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

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

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

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

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

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

Eating colored food is the most obvious way of getting F Garnet and Fast Green dyes into your body and immune s tem. Makers of candy, cakes, butter and yogurt may all be d closing the one legal dye they are using. But what is not d closed are the 99 (figuratively speaking) other illegal dyes t pollute the product in the end. No FDA employee may kn the problem. They do not investigate such possibilities. manufacturer may know the problem. It is truly not their j No environmental protection group may know the proble But somebody and some group does. And it should be inve gated.

Tooth Troubles

The other huge source of azo dyes is our plastic teeth. T are colored with azo dyes even when they look white! The f ings are not hardened enough to prevent seeping. All pla fillings must come out and no new fillings can be put in for t reason. Not only do they all seep azo dyes, they all seep l thanides, other heavy metals, phthalates (carcinogens), acrylic acid (plastic), too. They cannot be hardened enoug the tooth to prevent seeping. And the teeth themselves get sa rated with all these toxins, plus the metals that came before plastic was used. The best advice is to extract them. A par denture is easy to harden outside the body to prevent seepi even if it contains dye! See the tooth hardening recipe on p 596.

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

After plastic filled teeth are removed from your mouth zappicated to hardness, how do you get dyes and plastic (urethane, acrylic acid, phthalates) out of the rest of the bo You have about 1000 deposits estimated with the Syncro

We will focus on getting them out of the T-cells of the thymus and bone marrow.

Vitamin B_2 will help but it is not as easy as for other dyes. Even a 40-capsule dose does not get it all out. Coenzyme Q10 will help, too. Take at least 10 capsules of Q10 daily in a single dose. Take Q10 in the morning on an empty stomach. Repeat for five days in a row. Then take them once a week. You may open the capsules and stir it all into honey and water.

An herbal recipe also helps to take these dyes out of your CD4s and CD8s. It includes bay oil, pomegranate, lemon peel, hydrangea, and olive leaf (see Dye Remover Syrup page 590). Make the homeographic counterparts of these herbs and take these drops as well as the real herb. If you are missing one, make up the recipe anyway.

Homeography is the swiftest way to clear dyes from CD4s and CD8s. Follow the detailed instructions on page 167. Also use the dye-remover recipe and supplements.

Taking organic germanium and selenite helps the phagocytes unload these dyes. Vitamin C is also necessary. Be sure to take all that is recommended in the *2-Week Rapid Rescue Program*.

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

Advanced Aids

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

- Clinically ill with repeated infections.
- A CD4 count below 50.
- A WBC count below 3000.

- A RBC count below 3.5. (A RBC count at 3.0 or bel requires a transfusion.)

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

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

-Week Rapid Rescue rogram For HIV/AIDS

Try to get started on every item by the third day, so that have a full two weeks of treatment behind you before eduling a retest. Each item is discussed further at the end of program, page 133, to help you with details.

1. Remove all amalgam or other metal in your mouth. Extraction is best. After a few days use tooth zappicator on each maining tooth and tooth space to remove residual metal and harden plastic. Do not zappicate metal containing teeth or ot canals. Do this 3 times. Zappicate dentures 40 minutes on ch side to "set" the plastic and destroy PCBs. Repeat after y adjustment has been made by your dentist. Extracting plas- filled teeth is best, too. If you choose to zappicate instead ut your CD4 to CD8 ratio does not come up, return for extrac- ons. Use only dye-free impression compound (see page 135).

2. Request these blood tests:

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

All other tests are unnecessary and create needless cost.

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

3. Go completely natural—in food, in body products, in housekeeping supplies. You must avoid benzene, PCBs, asbestos, lanthanide and other heavy metals and azo dyes. Use the *Clean Up Your Diet* chapter (page 238) to help you prepare food. Use the *Recipes* chapter to make body products and housekeeping supplies.

4. Get away from your accustomed drinking water, bot bottled water and your household water. Find a district tha uses chlorine gas to chlorinate the water and has not "boosted it with liquid household bleach. Rent an apartment or mot room in this district or drive a rented RV to this district. The test your own drinking water (optional) for PCB, benzene an heavy metals by sending in your filter, not water to a lab (se *Sources*). Do not engage a lab that tests only in ppb for PCBs.

5. Choose your new diet. Eat no chicken or fish in an form: fresh, frozen or canned. It likely contains quantities Fast Garnet dye. Now that you can easily destroy parasi stages electrically (see pages 242 and 244), you can eat bee lamb and pork again if it is very well cooked; turkey is anoth choice.

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

Stay off foods that contain these allergenic substanc **phloridzin**, **chlorogenic acid**, **apiol** and **gallic acid**. They d turb your major glands as well as the thymus and set the sta for Kaposi's and other cancers (see *Food Table*, page 619).

Foods with phloridzin are:

- Apples, except Red Delicious and Golden Delicious
- (all others must be cooked or baked to destroy this chemical).
- Pork, ham and derivatives (must be cooked or fried by you, not merely commercially, to destroy this chemical).
- Soy products including oil.
- Unripe fruits of any kind (they must be cooked if they are not totally ripe).

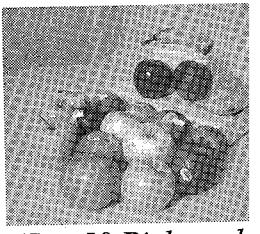


Fig. 50 Pick apple carefully

- Bananas (but putting them in the refrigerator or freezer for four hours destroys the chemical and makes them safe).
- Potatoes (only cooking or baking, not frying, destroys this chemical); no chips or fries are safe.

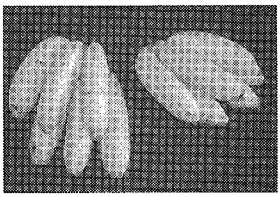


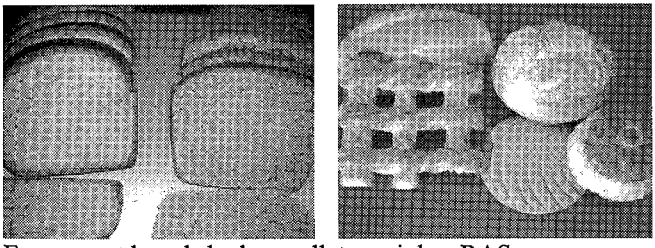
Fig. 51 Midget banana varieties: Machos, Burros, purple, and plantains are safe

Foods with chlorogenic acid are:

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

Foods with apiol are:

- All common cooking oils. Safe oils are shown on page 112.
- Soy products including oil and soy sauce; **cooking does not destroy this chemical.**



Even sweet breads had no gallate, apiol or RAS.

Fig. 52 Safe bread baked in Mexico

Foods with gallic acid are:

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

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

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

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

Treat all your food electrically before or after preparati this includes condiments, supplements and medicines. Y may put your whole plate on the zappicator to be sure you h not missed a single item (see page 522).

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

7. Five minutes before each meal (3 times daily) take iron capsule, 10 mg; two vitamin B_2, 300 mg; and two mag sium oxide capsules, 300 mg each. Later, take 4 more caps of vitamin B_2 in a single dose, making 10 daily, to detoxify dyes and benzene.

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

9. Don't use or eat anything on the benzene list given on page 116.

Don't use any recreational or otherwise unnecessary drug. Don't give it to anybody, friend or foe. Don't sell it. Put it in the toilet. Put your cigarettes there, your beer, Rush, marijuana and other chemicals. If you needed them to make life worth living, you may have been chronically depressed. You can clear this up, too, in a non-psychiatric way by taking the set of "protective" drops for the brain (see page 168).

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

10. Start zapping, preferably plate-zapping for eight hours a day, using the Zapping Schedule on page 150.

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

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

13. Start taking homeographic drops, according to the Homeography Schedule on page 167.

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

15. Take organic germanium in the form of powdered hydrangea root, 1 tsp. 3 times daily, mixed in any beverage. One cup of coconut "milk" can substitute for one of these doses,

too. In other words, drinking one cup of coconut "milk" me
you only need to take two doses of both selenite and hydran
per day. Even if you like coconut "milk," only take one gl
per day.

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

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

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

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

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

21. Purchase about two dozen small magnets, only 10 ga
in strength. Apply two magnets over each kidney area (see page 107). This will keep them clear and unclogged while they pass so much toxic material in these two weeks. The north side should be touching the skin. Tape them in place with wide masking tape, not the medical variety (it has mercury and PCBs). Wear them continuously by day; remove at bedtime. Use the other 20 or

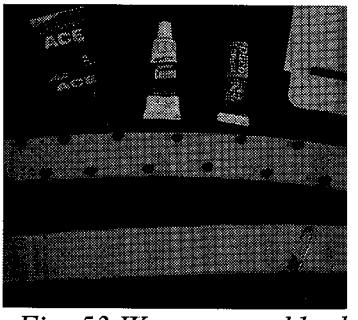


Fig. 53 Wrap around bod
get PCBs out of skin

magnets to make a magnet belt (as shown) to be used later. Test the polarity of each magnet with a compass. If you can't find this, omit this item.

22. Take ozonated olive oil, 1 tbsp. twice daily, frozen or liquid. It may be mixed with food. This helps PCBs leave your body and enter the urine. Zappicate oil first, then ozonate for 20 minutes. Store frozen.

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

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

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

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

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

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

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

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

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

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

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

Help With Each Item

1. Get ready for your dental visit by preparing dental bleach. It is a very, very dilute solution of USP bleach (see *Recipes*). Take ½ cup with you. Rinse your mouth just as you

are being seated in the dental chair. This kills the large amou of bacteria that are in everyone's mouth. They would en your blood stream as soon as there is any bleeding. Remem to do this with all dental procedures in the future even if i just denture fitting. Do not swallow it. Do not use the denti antiseptic or mouthwash; it is the usual sweetened chemi concoction with a "new improved" formula, heavily dyed. Y may use colloidal silver that you can swallow. Or use Lug iodine (six drops in water) that you also may swallow. Th are not as good as dental bleach.

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

As soon as you get home start doing the Dental Afterc program (see page 222). Have your book marked at the p with instructions. Do not drive yourself home from the den ask a friend to go with you. You will also get better service twosome. Ask for your extracted teeth, rinse them, and t cover with bleach water in a closed container. Do it all yo self. The stench may be too much for even your mother. your body was asked to cope with it internally! Rejoice tha is all out. Your replacement teeth can be made of any mate or color since you will harden the plastic yourself at home saucepan of water, following the recipe on page 596. You also zappicate them. Your new teeth will be beautiful beca you can choose them. You will be able to chew better than fore and food will taste and digest better. Your tooth imp sions can be taken at the same visit as for extractions but must not put colored impression compound in your mouth you will be putting azo dyes into your T-cells yourself. So safe varieties are pictured below. Your gums must heal be you can try fitting the new dentures. Do not use impres compound for bite registration purposes. Use paper. It ta two to three weeks before you can wear your dentures comfort. The *Dental Aftercare* program speeds this up.

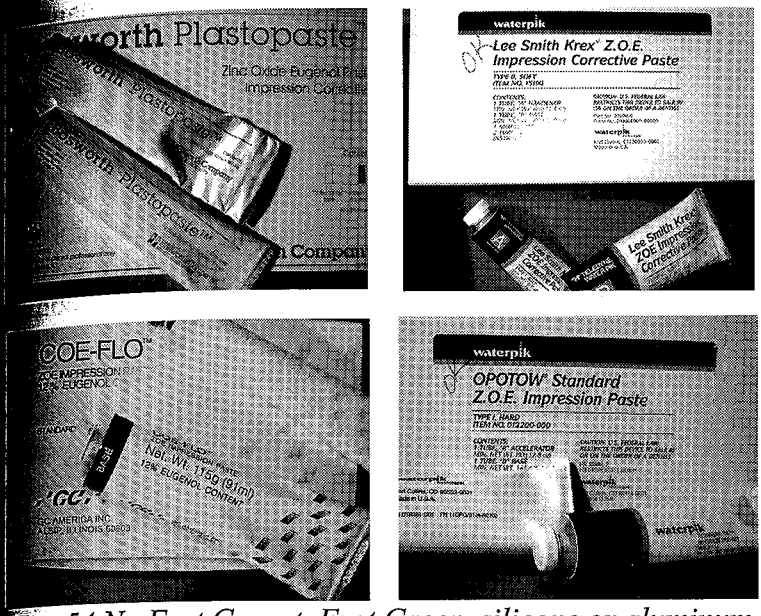


Fig. 54 No Fast Garnet, Fast Green, silicone or aluminum in these dental impression compounds

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

2. Learn to read and understand your blood test results. It is mostly plain arithmetic. Use the chapter on *Reading Your Blood Test Results*. Unless you or your caregiver learns to identify danger signs, they can be missed! I have seen persons with a red cell (RBC) count under 2 dismissed from the hospital, a white cell (WBC) count under 3 not tested for AIDS, an albumin level under 2.5 not given albumin, an iron level under 20 not given an iron supplement. You must assert yourself knowledgeably! Don't defer all decision-making to your doctor! Study those items thoroughly that are out of the normal

range. Don't waste the doctor's time asking for explanati
nor burden your doctor with personal emotions. Understand
possible blood test interpretations. Your doctor may enjoy
coursing over it with you. You may develop a new respect
your doctor when you see how intelligent and concerned she
really is. Blend your judgment with his/hers. In a standoff
ways compromise.

The viral load test takes longer to complete. If you h
gone off your antivirals expect to see the viral load come
before it goes down. The viruses are coming from Fasciolo
parasites clustered in and around the thymus, in your bone m
row along your bones, in your genital organs, and in y
lymph vessel valves under your skin. That is a lot of locati
As soon as benzene is gone these stop releasing HIV vi
Meanwhile you may have reached the upper limit of the t
more than 750,000 copies of the viral genome per ml of blo
I have seen AIDS patients with such high viral counts go
months without getting sick and actually getting better. It is
the virus that makes you ill; it is lack of immune power
other attackers.

But, of course, we will also get the viral count dowr
"nondetected" soon. As soon as the macrophages begir
phagocytize, they will eat the pathogens that are making
sick. But the lymphocytes must have the dyes Fast Garnet
Fast Green removed from them before the ratio of CD4
CD8s can go up and the total T-count rise. All this can hap
in these two weeks.

Your first observable goal is to increase the CD4 count
the ratio of CD4s to CD8s. When this happens it lets you kr
that the dyes are being removed and you will get virus-kil
power back. Your final goal is a ratio of about 2:1 in favo
CD4s and a total for both of over 1000. Your total white bl
cell (WBC) count should eventually reach at least 5000.
cannot realistically achieve this in less than six weeks but
can see the first signs of success in two weeks.

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

Top Priorities

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

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

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

dyes, benzene, isopropyl alcohol, and even live *Ascaris* egg and bacteria.

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

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

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

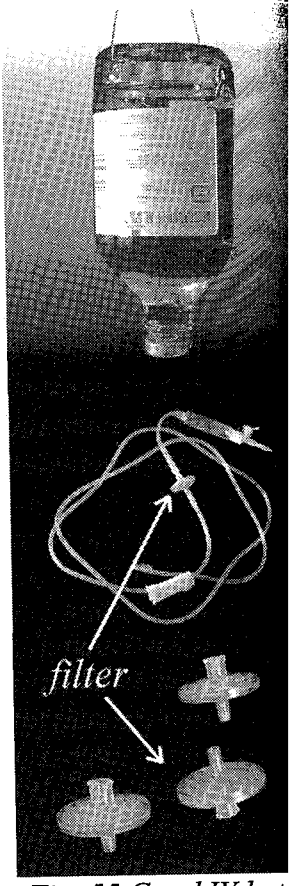


Fig. 55 Good IV bot and filter

Intravenous (IV) Supplements

If you are a caregiver, you might notice that in spite of all the good intentions your patient has to eat and take supplements, day after day passes and it simply does happen. There are reasons beyond anyone's control for not ing. If your patient continues to lose weight, they are not eat enough. Provide the richest, highest calorie food you can. I pare it in the most appealing way you can. But if they have eaten food for two days, you must give IV feedings. The feedings should include fat and protein, not merely sugar. common practice to give terminally ill patients dextrose-w

(glucose/sugar) alone as nourishment. Perhaps it seems justified to clinical personnel since better nutrition would only delay the final event and increase suffering.

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

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

This is our "minimum nutrition" list for IVs.

- Fat emulsion (1,000 ml, Intralipid™ 10% see *Sources*) Use 1/2 or whole bottle a day.
- Magnesium (10 gm/20ml) use 2 gm in a day. Gives mild pain relief. Stops spasms.
- Potassium chloride (149 mg/ml) use 2 to 4 ml a day.
- Vitamin B-100 complex, use 5 ml a day.
- Amino acid solution (1,000 ml, with electrolytes). Give 1/2 or whole bottle in a day.
- Vitamin C (L-ascorbic acid, 500 mg/ml), 25 gm up to 100 gm in critical cases. Add calcium and magnesium injectables to the vitamin C IV to neutralize acidity.
- Calcium gluconate 10% (50 ml), use 25 ml when blood level is below the normal range. Add this to the vitamin C IV to help neutralize its acidity.

These dosages are somewhat flexible; use according to need.



Fig. 56 Assorted supplements given by IV

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

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

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

Additional IV treatments may be used in other situations.

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

Emergency Receding, Continue On

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

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

4. If you live far away from the water treatment plant, your water is probably "boosted" with laundry bleach. Ask the water department whether you are getting such boosted water. If you are, move. You cannot win the battle against heavy metals and azo dyes in such water. If you had been using a water filter, send this to a lab for testing, not a water sample. Call the labs listed on page 641 for exact instructions. Meanwhile, move to a district where only chlorine gas is used to chlorinate your water. You will not succeed with this program if you continue to drink benzene-water.

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

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

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

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

Choose as near unprocessed food as possible. Cook fro scratch. The food zappicator will help you remove the traces immune blockers left in the food you prepare. Finally, pla your plate on top of the food zapper or zappicator for at lea 10 minutes. Treat your pills, too. Each item only needs one l minute treatment. Most food items only need five minutes b eggs, dairy foods and phenolic chemicals need at least 10 mi utes. More is better. If your patient is very special, treat fo for 20 minutes.

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

7. The iron supplement should be ferrous or organic; larg doses give too much oxidizing action. Vitamin B_2 has seve jobs to do. It must detoxify benzene, which it turns into phen It must detoxify azo dyes, even though they are almost u reachable inside your T-cells. That is why so much is neede Expect the urine to be yellow. You may open these capsul and take it straight or stirred into water and honey. Magnesiu oxide can detoxify phenol which itself is very toxic. It needed in equally large amounts. But you can only make use large amounts if it dissolves in the stomach. For this reason powdered variety is chosen. Tablets do not dissolve complete and easily set up a diarrhea with their laxative effect taken t way. Powder does not. In AIDS the stomach does not ma enough hydrochloric acid and pepsin due to the heavy infes tion of Ascaris eggs and microscopic larvae here. By taki these three supplements five minutes before eating, the sto ach is triggered to make them—an extra bonus. **Continue un well**.

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

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

If you have very little time left to live, you might assert yourself more vigorously to be allowed a "drug holiday" giving this *2-Week Program* a better chance. Sign the papers to relieve your doctor of responsibility. Assure your doctor that you will follow the program responsibly, without a single transgression into recreational drug use.

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

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

But it does not return BQ or RZ nor reach anywhere outside of that one current path. The body has thousands of current paths. You must also use herbs and homeography. Besides plate-zapping equipment and slides of organs and pathogens, get a battery charger and rechargeable batteries, plus a voltmeter to make zapping inexpensive and enjoyable. The batteries should be chargeable to over 9.4v. Eat, read, write and take supplements and homeographic drops while zapping eight to

10 hours a day. You will get a flu-like syndrome with disorientation and a zombie-like behavior unless you prevent it all with anti-flu, anti-Salmonella and anti-prion treatments constantly. It is not dangerous but wastes your time. If you begin to feel "fluey", zap the hypothalamus repeatedly and take more of the "protective" drops made for the brain. Also take the antidotes, Lugol's iodine, Oscillococcinum and Prion Punch. Wait till you are better before starting to zap new organs. Zapping with a regular zapper or with nothing on the plates also relieves detox-illness. It also kills parasite eggs in the blood that are released by herb-killed parasites. Zapping with copper pipes under your feet is most effective since the skin is more conductive here. It is less saturated with PCBs. Pressure from the feet keeps the current going to your internal organs, not merely through the skin. Placing feet on flat surfaces is less effective.

11. If you take the herbs while zapping, the eggs released will be immediately killed. Zap for at least ½ hour after taking herbs, preferably longer. The Spice Syrup kills other parasites like Clonorchis, Eurytrema and Strongyloides. Each plays a role in HIV disease. If these doses are not tolerated, make the Buski Tea and drink 2 cups a day. Add the Six Seed recipe taking it for 6 days; then go off 6 days and repeat. Watercress is the easiest to tolerate. You may chew Watercress tablets, dissolve them or blend them with another beverage. A strong dose is 6 tablets twice a day. Suit your needs. Watercress is *Nasturtium officinale*. It can be grown at home (see *Sources*), and eaten daily in salads.

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

13. You can easily learn to make your own homeographic drops. Instructions are given on page 85.

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

dose of both germanium and selenite. Store-bought shredded coconut is a potent source, too.

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

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

17. Copper, cobalt, vanadium, toxic germanium, toxic selenium, chromium, and nickel are heavy metals that come from amalgam, but also come from natural (bacteria and fungi) sources. L-A removes these. Make your own solutions with the recipe given on page 591. Do not combine L-G and L-A with each other nor put them in beverages.

18. All commercially available ready-made Lugol's solutions that I tested were polluted with wood alcohol and isopropyl alcohol (unless listed in *Sources*). But when a pharmacist made it from scratch it was pure. Ask a pharmacist to make (not buy) it for you. It is excellent for sterilizing produce before

putting it in the refrigerator. It is excellent as a quick mouth-wash when you accidentally bite your tongue or cheek. By rinsing your mouth within seconds, no pain develops and you can finish your meal. Iodine fumes from around the bottle cap can stain any surface. If this happens, use vitamin C at once to reduce it to colorless. A drop of straight Lugol's smeared on your tongue at bedtime helps control thrush. Lugol's is also useful in enemas.

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

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

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

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

Also put dots of glue on the belt in a zigzag design, 1½ inches (4 cm) apart. Stick on the magnets. Let stand 24 hours to dry hard enough to handle roughly. To store the belt, roll it up so that all the north sides face out. This keeps them from touching each other and sucking their magnetic fields out of them. Don't be tempted to purchase magnetic equipment in the market place. The polarity is not carefully enough maintained for you. South Pole forces can do as much harm to you as North Pole can do good. If in doubt, stay away from magnets—zap the kidneys and bladder daily instead. Only North Poles should touch skin.

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

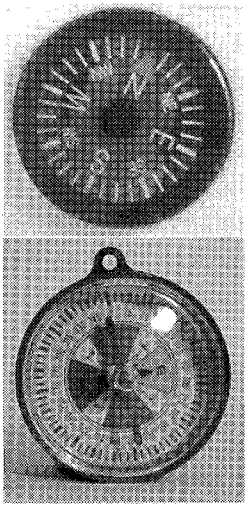


Fig. 57 Two kinds of compasses

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

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

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

and goes on your skin. If it swings away, that side of your magnet is south and is worn away from your skin. Label your magnet! All magnets you purchase should be checked this way before you use them.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Plate-Zapping Method

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

First of all:

1. Be sure your zapper is 100% Positive offset, witho the tiniest spike of **Negative** electricity. Have it checked on a oscilloscope. You must avoid even a few microseconds **Negative** voltage.

2. Identify the "hot" (+) lead from your zapper. If you a cidentally choose the (-) lead you will get no benefit, althou it does no harm. If your zapper is not clearly marked with a (sign take it to any electronics shop. The technician will glad check it for you.

3. Do not use a wall outlet as power source. Do not us frequency generator without supervision by an electronics e pert.

4. Purchase a voltmeter and test your batteries before l ginning and after every two zaps afterward. Make sure voltage is not below 8.9 volts at the end of each zap or it v have to be repeated. Start at 9.4 volts to be sure of this.

5. Purchase a battery charger for metal hydride batte that will charge to 10 volts and two to four metal hydride chargeable batteries.

need:
with continuous running capability instead of
sessions; this is for convenience.
box that can be attached to the "(+)" lead of the
proper leads.
copper pipe electrodes and two banana-to-alligator
res).
hen timer.
ackages of 1 pF capacitors and 1 μH inductors.
scope slides of body organs (anatomy set), bacte-
), and digestive tract organs.
copies of any tissues that cannot be purchased as
ources). These are white blood cells (WBC),
rd), and others.
copies of pathogens that cannot be purchased as
40 virus, p24 (part of the HIV virus), prion pro-

ystem Slide Kit

	Liver
	Pancreas
	Parotid gland
	Rectum
	Stomach, cardiac region
	Stomach, fundic region
nach junction	Stomach, pyloric region
	Sublingual gland
	Submandibular gland
	Submaxillary gland

te (cerebrum, cerebellum, medulla)

	Lung
	Lymph node, human
human	Mammary gland (breast)

Hypothalamus
Kidney
Thymus
Pineal
Pituitary gland

Anatomy Male Slide Kit

Ductus deferens
Epididymus
Penis
Seminal vesicle
Sperm
Testis

Anatomy Female Slide Kit

Cervix
Fallopian tube/Oviduct
Fimbria
Ovary
Uterus
Vagina

Pathogen Kit

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

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

Salmonella paratyphi, bowel bacteria, invades body
Salmonella typhimurium, bowel bacteria, invades body
Shigella dysenteriae, bowel bacteria, invades nerves
Sorghum mold (bottle copy) from infected Sorghum leaf, invades body
Treponema, syphilis spirochete

Miscellaneous Specimen Kit

("B.C." means Bottle Copy.)
3 Yeasts (Baker's yeast, Saccharomyces cerevisiae, mycelium and spores) B.C.
Lymph (fluid) B.C.
Saliva B.C. (also see instructions, page 618)
Artery combination, "A", arteries, veins, nerves B.C.
Lymph vessel combination, "L", lymph vessels, veins B.C.
Cerebrospinal fluid B.C.
Heavy metals, assortment of 50 taken from amalgam B.C.
Prion protein B.C.
3 Clostridiums (C. botulinum, C. perfringens, C. tetani) B.C., cancer bacteria
Staphylococcus (aureus) and 4 Streptococci (alpha Strep, beta Strep, Strep G, Strep pneumoniae) B.C.
2 Shigellas (S. dysenteriae, S. sonnei) B.C., bowel bacteria
Copper (atomic absorption standard)
Mercury (atomic absorption standard)
Thallium (atomic absorption standard)
Flu and 3 Salmonella (combination) B.C.
Coxsackie B1 and B4 viruses B.C., brain viruses
3 Baker's Yeast plus RAS B.C., invades body
3 Salmonellas (S. enteriditis, S. paratyphi, S. typhimurium) B.C., invades body
White blood cells, B.C.
Aspergillus and Penicillium, combined B.C.
Fast Garnet dye
Fast Green dye

Take-Out Drops

Thulium out-of-hypothalamus
Aflatoxin out-of-liver
Adenovirus out-of-nasal epithelium
Herpes I out-of-skin
Herpes II out-of-skin
Cobalt out-of-heart
Methylmalonate out-of-kidney

Basic Vascular Set

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

Basic Pathogen Set

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

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

Setting Up:

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

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

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

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

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

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

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

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

The Left Plate

Your blood and lymph system is the most important place (location) to zap, because this is the river-system that all

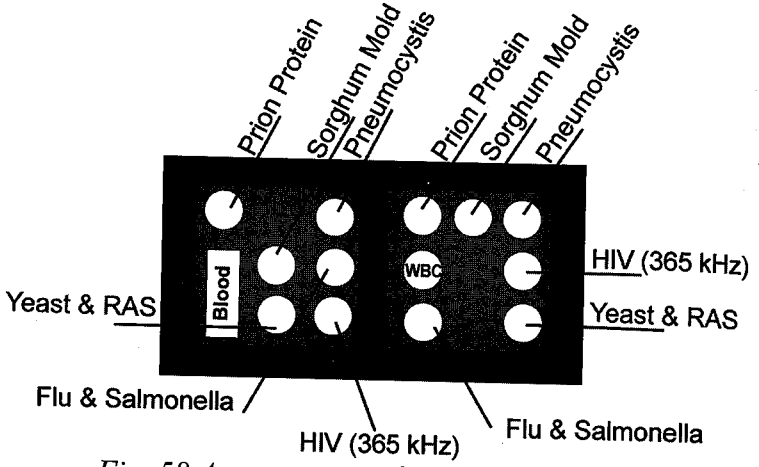


Fig. 58 Arrangement of your first plate-zap

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

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

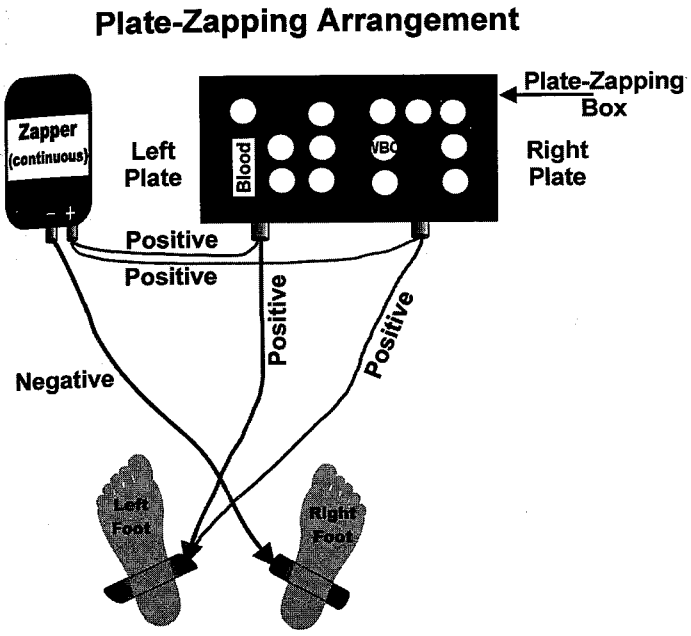


Fig. 59 Plate-Zapping arrangement

Plate-Zapping Schedule

Each zap will be 20 minutes long. Before you begin, attach your kidney magnets, (see page 107), north side touching skin, using one inch of wide tape. Set your supplements, voltmeter and charger on the table nearby. Find a comfortable chair, warm blanket, and begin.

#1: Put the blood slide on the left plate, put the set of pathogen samples beside it. None of them touch each other; in fact, spread them apart as much as space allows.

Put the WBC (white blood cell) sample (bottle) on the other plate. Place a second set of the same pathogens on this plate. Turn on the zapper and put your feet on the copper pipes for 20 minutes.

#2: Exchange the blood for the lymph sample (bottle), leaving the pathogens as they were. Exchange the WBC for the "A" sample (arteries, veins, nerves). Also place a 1 pF **capaci-**

tor on the plate, but not touching A nor hanging over the edge of the plate. This capacitor somehow creates a preference for the **right side** of your body. In this case, it is the arteries, veins, and nerves on the right side of your body. Zap for 20 minutes.

Keep notes on locations you have zapped (blood, WBC) and check the battery.

#3: Keep "A" on the plate, remove the capacitor, and replace it with a 1 μH **inductor**. The inductor creates a preference for the **left side** of things. In this case, it is the arteries, veins, and nerves on the left side of your body.

Remove lymph from the left plate and place the bottle called "L" on it, and a 1 pF capacitor beside it (without touching each other). Keep all the pathogens as is. Now you are focusing on zapping the lymph vessels and more veins on right side of your body. (The lymph vessels are different from the lymph fluid sample used earlier.) Zap for 20 minutes. After 20 minutes you will have completed your first hour of plate-zapping. It is unlikely that you will feel anything yet. Remember you can take a break between 20-minute zapping sessions.

#4: Keep "L" on the left plate and replace the capacitor with your 1 μH inductor. During the next 20 minutes your left side lymph vessels and veins will get zapped.

Remove "A" and the inductor from the right plate and place the bottle called "CSF" on instead. This stands for cerebrospinal fluid. It is equivalent to lymph, but bathes the brain instead of your other organs. In fact, it is the same as lymph plus 3 pF. Zap for 20 minutes.

These four zapping sessions form the **basic set**. Do these every day. They consume a little more than 1¼ hours, leaving seven hours for you to advance into your other organs and tissues. Even if all you do on the first day is the basic set, you are off to a good start. You do not need to wait for a complete set of slides or supplies. Use whatever you have as soon as you have it. You may make your own organ samples, too, using animal parts from the meat market. Even a drop of blood

squeezed from a slice of beef liver onto a plastic sheet works well.

If you are starting this next set on the next day, go back and do the basic set, first. You will do the basic set, first, every day.

We will continue zapping a part of the basic set at the same time as other organs throughout the day.

#5: For the next zap, keep the same pathogens on each plate. On the left plate place the blood slide again. On the right plate place a thymus sample (slide), your A bottle, and a 1 pF capacitor. The thymus sample touches A. Neither touches the capacitor. This arrangement focuses on the arteries of the right side of the thymus.

#6: Replace blood with WBC on the left. Exchange the capacitor for the 1 μH inductor on the right plate and zap the arteries in the left side of the thymus for 20 minutes.

#7: Replace WBC with lymph on the left. On the right plate zap the lymph vessels in the right side of the thymus. This means place the thymus sample touching your "L" bottle plus your capacitor on the right plate. We will write this as thymus/L +1 pF. The slash between "thymus" and "L" means "touching." The "+1 pF" means put a 1 pF capacitor on the plate, too (but not touching because no slash). From now on you should assume each zap is 20 minutes.

#8: Replace lymph with A on the left plate. Put thymus/L + 1 μH (thymus touches L, and a 1 μH inductor) on the right plate. Both plates still have the usual pathogens. Zap 20 minutes.

#9: Replace A with L. Put thymus/A/WBC +1 pF (thymus touches the A bottle which touches the WBC bottle) on the right plate. Your capacitor is on the right plate, too. Zapping is directed to the right thymus's arteries' white blood cells.)

#10: Replace L with CSF. Put thymus/A/WBC +1 μH on right plate.

#11: Replace CSF with blood. Put thymus/L/WBC +1 pF on right plate. Zapping is directed to the right thymus's lymph vessels' white blood cells.

#12: Replace blood with WBC. Put thymus/L/WBC +1 μH on right side.

By now you should also have taken a dose of selenite, hydrangea and vitamin C. Also a dose of digestive enzymes and the parasite herbs including Black Walnut, wormwood, nopales, the Spice Syrup and Pau D'Arco. There are other supplements you should be taking, of course, but these are important to take while zapping because they are parasite killers. You have been killing escaped eggs in the vascular system by zapping the basic set all the time. You have also taken the set of "protective" drops (see page 168) and some Prion Punch (see page 564) for the brain plus Lugol's drops to prevent detoxification illness. You will have checked your battery at least 4 times. You have zapped 4 hours.

If you got this far by your second day, stop here and congratulate yourself. Start tomorrow at zap #1 again and try to finish through #20. That is almost seven hours of plate-zapping. Don't go forward until you have gone back and repeated #1 through #12.

Notice that you are zapping the vascular system on the left plate while going forward to other organs on the right plate. The order of the basic set does not matter. Even skipping some does not matter. Even having the left side blank does not matter. You are still getting the benefit of each plate-zap.

#13: Put lymph on the left. On the right plate put bone marrow/A +1 pF. (Zapping is directed to the right bone marrow's arteries.) Pathogens are on both plates.

By now you can assume that pathogens will always be put on each plate, never touching each other.

#14: A on left; bone marrow/A +1 μH on right plate.

#15: L on left; bone marrow/L +1 pF on right plate.

#16: CSF on left; bone marrow/L +1 μH on right plate.

#17: Blood on left; bone marrow/A/WBC +1 pF on right plate.

#18: WBC on left; bone marrow/A/WBC +1 μH on right plate.

#19: Lymph on left; bone marrow/L/WBC +1 pF on right plate.

#20: A on left; bone marrow/L/WBC + 1 μH on right plate.

This concludes your third day of plate-zapping. Remember to keep checking battery voltage. Wear kidney magnets by daytime only; store them in sandwich fashion with north touching south (or red touching white) because this is their natural attraction, keeping them strong. **Keep magnets at least 6 inches (15 cm) away from bottles. A magnetic field destroys them.**

Don't neglect any detail. Try to make 3 quarts (or liters) of urine in a day to help your kidneys excrete metals, dyes, asbestos, PCBs and phenol (from benzene). Not to mention the wood alcohol, formaldehyde and formic acid from the phenol.

If you have been suffering from an illness like lung disease, consider the lungs your "problem organ" and continue zapping next day at #21. This gets added to the 7 hours you have already done on the third day, bringing it to 28 zaps (9 hours, 20 minutes).

Repeat these 9¼-hour days until the problem organ is much better; it could take a week.

#21 L on left; problem organ/A +1 pF (the problem organ might be your lungs, brain, skin or other place) on right plate.

#22: CSF on left; problem organ/A + 1 μH on right plate.

#23: Blood on left; problem organ/L +1 pF on right plate.

#24: WBC on left; problem organ/L + 1 μH on right plate.

#25: Lymph on left; problem organ/A/WBC +1 pF on right plate.

#26: A on left; problem organ/A/WBC + 1 μH on right plate.

#27: L on left; problem organ/L/WBC +1 pF on right plate.

#28: CSF on left; problem organ/L/WBC +1 μH on right plate.

The second day of digestive organ zaps might target the colon and duodenum, and so forth.

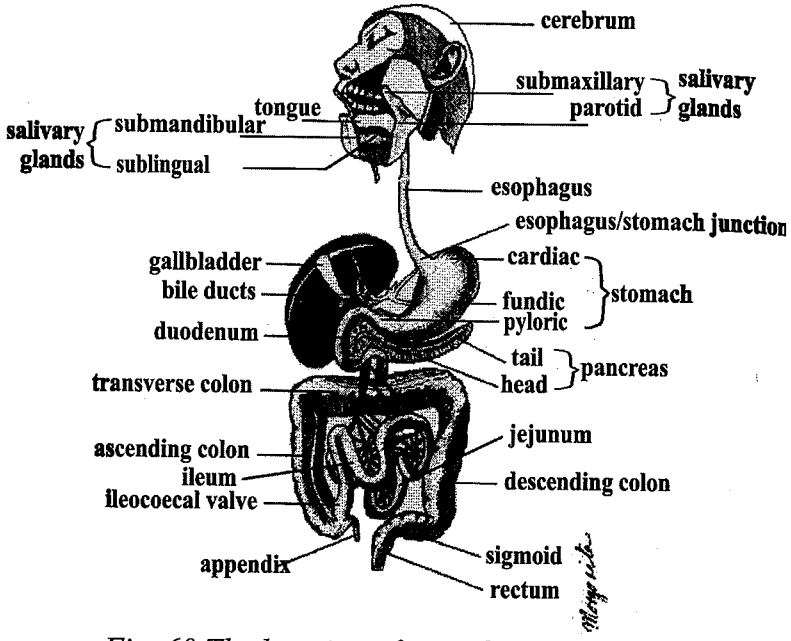


Fig. 60 The location of your digestive organs

Salivary glands come in pairs, one on the left side and one on the right side. Each must be zapped: parotid gland, sublingual gland, submandibular gland, and submaxillary gland. These should be plate-zapped as follows:

parotid/A + 1 pF
parotid/A + 1 μH
parotid/L + 1 pF
parotid/L +1 μH
parotid/A/WBC +1 pF
parotid/A/WBC +1 μH
parotid/L/WBC +1 pF
parotid/L/WBC +1 μH

Obviously you can only do one salivary gland set per day. If you did the entire digestive system as provided in the slide kit, which is 16 single organs and four organ pairs, it will take

you 12 days. On the thirteenth day **do the colon again**. This time add two 1 pF capacitors. This targets a spot halfway down the descending colon, which I have found to be especially favored by flukes. (Day 13 is not significant; you can actually do the organs in any order.)

If you are suddenly attacked by detox-illness, write down immediately which new organs you zapped that day. They obviously had a significant number of large flukes. As soon as you are ready to continue, repeat these several times to be sure there are no parasites left there. This time be more prepared.

Expect to see parasites in the toilet bowl while zapping the digestive organs. This doesn't happen when you zap other organs, but when parasites in the digestive system die, they can leave with your bowel movement. Try to identify yours.

Fasciolas and Fasciolopsises are often an inch long but can also be much smaller. They can be distinguished by color. Their edges are ragged, like torn pieces of bread. This is due to having burst in the toilet water after falling into it. The difference in osmotic strength between their body fluids and the water outside is probably responsible for bursting. A few do not burst and resemble canned grapes. As their body tears, strings of eggs slip out, hanging loosely. Their appearance is rather translucent under a binocular microscope but when Lugol's iodine is dripped onto them, many tissues take on clearer outlines.

Paragonimus is much smaller and rounder, about $^1/_8$ inch in diameter. There are actually 3 red dots, but one is much less visible. Two of them appear to be round suckers. It too is in burst condition, letting egg strings hang out. Macracanthorhynchus is easily identified by its round "bubble" at one end. It does not burst. Echinostoma has a hooked tail and does not burst. E. recurvatum is tough and leathery in spite of its thinness. It resembles pieces of straw or hair. Under the binoculars one end looks rounded like a match head. Eurytrema is too small to identify from real life.

To keep them from disintegrating you should wash them in 1% salt solution (1 tsp. table salt to one pint water). This will

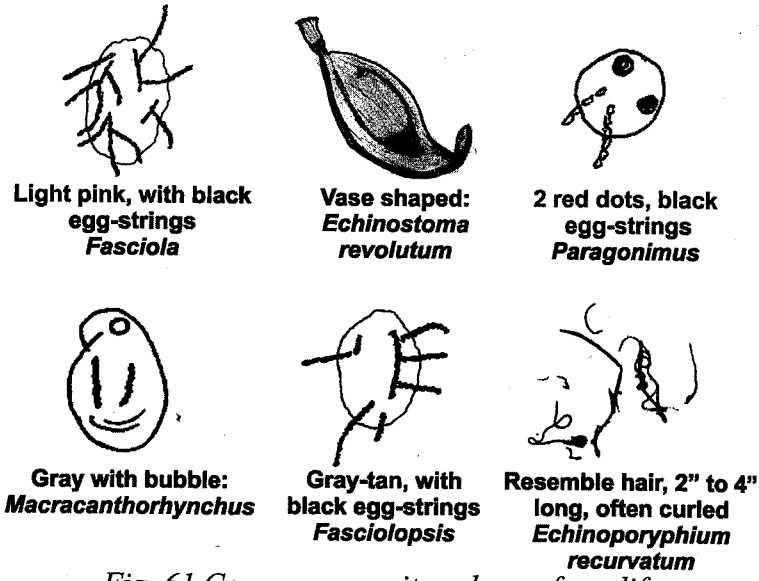


Fig. 61 Common parasites, drawn from life

keep the one or two intact specimens from bursting, but only if you transfer them to salt water immediately. To preserve them permanently purchase 40% formaldehyde. If your specimens are in water add an equal amount of the formaldehyde solution. If this is not available add several drops of Lugol's iodine to each one to sterilize it for safety in handling.

Week Four Plate-Zapping

Depending on how many slides you have, and how long you spent on problem areas, you have been plate-zapping about three weeks. Now we are going to finish with various other locations of your body. An anatomy set is available as a slide kit (a larger kit is also available, see *Sources*). Zap all locations that are relevant.

Bladder, hypothalamus, and pineal are all "single" organs, while brain, kidney, lung, lymph node, breast, and pituitary are

all "left and right". These will take approximately eight more days.

If you have an organ or body location that is giving you trouble, and the slides you have do not include it, **order it!** (See *Sources*.)

The complete plate-zapping program will last longer than the *2-Week Rapid Rescue Program*. Continue steadily. Going too fast invites detox-illness. Hopefully you have seen at least a few parasites of your own, and have positive evidence of getting better.

Homeographic Drops Schedule

Regular zapping gives a tremendous advantage to your whole body's immune system. Plate-zapping is focused on the immune system of individual organs. Homeography can be both systemic in scope or focused on specific organs, too. Taking six drops of electronically "patterned" water mobilizes the white blood cells at any location chosen.

These drops must be made with a Positive offset voltage, without even 1% Negative voltage. Water made with any Negative voltage frequencies does not have this effect.

I do not understand the physics or chemistry of water sufficiently to explain these phenomena. Questions must wait. But you can harness the forces involved to "boot-up" your immune power even when all the blockers are present. The organ chosen begins to clean itself up. Mobilizing the WBCs is not all that is involved. You can often "taste" the action. Sometimes you can feel the organ respond. You can even get a mild detox-illness. Perhaps the electronic language is native to life. Only research can tell us.

You must be very careful not to set your drops near a magnet. The magnetic field destroys them. Keep them at least 6 inches apart. The first drops to make should be the "protective set" for the brain. This is where you feel things like "being sick", nausea, fatigue, high temperature, anxiety, bleak moods, depression, even downright weeping. The hypothala-

mus, cerebrospinal fluid, pituitary and pineal need this protection. You take these continually, for weeks, until you are done plate-zapping.

Protection From Detox-Illness

Feeling sick after plate-zapping is due to only a few pathogens. These have been escaping from and are specific to each parasite! They are flu virus, Salmonella bacteria, prion protein bits, *Clostridium botulinum* and Adenovirus. Even Coxsackie viruses and Treponema spirochetes are escapees! It is these that you need protection from throughout your plate-zapping sessions to keep the brain clear. The simplest way is to take "Protective Drops".

To make your protective set, copy your slides or bottles of brain locations. Copy your slide first. Then copy it again with a shift to the left side of your brain. Then copy it again with a shift to the right side. This makes a set of 3 bottles for each of the pineal, hypothalamus and pituitary slides. The cerebrospinal fluid bottle has no "sides". You now have 10 bottles. Save these, marking them "M" for Master bottle. If you should get detox-illness, one or two of these could give you dramatic relief in 10 minutes.

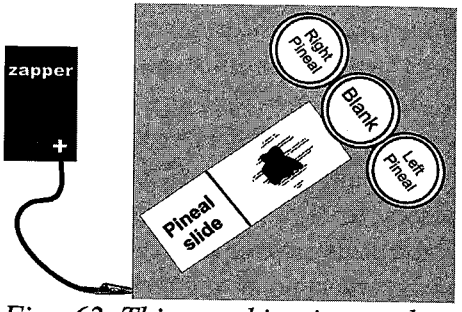


Fig. 62 This combination makes an ALL Pineal bottle

You may combine the right, left and center locations of each organ to make a "grand" or "ALL" pineal, ALL hypothalamus and ALL pituitary.

To make the ALL version, connect the (+) side of your zapper to the copy plate. Place a new blank bottle of water (1/2 oz. brown glass or polyethylene containing 10 ml. or 2 tsp. water from the cold faucet) near the center of the copy plate.

Place the left organ on one side touching the blank.

Place the right organ on the other side touching the blank.

Place the original slide so it also touches the blank.

Remember to put metal shielding tubes over the bottles (the slide touches the shield). Zap 20 seconds.

Label your new blank "ALL PINEAL, right, left, middle".

Every organ that you take drops for will get stronger and cleaner. The more often you take them, the faster the process. Take them at least 6 times daily, one minute between bottles (when you are plate-zapping). This is your brain protective set:

1. Pineal + 1 pF (this makes the right side of the pineal gland)
2. Pineal + 1 μH (this makes the left side of the pineal gland)
3. Pineal slide without additions (the "middle")
4. Hypothalamus + 1 pF
5. Hypothalamus + 1 μH
6. Hypothalamus slide without additions
7. Pituitary + 1 pF
8. Pituitary + 1 μH
9. Pituitary slide without additions
10. Cerebrospinal fluid

If you made ALL versions of these you will have 4 bottles to take 6 times daily on zapping days.

If you did not, you have 10 bottles to take 6 times daily. Perhaps the separate bottles will protect you better and get you out of detox-illness faster than the ALL variety. That is why you were told to keep your separate Master bottles.

Circulation drops next. This is a single bottle with a copy of blood. Copy your slide of peripheral blood. These drops activate the WBCs everywhere in your body.

Next, make a set of lymph drops, called the LYMPH SET.

1. Lymph (copy the first bottle you order)
2. Lymph + 1 pF (place a blank water bottle beside the lymph bottle. Place a metal tube over each. The tubes should

touch. Place a capacitor on the plate too, not touching anything. Zap 20 seconds)

3. Lymph + 2 pF (the 2 capacitors should not touch each other or anything else, nor hang over the edge)
4. Lymph + 3 pF (this is the same as cerebrospinal fluid, also reaching down the spine)
5. Lymph + 1 μH (place the inductor on the plate instead of capacitor)
6. Lymph + 2 μH
7. Lymph + 3 μH

The lymph set reaches very many organs because it travels through them. It activates the WBCs there to remove harmful things. Plain lymph drops reach your midsection, the abdomen. Lymph + 1 pF reaches a band that includes the liver. Lymph + 2 pF reaches to the top of the eyes. Lymph + 3 pF reaches the brain and scalp. Lymph + 1 μH reaches the genital region. Lymph + 2 μH reaches from the groin to the knees. Lymph + 3 μH reaches the feet.

Lymph drops can be very powerful for you, even abolishing pains. Take the whole set 3 times daily; more if you are in pain.

Do not combine them. Clone them as soon as you have made them so you will never run out.

DO'S and **DON'T'S**. Do not switch bottle caps or nozzles. You may reuse a bottle if you rinse it 3 times under the cold faucet and also rinse the nozzle and cap. Even one drop of a different frequency destroys a new bottle of drops. Since you have no way of testing whether a bottle is potent or blank, be extra careful not to confuse bottle parts. This is also the reason for taking drops one minute apart. New drops must not touch old drops in your mouth.

Do keep bottles out of direct sunlight. Do not carry them in your pocket. Do not rubber band them together while they are being copied. Do not touch them during copying. Do turn off the zapper before touching them to remove them.

Organ Drops Next. Each organ you choose will show activation of its WBCs specifically, no other organs are activated. The most important organ to activate is kidneys. Make right and left kidney bottles, taking them separately, or make an ALL kidney version where right and left kidneys have been combined with your original slide. **Always take kidney drops first when beginning your drop-taking session.** Then make these:

1. Thymus (copy the slide alone)
2. Thymus + 1 pF (this treats the right lobe)
3. Thymus + 1 μH (this treats the left lobe)
4. Bone marrow
5. Bone marrow + 1 pF
6. Bone marrow + 1 μH

You may be wondering where these locations really are. Certainly, no two people will have the identical slide. We cannot know where your thymus section was taken. Extending your coverage to the right and left of it probably reaches the edges, but it is not certain. To be much more certain, add 2 pF and 2 μH to get better coverage and even reach beyond the thymus. In HIV/AIDS patients PCBs and parasites are not limited to the thymus. They are spread all around the upper chest. If you are very ill or would like to be very well, or are very tall, make more drops than just the 1 pF and 1 μH extensions.

Similarly for the bone marrow sets, if you are anemic or very low in WBCs, make 1 pF, 2 pF, 3 pF and 4 pF extensions. Also make the 1, 2, 3, 4 μH extensions.

If you have an "organ in trouble" like lungs, kidneys, liver and so on, make more than 3 bottles for each, extending farther to both left and right.

How often should you take the drops? Whenever you start a new organ, take drops very often the first day, even every hour if possible. This increases the chance of treating it quickly because there is a cumulative action; 6 times a day is the minimum for a new organ.

After two days of intensive treatment, most of the action is done. You may go down to 3 times daily.

Keep a daily log of zaps done and drops taken, along with a note about symptoms felt at each organ.

Next, make drops for every organ that is involved in your illness.

Treatment Example

Here is a sample list of drops for a patient with anemia, T4 count of 5, chronic diarrhea, is feverish, bedridden, very sleepy and has no appetite, has muscle wasting, sweats, lung disease and apathy. A nutritional IV is running.

First, put kidney magnets on and then take these drops.

All kidneys
All hypothalamus
All pituitary
All pineal
CSF
This completes the protective set.

lymph
lymph + 1 pF
lymph + 2 pF
lymph + 1 μH
lymph + 2 μH
Skip lymph + 3 pF (same as CSF) and lymph + 3 μH (feet)
circulation (blood)
This activates lymph and blood WBCs

thymus + 1 pF
thymus + 1 μH
middle thymus, slide only
thymus + 2 pF
thymus + 2 μH
bone marrow + 1 pF
bone marrow + 2 pF
bone marrow + 3 pF
bone marrow + 4 pF

bone marrow + 1 μH
bone marrow + 2 μH
bone marrow + 3 μH
bone marrow + 4 μH
plain bone marrow, slide

All this took 25 minutes, running alongside the time for one plate-zap. If your patient is willing to have drops put in his/her mouth while zapping or getting an IV, you can progress much faster.

left cerebrum
right cerebrum
left cerebellum
right cerebellum
left medulla
right medulla
medulla, plain slide or bottle

If all these were part of a brain composite slide, you would make one set of three bottles from it.

It is time to take Lugol's to avoid detox-illness (6 drops in ½ cup water)

5 minutes later: 1 dose Oscillococcinum for fever and sweats

15 minutes later: ¼ cup of Prion Punch for sleepiness and apathy.

5 minutes later: 5 selenite (200 mcg) capsules
1 tsp. hydrangea powder
10 tsp. BWT Extra Strength
7 wormwood capsules
15 digestive enzymes

Some of this could have gone into the Prion Punch or be put in a Coconut Whipping Cream beverage.

Taste it yourself to judge if your patient would spoon it down. Add whatever is needed, with preference for ½ tsp. nutmeg.

Continue with these drops as the next zap is done from the zapping schedule.

All kidney (kidney drops begin each series of drops taken)
left adrenal
right adrenal
adrenal, slide alone
This removes aluminum and restores cortisone production.

left lung — right lung
left alveoli (lung sacs) — right alveoli
trachea

Another 10 minutes have passed, the lungs are being treated. Encourage coughing up whatever is possible, never swallowing anything. You should wear a face mask to protect you both when there is lung disease with coughing, at least when at close range such as giving drops. If the cough-up is green, the lungs need much more attention. Also make drops of:

left bronchi
right bronchi
left bronchioles
right bronchioles

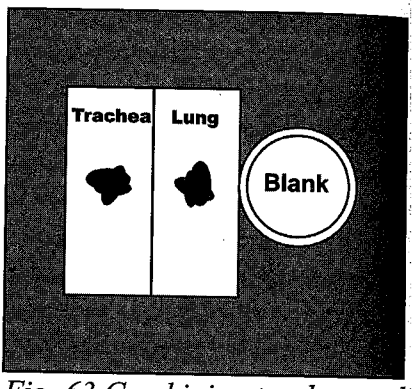


Fig. 63 Combining trachea and lung makes the bronchus

The bronchi can be "made" by combining trachea and lung slides so they are touching. Place the blank bottle touching one side of this duo, not in the middle. Make right and left bronchi. Then make bronchioles. Use the bronchi you just made and add 2 μH. Make left and right bronchioles.

You have also finished another zap while taking about 20 bottles of drops. Your patient could visit the bathroom. Check to see that hands were sterilized with straight alcohol before settling back in bed for a nap. Or put 1 drop Lugol's in a cup of water and dip hands.

To zap the lymphocytes in the left and right thymus, make a bottle as shown for both CD4s and CD8s (see figure). Clone these bottles so you have one for drop-taking, too. Label one "for zapping", the other "drops".

Do not walk away from your patient during the nap if an IV is also in progress. Your vigilance is worth more than the nursing service.

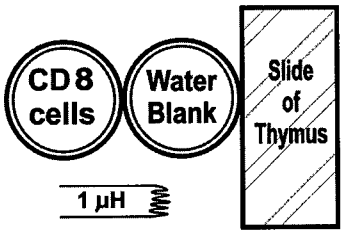


Fig. 64 This makes "CD8 lymphocytes of left lobe of thymus"

Awaken him or her in an hour if it is daytime. Upon awakening your patient, give food without asking whether it is wanted. You must be somewhat authoritative because a sick body is not always strongly motivated to live. Arrange wastebasket (for vomiting). Give iron, vitamin B_2, magnesium and Decaris. Five minutes later serve an appealing plateful of food with 15 HCl drops, all zappicated 20 minutes. Serve no water or beverage (to reduce vomiting). Get plate-zapper ready to use while eating. At end of meal give 6 drops Lugol's in ¼ cup water and five minutes later ¼ tsp. Spice Syrup placed at back of tongue. Judge the timing of the supplements to suit your patient's need for comfort.

If your patient is too sleepy to do all this, emphasize prion-killing. Give Prion Punch repeatedly. Prions are associated with aluminum. Give the 3 recipes that draw aluminum into the urine, called Whole Lemonade, Green Dinosaur and Wheat Germ Tea (see page 542). Give each once a day till sleepiness recedes. Then reduce to one or two of these beverages a day.

Ten minutes later start the same round of drops to take during the next 2 zaps, beginning again with ALL kidneys. I am assuming the protective set, lymph set, circulation, thymus and bone marrow had already been done once earlier. It is time to repeat those that are being taken 6 times daily.

Give Oscillococcinum 6 hours after the earlier dose.

If no food is being eaten, give hydrazine sulfate drops 6 times daily till appetite returns. Give hypothalamus drops af-

terwards. Keep this up till your patient says, "I'm hungry". It could take 2 or 3 days (till the metal, thulium, is out of the appetite center in the hypothalamus).

If sleepiness does not recede and coma seems to be approaching, emphasize liver support (cysteine, glutathione, thioctic acid, taurine, and glucuronic acid). You may give one of these every hour (in a tbsp. of coconut whipping cream or straight honey).

As long as your patient seems too sleepy or "out of it", stick with the basic zaps, the brain-related zaps, the Protective Drops and any other brain-related Organ Drops, along with aluminum removal beverages. It could take a week of such care to pull him or her out of this critical state.

Then move on to making drops for all the genital organs.

If you peek ahead you will see we could have a hundred bottles to make and take. Resist the temptation to stop and make them all now. You will have eight hours while you plate-zap, and this is something you can do during that time.

All of the drops you have made so far are taken 6 times a day for the first 2 days, then 3 times a day or less. Give priority to new drops. Stay on the 3-times-a-day routine for the *2-Week Program* and then go down to once a day until you are well. A new acute condition is treated every hour. An acute condition could be a cold, a *Herpes* outbreak, or a rash. Make organ drops for these, such as skin, lip, lungs.

Progress is not smooth; there are ups and downs. At some point your patient may regress to somnolence again. Treat it vigorously as before. Prions go or stay where aluminum goes or stays. Keep it flowing out with the urine steadily.

Do not allow smoking friends, pets, or relatives with colds to come closer than the doorway to chat with your patient. If you yourself smoke, do so outdoors and chew on mint leaves or take 1 drop peppermint oil afterwards to quench your breath. Use a face mask if you are coughing or feeling ill yourself.

After a week assess progress by using a list of symptoms to compare, not counting detox-illness.

As soon as the crisis allows, make immune weapons.

After making drops for the genital organs, make drops for all the remaining organs in your kit, giving preference to those that need it most.

The More The Merrier

It is so easy to make and take drops that there is no reason not to do a lot more! In fact, even if you have the real herbs make drops from them and take these too! Here are the ones I recommend the most:

Wormwood	Lugol's iodine
benzoquinone (BQ)	rhodizonate (RZ)
glyoxal (G)	glyoxylic acid (GA)

Real BQ, RZ, G or GA could only be taken in homeopathic amounts prescribed by a homeopath. But the copied forms of these immune weapons help greatly, too. The drop schedule is the same as for other drops. Copy them yourself as soon as you get them so you need not reorder (see Parts Kit #96 in *Sources*). Consume the drops you make yourself, not the "masters" you purchase.

You could, of course, instruct your body to make these weapons, as we learned on page 85. Taking them directly adds to the benefit.

Also take drops (copies) of the essential oils and herbs that kill parasites. You are likely to have all of the common parasites, as do most American persons I have tested. Only the amounts, stages and locations vary. **Reminder: Never make drops of the parasites or bacteria themselves.** Kill them all, gradually, by taking homeographic drops of:

oregano oil
wintergreen oil
fresh apricot seeds, cracked yourself (old ones do not work)
peppermint oil

clove oil
thyme (white) oil
coriander powder
nutmeg powder
fennel powder

This is in addition to taking the real spices in the form of a syrup (see Spice Syrup, page 562). Taking drops is a gentler way of taking a harsh substance and still getting some benefit. You may add your own selections but only if pure and zappicated.

Save-A-Friend

Caregiver's Instructions

I have seen friends rescue one another from certain death. Then I am proud to belong to the human race. If you have a friend who is failing on the usual drug-cocktails and he/she accepts your offer of help, you have been chosen for sainthood. After you succeed you might contemplate starting a unique new gallery of "saints" to raise public consciousness of the obstacles in your path.

Of course you don't have time for such "trivia" now. You have "promises to keep and many miles to go before you sleep". But remember this objective after each patient you save. Meanwhile...

Find a residential zone where the water treatment plant uses chlorine gas (not liquid bleach). Call the water department—then let other HIV patients know this. This is the single most important change you could make for your immune system. If they answer that they do use chlorine gas but your zone has a booster station, find the zone that gets only the chlorine gas (before the booster station).

1. Check yourself and your friend into a motel with a kitchenette; choose a sunlit room. There should be no new

paint or new carpet or old cigarette smoke. Check laundry facility. Make sure no water softeners are used; they contain PCBs. Also check into public laundry facilities nearby with the same question. Or rent an RV and move it to an RV park in this zone.

2. Bring nothing but a comb, electric or disposable shaver, borax powder, some pots, pans, and dishes.

3. Bring no unnecessary drugs and no supplements except the list for the *2-Week Program.*

4. Bring a new toothbrush and oregano oil tooth powder or make your own (see *Recipes* page 598).

5. Cut a dozen plastic strips from a shopping bag for floss.

6. Use the borax powder for all-purpose soap. Pour borax powder into a cup at both kitchen sink and bathroom sink. This will be your soap. But don't rub it onto your skin or hair. Put a tablespoon into a plastic carton or tall plastic cup. Run the hot faucet as hot as it can get; then fill the carton or cup. Stir till all powder is dissolved. Pour it into your hands for soap action, or for shampooing. One such batch is enough for one day.

To wash hands, rub them under the hot water faucet first; pour borax water over them and rub again. Then rinse.

7. Bring citric acid powder to make hair rinse. Put 1 tsp. in a plastic cup when getting ready to shampoo hair.

8. To shampoo hair, wet hair thoroughly first. Then pour borax solution over hair and massage scalp. There should be no undissolved crystals at the bottom. Your hair is almost instantly clean, to the point of being squeaky. No need for lathering. Rinse thoroughly. Add water to citric acid powder while under the shower. Pour it over your hair in several small batches that you work into your hair. Leave this in your hair to "condition" it for a full minute while you rinse your body lightly with borax water or use a skin-brush. Be sure to dab borax water into armpits, groin and genital area and rub into buttocks and feet. Finally rinse hair lightly. If all this is unacceptable, use 2 egg whites as the shampoo (see *Recipes*).

9. Place new items like toothbrush, comb, and razor or zappicator for two minutes to destroy PCBs. Then rinse very thoroughly. Do not spray the razor with lubricant oil.

10. Launder the motel linens and towels in pure borax according to directions on box. Throw away the motel soaps shampoos, conditioners, and scents. Don't use the hair blower or icemaker or coffee maker either.

11. For drinking water, run the cold faucet for 1 gallon first, in the morning. Then fill a glass quart jar and refrigerate.

12. Then go shopping for your "Get Well Motel Vacation" Buy unglazed paper plates (not Styrofoam or plastic), plastic cutlery and cups. Buy glass saucepans, enamel or Teflon coated frying pan, and a dozen canning jars to store beverages in refrigerator. You may also store food in plastic cartons. Buy pure salt and spice pack for cooking (see *Sources*).

13. Buy hydrochloric acid (5%, USP) and Lugol's iodine to sanitize food. Make Lugol's from scratch or ask your pharmacist to make it for you. Also see *Sources*.

14. Bring your bread maker, sonicator or food zapper or zappicator.

Buying Groceries

The safest foods are pastas, beef liver, other cuts of beef and lamb, turkey, cabbage, avocados, corn on the cob, Canadian honey, agave syrup, lemons, coconut (shredded or raw), cantaloupe, pinto beans, natural peanut butter, salad oils pictured on page 112, homemade bread and spreads. For staples choose Mexican brand beans, rice, oats, sugar and sweets. Zappicate everything upright while still in the package.

Buy mostly fresh fruit, vegetables, and meats. Buy no ground meats; they are dyed. Obey sanitizing rules when preparing food (see *Clean Up Your Diet*, page 238).

Buy freshly baked bread, brown or white, in a paper bag, at a supermarket if you did not bring a bread maker. Cut away ½ inch of the bottom crust. Place the whole loaf on your zappicator. It will take 20 minutes to destroy the gallic acid at the fa

end. Do not buy bread baked with oil because the popular oils I have tested have both apiol and PCBs. Check the ingredients. Buy old fashioned peanut butter. Neither dark nor white flour in the supermarket shelves ever tested **Positive** for PCBs, apiol, or gallic acid (although the bread does).

Buy herbs in bulk to make teas (see *Sources*), not in tea bags or foil packs. Place the entire package on zappicator. Store in glass jar. Chamomile and other single-herb teas are fine. Avoid caffeine-containing and decaffeinated varieties.

Never buy food that has a dye listed in the ingredients. I find even natural colorants are polluted with commercial ones. If you have a choice, shop at a natural food store. Their products are less polluted. If not, find a small neighborhood grocery that does not spray on the shelf nor package the produce.

Help Your Helper

If you have found a caregiver, do your best to help. Read all these instructions! Keep very warmly dressed although windows should be partly open. Buy a thermometer and overdress till your temperature stays at 98.6°F. Do not allow any visitor to smoke in your room, nor to bring a pet. You may resort to putting up a sign that says, "Please, no smoking, very allergic".

Bring hobbies and inspirational reading material or music. It will keep you stronger.

When family and friends come to visit, do not offer them coffee, cookies, beer, soda pop, cigarettes or anything that is off your diet. If they bring their own junk food, throw all the leftovers in the trash bin as soon as they leave. Do not eat unsafe food just to please them when they offer it. But be kind; they do not know any better.

If you have a health therapist arrange to be visited once a week. If you have had a viral load test recently, within six weeks, you do not need a new one before starting the program. This monitors the HIV virus. Also pay attention to the ratio of CD4 cells to CD8 cells as well as their total. This monitors

your AIDS. Make notes on your other blood test results. Use the chapter, *Reading Blood Test Results*, to interpret them.

Then, just before you start this program remind yourself that **you do not have cancer, or heart disease or mental illness. You are still young and strong. Life is ahead of you.** You have only two moderately severe problems—a virus and an immune system problem, both of which can be cured—even at the same time. The cures are partly personal (throwing away old habits) and partly a protocol (following a procedure). And you are in charge. There is no guesswork involved. Just kill the parasites that bring the virus. And get rid of five things that destroy your immune system: benzene, PCBs, asbestos, metals, and the azo dyes—especially Fast Garnet and Fast Green. In two or three weeks you can do the blood test that checks your viral load and CD4 to CD8 ratio again. Or you could wait till your regular blood test time arrives. In this case, do not interrupt the program till you have been tested, even if it takes longer than 2 weeks. Other items on the blood test should be done, too, if they were abnormal earlier.

It will take dedication without cheating. There is no "luck-factor" in this cure, only cause and effect. And if friends or family make jokes out of your newfound health enthusiasm, try making a bet with them: if you succeed in two weeks (to lower your viral load or raise your ratio of CD4 to CD8), they pay $2,000 to cover your total costs. If you don't succeed, extend the bet to the next two-week period for an additional $1,000.

When you win, trade a copy of your blood test results for the prize and offer to continue.

Reading Blood Test Results

There are many blood tests, called "panels" that can be used to assess a person's health. Each lab owns a catalog of these, and each test may vary between catalogs. What is important for you to know is:

1. How good the "cell numbers" are in your blood.
2. How many HIV viruses are thriving in your blood.
3. How good your body chemistry is.

Your cell numbers will be given in the CBC and Immune Analysis.

Your viruses will be counted in the viral load test.

Your body chemistry is checked by a SMAC (there are also other terms for this) and urinalysis.

First, the CBC. CBC stands for "complete blood count." A small amount of blood is dispensed into the automatic counter to find how many of each kind of blood cell you have.

There are three kinds: **white blood cells**, **red blood corpuscles**, and **platelets**, but they are all made from the same original "baby cells" in the bone marrow. Baby cells are called stem cells. Stem cells are constantly multiplying to provide us with fresh young cells of all these kinds.

Nearly half of your blood is made up of all these cells put together. They can all be centrifuged down into a clump, leaving the liquid on top, called the serum.

A typical CBC (panel) might look like this:

CBC W/DIFF and PLT

- ✔ WBC
- ✔ RBC
- Hemoglobin
- Hematocrit
- MCV
- MCH
- ✔ total neutrophils, %
- ✔ total lymphocytes, %
- ✔ monocytes, %
- ✔ eosinophils, %
- ✔ basophils, %
- neutrophils, absolute

MCHC	lymphocytes, absolute
RDW	monocytes, absolute
✔ Platelet count	eosinophils, absolute
MPV	basophils, absolute

The list might look like a foreign language. Don't let this overwhelm you. CBC "W/DIFF and PLT" means with different kinds of white blood cells and platelets also counted." Select only those tests checked above for you to study.

The white blood cells (WBC) are your immune system. The red blood corpuscles (RBC) deliver oxygen to your cells. The platelets make your blood clot when needed. The neutrophils have several other names, too. They are your phagocytes (eaters). The monocytes are (become) your macrophages (big phagocytes). The lymphocytes are your T-cells and B-cells together. Eosinophils go up if you have Ascaris parasites or allergies, although this is not reliable. And basophils often go up if you have cancer, also not reliable. The neutrophils, lymphocytes, "monos", "eos" and "basos" are your different kinds of WBCs, so are given in percentage amounts.

Red Blood Corpuscles (RBC)

The healthy level of red blood cells is 4.4 to 4.6 million per mm^3 for both men and women. We have been taught that five million is the perfect result, especially for men. This is not correct. All levels higher than 4.6 are the result of cobalt and/or vanadium toxicity! These toxicities are very common. The Syncrometer® detects the element vanadium in the bone marrow, liver and other vital organs when fossil fuel is breathed chronically, as with gas or oil heat. Of course, the cleaner the furnace burns, the cleaner the air remains. A dust sample taken off the kitchen table in the morning can be tested for vanadium with the Syncrometer®. Vanadium could come from the gas stove or leaking refrigerant. Humans should not be inhaling vanadium mist constantly.

Just as bad as fossil fuel pollution, is sucking on objects day and night that release vanadium, namely tooth fillings,

caps, root canals and crowns. Such inorganic vanadium, from a dental source, permits a special fungus, *Chaetomium globosum*, to grow in us because vanadium is required for its growth. When it is killed, the vanadium is released in a toxic inorganic form, only to be picked up again soon by more of this fungus.

Cobalt causes the same deceptive elevation in the RBC level. A too high level of RBCs often makes the skin reddish colored, like a mild sunburn. Both cobalt and vanadium seep constantly from metal and plastic teeth.

The RBC and hemoglobin level are related, so some doctors prefer to use the hemoglobin "numbers".

When the RBC level drops too low, you are called "anemic". Your bone marrow is not making enough RBCs. A toxin in the bone marrow is the usual cause but no doctor ever searches for it. Instead it is given a name, like "anemia of chronic disease". The Syncrometer® finds heavy metals from clorox polluted drinking water, dental amalgam, lead, copper (from your water pipes), benzene, Ascaris, other parasite eggs, and azo dyes to be present in your bone marrow. These are the more likely causes.

This is not a popular subject for clinical medicine. Your questions will not and cannot be answered. Clinical medicine does not to try to find the causes of your anemia by examining your diet or environment. You must protect your own health independently. Learning to use a Syncrometer® would let you do this.

If the RBC falls below 3.0 a transfusion must be obtained promptly (the same day). Some hematologists focus on the hemoglobin level rather than the RBC to assess the need for transfusion. This might result in waiting too long. I recommend giving transfusions a bit too early rather than a bit too late.

When the RBC or hemoglobin drops too low, not enough oxygen is delivered to your organs. If not enough oxygen reaches the heart it can be permanently damaged. Heart failure is not far away. It is best to get two units of blood together and raise the RBC to a comfortable level for your body, rather than to skimp along on one unit. To heal, your body needs lots of

oxygen, not a survival amount. Use your transfusion time wisely; it is "borrowed." Hurry to clear parasites, bacteria, artificial teeth, and environmental toxins out of your body. You may request *erythropoietin* from your clinical physician to help build blood temporarily.

Take vitamin E (400 units), (see *Sources*) and calcium (500 mg.) daily if you are getting blood transfusions. It seems a wise policy to toughen the RBC walls and to support clotting during these times.

The fastest way to get your RBC up is to remove metals and dyes from your bone marrow, much faster than taking blood builders or special supplements. This is the purpose for zapping the bone marrow and taking homeographic drops after doing the dental work.

Platelet Count (PLT)

You should have 200,000 to 300,000 platelets in a mm^3 (uL) of blood. A count below this again implies a toxin in the bone marrow where they are made. When platelets are sparse, not enough clotting action is present in blood. Surprisingly, our blood vessels spring leaks all the time, and must be patched by platelets. Many small bleeds do not get patched, and are allowed to get bigger when the platelet count drops below 100,000. If dental work is necessary and platelets are below 100,000, a dose of platelets should be given between two and three hours before the appointment.

Platelets should be given before the mouth and gums are bleeding spontaneously from low levels. Removing copper, cobalt, vanadium and azo dyes restores the bone marrow's ability to make platelets again.

As the platelet count drops below 10,000, emergency care is needed. A capsule daily of calcium helps with clotting, as does vitamin K.

Of course, dental extractions to remove the copper, cobalt, vanadium, and dyes will trigger the very bleeding that is necessitating platelet transfusions. But time is of the essence—every

minute counts now. Without the dental clean up, death is certain. With the dental work, survival is at least possible. Dental surgery should be done in a hospital where blood and platelets can be immediately given and bleeding stopped by clinical means.

High platelet levels such as over 400,000 results in too much clotting activity; the blood will run sluggishly because it is too thick now and can not deliver enough oxygen and food to the cells. A small amount of niacin (100 mg) and an equally small dose of aspirin (½ baby aspirin) should be given 3 times a day to thin the blood in this case. Platelet counts of 500,000 to 800,000 tell us there is bleeding somewhere in your body (the body is trying to stop it by clotting it). If the platelet count goes too high from a variety of cancer it may be called thrombocytosis. But thrombocytosis is due to the dye Fast Green and excessive stem cell factor released by rogue bits of hypothalamus arriving in the bone marrow. Stop your hypothalamus erosion by killing Strongyloides and avoiding food with chlorogenic acid. Take Fast Green out of the spleen and bone marrow with homeographic drops of each organ.



The infective stage is microscopically small and invades the migraine center of the brain.

Fig. 65 Strongyloids are native to horses

White Blood Cells (WBC)

These cells are our defense team, called our immune system. They swim along with our blood and lymph. Lymph is the fluid that is not in our arteries and veins; it bathes our organs and is collected from these to be put back into our circulation by means of "lymphatic vessels". The vessels have valves to help them move the lymph along, as our veins do.

One type of WBC has the ability to crawl by means o pseudopodia (feet!), squeeze through tiny spaces, respond t bacteria or something dead or toxic far away by moving towar it, and to simply eat it all as a way to destroy it. These ar called **neutrophils** (and also called "segs" or "polymorphs" o "granulocytes") and should constitute about seventy percent o your total WBC. About twenty percent are smaller, rounder and capable of eating and killing viruses; those are the lympho-cytes. The **lymphocytes** are further divided into T and B lym-phocytes, named after the thymus or the bone marrow. The las 10% of your WBCs are other varieties, like monocytes (whic turn into macrophages), eosinophils and basophils.

Your total WBC count should not be below 5,000/mm^3 (same as 5,000/uL). Any amount below this implies a toxin in the bone marrow again! Toxins abound. Heavy metals and azo dyes are especially attracted to your bone marrow probably be-cause of its high fat content. (Metals and dyes are fat-soluble.) Lead, mercury, thallium, nickel, copper, cobalt and vanadium are commonplace here. Benzene, PCBs and apiol, too, have a preference for fatty tissues. The first two destroy phagocytosis and apiol starts inflammation. *Ascaris* eggs are quick to invade the bone marrow, upsetting the normal chemistry there in many ways.

Azo dyes have a special affinity for the stem cell line in the bone marrow that makes white blood cells, probably because they are constantly in mitosis (cell division). Scarlet Red dye (Sudan IV), Sudan Black B, DAB, Fast Green and Fast Garnet as well as Fast Red varieties are commonly found here by the Syncrometer®.

Avoiding benzene is essential to get back your normal WBC count.

When the WBC is extremely low (below four) immunity is much too low. You are susceptible to any invader. Levels be-low three are life threatening. But even levels as low as 1.5 have been quickly doubled (in six weeks) by avoiding benzene, asbestos, PCBs, dyes, doing dental work and killing parasites.

In AIDS the total WBC gets lower and lower due to the damaged bone marrow. But the lymphocytes have an extra problem; the T4s are dying out, while the T8s are increasing. An immune analysis test shows this to you.

Typical Immune Analysis Test In Early HIV/AIDS

	Test Result	Normal Range
WBC	5.3x103/u	(3.7-10.5)
Lymphocytes	27%	(14-46)
Lymphocytes ABS	1.4x103/u	(.7-4.5)
% CD3	79%	(58-86)
% CD4	33%	(31-59)
% CD8	45%	HI (12-36)
CD3 ABS	1130	
CD4 ABS	472	
CD8 ABS	644	
CD4/CD8 ratio	0.73	Low Ratio (0.92-3.72)

1. Notice that the WBC is still quite adequate, over 5,000.
2. The lymphocytes are more than 20% of the total white count. This is typical of a person with any viral disease. Your body tries to increase its virus-killing capability.
3. 27% of $5.3x10^3$ is 1,431 in absolute numbers (given as $1.4x10^3$).
4. Of the lymphocytes, about 80% should be T-cells (CD3s), the remainder B cells. This result is good. It is 79% of the lymphocytes (.79x1,431), which is 1,130/mm^3 in absolute (ABS) numbers. Notice that it is all quite elementary arithmetic.
5. The CD4s are your "helper" cells and are 33% of all your lymphocytes. Calculate (.33x1,431) which is 472, your absolute number.
6. The CD8s are your killer-plus-suppressor cells and are 45% of all your lymphocytes. Calculate (.45x1,431) which is 644, your absolute number.

Notice that the number of CD4s is well below the number of CD8s, just the opposite of what it should be. This is a typical part of the AIDS picture.

The remaining part is subtler. It is the inability of your phagocytes, all your neutrophils and macrophages (monos) to phagocytize, that is, to eat any of your enemies. There is no blood test designed to show you this, but the Syncrometer® detects it easily. You may have the normal numbers, in this case $5.3x10^3$/u, but if 70% of them (the neutrophils) can't phagocytize for you, it is as if you didn't have them. This is a part of your AIDS picture that is not demonstrated to you on this test.

The ratio of CD4 to CD8 cells lets you see the picture at a glance. A ratio of 0.92 is the low end of the "acceptable" range. Of course, this is entirely unacceptable to us. The ratio should be about 2:1 in favor of CD4s!

Your CD4s need Fast Garnet dye removed from them so they can multiply and increase, while your CD8s need Fast Green dye removed from them so they are not over stimulated and can decrease. The ratio can begin to normalize in a week doing the *2-Week Program*.

There are many variations of this immune analysis test; some are more obscure than this one. Don't let that deter you from understanding every detail on it. It would serve you and society much better if there were notes printed with the test results that would help you understand rather than suppress your initiative.

Always ask for a copy of your test results so you can study it at your leisure. Pick out the essential data, which is only WBC, % CD3 and % CD4. Everything else you can calculate.

A Typical Viral Load Test Result

HIV-1 RNA PCR QN (W/LOG) 16,430 ABN

This tells you that a Polymerase Chain Reaction (PCR) test was done on your blood to search out the ribonucleic acid (RNA) that belongs to the HIV-1 virus. QN means "quantitative", namely counting and calculating how many viral chromosomes are found in 1 ml of plasma. In this case, it was 16,430.

Often an explanation or disclaimer is added as a note.

W/LOG means your number has been given a logarithmic form. This is of no use to you. ABN means abnormal. Less clear is the number <400, printed on many forms. This means "less than 400". Many tests cannot detect fewer than these; so it is the cutoff point between "normal" and "abnormal", an arbitrary definition. If your test result is <400, it means no viruses could be detected, a very happy result. But it does not mean you are cured, of course, if you have to keep killing viruses to achieve this.

The program in this book tells you how to really cure yourself, not just keep the virus number down. When your viral load is **Negative** (not detected), and stays **Negative**, without the help of a drug, you can have confidence that you are really cured.

Your Body's Chemistry

How well your body can do its chemistry can be seen in a panel often called the SMAC ("smack"). Compare your results with "perfect" ones (our standards).

The Perfect Blood Test

Test	Healthy range by our clinic standard	Units	Our lab range (for comparison)
glucose (fasting)	85-95	mg/dL	65-115
BUN	15-16	mg/dL	5.0-26.0
creatinine	0.9-1.0	mg/dL	0.6-1.4
AST or SGOT	12	U/L	0-55
ALT or SGPT	12	U/L	0-55
GGT	12	U/L	0-57
Total bilirubin	≤1.0	mg/dL	0.1-1.8
uric acid	3.0-4.0	mg/dL	2.2-7.7
cholesterol	200 plus your age	mg/dL	130-200*
triglycerides	100-200	mg/dL	30-180
sodium	138-142	m Eq/L	133-145
potassium	4.5-4.7	m Eq/L	3.3-5.6
chloride	98-104	m Eq/L	95-111
calcium	9.1-9.6	mg/dL	8.5-10.4
phosphorus	3.0-4.0	mg/dL	2.2-5.6
Total protein (T.p.)	7.0-7.4	gm/dL	6.3-8.3
albumin	4-4.6	gm/dL	3.9-5.1
globulin	2.5-2.8	gm/dL	2.0-5.0
LDH	125-160	U/L	91-250

Test	Healthy range by our clinic standard	Units	Our lab range (for comparison)
alkaline phosphatase	75-85	U/L	39-117
Total iron (serum)	75-105	ug/dL	30-170
carbon dioxide		m Eq/L	12.0-33.0

**Cholesterol range is arbitrarily set by lab, see text.*

Common abbreviations

alk phos	alkaline phosphatase	HGB	Hemoglobin
ALT	alanine amino transferase	K	Potassium
AST	aspartate aminotransferase	LD or LDH	Lactic dehydrogenase
BUN	blood urea nitrogen	Na	Sodium
Ca	Calcium	P	Phosphorus
Chol	Cholesterol	plt	Platelet
Cl	Chloride	RBC	red blood corpuscles
CO2	carbon dioxide	T.b.	total bilirubin
creat	Creatinine	T.p.	total protein
FBS	fasting blood sugar or glucose	trig	Triglycerides
GGT	gamma glutamyl transpeptidase	WBC	white blood cells

When AIDS is not yet fully developed, the blood "chemistry" results do not show abnormalities. The body that is under 50 years of age is still "young", strong, and able to compensate for many problems.

Even an AIDS-ravaged body usually has surprisingly good test results. In many cases death comes before organ failure can be detected in the test results and before it can be expected. The true cause of death may not yet be known. There may not even be a blood test devised to detect it. I believe it is still largely mysterious, even though it is assigned to a disease.

In view of this "mystery factor", we should pay attention to every blood test result that has gone out of its range. The range is given to tell you what the test results are for 95% of the population, that is, most people. These results are considered normal and healthy, even though we know quite well that 95% of the population is not healthy, nor normal. Still, this approximation is good enough for rather young and healthy people like early AIDS victims.

Blood Sugar (Glucose)

Glucose should never be lower than 80 mg/DL whether you have fasted before the test or not. The liver should always be able to make blood sugar for you, even if you have not eaten recently. The liver stores a reserve of blood sugar for this purpose. If yours is below eighty, the liver is not able to keep your level up, either because its stores are empty, or for other reasons.

As you recover, the liver will regain its functions. But if your blood sugar is already below seventy, you must eat throughout the day to re-nourish your body. Your body must be nourished to heal. You should eat the richest, most nourishing (but safe) foods you can find. If your blood sugar is over 90, you are still in good condition. You must work hard to eat enough high calorie, nutritious food to keep this figure from dropping.

There are only three categories of foods: carbohydrate, fat, and protein. All your carbohydrate foods, breads, rice, grains, pasta, vegetables, and fruit, are turned into blood sugar by the body's chief factory, the liver.

Why couldn't we simply eat glucose (also called dextrose), to supply it all? It is because there are many food-factors packed into ordinary foods that you would miss by eating plain sugar. Nevertheless, if no food can be digested, a beverage of honey water or dextrose (confectioner's sugar) in water will sustain you for several days, until you are able to eat. If vitamins, minerals, amino acids, fats, and a few extra nutrient factors are added, you can be sustained for six weeks, plenty of time for your appetite to return. If you are a caregiver and your patient has missed a meal make a "replacer" in beverage form (see *Recipes*).

BUN And Creatinine

These are evaluated together because they both reflect on kidney function. BUN stands for **blood urea nitrogen**—namely, how much urea is in the blood.

I have found that high urea levels imply a bacterial infection somewhere and low levels mean there is a block in its formation. When your body cannot form urea, there is serious trouble ahead; yet it has often been interpreted as "extra-good" kidney function or not explained at all.

The bacteria that raise the BUN most are the exceptionally bad ones, Clostridium varieties. Bacteria make copious amounts of ammonia, which is extremely toxic to us. (It has the odor of a diaper pail.) So our bodies try to catch the ammonia and make harmless urea out of it. Urea can be removed from the blood by the kidneys and bladder quickly.

When your BUN is quite near or actually over the top of the range, you must quickly kill bacteria. The main sources, of course, are decaying teeth and your bowel contents. Use the techniques discussed; tooth extraction, betaine supplement, hydrochloric acid, multiple enemas, Lugol's, turmeric, and fennel, besides regular zapping, to quickly reduce your bacterial burden. Double the kidney herb recipe until you can produce 1 gallon of urine in 24 hours. Even ordinary IVs can help to "wash out" BUN. The BUN can drop significantly in five days.

A BUN that continues to rise becomes life threatening. At higher levels such as over 50, urea begins to damage the tissues, including the kidney itself. If the kidney becomes damaged, BUN will rise still further and dialysis must be used as a stopgap measure until kidney health recovers.

A BUN level over 55 often brings dizziness and delirium, yet some persons can endure a level of 80 (even higher for children)! There are many ways of clearing up this condition, even at this late stage. Take numerous (four) enemas in a day. Help the kidneys by stopping all malonate consumption (seeping dentalware)—methyl malonate is the kidney toxin. Detoxify it with as much vitamin C as you can tolerate. Cysteine is a specific kidney helper (take four 500 mg capsules, 3 times daily for a week). Meanwhile, kill parasites by plate-zapping the kidneys throughout the day. Start taking the increased amounts of the Kidney Cleanse recipe. All the clinical techniques for lowering BUN (hydration, etc.) should be used, too.

BUN levels can be too low for many years without you being aware of it. A test result that is near the bottom of the range or below is too low. There is a block in the **urea synthesis cycle** somewhere, probably in the liver. I have preliminary evidence that an azo dye blocks urea formation. Azo dyes pollute our foods, both natural and processed. Our new system of hot washes and zappication cleans them up. Take dyes out of the kidneys with homeographic drops.

Creatinine is more truly a test of kidney function than BUN. Creatinine formation can be blocked too, and be extra low. Again, this does not imply extra good kidneys!

And, again, I have evidence that an azo dye is the culprit. Clean dyes out of your food and dentalware.

Creatinine levels rise too high when the kidneys fail to clear it from the blood. A level of 1.4 should not be exceeded. If it goes above this, vigorous help for the kidneys should be obtained at once. The Kidney Cleanse, starting with the usual dose but doubling it after a few days helps most. Lots of water (at least 2½ quarts/liters a day) helps. Cysteine (6 grams a day) and lysine (5 grams a day), in divided doses, are especially useful supplements. Alkalinizing your body with 1 tsp. baking soda or sodium/potassium bicarbonate mix (two parts baking soda, to one part potassium bicarbonate) at bedtime helps the kidneys, too. Sometimes a drug is responsible for kidney failure. To test this, all drugs should be eliminated or substituted with an equivalent variety for at least a few days to see if the creatinine will fall. If the kidneys respond and creatinine levels drop, do not go back to earlier drugs. Even a creatinine level over 5.0 can be reduced to safe levels again in these simple ways.

But clinical help should be requested before it rises above 3.0. Accept dialysis at the earliest time allowed. This will buy you a small window of time; use it wisely—to extract rotten teeth or get plastic out of teeth, kill bacteria and parasites, change diet, and find drug replacements.

The most important supplements to help failing kidneys are vitamin C, folic acid, vitamin B_6, vitamin B_2, pantothenic acid, and magnesium. Maximize these.

Liver Enzymes

The liver is the body's main manufacturing plant. If the liver is injured chemically, many cells will die. And when they die, they release their enzymes into the blood stream. So high liver enzymes mean that liver cells are dying. Three common enzymes are:

1. **AST** (aspartate amino transferase), also known as SGOT.
2. **ALT** (alanine amino transferase), also known as SGPT.
3. **GGT** (gamma glutamyl transpeptidase).

If your transferases, also called transaminases, are going up, a liver toxin is present and you must search, even amongst your "natural" supplements for a toxin. The Syncrometer® usually detects lead in the vitamins in such cases. For this reason, only tested supplements should be used. If your transaminases are over 70, and rising, don't wait; try going off all supplements for five days to see if the transaminases will come down. If not, replace all your drugs, too, with substitutes for five days. Repeat your blood tests five days later using just a "liver panel."

Sometimes an essential drug such as a heart drug or anti-seizure drug is responsible for the elevated transaminases. Even if the transaminases merely climb over 70 U/L, replacement prescriptions should be requested from your doctor. Transaminases over 350 can still be brought down to safety, if you act quickly. But if they soar higher, liver failure is in progress. Seek out IV therapy.

The GGT reflects a different liver function. It can represent liver "blockage". In this case the alkaline phosphatase is usually too high also. The best thing to try is simply a liver-cleanse. Repeat it every two weeks. Don't give up, even if your GGT is over 1000.

Total Bilirubin (T.b.)

A rising bilirubin is a much more serious liver problem than rising enzymes.

If the liver is not capable of detoxifying your used hemoglobin or if the bile ducts are truly blocked (usually by tumors), bilirubin builds up in the blood. You can detect a yellowish tint first in the whites of the eyes. This condition is called *jaundice.* You can help your liver to detoxify hemoglobin (called conjugation) by taking glucuronic acid, 250 mg, three times daily.

There is no time to lose. If your T.b. is over 1.0, there is already a serious problem. The problem is aflatoxin or drug toxicity. Aflatoxin can be cleared with the glutathione supplements in your program. But drug toxicity means you need to change your drugs and quickly! Hurry to your doctor to make the necessary change.

When the T.b. reaches thirty and you are as yellow as a lemon, it can still be filtered out of your blood in a clinical procedure. It is important not to let it get higher, since it may damage your other organs. It also helps to give albumin by IV, one bottle (12.5 gm) daily to absorb some of the bilirubin even if the albumin level is normal. What helps most is homeography. This means taking drops of water that are electronically "instructed" to take aflatoxin and bilirubin out of all parts of the liver (this means the liver sample you have on a slide followed by liver + 1 pF, liver + 2 pF, liver + 3 pF, liver + 4 pF, liver + 1 pF + 1 μH, liver + 2 pF + 1 μH, liver + 3 pF + 1 μH, liver + 4 pF + 1 μH, liver + adipose). Do not give up even if T.b. has reached fifty! You may be improving your situation, namely, liver disease, and yet not losing your jaundice. The yellow pigment seems tightly stuck in your tissues for some time. Be patient.

Another cause of jaundice is simple blockage of the bile ducts by a tumor. It is a mechanical effect. Your doctor can help you find the cause of blockage; then act with all possible speed. A stent can be put in your duct to keep it open but this

only buys you a little time. Use it to do all the cleanups recommended.

If you have hepatitis C, you need to remove amalgam metals and dental plastic from the liver, using the homeographic technique. This will enable the CD4s and CD8s to kill again, this time the hepatitis C virus. But the improvement will only be permanent if you remove these from your teeth, the source. Then do liver cleanses, on a 2-week schedule. Clean up your body, diet and environment. Test your water for PCBs and benzene or find a different home. Add HCl drops to your water (one per cup). Take one drop of coriander oil, 3 times daily or as part of a Spice Syrup. Take L-G and L-A and wear kidney magnets by day.

Uric Acid

Every time the uric acid level is too low, the Syncrometer® finds clostridium bacteria present in some organ. As soon as they are killed, the uric acid level rises to a more normal value!

Uric acid levels can be manipulated, too. Supplementing with glutamine raises it. It takes three to 10 grams a day of glutamine to raise the uric acid level significantly in five days. Unless bacteria are killed, though, it will fall back down again.

Taking folic acid lowers uric acid levels. Uric acid levels are an example of a "masked" result, where two deficiencies leave uric acid levels looking normal. But it doesn't mean you are healthy. By the time you have AIDS it would be wise to take both glutamine and folic acid.

Most important is clearing Clostridium out of your colon and your teeth. Betaine clears it from your intestine. The dental work described later clears it from your teeth.

Triglycerides And Cholesterol

Triglycerides are your blood fats. They are usually much too low in AIDS patients. Scientists do not yet understand the

reason. But it is easy to see that AIDS patients are very malnourished, without feeling hungry.

If your triglycerides are below one hundred, you must eat, eat, and eat to catch up on lost calories and nutrition. Even if your triglycerides are above one hundred, you must struggle hard to keep this level up. Your food must be as rich in fat as your digestion allows. Five or six meals a day are the norm. You must force yourself to eat, even without appetite.

Cholesterol levels tend to go with triglyceride levels, and are often much too low, as well. Since cholesterol is largely made in the liver, low cholesterol reflects a sick liver. Cholesterol is needed for every cell—it forms the outer coat or membrane. Old cholesterol must constantly be disposed of, and new cholesterol made. A healthy cholesterol level of "two hundred-plus-your-age" was established decades ago for Americans. It is not less true now, despite the current emphasis on cholesterol lowering. Cholesterol levels that are too high (over 300) will come down automatically as liver health is improved, as the thyroid level comes up, and as liver blockages are removed with cleanses.

Do not eat cholesterol-reduced foods nor take cholesterol-lowering drugs when recovering from AIDS. Low cholesterol will come up automatically, too, as liver health improves.

The sugar, fat and cholesterol content of your blood tell you the state of your nutrition. Are you a well-fed specimen or barely getting by? Now, more than ever, you need to supply calories of the highest quality to accomplish the extra task of healing that your body has taken on.

The most nutritious foods are liver (done lightly), goat milk and raw eggs. Make these safe with extra long (10 to 20 minutes) zappication plus HCl drops, and eat them daily, when the program allows it.

Electrolytes

Sodium, potassium, and chloride are called your electrolytes. When sodium and chloride levels are too low, the kid-

neys and adrenal glands are letting too much escape into the urine. You must assist these organs in particular.

The five supplements that help most are vitamin B_6 (500 mg a day), folic acid (50 mg a day), pantothenic acid (3 tsp. a day), vitamin C (10 gm or 2 tsp. a day) and vitamin B2, 300 mg, 10 capsules daily. Only large amounts help when adrenals or kidneys are failing.

Other supplements useful for the kidneys at this time are magnesium oxide (600 mg with each meal), lysine (5 gm a day), and cysteine (3 gm a day). Altogether, these can help you avoid the need for IV therapy with steroids, albumin, and saline. But if the problem persists or is even worsening, clinical assistance must be found.

Low levels of sodium and chloride contribute to fatigue. It will lift when you rescue your adrenals.

Potassium chloride is tissue or cell salt. When it is too low, you may feel fatigue, as with low sodium. But in this case, simply eating a lot of it helps. If your potassium level is very low (under 3.5), you will need 3 tsp. daily of potassium gluconate as a supplement. Use 1 tsp. with each meal, stirring it into food, or as "salt." (1 tsp. potassium gluconate supplies 480 mg potassium.) If your level is 3.6 to 3.9, you will need ½ tsp., 3 times daily. If your level is 4.0 to 4.4, you will need ¼ tsp. 3 times daily. Your tissues will gradually load up on this precious nutrient. Foods known to be high in potassium are not enough; only a supplement helps.

Whenever you are on a potassium supplement for more than a few weeks you must get a follow-up blood test. When a level of 4.7 is reached, you must stop the supplement, and rely on wholesome foods for further supplies. If you cannot schedule a blood test in this time frame you must stop taking potassium just in case it is high enough.

Persons with a potassium level that is too high, such as 4.8 or higher, have a thyroid problem (not caused by taking potassium). Naturally, we would not supplement potassium when it is already high. Without enough thyroid hormones the tissues cannot lap it up as they normally do, this lets it accumulate in

the blood while the tissues are starving for it. Thyroid problems are mainly caused by dental toxins. High potassium levels (over five) can cause symptoms such as slow heart rate.

As you do the dental clean up, the thyroid recovers quickly and now the tissues eagerly lap up more potassium from the blood stream. This can cause a sudden drop from too high to too low levels. Another blood test is necessary to see if you now need to supplement potassium. You cannot rely on your doctor to be aware of these subtle relationships. You must notice them yourself on follow-up blood tests.

Your blood salt (sodium, chloride) content determines your blood pressure to some extent. Salt holds water; it was meant to hold water in your arteries and veins. If your salt level drops too low, you cannot hold the water in your blood vessels. Water will escape into your tissues because the blood vessel walls are porous. As the fluid escapes into your tissues they become water logged (edematous) and your blood pressure must drop, causing fatigue. Most of this escaped fluid can be drawn back into the blood vessels if it is treated vigorously right from the start. Extra potassium and diuretics are the first things to try. The Kidney Herb recipe gives diuretic action. Double the amount by the third day. Coconut milk, one glass daily, is strongly diuretic and could be added.

Spironolactone, our natural diuretic (100 mg, two daily), or a drug variety can be added to all this but you may need a stronger variety, too.

When electrolyte levels are too high, this is nearly always evidence of dehydration. You need to drink more water. To help the kidneys excrete salt and other wastes, they need plain water to dilute all the wastes they must process. One liter/quart a day, plain cold tap water, besides other beverages, is a good rule to follow for rehydration. If rehydration is needed immediately, drinking water is not enough, it must be given by IV. Prolonged diarrhea or vomiting can result in such an emergency, and requires clinical help.

Calcium And Phosphate

These are considered together because they make up ou bones and are regulated together by the parathyroid and thyroi glands.

A calcium level over 9.7 is too high even though it is wel within the accepted "normal" range. And a phosphorus leve over 3.9 is too high also; it reflects bone dissolution. (Growin children are an exception; their phosphate levels should b higher.)

Calcium levels higher than 15.0 may begin to cause menta confusion.

We have brought down a level as high as 19.0 safely, du to lightning-speed attention. Tooth extractions of all artifi cially-filled teeth, in a single sweep, on the day of arrival ca bring the calcium level down several points the same day, t begin the recovery. Levels below 7.0 must have the sam emergency procedure: tooth extraction will gain a few points i 24 hours, to bring you back into the extremely low, but surviv ing category.

Phosphorus levels that are below three indicate a need fo vitamin D. The correct level is 3.0 to 3.9 mg/dl. As your kidne health improves, this will improve also. A supplement is ad vised, meanwhile.

Total Protein (T.p.)

The liver makes our two main blood proteins, **albumin** an **globulin**. One of their functions is to give your blood osmoti force so water will stay in the blood vessels rather than see into the tissues (similar to the action of salt). Albumin is mor effective in this. But your globulins are also your antibodie The total of albumin plus all your globulin is called total pro tein (T.p.). It should reach a value of about seven; 7.5 is bette This assures good osmotic strength.

Cobalt and vanadium are the chief culprits in disturbing th albumin and globulin levels, and again, emergency dental wor to extract toxic teeth is the life saving measure. Take L-G an

chelating action. Also make homeographic drops amalgam metals, including cobalt and vanadium, ver.

umin level is too low, (at the bottom of your blood linical help is advised. IVs of albumin and calcium You may need to be assertive about this. There is eluctance to provide this, usually due to lack of ind an alternative physician.

in injectable form (8.0 or 12.5 gram bottles) en without delay. Two bottles are needed if albu- e below three. Each albumin bottle should be ster- bacteria and *Ascaris* eggs by adding ½ cc of ethyl ol through the stopper, and then shaken for 10 revent precipitation. Filtering alone does not re- oxsackie viruses that accompany *Ascaris* eggs. les also contain traces of benzene, isopropyl alco- cobalt, and vanadium and azo dyes (from antisep- on, no doubt) not to mention PVC plastic. If you glass IV bottles, you must zappicate the IV plas- estroy some of it. We customarily discard about percent of all bottles of injectables for their pollu- ust weigh the need for IVs against the risk of these present.

few days of injected calcium and albumin can fe and give you just enough time to do your dental parasite-killing, new diet, new lifestyle and sup- tine. Encourage your caregiver to use this time ou.

of calcium by IV should also be accompanied by to keep them in balance. Additionally about 25 entire bottle) of vitamin C should be given to bal- keep everything in solution. (These, too, must be ith ½ ml ethyl alcohol and filtered). Whether the chosen to be dextrose or salt (saline) depends on test results. If your sodium and chloride level are hoose saline. If not, choose dextrose. If both are low, ine and add concentrated glucose. The IV bottle will

be automatically sterilized when the injectable is added containing the alcohol. But if none has been added, then ½ ml alcohol should be added to the IV bottle itself.

Twenty-four hours after teeth are extracted, the relief is felt by the thyroid and parathyroid gland, as well as the liver, allowing albumin, globulin and calcium to correct themselves.

When albumin is too high (greater than 5), the same toxins are responsible: cobalt, vanadium and dyes. Even when T.p. reaches twelve or higher, you can still recover by doing immediate dental extractions. But time now matters to the minute. And there is nothing to lose—but life.

To sum up, cobalt and vanadium are what cause albumin and globulin to be too high or too low. These come from both plastic and metal tooth fillings.

Lactic Dehydrogenase (LDH)

Hard exercise causes your muscles to make **lactic acid**, which is what makes you feel "stiff" the next day. Because LDH levels closely parallel lactic acid levels, labs always test for LDH instead of lactic acid. The test for LDH is universally used to mean lactic acid levels.

But lactic acid levels do not go up due to exercising in AIDS patients. AIDS patients are too fatigued to exercise. It has been largely a mystery.

The Syncrometer® has found several reasons why the LDH goes up. It occurs when the azo dye Sudan Black B is present. All patients with elevated LDH show this dye in abundance. It has been bioaccumulated because the body did not have enough vitamin B_2 or coenzyme Q10 to detoxify it nor could the immune system (WBCs) carry it away.

Hurry to remove the source of dyes, namely, dental plastic, clorox-treated drinking water, and food. Help the phagocytes by taking organic germanium and selenite, as in the *2-Week Program*. Use homeography to take Sudan Black B out of your liver and all its parts.

The second cause of a high LDH is indirect. When cells have lanthanide elements within them, a family of nucleoside analogs appears, called dideoxy nucleosides. How this happens is not clear, but that nucleoside analogs cause lactic acid elevation is well known.[112] It is the side effect of drugs used for AIDS patients. Raising lactic acid would inevitably raise LDH.

By removing lanthanides with lightning speed (dental work), as well as azo dyes and substituting any AIDS drug that causes this directly, the LDH can be expected to drop 100 points in just five days, sometimes faster.

When the LDH is very high, over five hundred, all the dye removal treatments should be maximized. Normally, we remove dyes with coenzyme Q10, vitamin B_2 and homeographic drops. But if the LDH is over one thousand and all your treatments are not bringing it down in the first five days, you could be given a shot of *benzoquinone* oxidizer ("BQ", see *Recipes,* page 571) a clinical procedure originated by Dr. W. Koch. Even values as high as three thousand can be brought down with a shot of this oxidizer. There are no side effects. If this is not an option, make homeographic drops that stimulate BQ formation by the body itself. Also take drops that make RZ. Results come in two days. There is no toxicity from either method.

BQ shots can be given several times, on alternate days. More will not help. It buys a week of precious time to accomplish dental work, deparasitizing, etc.

Thyroid supplementation can be increased to maximum tolerated (up to four grains) to accelerate the LDH drop.

We use a cut-off point of 160 U/L for LDH if the laboratory uses a range up to 240. (But remember, not all laboratories use identical procedures, so if the range on your blood test goes up to 480, you would double 160 to get 320 for your acceptable limit.) This limit of 160 is arbitrarily chosen. A value well below 160, such as 120 to 130 is acceptable, too.

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[112] *Positively Aware*, Jan/Feb 1999, p. 31.

Occasionally, LDH values are much too low, below 100. This causes intense fatigue. I believe this is due to cobalt toxicity affecting the glycolysis part of your metabolism. Large amounts of oxidized cobalt are produced by *Ascaris* eggs as they consume your vitamin B_{12}. Most "chronic fatigue" has this feature of low LDH. Kill *Ascaris* with homeography (making BQ and RZ), especially at the heart and muscles. Remove cobalt at the same locations. Also take L-G and L-A. In this way, cure your fatigue problem at the same time as your HIV and AIDS.

Alkaline Phosphatase (Alk Phos)

This is the enzyme that moves calcium in and out of bones. The only time it should be higher than the top of the range is for a growing child. When adults have such a high level, it shows bones are dissolving and calcium and phosphate are coming out of them even though you can't see the raised calcium and phosphate levels in your blood test. Your body is merely shipping out the calcium and phosphate with the urine.

A high alkaline phosphatase is always accompanied by an accumulation of the dye, dimethyl amino-azobenzene (DAB).[113,114]

Total Iron (Serum)

Iron is transported on a molecule called *transferrin* in the serum. Serum is the liquid part of the blood (not the blood cells).

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[113]Mellors, R.C., Kanematsu, S., *Alkaline Phosphatase Activity and Basophilia in Hepatic Cells Following Administration of Butter Yellow to Rats*, Proc. Soc. Exptl. Biol. Med., v. 67, 1948, pp. 242-46.

[114]Pearson, B., Novikoff, A.B., Morrione, T.G., *The Histochemical Localization of Alkaline Phosphatase during carcinogenesis in Rats Fed p-Dimethylaminoazobenzene*, Cancer Research, v. 10, 1950, pp. 557-64.

The ideal blood level of iron is 100 ug/dL but even values as low as fifty will allow hemoglobin to be made so red blood cells can be born in the bone marrow. Below this, body systems begin to fail.

A hallmark of advanced disease is low iron levels so hemoglobin and RBCs cannot be made.

Although the serum iron level may be low, this does not mean there is a real shortage of iron. It is merely piled up in a useless mound of ferritin or of ferric phosphate. Some of it can be retrieved in ferrous form as soon as vitamin C appears on the scene. (Only the ferrous form is utilizable.) Vitamin C in its reduced form (as well as cysteine) can convert ferritin back to usable iron. But reduced vitamin C is absent in the presence of Ascaris eggs and larvae, which are omnipresent in sick people. What helps most is getting rid of Ascaris, so vitamin C can be in its reduced form. And, of course, taking extra vitamin C.

Part of the process of iron retrieval from ferritin is controlled by the enzyme *FMN*. The Syncrometer® detects FMN in **ginger**. Red beets also help. It seems advisable to eat both when iron is very low. (And both cysteine and vitamin C, of course.)

In general, however, you can expect your iron level to normalize by itself, as you clear up other problems. For this reason, my supplements are very small, only 10 mg. The hope is that the body will be able to use this before it gets stuck away inside ferritin. Killing Ascaris eggs and their microscopic larvae with BQ and RZ gives the best results; iron levels start moving up.

How Important Are Blood Tests?

Blood test values are never accepted as "absolute truth." The lab could make a mistake; something unusual could have happened; or a mysterious effect could be at work. Interpreting blood tests is still an art, hardly a science. For this reason blood tests are repeated before they are given great weight. And certain tests are given much more weight than others, for instance,

the RBC, T.b, creatinine, albumin. Life depends on these and there is little room for variation.

Still, the time of day, whether you have eaten recently, or exercised, affect some results more than others. It is wise to wait for three or four blood tests before being too alarmed about most other blood test results.

Since labs use different tests and ranges, it is obviously wise to stick to the same lab for easy comparisons.

The Four Clean Ups

1. Clean Up Your Dentalware

The purpose of this cleanup is:

- to get rid of a major source of heavy metals and azo dyes that are damaging your immune system
- to get rid of clostridium bacteria, our most treacherous enemies, hidden in crevices under tooth fillings

The Amalgam Era may become the darkest era in human history. Darker than cannibalism, headhunting, throwing Christians to the lions, burning non-Christians at the stake or having two world wars. The amalgam disaster was perpetrated on the very young and very old, on the sick and healthy, and on women as well as men, much less selective than primitive atrocities.

The toll taken by persuading all these people to accept pieces of amalgam to suck on day and night is unimaginable. It started the hundred-year slide downward of our immune power, our only defense against extinction.

Our only defense against all the parasites, bacteria, viruses and even prions that try to destroy us is our immune system. We may think that cleanliness, intelligence, warm clothing and medicines protect us. But they do not. Our white blood cells have infinitely more power. Their job is eating our enemies and killing and removing them in a variety of ways: sometimes physically, sometimes through chemicals they make, sometimes through electrical (or perhaps magnetic) effects.

Using the Syncrometer®, four immune cell blockers were found, and one immune cell destroyer in all victims of HIV and AIDS disease. Altogether, this is only five problems. It is sur-

prisingly few. These stalk us in secret ways. Dental amalgam brings one group, the heavy metals. This includes the lanthanide family (the magnetic metals). And this is how we get a steady flow of mercury and thallium into our bodies. But that is not all!

We may think amalgam is "pure", made of "pure" mercury, "pure" silver and a few other "pure" metals. This is a mistake. Metals are not sold as "pure" or impure. They are given grades as 99%, 99.9%, 99.95%, 99.999%, and 99.9999%. The remainder could be anything! What purity percentage is used in dentistry? Why are they never disclosed?

Every bottle, can or package of food or cosmetics must list its ingredients to some extent. Is dental material, that you actually keep in your mouth continuously, above all this? In reality, mercury has been judged for purity, not by measurement at all, though, but by simply looking at it. This is an excerpt from a technical dental textbook:

> The purity of dental mercury in the American Dental Association specification is defined by its surface appearance, its residue after pouring and its nonvolatile residues. The tests for surface appearance and pouring residue can determine the presence of 0.001 percent or more of base metal impurities. The addition of 0.001 percent of copper, zinc, tin, lead, bismuth, cadmium, arsenic or antimony caused an immediate change in the appearance of the surface of mercury. The mercury lost its mirror-like appearance and a film or "skin" formed on the surface. The contaminated mercury wetted the glass container and the container could not be completely emptied. The effect was very pronounced and could be readily detected in each case. However, the addition of 0.001 percent of silver or gold did not cause a change in the appearance of the mercury.[14]

Fig. 66 "Pure" mercury excerpt

The point is: if that undetected .001% base metal impurity happens to be cadmium or thallium, you'll develop high blood

[14] *American Dental Association Guide to Dental Materials and Devices*, sixth edition, copyright 1972, p. 31.

pressure or neurological disease besides diseases due to the mercury itself. Here is an excerpt from a technical text:

> ***TEJ500*** ***HR: 3***
> **THALLIUM COMPOUNDS**
> Thallium and its compounds are on the Community Right To Know List.
> THR: Extremely toxic. The lethal dose for a man by ingestion is 0.5-1.0 gram. Effects are cumulative and with continuous exposure toxicity occurs at much lower levels. Major effects are on the nervous system, skin and cardiovascular tract. The peripheral nervous system can be severely affected with dying-back of the longest sensory and motor fibers. Reproductive organs and the fetus are highly susceptible. Acute poisoning has followed the ingestion of toxic quantities of a thallium-bearing depilatory and accidental or suicidal ingestion of rat poison. Acute poisoning results in swelling of the feet and legs, arthralgia, vomiting, insomnia, hyperesthesia and paresthesia [numbness] of the hands and feet, mental confusion, polyneuritis with severe pains in the legs and loins, partial paralysis of the legs with reaction of degeneration, angina-like pains, nephritis, wasting and weakness, and lymphocytosis and eosinophilia. About the 18th day, complete loss of the hair on the body and head may occur. Fatal poisoning has been known to occur. Recovery requires months and may be incomplete. Industrial poisoning is reported to have caused discoloration of the hair (which later falls out), joint pain, loss of appetite, fatigue, severe pain in the calves of the legs, albuminuria, eosinophilia, lymphocytosis and optic neuritis followed by atrophy. Cases of industrial poisoning are rare, however. Thallium is an experimental teratogen [used to induce birth defects for study]. When heated to decomposition they [sic] emit highly toxic fumes of Tl [thallium]. See also THALLIUM and specific compounds.[15]

Fig. 67 Thallium excerpt

So the entire amalgam-war against humanity was a secret one. We did not know what we were putting in our mouths. We thought amalgams were mostly silver, and very pure, when

[15] Sax, N. Irving, and Lewis Sr., Richard J., *Dangerous Properties of Industrial Materials* 7th ed., Van NOSTRAND, Reinhold N.Y. 1989.

they were very impure. The Dental Association knew all along that there could be as much as .001% impure metal such as thallium or cadmium or anything else in it. "Experts" who were advising the ADA should have known enough biochemistry and physiology to warn against such a standard. And the effects of eating thallium are cumulative so toxicity comes earlier than ordinarily expected.

I have not seen any cases of high blood pressure where cadmium was not deposited in the kidneys, an organ where blood pressure is controlled. And no cases of neurological disease without mercury or thallium being present.

Mercury tends to be associated with thallium; they are difficult to separate when mercury is being prepared. It is probable that the .001% base metal is part thallium. The Syncrometer® nearly always finds them together. And what about the purity of the copper, nickel and other alloys used? These would not even have a visual "telltale". It is no wonder that the Syncrometer® detected 50 metals in a single sample of new amalgam that was ready to be placed in someone's mouth.

Ag – Silver	La – Lanthanum	Se – Selenium
Al – Aluminum	Li – Lithium	Si – Silicon
Ba – Barium	Mn – Manganese	Sm – Samarium
Be – Beryllium	Mo – Molybdenum	Sn – Tin
Bi – Bismuth	Nb – Niobium	Sr – Strontium
Br – Bromine	Nd – Neodymium	Tl – Thallium
Cd – Cadmium	Ni – Nickel	Ta – Tantalum
Ce – Cerium	Pb – Lead	Tb – Terbium
Cs – Cesium	Pr – Praseodymium	Ti – Titanium
Cu – Copper	Pt – Platinum	Yb – Ytterbium
Dy – Dysprosium	Rb – Rubidium	U – Uranium
Eu – Europium	Re – Rhenium	V – Vanadium
Gd – Gadolinium	Rh – Rhodium	W – Tungsten
Ge – Germanium	Rn – Radon	Y – Yttrium
Hg – Mercury	Ru – Ruthenium	Zn – Zinc
Ho – Holmium	Sb – Antimony	Zr – Zirconium
In—Indium	Sc – Scandium	

Fig. 68 Elements found in "pure" amalgam by Syncrometer®

The HIV victim must remove every bit of amalgam, however tiny, from the mouth. There is no way of curing AIDS without this fundamental act.

Earlier I recommended changing metal into plastic for teeth that had fillings. I no longer do that. Now that I know who the real killer of CD4 cells is: an azo dye named Fast Garnet, and that this pollutes plastic filling material (all of it) there is only one intelligent solution. Remove it all as quickly as you can and put none of it back in. It makes no sense to accept immunity-destroying dyes as part of your mouth.

It was quite shocking at first to realize the Dental Association does not do its homework. Were the ingredients of plastic tested for immune lowering properties? If the ingredients were tested in the standard way, it would have been done for mutagenicity, (and carcinogenicity), somewhat like this: The plastic ingredients would be added one by one to the culture broth of Salmonella bacteria to see if mutations result in the bacteria. This would be like testing for human toxins by pouring them in our swimming pools. It is a far cry from putting them in our mouths, to suck on endlessly the way we do with tooth fillings. Or the ingredients would be given as a shot into the belly of a mouse or rat, again very different from the chronic exposure of sucking on a pellet of seeping toxic plastic or seeping metal. Waiting for tumors to develop is another very different experiment from waiting for the CD4 to CD8 ratio to change. And what if the ingredients were toxic to developing sex organs—leaving feminization or masculinization as the end result? Would this be discovered?

An argument that may have been used is that the plastic ingredients "set", that is, harden in the tooth, thereby getting away from any chemical effects. What was not assumed was that they often, in fact, usually, do not set.

In short, no adequate testing was done to see if dental filling materials, the way we all acquired them (not hardened enough), could cause such immune disturbances.

Once put in, plastic can't be easily removed! The plasticizer and dyes seep into the tooth structure itself, just as amal-

gam does. There is no way of just removing the plastic from the tooth. The tooth must be extracted or the plastic must be made harder on site in your mouth. A device called toothbrush zappicator will be described later, that appears successful in doing this.

Hardening is important for dentures, too. When an artificial tooth is made and it is hardened in a laboratory (and later by yourself) no dye seeps from it. No plasticizer escapes. No polymer escapes. Only radiation from uranium could still escape. And we do not need to choose porcelain, which contains uranium. Any other choice will be a good one. Dentures, too, can now be hardened with a recipe given on page 596.

Impression Powders

Get impressions made for partial dentures as early as the first dental visit. Use your own impression compound. A whole kit of it only costs about $35.00. Arrange for this beforehand. The dentist must know which variety to order for you. Those described on page 135 have been tested and found free of Fast Garnet, Fast Green, Fast Red Violet, D&C Red Dye #30 Lake Aluminum, aluminum, copper, silicone.

Do not put any impression compound in your mouth after extractions; the dyes, aluminum and silicone enter the brain immediately, starting dementia and adrenal failure. In a year this "Alzheimer-like" deterioration is quite noticeable. A trauma in the mouth makes the tissue more absorptive for these components, no doubt. Wait at least 6 months.

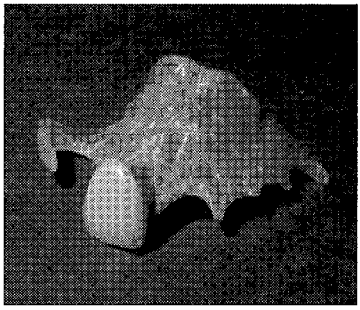
You will be healed enough to try out your new partial dentures in about two weeks if you harden it. Do not put any putty-like material in your mouth for "fitting" or "bite registration". Use "articulation paper", silk or foil. Harden any piece of denture yourself at home before actually wearing it, even for one hour. The responsibility for this most important feature of plastics, hardness, cannot be left to the dentist or dental laboratory. It must be yours.

Looking Good

Good looks mean a lot to each of us. A beautiful smile means even more to our loved ones. When your mouth infections are gone, and you can chew well, you have no subliminal discomfort. A relaxed face exudes confidence, a sense of success in your relationships and business. You can have all this... and fake teeth! They may not be yours by birth but they can be beautiful, and so natural looking that you cannot tell they aren't yours. You can add a touch of imperfection, like a small groove or slant you had in your own to give them originality. And nobody cares a bit whether they are really yours or not. When you know they are good looking you just feel like showing them off with a smile.

"Hollywood" is made of fake teeth. The average movie star probably has a dozen of them (veneers, touch-ups, cosmetic improvements).

Here is one area where you don't have to go natural. Fake teeth can be made perfectly safe. You merely need to make them hard enough not to seep.



No seeping metal or plastic. Hot water or zappicating sets the plastic permanently.

Fig. 69 Front tooth replacement

It is my experience that AIDS patients do not agonize over their decision-making. They stay level-headed even when friends and family lose their perspective. If you are a caregiver, encourage the choice for extractions. Looks won't suffer. Chewing ability may even improve. And nobody will ever ask, or care, whether that front tooth is your own honest-to-goodness tooth or not. And nobody will ever say at your funeral: "But look, he still has his very own molars." Your mouth

will be closed. Choose life without risk, for your child's sake, for your lover, for your loved ones!

The Visit To The Dentist

Find an oral surgeon or dentist willing to clean up your mouth for you. Willing to search for leftover bits of old amalgam, called tattoos. Willing to repeat X-rays and examine painful places later. It is more than "just pulling teeth." You may need to search hard for such a dentist. The alternative dentists have led the movement to ban amalgam from dental supplies. You may need to travel many miles and even visit other countries to find the right alternative dentist.

First, obtain a good quality "panoramic X-ray" of your mouth. A panoramic views the entire mouth including jaws and sinuses allowing you to see much more than single teeth. If there are suspicious areas, repeat the X-ray at that location with newer digital X-ray equipment.

Make two appointments (if you have time), one for X-rays and one for dental work. That way you will be able to study the X-ray. But if your decision has already been made, no delay is necessary. The dentist can see all the unnatural teeth at a glance. Then request in writing that she/he extract them, or sign the appropriate form (to legally protect the dentist).

Arrange for a friend to accompany you to the dental office. All professional persons pay more attention to a party of two than a single person. Ask for permission to have your friend nearby, just outside the cubicle with the dental chair. Your friend can hand you your antiseptics. Your friend should sit quietly, not wasting the dentist's time with talk or questions. Your friend can drive you home.

Treat yourself to a good meal before going for dental work. You will be on liquids for a few days. Do not take extra vitamin C on your dental-day. It detoxifies, that is, destroys anesthetic, so the dentist would have to give you much more!

If you have "dentist phobia", take a strong dose of pain killer (not aspirin) ½ hour before your appointment time.

Your Antiseptic Is Best

Make and bring your own antiseptic. Even though the surgeon and dental assistant wear gloves, you can't help picking up bacteria. This is not the dentist's or surgeon's fault. They are coming from your own mouth. Sterility for the mouth is impossible. While tiny blood vessels are broken (bleeding), bacteria can enter your circulation.

By far the best antiseptic to use during dental work is USP chlorine bleach; this is the kind that does not have azo dye pollution.

> Bunyan [in The Use of Hypochlorite For The Control of Bleeding, Oral Surgery, v. 13, 1960, pp. 1026-1032] reported that rinsing with 0.2% hypochlorite solution stops postoperative bleeding within one minute after a tooth extraction or other oral operation. The hypochlorite solution functions also to contract and harden the blood clots and make them more resistant to infection. In addition to the effective hemostasis and the change in the character of the clot, the author reported a reduction of swelling of traumatized gingival tissues and diminution of the postoperative pain.[16]

I have found this quote to be completely accurate. There is essentially no bleeding, no pain, no swelling and no return of Clostridium.

DON'T USE HOUSEHOLD BLEACH because it is not safe for internal use! Obtain food grade (USP) bleach (see *Sources*). Purchase the same strength (about 5%, not stronger) as regular household bleach so you can handle it safely.

Bleach (5%) whether USP or not USP is very caustic. You must not use it at full strength. You must dilute it. Follow the recipe on page 597 exactly.

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[16] Block, Seymour S., *Disinfection, Sterilization, and Preservation,* 3rd Ed., Lea & Febiger, 1983, p. 178.

will be closed. Choose life without risk, for your child's sake for your lover, for your loved ones!

The Visit To The Dentist

Find an oral surgeon or dentist willing to clean up your mouth for you. Willing to search for leftover bits of old amalgam, called tattoos. Willing to repeat X-rays and examine painful places later. It is more than "just pulling teeth." You may need to search hard for such a dentist. The alternative dentists have led the movement to ban amalgam from dental supplies. You may need to travel many miles and even visit other countries to find the right alternative dentist.

First, obtain a good quality "panoramic X-ray" of your mouth. A panoramic views the entire mouth including jaws and sinuses allowing you to see much more than single teeth. If there are suspicious areas, repeat the X-ray at that location with newer digital X-ray equipment.

Make two appointments (if you have time), one for X-ray and one for dental work. That way you will be able to study the X-ray. But if your decision has already been made, no delay is necessary. The dentist can see all the unnatural teeth at a glance. Then request in writing that she/he extract them, or sign the appropriate form (to legally protect the dentist).

Arrange for a friend to accompany you to the dental office. All professional persons pay more attention to a party of two than a single person. Ask for permission to have your friend nearby, just outside the cubicle with the dental chair. Your friend can hand you your antiseptics. Your friend should sit quietly, not wasting the dentist's time with talk or questions. Your friend can drive you home.

Treat yourself to a good meal before going for dental work. You will be on liquids for a few days. Do not take extra vitamin C on your dental-day. It detoxifies, that is, destroys anesthetic, so the dentist would have to give you much more!

If you have "dentist phobia", take a strong dose of pain killer (not aspirin) ½ hour before your appointment time.

Your Antiseptic Is Best

Make and bring your own antiseptic. Even though the surgeon and dental assistant wear gloves, you can't help picking up bacteria. This is not the dentist's or surgeon's fault. They are coming from your own mouth. Sterility for the mouth is impossible. While tiny blood vessels are broken (bleeding), bacteria can enter your circulation.

By far the best antiseptic to use during dental work is USP chlorine bleach; this is the kind that does not have azo dye pollution.

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[16] Block, Seymour S., *Disinfection, Sterilization, and Preservation,* 3rd Ed., Lea & Febiger, 1983, p. 178.

We will name the new diluted bleach you have just made "Dental Bleach." It is only 1% as strong as regular bleach. Take ½ cup of Dental Bleach with you in a convenient jar. Try it at home first, so you'll know what it will taste like. Rinse your mouth with it just before you sit down in the dental chair. Never swallow it! Hold the jar in your lap. Later, when the dentist signals you to rinse your mouth, use your solution again. Also rinse one last time before leaving the office. The dentist will appreciate this extra care because she/he is less likely to see post-dental infection in you.

Second best would be Lugol's iodine solution (six drops of actual Lugol's iodine in ½ cup of water). Use up the entire amount before leaving the dental office. Colloidal silver is third best. These are not nearly as good as dental bleach.

Make your own colloidal silver solution since the commercially available ones I tested had the familiar pollutants associated with antiseptics. The same instructions apply to colloidal silver; use ½ cup.

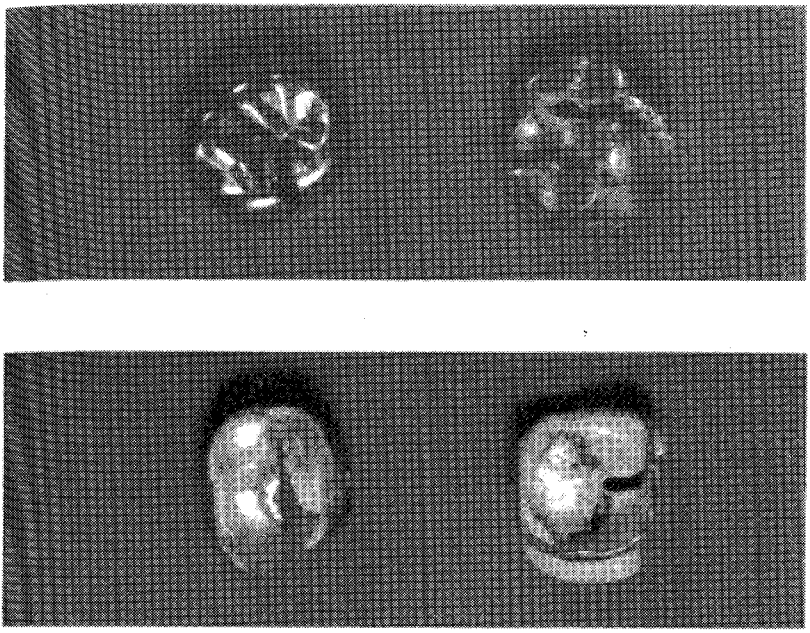
As soon as the extractions are completed, the sockets left behind must be cleaned by the dentist to remove leftover bits of adhering tissue. This will prevent leaving a residue for bacteria to thrive on later. Then they are squirted with a dropper of diluted Lugol's iodine solution, or straight white iodine (see *Recipes,* page 571). If you are allergic to iodine use colloidal silver instead. You must supply these.

Commercial antiseptic made for the dental profession is not satisfactory. It invariably contains isopropyl alcohol besides dyes and other chemicals. These penetrate the brain instantly through the freshly traumatized tissues. Dyes do not leave easily. They were developed to stain permanently. With immunity in the brain destroyed by dyes, Alzheimer-like dementia follows.

Save The Pieces

Tell the dentist before sitting down in the chair that you would like to keep the extracted teeth, root canals, and fillings,

but they can all be tossed into a bag together. If the dentist tells you this is not allowed due to Public Health regulations, agree to fill out the proper application forms. The teeth may need to be sterilized first (in 50% bleach water—not by autoclaving because that would put mercury vapor into the air). It is amazing that your own teeth may be considered too dangerous—too bacteria-laden and full of mercury (a hazardous waste!)—to be handled, even by you, the owner! (Were they safer in your mouth?) But they do belong to you. You may be curious in the future about what they contain, and could have been leaching.



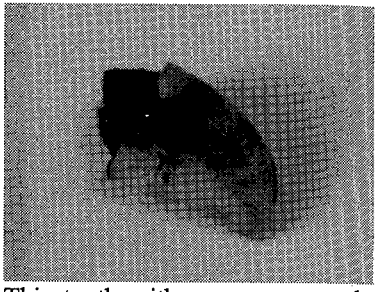
The top surfaces of tooth fillings are kept glossy by brushing (you swallow some of what is removed). Underneath is tarnish and foulness. Ask to see your crowns when they are removed.

Fig. 70 Tops and bottoms of some metal crowns

You can preserve them in a few days, when you are up to it. Cover them with Dental Bleach or Lugol's water to sterilize them again. If the odor from them is overwhelming and refuses to leave, you may understand how the internal infection of these teeth, not just the filling, was poisoning your body! Fi-

nally, you may wish to look for the Clostridium infection, which would be a darkened area or fine black lines under fillings or in crevices. After drying, store them in a paper bag (plastic traps moisture).

Save loose pieces of metal and plastic because you may wish to have them analyzed at a later date, too. Or you may simply wish to gloat over the retrieved "treasure" as you identify corrosion and gross infection. Take a picture of them to remind you later how bad they really were.



This tooth with crown removed reveals a black surface underneath and fine gray lines of further invasion of the tooth. It is invariably *Clostridium* at work.

Fig. 71 Black tooth under crown

When extractions are done, congratulate yourself for the achievement. Start the Dental Aftercare program at once. Do not eat or drink (besides water) for the rest of the day after an extraction.

All root canals and dead teeth must be extracted, as well as teeth with fillings. Teeth with implants have not been studied sufficiently to know which metals they shed or if Clostridium infections start in their vicinity. For this reason, you must use your own judgment on implants.

After extracting rotten, filled or capped teeth, the dentist or surgeon needs to do two things before stitching up the wound: cavitation cleaning and amalgam cleanup.

Huggins Cavitation Cleaning

The tooth was held in the socket by soft tissues like tiny ligaments: Unless these are removed, too, they will decay and provide opportunity for bacteria to reside there. The sockets left behind should be carefully cleaned with special tools for this purpose.

This procedure has been taught in the past by Dr. Hal Huggins and many dentists are familiar with it. It is called cavitation cleaning. It prevents future infection and inability to heal at that site. In spite of such superior treatment of the socket, you may not get perfect healing immediately; you may occasionally expect a bone fragment to reveal itself later. It shows itself as a small white "bump". As it loosens and works its way out, infection and pain may accompany it. Go back to the dentist. This could be a source of your pain elsewhere in your body if it is not removed.

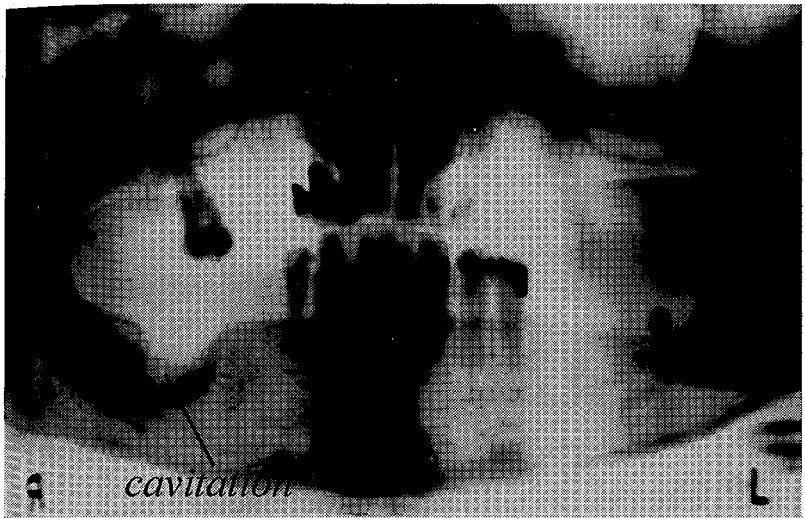


Fig. 72 Panoramic X-ray showing large cavitation at lower left

While the new sockets are being cleaned, any old infected sockets (cavitations) should be cleaned out as well. Some infection sites are less obvious; they must be searched for by a knowledgeable dentist. Soft mushy bone mixed with bacteria needs to be drained and the hollow "cavitation" disinfected. Each cavitation site gets squirted with diluted Lugol's solution or straight white iodine. Hidden cavitations (those that don't show up on the X-ray nor reveal themselves in other ways) can be cleared without surgery (see page 231).

Arechiga Gum Cleaning

The second task after extracting your teeth, and cleaning cavitations is to remove imbedded amalgam from the gums. This procedure has been developed by Dr. Benjamin Arechiga of Mexico. Each quadrant of your mouth needs an amalgam cleanup. The top of the gum line will be gray from absorbed mercury. It is easiest for you to have this done while extractions are being done. The dentist begins by cutting a straight line on top of the bony ridge of the jaw where teeth once were.

Next, he/she snips away $^{1}/_{8}$ inch (3 mm) of the gum on each side of the incision. The two ribbons, extending from the wisdom teeth to the closest front tooth are discarded. The remaining gum tissue stretches over the top easily and is sutured over. Surprisingly, the new gum tissue is more elastic and heals much faster than the old, mercury-saturated gums. You can count on your gums being healed in two to three days. The new gum tissue produces a strong even union, without small holes where food can get trapped. We call it the Arechiga technique, after the oral surgeon who invented it. While the dentist is cutting out mercury-drenched gum tissue, the exposed bone can be cleaned of old amalgam bits that are easier to spot now.

Dental Aftercare

One of the purposes of doing this dental clean up is to kill all clostridium bacteria that have invaded the deeper regions of the jaw bone after being spawned in the decaying teeth and crevices under tooth fillings. From here they colonize the rest of your body. Evidence for this may already be in your blood test results: **a low uric acid level**. This was associated with Clostridium in all cases tested by the Syncrometer®.

Extractions do not automatically clear up infections. And antibiotics cannot be relied on either. Antibiotics are merely an adjunct to good Dental Aftercare. So a very vigorous program is needed to clear up infection even after the infected teeth are pulled because deep wounds such as the base of the socket

where the bacteria used to be is precisely the preferred location for more clostridia. They refuse to leave. Other bacteria may leave but not Clostridium. Even cleaning the socket thoroughly may remove Staphylococcus but does not remove clostridium bacteria.

Copy the next few pages and carry them with you to the dental office. Review them while you wait.

This Dental Aftercare program is successful in killing Clostridium. You will need:

- a water pick
- hot water, towels
- pure salt (see *Sources*)
- Dental Bleach, USP (see *Sources*)
- one or two strainers for food preparation
- a blender to make blended food for a week

Acquire these before your dental appointment. Practice using the water pick beforehand, too.

The first day of dental work is critical. If you miss this, a massive spread of infection can occur because the mouth is always a "den of bacteria", and your own tooth infection is itself the source.

The immune power of your arterial blood is much greater than in your veins. How can you bring arterial blood into the jaw area to heal it faster after dental work? Simply by hot-packing it from the start!

Remember, even before leaving the dentist's office, just as soon as you are out of the chair, rinse with Dental Bleach. Then, again, as soon as you get home from the dentist. Next, swish your mouth gently with a cup of warm salt water. The heat brings in arterial blood. Keep the cotton plug in place for

you to bite down on and reduce bleeding, even while swishing. Don't suction the water forcefully around your mouth; you could dislodge the blood clot that needs to form in the socket. Slowly move the warm salt water about your mouth.

At the same time apply a hot towel to the outside of your face where the dental work was done. Wring a washcloth out of the hottest water you can endure, trying it out at a place that is not anesthetized first. Otherwise you might accidentally burn yourself. Or fill a plastic bag halfway with hot water, zipping it shut securely and enclosing it in a second plastic bag. Do this for 30 minutes, 4 times daily, for a few days. Then 3 times a day for a week—even when there is no pain.

Don't suck liquids through a straw for 24 hours; the sucking force is too risky. Don't allow your tongue to suck the wound site, either; and don't put fingers in your mouth.

As the anesthetic wears off there will be very little pain if the bacteria in the tooth sites have been killed. But you could introduce the bacteria yourself, by eating, or by putting fingers into your mouth. Consider your mouth a surgery site. Anywhere else on your body, the surgery site would have been scrubbed first, then painted with iodine or other strong bacteria killers, and later sprayed again with antiseptic and bandaged to keep everything out—certainly food particles and fingers!

But the mouth cannot be bandaged and you must eat! To be successful, eat a big meal just before your dental appointment. Then drink nothing but water later on, the day of extractions. You may need a painkiller on the first night; choose a non-aspirin variety to minimize bleeding.

Bleeding should have reduced considerably by bedtime. The cotton plug put in your mouth by the dentist may be thrown away. If you need another one, make it yourself out of a tightly rolled paper towel in the shape of a finger. Rinse with Dental Bleach once more before bed.

Dental Day Two

The next day (the day after your surgery) you need to be well fed, yet eat no solids, or liquids with particles in them. The particles easily lodge in your wound. Your choices are:

- Beef broth, strained, with HCl drops added (see *Recipes,* page 561) or vegetable broth.
- Herb teas, sweetened, strained, with HCl drops added.
- Fruit or vegetable juice, strained, with HCl drops added.
- Puddings made of cornstarch or flour, thinned with fruit juice to be drinkable, with HCl drops added.
- EZ Meal of non-dairy variety (see page 551).
- Cream shakes made with whipping cream, with HCl drops added. Adding a raw egg, with the white ropey part removed and three HCl drops added, provides protein. Goat milk can be substituted for cream. These foods must be zappicated. Note: If you are just beginning your *2-Week Program* you must be off dairy food. Use coconut cream instead (see *Recipes*).

Strain everything through the finest plastic strainer. Notice that all foods are sterilized somehow but dairy foods and eggs should be zappicated.

Drink through a large straw to bypass the healing area. Immediately after eating, rinse your mouth with a cup of hot water to which you have added ½ tsp. salt. Do not be afraid to start some bleeding; this could be expected and is even desirable if an infection has already started. Bleeding washes bacteria outward. Water swishing never dislodges the healing clot. Infection dislodges it. If pain increases instead of decreases on the second day, you are already infected. Continue swishing and hot packing for one hour. Devote the whole day to fighting infection. If the pain subsides, the infection has been cleared. If not, you will need a more forceful stream of water. Begin using the water pick at its lowest speed setting. Water pick repeatedly until the pain clears. (It could take four hours!)

Hot pack the outside of your face just as on the first day. If pain is subsiding on the second day, you are being successful. But the gums are not healed; you cannot take chances yet on eating solid food. Nearly all infections come from eating solid food on the second day.

Floss the remaining teeth with homemade floss, being extra gentle. For floss, cut strips of plastic shopping bags, ¼ inch by four inches. Fish line floss and toothbrush are too harsh for the nearby sensitive tissues. After flossing, clean these teeth by hand-rubbing, using paper towel wound around your finger and dampened, then dipped into oregano oil tooth powder (see *Sources*) or ½ drop of straight oregano oil (less than ½ drop, if only a few teeth remain). Don't use more; this oil is fierce.

Also rinse your mouth with Dental Bleach several times during the day and bedtime.

Dental Day Three

On the third day, you may drink blended solid food; do not try to chew solids.

Use your water pick now after each meal. Fill the tank with hot water to which you have added a few drops of Lugol's iodine, or 1 tsp. colloidal silver, or salt. Set it at the gentlest level at first, squirting each site carefully. Floss the front teeth and brush them with Dental Bleach (other antiseptics are not strong enough).

No matter how carefully you eat, you will see food entering the gum spaces. Notice how difficult it is to squirt out any trapped food. Swishing is not sufficient! You need to water pick till all spaces are cleared. Continue hot packing the face. If pain returns and water picking has not succeeded in clearing it, you must hurry back to the dentist to search for the food particle. The wound will be opened and cleaned out for you.

Bleeding

A moderate amount of bleeding is normal, even days later. Bleeding caused by water picking is not too serious. But if you sense an emergency, apply ice cubes wrapped in a paper towel or washcloth. Bite down on them till bleeding stops. Continue ice-packing for 4 hours. As soon as it is safe, return to hot-packing. If ice packing does not stop the bleeding, go back to the dentist or emergency room.

If you have a very low platelet count or are on a large amount of "blood thinners" which promote bleeding you need special attention. Yet, oral surgery is a very skilled profession. Dental work is safe in the surgeon's hands. Platelets can be given just beforehand; blood thinners can be temporarily stopped; and a transfusion can be given before or immediately afterward. These same patients often state that they feel better, immediately after the dental extraction, than they can remember in months! It was the dental problem that was poisoning their platelets and their blood! It may be the last transfusion that will be needed, in spite of some unavoidable blood loss with dental extractions.

Stitches should be removed earlier for immune compromised patients than others because they will get infected by the third day! Do not use self-digesting sutures; you need the extra dental visit to let the dentist observe your mouth.

Be Vigilant The Next Week

Continue water picking, hot packing, and rinsing your mouth with Dental Bleach after each meal until the gums are healed over. This may take five to seven days, longer for some sites. Floss and brush your front teeth once a day. If pain stays away you can take credit for killing your mouth-bacteria. You may reduce the treatments to 3 times daily, then twice.

Clostridium can return even after a week of steady recovery. Its true source is the rabbit fluke, a tiny parasite that we eat accidentally with filth on unsterilized food. If you detect an odor from your mouth, at any time, it is Clostridium making a

comeback, even without pain. A crumb has lodged in th wound and is decaying. Try bleaching, swishing, and wat picking for half a day; then hurry back to the dentist if the od persists.

If you got through the whole ordeal without needing mo than one nights' painkiller and without needing to return to th dentist for extra clean up, give yourself excellent grades. And you got through, in any way, still give yourself very goc grades!

It is common for dentists to recommend cold packing to r duce swelling after dental work. I recommend hot packing b cause I consider swelling less important than infection or pai It is also common for dentists to rely on antibiotics to clear u infection. I find this is not sufficient. The whole Dental Afte care program is needed.

Pinpoint Fillings

Very small fillings of plastic can be spotted on a digital X ray that could not be seen on the panoramic. They can b drilled out widely and the holes left open. They can be ke clean by two daily brushings, once with Dental Bleach and once with oregano oil tooth powder. Remember though, that you are taking a chance that the dentist did not see all the plastic, even with the help of a digital X-ray. It is simply not possible to see tiny bits of plastic, so risk is present and you (not your dentist!) mu weigh it. After you are well you may wish to fill them wit zinc oxide or zinc phosphate paste. These are older filling ma terials but can be purchased in unpolluted form directly fro

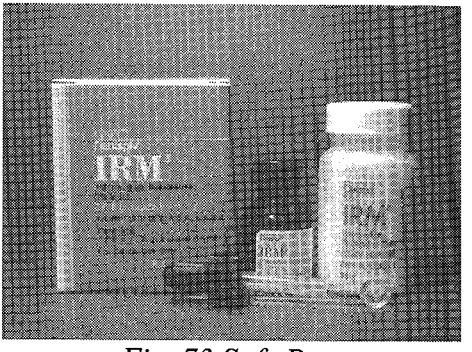


Fig. 73 Safe Paste

the manufacturer. All premixed tubes of paste were polluted, so mixing from scratch is essential. Perhaps an older dentist can demonstrate these old skills!

Pinpoint plastic fillings, too, may be saved by the newly discovered technique for plastic hardening in the mouth using a tooth zappicator. Then brush daily with oregano oil tooth powder to clear Clostridium.

New Cavities

Purchase a long-handled inspection mirror (see *Sources*) so your helper can see the backsides of your teeth.

Search your mouth yourself, too, for a fresh cavity. It will be a small brown discoloration. Brush this spot twice daily, once with Dental Bleach and once with oregano oil toothpowder. There may be a time when dentistry has safe fillings to offer but it is not now. Not only must the filling material be safe, it must not seep after it is in your mouth and it must stick to your tooth so closely that no crevice remains for Clostridium or other bacteria to grow there.

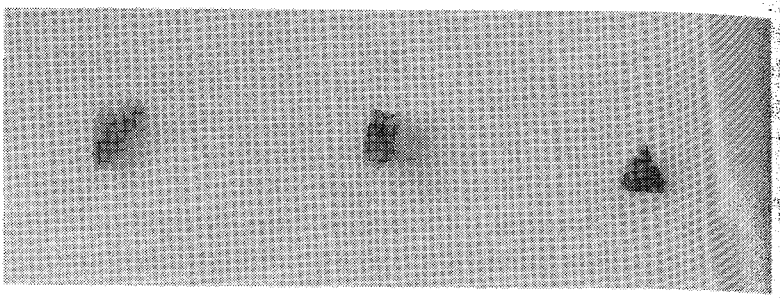
Only further research will reveal whether new plastic fillings can be sufficiently hardened by zappicating while keeping potential crevices uninfected.

Jerome Tattoo Removal

While the amalgam was being put into your teeth or taken out, tiny bits got away or flew away with great force into your cheek folds, into neighboring gums, into exposed bone nearby and down to the bottom of newly made sockets. Nobody will ever see these again, or so it was thought.

Larger bits of amalgam, called tattoos, can be seen on the panoramic or digital X-ray. Your dentist has already spotted

them no doubt. But smaller particles do not show up. You must ask the dentist to search visually, with a magnifier and remove them all regardless how painstaking the job is. This and many more facts of dentistry are discussed by Frank Jerome, D.D.S. in his book, *Tooth Truth* (see *Sources*).



Find the black dot on each bone fragment. That is the tattoo, although the rest of the bone fragment is also discolored by amalgam.

Fig. 74 Tattoos

Each quadrant of your mouth needs a careful examination for mercury. Tiny pieces stuck in your cheek folds are pried out, plus any pieces buried in your jawbone. In addition, the ¼ inch ribbon of mercury-soaked gum on top of the jaw ridge must be removed as previously discussed.

It is quite easy to find invisible tattoos using the newly developed "Dental Syncrometer® Probe" (see *Sources*) attached to the Syncrometer®. If your dentist is willing to remove these too, after you locate them with your Syncrometer®, you have a precious professional. If not, remove them yourself with the toothbrush zappicator.



Fig. 75 Dental Syncrometer® probe

Hidden Cavitations

These are not ordinary infected bone sites. They are primarily bioaccumulation sites. You can detect them easily by searching for mercury and other amalgam-related metals in the jawbone with the Dental Syncrometer® Probe. Here the Syncrometer® also finds plastic-related chemicals from fillings, and silicones as well as tin from toothpaste! Staphylococcus and Streptococcus may also be there. The real reason for this bioaccumulation site is the presence of lanthanide elements that are abundant in amalgam and have drifted there. Wherever the lanthanides land, the white blood cells become "choked" with iron and calcium deposits. After this they stop "eating" any more toxins, ruining your immunity at this location. Hidden cavitations can contain their mercury even 20 years after amalgam was changed to plastic! Healing was impossible here because immunity was lost and accumulation begun.

Even digital X-rays can scarcely picture these hidden bioaccumulation sites. But, again, detection with a probe attached to a Syncrometer® is much easier. Fortunately, they can be cleared with the tooth zappicator, without surgery.

Home Dentistry

Although dentists and dental surgeons alike have done their utmost to clean metal, plastic and infection from your mouth, there are still leftovers. Syncrometer® testing reveals that half of the remaining teeth will still have traces of plastic! And the soft tissues of the mouth, the four pairs of salivary glands, the roof and sides and tonsil area have deposits of amalgam that have persisted through it all. On this hangs your fate if the CD4 count is much too low and CD8 count too high with unrelenting illness from AIDS. Mercury and thallium in your CD4s and CD8s prevent them from killing the HIV virus, or any virus. They prevent all your WBCs from killing Salmonella bacteria, making it necessary for you to be on antibiotics constantly. Syphilis cannot be combated. Azo dyes in these same cells

have programmed the CD4s to early death (by their raised ba to bcl-2 ratio) and the CD8s to a delayed death (by their raise bcl-2 to bax ratio). Fortunately, you can do the final cleanu yourself at home.

Tooth Zappicators

A tooth zappicator is a small North Pole speaker fastened t the end of a toothbrush. The speaker is attached to your foc zappicator circuit (the 1000 Hz zapper). The tooth zappicator then held in place on top of the tooth ridge for three to fiv minutes. A surge of immune power is induced, which remove lanthanides, other metals, solvents, plastic remnants and bacte ria all at once. You should have taken germanium, selenite ar vitamin C beforehand.

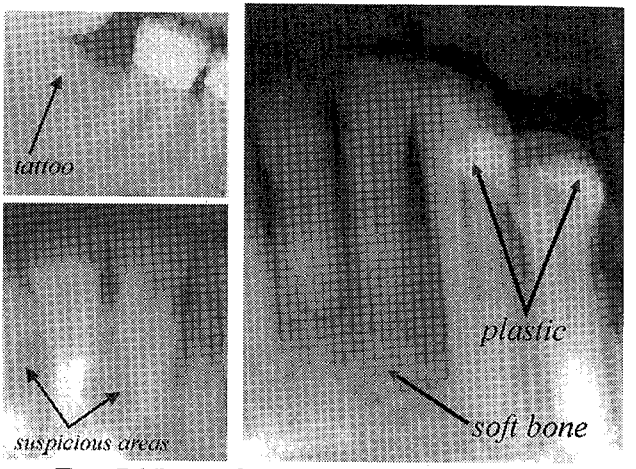


Fig. 76 Digital X-rays give superior view

If you have locations in the jawbones that appear infecte or "soft" on your X-ray, treat them next. They will have bioa cumulations of old toothpaste, mouthwash, dental impressic compound, etc.

Treat the whole tooth ridge, a segment at a time. Repeat c inner and outer surfaces of the gums, making three sets c treatments altogether. Don't miss the remaining teeth then selves.

Even when you are not able to search for them first, most hidden cavitations can be systematically cleared by zappicating the whole upper and lower jawbone. Do it yourself to be sure it is thorough.

After three zappicating treatments the plastic teeth no longer seep dyes, and the stray amalgam that has saturated the tooth will be chemically changed so it can be removed by the immune system. Tattoos are not removed.

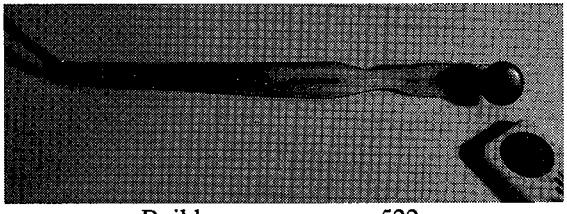
Only a North Pole force coming from the loudspeaker has this effect. Be sure to test the polarity of the loudspeaker with your compass before using it.

There are no side effects but remind yourself of what you are doing: chasing all the metal, plastic and bacteria into your white blood cells and to the kidneys for excretion. Help the process with germanium, selenite, vitamin C, kidney magnets and a lot of fluid to drink.

Zappicate Plastic Teeth

The tooth zappicator can also be used to harden plastic. For this purpose press it against plastic teeth or teeth with plastic fillings. Give five minutes to each location, then take a break for at least one-half hour. Repeat a second time on inner surfaces. Take another break, and repeat a third (and last) time on outer surfaces. The effect is permanent.

Ideally, each newly zappicated tooth is now tested with the dental Syncrometer® probe for unconsumed (not hardened) plastic, amalgam metals, or clostridium bacteria. Resonance with urethane, phthalate or bisphenol-A implicates unhardened



Build your own, page 522.

Fig. 77 Tooth zappicator and compass

plastic. Resonance with platinum, palladium, thallium, or mercury implicates amalgam. Note that even the tiniest brown spot tests **Positive** for Clostridium. Try to polish it away with baking soda or emery cloth. If you can't, go back to your dentist for assistance. Do not have these tiny infections filled afterward. But brush with oregano oil tooth powder and Dental Bleach alternately.

Zappicate The Mouth

Zappicating the teeth does not remove the amalgam remnants still all over your mouth soft tissues. The tooth zappicator can also remove them. Give five minutes to each small area, everywhere you can reach with the zappicator. Taking L-G helps during this procedure. Do not zappicate teeth and mouth on the same day. It could overburden your immune system or give you detox-illness.

In the past, I recommended EDTA, DMSO, and vitamin C as a mouthwash for the final cleanup of amalgam from your mouth. They are not nearly as satisfactory as your body's own L-G. L-G was evidently meant for removing heavy metals, because the body can do it by itself without leaving a molecule behind, and do it quickly provided L-G is present. It takes about five days for L-G to clear your mouth after first zappicating it, then six weeks to clear most of your body.

Take 1 tbsp. L-G, 4 times daily. See recipe on page 592.

This beginning Home Dentistry is a creative innovation of huge significance. Being able to do simple dentistry, using the Syncrometer® to guide you, may pave the way to caries prevention that has eluded us so long. You can find a tooth infection long before it becomes a cavity. And you may be able to clear it up with dental zappication and diet changes.

You are also able to clean up after amalgam removal yourself. You can stop seepage from plastic, and keep Clostridium away.

Your mouth is finally metal-free, plastic-free, dye-free, and Clostridium-free. It is a huge accomplishment.

Making Your Dentures and Partials

There are different opinions among dentists about when to make an impression of your mouth: before tooth extraction or later after your mouth has healed. Choose before or wait 6 months! Never let impression compound be put in your mouth earlier or unnecessarily, such as for "bite registration". Other means are available for this. The toxic chemicals put in your mouth to make the impression and for fitting and adjusting are absorbed and travel to the brain. Mental deterioration from the huge doses of aluminum, dyes and silicone absorbed often begins the same year!

When impressions are made before extraction your replacement teeth can arrive much sooner. The fitting is done as soon as your mouth is healed enough to tolerate it. All the more motivation to do the Dental Aftercare correctly so no post-infection could delay fitting. Of course, the mouth will change slightly as it heals further. Adjustments will be necessary a month or so later and at future times. Adjustments should be made without impression compound. In a few cases, when entirely new dentures or partials are required, choose a safe variety of impression compound, described on page 135.

There are very many kinds of denture materials. **Methylmethacrylate** and **polyurethane** can be hardened by you at home and are therefore good choices. They will be safe from seeping, even if a pink color is chosen. Other materials hold promise but need more research. See *Hardening Dentures* in *Recipes*.

Congratulations!

You have completed the hardest task required to raise your CD4 cells and lower your CD8s while increasing their total number. You have removed an assortment of about 50 heavy metals that were blocking and destroying your lymphocytes, neutrophils and macrophages, namely most of your immune system. You have removed an assortment of azo dyes that were contributing to this. And you have evicted Clostridium from its fortress in your teeth.

A glance in the mirror shows you a beautiful set of teeth, sweet-smelling breath at all times, and chewing better than before. You have enabled your body to survive.

On The Road To Recovery

Of course you have done a lot more than just clean up your teeth! You have removed heavy metals, dyes, and Clostridium from all of your mouth—your cavitations, your salivary glands, and your throat. The next step is to remove these same pollutants from your diet and environment, so all your specialized white blood cells can go to work for you again. This only takes days, not weeks.

You might be wondering how much it will cost for this very specialized dental clean up. Although the dental work may seem straightforward, extractions being very common procedures, the way you need them done is not at all common. Using homemade antiseptics, requesting cavitation cleaning and tattoo removal, and finding a dentist with digital X-ray equipment are all non-traditional. In Mexico, in 2003, the rate including the cleanups was about $85.00 per extracted tooth. Full dentures cost about $450.00-$500.00.

How To Make A Million Dollars In Your Spare Time At Home: Sue!

Pollution problems should be solved by people themselves, not industry or government, the responsibility is too great. Family health is at stake. Only people's groups would not be influenced by other priorities. What I am suggesting is that people form their own groups, find labs willing to do analysis of dental supplies, form collaborations with dentists willing to work creatively and follow-up on the job done with analysis of saliva by lab testing, later with analysis of biopsy materials.

I was joking about making a million dollars, but maybe suing the American Dental Association is the last resort solution it will take to bring the problem to the attention of the American People, and its suffering victims.

That is another reason for saving what was removed from your mouth (besides curiosity). Any extracted teeth with fillings could be analyzed. They could be set to soak in water overnight and the water analyzed for seeped ingredients. These ingredients were seeping into you. The real object is not to point out guilt but to find a developing problem before your entire family has been damaged, generation after generation. Before your family must spend half its generated income on health restoration.

Bad health underlies mental illness, addictions, and criminal behavior besides the customary diseases. Even reproductive disturbance is a state of bad health. It makes no sense to place a piece of estrogen-like chemical (as in bisphenol-A, used in dental plastic) in the mouths of children, in the form of sealant or filling, to be sucked on day and night. Both girls and boys are likely to be affected, especially before puberty. Again, a people's group would not let this happen, even if it were only suspected, not absolutely proved, whereas a professional or governmental group is bound by laws to have other priorities even when they are aware of the suspicion. You would not keep dark secrets as governmental groups do.

A list of labs doing analyses for metals, solvents, and other chemicals is given in *Sources*. Many others can be found in the yellow pages of telephone directories. Be sure you understand the sensitivity of the testing each lab can do. Obviously, the ability to test to parts per trillion is better (more sensitive) than parts per billion.

Despite what I feel is the uninformed state of the dental profession, the average dentist is devoted to human welfare, besides just his or her own. This is apparent in the movements, within the dental profession, to outlaw mercury, to outlaw all metal, and to advocate better nutrition. Not all agree. But that is my point. Progress is made from discussion, and trying to achieve higher standards. If you find a dentist knowledgeable about cavitations and Clostridium invasion and willing to support your strange, new agenda, then you have truly found a treasure.

2. Clean Up Your Diet

It is easier than ever before to make safe food for a person with lowered immunity. There are three things to be aware of:

1. Foods like lettuce and carrots are grown in dirt that contains parasite eggs. Regardless of where they are grown, most other foods are handled by humans who may have bacteria and parasite eggs on their hands. These foods must be disinfected as well as washed thoroughly.

2. Processed foods like cereal and bread, or anything that comes boxed, bagged, or sealed, can have unsafe additives or pollutants. Even something as natural as an apple can be coated with "food grade wax" to make it look more shiny. Foods with harmful ingredients on the outside can be washed in hot water; foods with harmful ingredients on the inside should not be eaten. A few can be salvaged with electronic treatment.

3. Some foods can give you an allergic reaction even though they are nutritious. HIV/AIDS victims become allergic to a number of common foods. These are foods that bring gallic acid, apiol, phloridzin or chlorogenic acid with them. I will

discuss these soon. An allergic reaction brings inflammation and tissue destruction besides consuming immune power (complement C_3). Although you can treat these foods with a food zappicator, it is best not to eat them at all.

Of course, we thought our food was free of the obvious toxins, like metal, solvent and filth. But it isn't. Nobody monitors it! Actually, our government agencies do monitor certain foods for insect parts, bacteria and mycotoxins, but not for our immunity-destroyers. If there were only one advance to be made for civilization in the next millennium, cleaning up our food would be the wisest choice.

> Eat benzene-free, PCB-free, asbestos-free, dye-free and metal-free food. These are the immunity-destroyers. Kill all parasite stages and bacteria. Don't eat food you are allergic to.

Avoiding allergies has always been considered a personal challenge because it is believed that no two allergies are alike. But HIV/AIDS sufferers share a common set of allergies! The reaction is in a very serious place, the thymus. It must be avoided for the thymus to heal.

In earlier books the malonic acid in food and drink was a very big problem. But that was conquered by the discovery that: a) milk directly from a cow did not contain it; b) oranges from a backyard tree left to grow wild did not have it and; c) organic carrots in their original plastic bags did not have it! Then came another discovery: by soaking supermarket oranges and carrots in two hot water washes, some of them became malonate free. Most produce could be cleaned up in two hot water washes, one minute long. That proved the point. Plants don't naturally produce malonic acid—a metabolic poison. It must be the multiple sprays used to inhibit sprouting, protect from pests, add color and for other purposes that bring malonic acid with them. The problem turned into one of spray removal.

Today you can expect malonic acid to come out of raw fruits and vegetables along with the benzene, asbestos and lan-

thanides (metals) and even dyes with two very hot water washes, each one minute long. After that, or at any point during preparation, you should place the produce in a sonicator, on a food zapper or food zappicator to make it safe. I will discuss these three methods shortly.

Avoid Allergies

Unfortunately, fruits and vegetables are not "naturally" safe. We learn which plants can be eaten by trial and error, avoiding those that produce stomachaches, headaches, or worse. But we can't instinctively avoid those foods that destroy immune function because we don't "feel" this. It is the "plant phenolics" in foods that can have such subtle actions. **Phloridzin** and **chlorogenic acid** are two of the worst. They attack the pituitary and hypothalamus glands, which are responsible for your hormone levels. When these master glands are inflamed they set free their cells which can now go coursing through your whole body. If they pass through another inflamed organ they can attach themselves to it. When the other inflamed organ is the thymus, we see fused pituitary and thymus cells, hypothalamus-thymus cells, as well as the "triplet", hypothalamus-pituitary-thymus cells. What role do these unions play? Only more research can tell. Most important is to know which food phenolics cause the thymus inflammation. And which phenolic might be assisting the HIV virus to invade it. Could they be apiol and gallic acid?

Apiol accumulates in the thymus in HIV patients. And, when **gallic** acid is eaten and not detoxified promptly by the liver, gallic acid is free to circulate. It is the trigger for SV 40 virus to appear.

Thymus Allergies

Phenol could be expected to damage the thymus because it is used commercially as a caustic and tissue destroyer. Phenol is produced from the benzene that is detoxified there. The thy-

mus is kept chronically inflamed by phenol. Bits of the thymus gland can be seen floating away in the blood and lymph when phenol is present. Only the benzene on a food could bring phenol as an allergen, since foods don't have phenol (except bee pollen, avoid this). It is rare to have more than one allergen attacking an organ. But in HIV/AIDS more than one allergen is attacking the thymus gland. This is besides the two that are attacking the master gland. And besides the one that triggers SV 40 virus. Two thymus allergens are apiol and phenol. Removing phenol must wait until the benzene is gone. But apiol is under your control. It is very easy to avoid. It is present in all the popular cooking oils and soybean products. Use the safe oils (see page 112). Gallic acid is easy to avoid, too, by baking your own bread. See the *Food Table* for a list of allergens in foods, page 621.

Spray Away

After I discovered the four immunity blockers and the azo dyes that destroy immunity, I gave them top priority in the clean up process. They are asbestos, heavy metals, PCBs, benzene and dyes. All of these are sprayed onto the fruits and vegetables we eat every day.

Sprays are oily, waxy solutions, contaminated with these immunity-destroyers, together with other chemicals. They stick very tightly to the food because air blowers are used to dry the food after spraying. That is why the water must be very hot and why you need a timer for your washes. But then it is easy.

Washing alone, though, does not kill anything. It only removes things. Bacteria and parasite eggs are still everywhere. So, after washing, you must still eliminate the live things from your food with a sterilizer, a sonicator, food zapper or zappicator.

In the past, back to antiquity, bacteria and parasite eggs were killed by cooking, baking, pickling, drying, salting. But these are half measures. We must do a better job for an immunity-injured person.

What A Sonicator Can Do

Ultrasonic cleaners have been in use many decades. The are used to clean scientific instruments, even glassware, to level not possible any other way. Sonicators can be bought i the form of jewelry cleaners. When jewelry is being cleaned even the oily film of fingerprints comes off. We will use a ordinary jewelry cleaner, of a good size, but with water for th immersion fluid, not a solvent.

The food is placed in a plastic bag and lowered into th tank of water. The unit is turned on for five minutes.

Even PCB and benzene can be removed. In fact, these ar chemically destroyed as well! The pounding action of water a a very fine tremor-activity evidently oxidizes the benzene, be cause the Syncrometer® detects its oxidation product, phenol after five minutes. Another five minutes of sonication destroy even the phenol. Perhaps the same kind of action destroy PCBs because they "disappear", too. Asbestos also "disap pears", presumably shattered. Food that is eaten after it is soni cated for benzene, phenol, PCB and asbestos does not show u in the immune system; this is my guide to toxicity. It is n longer toxic.

But lanthanide metals cannot be destroyed by sonication They are elements; their form may be changed to an oxidize or hydrolyzed form, but this does not change the fact that magnetic element is present. Other heavy metals are not de stroyed either. Only hot water washes can remove these. Az dyes as a group cannot be destroyed by sonication either. Yo must rely on hot water washing for these ultra-important im mune system toxins.

You can rely on sonication to destroy parasites, thei stages, and bacteria even if they are deeply imbedded in meats bones, or inside cans or packages. Viruses and prions will dis appear, too, evidently disrupted by the same shaking action.

Molds on food, together with mycotoxins, are also shake off and destroyed.

Tiny bits of pituitary gland and hypothalamus that float in eggs and dairy foods are destroyed in 10 minutes, this will be discussed soon.

Large and small sonicators can be purchased from the Internet and from *Sources*; the 1½ gallon size is by far the most useful. A five-minute built-in timer is also a great time saver. Avoid the variety that strictly forbids touching the bottom of the tank.

Start with a general kitchen cleanup as soon as you get your sonicator. Clean up baby things first; babies are the most vulnerable. Shake all the PCBs off baby toys, baby bottles and nipples, even though they have already been used and washed. PCBs don't "go away" by washing, they only spread. Sonicate baby medicine, swabs, band-aids, toys. Sonicate your kitchen sponges, your toothbrush and comb, your dentures, and everything else that goes in your mouth (yes, even cigarettes).

What A Food Zapper Can Do

This is a device that shakes the food at a very high frequency, too; but not in water. It is "dry sonication". Some advantages are obvious. It does all the things that a sonicator does but lets you place the food on top of the device instead of in a water bath.

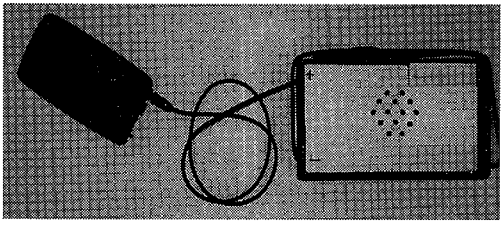


Fig. 78 Food zapper gives special benefits

With a food zapper you do not need to transfer foods into plastic bags for immersion in the water bath. Fewer mistakes are made and you won't have the chore of changing the water in the tank every day. It can treat food in plastic or paper containers as tall as a quart/liter bottle. See instructions for building your own on page 522. Your own zapper powers it and the voltage is not critical. But it must be Positive offset; that is critical. For this

purpose you can even use a wall outlet to power the zapper. Zap for five minutes to get killing action. Zap 10 minutes or longer for cleaning and detoxifying action.

All tests for the effectiveness of the food zapper were done with a Syncrometer®, a device that hardly anyone knows about, has never been tested officially but has a very great potential for improvement of life and health. The Syncrometer® circuit design and instructions for use are described in the *Syncrometer® Science Laboratory Manual*. Everyone, especially the non-technically inclined, is encouraged to learn to use it.

What A Food Zappicator Can Do

A food "zappicator" is the same thing as a food "zapper," but with a lower frequency. Build it the same way, but instead of using your zapper to power it, you need to purchase or build a modified zapper whose frequency is 1000 hertz.

The zappicator adds destructive power to the previous two devices. Not only can PCBs, asbestos and benzene be destroyed but a whole host of toxic molecules.

This kind of "zappication" chemistry is too new to answer many fundamental questions like how each phenomenon works. Most important is that it does not destroy most vitamins or change food in noticeable ways. It does oxidize some minerals.

Some things it destroys are:

- parasite eggs and stages
- bacteria and viruses
- prions found in dairy products and meats
- phloridzin, the pituitary-destroying chemical
- chlorogenic acid, the hypothalamus-destroying chemical
- phenol, the thymus-destroying chemical
- apiol, another thymus-destroying chemical
- D-phenylalanine, the malignant melanoma related chemical (amino acid)

- D-mannitol, the abnormal sugar molecule that clogs lungs and ducts
- gallic acid, the trigger for SV 40 virus

What harm do these allergens do? How could "simple allergies" be important when faced with so dire a disease as HIV/AIDS?

SV 40 Virus

Allergies seem almost universal and therefore of little consequence. Unless you are hosting Eurytrema, the pancreatic fluke!

Each of us gets a dose of Eurytrema parasite stages with any dairy product we eat. In the past it didn't matter because immunity was strong and they could be killed. But the lowered immunity of the 20th century changed all this. Parasites now flourish along with bacteria and viruses. Each parasite brings its own bacteria and viruses to flourish, too. **Eurytrema brings its SV 40 virus**. Yet the virus is not visible in all of us even when we are hosting Eurytrema. The virus must be triggered first. The common allergen, gallic acid, triggers it.

Simply by not eating gallic acid, you can avoid having this virus flourish. But if you do eat it, because it is in nearly every loaf of bread in the supermarket, you will trigger the SV 40 virus into multiplying.

SV 40 can enter any organ that is inflamed. Inflammation opens the tiny "port holes" that all cells have. Now viruses can enter. Organs that are reacting to some allergen get inflamed.

SV 40 is not a retrovirus. We would not expect it to make the enzyme, **reverse transcriptase**, the HIV enzyme. Yet, the Syncrometer® finds SV 40 wherever HIV virus is present. What is it doing there?

Aiding And Abetting HIV Virus

The Syncrometer® shows that SV 40 and HIV share the terrain. So where one virus exists, the other is quickly attracted. They become a **dynamic duo**. What are they contributing to each other?

The SV 40 virus brings two advantages to their relationship:

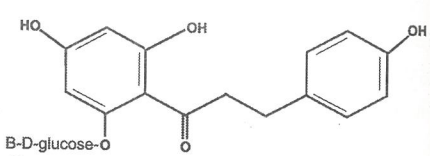
1. Cells with this virus live much longer. Their life-stopper gene that acts at the end of each chromosome (**telomerase inhibitor**) has vanished. Infected cells now have an "immortalized" property just like yeast and other very primitive life forms. We were definitely not meant to host this virus.

2. The self-destruction power, called **apoptosis** is lost. The Syncrometer® sees that **caspase 3** is missing. Caspase 3 is a necessary link to apoptosis. Infected cells will not be able to self-destruct and terminate themselves, which is a very important property. Our bodies make use of apoptosis to stop the spread of infection. Does HIV virus take advantage of this? Would the HIV virus stop spreading without the help of SV 40? It is a tantalizing thought. The answer must wait for more research. But meanwhile, we should eliminate the SV 40 virus along with the HIV virus; they don't belong in us.

Phloridzin Attacks The Pituitary Gland

We were raised on the wise old saying, "An apple a day keeps the doctor away." But we were warned as children not to eat green apples. Rebellious children ate them anyway and seemed to suffer no harm. But they did!

It turns out that we must pick this single apple a day carefully, not just any apple will do. It should be a Red or Golden Delicious for eating raw. All others have a chemical called phloridzin. The greener they are the more they have. This



Can you spot the phenol (see page 33)?

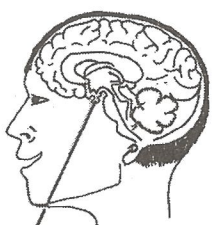
Fig. 79 Phloridzin

chemical is prepared commercially from the wood of apple trees. Even rabbits know about phloridzin.

Baby rabbits are taught not to chew the bark on apple trees; it will make them sick. If they are naughty they will get instant diabetes and it cannot be reversed. The phloridzin caused it.

Phloridzin is a **food phenolic**; one part of its chemical structure is phenol, hence the name "phenolic". It was put forward in the 1980's by Robert Gardner Ph.D. that our common food allergies are due to these phenolics, not the proteins that everybody believed in for so long a time. Read more about food phenolics on the Internet. Read about phloridzin, gallic acid and others in a report by Dr. A. Ber.[17] Also read more about spraying grains with propyl gallate.[18]

Being rather difficult to detoxify, phloridzin and other plant phenolics are left over by the liver and allowed to circulate when certain parasites are present. When the human liver fluke, Clonorchis, is present phloridzin floods the liver and blood every time you eat some in your food. It is attracted to the pituitary gland and arrives there in less than a minute. The pituitary is the bottom end of a master gland that has the hypothalamus at the upper end. It is shaped a bit like a dog bone with the glands at the ends and a connecting path between them.



The brain is easily accessed by dental and food toxins in the mouth

Fig. 80 The pituitary gland

The hypothalamus end is near the middle of the brain, controlling your feelings, appetite, temperature and other vitally important parts of life.

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[17]Ber, A. MD, FRCP, *Neutralization of phenolic food compounds in a holistic general practice.* J. Orthomolecular Psychiatry, 1983 4th quarter p. 283

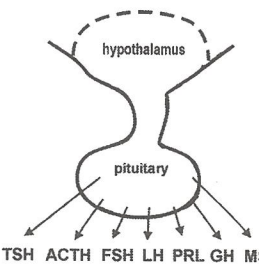
[18]http://ntpserver.niehs.nih.gov/htdocs/Levels/Tr240levels.Html Evidently, gallate already had a history of causing pancreatic cancer at the time it was allowed in all our food–even bread.

How will phloridzin attack your pituitary gland?

Chlorogenic Acid Attacks The Hypothalamus

When tiny Strongyloid worms inhabit the liver, a different food phenolic, called chlorogenic acid is left undetoxified and now it floods the liver and blood. If any food with this chemical is eaten, it goes straight to your hypothalamus.

If we have not lost our immune power at these glands, the white blood cells will promptly eat up both the phloridzin and all the chlorogenic acid that arrives and take them to the bladder.



TSH-thyroid stimulating hormone
ACTH-adrenocorticotrophic hormone
FSH-follicle stimulating hormone
LH-luteinizing hormone
PRL-prolactin
GH-human growth hormone
MSH-melanocyte hormone

Fig. 81 Our "master" gland

But when immunity fails, phloridzin or chlorogenic acid accumulates and piles up inside these glands.

As they accumulate a peculiar phenomenon is observed in the pituitary and hypothalamus glands. They literally "explode" on a micro scale. Bits of hypothalamus and pituitary tissue land everywhere. They sail away in the blood stream all around the body. Bits land here and there in all kinds of other organs. At first the white blood cells in the other organs pick them all up diligently. It is the job of the CD8s, also called cytotoxic T-cells or plain "killer cells"! But as immunity goes down everywhere in the body, these tissue bits begin to pile up at their new locations. They pile up at the prostate, breast, ovaries, lungs, thymus, bone marrow, kidneys, spleen, brain, liver, testis, uterus, colon, pancreas and others. Their survival marks the beginning of a subtle change. The little transplants begin to make their hormones right there in your other organs instead of only in the brain where they belong!

In the brain, the pituitary is **controlled** by the hypothalamus. The hypothalamus "tells" the pituitary when to "release" a particular hormone. The pituitary obeys. Imagine the havoc created when the bit of hypothalamus that has landed in the thymus tells the bit of pituitary that landed nearby to release thyroid hormone, which belongs in the thyroid or follicle-stimulating hormone, which belongs in the genital organs! All over the body wrong hormones are being produced in the wrong places.

The pituitary gland is responsible for making about a dozen of our most powerful hormones, controlling our sex glands, as well as the thyroid and the adrenals. The pituitary is a self-regulatory gland. This means it shuts itself off when there are enough hormones present. With hormones now being made in many places in the body the limit is soon reached, so the real pituitary gland in the brain is turned off. The human growth hormone (HGH) normally made in the brain is gone. Instead there is HGH being made in the testis, thymus and other places. All this "abnormal" HGH will be eaten by the CD8s to be sure. But this leaves a huge deficit of HGH for the body as a whole. The Syncrometer® cannot find HGH in the pituitary gland, where it should be in HIV/AIDS victims.

At first the CD8s can keep up with this task. But later... immune blockers arrive! Eventually, there is total hormone chaos.

Which immune blockers are responsible for allowing the buildup of food phenolics in the pituitary, hypothalamus and thymus glands? They are the same five that disable immunity: metals, asbestos, benzene, PCBs, and azo dyes. The metals come from deposits of amalgam right there in the brain. Inside the brain these deposits release about 50 metals including a dozen lanthanides. All these came from your metal tooth fillings! Molecule by molecule they were moved from your teeth to these glands. The brain and thymus are full of such deposits that have emigrated from your tooth fillings.

Which immune toxins could be stopping the CD8s and other killer cells from killing and destroying the bits of gland

tissue that are swimming freely and coming their way? This time it is mercury and thallium, not lanthanides. When mercury or thallium are in the CD8s, they can't make their L-G nor interleukin 2. They also lose their killing power. Unable to kill them, fragments of hypothalamus, pituitary and thymus glands swim all around.

Free-floating gland tissues and food antigens consume more and more immune power, your CD8s and your complement C_3.

This lets more and more organs be attacked by the food phenolics. The thymus is attacked by apiol; the bone marrow and the genital organs will be targeted next.

Soon there is no detectable C_3 left. This arm of the immune system is gone. It is a catastrophe. Now parasites will have a population explosion; they were kept in check by the same immune cells. The numbers of antigenic food chemicals will increase. The patient becomes allergic to everything! There is nothing left to eat that won't give some reaction. Organ after organ gets inflamed, letting in the viruses. The cells with viruses (SV 40 and HIV) have immortality. Nothing but killer action could get rid of them. And killer action is blocked by mercury and thallium.

No More Allergies

After going on an intensive parasite-killing program and avoiding food with phloridzin, chlorogenic acid, apiol and gallic acid things are set right again. These are the deciding factors that stop the chain of events leading to virus invasions. You can stop the whole chain in a week. Soon your body is winning the battle for survival.

One thing is quite clear. Foods containing phloridzin, chlorogenic acid, apiol or gallic acid should not be eaten. Later, when you are well again, you may destroy these chemicals on a food zappicator. But until then, stay OFF foods with these phenolics. Use the *Food Table* on page 621 to guide you. The

more careful your avoidance is, the faster your thymus recovers.

Fortunately, the list of undesirable foods is quite short and cooking or baking them salvages many. Imagine the damage you could do to your major glands, including the thymus, from a "health food" snack of potato chips fried in soy oil and dipped in a cheese dip, followed by an "organic" under ripe banana split?

Of course if you did not have Clonorchis and Strongyloides parasitism you would simply detoxify these food chemicals after you ate them. But nearly everybody has at least one of these varieties by the time they are adult. Nobody in modern times has bothered to do regular parasite-removal. Only some 80-year old healthy persons, whom I tested, did not have them. You will be healthy like they are in a few weeks. But your new diet will show results in 5 days! Your C3 level will be higher! More immune power will be left to kill parasites and viruses.

Food Worth Eating

With the three food problems solved: sanitation, freedom from common toxins, and freedom from allergens, you can enjoy it all. All that's left! If you were living on the foods that are now banned, you can understand why you, in particular, were targeted for HIV/AIDS. After stopping, your body will get relief; relief from its second greatest burden—bad food. (The first burden may have been bad water). If you are feeling food-deprived, remember **the most basic principle in allergy-science: you get allergic to what you eat most often**! Do not overdo the new foods you will soon find delicious. Eat only one serving a day, the amount a child would choose! For example, one egg, not two; one small potato, not two large; ten peas; ½ apple; ½ orange; one plum; two strawberries and so on. The liver can detoxify small amounts of many food phenolics. Allergies come from eating too much of <u>one</u> kind. Use the *Food Table* to trace paths that have only N's. Mark these and take these pages with you when you go shopping.

After your viral load is back down to **Negative** and your T-cell count is corrected you may zappicate all these foods instead of strictly avoiding them. But stick to goat's milk forever.

Shopping

Don't buy any produce that is obviously waxed! It was sprayed on generously—so the chemicals have penetrated the food deeply.

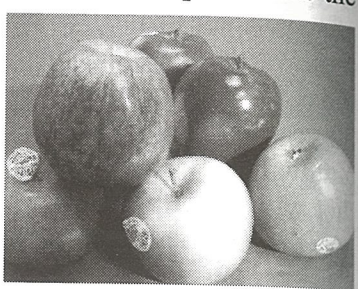


Fig. 82 Glossy produce

Shop for Kosher foods whenever possible. Search for these symbols: Ⓤ, K, ✡. This does not guarantee their safety, of course. Any processed food could have a solvent residue or azo dye. That is why you are advised to eat home-cooked food carefully cleaned. Yet, I find Kosher foods have much less of these toxins, a better starting point.

Asian and South American food is also much cleaner. But only if they are imported "as is". Imports suffer when they are repackaged for distribution in the United States. It is the American design of packaging equipment and method of disinfecting foods that is hurting the entire planet's creatures.

Even wild creatures and domestic animals are seated at this planet's table with us. We must care for them as we do for ourselves by keeping the food and water safe.

Organic produce has much less dye and pesticide pollution (benzene) than regular produce. But asbestos tufts adhering to the outside of foods are just as severe a problem. And PCB pollution is rampant. I believe PCB enters with the soap sprays used on fields instead of pesticide. Most commercial soaps I tested had PCBs, which I reported in my earliest books. (But some sample soap bars and shampoo from both Italy and England did not have PCBs or benzene or other solvents!)

Even though organic and imported foods are better, no food is safe until it is cleaned up with hot washes and then electrically treated.

Remember that all fruits and vegetables were grown in soil that was fertilized and had animal filth in it. It may look amaz-

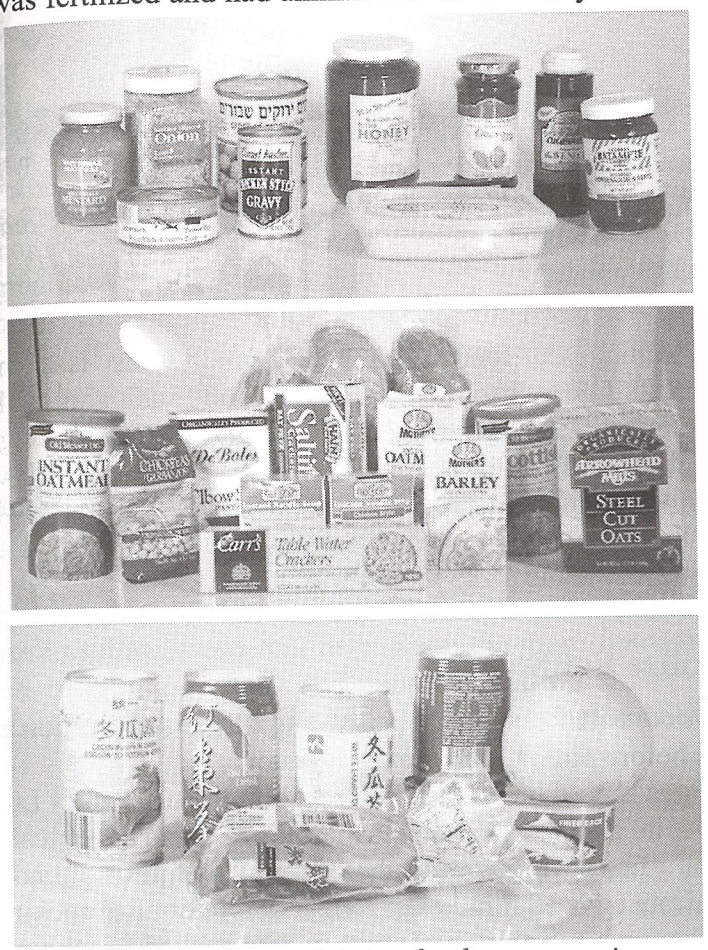


Fig. 83 Kosher and Asian foods are superior

ingly clean in the marketplace but if it does, it is toxic besides. With this knowledge, find small ethnic markets that buy "second" grades of produce, do not prepackage and do not spray on the shelves.



No heavy metals, azo dyes, PCBs or benzene pollution; an enviable achievement.

Fig. 85 African-made products



No pollutants in these foreign made products.

Fig. 84 UK-made products

Travel Safely

Cleaning your food should be a quick and easy task. In earlier books I described double cooking, food sanitizing with hydrochloric acid, Lugol's iodine (especially while visiting foreign countries), and cysteine-salt. These are all still valid. Learn to use more than one system so you can travel anywhere, even by plane and go to restaurants in safety. Always carry Lugol's, HCl, and a zappicator with you.

Sterilize For Storage

Food will keep much better if given a sterilization treatment before putting it in the refrigerator.

Eggs should be washed before storing. One drop of Lugol's iodine in a quart of water can sanitize them (zappicate the Lugol's first). Throw away the carton; it is full of Salmonella. Zappicate eggs 10 minutes or longer before or after cooking.

Greens, vegetables and fruits can be soaked for one minute in HCl-water (one drop per cup) or Lugol's-water (one drop per quart) before storing. Other details are given in the *Recipes* chapter.

Wake Up Your Appetite

Food should be delicious as well as safe. It is one of the great pleasures of living. But you need more than a knife and fork to eat with. You need your appetite. Nothing thrills a cook and your caregiver as much as seeing you have an appetite for his/her food. This is not under your conscious control, though. To have appetite your liver has to accept food. And your hypothalamus has to say, "It's good". If the liver rebels it could make you throw it all up! If the hypothalamus says, "Stop, this tastes moldy, rotten, or worse," your stomach could suddenly feel completely full. For this reason you should be taking homeographic drops that keep the hypothalamus "clean." The hypothalamus needs to be clear of amalgam, PCB, chlorogenic acid, as well as *Clostridium botulinum* bacteria, flu virus, Salmonella bacteria and Strongyloides. If you have thulium in your hypothalamus, it cannot make **hydrazine sulfate** for you. This is your natural appetite stimulant. If your appetite is quite low make yourself "organ drops" of hypothalamus to remove all of these. Taken daily they will keep your appetite up and nausea away. How to make them is given in the section on homeography, page 85. If you can't do this, simply taking cloned hydrazine sulfate drops will help. Soon the more fundamental process of killing parasites and removing bad water and amalgam-filled teeth will bring natural appetite back automatically.

Breakfast

If you can't have bacon, ham or sausage, nor hash brown potatoes or cottage cheese, cow's milk, yogurt, nor soy foods, or toast and jam or a tall glass of fruit juice from a bar, what's left?

There are still some excellent breakfasts left. Cooked cereals with sweetening and creamy goat's milk are a gourmet dish. Some varieties have the cream accumulated at the top. This is extra delicious and full of nourishing calories. But for the first

two weeks use coconut "whipping cream" or homemade fruit juice on your cereal, since all milk is off your diet.

Cook your cereal from scratch. Don't eat cold cereal; it has too many solvents and added chemicals. Although all cereal has asbestos fibers stuck to it, any of the electronic treatments destroys it. Do not neglect this. The whole package can be treated at once, without opening it, making it less of a chore.



Put the entire package on a zappicator for 10 minutes to clean up traces of solvents.

Fig. 86 Good breakfast cereals

Make granola from a recipe, there is one in this book, page 559. Imported sweeteners are safest. Canadian honey, honey from South Mexico, sugar from Mexico or Paraguay, all tested free of toxins, but you still have to electronically treat them for phenolic allergens. Add raisins; you may add nuts; their aflatoxins are removed by any electronic treatment. Isn't this a delicious way to start your day! Use cinnamon to flavor, or fruit and honey. Such "small" items must be electronically treated, too.

> The biggest obstacle to eating natural food is time. Find a friend who has the time to cook for you, if you are not up to it.

If anything has not been electronically treated before cooking, the final product must be treated again.

Or start your day with dairy-free pancakes or waffles with coconut cream and honey. Later, when goat's milk can be used

in the batter it should have three HCl drops added. HCl also gives a better rising quality. Eggs get three HCl drops each.

Butter should not have color added. Even the annatto seed (a natural colorant) varieties tested **Positive** on the Syncrometer® to tartrazine, a yellow food dye! Do not eat dairy products that list any color as an ingredient.

Butter needs boiling, too. This destroys antigens and any "onion" spices. Maple syrup should be boiled to destroy gallic acid and another allergen, ASA, (acetyl salicylic acid). ASA is the antigen for the vagina. Do not use unboiled maple syrup if you wish to avoid genital disease.

Eat very ripe fruit; it tastes better anyway. Have it with all your breakfasts. Clean it up with hot washes followed by electronic treatment. Make your own fruit juices with this wonderful, very ripe fruit. But avoid phloridzin, gallic and chlorogenic acid containing varieties. Just to be sure, zappicate it.

The simplest of all breakfasts is bread and milk. When it is mouth-watering homemade bread, baked right there before you, your appetite cannot resist it. With any homemade spread on it, there will be no yearning for old favorites, like toast and jam. Choose homemade preserves made with a recipe from an old cookbook or see *Recipes*, page 557.



Fig. 87 Popular varieties of goat milk

Goat milk is not homogenized and, therefore, gives you cream that has risen to the top. Save it for soups. Goat milk can supply you with your major nutritional needs. Every calorie and every nutritive factor is important for you. Although you are not ready to drink it for two weeks, find it in the market place and store several quarts in your freezer ahead of time. An ultra pasteurized variety can hardly be distinguished from cows' milk.

For meat lovers, now that you can make meat safe, try your favorite beef cut in place of bacon with breakfast. You might never go back to your old diet.

Lunch

Cook your food from scratch. Don't start with cans or packages or frozen items to make some recipe. In fact, don't bother with any fancy recipes. Just cook two or three vegetables for lunch and eat them with homemade butter[19] or mayonnaise and spice or herbs (try Fenu-Thyme, see *Sources*). Bread and milk rounds it out, plus fruit.

Soup is a work saver. Cook it with all the vegetables you can find that don't have phloridzin, chlorogenic or gallic acid. Add rice or barley for a change from potatoes. Don't start with a packet or cube. Use genuine herbs to give it zest. You may start with beef bones or the meat itself, now that you can destroy all parasite stages in minutes with electronic treatment. Always acidify a soup with 10 drops of HCl to draw calcium out of the bones for you. This preserves the immune weapons L-G and L-A that are naturally present in meat. Vinegar should not be used; it is an antigen! The body cannot digest any amount you may wish to eat. It causes metastases to liver, prostate, colon, tongue and brain in cancer patients—definitely to be avoided. Adding the cream off goat milk gives you more calories. Save the meat for future cold beef sandwiches. Such a soup plus sandwich and goat milk gives you complete nutrition again.

Bake your own bread! I found aflatoxins in commercial bread after just four days in my refrigerator, but none in homemade bread even after two weeks! Aflatoxin is extremely toxic; it is made by mold. Zearalenone is another very toxic substance found on grains and produced by mold. In fact, zearalenone leads to benzene formation in your body! Bread goes moldy easily. Don't ever eat moldy food, whether it is fruit, breads or leftovers in the refrigerator. Throw them out.

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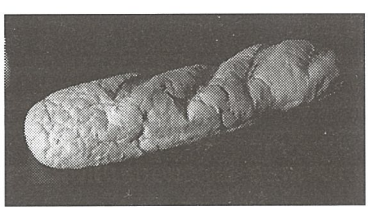
[19] Butter is our only source of butyric acid in the intestine. There is some evidence that butyric acid favors beneficial bacteria in the intestine and kills parasites! But remember to treat your homemade butter by zappicating, zapping, or sonicating it if the cream wasn't treated.

Buy a bread maker. It can do everything, including baking the bread. I never found aflatoxin, zearalenone or gallic acid in packaged flour, but just to be safe you can set the whole flour bag on the food zappicator. Add ½ tsp. vitamin C powder to the batter for each loaf to help retard mold further. (It also helps the bread rise!)

Never try to lower your cholesterol while regaining your health from HIV/AIDS.

This is a rule based on common sense. Synthetic eggs, margarine and cholesterol-reduced products are extremely "chemical" foods.

If you can't bake your own, buy bakery bread; trim off the bottom ¼ inch and zappicate the whole loaf at once. The bottom ¼ inch has benzene contamination from the use of food-lube. Cups used for cupcakes also bring benzene. Zappication will kill the live yeast spores left from inadequate baking. They carry RAS, an oncogene that inhibits our interferon production. Zappicate bread extra long to reach the gallic acid even in parts that overhang your zappicator (20 minutes).



Trim ¼ inch off bottom crust to remove "food lube" (see page 262).

Fig. 88 Bakery bread

Do not toast your bread! This makes 4,5 benzopyrene, which inhibits benzene detoxification in your liver. Pan fry in homemade butter or stick-free pan to toast.

One big advantage of making your own bread, soup, and beverages is that you avoid the commercial machinery that stirs, pumps, kneads, holds, and scoops it all. All machinery requires regular lubrication, and "food-safe" lubricants have been defined for us by U.S. regulations! But they are not safe; they are petroleum products.

This is a sample regulation:

21 CFR 178.3570 (4-1-94 Edition) Lubricants with incidental food contact.

Lubricants with incidental food contact may be safely used on machinery used for producing, manufacturing, packing, processing, preparing, treating, packaging, transport, or holding food, subject to the provisions of this section:

(a) The lubricants are prepared from one or more of the following substances:

(1) Substances generally recognized as safe for use in food.

(2) Substances used in accordance with the provisions of a prior sanction or approval.

(3) Substances identified in this paragraph (a)(3).

Substance	Limitations
Here you find 39 chemicals like BHA, BHT, Polyethylene, 2-(8-Heptadecenyl)-4,5-dihydro-1*H*-imidazole-1-ethanol, and also including:	
Mineral oil	Addition to food not to exceed 10 parts per million.
Petrolatum	Complying with §178.3700. Addition to food not to exceed 10 parts per million.

(b) The lubricants are used on food-processing equipment as a protective antirust film, as a release agent on gaskets or seals of tank closures, and as a lubricant for machine parts and equipment in locations in which there is exposure of the lubricated part to food. The amount used is the minimum required to accomplish the desired technical effect on the equipment, and the addition to food of any constituent identified in this section does not exceed the limitations prescribed.

(c) Any substance employed in the production of the lubricants described in this section that is the subject of a regulation in parts 174, 175, 176, 177, 178, and §179.45 of this chapter conforms with any specification in such regulation.

Fig. 89 Lubricants considered "safe" that contaminate food

Notice the mineral oil and petrolatum, which are petroleum oil products. How was it decided that they "may be safely used"? Safe for the machinery, but not for you. **Petroleum products should not be in our food, not even in minutest amounts.**

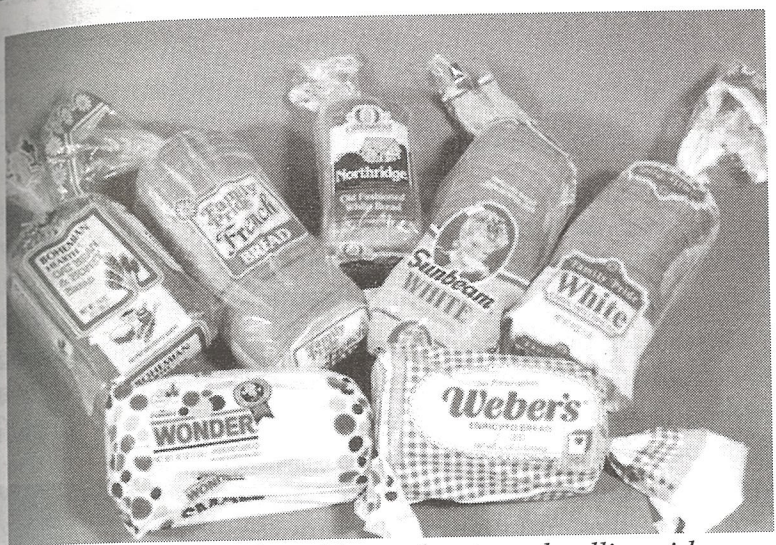


Fig. 90 USA bread has solvents and gallic acid

Would a very primitive woman, baking her family's bread or corncakes, allow a tiny bit of dead dinosaur remains (the sophisticated term, *petroleum*, wouldn't fool her!) to drip into her batter? Even if you said it would all be baked out by 80°C (well below boiling point)? Even if you said it was all perfectly clean, even made synthetically, now? Even if you said the pans would be easier to wash? I believe not and she might throw some batter in your face! This is because she has common sense; she knows that you shouldn't put dead animal remains in food even if you can cook it and "make it safe". Dinosaur remains are even more unthinkable. Small amounts are not negligible even when the currently used test instruments can't measure them.



"Food lube" for heavy-duty machinery like ice cream and dough mixers, and "food oil" for light-duty equipment like cheese and meat slicers are petroleum products that introduce benzene into our foods.

Fig. 91 Examples of commercial "food lube"

Our best test instruments are very crude compared to our body's ability to detect. The body detects a molecule at a time. Benzene is very difficult for a testing lab to detect and until recently cost hundreds of dollars for a single test. Manufacturers resisted such added expense. But the cost of benzene testing has dropped dramatically; sometimes it is under $100 per test. It still may seem expensive to a manufacturer. Yet, benzene has brought us AIDS, a huge expense! Wouldn't it be wonderful if our lawmakers required only chemicals that didn't show up in our immune systems to be in contact with foods? No expensive testing would be needed. Lubricants would then be things like olive oil, beeswax and cornstarch. And under "Limitations" would be "none."



Fig. 92 Food oil gets into food

Maybe the primitive housewife would even come to dinner!

Supper

Cook your supper from scratch. But what can you eat as a flesh food? Previously I emphasized fish and chicken because

red meats were full of parasite stages that could not be easily killed. But now that parasites can all be killed in minutes, electronically, meats can be back on the menu (with treatment). Fish and chicken are now removed because they are the hidden food sources of azo dyes that we had searched for so long and so hard. Unless you fish it yourself and do not use laundry bleach to clean up after preparing it, no fish is safe. Chicken, too, has bleach disinfectant in every sample I tested. You must avoid these two meats.

Do not grill, broil or barbecue (it makes benzopyrenes); instead, fry, bake, poach or boil. Don't buy breadcrumbs, use your own. Don't buy batter, make your own. Wash your hands after handling raw meat. Do not use household bleach on your cutting board or kitchen counter. Use 50% vinegar in a convenient spray bottle. Liver is now your most nutritious choice of meats, done rare or as you like it after electronic treatment. Other cuts are next best. Make your own salad, not prepackaged or from a salad bar. Make salad dressing out of any of the safe oils and lemon juice, with honey, salt and herbs to flavor.

If your digestion isn't strong enough for raw vegetables or fruit, make juice. Get a sturdy juicer and make your juice from anything that is phloridzin, gallic and chlorogenic acid free. But avoid those that have been sprayed in the grocery store to keep them fresh looking. The spray contains petroleum products. Add herbs purchased in bulk for seasoning or use a Fenu-Thyme capsule.

Beverages

Drink five kinds of beverages:

- **homemade fruit juices**
- **homemade vegetable juices**
- **water**
- **goat's milk**
- **herb teas**

This means getting off caffeine. And if you are already fatigued, this means you might be even more fatigued for a short time. You might have headaches from withdrawal, too. But they will only last 10 days. Mark your calendar and count off the days. Headache medicine, like all medicine, is likely to have benzene pollution and azo dyes from the colorant used; avoid it. For energy, to replace caffeine, take one arginine (500 mg) upon rising in the morning and before lunch. Soon you won't need it.



Use pomegranate, molasses, chlorophyll and coconut ingredients.

Fig. 93 Make your own healthful beverages

Cutting down on coffee, decaf, soda pop and powdered drinks won't do. You must be completely off. They contain very toxic solvents and T-cell destroying dyes due to the processing.

Researchers have found even small amounts of alcohol, like three beers over a two-day period, cause a ten-fold increase in the rate of HIV multiplication.[20]

Although grain (drinking) alcohol is the recommended antiseptic for household use, that doesn't mean you may safely drink it. It is inadvisable to drink any form of alcohol at least until you are fully recovered (two years). This is why Black Walnut Hull tincture, which is 20-50% grain alcohol, may be taken in a lukewarm beverage (to evaporate some of the alcohol) and is followed by a dose of niacinamide.

Goat Milk: 2% or higher, consume three 8 oz. glasses a day. Start with ¼ cup and increase gradually, if you are not used to it. If you do not drink milk because it gives you more mucous, switch to a different brand. Boiling it can stop this milk reaction. If you have other reactions, like diarrhea, try milk digestant tablets (available at health food stores). Milk is too valuable to avoid: there are many unwanted chemicals in most brands of milk, but it is solvent-free and very nutritious. The only exception should be for serious symptoms, like colitis, bloating, flu, or chronic diarrhea. Do not use powdered milk; it is heavily polluted with solvents.

Pasteurization is not sterilization.

Milk goes sour after the expiration date on the carton even when refrigerated and unopened. It is obvious that milk isn't sterile. You can improve upon this in several ways.

To be safe all milk should be sterilized and "denatured" with hydrochloric acid to destroy live animal tissues it contains.

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[20] *Journal Of Infectious Diseases*, 167:789, 1993.

Perfect sterilization of dairy products is not possible even in a bacteriology laboratory. You do not need to meet these standards. We will use easier ways that are still effective. Our goals are: no dyes, no heavy metals, no parasite eggs, no tissue bits, and no phenolics.

Read these options carefully so you can suit your needs.

1. You may boil milk one minute. Cool. Add HCl, 3 drops per cup just before drinking. This destroys many phenolics, parasite stages and bacteria. Cheese commonly has laundry bleach contamination, giving it heavy metals, too. These cannot be removed.
2. Sonicate 10 minutes and add HCl, 3 drops per cup. This destroys parasite stages, bacteria, traces of PCBs and benzene but does not remove phenolics: phloridzin, chlorogenic acid, gallic acid, and apiol. This is useful for goat milk.
3. Food-zap for 10 minutes. This destroys living things, PCBs and benzene. It only removes a few phenolics. Useful for goat milk.
4. Zappicate 10 minutes. This does everything.

Remember that none of these options are yours for two weeks, though, until you have made progress killing parasites and lowering benzene levels. After this, and only if you are feeling better, you may begin to consume a dairy product—goat milk only, and only if sterilized. Many people prefer the taste of "treated" milk. And many people can tolerate dairy products for the first time after making this change.

If you simply cannot tolerate even treated goat's milk, try making cottage cheese out of it. Get recipes for cheese making from recipe books. Goat cheeses are some of the most highly prized gourmet foods. Commercial goat cheeses are off your menu, but you can make your own, safely, in many flavors. Whey is a traditional, delicious beverage with all the calcium of milk in it. Save it all, while cheese making, for your own undernourished body.

There is no substitute for milk; calcium tablets are not satisfactory. Vegetable matter, although high in calcium, does not

give you available calcium either. Soy milk has phloridzin, apiol, gallic acid and processing pollutants. Milk is baby food, designed by Nature to be full of factors for growth, health and immune power.

Goat's milk is better for you than cow's milk because it has extra factors that are not in cow's milk. But the biggest difference is that goat's milk does not have live bits of hypothalamus and pituitary tissue afloat in it. Nor does it have phloridzin or chlorogenic acid. Dairy products are too important to your recovery to abandon so you should find a way to make them safe and enjoyable for yourself.

Water: Two pints. Drink one pint upon rising in the morning, the other pint in the afternoon sometime. The cold-water faucet may be bringing you cadmium, copper or lead, but it is still safer than any kind of purchased water, which must have antiseptics in it. Let your water run before using it, until the pipes for your house have emptied, about one gallon. Filters are rather useless because water pollution comes in surges. A single surge of PCB contaminates your filter. All the water you use after this surge is now polluted, so you will be getting it chronically, whereas the unfiltered water cleans up again after the surge passes. Until you can test your own water for solvents, PCBs and metals, no expensive filter is worth the investment. Even reverse osmosis water is polluted with thulium and ytterbium, which must be coming from the filtration membrane. An inexpensive carbon filter that is replaced every month may improve your tap water. (Save all your used cartridges. You might wish to test for PCBs in the future). But a pinch of vitamin C should be added to the water

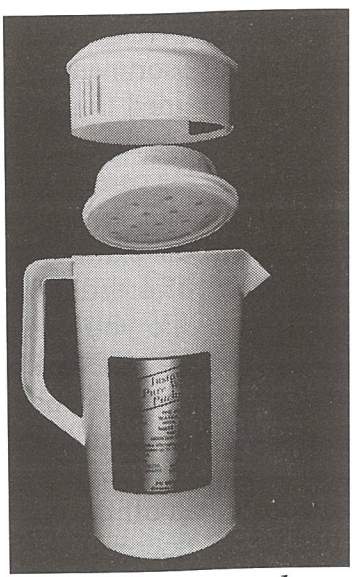


Fig. 94 Water pitcher with filter

first to destroy the benzopyrenes in the charcoal; they are potent carcinogens.

Plastic pitchers fitted with a carbon filter pack are available. Never buy filters that contain silver or other chemicals, even if they are "just added to the carbon." If you have copper or galvanized pipes, switch to PVC to be safe from cadmium, copper and lead (see the section *Clean Up Your Home*).

Herb tea: fresh or bulk packaged only. If only tea bags are available, cut them open and dump out the tea. Throw away the bag; it is full of antiseptic. Buy a non-metal (bamboo is common) tea strainer. Sweeten with organic imported sugar or honey. Zappicate both. Honey often has food phenolics due to the wide assortment of plants visited by the bees, no doubt. Honey obtained from the bulk tank in a health food store never had solvent pollution but it does have asbestos fibers like regular honey. Be careful not to buy foil packs of tea or tea blends. Tea blends are mixtures of herb teas; these have solvents in them from the extracts used to improve flavor!

Fruit juice: fresh squeezed only. Some stores or juice bars make it while you wait. You have to see it being made, but watch carefully: I recall visiting a juice bar where they made everything fresh, before your very eyes. And I saw them take the fruit right from the refrigerator and spray it with a special wash "to get rid of any pesticides" then put a special detergent on it to clean off the wash! So instead of getting traces of pesticide, I got traces of isopropyl alcohol and PCB! (Yes, I took a sample of the wash to test.) Be on your guard against rotten fruit, green fruit, and moldy fruit. Ask to see what they plan to use. Best of all, buy a juicer, peel the fruit and make your own juice. Try pineapple, pear, peach, nectarine, cantaloupe, and grapefruit, all very ripe. For stronger flavor add a bit of fresh lemon to each variety to give it more zip. Remember, everything gets double hot-washed and zappicated. Bottled fruit juices have traces of numerous solvents; as do the frozen concentrates, as do the refrigerated ones, don't buy them.

Vegetable juice: Buy a juice-maker. Start with head lettuce and other broad-leafed greens. Fine-leafed greens cannot be

washed free of spray and regularly test **Positive** for benzene and PCB! Previously I recommended ozonating greens to destroy benzene. But now PCB has become prevalent and ozonation is not satisfactory. After two hot washes, though, they will be wilted; place them in a blender. Afterwards, treat for residual spray with an electronic method. Drink ½ glass of vegetable juice a day. After you are accustomed to this, add other vegetables to double the amount. Use cabbage, cucumber, beet, pale zucchini, and squash, anything free of phloridzin, gallic and chlorogenic acid. But never use any fruit or vegetable that has been waxed! And peel everything that has a peel. Add herbs and a squirt of lemon for extra zest. Then drink one cup a day.

Horrors In Commercial Beverages

Commercial beverages are especially toxic due to traces of solvents left over from cleaning the manufacturing machinery, and extraction procedures. There are solvents found in decaffeinated beverages, herb tea blends, carbonated drinks, flavored coffee, diet and health mixes, and fruit juices, even when the label states "not from concentrate" or "fresh from the orchard," or "100% pure."

Some of the solvents I have found are just too toxic to be believed! Yet you can build the test apparatus yourself (*Syncrometer® Science Laboratory Manual*), buy foods at your grocery store, and tabulate your own results. I hope you do, and I hope you find that the food in your area is cleaner than mine! Remember that the Syncrometer® can only determine the presence or absence of something, not the concentration. To know the concentration you should send a sample to one of the testing laboratories listed at the end of this



Jazz up your favorite homemade juice with seltzer water. It is not harmful to you (see *Sources*).

Fig. 95 Seltzer maker

book. There may only be a few parts per billion, but an AIDS patient trying to get well cannot afford any solvent intake. For that matter, none of us should tolerate any of these pollutants:

- **Acetone**—in carbonated drinks
- **Benzene**—in store-bought drinking water, store-bought "fresh squeezed" fruit juice
- **Carbon tetrachloride**—in store-bought drinking water
- **Decane**—in health foods and beverages
- **Hexanes**—in decafs
- **Hexane dione**—in flavored foods
- **Isophorone**—in flavored foods
- **Methyl butyl ketone** and **Methyl ethyl ketone**—in flavored foods
- **Methylene** chloride—in fruit juice
- **Pentane**– in decafs
- **Isopropyl alcohol**—bottled water, commercial fruit juices, commercial beverages.
- **Toluene and xylene**—in carbonated drinks
- **Trichloroethane (TCE), TCEthylene– in flavored foods**
- **Wood alcohol** (methanol)—in carbonated drinks, diet drinks, herb tea blends, store-bought water, infant formula.

If you allowed a tiny drop of kerosene or carpet cleaning



Fig. 96 Unsafe beverages

fluid to get into your pet's food every day, wouldn't you expect your pet to get sick? Why wouldn't you expect to be sick with these solvents in your daily food? These solvents are just tiny amounts, but tiny amounts are nevertheless billions of molecules! Your body must detoxify each molecule.

Flavors and colors for food must be extracted somehow from the leaves or bark or roots from which they come and I suspect benzene-containing solvents are used for this. Until safe methods are invented, such food should be considered unsafe for human consumption (or pets or livestock!).

Sore Mouth Remedy

If your mouth is sore, or you get yeast infections, even unpolluted fruit juice is bad for you. Thrush (*Candida*) and *Herpes* in your mouth are especially hard to get rid of. Here is how to treat them:

For thrush:

a) While your mouth is bleeding, treat with one drop of Lugol's iodine solution (see *Recipes*) in one tbsp. water, enough to swish in your mouth, and swallow. Do this at bedtime.

b) If your mouth is not bleeding, put one drop of Lugol's iodine solution right on your tongue, directly, at bedtime. Quickly smear it about with your finger.

This will kill surface fungus. But Candida grows right into your living cells, which of course you can't, and don't want to, kill. The fungus will gradually die out as it rises to the surface due to stopping its growth. It takes a month! During this time follow these special dietary rules:

1. Drink no fruit juice; it feeds yeast. Even though the sugar is natural, yeast thrives on it, preventing you from clearing up thrush.
2. Don't eat ice cream or suck on candy for the same reason. If you have thrush stay off sweets until it is gone. Then test yourself on fresh sliced fruit (not juice) with cream to see if you notice a recurrence.

3. Use no alcohol. Even Black Walnut Hull tincture should be put in a lukewarm beverage for one minute to evaporate the alcohol.
4. Don't eat nuts, sunflower seeds, or toast if your mouth is bleeding. Also avoid pineapple (too acidic) and popcorn. As a mouthwash use lysine powder in water, or a drop of Lugol's iodine in ¼ cup water.
5. Don't brush your teeth more often when your mouth is sore or bleeding. Floss once a day followed immediately by your once-a-day brushing with food grade hydrogen peroxide (see *Sources*) or oregano oil toothpowder (see *Recipes*). It is very important to kill amoebas and all bacteria in these ways because they invade under the gum line and cause terrible tooth and bone loss. In serious situations use several drops of white iodine (see *Recipes*) on a wet toothbrush. Iodine also sterilizes the toothbrush which otherwise would infect you each day.

For Herpes:

1. Drink and eat nothing very hot or ice cold. These trigger Herpes. Eat with plastic; it does not conduct heat or cold so well.
2. Don't eat nuts or vinegar, nor take arginine as a supplement.
3. During an attack take lysine, 500 mg, 5 to 10 capsules once or twice a day.
4. Take a cayenne capsule with each meal. Zappicate to destroy chlorogenic acid. Cayenne slows down the speed of virus travel along nerves.
5. Stay out of direct sunlight or cold winds on your face.
6. Don't tweeze hairs or bruise the skin around the mouth.
7. Take L-G, 1 tbsp. 4 times daily (see page 592).
8. Take L-A, 1 tsp. 4 times daily (see *Recipes*).

The real reason for getting thrush or Herpes is the low immunity of your mouth tissues. The cause of this is mercury,

thallium, lanthanide metals, and dyes all seeping from your dentalware. Get it removed.

Kitchenware

When cooking from scratch you need the advantage of the most modern appliances. Purchase:

- blender
- pressure cooker plus glass bowls to fit inside
- seed grinder (coffee grinder)
- salad maker
- all plastic strainers and colanders

Wash them under the hot faucet or wipe clean with paper towels after use. Use plain borax to scour and homemade soap to help remove grease. In the dishwasher use plain borax or homemade soap, followed by 1½ tsp. citric acid in rinse cycle. This lets you clean up the kitchen in five minutes to get on with living.

Cook your food in glass, enamel, ceramic, or microwavable pots and pans. Throw away all metal ware, foil wrap, and metal-capped saltshakers since you will never use them again. If you don't plan to fry much (only once a week), you might keep the Teflon™ or Silverstone™ coated fry-pan, otherwise get an enamel coated metal pan. Stir and serve food with wood or plastic, not metal utensils. If you have recurring urinary tract infections, you should reduce your metal contact even further; eat with plastic cutlery. Sturdy decorative plastic ware can be found in hardware and camping stores. Don't drink out of styrofoam cups (styrene is toxic). Don't eat toast (many toasters spit tungsten all over your bread besides making benzopyrenes). Don't run your drinking water through the freezer, fountain, or refrigerator; it picks up cadmium. Don't heat your water in a coffee maker or metal teakettle; use a saucepan. Don't use a plastic thermos jug—the plastic liner has lanthanides, which seep. The inside should be glass.

Why are we still using stainless steel cookware when it contains 18% chromium and 8% nickel? These two metals have been rated as the two most carcinogenic metals! We should not even be handling them, let alone cooking in them.

Many bacteria and yeast(!) varieties have a requirement for nickel so that their enzyme **urease** will work for them. Urease attacks urea, present in all our body juices, and makes ammonia from it for these invaders. Ammonia is a utilizable nitrogen source (food) for bacteria and yeasts. If our bodies weren't polluted with nickel, these invaders couldn't grow! Why do we wear nickel jewelry and supply our bacteria and yeast? Nickel is in the soil, where bacteria and fungi belong, too. But if we insist on keeping plenty of nickel in our bodies and actually supply a huge stockpile in the form of retainers, caps and bridges, we must blame ourselves for our invasion.

It is hard to believe that metals we handle every day in our coinage, food and beverage containers, body products, and home and garden products could be hazardous. Yet this has been well studied. The question is: why do we not apply our knowledge? It is like living near an alligator-inhabited river, but not keeping the children out. Merely being surprised every time a child disappears!

Never, never drink or cook with the water from your hot water faucet. If you have an electric hot water heater the heating element releases tungsten and other very toxic metals. Even if you have a gas hot water heater, the heated water leaches metals from your pipes. If your kitchen tap is the single lever type, make sure it is fully on cold. Teach children this rule.

Although it is extra work to select food and prepare it in a way that almost sterilizes it, your stomach will soon notice that it feels flatter; you have less gas and bloating. This increases your energy. You might never go back to your old way of cooking.

If friends are cooking for you, give them a copy of these pages about the diet. The support of your family and friends is very valuable to you, but don't eat with their dishes (dish detergent is on them). You can always eat off paper plates, use plastic cutlery and a plastic cup you wash yourself under the tap. Keep a set of everything handy to take out with you. Carry your own pure salt, hydrochloric acid drops, Lugol's drops, and of course, your zappicator. Your friends are not made ill (yet) by all the pollutants—YOU ARE. They can excrete them efficiently—YOU CAN'T. The pollutants go to your thymus and bone marrow. You may feel singled out; take pride in it! When you succeed in curing yourself, your friends will want your advice. Give it kindly. But if you feel yourself tempted to compromise and are feeling depressed over your deprivations, get yourself invited to a H.E.A.L. meeting, M.C.S. or AA meeting. Give them support. You will get a better understanding of real deprivation and come away feeling like a "pretty fortunate person".

Don't Eat Leftovers

Do not eat leftovers unless they are re-sterilized as in the beginning. All food picks up bacteria while it is open to air and then stored in the refrigerator. After a few days these few have increased their numbers to a dangerous level for a low immunity person. Re-heating the food without actually sterilizing it only cultures (increases) them; soon there are many more.

Don't Eat Junk Food

Junk food is a combination of sugar, starch and fat, mixed by machines and with flavoring and dyes added. We are all very attracted to it because we are all very hungry. Our bodies and brain live on sugar and must have sugar to survive. They are not getting it. Why not? The liver is unable to make it. In fact the liver is making fat instead. It's much easier for the liver to make fat than energy.

In some cases our organs are not able to absorb food. They are missing insulin, organic zinc or chromium. With competition by amalgam metals all around, it is no wonder. This implies a pancreas problem in addition to the liver problem.

In other cases the adrenal glands are full of aluminum. This reduces their cortisone production and the stimulation of the liver to make blood sugar. These organs are parasitized with Clonorchis, Strongyloides, Eurytrema flukes and Ascaris eggs (to name a few). Instead of digesting and detoxifying our foods properly, large quantities of food phenolics are left over to swamp and disable our tissues.

But for the HIV/AIDS or cancer victim the liver eventually can't even make fat, so the spiral of life bends downward.

Junk food seems to come to the rescue with its sweet flavor that promises to raise our blood sugar effortlessly. But it is very polluted, as you can imagine, with its long list of ingredients, each having been processed and polluted in its own way even before the mixing began. Instead of buying junk food make your own sweets using old recipe books to guide you. Or invent them yourself. For example: raisins, nuts and shredded coconut stirred into Canadian honey for starters.

Don't Eat Bunk Food

We have been indoctrinated that soybeans would be a near-perfect food, since they have most of the amino acids of meat. Yet they taste bad, as any child knows. Things taste bad for a reason—especially to a child. The liver knows and the hypothalamus knows when food should not be eaten. Now we know why soybeans should not be eaten: they are full of phloridzin and apiol. But commerce (and academic nutritionists) found ways to force us all, even cattle, to eat them. So soy products have penetrated the food market deeply. A way may be found to breed soy plants without these phenolics, but meanwhile we should not be deterred from using our basic common sense. We should not eat food that tastes bad.

There are many bunk foods, because each of us has foods we dislike. And as genetically engineered food begins to take over the food market, be especially aware of your instinct not to eat bad tasting food or those that give us some food "reaction." Also be aware of heavily promoted "fake foods" (not recognizable as a fruit or vegetable). The risk of pollution and allergies will be much greater.

Still, before you write off a nutritious food, try getting better quality, try getting hungry first, and then try different cooking methods or combinations. And although you may discard a food at one time, try it again in the future. Meanwhile, improve your liver health by killing parasites and cleaning it regularly. These are the best ways to be truly well fed, so our bodies can make energy, not fat, and stay well.

Sterilize Hands Before Eating

Do not let human hands touch your food, unless they have been freshly sterilized. Even a few bacteria, that would not harm a healthy person, will seek out your thymus and bone marrow and prevent you from feeling well. You cannot trust restaurant food to be untouched. Don't eat at a restaurant where the staff is not gloved. Simply touching the toast, a piece of pie or fruit to nudge it onto the plate contaminates it. Similarly, delivering a glass with a finger on the rim is unforgivable.

Your own hands are just as important. Nails should be very short to facilitate sterilizing them. They must be sterilized before eating and after bathroom use. If you are bedridden, use a spray bottle of grain alcohol. Even more reliable is dipping your hands in Lugol's water. Put one drop Lugol's in a cup of water (you should be able to see the color), dip your hands and wash. In a restaurant, use one glass of water to make this Lugol's hand-cleanser; dip your napkin in it for wiping hands.

Supplement Your Diet

The concept of supplementing the diet with extra nutritional factors is, of course, a very good one. We do need protection! Our metabolism can get protection with supplements. Kidney metabolism, liver metabolism, brain metabolism, each can get some protection by supplementing. It is like the concept of bandaging a wound—the wound needs protection.

Does this mean our organs are wounded? Not at birth, but sometime during childhood we begin to wound them. Toxic food and parasites wound them again and again while we trust in our "magical" healing ability.

But when the bandage on a wound is filthy, introducing the same bacteria as we are trying to keep out, we have a terrible dilemma.

We have a similar dilemma with our supplements. They contain the same immune-lowering toxins as we are trying to treat and eliminate! Supplements are polluted (all of them) with the four phagocytosis blockers (benzene, PCB, heavy metals and asbestos) and azo dyes Fast Garnet and Fast Green, which kill the CD4 and raise the CD8 lymphocytes.

We could say, "Oh well, this must be a very small amount, it's probably not significant". This is like saying, "Oh well, the bandage has only a small amount of *E. coli* bacteria, probably not significant." We know instinctively this is false.

There is no simple solution. Plain intelligence tells us that a few *E. coli* penetrating deeply into our organs through a wound could be fatal. But if they are merely present over a scratch on the skin they might not even harm us.

Pills and potions, even of a life saving kind, if polluted in a special way that lowers immunity will hurt the very sick to the point of killing them while not much affecting the relatively well.

The dilemma is worsened by knowing that not every bandage is contaminated with *E. coli*; maybe some have only Staphylococcus or Streptococcus bacteria and a very few have

nothing at all. You can't tell the difference by looking at the bandages.

A very few, possibly 5%, of vitamin pills and drugs are not polluted with serious toxins. But which 5%?

If I were facing this dilemma myself, I would try to do without the bandage rather than risk infecting the wound. I would stay away from dirt. This is like stopping taking supplements. But if I were trapped in a coal mine with a gash in my leg and dirt everywhere I would use any rag I could find as a bandage. I would try to reduce bacteria by dipping the rag in my "coffee" and sprinkling it with my saltshaker no matter the pain. It is altogether an ugly picture.

Yet HIV/AIDS patients are trapped in this same picture. They desperately need help for their metabolism and none is clean enough. I am not talking about minor toxins. I am talking about the very toxins that are responsible for AIDS in the first place: PCBs, benzene, asbestos, heavy metals and dyes. Facing such a dilemma myself, I would take no supplement or drug that had not been tested for these. If I could not test myself, nor find a tester, I would send it to an analytical lab to test whatever they could for me. And if this were not possible either, I would wash the tablet or take the powder out of the capsule. This removes some of the hazard. The remainder placed in a plastic spoon or zippered bag would be set on my zappicator. Without that, I would set it on my food zapper. And without that, I would put it in my sonicator. Without any of these, I would add or dip it into powdered vitamin B_2 and a drop of HCl in a tablespoon of water and gulp it, no matter the taste.

These are not happy decisions. There is no excuse for this degree of pollution in the supplement and drug businesses. They should have been analyzed for our safety, regularly.

It is possible to do detailed analysis of foods or products at a reasonable price. Look at the label on concentrated vinegar, available from manufacturers for the electronic and "clean-room" industries. One gallon only costs $39.80; it could be diluted to make regular (5%) vinegar, giving you 80 quarts.

Look at all the information on the label. The cost per quart of this superior vinegar, tested for numerous heavy metals, is only about 50¢! Obviously, the chemical analysis is cost effective enough that it should be done regularly on our daily foods, at least our staples: water, bread and milk.

Acetic Acid, Glacial, Electronic/Cleanroom Grade	
Packaged in a Cleanroom Environment	4 x 1 gal $39.80/gal
Assay (CH_3COOH) Min.	99.7%
Solubility in Water	To pass test
MAXIMUM LIMITS	
Color (APHA)	10
Substances Reducing Dichromate	To pass test
Substances Reducing Permanganate	To pass test
Acetic Anhydride[$(CH_3CO)_2O$]	0.1%
Residue after Evaporation	10 ppm
Chloride (Cl)	1 ppm
Phosphate (PO_4)	1 ppm
Sulfate (SO_4)	500 ppb
Arsenic and Antimony (as As)	5 ppb
Aluminum (Al)	300 ppb
Boron (B)	200 ppb
Calcium (Ca)	300 ppb
Chromium (Cr)	200 ppb
Copper (Cu)	100 ppb
Gold (Au)	300 ppb
Iron (Fe)	200 ppb
Lead (Pb)	300 ppb
Magnesium (Mg)	300 ppb
Manganese (Mn)	300 ppb
Nickel (Ni)	100 ppb
Potassium (K)	300 ppb
Sodium (Na)	300 ppb
Tin (Sn)	300 ppb
Titanium (Ti)	300 ppb
Zinc (Zn)	300 ppb
Particulate Count ($\geq$ 1.0 Micron)	25 particles/ml

Certainly, pills and supplements should be analyzed for heavy metals, non-legal azo dyes and solvents at least once a year. This ultra-important safety feature cannot be entrusted to the self-serving concept called "Good Manufacturing Process".

In fact, manufacturers should not be expected to do this themselves. We do not expect students to test themselves! We, the people, have that responsibility. Then we would have uniform testing, at a sensitive level, for products of our own choosing.

If you would like to be able to take extracts, tinctures, tablets or capsules of health-giving herbs or minerals, send them to an analytical lab listed at the end of this book. Prices are becoming affordable. Select a VOC (volatile organic compounds) panel that tests for benzene, decane, hexane, carbon tetrachloride, and if possible, PCB. Do not choose a test that only measures benzene in ppb (parts per billion). Get ppt (parts per trillion) even though the legally enforced level is 5 ppb for water. Once something has been tested at the ppt level, you may use it only if the result is "not detected." If you buy supplements through a co-op or natural food store, you could request that they do such testing. They are eager to serve you. Get a group together with similar needs; then request your store's cooperation.

When you have your own test results, obtained from such a lab, you will have something more persuasive than someone's Syncrometer® results even though Syncrometers® are much more accurate. Your results will be more binding, too, to present to your government representative. Arrange to discuss your results with him or her after you have enough to make your point.

HIV/AIDS victims should not be eating more of their own poisons, the immunity-destroyers, even if they also bring medicine or supplements.

And if you can't believe that these are your poisons, instead of solely the HIV virus, you might plan to finance some classical research. Some moneys are available from philanthropic foundations. But you must form a steering committee and guarantee honest and sincere effort. To bring wisdom to your research project the decision makers should be lay persons of many kinds: engineers, farmers, housewives, mechanics, massage therapists, cooks, actors, writers, activists. Of course, to

get results of a reliable kind you will need professional scientists. But do the interpretation of the results yourselves, together with the professionals.

The need for common sense and wisdom in a research enterprise with a social purpose is similar to the need seen in the justice system. Twelve ordinary people in the jury are seen as a better bet than professionals. To imagine the challenges your committee might face when creating a new supplement, an example of creating clean vitamin D_3, cholecalciferol, is at www.huldaclark.net/vitd.

3. Clean Up Your Body

The reigns on style were loosened 40 years ago! We are not expected to wear makeup, or shave special places, or even smell like a bouquet of flowers. Why are we still trapped by the body-paint industry? We can be ourselves. Why are we still trapped by the "You-are-ugly" philosophy, and the "You-smell-awful" belief? After a dental clean up your mouth will be too sweet to ruin with breath lozenges, and your smile too sincere to ruin with paint.

In fact, the young non-smoker, non-drinker (not even coffee), non-drug user is very much "in" (in style). This is fortunate for you, because you will need to go off every cosmetic and body product that you are now using. Not a single one can be continued. They are full of titanium, zirconium, benzalkonium, bismuth, antimony, barium[21], strontium[22], aluminum, tin, chromium, not to mention isopropyl alcohol and pollution solvents such as benzene and PCBs.

Do not use any commercial salves, ointments, lotions, colognes, perfumes, massage oils, deodorant, mouthwash, toothpaste, even when touted as "herbal" and health-food-type. You

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[21] Barium is described in the *Merck Index* as "Caution: All water or acid soluble barium compounds are POISONOUS." 10th ed. p. 139 1983.

[22] This element goes to bones.

can make your own safe ones. See *Recipes* for homemade varieties.

People all around us are trying, desperately, to use less toxic products. Most people are still healthy enough to have a "natural" instinct. They "know" all these products can't be good for them. That is why a health food or "natural" industry has taken root. People seek health. They reach for products that just list herbs and other natural ingredients. Unfortunately, judging by how many "natural" products I find are polluted, the buyers are being duped.

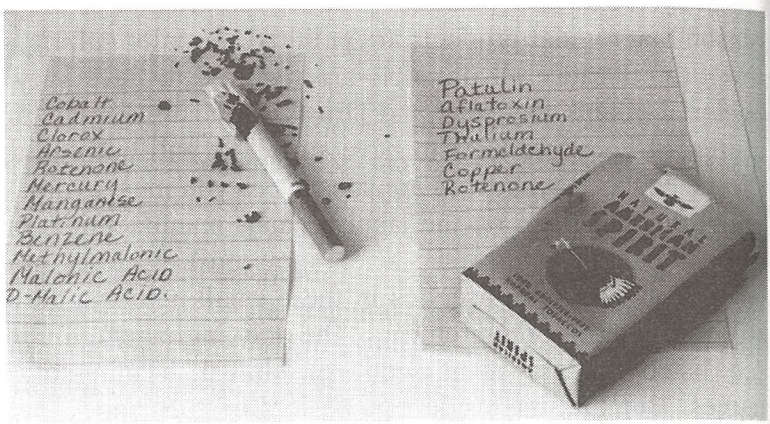
Why are so many natural products polluted? For the same reason that regular products are polluted. A major culprit is antiseptics. Because all products are required to have very low bacterial counts the Food and Drug Administration (FDA) requires all body products to have sufficient antiseptic in them. (Some of these antiseptics are substances you must avoid!) But you won't see them on the label because manufacturers prefer to use quantities below the levels they must disclose. And by using a variety of antiseptics in these small amounts they can still meet sterility requirements. The only ingredient you might see listed is "grapefruit seed" or similar healthy-sounding names. But lurking inside can be lots of substances that are harmful to your health.

This is sad for the intelligent citizens who wish to avoid harming themselves. Here are some examples of how a consumer can be duped when buying body products:

- Rocks sold as "Aluminum-Free Natural Deodorant". You rub the rock under your arms. It works because the rock is made of magnesium-aluminum silicate.
- Men's hair color with lead in it. Just because it is legal to use lead compounds in men's hair color doesn't mean the lead is safe to use. The hazards of lead are well known. Why the government outlaws lead in gasoline, paint, and plumbing, but allows you to smear it on your scalp is a mystery.
- Lipstick with barium, aluminum, titanium and azo dyes; eye pencil and shadow with antimony and chromium;

toothpaste with tin, strontium, azo dyes, and silicone. Again, these chemicals are known to be hazardous, so don't be duped into thinking they are safe because they are allowed.

- Cigarettes contain lead, mercury, nickel, benzene[23], Tobacco Mosaic Virus and Cabbage Clubroot fungus. Everyone knows cigarettes are bad for you, there is even a warning, but looking at the glossy, clean, neat packaging, we dupe ourselves into feeling such a professional product couldn't be so bad.



The list of pollutants in these "natural" cigarettes was obtained with a Syncrometer®. Use a magnifying glass to read them.

Fig. 97 Health food store cigarettes

- Chewing tobacco has all the same toxins as cigarettes, with additional ytterbium, but seems safer because it is smokeless.
- Hair spray and shampoo often do not list isopropyl alcohol on the label because the amount is below what is re-

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[23] The higher level of benzene in the blood of smokers was measured in 1989. The title of this report is: "Benzene in the Blood and Breath of Normal People and Occupationally Exposed Workers" by F. Brugnone, L. Perbellini, G.B. Faccini, F. Pasini, B. Danzi, G. Maranelli, L. Romeo, M. Gobbi, A. Zedde: *Amer. J. Industrial Medicine*, 16:385-399 (1989)

quired for listing. Hair spray often tests Positive to PCBs, and this pollutant isn't being cleaned up because the government doesn't think it necessary to test for it.

- Laundry "balls" or discs that claim no chemicals are used and yet amazingly make your wash cleaner. Actually cobalt compounds leach out of them, to lower surface tension of water.

Some of the unnatural chemicals listed were detected with the Syncrometer® and are probably present because of residues from the manufacturing process, but others you will actually see listed on the label!

See *Recipes* for easy-to-make, natural substitutes. But you might consider just stopping them all. Get started while you're on vacation.



One of these dishwashing liquids is safe. The others had PCBs, benzene, asbestos, clorox bleach, azo dyes, and numerous heavy metals.

Fig. 98 Popular Detergents

Use nothing on yourself that you wouldn't use on a newborn baby. This is a permissive age. You will be the only one feeling "naked." Others won't even notice. Don't forget advertising is aimed at you, even if other people's eyes are not!

Don't even use soap unless it is homemade soap (see *Recipes*) or borax[24] straight from the box. Borax was the traditional pioneer's soap. It is antibacterial and can be made into a concentrate. It is also a water softener and is the main ingredient in non-chlorine bleaches. Boron, an element in borax, is natural to your body; it hardens bones. Residues of borax on dishes would not harm you. Make a borax solution and dispense it from liquid dispensers for hand washing and showering.

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[24] 20 Mule Team Borax™ works well for soap and is free of metals and other pollutants. Borax inhibits the bacterial enzyme *urease*. Urease is used by bacteria and yeasts that live in us to utilize our urea as a source of nitrogen for themselves.



Fig. 99 Homemade soaps

Don't use toothpaste, not even health-food varieties. To clean teeth: floss first, then brush. Only do this once daily! The tiny scratches made with the brush on your gums cause invisible tiny bleeds! Of course you will be healed in a few hours but in the meantime, all your mouth bacteria can enter your blood stream. Floss very gently for the same reason. Don't buy floss. You may buy nylon fish line that you rinse in hot water first and place on the zappicator for two minutes. For homemade floss cut strips of plastic from a grocery bag. Cut them ¼ to ½ inch wide and four inches long. Rinse one in hot water before using it. This is finer than any floss and can get between the closest teeth because it stretches to fit. Don't floss briskly. Just one pass will be sufficient on each side of the tooth. Then brush with oregano oil tooth powder (see *Recipes*). The homemade powder is quite enjoyable. Just a bit of powder picked up on a dry toothbrush is enough.

If your mouth is sore with thrush, don't use a brush at all—the new scratches you make just spread the fungus. Finger-rub some oregano tooth powder over the tooth surfaces after flossing. The residue of oregano oil will kill bacteria and keep your mouth fresh for hours.

Don't use mouthwash; use salt water (pure salt). If you have thrush, Lugol's solution will be your best friend. It kills yeast. But it can also stain your teeth and tongue so use it at bedtime. By morning most of it will be gone. Use solid baking soda to get any leftover stain off your teeth. Apply Lugol's to your tongue in one or two drops straight. Immediately smear it about. If your Lugol's was not made by yourself zappicate it

first to destroy pollutant solvents. For a mouthwash during dental work use Dental Bleach (not laundry bleach) for a month, not longer, it could give you too much chlorine.

Don't use massage oils of any kind. Ninety percent (or more) of all the oil in the United States market place I tested is contaminated with something: benzene, PCBs, or antimony! And all contain live *Ascaris* eggs (simple filth). Use cornstarch lubricant (see *Recipes*) instead.

Don't use hair spray or make your own (see *Recipes,* page 611).

Don't use bath oil. Take showers, not baths, if you are strong enough to stand. Showers are cleaner.

Don't use perfumes or colognes. They pollute your lungs besides being themselves polluted. You may use an essential oil that has been zappicated to remove traces of solvents.

Don't use lotions or personal lubricants except homemade.



Our household, health, body products and drugs were found to be polluted with solvents, heavy metals, PCBs and lanthanides using the Syncrometer®.

Fig. 100 Some polluted body care products

CANCER is caused

in part by isopropyl alcohol. The other part is the same human intestinal fluke that you had, and the same SV 40 virus that you had! You are at much greater risk of developing cancer for this reason. You must be especially careful to avoid common rubbing alcohol.

Prohibit Isopropyl Alcohol

Isopropyl alcohol is the antiseptic commonly used in cosmetics. Check all your cosmetics for the word "propanol" or "isopropanol" on the label. It is usually put on the label, since it is not currently suspected of causing cancer. Don't give your discarded cosmetics to anybody. Don't save them. Don't have them in the house anywhere. **Throw them out.**

Here is a list of common body products that have large amounts of isopropyl alcohol in them: cosmetics, shampoo, hair spray, mouthwash, mousse, body lotions, shaving supplies, and, of course, rubbing alcohol. **If in doubt, throw it out!**



Check all labels for "propyl alcohol", "propanol" or "isopropanol". Throw those products away!

Fig. 101 Some isopropyl alcohol-containing products

Although body products give us our highest concentrations, isopropyl alcohol is in our food, too! We will discuss this soon.

Don't shave special places. Reconsider the real need for it. Any shaved place is severely scratched if you look at it under a microscope. This lets in bacteria and chemicals, where they were never meant to be. For this reason you might notice that the skin stings for a while. If you have HIV or AIDS or any lowered immunity condition (as in cancer), stop shaving special places (You may clip with scissors). If you are forced to, by your job, do the lightest shave job possible. Sanitize the area with grain alcohol before shaving to minimize the bacteria invading later.

Don't dye your hair with the brand name varieties; their azo dyes are absorbed into your scalp and build up a large res-

ervoir of dye here. Read labels carefully. A safe hair dye is described in *Recipes*.

Don't polish your fingernails or toenails. The solvents penetrate the nails.

Don't attach fake nails. The acrylic acid is a carcinogen.

Don't get dye tattoos for eyebrows or any other place. The dyes seep constantly from these locations to your liver and other organs. You can follow them with a Syncrometer® and see how they are stored in your CD4s and CD8 killer cells.

Don't use anti-perspirant; use only deodorants, like pure zinc oxide powder, ethyl alcohol (from the tall Everclear™ bottle only), or pure baking soda. You need to sweat out as much PCB and benzene as possible. If you are able to sweat, consider yourself lucky; wash your armpits out 3 times daily. You may also use the oregano oil tooth powder as a deodorant or a single drop of other essential oil, that you have zappicated.

Don't pierce your skin anywhere to wear rings. It is an open wound and open invitation to the metals and surrounding bacteria to enter your sacred domain—your immune system.

Don't "do any drugs" in any form, either soft or hard. It is Dr. Duesberg's opinion that drug taking has destroyed the immune system of United States AIDS victims. He has a great deal of convincing evidence. He states in his book *Why We Will Never Win the War on AIDS*[25] that no agencies have investigated this explanation because it would be unpopular and adversely affect the drug market. Such a study requires resources beyond my reach. But this may indeed be a significant, if not the most significant source of azo dyes, benzene and PCBs for many AIDS patients. Perhaps nitrates ("poppers") have a special immune lowering action of their own. Such a possibility should be quickly tested by any country in distress, not shunned, nor argued in the courtrooms. Laypersons should be sitting on the committees that decide what theories to spend

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[25] Ellison, Bryan J., and Duesberg, Peter H. *Why We Will Never Win The War on Aids*, 1994; Inside Story Communications, 190 El Cerrito Plaza, Ste. 201, El Cerritos, CA 94530

public moneys on to do research. Professionals, politicians or industry representatives will choose self-serving research.

Dump all your body chemicals and drugs in an outside dumpster. Never look back. Life is ahead of you again, and you must hurry to catch up.

Whatever you do need to keep, or have made yourself, should be sonicated or zappicated as a final precaution against traces of PCB and benzene.

4. Clean Up Your Home

Your home is your personal environment. It is your little bit of cosmos, even heaven at times. Get it cleaned up while you are on your motel-vacation. This is an easy task because it mostly involves throwing things out. Hopefully your family and friends will jump to your assistance.

- The refrigerator gets checked or changed
- The basement gets cleaned
- The garage gets cleaned
- Every room in the house gets cleaned

Freon is a refrigerant that has been banned in most countries for its role in ozone depletion. It is also hazardous to you. Check your refrigerator. If it is older, it may still be one of the Freon-containing kinds. If so, wheel it outside the same day you read this. You may leave it on an extension cord and use it until you find a new non-Freon variety. You must be totally, not partially, Freon free.

What is so damaging about Freon in your body? After all, it is non-biodegradable. If it has no biological interactions, how could it hurt us? By being non-degradable, however, the liver has no chemical reactions with which to detoxify it so it can leave the body! It builds up, therefore. Healthy people accumulate it in their skin. Sick people accumulate it in their sick organs. AIDS patients all have especially high levels right in their thymuses. Freon can act like a trap for other fat-soluble items like PCBs and metals. Particularly, copper is seen at

Freon sites. Water that has run through copper pipes carries copper and, of course, dental amalgam has copper. Your body absorbs the copper, which gets trapped by the Freon already there. Obviously, you must remove Freon from your thymus. But how?

Only one useful reaction with Freon comes to mind. Freon is thought to be responsible for the ozone "hole" at the South Pole. Would Freon react with ozone supplied to your body and thereby become biodegradable? Indeed, it does! But only if you drink it as ozonated water. Other ozone routes, as intravenous or rectal, have not been observed to be as effective.

If you have AIDS buy a small ozonator (see *Sources*). Drop the hose into a glass of cold tap water. Five minutes are enough. Drinking three glasses a day is very effective. Even one glass a day keeps Freon and copper moving out.

If you are following your progress with the Syncrometer®, you will see that Freon now appears in the liver for the first time. Before this, it was marooned in the thymus and other organs. You may also detect a feeling like indigestion. You must come to the assistance of your liver. Even ozonated Freon is extremely burdensome to the liver.

A combination of herbs, (Liver Herb Drink in *Recipes*, page 582) rescues the liver from its plight, and prevents the indigestion. Begin with one cup daily, and then increase to two cups. Add juice, whipping cream, coconut cream or sweetening to make it enjoyable (see *Recipes*). After drinking liver herbs you will see that the Freon now appears in the kidneys. Yet it is marooned there unless you assist them. Take the kidney cleanse recipe, 1¼ cup daily, (page 579) to assist the kidneys so they can finally excrete the Freon into the urine. Make an enjoyable beverage out of this, too.

It's an elaborate detoxifying program of ozonated water, liver herbs, and kidney herbs taken together for six to eight weeks. This gets most of the Freon out. Afterward, continue the program at a reduced dosage for half a year. The complete Freon removal program is given in *Recipes*, page 590.

Clean Basement

To clean your basement, remove all paint, varnish, thinners, brush cleaners, and related supplies. Remove all cleaners such as carpet cleaner, leather cleaner, rust remover. Remove all chemicals that are in cans, bottles or buckets.

You may keep your laundry supplies: borax, white distilled vinegar, homemade soap, and chlorine bleach. This chlorine bleach will, of course, be polluted with azo dyes. It can be used to clean the toilet. It can even be used to whiten clothing; evidently the hot water activates it enough to oxidize its dyes. But never, never use it to wipe tables, counters or cutting boards. Its dyes and heavy metals are left as a residue on everything. Having tungsten, platinum, palladium and dozens more on your cutting board is not a good idea.

You may keep canned goods, tools, items that are not chemicals. You may move your chemicals into your garage. Also move any car tires and automotive supplies like waxes, oil, transmission fluid, and the spare gas can (even if it is empty) into your garage or discard them.

Seal cracks in the basement and around pipes where they come through the wall with black plastic roofing cement. In a few days it will be hard enough to caulk with a prettier color. Spread a sheet of plastic over the sewer or sump pump.

Clean Garage

Do you have a garage that is a separate building from your home? This is the best arrangement. You can move all the basement chemicals into this garage. Things that will freeze, such as latex paint, you may as well discard. But if your garage is attached, you have a problem. Never, never use your door between the garage and house. Walk around the outside. Don't allow this door to be used. Tack a sheet of plastic over it to slow down the rate of fume entrance into the house. Your house acts like a chimney for the garage. Your house is taller and warmer than the garage so garage-air is pulled in and up as the warm air in the house rises. See the drawing.

In medieval times, the barn for the animals was attached to the house. We think such an arrangement with its penetrating odors is unsavory, in fact benighted. But what of the gasoline and motor fumes we are getting now due to parked vehicles? These are toxic besides! This is even more benighted.

If your garage is under your house, you cannot keep the pollution from entering your home. In this case, leave the car on the driveway outside. Move the lawnmower, cans of gasoline, solvents, etc. into a separate shed.

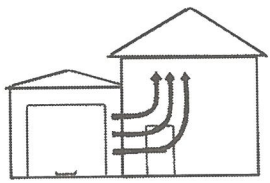


Fig. 102 Garage fumes

Clean House

To clean the house, start with the bedroom. Remove everything that has any smell to it whatever: candles, potpourri, soaps, mending glue, cleaners, repair chemicals, felt markers, colognes, perfumes, and especially plug-in air "fresheners." Store them in the garage, not the basement. Since most vapor rises, they would come back up if you put them in a downstairs garage or basement.

Next clean the kitchen. Take all cans and bottles of chemicals out from under the sink or in a closet. Remove them to the garage. Keep only the borax, white distilled vinegar and bottles of concentrated borax and 50% vinegar you have made. You may also keep homemade soap. Use these for all purposes. Remove all cans, bottles, roach and ant killer, mothballs, and chemicals that kill insects or mice. These should not be used anywhere in your house. They should be thrown out. Remember to check the crawl space, attic and closets for hidden poisons also. To wax the floor, get the wax from the garage and put it back there. An HIV/AIDS patient should not be in the house while house cleaning or floor waxing is being done.

To keep out mice, walk all around your house, stuffing holes and cracks with steel wool. Use old-fashioned mouse-traps. Modern glue-traps seem needlessly cruel.

For cockroaches and other insects (except ants) sprinkle handfuls of boric acid[26] (not the same as borax) under your shelf paper, behind sink, stove, refrigerator, under carpets, etc. Some varieties of ants are repelled by borax (not boric acid).

Use vinegar on your kitchen wipe-up cloth to leave a residue that keeps out ants. Pour vinegar all around your house outside, using one gallon for every five feet, to deter ants. Do this several times a year. Keep foliage trimmed next to the house. You may also use an electronic deterrent.

Remove all cans and bottles of "stuff" from the bathroom to the garage. The chlorine bleach is stored in the garage. Someone else can bring it in to clean the toilet (only). Leave only the borax-soap, homemade soap, and grain alcohol antiseptic. Toilet paper and tissues should be unfragranced, uncolored. All colognes, after-shave, anything you can smell must be removed. Family members should buy unfragranced products. They should smoke outdoors, burn their candles and incense in their own rooms with doors closed and windows open, blow dry their hair outdoors or in the garage, use nail polish and polish remover outdoors or in the garage and not wear fragrance or fragrant shampoo or after shave if you have lung disease.

Do not sleep in a bedroom that is paneled or has wallpaper. They give off arsenic fumes and formaldehyde. Either remove them or move your bed to a different room. Leave the house while this is being done. If other rooms have paneling or wallpaper, close their doors and spend no time in them.

Take taurine and cysteine to help your lungs recover from formaldehyde damage (taurine 500 mg, three daily, cysteine 500 mg, three daily).

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[26] Boric acid is available by the pound from farm supply stores or see *Sources*. Because it looks like sugar, keep it in the garage, labeled, to prevent accidental poisoning.

Do not keep new foam furniture in the house. If it is less than one year old, move it into the garage until you are well. It gives off formaldehyde. Wash new clothing for the same reason. Move unwashed clothing and suits to a distant closet. And do not sleep on foam pillows or a foam mattress.

Turn off radiators and cover them with big plastic garbage bags, or paint them, or remove them. They give off asbestos from the old paint. The plastic bags themselves should not smell bad—these fumes are **phthalates**—very toxic. Don't buy such bags. And, in any case, soak the bag in a bucket of hot bleach water for an hour first. Follow directions on the bleach bottle. Do not do this yourself.

For food use, avoid smelly plastic zippered bags, too. They are giving off phthalates! If your health food store uses such bags, let the store manager know.

Do not use the water from your hot water faucet for cooking or drinking. It has tungsten or other metals. Do not drink water that sits in glazed crock ware (the glaze seeps toxic elements like cadmium). Do not buy water from your health food store or any other dispensing place.

All holding tanks, all stills, and all pumps must be periodically cleaned, sterilized and greased.

Petroleum derived products are used for this. They contain a host of solvents of a very toxic kind. These pollute the water constantly. It is simply believed, on faith, that small amounts couldn't hurt you! Yet, you can identify them with a Syncrometer® and then find them in your thymus! It would be interesting to find out who is servicing your health food store's water supply and with what. You could make it a project. Send it (the cleaner or grease) to a lab for testing if you manage to get a sample. Test for benzene (and PCB if you can afford it).

Change all the galvanized or copper water pipes to PVC plastic[27]. But do not install plastic valves; these need greasing. Regular metal valves are fine; they do not contribute corrosion to the water. Most AIDS patients and all cancer patients have a buildup of copper. If you are already anemic, this is a high priority. Copper prevents iron from being used by the body to make hemoglobin. Copper uses up your glutathione. Copper causes mutations. It would be wise to switch to plastic plumbing before anybody in your home develops illnesses. Although PVC in dissolved form is a toxic substance, amazingly, the water is free of PVC in three weeks! It gets hard enough not to seep.

If you have a water softener, by-pass it immediately and replace the metal pipe on the user side of the softener tank. It will be corroded. Softener salts are polluted with strontium, chromate and PCB! They are also full of aluminum. The salts corrode the pipes so the pipes begin to seep cadmium into the water. After changing your pipes to plastic, there will be so little iron and hardness left, you may not need a softener. If the water comes from a well, consider changing the well pipe to PVC to get rid of iron. While the well is open, have the pump checked for PCBs. Call the Health Department to arrange the testing.

Another option is to coat the inside of your copper pipes with epoxy (see *Sources*). The coating hardens in a day; the water did not appear in the white blood cells later, after drinking some. I tested this with the Syncrometer®.

Filters are not useful for metal removal from your drinking water. Corrosion of your pipes overburdens a filter. A new filter may work well but for only the first five days! Filters even add to the water pollution. Reverse osmosis water always con-

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[27] The copper in the handholds used with the Syncrometer or zapper does not penetrate the skin, probably due to the high frequency circuit used and the protective effect of one layer of paper. Silver would be better but no other metals have as much conductivity.

tains ytterbium or thulium or yttrium! These are lanthanides, the very contaminants that block phagocytosis!

Metal from corroded water pipes (lead, copper and cadmium) cannot be filtered out or distilled out. Filters were only meant to remove the amount of metal in city water, not corrosion-water. And distillers allow essentially all pollutants to be carried over in the steam.

The cleanest heat is electric. Go "total electric" if possible. If you must stay with gas, have a furnace repairperson check your furnace and look for gas leaks before the heating season starts. Don't call the gas company even though it is free. The gas company misses four out of five leaks! The Health Department does not miss any; call them!

It is possible to get most of this house cleaning done in one day. Do all you possibly can. The more difficult jobs may take a week. This is a week of lost time if you are scheduled for a blood test.

Don't stop because you are already feeling better. Illness can return with a vengeance. Get every clean up job completed so you can feel secure for your next doctor's checkup and for your future.

Finally, search the whole house for holes in the ceiling, walls or floor that lead to insulated areas. Any fiberglass that is exposed will fill your breathing space. Even tiny holes made by pesticide companies can be deathtraps for you; the microscopic bits of glass go to your lungs and thymus gland. Merely covering holes does not work; they must be airtight—fill and paint them. Use duct tape to seal attic entranceways. Check the water heater. Check furnace, air conditioner fans, and dishwashers; pull out any fiberglass stuffed around them. Vacuum afterwards and throw away the bag. Best of all, find a contractor

willing to remove your fiberglass insulation, vacuum, and replace it with shredded paper or vermiculite insulation (see *Sources*).

Suppose you have nobody who is willing to clean up the house, basement, and garage for you, or take on your pets for a month while you find them a new home. Don't delay for a minute if you should be invited to stay with a friend or relative who is willing to clean up their place for you and take you to the dentist. If there are no invitations, go on vacation. Put yourself into a smoke-free motel room (bring your own soap, sheets, and pillowcases, and ask that they not "clean" your room or spray it). Bring your own bug-deterrent so you don't create a problem for them. If you have a camper, remember to clean it up first. Foam and paneling must be out of it. Gas lines should be checked or closed off. Simply being outdoors is your safest place. A sunny beach, with shady places, where you can rest all day is ideal. Remember not to use any sunscreen or suntan lotions. In fact, bring nothing with you that you don't need for the *2-Week AIDS Program*.

But if friends and family mobilized to help you clean up, reward them with status reports on yourself. They have a stake in your success. You are most fortunate.

Watch Your Health Improve

NOW YOU HAVE DONE IT ALL!

Look forward to your next blood test.

- Your parasites are gone. Without the intestinal fluke you cannot have HIV. Without Paragonimus you can't make benzene. Without Eurytrema you can't produce SV 40 viruses. Even those viruses that were stuck inside your own chromosomes are gone. You are on the *Maintenance Parasite Program*.

- You have cleaned out the benzene, PCBs, metals and asbestos from your body as well as Fast Garnet and Fast Green dyes. Without these you can't get AIDS.
- You have extracted the teeth with large metal or plastic fillings and have replaced them with partials that you hardened yourself. They do not leach out anything. Small fillings have been removed. You are keeping them squeaky clean with oregano oil tooth powder. You are no longer sucking on mercury, thallium, uranium, lanthanides, malonic and maleic acid, urethane, bisphenol-A, phthalates or dyes.
- You have switched to foods that are pesticide-free and not moldy or processed nor allergenic for you. This means foods that are fresh and have not been chopped, ground, extracted and mixed with other chopped, ground, extracted foods to create concoctions. You have stopped using supplements unless you know they are free of contamination with benzene, PCBs, metals, asbestos and dyes. You zappicate everything.
- You have stopped putting abnormal chemicals on your skin, in your mouth, on your hair, in your armpits, on your eyelids, on your teeth, on your scalp, on your nails, or in your nose, lungs or genital tract.
- You have cleaned the house of all the chemicals that your body considers toxic.
- You are zapping every day.

Congratulations, this is a big accomplishment!

I hope you did all this in the first week after you bought this book and started on the parasite-killing program. You stand an excellent chance of turning your future around! You could be one of the first true survivors that live to age 75!

Will your next blood test say HIV Positive or Negative? In the past I spoke of the P24 antigen test. Since then, the "viral load" test has become popular. Although this test has its drawbacks, too, it is quite satisfactory for your purpose. You are looking for a very large drop; we do not need to quibble over small amounts, their standards, or the tests' accuracy. You are aiming for zero. The test sensitivity, though, may only reach a number that is less than 400 virus chromosomes per ml of blood. This is a common standard accepted as **Negative**.

Ask your doctor to schedule this test for you. It is called PCR-HIV-1-RNA. If it comes back NEGATIVE now, be especially cautious! The virus may be gone but you could reinfect yourself in a single day. Celebrate in a safe, common sense way.

Of course you could be keeping yourself artificially **Negative** with a drug cocktail that quickly kills every virus that is spawned. That is not the same thing as being **Negative** as a result of eliminating the source of virus. If you are kept **Negative** by a drug cocktail, you cannot use this test to prove you have succeeded in eliminating the intestinal fluke. Your only useful test will be the **immune analysis**, which tests for the ratio of CD4s to CD8s and their total counts. Be sure you are monitoring these also. This is not as expensive as the PCR test.

Also ask your doctor to request a urinary phenol test (chronic, not acute exposure) for you if your first one was high, or got missed. This will tell you if you are still getting too much benzene somehow. Repeat these tests every three to six months after you are recovered to be sure you are holding on to your gains.

How long does it take to recover from AIDS after cleaning up the thymus and bone marrow? About three weeks. Your body is exceedingly swift. And it is age-related. The younger you are, the faster you recover.

How do you know you are recovering? After all, there was no blood test showing your phagocytosis ability or virus-killing ability.

1. Your fatigue lessens.

2. Your mind is clearer.
3. Your temperature goes toward normal.
4. Your skin lesions fade.
5. Your breathing is deeper.
6. Your night sweats stop.
7. Your bowel is functioning normally.
8. Your appetite is good.
9. You are gaining weight.
10. And, of course, your immune analysis shows the CD4 to CD8 ratio rising, as well as the total T-count and total WBC.

These improvements should encourage you to leave no stone unturned; that is, leave no pollutant in your thymus or bone marrow. Don't be satisfied with half measures. Your life is important to all of society; and your life affects all of humanity.

You may be very eager to find a job, shed your "disability" status and live on a higher income again. But don't rush into it.

You need not only to recover from AIDS, but also to be well, not fatigued. Only you have a profound understanding of the destructive course our so-called "civilization" is taking. Only you understand pollution as nobody else understands it. Only you may foresee the end of the planet's biosphere, or major branches thereof, as you were destined. You have an important mission to this planet's creatures. Your suffering must not be in vain. Heal yourself *completely* so that the rigors of politics, business, education and entertainment are not overwhelming to you.

Stay Clean

Here are a few more ways we could be getting the human intestinal fluke stages. Since the infective stage in nature is the

metacercarial[28] stage, are we eating metacercaria from vegetation like lettuce? I have not seen evidence for this but it must be researched, thoroughly, as a possibility.

You will see in the case histories how some people test YES (**Positive**) for parasites in spite of having completed the parasite-killing program and being on the maintenance program. This is possible because a reinfection can occur in as little as one hour! Of course, your own bowel is the most likely source of reinfection. Keep hands sanitary by rinsing with grain alcohol solution. And never, never put fingers in your mouth. Observe the best sanitation rules. Zap daily and stay on the *Maintenance Parasite Program*. In cases of persistent reinfection the patient was not cleaning the fruits and vegetables correctly. This will now be easier with the electronic devices. Parasites can make good progress in two days (eating you up and reproducing in you) if given the chance.

You must avoid parasites in daily life! Unfortunately for fast food lovers, the solution is not to make a daily routine out of the maintenance program. Herbs powerful enough to kill parasites probably are not advisable on a daily basis for a long period of time.

Meat Could Be A Source

Are we getting metacercaria from eating animals that have the parasite?[29] Suppose we eat the raw blood of an animal that has this parasite. The animal's blood has eggs, miracidia, redia,

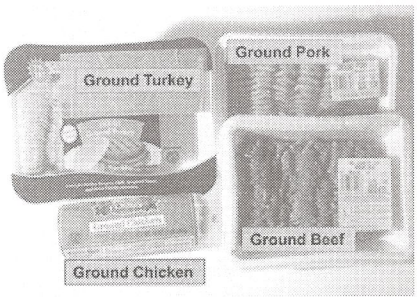
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[28] Remember, in nature, the cercaria swim to a plant and attach themselves to a leaf. There they lose their tails and are called *metacercaria*. It is the over-wintering stage.

[29] Nobody has checked beef herds in the USA or the imported sources for the presence of *Fasciolopsis buski.* It is urgent to find out whether cattle, fowl and pets have become a biological reservoir and are transmitting it to some of us. *Fasciola, Strongyloides, Eurytrema, Paragonimus* and *Clonorchis* should also be searched for because I find them so frequently.

cercaria and metacercaria in it. We swallow those live eggs, miracidia, redia, cercaria and metacercaria.

The metacercaria are meant to attach themselves to our intestine and grow larger, into adults that lay more eggs. But could the eggs, miracidia and redia that we eat also survive and develop in us? The miracidia and cercaria with their tails could simply swim away into our bodies. The eggs could hatch into more miracidia. Benzene will invite the stages into the thymus and the time clock for AIDS begins to tick.



They often bring dyes, too! Ask the store manager.

Fig. 103 Ground meats bring infective parasite stages.

When would we eat raw blood? In raw beef such as rare hamburger or steak! In raw turkey as in turkey burgers! And in raw chicken as in chicken burgers! Just handling these raw meats would put the infective stages on your hands! What a huge risk this gives us! Zappicate the meat package before even opening it—extra long—10 minutes. Cook everything thoroughly.

Some flukes are large enough to be seen with the naked eye, although their various stages usually need a low powered microscope. Therefore it should be possible to examine any meat sample from the grocery store to verify this source.

Look at the photos of ground meats. There are objects that look identical to the stages of flukes. Research needs to be done to culture them in order to classify them accurately.

This raises the possibility, in fact, the probability, that our meat animals are the "biological reservoir," namely source of infection, by the HIV causing parasite! The human intestinal fluke was first studied in certain snails in ponds in China. Are our farm ponds similarly infested? If so, our animals have an obvious source of metacercaria.

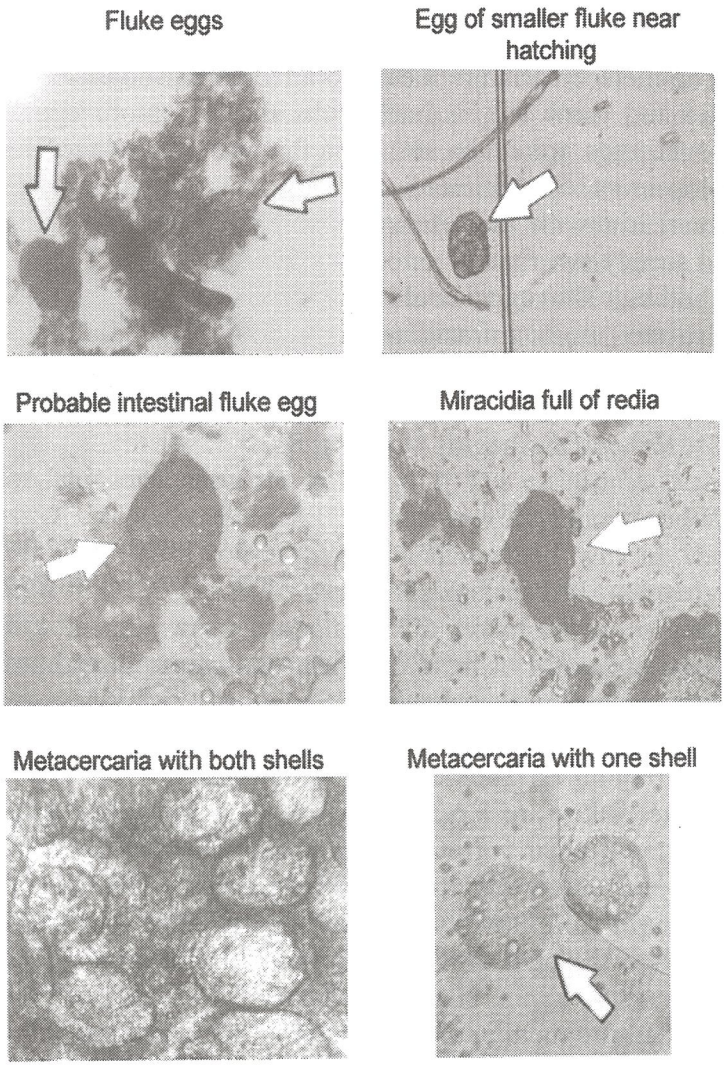


Fig. 104 Likely fluke stages in meat (100X)

My tests show that snails from artificial ponds, field ponds, aquariums, or taken from foliage that has been sprayed carry the HIV virus. These snails also tested **Positive** for benzene. The fish food, animal food, aquarium fish food and the foliage spray all had traces of benzene.

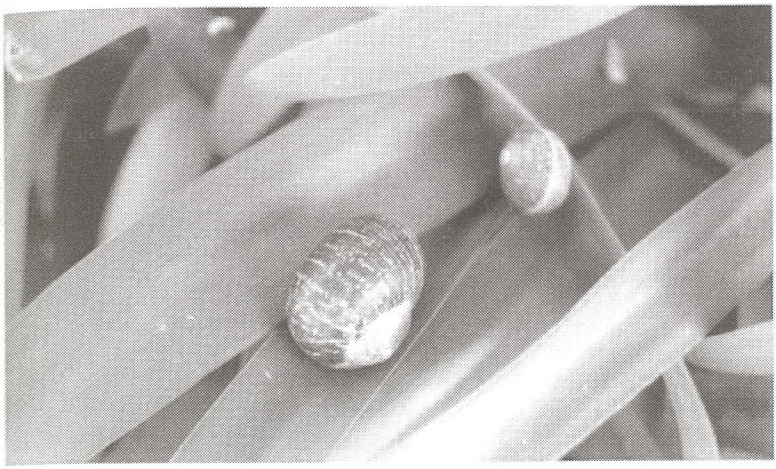


Fig. 105 The Syncrometer® detected HIV in snails

In the past I recommended becoming a seafood vegetarian. This has changed. The best advice now is to simply sterilize all meats. Begin by sonicating, zapping or zappicating it.

Then roast or cook in the usual way. **Don't eat any fish or chicken or Cornish hen** at all, since these have been dipped in or sprayed with common laundry bleach and are permanently contaminated with Fast Garnet and Fast Green dyes. It does not wash off. Delicatessen meat must also be electronically cleaned to be safe. Avoid ham and pork for its phloridzin content, although thorough cooking and zappication can destroy this. Are there other sources of this parasite? The common filth on fruits and vegetables are unavoidable sources of parasite eggs. They can be cleared electronically, after washing in hot water. Eggs and dairy foods require longer treatment. But the range of foods permitted has increased significantly in the past few years.

Animals could not always have been infested with these fluke parasites. Cows, chickens and turkeys are not the natural hosts of the human intestinal fluke, although pigs are. And parasite stages should never be found inside any of these animals in any case. But their feeds are now full of solvents, which promote abnormal parasitism in them, just as it does in us (see page 306).



Three of these had the common pollutants: PCBs, benzene, asbestos, heavy metals, azo dyes and Clorox bleach. We can expect cancer.

Fig. 106 Animal feed supplements

Even bird food was found to have benzene and other solvents in it. Buy seed only if you love birds.



Fig. 108 Solvent-free, gallic acid-free bird food



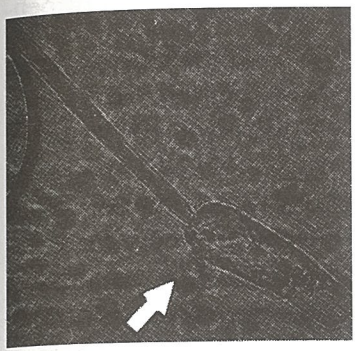
We can expect bird cancer and new diseases to develop.

Fig. 107 Processed bird food has benzene and gallate

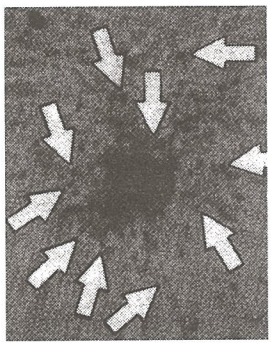
Sex Could Be A Source

Since the infective stages of the intestinal fluke are microscopically tiny and can travel throughout the body in the blood, it makes good sense that some get into the genital tract and genital fluids. It would be wise to practice protected sex. See

the photos of parasite stages in urine. These will certainly be transmitted with sex.



Cercaria seen in urine (400x)



Sperm for comparison (400x)

Fig. 109 Cercaria in urine vs. sperm

Cercaria resemble sperm, which you might expect to see, occasionally, in a urine specimen from a male. However the size difference makes them easy to distinguish.



Two overlapped miracidia (100x)

Fig. 110 Miracidia in urine

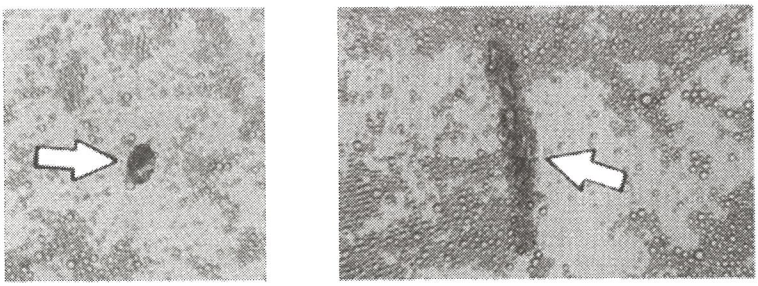
Raw Milk Could Be A Source

When an animal or human is infested with the fluke stages, all the body fluids eventually have them. Milk is a body fluid. Cow's milk and goat's milk should all be sterilized before drinking it. Do not drink raw or merely pasteurized milk. But simply adding hydrochloric acid (see page 540), and sonicating, zapping or zappicating makes it safe.

Mother's Milk Could Be A Source

If the body is teeming with very tiny fluke stages because of the solvent in your tissues, could they be transmitted through mother's milk? See the photograph of mother's milk. It shows a fluke egg almost ready to hatch. The mother was full of ben-

zene. The baby was full of benzene from drinking the mother's milk. The father was full of benzene, also. The family was using cooking oil polluted with exceptionally high levels of benzene.



Egg (100x) **Miracidia developing redia (100x)**

Fig. 111 Parasites in human milk

If you are nursing a baby and have HIV/AIDS illness, your milk could have infective stages in it. You can stop infecting your baby by:

1. Going on the parasite-killing program yourself. The ingredients will come through the milk and kill the baby's parasites at the same time.

2. Stopping the use of baby food or baby products. This will clear your baby of it, as well as you, in about five days. Zappicate everything.

3. Dropping fish and chicken from your diet. Eat other meats and treat them with a sonicator, zapper or a zappicator. Strictly following the dietary guidelines in this book



Baby foods and supplies are processed in the same way as adult foods; this probably explains their extensive pollution with benzene and other solvents.

Fig. 112 Baby food and supplement

will prevent your baby from getting parasites, benzene and dye buildup again.

4. Taking vitamin B_2 and magnesium with each meal.

5. Stopping exchange of body fluids (through kissing on the mouth and sex) with persons who may be infected. You will be non-infective as soon as your viral load is made **Negative** this natural way and stays that way. Practice protected sex anyway.



Fig. 113 Infant formulas with wood alcohol

Until your intestinal flukes are dead you may be giving the baby parasites in your milk, but don't stop breast-feeding, since this will become the baby's cure, too. Also, switching to canned formula would worsen the situation with solvent pollution. If your baby is very ill with AIDS, she/he is getting large amounts of Fast Garnet and Fast Green dyes, possibly from sugary drinks or bottled water or canned baby food. Change your water source to regular cold-tap water (not in Africa). Test your water source by sending the filter to a testing lab. Feed her/him no fish or fowl. Cook your baby's food yourself. And use no salves or ointments. Express your milk with a breast pump. Sonicate or zappicate it and then feed it to your baby. Store it in glass jars to refrigerate it. Soon your milk will be safe from the human intestinal fluke and the HIV virus it brings without extra electronic treatment. Be sure to sonicate or zappicate all baby bottles, nipples, teethers and mouth toys. Most of them have PCB contamination! They don't wash clean of PCBs.

Saliva Could Be A Source

Saliva is another body fluid that carries the tiny developmental stages of the fluke parasites. This means that kissing on the mouth could transmit the HIV/AIDS parasite. But would you eventually get HIV? Only if you had benzene in you!

Here are some photographs of human saliva as seen through a microscope.

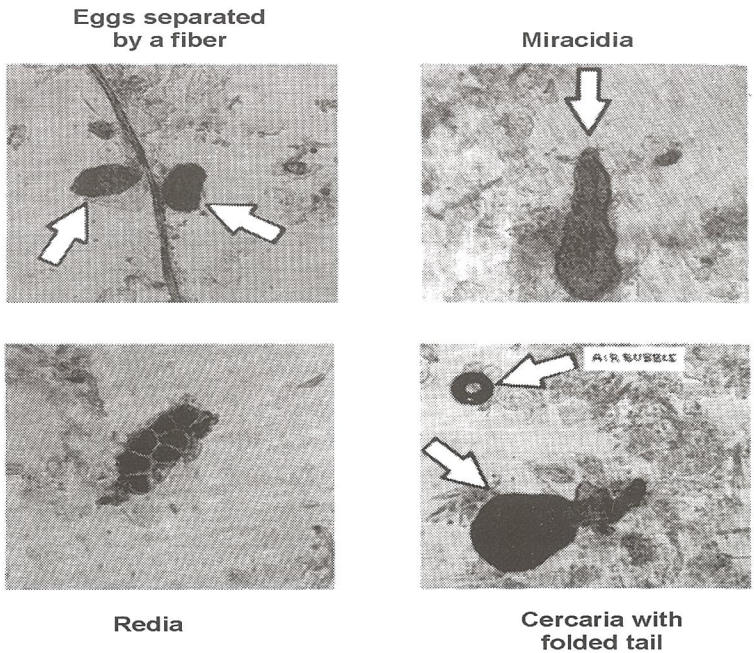


Fig. 114 Parasites in human saliva (100X)

Blood Could Be A Source

The blood carries the infective stages of the intestinal fluke. Until the public blood supply can be searched for them,[30] it is not safe. If you need surgery, use your own blood or get it from someone who has gone through the parasite-killing program. Of course, without solvents in your body, such an infection could not give you HIV/AIDS but it is still very undesirable.

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[30] Antibodies to the various fluke stages or antigen tests could be used to test the public blood supply for parasite stages. I know of no existing human intestinal fluke test besides my electronic method.

Could blood be electronically treated? This seems like an obvious treatment to try. Careful experiments need to be done.

Pets Could Be A Source

Because pet food is polluted with solvents, we should expect "fluke disease" to develop in our pets, too. This means the unnatural development of fluke stages in their bodies. Their saliva, urine and excrement become sources for transmission.

Persons with AIDS should not have a pet. Pets pick up parasites daily and are continually infectious. This is too much of a challenge for your weakened immune system.

We have learned to be careful with their urine and excrement. Now we must be careful with their saliva. Never let a pet lick you. Never kiss your pet. Of course, if you gave them clorox-free water and fed them homemade food, in their own dishes, and kept them on the *Pet Parasite Program*, there would be no danger for them or for you.

To Summarize:

1. We are eating the infective stages of the intestinal fluke in uncooked beef, chicken, turkey, and dairy products.
2. We then transmit it to each other by kissing on the mouth and sex.
3. Even if we pick it up in these two ways, we would not get HIV infection from it unless we have benzene build-up in our bodies.
4. We are getting Fast Garnet and Fast Green dyes from fish and chicken that are disinfected with laundry-grade (dye-polluted) household bleach. These foods cannot be salvaged.

World-Wide AIDS

There are six tasks that need immediate attention:

1. **Cleaning up the meat supply** so that it no longer is infested with flukes. A sample of animal saliva, fixed with equal parts of 20% formaldehyde and spun down in a high-speed centrifuge should provide a quick specimen for observation under the microscope. More modern methods could be devised, based on a reaction of saliva or blood with antibodies to fluke stages. Each animal should be tested. Animals need not be slaughtered but only deparasitized to a greater extent than they now are.

2. **Cleaning up the feed and food supply** of benzene namely, petroleum products. Even without the fluke parasites, benzene will give us AIDS. We do not need the parasites to get AIDS. As benzene spreads so will AIDS. When half the population has benzene build-up in their bodies, half of us will also get AIDS. Simply separating the petroleum industry from the food industry would achieve this clean up.

3. **Destroying all conveyer belts** used in the food industry and exchanging for new ones made without asbestos would go a long way toward correcting AIDS. Establishing mandatory testing of all "belts" used in athletic equipment for asbestos would save costs and be fair.

4. **Stopping the use of amalgam tooth fillings**. The lanthanide metals block immunity, as do mercury and thallium. Each dental patient should be warned.

5. **Manufacturing household bleach in a USP grade** with ingredients that have been tested for traces of azo dyes and heavy metals. Stopping the use of laundry-grade bleach for food contact purposes and in the water supply would stop a large part of AIDS.

6. **Testing the public water supply in Africa for traces of benzene, PCB, azo dyes and heavy metals** and comparing them with those found in the liquid bleach added to their water supply. This would reveal the cause of AIDS on that huge continent. The public water supply is contaminated with these

AIDS-inducing contaminants. Using the Syncrometer®, I had tested nine water samples from unrelated sources in Africa before the year 2001. All were **Positive** for benzene! An additional 11 samples tested in 2001 showed nine **Positive**. A thorough study of how the water is handled and delivered would soon find the benzene source as well as PCB, heavy metal and azo dye sources and end the AIDS tragedy going on there.

Biological Questions

Since there is never a case of HIV infection without human intestinal fluke stages being present, do the stages bring in the HIV virus? Evidently the virus originates with them, not the adult. The stages normally pass through snails as an intermediate host. Does the virus really belong to the parasite stage or the snail?

Why do some people have benzene in their thymuses for a long time after an exposure, while others do not? Evidently, many people can detoxify it quickly so it doesn't build up. Is this a thymus problem or a liver problem?

Is there a special solvent that helps Paragonimus multiply, like wood alcohol for Eurytrema and benzene for Fasciolopsis? Why does Paragonimus flourish in some people and not in others? Why can Potato Ring Rot fungus flourish in us?

Why do I always see copper, cobalt and vanadium in the thymus of HIV patients? What role do they play? Are they involved in the T-cell ratio disturbance, too?

Why does only *Fasciolopsis* bring HIV when many other flukes are also present and multiplying? Other flukes use snails, too.

Are other flukes bringing us yet new bacteria and viruses? **Is this how we get all our new bacteria and viruses?** Namely from newcomer parasites? This would make control of new diseases easier.

What symptoms does HIV virus cause? It is not clear in a single case history which symptom might be attributed to the virus, supporting the theory that HIV is a fluke or snail virus.

What symptoms does SV 40 virus cause? These and many more questions need to be researched. Fortunately, these questions don't have to be answered before you cure yourself of HIV/AIDS.

I have recently detected the HIV virus within the human chromosomes, and it therefore has become a human virus. But in contrast to other viruses it disappears from this location, too, soon after both parasite stages and benzene are gone. The virus is still especially vulnerable. What is the body's way to remove this latent virus?

Some Very Good News

- Fluke parasites are very easy to kill, much easier than many roundworms or tapeworms (tapeworms even survive the parasite herbs).
- Pesticides used on foods haven't penetrated them so deeply that they can't be washed off in two hot washes.
- PCB pollution can be sonicated off and even the molecules destroyed. The same is true for food zapping or zappicating.
- Municipal water is still the safest source, provided chlorination is done with chlorine gas, not liquid bleach. I found no cases of lead, asbestos, aluminum, or any solvent toxicity due to city water. If we begin to do water testing for PCB, using our filters, we will be able to head off wholesale water pollution as this toxic waste approaches our reservoirs.
- Solvents, PCBs and aflatoxin leave the body in a few days after you stop getting them into your body if you don't already have a buildup.
- Lead is not coming from paint; it is mainly coming from lead solder joints on copper water pipes. They can be changed.

- Asbestos coming from building materials is relatively minor, compared to your own clothes dryer belts, hair blowers, gym treadmill belts, and most of all, food and water! It can be washed off.
- Although milk has many food phenolic substances and live tissue bits from the cow, it is still unpolluted with metals, asbestos, solvents, aflatoxins or dyes (if you choose carefully).
- Some good tasting ultra pasteurized goat milk varieties are on the market. It is much less polluted than cow's milk and does not have bits of live tissue from the pituitary and hypothalamus glands. It is much safer.
- Benzene and other solvents are not coming from widespread gasoline pollution. Instead, benzene is coming from our foods and products, due to the mistaken belief that we can use petroleum products to spray food and even directly in the manufacturing of food. This is an easier problem to correct.
- Analytical labs have made a giant leap forward in the past seven years. Cleaning up the environment and food will be possible with their help.

African AIDS

Message To The African People

Since I do not know how to reach your government agencies, and yet, I have great concern about the decimation of your population, I chose to write this chapter for you. Do what you can to bring this information to the proper authorities.

No blame is being laid. Water chlorination appears to be the problem. This is a western enterprise; similar mistakes are being made in the west. It is not intentional. But I do hope that you will build safeguards into any future western enterprise as widespread as water treatment, food processing, fuel consumption or air quality. It is a challenge for your best and brightest, together with your least and commonest of citizens. This must not happen again.

Africa, Oh Africa!



I hear your babies crying.
Your mommies are gone
And your daddies are dying.
This mother's heart aches for your children.
Reach out! Reach out!
Before all slip silently away.

The information in this chapter comes from three sets of tests. All were done in 2001. All were done by Syncrometer® in the same way as all the testing for this book. The three sets of tests were:

1. African water samples
2. African food samples
3. Samples of saliva obtained from African people.

The purpose of these tests was to search for the five immune-lowering substances that I believe are the cause of AIDS in the United States and elsewhere on this planet. Benzene had already been found in African water samples tested seven years ago. Would the other four culprits be found, too? Or would there be entirely novel causes unique to Africa?

Remember that Syncrometer® tests do not quantify. My estimation is that parts per billion or less, parts per trillion, are involved. But significant is the fact that none, not even parts per quadrillion, were found in United States water (except in special cases) nor in water samples obtained from Israel, Germany, England, Spain, or Canada.

Eleven bottles of water arrived in a single package, all perfectly sealed, none leaking, quite a feat for the shipper. They had been given numbers from one to twelve (number three was missing), and no other information was enclosed.

African Water Samples Tested by Syncrometer®

Water Sample Code Number	PCBs	Benzene	Fast Garnet and Fast Green (dyes)	Hypochlorite bleach	50 heavy metals	Subset of 4 heavy metals (W, Hg, Pt, Pd)
1	*Positive	P	P, P	N	P	P
2	Negative	N	N, N	N	N	N
4	N	N	N, N	N	N	N
5	P	P	P, P	P	P	P
6	P	P	P, P	P	P	P
7	N	N	N, N	N	N	N
8	P	P	P, P	P	P	P
9	*P	*P	P, P	N	P	P
10	P	P	P, P	P	P	P
11	P	P	P, P	P	P	P
12	N	N	N, N	N	P	P

P = positive N = negative * Denotes especially high values.

NOTES:

1. These samples were collected by a person unknown to me and given code numbers. I did not know their source, method of collection or treatment.

2. PCBs are polychlorinated biphenyls, a toxic waste of constant concern to government regulatory agencies.
3. Benzene is a toxic solvent, causing cancer, found in gasoline and wherever petroleum distillate is found.
4. Fast Garnet and Fast Green are two of a large number of dyes, used in the food, textile and other industries.
5. Sodium hypochlorite is chlorine bleach disinfectant manufactured in different grades of purity.
6. The 50 heavy metals include nearly all that exist and are listed in the chemical table.
7. W = tungsten, Hg = mercury, Pt = platinum, Pd = palladium. These implicate an industrial origin, rather than food, air or normal water.

We are immediately struck by the fact that these water pollutants are not scattered randomly. They tend to occur together. Water samples #2, #4 and #7 seem entirely pure. Water sample #12 seems pure except for the heavy metals; these alone would make the water extremely toxic and undrinkable.

Our first suggestion would be that something has been added to the water that introduces all of these toxins together. We already know that chlorine bleach is added to make the water safe for drinking. We ask ourselves whether the bleach used could bring with it these contaminants.

Maybe there are other chemicals added to water, legally or accidentally, that could contribute some of these toxins.

My next step was to test a variety of bleach samples obtained in the United States, since it is possible that the bleach itself or the supplies for making bleach are imported into Africa.

I tested several USP grade samples of bleach purchased from a chemical company. There were none of these impurities.

I tested some chemical grade samples from the same company. There were no impurities.

Then I tested supermarket varieties of bleach.

I tested one sample from a variety with the NSF mark of certification. There were no impurities.

I tested three samples of dry (solid) bleach, which is calcium hypochlorite instead of sodium hypochlorite. It is available in small plastic bags in garden and pool supply markets. There were no impurities.

I tested one gallon of sodium hypochlorite, also intended for pool disinfection, called Sunny Sol 150, 12.5% NaOCl, with an EPA registration number. There were no impurities.

I tested only two brands of laundry bleach, commonly available in supermarkets, Ultra Clorox Bleach (EPA Reg. No. 5813-50) and Hilex Ultra Bleach, without an EPA number.

Both varieties had 18 azo dyes, including Fast Garnet and Fast Green. They also had all 50 metals, including W, Hg, Pt and Pd.

These varieties may or may not be the variety used in these African water samples. Any bleach manufacturer who is using the same ingredients or process of manufacturing could be adding these dyes and heavy metals.

These bleach varieties are undoubtedly not meant to be added to drinking water, they are only intended for laundry and toilets, etc.

But it is an easy mistake to make and, in fact, is often made in the United States as well as Africa.

It is easy to believe that one container of bleach is as good as another and, therefore, the cheapest can be chosen. Certainly, the convenience of buying it at a grocery store makes it more tempting, when the hazard is not known.

It might be believed that the bleach itself would destroy traces of dyes. This may indeed happen under special circumstances like when it is used in a hot water wash. But it did not happen in seven of these 11 samples. Although I tested several of these water samples for all 18 dyes that are in my test kit, I did not test all water samples this way. I believe Fast Garnet and Fast Green are the chief dye culprits in AIDS, so I finished the testing for these two instead of the entire set.

Note the absence of chlorine bleach in samples #1 and #9. There could be several explanations. Perhaps the sample was warmed or stood uncovered for several hours before shipping. Hypochlorite easily deteriorates, especially upon heating or standing. Perhaps less bleach was used. Perhaps a different variety was used.

American water samples seldom test **Positive** for bleach even though this is the same substance used to add to drinking waters. The African results suggest that far too much bleach is being used there.

Using too much bleach in the water could be a significant problem in itself. Chlorine is a powerful oxidizer. It could oxidize our sensitive proteins, our minerals, our vitamins, and our tissues themselves. The mechanisms have not been studied for chronic hypochlorite feeding.

But, certainly, the oxidation of iron in the hemoglobin of our red blood cells would asphyxiate the body. Over-use of bleach could easily be corrected by the technician in charge.

Although PCBs and benzene occurred in the laundry bleaches, they could also come into water in other ways.

The question remains, then, where are the PCBs and benzene coming from, if not with the added bleach? From buckets previously used for motor oil or gasoline, kerosene or similar toxic fluid? From the method of drawing the water, the pump-oil, submersed pump, or run-off into the water source (well, pond)? From something besides bleach that may be added to the water? From the way the well or water source was dug or prepared in the beginning? PCBs do not "wash clean" or "go away" in time. Are regulations on drilling and preparing the source not followed or not available or non-existent?

These are my beginning questions upon reviewing the results of my tests. Perhaps you have additional insights. Send them to me in care of the publisher (address given on the inside cover).

Remember that AIDS is not caused by benzene alone, although I believe it is most important. Four more toxins: PCBs, heavy metals, asbestos, and azo dyes can each contribute to the

disabling of the white blood cells—but only these, no more. Any one of these first four can stop phagocytosis, while the azo dyes shorten or lengthen the life span of the lymphocytes. Phagocytosis, the eating of bacteria and viruses by phagocytes in your blood is the major part of immunity. Other aspects of immunity exist and are much more complex. I did not test for asbestos in these water samples or bleach samples. Its presence or absence is, therefore, unknown.

After reporting my results to the sample provider, the water sources were disclosed by the provider, thus breaking the code.

Breaking The Code

The following were the sources of the water samples:

1	Bore Hole: Underground
2	Shallow Well
3	Sample not shipped
4	Shallow Well: (boiled, stored in clay pots)
5	Underground: Town Supply (usually bore hole)
6	Bottled Under Label: "Crystal Water"
7	Bottled Under Label: "AMAZZI"
8	Bottled Under Label: "Seven Falls"
9	Bottled Under Label: "RWENZORI"
10	Bore Hole: Underground
11	Tap Water: Surface Water (Lake Victoria) Capital—City Water Supply—Kampala
12	Boiled Tap Water: Surface Water (Lake Victoria) Capital—City Water Supply—Kampala

The results for the different sources were further explained in these ways:

Samples number #1, #5, and #10 were taken from three different districts of Uganda, all from underground (bore hole) sources. These "water sources are dug deep into ground for more than 30-90 metric meters. A hand pump is normally installed to lift this water to the surface. It often crosses from the topsoil to as deep as the granite soil layers.

"The rig used for sinking this deep well is always lubricated using grease, oils & it is believed that 'prolonged use of this well water will clear up this contamination!!'

"However, the hand pump is also similarly lubricated and maintained that way!! (Its joints and the valves.) In addition, it is recommended that all hand pumps be disinfected using chlorinated compounds."

The "shallow well" source comes from "an underground level less than 30 metric meters. Often privately owned by individuals. The people use ropes attached to a bucket, which is lowered manually. Some/many sources having ropes lubricated with car engine used oils, or grease.

"The source for samples #2 & #4, however, had a small electric pump installed and plastic piping connected to a water reservoir (plastic). However, the T-pipe joints were still metallic."

Mineral bottled water is a "commercial source that has recently become common on the market. It is presented on the market under several brands, by different manufacturers.

"Interestingly, in contrast with the pictures and names of the labels glued onto the bottles, almost all manufacturers obtain 'their waters' from an underground source".

The "surface water source is Lake Victoria, the third world's largest fresh water lake. The capital city's (Kampala) water supply is from this lake. The water is treated using chlorine compounds. It is pumped into the main supply network for the whole city. Apparently 'no other stuff is added at the same time as the bleach' although this needs more verification. It seems the PCB and benzene contamination comes from the motorized water pumps (-old).

"Number 12 was the same sample as #11 but boiled using an electric kettle, and stored in a clay pot. Other people/homes store it in a refrigerator."

This is the end of the report by the sample provider.

I was surprised to learn that water sample #12 was actually the same as sample #11, only having been boiled. This was enough to drive off the PCBs, benzene, azo dyes, and bleach itself. Heating the bleach would have activated it first, presumably enough to destroy the dyes. But, unfortunately, metals will always be metals. They cannot be destroyed; they can only

be removed. Filtering and distilling are two water treatments that might reduce the metal content but perhaps not enough to make the water safe.

The rational solution is to: stop using impure bleach as an addition to the drinking water, and to eliminate the source for PCBs and benzene—once that is found.

As a temporary solution the water could be boiled and then filtered. Not the reverse. This would only solve the problems if it could be repeated many times and found to be reliable.

Phagocytosis is not the only part of our immune system that is impaired in AIDS. Besides this flaw in the neutrophils (white blood cells), there is a disproportion of the CD4 to CD8 lymphocytes. The CD4s, having eaten HIV and other viruses, as they should, are unable to kill them. They become infected themselves and are consequently killed by other lymphocytes, either the CD8 (killer) lymphocytes or another variety. This is a Syncrometer® finding. The CD4 problem is caused by an azo dye, Fast Garnet. The CD8 lymphocytes are over produced and contain the azo dye, Fast Green. The mechanism of this over production is not yet clear. But the ratio of bcl-2 to bax gene products is about 4:1, much too high.

The ratio of bcl-2 to bax could be affected by mutations induced by these dyes, as mentioned earlier. Research is needed to further clarify this.

With a huge over abundance of CD8s, the predatory pressure on CD4s may be greatly increased. The CD8s could be expected to kill those CD4s unable to kill their own viruses. All this is seen by Syncrometer®, not regular chemical tests as yet.

Both azo dyes are part of a large number of azo dyes found to contaminate common household chlorine bleach in the United States. The active ingredient in this bleach is sodium hypochlorite, but contrary to expectations, these dyes are not destroyed, at least not fully destroyed by contact with bleach. Why these dyes are present at all is not known. Nor is the supplier of these disinfectants known.

When water is chlorinated for purposes of disinfection, chlorine gas is used by the larger water departments in the

United States. At substations or in small water supplies, solid or liquid chlorine is often used in the form of hypochlorites. In the United States it is the practice to measure levels of chlorination at certain checkpoints of the water distribution system. Solid or liquid hypochlorite is added if the level is not high enough. A technician is trained to perform this task correctly. The quality of the hypochlorite is regulated by requiring registration of the product. But the registered variety I tested contained azo dye and heavy metal pollution too. This would introduce all these toxins into the drinking water that were never meant to be allowed.

It is my belief that this has happened on a large scale in Africa. My evidence comes from this data, which shows that water samples that tested **Positive** for all these toxins, also tested **Positive** for hypochlorite, chlorine bleach disinfectant. Water without toxins did not test **Positive** for hypochlorite.

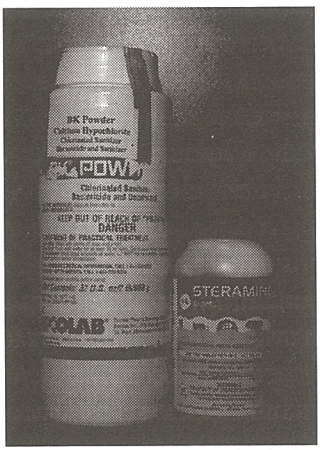


L to R: Sodium hypochlorite liquid, trichloro-s-triazinetrione in tablet form, sodium hypochlorite liquid, calcium hypochlorite in granules, sodium dichloro-s-triazinetrione in granules, trichloro-s-triazinetrione in granules. None of these chlorination supplies had PCBs, benzene, azo dyes or heavy metals.

Fig. 115 Safe chlorination supplies

It is certainly necessary to disinfect water chemically, or by boiling. **Chlorine has been found safe over many decades. All that is needed is a source of pure chlorine or hypochlo-**

rite, to prevent toxicity. Using only chlorine gas would avoid all confusion.



BK Powder is practical for dairies. Steramine, in tablet form, is practical for camping and kitchen use.

Fig. 116 More safe chlorinators

Also of some significance is my finding of extraordinarily high levels of hypochlorite. The hypochlorite is evidently much less in USA chlorinated waters, about 1 part per million (ppm). Perhaps larger than normal amounts of bleach are being used in Africa. This should not be necessary.

Laundry grade bleach should be banned from use with drinking water as well as any food contact such as the fishing or food canning industry! Fish and canned food already in the market place should be tested for azo dyes.

What is the effect of the heavy metals being consumed? Do they convey a direct toxicity to the water? Could they be filtered out? Are AIDS patients sick with metal toxicity? Would EDTA-chelation be a temporary treatment measure for individuals?

There are further issues, no less pressing than the origin of azo dyes and toxic heavy metals. The origins of PCB and benzene are not yet clear. You can see from the Syncrometer® test results that these two toxins are linked to the azo dyes and hypochlorite. The questions are, what additional procedures are used to treat the water? Are they mechanical or chemical? Or accidental?

Until these answers are found, the problem with AIDS must intensify, eventually reaching all who drink or otherwise consume this water.

As you can see from sample #12 simply boiling the water cleared some of the problems. Was this just a "chance" result, a fluke? Or could it be repeated and eventually relied upon? Would this reduce the AIDS occurrence or its severity? Would

the remaining heavy metals be just as toxic? Or, in fact, the chronic high doses of chlorine?

If you have information, please send it to the publisher. Your participation may not go down in the history books. Mine may not either. But it is a godly deed, worthy of you!

African Food Samples

A different person shipped twenty food samples plus a water sample to me. They were his main foods. Some were raw; some were cooked. I do not know if any were canned, bottled, or purchased in the marketplace. Assuming that the water is the source of AIDS-pollutants, how would you explain these results?

African Foods Tested by Syncrometer®

	PCBs*	Benzene	Hypochlorite bleach	Asbestos	Subset of 5 heavy metals**	Subset of 5 azo dyes***	Thulium****
1. cooked beans	Pos	P	P	P	P	P	P
2. uncooked beans	Neg	N	N	N	N	N	N
3. dry (par-boiled) rice	P	P	P	P	P	P	P
4. cooked rice	N	N	N	N	N	N	N
5. dried gawi	P	P	P	P	P	P	P
6. gawi paste	P	P	P	P	P	P	P
7. local gin (hot)	P	P	P	P	P	P	P
8. water	P	P	P	P	P	P	P
9. potato juice	P	P	P	P	P	P	P
10. honey	N	N	N	N	N	N	N
11. cooked cow meat	N	N	N	N	N	N	N
12. turkey meat fried	P	P	P	P	P	P	P
13. coco yam (raw)	P	P	P	P	P	P	P
14. uncooked yam	N	N	N	N	N	N	N
15. vegetable melon soup	P	P	P	P	P	P	P
16. cooked yam	P	P	P	P	P	P	P
17. ice fish (fried)	N	N	N	N	N	N	N
18. red palm oil	N	N	N	N	N	N	N
19. garden egg	N	N	N	N	N	N	N
20. unidentified solid	N	N	N	N	N	N	N

*PCBs are polychlorinated biphenyls.
**Subset of 5 heavy metals are mercury, thallium, tungsten, platinum, palladium.
***Subset of 5 azo dyes are Sudan Black B, DAB, Fast Red, Fast Garnet, Fast Green.
****Thulium is a lanthanide metal.

You can see that the water sample (#8), although coming from a different state than the water samples tested earlier, has exactly the same pollutants. In other words, it is handled in the same way. The same kind of bleach is added. The water is over bleached, as before. And the PCBs and benzene are again part of the problem. Are they part of the bleach? Or part of the water-handling methods?

My early conclusions would be: that raw foods and fried foods did not get touched by the water. That the cooked rice (#4) used water from a different source, as did the cow meat (#11). Is this true? Why didn't the cooking process always destroy the PCBs, benzene, dyes and bleach itself as it did for the one earlier African water sample? Is cooking unreliable? Or is the method of cooking also important?

These foods also had asbestos, suggesting they had traveled on conveyer belts. Or did the water have the asbestos? This is not clear. Were some foods treated with two kinds of water, once during processing for the marketplace, and once at home while cooking?

If you live in Africa, and are familiar with water or food handling practices, and would like to help, write down the name of each food. Try to explain how each pollutant got into it. Add any explanation that you might have that is different from mine. Finally, make a copy of your notes, sending one to me. I will try to learn more about the possible ways this terrible tragedy is happening.

Hopefully your suggestions and the sender's explanations will clear up some of these questions.

Meanwhile, raw and fried foods appear to be safest.

How Do Human Saliva Samples Test?

Fifty samples of saliva were sent to me, sterilized in alcohol for shipment in glass bottles. Making a saliva sample does not need to be a distasteful affair. Chewing a small piece of paper towel is discreet and easy. Popping it into a zippered bag or glass container is next. After this it can be electronically copied, without opening the container. No hazard is created since only the electronic copies need to be shipped; nothing infectious is contained in them. (See copy making, page 85.)

These are the test results for the first nine samples out of the 50 that were sent. The code is not yet broken. Names and places are unknown to me. Assuming that the AIDS problem stems from the water, how would you explain the differences between them?

African Saliva Samples Tested by Syncrometer®

(these are preliminary results, to be repeated twice more)

AFRICAN SALIVA #1	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase*	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	P	P	P
zearalenone (mycotoxin)	N	P	P
subset of 5 azo dyes**	P	P	P
50 heavy metals	NEGATIVE	N	P
subset of 16 metals***	–****	–	13 out of 16 POS (radon, ruthenium, ferrous compound NEG)

*Reverse transcriptase is an enzyme made by the HIV virus.
**Sudan Black B, DAB, Fast Red RC Salt, Fast Garnet, Fast Green
***manganese, tantalum, ferric phosphate, samarium, uranium, cadmium, iridium, rhenium, beryllium, thallium, nickel, mercury, thulium, radon, ruthenium, ferrous phosphate
****A dash means not tested.

AFRICAN SALIVA #2	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	NEGATIVE	P	P
zearalenone (mycotoxin)	N	P	P
subset of 5 azo dyes	N	N	P
50 heavy metals	N	N	P
subset of 16 metals	–	–	12 out of 16 POS (radon, lithium, uranium, ferrous compound NEG)

AFRICAN SALIVA #3	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	NEGATIVE	N	N
P24 antigen	N	N	N
PCBs	N	N	N
Benzene	N	N	N
sodium hypochlorite (bleach)	N	N	N
Asbestos	N	N	N
zearalenone (mycotoxin)	N	N	N
subset of 5 azo dyes	N	N	N
50 heavy metals	N	N	N
subset of 16 metals	–	–	2 out of 16 POS (lithium, ferrous compound)

AFRICAN SALIVA #4	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	N
P24 antigen	P	P	N
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
Asbestos	P	P	P
zearalenone (mycotoxin	NEGATIVE	P	P
subset of 5 azo dyes	P	P	P
50 heavy metals	N	P	N
subset of 16 metals	–	–	12 out of 16 POS (radon, lithium, uranium, ferrous compound) NEG

AFRICAN SALIVA #5	AT SALIVA	AT BLOOD	AT LYMPH
reverse transcriptase	POSITIVE	P	P
P24 antigen	P	P	P
PCBs	P	P	P
Benzene	P	P	P
sodium hypochlorite (bleach)	P	P	P
asbestos	P	P	P
zearalenone (mycotoxin)	P	P	P
subset of 5 azo dyes	P	P	P
50 heavy metals	P	P	P
subset of 16 metals	–	–	16 out of 16 POS

Saliva samples #6, #7, #8 and #9 have only been partially tested. These are the preliminary results.

	Saliva Sample #6	Saliva Sample #7	Saliva Sample #8	Saliva Sample #9
PCBs	Positive	Negative	P	P
benzene	P	N	P	P
50 metals	P	N	P	P
hypochlorite bleach	P	N	P	P
P24 antigen	P	N	P	P
reverse transcriptase	P	N	P	P
mercury, thallium	P, P	N, N	P, P	P
Fast Garnet	P	N	P	P
Fast Green	P	N	P	P

Although only an electronic saliva sample is used, a special technique lets us find the results for blood and lymph given in samples #1 to #5 as well. Details of this technique are given in the *Syncrometer® Science Laboratory Manual.*

Notice that the lymph is the "dirtiest" of the three body fluids. Radon and lithium were found to be **Negative** more than once. Ferrous iron was missing in three cases; it was present in the uninfected person along with lithium. Does the over-oxidized body state found in the infected persons destroy both lithium and utilizable iron? Does anemia result?

Are all these persons sick or not? Young or old? What is their water source and how does it test? Even if their water should test pure, could their purchased food be so polluted that

it could give them AIDS anyway? Are they also sick from the toxicity (poisoning) of the heavy metals in their body fluids?

If they were switched to clean water, and food cooked in clean water, could they recover their health? It seems possible and likely, to me. **Theirs is not an addiction or a behavior that needs to be overcome, only a mistake to be remedied.** Compliance would be perfect. An experiment arranged to test the theory that toxic water is the cause of AIDS in Africa would bring clear-cut results.



Fig. 117 Our future, unless we act.

The True Story Of...

These are the stories of persons seen in my office for HIV/AIDS disease. The first 53, seen in the period 1992-1993 are presented again. Some have been heard from over the years, but no accurate follow up study has been done. I would appreciate hearing from all. Some cases, those who chose not to follow my program, have been omitted in this printing, to make room for more current stories. This lets you see how my understanding of HIV/AIDS has evolved and how the curing-program has evolved with it.

Earlier cases were tested clinically with the P24 antigen test. Since then the PCR test has been used.

My early electronic (not clinical) test was for P24 antigen, as well. Since then I also include a reverse transcriptase test and a "rev" protein test. Reverse transcriptase is an enzyme made by HIV virus. Rev protein is exclusive to HIV. Each test takes less than a minute.

How to test electronically can be found in the *Syncrometer® Science Laboratory Manual.*

The success rate with this method is 100%. This does not include failures due to lack of compliance. Yet, compliance is extremely difficult for some persons. It is my fervent hope that society will sit up and take note of the dilemmas for these patients so that changes in manufacturing policies can be introduced that will benefit all future generations.

Some clients brought with them a clinical HIV Positive test result, others were not yet identified as HIV or AIDS cases by their clinical doctors because no test had been done or the test came back **Negative**. Because electronic testing is much more accurate, I considered them to have HIV if they tested YES (**Positive**) to my Protein 24 antigen sample. Likewise I considered the person cured of HIV when they tested NO (**Negative**).

Clearly, the Syncrometer® detects cases of infection long before a clinical test could. Notice the high frequency of combined HIV/AIDS disease and cancer. This is due no doubt to having a common parasite, *Fasciolopsis buski* and a common virus, SV 40.

*Cases marked with an asterisk are significant in that they also had clinical HIV tests repeated at the end of my program.

The names have been changed to ones of the same sex picked at random from a telephone directory. Ages have been changed by up to five years. Some personal characteristics have been changed in non-essential ways.

1 Donna Brooks HIV

Donna Brooks is 20 and came from two states south specifically for her Epstein Barre Virus diagnosis and Chronic Fatigue Syndrome. She has numerous other problems; many of them are weird, such as shaking with cold, gagging after eating, and pain in the kneecap. She has pain and tightness over the mid-chest. She has a hard time breathing with shortness of breath. She has pain in the breastbone and upper chest. All this suggests HIV illness. She has severe stomach problems and is losing weight. Her mother, who did not come with her, is extremely concerned. She aches all over. She has a rash on her legs and stomach. They have a cat and a water softener. She drinks mostly Mountain Dew™.

☒ Protein 24 (HIV) YES (present in her white blood cells) and also at thymus and vagina; NO elsewhere

☐ Ortho-phospho-tyrosine (Cancer) NO (not in her white blood cells, and assumed not elsewhere)

☒ hCG (Pre-Cancer) YES at liver, thymus, vagina and at numerous other tissues!

Note: cancer marker ortho-phospho-tyrosine is NO but cancer marker hCG is YES all over her body! hCG always precedes cancer.

☒ Fasciolopsis (Parasite) YES at liver, thymus, kidney, intestine, cervix

☒ **Fasciolopsis cercaria (Parasite) YES at liver, thymus, vagina only**

She states that she is not sexually active and never has been; she has never had a blood transfusion. Note how heavily infested with flukes she is. The flukes in her liver are starting a cancer and the flukes in her thymus have brought her the HIV virus.

☒ **Sheep liver fluke (Parasite) YES at thymus and cervix**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☐ **Human liver fluke and all stages (Parasite) NO**

☒ **Benzene (Solvent) YES at thymus and vagina**

☐ **Isopropyl Alcohol (Solvent) NO**

Double and triple checked this. She will avoid all products with "PROP" on the label anyway. Note: she did not have the cancer marker ortho-phospho-tyrosine, but she was flooded with the cancer marker hCG which is always made before ortho-phospho-tyrosine is made.

☒ **Acetone (Solvent) YES**

☒ **Toluene (Solvent) YES high**

☒ **Methyl butyl ketone (Solvent) YES high**

Remaining solvents: NO. She will stop all commercial beverages. She will be totally vegetarian for three months. She will go off the benzene list. She will start on the parasite-killing program. She brought her latest blood test.

BLOOD TEST	Result	Comment
1. T4	10.4	slightly elevated
2. Cholesterol	very low (168)	indicating a liver problem and cancer risk
3. Triglycerides	very low (37)	cancer risk.

Very low cholesterol and triglycerides have always indicated a high cancer risk. With the emphasis on reducing these currently, this fact seems to be overlooked. Most persons are eating margarine, not butter, and therefore losing their only source of butyric acid in the diet. Butyric acid has been studied and found to have antiparasite and antiviral actions. This is another example where chemical food may be the true villain of human illness. Donna is extremely anxious and broke into tears. She knows her mother will not suspect her of having secret sex affairs, but she can hardly believe the whole situation herself. We reassured her that she could clear it up completely.

Five days later

She feels better, especially mentally (more alert). She can breathe easier. Her sternal pain is gone. Her stomach is the main problem now.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☒ **Hexane dione (Solvent) YES**

Has had not one sip of a commercial beverage or tea but had potato chips and cookies. She has some with her.

☒ **Cookies (Food Sample) YES in her white blood cells**

She will stop eating store bought cookies, crackers, and flavored things.

☒ **Mineral oil (Toxic Element) YES**

Stop using lotions.

☐ **Isopropyl Alcohol (Solvent) NO**

She is using make-up that has no propanol in it, but will stop all of it anyway, and make her own.

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☐ **Human liver fluke and all stages (Parasite) NO**

☒ ***Ascaris*, *Ascaris* megalo (Parasites) YES**

These common roundworms are the probable cause of her stomach problems. She will continue the parasite program and also treat the cat. After two weeks she will begin the kidney herb recipe to make more progress in her recovery.

Summary: Donna was understandably shocked that a 20 year old person like herself, who had never had a sexual or blood contact, could have the HIV virus. And, to make matters worse, she had the beginnings of cancer. She could not believe it but was willing to try anything since she already had a fat file from a clinical doctor. After just five days her mother could tell she was better, and she also noticed it herself, so she began to believe our story about the true nature of HIV illness. It is tempting to believe that isopropanol is part of the chemistry that goes toward the production of ortho-phospho-tyrosine and not merely a solvent that helps to hatch eggs or break down the tissues so they will accept fluke stages.

2 Sharon Brownie — HIV and Liver and Lung Cancer

Sharon Brownie came to the office for pain behind her shoulder blades, behind her ears, in both legs, and on top of her head at the scalp. These are unusual symptoms to occur together.

☒ **Protein 24 (HIV) YES at thymus**
Quite a surprise.

☒ **Ortho-phospho-tyrosine (Cancer) YES at liver and lungs**
She also has liver and lung cancer, another surprise, since there is no smoker in the house.

☒ **Fasciolopsis (Parasite) YES at thymus and blood**
The meaning of this result is not clear. How could an adult fluke fit into a blood vessel? She has both cancer and HIV. Yet, the adult intestinal fluke is not in the liver, only in the thymus and, apparently, blood.

☒ **Fasciolopsis redia (Parasite) YES at blood, thymus, liver and lung**
She will start on parasite program. She will go off items on the benzene and propanol lists.

Four days later

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Protein 24 (HIV) NO**

Fifteen days later
She feels considerably better. She still gets weak spells in her arms and legs (but not pain, now).

☐ **Protein 24 (HIV) NO**

☒ **Gallium, Gold, Ruthenium (Toxic Elements) YES**
Tooth fillings. She has no tooth fillings but wears a metal partial denture. She will get a new metal-free plastic one.

Thirteen days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Oxalate (Kidney Stones) YES**
Start on kidney herb recipe.

☒ **Isopropyl Alcohol (Solvent) YES**

☒ **Pentane (Solvent) YES**

☒ **Kerosene (Solvent) YES**
Used in cook stove.

☒ **Denatured alcohol (Solvent) YES**
Used in lamps. She will be much more careful when pouring these fuels and will stop drinking soda pop.

☒ **Diphyllobothrium (Parasite) YES**
Dog/fish tapeworm. She will increase parasite dosage.

Eleven days later
She still has pain at left lower abdomen, upper back and lower back. This is probably still due to parasites, plus liver gallstones.

☐ **Kidney Stones (ALL) NO**
Continue kidney herbs at half dose.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Denatured alcohol (Solvent) NO**

☒ **Pentane (Solvent) YES**
Can't give up soda pop.

☒ **Isopropyl Alcohol (Solvent) YES**
Source unknown, since she uses no commercial body products.

☒ **Gastrothylax, Trichomonas (Parasites) YES**
Continue parasite program.

☐ **Parasites (Remainder) NO**
She will start taking peroxy and 07 in preparation for a liver gallstone cleanse. She will do a 5-day high dose parasite treatment.

Another month later
Her left arm is numb, both feet are numb. There is shoulder and shoulder blade pain. She is still putting off the dental work.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Diphyllobothrium, Gastrothylax, Trichomonas (Parasites) NO**

☐ **Solvents (ALL) NO**

☒ **Diplococcus pneu, Histomonas, Salmonella typh, Haemoph inf (Pathogens) YES**

Two of these are teeth bacteria. She is getting a lot of headaches. Remainder of box 1 and 2: NO.

Five weeks later

She is still getting a lot of headaches, probably from tooth bacteria. She did a liver cleanse and got numerous tan-colored stones.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Clostridium sept. (Pathogen) YES**
Probable cause of pain behind both ears. Needs to do dental work.

☒ **Wood Alcohol (Solvent) YES**
Is drinking Pepsi™ again.

☒ **Kerosene (Solvent) YES**
They are using it again; must change.

Summary: Sharon eliminated the HIV virus and her liver cancer in record time: 4 days. What was more difficult was eliminating headaches; in fact, it was not accomplished. Her isopropanol disappeared after she switched off commercial shampoo. It remains to be seen whether her arms and feet will recover. She does plan to get the dental work done.

3 John Vissers HIV

This 35-year-old man experiences numbness in his legs and arm. He was exposed to glues. He also has fatigue and poor concentration. He experiences occasional sore throats and pain in his shoulders, wrists, lower back, and knees. His mood is very changeable with some depression. He only has a few good days in a month. He suffers from hay fever and chest tightness. This is a long list of ailments for a man of his youth. They have a water softener.

☒ **Protein 24 (HIV) YES**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis (Parasite) YES at thymus; NO at liver**
Others not tested.

☒ **PCB (Toxic Element) YES high**
Body current was extremely low considering that 5 volts was applied to his hands during testing—alerted me to possible PCB pollution.

☒ **Benzene (Solvent) YES**

Others not tested. He will start on parasite program and go off all items on the benzene list. His son is with him and is not well, either. We will attend to him next.

One month later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **TCE, TCE ethylene, Wood Alcohol (Solvents) YES**

One month later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **TCE, TCE ethylene, Wood Alcohol, Pentane (Solvents) YES**

He will stop using commercial beverages and make his own.

☐ **PCB (Toxic Element) NO**

Went off detergents.

Summary: John is unable to come more often for follow-ups. His numbness suggests mercury toxicity but we have not even tested for toxic elements at this point. He can be commended, though, for getting rid of benzene, HIV, PCBs, and parasites.

4 Pete Vissers **HIV**

This 8-year-old boy has pain in his chest and cysts in the back of his neck. He also has a frequently stuffy and runny nose, dry lips, swollen glands, upset stomach after eating, leg pains, and some trouble sleeping. The chest pain is similar to his father's.

☒ **Fasciolopsis (Parasite) YES at thymus; NO at liver**

☒ **Protein 24 (HIV) YES**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **PCB (Toxic Element) YES**

Others not tested. Start on parasite program. Go off detergent and benzene products.

Summary: The chest pain drew my attention immediately to the probability of HIV virus. The cysts were immediately suggestive of PCBs. These cysts are described in the Japanese book on the PCB

event that took place many years ago there. So there was little difficulty in finding it in Pete. But I did not see him for follow up. It seems likely that the child was included in the lifestyle changes made by his parents.

5 Betty Naylor — HIV and Cervical Cancer

Betty is 24 years old, arriving for Chronic Fatigue Syndrome. However, she had an impressive list of additional symptoms involving her lower back, stomach, throat, skin, ears and neck. She also had chest tightness and the need for long breaths of air and PMS. The chest problem suggested the possibility of HIV-illness. She sleeps all day and has burning over the sternum. They have a water softener. She has been sick all winter.

☒ **Protein 24 (HIV) YES at thymus, vagina; NO elsewhere**

☒ **Ortho-phospho-tyrosine (Cancer) YES at cervix only**

☒ **hCG (Pre-Cancer) YES at thymus, cervix; NO at vagina**

This was quite a surprise. Betty volunteered that she had never had sex in her life and had never been in the hospital except at birth. I reassured her that this could be quickly cleared up, provided she followed instructions meticulously. She was very eager to do so.

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis miracidia (Parasite) YES at cervix and vagina**

☒ **Fasciolopsis cercaria (Parasite) YES high at cervix**

☒ **Fasciolopsis eggs (Parasite) YES at vagina**

☒ **Sheep liver fluke (Parasite) YES high at liver (one side) and intestine**

☒ **Sheep liver fluke eggs (Parasite) YES at liver (same side as above), cervix and vagina**

☒ **Human liver fluke adults (Parasite) YES at liver (same side as above)**

☒ **Human liver fluke eggs (Parasite) YES throughout liver**

These findings suggest both benzene and isopropanol have accumulated in Betty's body. There isn't enough time to test for all solvents today.

☒ **Benzene (Solvent) YES at thymus and vagina**

☒ **Isopropyl Alcohol (Solvent) YES at liver (same side as above) and thymus; NO at vagina**

To avoid benzene, she is to go off all toothpaste, Vaseline products, ice cream and frozen yogurt and cooking oils, except olive oil. To avoid propanol, she is to go off all body products that have "PROP" on the label. She is to go off all commercial beverages to avoid other solvents, not yet tested. We will follow-up very soon. She is very anxious. She will start on parasite-killing program. She will be strictly vegetarian for 3 months.

Five days later

She has a lot more energy and has gone off her antibiotics. She says she is very apprehensive.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Solvents (ALL) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Human liver fluke (Parasite) NO**

She is elated. She will continue the parasite-killing program and her other lifestyle changes.

☒ **PCB (Toxic Element) YES**

Off detergent; use borax and washing soda and homemade soap.

☒ **Gadolinium, Tantalum (Toxic Elements) YES**

Tooth fillings.

☒ **Holmium (Toxic Element) YES**

Probably with the PCBs.

☐ **Toxic Elements (Remainder) NO**

She needs metal tooth fillings replaced. After 3 months of vegetarian diet she will eat only fish and seafood in restaurants and super-well done meats at home.

Summary: This young woman fairly bounced out of the office at the good news of her second visit. The entire story of how she could have gotten the HIV virus and developed cancer of the cervix was like a revelation to her—almost unbelievable. Yet her mother, she said, was witness to her health improvement in just 5 days, and she is forced to believe it all. At any rate, she is much too scared not to believe that she had HIV virus.

Notice a peculiarity: there is no adult intestinal fluke in the liver. Not even a stage of it is in the liver! Yet there is ortho-phospho-tyrosine being produced! It is being produced at the cervix where the miracidia and cercaria are and where the sheep liver fluke eggs are. Now, the sheep liver fluke adults are found in the liver. Could they orchestrate the production of ortho-phospho-tyrosine for the intestinal fluke? Or was there an adult intestinal fluke at some earlier time that got killed? One seldom sees both adult flukes together. Do they kill each other somehow? Notice, too, that the cancer marker, hCG, was present, along with the cancer marker, ortho-phospho-tyrosine at the cervix. But only hCG was being produced at the thymus. Is a particular stage responsible for producing hCG? I explained to Betty that she must take great care to protect her thymus for two years so that it will completely regain its health. It would be tempting to neglect the dental work but this would be a tragic mistake. Benzene leaves the thymus in a weakened condition so that other solvents and toxic substances continue to accumulate there. This would, surely, give her lowered immunity, perhaps even AIDS.

6 Kersten Mossay — HIV

Kersten is a young woman with early teenage children. We have seen her from time to time, perhaps once a year, for 5 or 6 years now. She says she does not often go to clinical doctors. Today she has a 100° temperature, which she has had for a month. There is also blood in her urine. She has been to a clinical doctor who diagnosed it as *nephritis*. Her blood pressure goes from high (173/140) to extremely low. Her pulse goes to 120 in the evening. She has a sore throat and is experiencing double vision. She hurts all over, especially in her hands and feet. She has become extremely nervous, with bad memory and is very fatigued. A second clinical doctor did an antinuclear antibody test, which was Negative. He gave her a diagnosis of *fibromyalgia* and wanted to schedule her to see a psychiatrist, but she hasn't carried this out.

☒ Protein 24 (HIV) YES

☐ Ortho-phospho-tyrosine (Cancer) NO

Being Positive for HIV astounded her. Neither she nor her husband have ANY risk factors. Coming from a strict religious background, there is no extra-marital sex or use of blood, nor recreational drug use. I assured her it had nothing to do with her or her husband's conduct.

☒ Fasciolopsis (Parasite) YES at thymus and kidney; NO at liver, intestine, etc.

☐ **Fasciolopsis remaining stages (Parasite) NO**

☒ **Gardnerella vag, Salmonella, Flu A and B, Shigella, Borellia, A strep, *Herpes* Simplex 1, Adenovirus, Proteus, CMV, Resp Sync Virus, Chlamydia, *Bacillus cereus*, Strep pneu (Pathogens) YES**

☐ **Propionobacterium, Trichomonas, Bacteroides frag, Campylobacter pyl, Haemophilus inf, Staph aureus, Strep pneu, Coxsackie virus B4, Histoplasma cap, Human Papilloma (Plantar), Coxsackie virus B1, Nocardia, EBV, Human Papilloma 4 (Pathogens) NO**

End of Box 1. She has 14 YES out of 28 tested, much too high for a regular illness; this is an immune deficiency state. Obviously, Kersten has numerous infections unleashed in her body and would soon be bedridden and terminally ill. Her generally healthy lifestyle, with avoidance of alcohol and nicotine, and ability to adapt to new personal habits, will come to her assistance now.

☒ **Benzene (Solvent) YES**

☐ **Solvents (Remainder) NO**

They will remove all solvents from their basement and house to an outdoor garage. They will lose some paint cans to damage by freezing this way. She will start on the parasite-killing program and avoid eating meat altogether. She will stay off the benzene pollution list I gave her. She will bring in her husband for testing.

Three days later

Kersten's husband, Leroy, has arrived for a brief check. He is experiencing no health problems, although he works hard as a home builder.

Leroy

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and penis; NO at liver, kidneys, brain, prostate, etc.**

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and penis; NO at liver, kidney, brain, prostate**

Leroy has brought a sample of the frozen beef they have been eating; it is from a special local source. It tested YES (**Positive**) to Fasciolopsis cercaria electronically. We will examine it under the microscope also.

☒ **Benzene (Solvent) YES**

☐ **Solvents (Remainder) NO**

He will start on parasite program. He loves beef and will cook it thoroughly but is not completely convinced it is dangerous. He probably, also, does not believe his HIV POSITIVE status. However, he is willing to help Kersten get well.

Four days later (1 week after first visit)

Kersten has arrived. She is very much better. She still has a sore throat.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke adult (Parasite) YES at intestine**

☐ **Sheep liver fluke other stages (Parasite) NO**

She will continue the parasite program, vegetarianism, and avoidance of benzene list. She is concerned about the children. I suggested being very careful to thoroughly cook the meat for them and avoidance of benzene polluted products and food.

Summary: It is 4 months later; evidently the family is staying well. I am especially fond of this family. Notice that they were not full of food solvents, in general, due to their habit of eating home-cooked food and beverages. Since the parasite stage could be sexually transmitted as well as eaten with meat, it was important for Kersten's husband to come in, which he did without a hostile attitude. Probably, he was not yet ill because the parasite cycle had not completed itself; he did not yet have the adult fluke. The virus can be present without an adult fluke but when all the stages are gone, it is gone, too. Note its preference for thymus and penis as a tissue site in Leroy.

7 Lenore Dale — HIV and Intestinal Cancer

This is a young 34-year-old person who works for a doctor and has already tried a number of alternative health procedures. She has a long list of bizarre symptoms, such as swollen and itching lips, gagging when eating, suggesting AIDS, but the symptom of chest heaviness made it even more probable. She has a water softener.

☒ **Protein 24 (HIV) YES at thymus, vagina and ovaries**

☒ **Ortho-phospho-tyrosine (Cancer) YES at intestine**

☒ **hCG (Pre-Cancer) YES everywhere**

What a shocking realization this brought to her, both HIV and cancer in a single diagnosis. She could hardly bear the news in spite of

my assurance that she could eliminate them both within 10 days. Perhaps she was also angry or disbelieving.

☒ **Fasciolopsis (Parasite) YES at liver and intestine**
Gave her cancer.

☒ **Fasciolopsis eggs (Parasite) YES at intestine, adrenals, saliva**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☐ **Human liver fluke and all stages (Parasite) NO**

☒ **Benzene (Solvent) YES at thymus**
Go off items on benzene list.

☒ **Isopropyl Alcohol (Solvent) YES at liver**
Eliminate propanol. Others not tested. She will start parasite program. Note: I failed to test for Fasciolopsis stages in the thymus. My error!

Twelve days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**
HIV and cancer are gone—everything was done correctly.

☒ **Aluminum Silicate (Toxic Element) YES**
Will disconnect water softener and switch salt.

☒ **Bismuth (Toxic Element) YES**
Get rid of fragranced items.

☒ **Radon (Toxic Element) YES**
Open the vents to the crawl space.

☒ **Thallium and Germanium (Toxic Element) YES**
This coincidence of thallium and germanium is only found when the tooth filling metal has these pollutants. She is very upset about this since she states that she has had weak hands (very weak) for many years already. This is a classic symptom of thallium poisoning. She had all her mercury fillings taken out by Dr. S. who is a Huggins Institute trained dentist. 5 gold crowns were put back in her mouth, and she spent $3,000 on this last fall.

☒ **Gold (Toxic Element) YES**

☒ **Mercury (Toxic Element) YES at tooth #29 and 15**

Tooth #29 has a gold crown. She says this tooth has been bothering her. I then searched for the location of the thallium and found it at teeth #29, 10, and 18. She will ask the dentist to do a fresh panoramic X-ray to search for tattoos. I shone a flashlight in her mouth and could see 2 tattoos. However, these metal pinpoint leftovers might be left from the braces she used to wear. She states she remembers seeing them after the braces were removed.

☒ PCB (Toxic Element) YES

Uses Dr. Bronner's peppermint soap—will go off.

Summary; Lenore's case is especially tragic but nevertheless an early warning sign for all humanity. She was given 16 mercury fillings starting in early childhood, some of which were polluted with thallium. This was the probable cause of having a child with microcephaly. In an effort to improve her health she turned to health food soap only to be poisoned with PCBs. Only her good intelligence and survival instinct kept her from self-destructive anger. She will probably set herself and her family on the road to good health.

8, 9 Brenda Stauffer & Katy — HIV

This is a very pleasant but concerned mother; she has her 10-month-old baby, Katy, with her. Brenda is 31 and complains of burning on her chest. (She places her hand right over her thymus, and I sincerely hope this isn't HIV disease.) She also has chronic back pains, which move about, and is always sleepy. Her baby has had one illness after another, including pneumonia and has been on antibiotics all winter. She is breast-feeding, and the baby appears well grown and content.

☐ Ortho-phospho-tyrosine (Cancer) NO

☐ hCG (Pre-Cancer) NO

☒ Protein 24 (HIV) YES at thymus and vagina

This is indeed shocking. She has no risk factors. I explained the benzene problem and its link to parasites in the thymus.

☒ Fasciolopsis (Parasite) YES at thymus only; NO at liver and intestine

Other parasites not tested.

☒ Benzene (Solvent) YES

Other solvents not tested. She is not using any items on my benzene list of polluted items. She is using peanut oil in cooking. She will stop and bring it in for testing. She will switch to olive oil.

Baby, Katy, age 10 months

She was tested by surrogate technique, using her mother in the circuit.

☒ **hCG (Pre-Cancer) YES throughout body**

☒ **Ortho-phospho-tyrosine (Cancer) YES throughout body**

☒ **Protein 24 (HIV) YES throughout body**

The shock of seeing this apparently healthy baby riddled with cancer and HIV disease was too tragic for me to communicate to the mother. I did not tell her.

☐ **Fasciolopsis adult (Parasite) NO**

☒ **Fasciolopsis eggs (Parasite) YES at liver, thymus, saliva**

We should be able to see these eggs in the baby's saliva and have taken a sample on a cotton bud for examination under the microscope.

☐ **Sheep liver fluke adults (Parasite) NO**

☒ **Sheep liver fluke eggs (Parasite) YES at saliva, thymus, liver**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☒ **Human liver fluke adults (Parasite) YES throughout her body**

☒ **Benzene (Solvent) YES one of the highest levels seen**

It seems likely the baby is getting the parasite stages from the mother's milk; we will get a sample of the milk and search under the microscope. The benzene must be coming through the milk too.

Summary: Since the mother will go on the parasite-killing program immediately and be off benzene sources, I suspect the baby will be cleared of her problems within a week. I emphasized the importance of follow-up in one week, since the source of benzene was not proved. But the mother felt this would not be possible for various reasons. This lack of concern shocked me and irritated me. To be sure the mother returns I broke the news to her that her baby had cancer. She was overwhelmed with sadness, immediately. I hope she comes back on time.

Seven days later

Baby Katy

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES at thymus**

Mother, Brenda

- ☐ **Protein 24 (HIV) NO**
- ☐ **hCG (Pre-Cancer) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☐ **Benzene (Solvent) NO**
- ☐ **Isopropyl Alcohol (Solvent) NO**
- ☒ **Wood Alcohol (Solvent) YES at pancreas and in breast milk**
- ☒ **Regular gasoline (Solvent) YES**
- ☐ **Solvents (Remainder) NO**

Father, George

- ☒ **Benzene (Solvent) YES**
- ☒ **Isopropyl Alcohol (Solvent) YES**

He has not observed any rules or restrictions. They will continue on parasite program and stay off benzene and propanol products.

Summary: The HIV is gone and cancer is almost gone for mother and baby. They will try to avoid commercial beverages and cold cereals for their family. The thymus is probably somewhat damaged and care must be taken to avoid toxic substances from getting into it.

Two weeks later

The baby has not been ill since last visit. She has been kept on a sulfa drug all this time, however. The mother seems afraid to take the baby off it.

Baby, Katy

- ☐ **Protein 24 (HIV) NO**
- ☐ **hCG (Pre-Cancer) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☐ **Benzene (Solvent) NO**
- ☐ **Isopropyl Alcohol (Solvent) NO**

Mother, Brenda

- ☐ **Protein 24 (HIV) NO**
- ☐ **hCG (Pre-Cancer) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis cercaria (Parasite) YES high at thymus**
This explains the burning over her chest, which she still experiences.

☒ **Benzene (Solvent) YES at thymus**
They are using some cooking oil for baking cakes; will switch to olive oil.

☐ **Isopropyl Alcohol (Solvent) NO**
Other solvents not tested. Brenda has been drinking unpasteurized milk; she will heat it to steaming now. The baby gets heated milk. The father was not tested at this time.

Summary: Both cancer and HIV are gone but are lurking in the wings. If the parents are not very vigilant over diet and body products they will recur. Fortunately, this story has a happy ending.

Three weeks later
Baby was ill 1 week ago and got Sulfatrim from a clinical doctor. She is on the medication now.

Baby, Katy

☒ **Benzene (Solvent) YES high**
Don't use Baby Magic™ on baby.

☒ **Isopropyl Alcohol (Solvent) YES high**
Baby is eating Cream of Wheat™, oats, cornmeal and mashed potatoes with gravy.

Mother, Brenda

☒ **Benzene (Solvent) YES**

☒ **Isopropyl Alcohol (Solvent) YES**
She is eating nothing that might have benzene in it. We will test their well water. She will stop using baby shampoo.

Ten days later
They have brought a sample of their well water.

Mother, Brenda

☒ **Benzene (Solvent) YES**

☒ **Benzene (Solvent) YES in drinking water!**
Finally, the riddle of the benzene source is solved. The father, who is present, is very concerned. He will search for pollution in his well, pump and cistern.

Baby, Katy

☐ **Solvents (ALL) NO**

☒ **Haemophilus infl, CMV, Mycoplasma, Staphylococcus aureus, B strep, EBV (Pathogens) YES**

End box 1. 6 were YES (**Positive**) out of 34. This is quite poor; suggestive of developing AIDS.

Three weeks later

Brenda says she feels better. They have switched to a different well for their drinking water.

☒ **Thulium (Toxic Element) YES**

Orange drink, probably from the added vitamin C; will stop.

☒ **Beryllium (Toxic Element) YES**

Gasoline.

☒ **Fiberglass (Toxic Element) YES**

Will search for a hole in the ceiling or wall, exposing insulation.

☐ **Toxic Elements (Remainder) NO**

I tested her other children for benzene, and one was YES (**Positive**) for it (he is still using toothpaste; will stop).

Final Summary: Hopefully, this discovery of polluted well water will stop the nightmare these parents have experienced since the birth of their last child.

10* Mel Davison — HIV

Mel is a healthy looking young man of 25. He came with a friend from a large city, five hours away. He brought with him a recent blood test, including his **HIV Positive** test results. He was referred by a cured cancer client.

BLOOD TEST	Result	Comment
1. Creatinine	slightly high (1.1)	kidney problem
2. Uric acid	very high (9.4)	kidney problem
3. Phosphate	high (4.3)	dissolving bone
4. Calcium	very low (8.5)	he is not drinking milk
5. Total protein	very high (9.0)	probable liver problem
6. Albumin	low (3.5)	probable liver problem
7. Globulin	high (5.5)	probable liver problem
8. GGT, SGOT, SGPT	high (55, 46, 58)	liver problem
9. LDH	high (208)	check for cancer
10. Cholesterol	very low (121)	check for cancer
11. WBC	very low (3.0)	bone marrow toxin?
12. RBC	low (4.35)	parasites
13.Platelet count	low (158)	bone marrow?
14. Poly/lymph	low (47/38)	chronic virus

15. Monocytes	slightly high (8.9)	virus
16. Eos	slightly high (3.6)	parasites
17. Baso	high (2.6)	check for cancer
18. Sed rate	high (56)	inflammation somewhere
19. HIV 1	POSITIVE	antibody test by ELISA Assay
20. HIV	POSITIVE	antibody test by Western Blot

These blood test results are definitely poor; his youthful healthy appearance belies these bad results. He will start to drink milk, 2%, 3 glasses a day and later cleanse his kidneys.

☒ **Protein 24 (HIV) YES at thymus and penis; NO elsewhere**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☒ **Fasciolopsis (Parasite) YES in half of thymus only and at intestine**

☒ **Sheep liver fluke (Parasite) YES at both sides of thymus and intestine**

☒ **Sheep liver fluke cercaria (Parasite) YES at penis only**

☐ **Pancreatic fluke (Parasite) NO**

☐ **Human liver fluke (Parasite) NO**

Note: His thymus gland is hosting both intestinal and sheep liver flukes. They tend to exclude each other in the liver. Why are they compatible in the thymus? He must have many solvents in his thymus.

☒ **Benzene (Solvent) YES at thymus, intestine, penis**

He will start on parasite-killing program immediately. He will avoid benzene products.

Same day, 3½ hours later

He took a large dose of parasite killer, instead of beginning at day one.

☐ **Protein 24 (HIV) NO**

Perhaps he killed the redia stages that carried the virus?

☒ **Cobalt, PCB (Toxic Elements) YES at thymus**

Off detergents.

☒ **Mercury, Iridium (Toxic Element) YES at thymus**

Tooth fillings.

☒ **Vanadium (Toxic Element) YES**

Gas leak.

☐ **Toxic Elements (Remainder) NO**
He is requested to get all metal out of his mouth immediately and get replacements as he is able to afford them. His only gas appliance is a stove; he will get a maintenance person to check it for leaks. After this he will do an air sampling for us to test for vanadium next time.

☒ **Acetone (Solvent) YES**

☒ **Benzene (Solvent) YES higher than before**
He brought his own water for drinking with him; he will switch to faucet water.

☒ **Methyl Butyl Ketone, Wood alcohol, Carbon tetrachloride (Solvents) YES**

☐ **Solvents (Remainder) NO**
Note: Although the parasite was killed quickly, and the HIV virus disappeared, the benzene level had not reduced. He will go off all commercial beverages and drink only milk (to which he is allergic), water (from faucet), homemade fruit and vegetable juice, single herb teas, homemade coffee substitutes. He will go off all cold cereal. This is a lot of change to put into effect rather quickly. But his friend is supportive and may help him get it accomplished.

Eighteen days later
At his last blood test he was evaluated as having AIDS with a T count of 78.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Solvents (ALL) NO**

☒ **Vanadium(Toxic Element) YES**
Nothing has been done about the stove.

☒ **Cobalt (Toxic Element) YES**
Has not gone off detergents.

☒ **Mercury and Iridium (Toxic Element) YES**
Dental work not done.

☒ **PCB (Toxic Element) YES**
Still using detergent.

☒ **CMV, EBV, Streptococcus pneumonia (Pathogens) YES**

☒ **Herpes 1 (Pathogen) YES everywhere in body**

☒ **Candida (Pathogen) YES**

Obviously AIDS; others not tested at this time.

Nine days later

Mel has been well. He has bought a vegetable juicer and enjoys his new lifestyle.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and penis**
Has the virus again.

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus**
But NO at white blood cells, indicating a minimal infection.

☒ **Fasciolopsis redia (Parasite) YES**

☒ **Sheep liver fluke adults (Parasite) YES at liver, NO at thymus**

☒ **Sheep liver fluke miracidia (Parasite) YES**
Other flukes not tested.

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

Mel has probably reinfected himself by eating undercooked meat, by saliva or sexual contact very recently. Due to past injury of the thymus by benzene, the parasite stages go immediately to the thymus, interfering with T cell formation. He will increase his parasite maintenance program to daily doses instead of twice a week. This will prevent 3 days' growth opportunity for the parasites. Note that it is the cercaria or redia of the intestinal fluke that brings with it the HIV virus, not the adult. He will do a 5-day high dose parasite program, also. He will avoid eating beef, chicken, or turkey for 3 months. Also note that cercaria were not showing up in the white blood cells: if I had not also tested the thymus I would have missed them.

Ten days later

☐ **Protein 24 (HIV) NO**
Got rid of virus again.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES throughout his body**
A precancerous situation exists; it is always caused by Isopropyl alcohol.

☒ **Isopropyl Alcohol (Solvent) YES at thymus, one part of the liver**
He has used regular commercial shampoo recently.

☒ **TCEthylene, TCE, MEKetone (Solvents) YES**
Flavored foods.

☒ **Styrene (Solvent) YES**
Off styrofoam cups.

☒ **Kerosene (Solvent) YES**
More careful with gasoline.

☒ **Butyl Nitrite (Solvent) YES high at thymus**
Commonly called "rush". Will go off. Will bring in all other body products for testing.

☐ **t-Butyl Nitrite (Solvent) NO**

☒ **2 Methyl propanol (Solvent) YES**

☒ **Grain Alcohol (Solvent) YES**
Possibly from Black Walnut tincture. Use no alcoholic beverage. Put tincture in warm beverage.

☐ **Solvents (Remainder) NO**
Note: Mel has picked up a number of solvents, including propanol which is giving him the precancerous condition indicated by hCG. However these solvents, while giving him AIDS, do not bring him the HIV virus. He will need to be much more disciplined to regain his immunity. He will take charcoal capsules (3 a day) and Silymarin caps (4 a day) until his next appointment. [I have since found Silymarin to be polluted and have switched to Milk Thistle, see *Sources*.]

Seven weeks later
I fear the worst after this long absence without reinforcement and support of office visits.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**
He has done an excellent job of changing his lifestyle and is ready for a clinical test for HIV antigen. Hopefully he will do it today, before he can reinfect himself.

☒ **Balantidium troph, Babesia canis, Eimeria tenella, Fischoedrius elongatus (Parasites) YES**

End of box 1.

☒ **Taenia solium scolex (Parasite) YES**

This is a tapeworm, he will start on Rascal for 2 bottles.

☒ **Gaffkya tetragena, Klebsiella pneumoniae, Proteus vulgaris, Veillonella dispar, Staph aureus, Troglodytella, Salmonella para, Strep mitis, Sphaerotilus natans, Pseudomonas aer (Pathogens) YES**

Ten positives out of forty tested. This is a good result.

Six weeks later

Although Mel's clinical test was done the same day, the results have just arrived in the mail. They are NEGATIVE for HIV. We will send him a copy.

Summary: Mel has learned the secret of HIV/AIDS illness. He is capable of steering a wise path. We wish him well.

11 Anne Burgad HIV

Anne is a 44 year old woman with shoulder pain, elbow pain, and arm pain, probably due to gallstones in her liver. She has frequent headaches. She also has lower back pain and numbness in her right hand and 2 middle fingers. Her hands seem weak. This had started about 6 years ago with a big attack of arm pain and numbness. Her foot and big toes are very painful. Her feet get numb when sitting. Sometimes she can't get her breath. I discussed cleansing her kidneys and liver.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Kidney Stones (ALL) NO**

Very unusual to find a person with no kidney stones, especially when they have lower back pain and foot pain. Most strange! We will start on kidney herb recipe, in spite of no stones being present, in hopes of curing the low back pain.

Three weeks later

☒ **Gallium and Mercury (Toxic Element) YES**

☐ **Toxic Elements (Remainder) NO**

She is to get all metal fillings replaced with plastic.

BLOOD TEST	Result	Comment
1. Seg/lymphs	49/41	virus
2. T4	slightly low	

3. Phosphate	slightly high	dissolving bone. Drink 3 glasses of goat milk daily. Take magnesium (300 mg) 1/day.
4. SGOT, SGPT	very low	Take B_6 (500 mg) 1/day till problem is solved. Later take B_6 (250 mg) 1/day.
5. Cholesterol	very low	liver problem, cancer risk. Eat butter, no margarine.
6. Total protein	slightly low 6.6	liver problem

One month later

She has all metal fillings out. She is experiencing worse chest "tightness."

☐ **Mercury (Toxic Element) NO**

☒ **Babesia (Parasite) YES**

☒ **Echinococcus granulosus eggs (Parasite) YES**

☒ **Sheep liver fluke (Parasite) YES**

End box 1. Start on parasite-killing program.

One month later

She is coughing more, is more tired, and finds it difficult to breathe. (I will check for HIV.) She has been breaking out in *Herpes*.

☒ **Benzene (Solvent) YES**

She is using Camphophenique™. Will go off.

☐ **Solvents (Remainder) NO**

☒ **Sheep liver fluke (Parasite) YES at thymus; NO at liver, intestine, etc.**

☐ **Echinococcus granulosus, Babesia (Parasites) NO**

☒ **Protein 24 (HIV) YES**

She will go off the benzene list and continue on parasite program.

One week later

She is much improved with shoulder pain and headaches reduced.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

She still has pain over her sternum.

☒ **Iodamoeba, Leishmania don, Loa loa (Parasites) YES**

End of box 2. Continue parasite program. Loa loa often causes pain over heart region.

☐ **Solvents (ALL) NO**

One week later

The sore spot on her mid chest is finally gone.

☐ **Iodamoeba, Leishmania don, Loa loa (Parasites) NO**

She will prepare to clean her liver by taking 07 and peroxy (17½%) with meals.

Six weeks later

She has done 2 liver cleanses and got hundreds of stones out. Some chest tightness persists. Finger joint pain persists.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke (Parasite) YES**

Note: Sheep liver fluke returned, probably due to handling raw pork in a restaurant.

Two months later

Neck pain and back pain are present. There is obviously still a large source of bacteria, in spite of dental repair, liver and kidney cleansing. I will search for tapeworm heads.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **Moniezia scolex (Parasite) YES at pancreas; NO in white blood cells**

☒ **Moniezia eggs (Parasite) YES at liver, thymus, intestine, spleen, pancreas**

☒ **Pinworm eggs, Schistosoma jap (Parasites) YES**

Do 3 day extremely high dose of parasite program, including Rascal

.

Summary: Anne had a bout of HIV apparently due to sheep liver fluke invasion of the thymus. There was benzene in the thymus. She

cleared this up quickly but remained in poor health. Bacteria seemed endless. But killing the tapeworm head may put an end to her various pains. The presence of tapeworm eggs all over her body implies that the tapeworm heads had "hatched" and let out their unfertilized eggs. I believe benzene causes such hatching of stages that have been in capsules.

Two weeks later

She still has the tapeworm.

One week later

She still has pieces of the tapeworm.

One week later

Tapeworms are all NO. She complains of hoarseness and shoulder pain.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

She will repeat liver cleanses. She already has over 1,000 stones washed out.

Summary: Anne's health is typical of tapeworm sufferers. She will have some very good days and think her bad health is in the past. Then she will be sick again. She has accomplished a lot for herself already. It is heartening to see her determination to get well. She will use our Cold Prevention Program: CFH capsules (thyme plus fenugreek) one a day by summer, two a day by winter, zinc tablets from Bronson Labs, one a day by winter, Oscillococcinum in case of influenza. Her chest tightness disappeared. She plans to continue cleaning her liver to completion; a taste of good health, even intermittent, keeps her focused on completion.

12 Phylis Zink — HIV and Cancer

Phyllis is a 46 year old woman who drove by herself 150 miles for reasons of her history of breast cancer. It was discovered by mammogram. She had a mastectomy and they took out 3 lymph nodes two years ago and has been followed since then by annual mammograms. She has a heart murmur, occasional pain in knees and wrists, and a long history of period-related problems. They have a water softener and use reverse osmosis (R.O.) water for drinking.

☒ **Ortho-phospho-tyrosine (Cancer) YES**

☒ **Protein 24 (HIV) YES**

Since these results seemed impossible to her and I was afraid she might leave, do nothing about her status, and never return, I suggested she get a clinical test (P24 antigen test) for HIV.

Six weeks later

She waited 2 weeks before doing the test and it came back NO (**Negative**) for the HIV virus. This was most unfortunate since she waited another month before returning.

☒ **Ortho-phospho-tyrosine (Cancer) YES at liver and breast**
The cancer has spread to the liver.

☒ **hCG (Pre-Cancer) YES at liver, breast and blood**

☒ **Protein 24 (HIV) YES at thymus only**
Perhaps the clinical test didn't find the virus because the lab examines blood serum, not the white blood cells or their contents. A case must be further advanced for the virus to be so prevalent that the virus is in the blood serum.

☒ **Fasciolopsis (Parasite) YES at intestine, liver, thymus**
Adults in the liver are giving her cancer; adults in the thymus are giving her HIV. However, she has no sensations over the breastbone nor chest tightness.

☒ **Fasciolopsis redia (Parasite) YES at liver and thymus**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☒ **Human liver fluke (Parasite) YES high at liver, thymus, bladder, kidney, breast**

☒ **Human liver fluke metacercaria (Parasite) YES high at liver, thymus, kidney, bladder, saliva**
Notice: she could transmit these very tiny infective stages by kissing! She will start on parasite-killing program.

☒ **Benzene (Solvent) YES at liver, thymus, breast, etc.**
Brushes teeth twice a day with Colgate™, Crest™, and Tom's™ toothpastes–eats cold cereal daily–go off the entire benzene polluted list.

☒ **Isopropyl Alcohol (Solvent) YES at liver, thymus, breast, etc.**
Remainder not tested. She will check her cosmetics for propanol and make her own hair spray. She will switch shampoo to borax.

Seven days later

She is having some loose bowels, probably due to parasite-killing herbs.

☐ **Protein 24 (HIV) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Regular leaded gasoline, Petroleum ether (Solvent) YES**

Put gas in her car yesterday. She will be much more careful.

☒ **Methyl Ethyl Ketone (Solvent) YES**

Instead of stopping cold cereal, switched to a health brand, will stop.

☒ **Titanium, Thallium, Germanium (Toxic Elements) YES**

Tooth fillings.

☐ **Toxic Elements (Remainder) NO**

See dentist immediately to remove all metals; save grindings for me to add to my thallium collection.

Summary: Phyllis cleared up her HIV and cancer in 7 days. But will she complete her program of getting well again? Thallium is to the body what termites are to a wood frame house—just a question of time before health collapses.

13 Ray Broyles — Cancer and HIV

We first saw Ray two years ago. He was age 40 at that time and had just had an unusual experience. He had always been healthy and energetic. Then for no reason he passed out. He began vomiting, felt extremely weak and had other strange symptoms. His regular doctor prescribed a tranquilizer, Oxazepam™, after ruling out numerous possibilities. However, these attacks recurred, and he lost about 10 pounds in a few months. I did not suspect nor test for cancer. I found the parasite, Trichuris, and heavy metals from tooth fillings as well as tungsten from his electric hot water heater. He was put on a parasite program. He became well but did not clear up the metal problems. He did not stay on a maintenance program for killing parasites. We did not see him till recently. He had no further episodes of passing out but was unable to recover from a recent flu.

This time the parasite test revealed *Fasciolopsis* in the liver. He was put back on the parasite-killing recipe. The cancer test, ortho-phospho-tyrosine, was **Positive**, and tungsten was showing its presence in all his body tissues. He soon got rid of his cancer and by changing his water sources and doing dental work he got rid of the tungsten prob-

lem. (He stopped all use of electrical frying pans and toasters.) He felt fine, his former self, and was released with food and body product restrictions.

We saw him again a half year later for frequent burping and difficulty swallowing. There was some similarity to his original attacks. There was pain over his chest and heart area, but I did not suspect HIV at that time. The parasite test showed heartworm and dog tapeworm eggs. The cancer test was Negative.

He was put on a high dose parasite-killing program and dental repair was recommended. This cleared up his health problems, again, temporarily. He was not given food or product restrictions. A half year later he became ill again with prolonged flu and pressure on his chest.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☐ **Fasciolopsis and all stages (Parasite) NO**

I did not search his tissues, only the white blood cells. Could I have missed a few?

☒ **Sheep liver fluke redia (Parasite) YES at thymus, penis**

☒ **Sheep liver fluke metacercaria (Parasite) YES at pancreas only**

☒ **Pancreatic fluke (Parasite) YES at thymus, pancreas**

☐ **Human liver fluke (Parasite) NO**

☒ **Benzene (Solvent) YES at thymus**

Uses Nivea™ brand cream after shaving—will go off entire list of benzene containing products.

☒ **Wood Alcohol (Solvent) YES high at thymus and pancreas**

Others not tested at this time. He was to switch off commercial beverages and will take Milk Thistle capsules temporarily, to assist the liver. And he will return to a high dose parasite-killing program followed by a maintenance program. He must avoid eating meats in restaurants.

Three days later

☐ **Protein 24 (HIV) NO**

Virus is gone but he is still very ill.

☒ **Benzene (Solvent) YES**

Has not stopped eating cold cereals.

Ten days later

His pains are gone. His digestion continues to be a problem. I suspect tapeworm heads have been released in his liver by the solvents; they are shedding eggs. He feels well enough to return to work. He will add Rascal to his daily routine for 2 weeks to kill tapeworms.

☒ **Decane, Methyl Butyl Ketone (Solvent) YES**

Hasn't stopped eating processed foods.

☒ **Toluene (Solvent) YES**

Summary: Ray's patience has paid off, in spite of imperfect compliance. If he had accepted the tranquilizer a few years ago, without pursuing the true cause of his illness, namely parasites and solvents, he would be a permanent invalid today.

14 Sybil McAsh — HIV

This 22 year old woman says her main problem is upper and lower back pain. Due to this pain, she finds it difficult to milk or do her upholstery. Four years ago she had mononucleosis, and she has never really gotten well from it. She also complained of the following: 1) her ears feel shut at times and wet; 2) her hands are sometimes numb; 3) she is gassy; 4) her legs hurt frequently; 5) her knees burn after walking; 6) the arches on her feet hurt; 7) she experiences cramping and clotting as well as headaches and a short temper when she menstruates. Except for a few "weird" symptoms, this seemed like a simple case of kidney stones and liver stones. It was quite surprising, then, to see that:

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus; NO at vagina**

She has no pain over her sternum, but she has chest tightness when she breathes. She has the HIV virus, although there are NO risk factors for her. I deliberated for some time before breaking the news to her. I explained the logic of it but perhaps she was too upset to comprehend it.

☒ **Fasciolopsis (Parasite) YES at intestine and part of thymus**

☒ **Fasciolopsis redia (Parasite) YES at the same part of thymus as above**

Others not tested.

☒ **Xylene, Styrene (Solvents) YES**

☒ **Benzene (Solvent) YES at both parts of thymus**

☐ **Solvents (Remainder) NO**

She will start on parasite program. She will go off the list of items polluted with benzene. She will go off commercial beverages and drink milk, water, single herb teas, fresh squeezed fruit juices and homemade tomato juice without salt added. She will stop using styrofoam cups. We will deal with kidney stones later.

Two weeks later

She states that she suffers from bloating each time she eats or drinks. We will plan to clean her liver. She also gets severe headaches.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Protein 24 (HIV) NO**

She is very pleased, as I am, to have vanquished this virus. However, regaining the health of her thymus is still a challenge.

☐ **Benzene (Solvent) NO**

☒ **Decane, TCE (Solvent) YES**

She will be more careful in food selection, avoiding cookies and cakes from the store. She will start on the kidney herb recipe to improve her back and leg pains.

Summary: Sybil got rid of her benzene toxicity and also the HIV virus. She is on day 12 of the parasite program. Her metal tooth fillings, as well as her husband's, appear corroded and tarnished on the top surface. She is to remove all metal from her mouth to improve thymus function so she can regain her normal immunity.

15 Tina VanWinkle HIV

This is a young couple belonging to a religious group where the common risky behaviors are unthinkable. Tina has been well until recently. This winter she has already had 2 courses of antibiotics and can't get rid of her cough. She feels pain in the chest when she lifts an object. She also had "walking pneumonia" this winter. She is chronically congested in her head as well, all of which is unusual for her. When she placed her hand over her sternum to illustrate this pain, I suspected HIV/thymus disease. They have several young children.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus, vagina and uterus**

☒ **Fasciolopsis (Parasite) YES at thymus; NO at liver**
No other parasites or stages were tested in order to save office time for her husband.

☒ **Benzene (Solvent) YES high everywhere**
She has high levels of benzene throughout her body. She is eating various brands of cold cereal daily. She will stop immediately. She will avoid other items on the benzene list, although she had not been using most of them.

Husband, Alfred
He has no obvious health problems and complains about nothing. He smokes (a little).

☒ **Benzene (Solvent) YES at the liver; NO at thymus**
This is quite unusual. Benzene nearly always accumulates at the thymus.

☒ **Isopropyl Alcohol (Solvent) YES at liver**
He uses no body products, other than shampoo. His main source of propanol must be cold cereal.

☐ **Protein 24 (HIV) NO**

☒ **Ortho-phospho-tyrosine (Cancer) YES at liver and lung**
Note: He has cancer developing at the liver! They both (as well as their children) will stop eating cold cereal. They will start parasite-killing program. They will avoid the benzene list.

Thirteen days later
Tina no longer has chest tightness, but her cough has gotten croupy and worse.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Protein 24 (HIV) NO**
We are all very pleased.

☒ **Hexane dione (Solvent) YES**
Stay off commercial beverages.

☒ **Methyl Ethyl Ketone, TCE (Solvents) YES**

☐ **Solvents (Remainder) NO**
Note that her benzene problem is gone.

Alfred

Her husband, Alfred, seemed put out and put upon with all the restrictions I placed on him. However, he did accomplish his purpose.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Carbon Tetrachloride (Solvent) YES**

Stay off cold cereal and commercial beverages. Others not tested.

Summary: This young couple averted disaster, narrowly, as each filled up on solvents by eating cold cereals and drinking commercial beverages. Hopefully, they will be able to teach their children how to avoid both cancer and HIV by avoiding polluted food and products.

16* Lenzy Perez **HIV**

Lenzy is a young man, age 28, who has come to correct his HIV **Positive** status. We assured him that in 6 weeks he would get an HIV-NEGATIVE test result if he followed instructions meticulously. He seems incredulous but willing to try. He brought the test results under a code number. The test was done and confirmed at Anonymous AIDS Antibody testing lab. He has a chronic sore throat and some anxiety but otherwise is not ill.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES at thymus and penis**

☒ **Kerosene, Methylene chloride (Solvents) YES**

He will go off cold cereals and all commercial beverages. He will be vegetarian for 3 months. He will be off the benzene-pollution list I gave him.

☒ **Fasciolopsis (Parasite) YES at thymus only; NO at liver and intestine**

☒ **Fasciolopsis unincubated eggs (Parasite) YES at thymus, penis, spleen, semen**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus, penis, spleen**

☒ **Pancreatic fluke (Parasite) YES at thymus**

☐ **Human liver fluke and all stages (Parasite) NO**

He will start the parasite-killing program. He was concerned that his friend was using marijuana and it might be polluted. I tested it for benzene. It was YES (**Positive**). He will alert his friend immediately.

Seven days later

His sore throat is gone. He feels better. He still has a complexion problem on forehead.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**
He is now HIV-free.

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☐ **Human liver fluke and all stages (Parasite) NO**
He is very happy but incredulous also.

☒ **Bismuth (Toxic Element) YES at thymus**
Off colognes and all fragrant products.

☒ **Palladium (Toxic Element) YES**
Tooth metal.

☒ **Mercury (Toxic Element) YES high at thymus and numerous other tissues**

☒ **Gallium (Toxic Element) YES at thymus**
Tooth metal.

☒ **Lead (Toxic Element) YES at thymus**
We will test water.

☒ **Lutetium, Zirconium (Toxic Element) YES at thymus**
He will go off commercial deodorant and other body products. He will continue on parasite program. He needs to have all metal removed from his mouth.

Seven days later

His clinical doctor repeated the HIV antibody test. It was POSITIVE again, as you would expect an antibody test to be.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**
He is on day 14 of the parasite program.

☒ **Benzene (Solvent) YES at the edge of thymus**

☐ **Solvents (Remainder) NO**

He will be more diligent about avoiding the benzene list and will bring personal products for testing.

☒ **Bismuth (Toxic Element) YES**

He has brought several fragrance varieties for testing, but I prefer he not use any commercial variety.

☒ **Warts, Candida, CMV, Treponema, Capsules of bacteria (Pathogens) YES**

☐ **Pathogens (Remainder) NO**

End of box 1 and 2. Note: He picked up a small amount of benzene but has not developed numerous infections; only 5 pathogens, total, out of 67 tested! This is as good or better than average for a non-HIV infected person.

Seven days later

He is feeling much better than he did at first. His dental appointment is scheduled.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Denatured alcohol, Petroleum ether (Solvents) YES**

He will be more careful when putting gas in his car. He is now on a parasite maintenance program. His complexion is clear. He looks well.

☒ **Lead (Toxic Element) YES**

☐ **Lead (Toxic Element) NO in his drinking water**

☐ **Bismuth (Toxic Element) NO**

Uses the cologne tested to be bismuth-free.

☐ **Zirconium (Toxic Element) NO**

☒ **Proteus mir:, B strep, Histoplasma, Salmonella ent, Lepto ent, Haem inf, Bacillus anth (Pathogens) YES at thymus**

☐ **Pathogens (Remainder) NO**

End box 1 and 2. This is a very good record for an average person but not as good as his previous record. Four of these are tooth bacteria. He will do dental work soon.

☒ **Uric Acid, Cysteine and Cystine, all 3 phosphates (Kidney Stones) YES**

He has an unusually large number of kidney stones. He has not been drinking milk for over a year; he has read it causes mucous

and could make his sore throat worse. I reassured him his throat would clear up after dental work. He also needs to reduce phosphate in diet (meat, bread, cereal, sodas) and eat more fruits and vegetables. He plans to buy a vegetable juicer. He will start to drink milk if he digests it OK. He may wait until his stomach parasites are killed so he can digest it better. He will start on kidney herb recipe to dissolve these deposits and also take magnesium oxide, 300 mg, per day. He is ready for HIV antigen test. We will send requisitions.

One week later

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

He will do an HIV antigen test. We did not send requisitions earlier.

One week later

He looks good and feels very well.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Mycoplasma, Histopl cap, A strep, Proteus (Pathogens) YES**

This is the average number of infections for a well person. He has not completed his dental work yet.

One week later

His clinical HIV antigen test results are back. It states he is NEGATIVE. He is very pleased. He recently had a regular blood test by his clinical doctor; it showed a T cell count of 787.

☒ **Chlamydia tr, Coxsackie B4, Bacillus anth, Pneumocystis carn, Spirillum rub, Trepon pall (Pathogens) YES**

He has 6 YES tests out of about 70; this is better than the average healthy person. He has completed his dental work.

Summary: Lenzy says he is enjoying his new lifestyle. He would like someone to talk to about all of this, though, and I hope he finds a few other cured cases with whom to share his joy and anxiety over recurrence. He is planning an expansion of his massage clinic and plans to bring in products to be tested for benzene so that he isn't selling this "death-trap" to anybody. He is a uniquely moral person.

17 Dan Holt — HIV and Anemia

This is a 40 year old man with anemia. For the last 1-2 years he has had a chronic cold-flu syndrome. He is over stressed. He is in engineering. He has pain in the pancreas area and over the heart. He experiences "hot flushes." He has dry skin and lower back pain. He drinks a lot of decaffeinated beverages. He has additional bizarre symptoms.

☒ **Asbestos (Toxic Element) YES**
Will test clothes and hair dryers.

☒ **Silver (Toxic Element) YES**
Tooth fillings.

☒ **Gold (Toxic Element) YES**
In his glasses and tooth fillings.

☒ **Thulium (Toxic Element) YES**
In his vitamins.

☒ **Palladium (Toxic Element) YES**
Tooth fillings and glasses.

☒ **Zirconium (Toxic Element) YES**
Deodorant and toothpaste.

☐ **Toxic Elements (Remainder) NO**
Remainder were NO. He will start on kidney herb recipe and get plastic rimmed glasses and arrange to get metal tooth fillings replaced by plastic.

BLOOD TEST	Result	Comment
1. RBC	low	anemia, parasites
2. Creatinine	slightly high	kidney
3. Uric acid	slightly high	kidney
4. Calcium	low	He will drink 2% milk, 3 glasses/day and take magnesium oxide, 1 a day (300 mg, from Bronson Labs).
5. SGOT, SGPT	low	Take B_6 (500 mg) one/day.
6. Cholesterol	very low	cancer risk

Three weeks later

☒ **Cysteine, Cystine (Kidney Stones) YES**
He has been on kidney herbs for 4 weeks. Continue up to 6-8 weeks.

☒ **Echinococcus granulosus cysts adult (Parasite) YES**

☐ **Echinococcus granulosus eggs (Parasite) NO**

☒ **Chilomastix (Parasite) YES**

☐ **Parasites (Remainder) NO**
Will start on parasite program

One month later

☐ **Cysteine, Cystine (Kidney Stones) NO**

☐ **Chilomastix, Echinococcus all stages (Parasites) NO**

☐ **Asbestos, Zirconium, Silver, Gold, Thulium (Toxic Elements) NO**
Start on thioctic acid (100 mg), 1 per day.

☐ **Solvents (ALL) NO**
He says he feels very well. All his symptoms are resolved. Client released. He will stay on vitamin E (400 mg), B_6 (250 mg), vitamin C (1000 mg) magnesium (300 mg), thioctic (100 mg) daily.

One month and 2 weeks later
He now has thrush, which his wife has also. He has had it for 6-8 weeks and is on a prescription drug for it.

☒ **Protein 24 (HIV) YES at thymus**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis adults and redia (Parasite) NO**

☒ **Fasciolopsis eggs (Parasite) YES at thymus, liver, and penis**

☒ **Benzene (Solvent) YES high**
He uses Tom's™ toothpaste and rubber cement; he will stop. He will repeat parasite-killing program at higher dose. He will avoid rare beef.

Two months later
Thrush has returned. He was feeling very well until recently. He has not eaten beef for 22 years or any meat except chicken, turkey and tuna fish. He will go off all but fish and seafood.

☒ **Protein 24 (HIV) YES at thymus**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus only**

☐ **Fasciolopsis adult and remaining stages (Parasite) NO**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☒ **Methylene chloride (Solvent) YES at thymus**

Drinks Celestial Seasonings™ tea.

☐ **Solvents (Remainder) NO**
We will test his beverages. He will start on a 5 day high dose parasite program again.

Two weeks later
He still has thrush and general fatigue. He has done the 5 day high dose parasite program and is still on a maintenance program.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, penis; NO elsewhere**

☐ **Fasciolopsis adult and remaining stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Candida (Pathogen) YES**

☒ **Hexane (Solvent) YES**
Still drinking Celestial Seasonings™ tea.

☒ **Toluene (Solvent) YES**

☐ **Solvents (Remainder) NO**
Go off commercial beverages.

One day later
He still has Candida (yeast infection).

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Fasciolopsis (Parasite) YES at thymus**

☒ **Fasciolopsis redia and miracidia (Parasite) YES**

☒ **Sheep liver fluke cercaria, redia, and miracidia (Parasite) YES**
He was eating turkey, frozen and cooked. He will stop.

☒ **Pancreatic fluke (Parasite) YES**

☒ **Candida (Pathogen) YES**

Five days later

☒ **Benzene, Xylene, Grain Alcohol (Solvents) YES**

☐ **Solvents (Remainder) NO**
He will go off benzene list more carefully.

Five days later
He is still fatigued.

☒ **Protein 24 (HIV) YES**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis (Parasite) YES**
Others not tested.

Five days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☐ **Solvents (ALL) NO**

☐ **Candida (Pathogen) NO**
Perhaps he has finally conquered this problem by staying off all meats and commercial beverages.

One month later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Petroleum ether (Solvent) YES**
Car problem.

☒ **Methyl butyl ketone (Solvent) YES**

☐ **Solvents (Remainder) NO**
He is still using Celestial Seasonings™ teas.

Summary: Mr. Holt was one of my early clients with HIV illness; I did not suspect it nor test for it until he got thrush (Candida in his throat). It was quite difficult for him to eradicate it because his benzene sources were obscure. But he was diligent and finally was successful.

18 Linda Holt HIV

This 37 year old woman is the wife of Dan Holt and had a lot of symptoms. Her eyes are itchy and runny. She suffers from sinus infec-

tions and ringing in the ear. Her throat is sore due to asthma and asthma drugs and she has a yeast infection in her throat. Her neck is stiff and the muscles are sore Her shoulders are tense. She suffers from chest congestion, asthma, and had pneumonia two years ago. Her heart area feels constricted. Her stomach is bloated and aching. She has constant lower back pain. Her feet are achy at the end of the day. Her sleep is affected by her breathing and worries. Her energy level is up and down and affected by her asthma. She has frequent headaches. She often has urinary tract infections. She has had depression off and on for the past 20 years. She has a weight problem. She is on Vanceril™, Ventolin™, Seldane™, Humibid LA™, Intal™, Medrol™ (4 mg), Beconase™, Anacin™, and Acetominophen™. She is allergic to cats, dogs, fish, some foods, horses, dust, mold, and grass. (I suspect Sheep liver fluke and *Ascaris*.)

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Benzene (Solvent) YES high**
She will start parasite program and go off items on the benzene-pollution list.

Two months later
She has swelling across her abdomen.

☐ **Protein 24 (HIV) NO**

☒ **Ortho-phospho-tyrosine (Cancer) YES cervix; NO elsewhere**

☒ **Fasciolopsis (Parasite) YES at liver; NO elsewhere**

☒ **Fasciolopsis eggs (Parasite) YES at blood and cervix**

☐ **Fasciolopsis remaining stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**
Original guess was wrong.

☒ **Wood Alcohol (Solvent) YES at cervix**
Drinks root beer.

☒ **Isopropyl Alcohol (Solvent) YES at cervix; NO at liver**

☐ **Solvents (Remainder) NO**
Go back on parasite program. Avoid propanol-containing products.

Two months later

- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☒ **Protein 24 (HIV) YES**
- ☒ **Fasciolopsis (Parasite) YES at thymus**
- ☒ **Fasciolopsis eggs and redia (Parasite) YES**
- ☒ **Sheep liver fluke adult, cercaria, miracidia (Parasite) YES**
- ☐ **Pancreatic fluke adult (Parasite) NO**
- ☒ **Pancreatic fluke stages (Parasite) YES**
- ☒ **Wood alcohol, Regular gasoline, Benzene, Grain alcohol, Toluene (Solvents) YES**
- ☐ **Solvents (Remainder) NO**

  She will go on high dose parasite program, then on maintenance program. She will be off benzene list and commercial beverages.

Five days later

- ☐ **Protein 24 (HIV) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☐ **Parasites (ALL) NO**
- ☒ **TCEthylene (Solvent) YES**

  Off Celestial Seasonings™ tea.
- ☐ **Solvents (Remainder) NO**

One month and 3 weeks later

- ☐ **Protein 24 (HIV) NO**
- ☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**
- ☒ ***Ascaris* (Parasite) YES**

  Cause of asthma.
- ☒ ***Ascaris* mega (Parasite) YES**
- ☐ **Fasciolopsis and all stages (Parasite) NO**
- ☒ **Sheep liver fluke miracidia (Parasite) YES at liver**
- ☐ **Pancreatic fluke (Parasite) NO**
- ☐ **Human liver fluke (Parasite) NO**
- ☒ **Methylene chloride, Pentane, Methyl ethyl ketone (Solvents) YES**

She will definitely go off commercial beverages, definitely.

BLOOD TEST	Result	Comment
1. FBS	slightly high	cleanse liver
2. Phosphate	high	dissolving bone. She will drink 3 glasses of 2% milk daily and take 1 magnesium (300 mg) daily.
3. LDH	high	liver? heart? cancer?
4. RBC	slightly high	check cobalt toxicity
5. Eos	very high (8%)	parasites

One month later

She is congested. She has been on parasite maintenance program, 2 times a week.

☐ **Protein 24 (HIV) NO**

☒ **Styrene (Solvent) YES**
Stop using styrofoam products.

☒ **Petroleum ether (Solvent) YES**
Stop pumping gas.

☒ **Decane (Solvent) YES**
Off cold cereal.

☐ **Solvents (Remainder) NO**

☒ **Beryllium (Toxic Element) YES high**

☒ **Benzalkonium (Solvent) YES**
Wash plastic cups before using. She does not use toothpaste.

☒ **Chromate (Toxic Element) YES**
No source found.

☒ **Mercury high, Cerium, Tellurium high (Toxic Element) YES**
Tooth fillings.

☒ **Barium (Toxic Element) YES high**
Lipstick.

☒ **Vanadium (Toxic Element) YES high**
Search for gas leak in house.

☒ **Lutetium (Toxic Element) YES**
Ventilate painted room.

☒ **Formaldehyde (Toxic Element) YES**
Foam mattresses. Throw them out.

☐ **Toxic Elements (Remainder) NO**

Needs to remove metal from mouth, fix a gas leak in the home, get away from gasoline and paint fumes and throw away foam mattresses. Notice how many of these would worsen her asthma.

Summary: Ms. Holt and her husband were undoubtedly infecting each other with the flukes and had to both be free of them before either could stay well. Hopefully, Ms. Holt will work at her health until she can be off some of her drugs and actually begin to feel better. In a family setting one is faced with other person's parasites and pollution in addition to your own. She has done an excellent job.

19 Claudia Holt — HIV

This is the 13 year old daughter of Linda and Dan Holt. The parents are concerned about the HIV virus for their children. Claudia has no health problems.

☐ **Protein 24 (HIV) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at one part of thymus and vagina only**

☐ **Fasciolopsis remaining stages (Parasite) NO**

☒ **Benzene (Solvent) YES**

She will start parasite program and go off the items on the benzene-pollution list.

One week later

☒ **Benzene (Solvent) YES higher than before**

☒ **Benzene (Solvent) YES high in Future™ floor polish, NuFinish™ (once a year car polish)**

They were keeping these items in a closet; will put them in the garage and never again use polish with bare hands.

☐ **Fasciolopsis and all stages (Parasite) NO**

Two months later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Hexane dione (Solvent) YES**

Drinks ginger ale, switch beverages. Note: benzene is gone.

One month later

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Fasciolopsis eggs and cercaria (Parasite) YES**

☒ **Sheep liver fluke adult and miracidia (Parasite) YES**

☒ **Pancreatic fluke (Parasite) YES**
She will go off meat and start parasite program again.

☒ **Isopropyl Alcohol (Solvent) YES**
Cosmetics.

☒ **Benzene, Ether, Toluene (Solvents) YES**

☐ **Solvents (Remainder) NO**
She will stay off commercial beverages.

Five days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Pancreatic fluke and stages (Parasite) YES**

☐ **Sheep liver fluke and stages (Parasite) NO**

☒ **PCB (Toxic Element) YES high**
Go off all detergents.

One month and one week later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Wood Alcohol (Solvent) YES at pancreas**

☒ **PCB (Toxic Element) YES**

☐ **Toxic Elements (Remainder) NO**

Summary: Notice how Claudia can easily kill her parasites but promptly picks them up again. I suspect fast food meats to be her main source of infection. She may be typical of the general population, picking up benzene on a daily basis but eliminating it shortly. Only after a time of several years will the thymus be so damaged and liver detoxification mechanisms be so weakened that benzene begins to pile up and set the stage for AIDS.

20 Sidney Holt — HIV

Sidney was away at college and was not seen until after the rest of the family. He has severe allergies for which he takes several medica-

tions. He is trying to hold a job besides going to school. He has stiffness of joints, shoulder pain, lower and upper back pain, knee pain, and a few others. He wears a splint to keep from grinding his teeth.

☒ **Cysteine (Kidney Stone) YES**

☐ **Kidney Stones (Remainder) NO**

He will begin with our kidney herb recipe to remove his sulfur crystals and get relief from stiffness and lower back pain.

Two weeks later

He has not gotten any pain relief. In fact, his fatigue has worsened.

☒ **Protein 24 (HIV) YES at thymus, penis and brain**

We did not discover this at first visit because of focusing on regular problems and not suspecting HIV!

☒ **Benzene (Solvent) YES**

Uses Vaseline Lip Therapy™—will go off.

☒ **Fasciolopsis (Parasite) YES at thymus and intestine**

☒ **Fasciolopsis redia (Parasite) YES at thymus and blood**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and brain**

Others not tested. He will start on parasite-killing program. He will avoid benzene-polluted products.

Two months later

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

He has done well. He has his old energy back and can concentrate on studies.

Three months later

He has felt better than in a long time. He is not even getting colds or flu, like others around him. He will stay on parasite maintenance program.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Methyl butyl ketone (Solvent) YES**

☐ **Solvents (Remainder) NO**

He will switch to milk and water and fresh squeezed juices, no commercial beverages.

Summary: Sidney has done an exemplary job of changing his lifestyle. He appreciated knowing the cause of his problems, which were much too numerous for his age. He was also very thankful to have an understanding of this disease in order to escape it in the future.

21 Ralph Smith — Multiple Cancer and HIV

Ralph, age 43, came to our office because of his sarcoidosis which was diagnosed six years ago, although he had it earlier than that. At that time, he had pain on the center front chest so that he couldn't breathe deeply. He was put on cortisone for it and the pain was reduced, but it is still minimally present. This location suggests the thymus. He is still on Prednisone.™

☒ **Protein 24 (HIV) YES at thymus and penis; NO in semen and saliva**

☒ **Ortho-phospho-tyrosine (Cancer) YES at thymus, intestine, lung, bronchii**

He has both cancer and HIV! He stated that he had been tested for HIV antibody twice already, both times with Negative results.

☒ **hCG (Pre-Cancer) YES in all tissues**

He is pre-cancerous throughout his body! This was a shock.

☒ **Fasciolopsis (Parasite) YES at thymus and liver**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus, liver, semen, penis**

Other flukes not tested. Start on parasite program.

☒ **Isopropyl Alcohol (Solvent) YES high at liver**

Since he does not eat cold cereal nor use body products, his only source is shampoo. Considering his high levels, there must be an unknown source of propanol. He will be watchful. He will switch off commercial shampoo.

☒ **Benzene (Solvent) YES high throughout his body**

Go off the benzene list. This youngish man had tried many things to improve his health. His medical file is ½ inch thick. It seems incredible that so massive a cancerous state could be missed by clinical routines.

Five weeks later

☐ **Protein 24 (HIV) NO**
Very good news.

☒ **Ortho-phospho-tyrosine (Cancer) YES at intestine only**

☒ **hCG (Pre-Cancer) YES at intestine, lung, bronchii**

☒ **Fasciolopsis (Parasite) YES at intestine and liver; NO at thymus**

☒ **Fasciolopsis cercaria (Parasite) YES at intestine and liver; NO at thymus**

☐ **Benzene (Solvent) NO**

☒ **Isopropyl Alcohol (Solvent) YES**
He is still using his favorite shampoo but will switch.
Summary: Ralph has solved part of his problem, the HIV virus and benzene pollution. But the propanol level was still high and the flukes were still thriving (due to eating hamburgers) so the cancer continued. He is determined, though, to cure it all.

22 Bruce Whitlow — HIV

This is a 34-year-old male who has a long history of chronic sinus infections and allergies. He reported that his main problems were: chronic sinus and ear problems. He was getting "bubble shots" from Dr. Schaffer a few years ago. Another doctor did a RAST test. He is now on weekly allergy shots. He feels tired and foggy headed. He had elbow soreness in his right arm and he broke his right arm 4 times. He has a weight problem. He quit smoking a month ago. He suffers from lower back pain. He gets headaches, 1-2 times a week. He has had tinnitus on the left side for 10 years. He has to urinate frequently and has a history of prostate infection. He has no pets.

BLOOD TEST	Result	Comment
1. CO2	high (28)	search for air pollutant
2. Uric acid	high	kidney problem
3. Calcium	slightly low (9.1)	He will increase his milk consumption and take magnesium (300 mg) 1/day and B_6 (250 mg) 1/day.
4. LDH	slightly low	fatigue
5. Iron	very low	parasites
6. Cholesterol	slightly high	liver gallstone cleanse
7. Triglycerides	slightly high	kidneys
8. WBC	low	bone marrow toxin
9. RBC	low	anemia—parasites
10.Platelet	slightly high	parasites

count		
11. Urinalysis	OK	no urinary tract infection

☒ **Uric Acid, Mono and di Calcium phosphate (Kidney Stones) YES**
Start on kidney herb recipe.

Twenty days later
He reported that his lower back is better.

☐ **Kidney Stones (ALL) NO**

☒ **Mercury (Toxic Element) YES high at bone marrow and lungs**
Tooth fillings.

☒ **Rhodium (Toxic Element) YES at bone marrow and lungs**
Tooth fillings.

☒ **Strontium (Toxic Element) YES at bone marrow and lungs**
Toothpaste.

☒ **Zirconium (Toxic Element) YES at bone marrow and lungs**
Off deodorant.

☒ **Vanadium (Toxic Element) YES at bone marrow and lungs**
Cause of red skin on face—search for gas leak in home. We will test his home air for vanadium after he fixes his gas pipes. He needs all metal removed from his dentalware.

☒ **Fasciolopsis adult, miracidia (Parasite) YES**

☒ **Fasciolopsis redia, cercaria (Parasite) YES at bile duct**

☒ **Trichinella, Ancylostoma (Parasite) YES**
Remainder untested. Start on parasite program.

Seventeen days later
Gas leak has been fixed.

☒ **Mercury, Rhodium (Toxic Elements) YES**
Has not done dental work yet.

☒ **Strontium (Toxic Element) YES high**
Off toothpaste.

☐ **Vanadium (Toxic Element) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Ancylostoma, Echinococcus, Sheep liver fluke, Dipetalonema (high), Dipylidium caninum, Plasmodium vivax,**

Schistosoma, Leishmania tropica, Necator, Plasmodium falciparum (Parasites) YES
Increase parasite treatment with a 5 day high dose program. This is an unusually high number of parasites, especially after several weeks of parasite treatment. We must test for HIV/AIDS.

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES**
Off benzene-pollution list.

Two weeks later
He reported that his sinus problem has not improved.

☐ **Rhodium (Toxic Element) NO**

☒ **Vanadium (Toxic Element) YES high**
Has another gas leak.

☒ **Zirconium (Toxic Element) YES**
Still on toothpaste.

☒ **Strontium (Toxic Element) YES high**
Uses toothpaste and has not done dental work.

☒ **Eimeria, Diphyllobothrium (Parasites) YES**

☐ **Parasites (Remainder) NO**
Continue on parasite maintenance. He plans to clean his liver to get rid of allergies. He is starting on 07 and peroxy for this purpose.

One month later
He has done 3 liver cleanses. He has been feeling a lot better. Energy is up. He got out a total of 750 stones. He took 14 wormwood for 3 days, plus Black Walnut—30 drops 4 times daily.

☐ **Protein 24 (HIV) NO**

☐ **Eimeria, Diphyllobothrium (Parasites) NO**

☐ **Vanadium (Toxic Element) NO**
He fixed second leak.

☐ **Zirconium (Toxic Element) NO**

☒ **Strontium (Toxic Element) YES**
Still using toothpaste.

☒ **Mercury, Rhodium (Toxic Element) YES**
Has not done dental work. He is leaving on vacation to Europe for a month. He is very pleased with his new energy.

Summary: We did not see Bruce after this, but he stopped in for some vitamins and told the receptionist he was very well. He was back at his old job. He had a wonderful vacation. He was living carefully as we had taught him, and he planned to come back for follow-up when he had managed to do his dental repair.

23 Brandi Rosette — HIV and Cancer

This 3-month-old baby is ill. She is filled with mucous. She has already had pneumonia once. She frequently does not want to feed—she is on Enfamil™ with iron. She saw her clinical doctor yesterday, he is giving her antibiotic shots twice a week and told her parents he is at a loss to understand her illness. She has very little leg motion. She does not sleep much.

☒ **Protein 24 (HIV) YES**

☒ **Ortho-phospho-tyrosine (Cancer) YES**
The baby has cancer and HIV, how tragic.

☒ **Isopropyl Alcohol (Solvent) YES at liver and thymus**

☒ **Benzene (Solvent) YES**
The baby has been on a lotion, Forever Living Aloe Heat Lotion™ since shortly after birth. This lotion tested YES (**Positive**) to both benzene and propanol when rubbed into my arm!

☒ **Fasciolopsis (Parasite) YES at liver and thymus**

☒ **Fasciolopsis eggs (Parasite) YES at saliva**

☒ **Strep pneu, EBV, Influenza, B strep, Proteus, Gardnerella vag, Chlamydia tr, Candida, CMV, Resp Sync v (Pathogens) YES**
One half of box I tested. Note: She is YES (**Positive**) to 10 out of 15 pathogens tested; this qualifies as AIDS. She will start on parasite-killing program for babies.

Mother, Argella

☐ **Protein 24 (HIV) NO**

☒ **Ortho-phospho-tyrosine (Cancer) YES at liver**
Cancer of the liver is in the mother.

☒ **hCG (Pre-Cancer) YES at one part of liver only; NO in WBCs**

☒ **Isopropyl Alcohol (Solvent) YES**
Will go off body products. Other solvents not tested

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Sheep liver fluke adults (Parasite) YES**

Others not tested. Note: this is unusual, not to have the adults in the liver. But it is nearly always liver cancer where this unusual situation is seen.

Father, Fred

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES throughout his body**

☐ **Isopropyl Alcohol (Solvent) NO**

Other solvents not tested. They will keep the baby off all body products except olive oil. She will get only fruits and vegetables and milk, no crackers and other processed foods. The whole family will go off propanol and benzene polluted foods.

Summary: This case nearly brought tears to the eyes of all of us. They have not returned. Parasites and pollution are claiming the life of this beautiful child.

Later: This story has a happy ending. The baby recovered her health; the family was perfectly observant of the rules to keep her healthy. She is now a happy, growing infant.

24* David Adair — HIV and Lung Cancer

This is a very ill-appearing tall man, with labored breathing and hot hands to the touch. He was concentrating poorly as we greeted each other. His parents drove him here from a neighboring state for his HIV Positive diagnosis on the recommendation of a friend. He is extremely lethargic, but not able to sleep. Very little history was taken because he was barely able to sit in a chair.

☒ **Protein 24 (HIV) YES at thymus and penis**

☒ **Ortho-phospho-tyrosine (Cancer) YES at bronchii**

Also has lung cancer. He was diagnosed HIV Positive 5 weeks ago, after several bumps appeared on his right leg. But he had not been well for two years and has moved back to his parents' home.

☒ **Benzene (Solvent) YES at thymus**

☒ **Methylene chloride (Solvent) YES at thymus**

☒ **Acetone (Solvent) YES high at thymus**

☒ **Kerosene (Solvent) YES high**

He will go off commercial beverages and drink only milk, water and homemade fruit and vegetable juices. Note: no propanol was found; yet he is producing ortho-phospho-tyrosine in his lung. Could this be an error? Or did I fail to test for propanol? Perhaps it was only present in the liver, not the white blood cells, so I failed to catch it. He was cleaning paint brushes in kerosene recently; he will never do this again. His parents will cook for him and buy the new products he needs.

☒ **Fasciolopsis eggs (Parasite) YES at thymus and penis**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

He will start parasite program. He will switch from soap and detergent to borax concentrate. He will use only our body products. Note: there is no adult fluke in either liver or thymus; his clinical drug for HIV may have killed it. He will be vegetarian for 3 months.

The next day

He is feeling very ill, barely able to sit for the appointment. His mother is anxious, sitting upright. His father is standing, pacing the floor with his hands together.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

Both the virus and cancer are gone. This quick result may be due to his having only fluke eggs in the body when he arrived yesterday.

☒ ***Herpes* simplex 1, Trich vag, Nocardia, Borellia burg, B strep, A strep, Haemophilus inf, Coxsackie B4, Coxsackie B1, Histoplasma, Campyl pyl, *Bacillus cereus*, Bacteroides fr, Staph aureus, Plantar wart, Gardnerella, Propionobacter, Adenovirus, Strep pneu (Pathogens) YES**

☐ **EBV, CMV, Flu, Resp Sync Virus, Chlamydia, Shigella, Proteus, Salmonella (Pathogens) NO**

End box 1. Note: he has 19 out of 27 pathogens in an active stage, obviously AIDS. He will use our L-G, 1 tbsp. 4 times daily. Also vitamin C, 3 grams a day. L-G is an immune booster we use for serious viral conditions.

They left for home, feeling that a test that shows NO (**Negative**) for HIV without showing any improvement in symptoms must surely be worthless and they must prepare for their son's death.

Eight days later

He is less lethargic today.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **PCB (Toxic Element) YES high**

Off all detergents; may eat on paper plates and cups using plastic cutlery to avoid soap residue on dishes.

☐ **Solvents (ALL) NO**

Is complying very well with instructions.

☒ **CMV, Gardnerella, B strep, Bacteroides fr, Salmonella ent, Histoplasma cap (Pathogens) YES**

☐ **EBV, Flu, Resp Sync Virus, Chlamydia, Shigella, Proteus, (Pathogens) NO**

Note: he has only 6 positives out of 27 in box 1! He is improving.

☒ **Anaplasma, Strep pyog, Mycobact TB, Shigella dys, Campyl fetus, Strep G, Clostridium sept (Pathogens) YES**

☐ **Mycoplasma, Candida (Pathogens) NO**

End box 2. Note: he has only 7 positives out of 40 in box 2. He is making good progress. I suspect teeth are source of most of the bacteria.

Twelve days later

He looks better. He walks without apparent neuropathy. He is taking his own notes on this visit. He has moved back to his own apartment.

☒ **TCE (Solvent) YES**

Drinks flavored coffee—will stop.

☐ **PCB (Toxic Element) NO**

Uses borax for everything. He is on parasite maintenance program.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **A strep (Pathogen) YES at tooth #17**

Left lower wisdom tooth.

☒ **Klebsiella (Pathogen) YES at tooth #17 and 1**

Upper right wisdom tooth.

☒ **Corynebacterium, Campyl fetus (Pathogens) YES tooth #1**

☒ **Pneumocystis carinii (Pathogen) YES at lungs**

Note: he has only 5 pathogens that are growing, out of 67 tested, and these are mainly at 2 tooth locations. He needs to see dentist for cavitations at teeth #1 and 17.

☒ **Asbestos (Toxic Element) YES**
No clothes dryer or hair blower in apartment—test house air.

☒ **Bismuth (Toxic Element) YES**
Using cologne—he will go off.

☒ **Copper, Mercury (Toxic Elements) YES high**
Tooth fillings.

☒ **Palladium (Toxic Element) YES**
Tooth fillings.

☒ **Arsenic (Toxic Element) YES high**
Remove all pesticide. Remaining toxins not tested. He is advised to remove all metal from his mouth in addition to having cavitations done.

Ten days later

He is smiling now, walking briskly, and taking charge of his own case. He says he has more energy. But his right leg is a problem. He has difficulty walking on it. It is considered to have neuropathy by his clinical doctor. A new dark spot has appeared beside the old spot on his shin. It is thought to be Kaposi's sarcoma by his clinical doctor. His doctor says he has permanent HIV neuropathy. His breathing is still labored and audible.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Fasciolopsis (Parasite) YES at skin; NO in thymus, liver, intestine**
Cause of Kaposi's.

☒ **Fasciolopsis redia (Parasite) YES at skin, blood, bladder**

☒ **Sheep liver fluke cercaria (Parasite) YES at skin, bronchii**

☒ **Pancreatic fluke adults (Parasite) YES at skin, penis and bronchii**

☒ **Human liver fluke (Parasite) YES at skin and bronchii**
He has been eating at Arby's™ but will stop. He will go on our 5 day high dose parasite program. Note: the parasites are growing in the skin, causing the purplish lumps to appear. He did not get his cancer or HIV back because he did not have propanol or benzene in him. He must have another solvent, though. Will check.

☐ **Moniezia tapeworm head (Parasite) NO**

☒ ***Herpes* 1 (Pathogens) YES at skin**

☒ **Resp Sync Virus, B strep, Staph aureus, Adenovirus, Nocardia, Candida (Pathogens) YES at skin and bronchii**

He needs to get his dental work done.

☒ **Wood Alcohol, Methylene chloride (Solvents) YES at skin**

He has been drinking an herb tea blend. He will stick to single herbs.

☐ **Arsenic (Toxic Element) NO**

Carpets were steam cleaned.

☒ **Asbestos (Toxic Element) YES**

He brought air samples.

☒ **Asbestos (Toxic Element) YES bedroom air, kitchen air**

☐ **Asbestos (Toxic Element) NO living room air, bathroom air**

The kitchen has a radiator; the bedroom is next to the kitchen. We will test the paint on the kitchen radiator for asbestos with a wet towel rubbing.

Nine days later

His breathing is still audible. He has made a dental appointment; is on his way there. He has done a 5 day high-dose parasite program and is on maintenance again.

☒ **Pinworm eggs, Strongyloides larvae (Parasites) YES**

☐ **Parasites (Remainder) NO**

☒ **Petroleum ether, Regular gasoline (Solvents) YES**

Gassed up car this morning. He will be more careful at gas stations.

Seven days later

He appears normal in walking and in energy but his breathing is still audible. His leg is worse, with increased purple blotches.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Hexane (Solvent) YES**

He has been using artificial creamer for coffee but will stop.

☒ **Asbestos (Toxic Element) YES**

Brought paint chips from radiator in the kitchen—are YES (**Positive**) for asbestos—remove radiator.

☒ **Campylobacter pyl and Campylobacter fet (Pathogens) YES**

Causes varicose veins. May contribute to purple blotches.

☒ **Salmonella para (Pathogen) YES**

☒ **Strep G, Diplococcus pn, and Staph mitis (Pathogens) YES**

Tooth bacteria.

☒ **Mycobacter TB (Pathogen) YES**

Lung bacteria.

☒ **Klebsiella, Corynebact diph, Blepharisma, Anaplasma (Pathogens) YES**

He is in process with dental work and appears well enough to repeat the clinical HIV test soon.

One month later

He has not been ill; he looks well. He had part of his dental work done this morning, but there is still quite a bit more to do.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

We will give him a requisition to do his clinical HIV antigen test today.

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **TCE (Solvent) YES**

Eats flavored croutons—will stop. He is on the parasite maintenance program, 2 times a week.

☐ ***Herpes* zoster, Candida, Measles (Pathogens) NO**

☒ ***Herpes* simplex 1, Mycoplasma (Pathogen) YES at thymus**

☒ **CMV (Pathogen) YES**

I picked some possible infections but only got 50% YES (**Positive**), definitely not the picture of AIDS. His legs have healed; his doctors decided not to biopsy after all.

Ten days later

His clinical HIV test results arrived. They are NEGATIVE.

Five weeks later

He had remaining cavitations done yesterday and is scheduled for metal removal from dentalware in several weeks. His symptoms of "HIV neuropathy" are probably due to mercury toxicity. He is also very stiff after sitting. He also lost his peripheral vision. He has not had any illness in the past month. He has started drug testing studies at a hospital. His T count is still under 300. He has been on AZT for 6 months.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Benzene (Solvent) NO**

☒ **Isopropyl Alcohol (Solvent) YES**

Is still using prescription shampoo; will use borax. He will stay on parasite maintenance program. Next time we will check for tapeworm stages and toxins.

Summary: David got rid of his cancer and HIV virus in 24 hours but getting rid of his AIDS was much more difficult. With his parents' assistance and his own stick-to-it-ness he succeeded.

25 Verna Albright — HIV

Verna, age 30, came for rather mild sounding symptoms such as fatigue and insomnia. She felt lightheaded and often depressed. It all started with an acute sore throat and influenza about 6 months ago, and she can't seem to recover. She is on the birth control pill but it does not prevent her severe menstrual pain. She had acute mononucleosis a few months ago.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and vagina**

This Positive HIV test is quite a shock to both of us. I reassured her that it can be quickly cleared up and will not come back provided she understands the illness well enough to avoid it. She seems angry with my finding. It would be best to schedule a regular clinical test for her.

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at liver, thymus, blood**

☒ **Sheep liver fluke eggs (Parasite) YES at liver, thymus, blood**

☒ **Sheep liver fluke (Parasite) YES at liver, thymus, uterus**
This is the probable cause of menstrual pains (other parasites not tested.

☒ **Benzene (Solvent) YES at thymus and vagina**

☒ **Hexane (Solvent) YES**
Remainder not tested.

Summary: Verna seemed quite eager to leave the office in spite of our reassurances. She has not returned in 4 months. We scheduled clinical tests for her but received no test results back. We hope she returns eventually. Her anger is understandable.

26 Milton Essey HIV

Milton, age 21, came with his mother, perhaps against his will, since he wrote very little on his symptom sheet. His mother said they had been doctoring for 7 years already and could not find his problem. He has chronic stomach problems and nausea and fatigue. He can't eat until after one o'clock in the afternoon to reduce distress. I suspect roundworm and Salmonella.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus, blood and genital tract**

☒ **Benzene (Solvent) YES**
Uses no benzene polluted products but chews tobacco which may have benzene—I have asked for a sample. Other solvents not tested.

☒ **Fasciolopsis (Parasite) YES at thymus; NO at liver, colon, etc.**
I should have checked stomach. My error.

☒ **Fasciolopsis redia (Parasite) YES at thymus and liver**
Other parasites not tested. He will start on parasite-killing program. He will remove all solvents, cleaners, Vaseline, and automotive things from his house.

Five days later

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Mycoplasma (Pathogen) NO**

☐ **Benzene (Solvent) NO**

☒ **Isopropyl Alcohol (Solvent) YES**

☐ **Solvents (Remainder) NO**

Summary: We were all thrilled with Milton's (or perhaps his mother's) accomplishment. I thought they were both so upset and angry with my findings that they would not return. But he carried out his instructions perfectly. They removed a lot of "automotive stuff" in cans from their basement. He didn't say much at either visit, but his smile said it all at the end. I hope he also eliminates isopropyl alcohol and that his quest for normal health is ended.

27 Alma Olivas — HIV

Alma is 26 years old and has had a fever of unknown origin for several years. She brought considerable paper work documenting her past illnesses. She has night sweats, is nauseated, and her neck feels swollen. She is extremely fatigued.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and vagina**

☒ **Fasciolopsis (Parasite) YES at thymus and intestine**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and blood**
Other parasites not tested.

☒ **Benzene (Solvent) YES**
Uses Vaseline™ and will stop.

☐ **Solvents (Remainder) NO**

Her husband, Cruz

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Fasciolopsis (Parasite) YES at intestine only**

☐ **Fasciolopsis other stages (Parasite) NO**

☐ **Solvents (ALL) NO**
Note: There are no reproductive stages of Fasciolopsis in Cruz due to the absence of solvents. They will both start on parasite-killing program and avoid benzene-polluted products.

Two weeks later

Alma's fevers continue on and off. She has had a very bad cold.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Benzene (Solvent) NO**

☒ **Palladium, Tellurium (Toxic Elements) YES**

☐ **Toxic Elements (Remainder) NO**
She will replace her metal tooth fillings to improve her immunity.

☒ **mono-Calcium Phosphate (Kidney Stone) YES**

☐ **Kidney Stones (Remainder) NO**
She will change her diet to include 3 glasses of milk, at least 2% and increase fruit and vegetables. She will reduce meat consumption and eat nothing rare. She will start on kidney herb recipe.

Summary: This may have been a very useful experience for Alma and Cruz. In 2 weeks they learned how to rid themselves of parasites and avoid HIV and cancer for the future. Since they are from several states away, they may not return. Hopefully, they are sticking to their new lifestyle.

28 Bill Lippencott — HIV

Bill is a graduate student in physics and needs superior health to accomplish his goals. When his mood or concentration is not at its peak his performance is poorer and quite noticeable to himself. He is health conscious and has no risky behaviors. We saw him last fall, 4 months ago for a mood and energy problem and now it is back.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and penis**
This was very shocking news. However, he was able to understand the explanations that followed and felt reassured that he would not be victimized by this disease.

☒ **Benzene (Solvent) YES at thymus, penis**

☐ **Solvents (Remainder) NO**
He will go off the benzene-polluted list of products.

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, blood**
He will take our parasite-killing program.

Eleven days later

☐ **Protein 24 (HIV) NO**

☒ **Methylene chloride (Solvent) YES and in corn flakes**

Benzene is gone but he picked up a new food solvent.

One month later

He can tell he is not feeling right again.

☐ **Solvents (ALL) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at liver, thymus and brain**

☒ **Pancreatic fluke (Parasite) YES at pancreas**

☒ **Sheep liver fluke (Parasite) YES at pancreas**

☒ **Sheep liver fluke miracidia (Parasite) YES at thymus**

Note: Bill has picked up rather a lot of fluke parasites. The source is uncertain. He will do a 5 day high dose parasite program.

One month later

☐ **Protein 24 (HIV) NO**

☒ **TCEthylene (Solvent) YES**

☒ **Pentane (Solvent) YES**

Will stop drinking apple juice, the probable source.

Two months later

His bowel movement is strangely disturbed, very much slowed down but not hard or difficult (I suspect tapeworm.)

☒ **Hexane (Solvent) YES**

☒ **Taenia solium scolex (Parasite) YES at intestine and muscles; NO in white blood cells!**

☒ **Hymenolepis nana, Hymenolepis dim cystic (Parasites) YES**

These intermediate stages of tapeworms are buried in the muscle but have been activated, possibly by the erosive action of the powerful solvents, pentane, hexane and benzene he has had exposure to. He will take a heroic dose of parasite herbs.

Two weeks later

He still has tapeworm activity.

☒ **Isopropyl Alcohol, Acetone, K-1 kerosene (Solvents) YES**

They are drinking Springdale Spring Water™ (it tested **Positive** for benzene, isopropyl alcohol and acetone). He will switch to tap water and kill tapeworm stages again with a new formulation called Rascal.

Summary: This young man was beginning to be ill with HIV disease but conquered it before serious damage was done to the thymus. Notice that in spite of his best efforts to avoid toxic food and products, he continues to suffer from them. There is very little safe food available that does not require cooking. And, in Bill's case, even the water was polluted. Only a massive clean up policy mandated by the government can stop the tide of pollution flooding our food and water.

Three weeks later

He is feeling better but has some shoulder pain. He took a super high dose of the parasite herbs for 3 days.

☒ **Taenia solium scolex (Parasite) YES at intestine**

☒ **Decane (Solvent) YES**

☐ **Solvents (Remainder) NO**

He needs to clean his liver and stay on Rascal as part of his parasite maintenance program.

Two weeks later

☒ **Decane (Solvent) YES**

Has been eating cholesterol-free food; will stop.

☒ **Gasoline (Solvent) YES**

29,30 Amy & Charles Furtner — HIV

Amy Furtner is a young mother of three children. She was referred to us by her doctor for mysterious illness. She had already seen numerous clinical doctors who wanted to put her on antibiotics, anti- inflammatories, antidepressants and the like. Since she had been a very active healthy person, neither she, nor her husband Charles wanted to settle for this. Her husband was with her. Her main problem was pain in her joints (every joint I could name) but she also had belching and muscle wasting which seemed more ominous. The children appeared healthy but Charles had chronic fatigue. Amy had already taken out amalgams and root canals and tried various detoxifying routines and had gotten significantly better after that. She is now 100% better than she was, Charles said, but still has a lot of pain.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and vagina, NO elsewhere**

They were very shocked. They said the referring doctor would not like this. He wouldn't give her an HIV test although they had asked for one.

☒ **Fasciolopsis adults (Parasite) YES at thymus, NO at intestine and elsewhere**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus, blood, vagina, NO at intestine and elsewhere**

☐ **Fasciolopsis remaining stages (Parasite) NO**
Other parasites not tested.

☒ **Benzene (Solvent) YES at thymus, NO at blood, vagina, intestine**

☒ **TCEthylene (Solvent) YES at kidney, NO elsewhere**

☐ **Solvents (Remainder) NO**
She will start on parasite program, together with the whole family. She wants to bring her children for testing next time. She will be off the benzene pollution list.

Twelve days later
Soon after starting the parasite program she felt pressure on her upper chest and the front of her neck. She used to have these symptoms a year ago.

☐ **Protein 24 (HIV) NO**
She and her husband are happy with the news.

☐ **Fasciolopsis and all stages (Parasite) NO**
Continue on parasite program as per instruction sheet.

☒ **Uranium (Toxic Element) YES at lungs and trachea**
Her husband was quickly checked for uranium also. He too was YES (**Positive**) at lungs and trachea. They will try to improve ventilation through crawl space.

☐ **Solvents (ALL) NO**
She has one child, about three years old, with her. The child was NO (**Negative**) for benzene.

Seven days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke and all stages (Parasite) NO**

☐ **Pancreatic fluke and all stages (Parasite) NO**

☒ **Oxalate, mono-Calcium Phosphate, Cysteine (Kidney Stones) YES**

☐ **Kidney Stones (Remainder) NO**
She will stop drinking tea and go on kidney herb recipe. She will start to drink 3 glasses of 2% milk unless her symptoms worsen. She thinks her other doctor will not like this; he thinks milk causes a lot of problems. I suggested she sterilize her dairy foods herself.

☐ **Uranium (Toxic Element) NO**
They opened the crawl space windows.

Sixteen days later

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**
She has the virus back again. She did not continue the parasite program after the last visit. Will do so.

Two weeks later
She has all three children with her. Her eyes are giving her problems.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **TCEthylene, MEK (Solvents) YES very high**
She has been drinking store bought fruit juices. Will stop.

☐ **Solvents (Remainder) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke adults (Parasite) NO**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus, vagina only**

☐ **Pancreatic fluke (Parasite) NO**
Others not tested.

Charles Furtner
We will test her husband to check for possible sexual transmission.

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke adults (Parasite) YES**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus, blood, penis**

☐ **Pancreatic fluke (Parasite) NO**
Note: sexual transmission seems very likely.

Child Debbie, about 3

- ☐ **Solvents (ALL) NO**
- ☐ **PCB (Toxic Element) NO**
- ☒ **Fasciolopsis adults (Parasite) YES**
- ☒ **Fasciolopsis redia (Parasite) YES**
- ☒ **Fasciolopsis miracidia (Parasite) YES**

She will be put on parasite program, going up to 4 wormwood capsules and 6 drops of Black Walnut Hull tincture.

Child Brian, about 6

- ☐ **Protein 24 (HIV) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☒ **Fasciolopsis adult (Parasite) YES**
- ☒ **Fasciolopsis eggs (Parasite) YES**
- ☐ **Fasciolopsis other stages (Parasite) NO**
- ☒ **PCB (Toxic Element) YES high**
- ☒ **Acetone (Solvent) YES high**
- ☒ **Petroleum ether (Solvent) YES high**

Car fumes? They will go off detergent and store bought fruit juice for the whole family. Brian will start parasite program, going up to 6 wormwood capsules and 10 drops Black Walnut Hull tincture.

Child Beverly, about 10

- ☐ **Protein 24 (HIV) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☒ **Benzene (Solvent) YES at thymus**
- ☒ **TCEthane (Solvent) YES**
- ☒ **Petroleum ether, Toluene (Solvent) YES high**
- ☒ **Hexane, TCEthylene (Solvent) YES**
- ☐ **Solvents (Remainder) NO**

She will stop drinking fruit juice, and avoid gasoline smells which she is fond of. Mother will go off detergent use.

- ☒ **Fasciolopsis adult (Parasite) YES at thymus, NO at intestine**

☒ **Fasciolopsis redia (Parasite) YES**

☐ **Fasciolopsis other stages (Parasite) NO**

She will be on parasite program going up to 6 wormwood capsules and 10 drops of Black Walnut Hull tincture.

Note how close to having the HIV virus she is. Perhaps she already has been getting it intermittently.

Amy Furtner, thirteen days later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Xylene (Solvent) YES**

Off "organic" apple juice, homemade OK.

☐ **Solvents (Remainder) NO**

☒ **A. strep (Pathogen) YES at tooth #17**

Probable cause of joint pain.

☒ **Proteus (Pathogen) YES**

Always present with oxalate kidney stones. Stay on kidney herbs six weeks.

☒ **Clostridium tet (Pathogen) YES at tooth #17**

Cause of stiffness in muscles.

☒ **Pneumocystis carinii (Parasite) YES**

☐ **Pathogens (Remainder) NO**

She will get upper left wisdom tooth X-rayed and cleaned up.

Summary: Amy could be proud of her parenting. She got her three children back to perfect health. She said she could hardly remember when they had been happy or playful. Now, only thirteen days after starting treatment, they were playing with each other. She and her husband love to watch them from the side: they don't hit each other; they seem content with themselves and their own things. Her joint pain is no better. Hopefully, the dental clean up and parasite maintenance program will be the last of her problems.

Charles Furtner

Back to the first visit. He has no health problems, except occasional fatigue.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES at thymus**

☒ **Methylene chloride (Solvent) YES at kidney**

☒ **MBK (Solvent) YES**
Other solvents not tested.

☒ **Fasciolopsis miracidia (Parasite) YES at blood, intestine**

☐ **Fasciolopsis adults and other stages (Parasite) NO**

☐ **Sheep liver fluke and stages (Parasite) NO**
He will go on parasite-killing program and benzene removal along with Amy to protect her and the family as well as himself.

Twenty five days later
Amy had stopped the parasite program, and so had he.

☒ **Protein 24 (HIV) YES**
He was shocked by this result.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES**
He uses rubber cement. Will bring it in for testing and switch brands. He will return to parasite program and benzene restrictions.

Two weeks later
Amy's tests were NO.

☒ **Protein 24 (HIV) YES**
But Charles still has the virus.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Benzene (Solvent) NO**

☒ **Xylene, Toluene (Solvent) YES**
Other solvents not tested.

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke adults (Parasite) YES**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus, blood, penis**

☐ **Pancreatic fluke (Parasite) NO**

Note: Both Fasciolopsis adults and benzene are missing from this HIV incident, so it seems quite likely that the virus can survive for short periods without its parasite host.

Thirteen days later

- ☐ **Protein 24 (HIV) NO**
- ☐ **Ortho-phospho-tyrosine (Cancer) NO**
- ☒ **TCE (Solvent) YES**
- ☐ **Solvents (Remainder) NO**
- ☐ **Fasciolopsis and all stages (Parasite) NO**
- ☒ **Fasciolopsis redia (Parasite) YES**
- ☒ **Sheep liver fluke adult (Parasite) YES**
- ☐ **Pancreatic fluke (Parasite) NO**

Summary: Here we see how a whole family becomes host to fluke parasites. The parents probably transmit it to the children by kissing and transmit it to each other as well. But they all have "fluke disease" due to solvent build up. We cannot expect our bodies to detoxify solvents; it is an unreasonable expectation since these solvents are unnatural to the biosphere; therefore we must avoid them. This family showed exemplary compliance and intelligence.

31* Allan Gies — HIV

Allan is a young man of 38, diagnosed with HIV virus three years ago. He came from two thousand miles away specifically for his HIV status. A former girlfriend also has HIV Positive status, and he believes he "picked it up" from her. He has been in a doctor's care since then. He appears well. On his symptom list he mentions chest tightness, rashes, occasional night sweats, fatigue, a weight loss of 20 pounds since infection. His only medication is preventive antibiotics. He found a dentist to remove his mercury amalgams before arriving. He has brought a recent blood test with him:

BLOOD TEST	Result	Comment
WBC	very low (3.4)	bone marrow toxin
RBC	very low (3.2)	anemia–parasites and bone marrow toxin
MCV	high (101)	*Ascaris*?
Platelet count	low (131)	bone marrow toxin
Lymphs	low (17%)	bone marrow toxin
Eos	very high (7%)	parasites
Phosphate	low (2.3)	needs vitamin D

He has also had an immune cell analysis. His helper/suppresser ratio is near zero.

☒ **Protein 24 (HIV) YES at thymus**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **hCG (Pre-Cancer) NO**

☒ **Aflatoxin (Toxic Element) YES high at thymus, elsewhere**
We will test his foods for aflatoxin.

☒ **Benzene (Solvent) YES**
He will go off benzene list.

☒ **Fasciolopsis (Parasite) YES**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☐ **Human liver fluke (Parasite) NO**
This low level of fluke infestation probably accounts for his small number of symptoms.

☒ ***Ascaris* (Parasite) YES**

☒ **CMV, Mycoplasma, Candida (Pathogens) YES**

☐ ***Herpes* 1, Bacteroides fragilis, Haemophilus infl (Pathogens) NO**
It is unusual for *Bacteroides fragilis* to be absent when *Ascaris* is present. I also tested a dozen other pathogens, of which he had six, suggesting AIDS. He has had thrush for some time. He will start on the parasite program.
He has brought water samples from home, as well as air samples.

☒ **Hot water sample (Environment) YES in white blood cells**
His hot water has something toxic in it.

☐ **Cold water sample (Environment) NO**
He plans to live with a relative when he returns home in order to avoid both the water and a pet he has.

Two days later

☐ **Protein 24 (HIV) NO**
His virus is gone.

☐ **Aflatoxin (Toxic Element) NO**
Stopped commercial fruit juices. They probably contained aflatoxin from the inevitability of some moldy fruit getting into the batch intended for juice making.

☒ **Mercury, Nickel (Toxic Elements) YES at thymus**
His dentist apparently did not get all the amalgam out. He will need to repeat dental work. He is dismayed. Start on thioctic acid, two, 3 times per day.

☒ **Arsenic (Toxic Element) YES**
We tested his dust sample from home to find the source of arsenic in his immune system, it was NO (**Negative**). He will ask motel service to stop using pesticide in his room.

☒ **Wood Alcohol (Solvent) YES**
Stop coffee.

☐ **Benzene (Solvent) NO**
He is complying with benzene list.

☒ **Nocardia, Beta strep, Alpha strep, Mumps, Staph aureus (Pathogens) YES**
Out of 18 tested this is an improvement already!

Two days later

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**
These parasites are gone.

☒ **Aflatoxin (Toxic Element) YES high**
Suspect grapes.

☒ **Benzene (Solvent) YES**
Suspect bacon.

☒ **Oxalate (Kidney Stones) YES**

☐ **Kidney Stones (Remainder) NO**
Start kidney herbs.

☒ **Samarium, Tellurium, Gallium, Barium, Iridium, Tantalum, Rhodium, Thallium (Toxic Elements) YES**
Only dental fillings could give these metals.

☒ **Anaplasma, Bordetella, Besnoitia, Central spores, Clostridium sep, Coryne xer (Pathogens) YES**
Out of 12. He is not improving further, due to dental problem.

Five days later
His hot water that he tested Positive to was analyzed.

☒ **Tungsten, PCB (Toxic Elements) YES in hot water**

☐ **Cadmium, PVC, Lead (Toxic Elements) NO in hot water**

He was sent to be retested for HIV using the Protein 24 test.

Four days later

☒ **Benzene (Solvent) YES**

He is still eating benzene polluted foods like ice cream. Will stop. His clinical Protein 24 test for HIV was still positive.

Summary: Allan had to leave for home at this point. We were both disappointed at the clinical results. This was my first attempt to retest so early (nine days); perhaps it takes longer than that for the clinical test to confirm mine. He will also start on vitamin D (50,000, two per week forever) to raise his serum phosphate level. Allan did a perfect job of killing parasites and getting rid of HIV. But correcting his immune problem will depend on redoing dental work to get thallium and mercury out of his body, and staying off benzene polluted items.

Eight weeks later (based on saliva sample)

He is still free of HIV but is getting frequent infections. He has not redone dental work yet nor distanced himself from pet. Must get on with this.

Six weeks later

Allan has tested NEGATIVE in a clinical Protein 24 antigen test. We are pleased with his vigilance. He is staying off toast and taking B_2 daily.

32,33,34 Jane, Donald Elliot, Dog **HIV**

We saw Jane six months ago for cancer, which she cleared up at that time. Now she returned with her husband, Donald. She was concerned about his fatigue and irritability that she felt was not normal. She had stayed irregularly on the parasite-killing program but had been using commercial body products and no diet restrictions. She is concerned about her own choking spells during mealtime.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

Cancer has not returned.

☒ **Protein 24 (HIV) YES**

This was both shocking and distressing. Her immediate thought was could she have gotten HIV from Donald. I assured her that sex was not a primary source. Most likely she picked up HIV through a parasite stage still alive in the rare steaks they are both fond of.

☒ **Isopropyl Alcohol (Solvent) YES**

Off the isopropyl alcohol list.

☒ **Benzene (Solvent) YES**

Off the benzene list.

☒ **Fasciolopsis (Parasite) YES at thymus**
Go on high dose parasite program.

Husband, Donald

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus, penis, liver, prostate; NO at intestine**
Donald was also shocked and mystified over his possible source of the virus. He wondered whether he could be getting it from their pet dog.

☒ **Benzene (Solvent) YES at thymus**
He will go off the benzene list.

☐ **isopropyl Alcohol (Solvent) NO**

☒ **Fasciolopsis (Parasite) YES at thymus and intestine**
He will start on parasite program. He wanted their dog tested. They will bring him on Sunday, when there are no people around.

Dog, Buster

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**
This is my first observation of HIV in a pet. Dogs and cats are not natural hosts for *Fasciolopsis*.

☒ **Benzene, isopropyl Alcohol, others (Solvents) YES**
They will bring in his food for testing; there is some in the car because they are from two states away.

☒ **Benzene, others (Solvents) YES in dog food**
Donald is furious over pollution in pet food. They will purchase several varieties and find a clean one.

☒ **Fasciolopsis (Parasite) YES**
I suspect solvents make this possible. They purchased several other dog food brands, but all had solvents. They will feed Buster table scraps.

Seven days later

Jane

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**
She is very relieved.

☐ **Benzene (Solvent) NO**
Although the source was not identified.

☒ **Isopropyl Alcohol (Solvent) YES**
She has not switched shampoo but will try.

☐ **Fasciolopsis and all stages (Parasite) NO**
She will stay on parasite maintenance.

Donald

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Benzene (Solvent) YES**
There may be a chemical in his office that has benzene. He will bring several for testing.

☐ **isopropyl Alcohol (Solvent) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

Buster

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES**
He is still getting some commercial feed. He is a big dog; there aren't enough table scraps.

Summary: Both Jane and Donald got rid of their virus and parasites before their dog did, probably because of the benzene problem for Buster. But they plan to find pure food for him so he is no longer infectious. They would like to know if he was really their source of infection. They have not stopped eating red meats but cook it thoroughly now. This was my first encounter with a pet carrying HIV. It seems a likely source for them since the dog licks them and he is a house dog.

35 Alita Sokolis — HIV

Alita Sokolis is 25 years old and came in with a variety of pains in unusual places. She had seen 3 clinical doctors and 2 specialist doctors for the pain over her ovaries. A laparoscopy revealed nothing. She has a history of asthma and pain and tightness in her chest (this is suggestive of HIV). She also has constant headaches.

☐ **Ortho-phospho-tyrosine, hCG (Pre-Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and vagina**

☒ **Fasciolopsis (Parasite) YES at intestine, thymus, ovary and uterus**

Finding the adult human intestinal fluke in the ovaries is extremely rare. Probable cause of pain at ovaries.

☒ **Fasciolopsis eggs (Parasite) YES at thymus, ovary, uterus and saliva**

☒ **Sheep liver fluke (Parasite) YES at liver, thymus and ovary**

Others not tested. Alita has a dreadful infestation of large flukes. She will start on the parasite-killing program.

☒ **Benzene (Solvent) YES throughout her body**

Others not tested. She will go off the benzene list. She has been using Blistex™.

Two weeks later

She feels much better but has begun to have headaches on one side of her face (right side). Chest pain is gone but slight pain over ovaries is still present.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☒ **Pancreatic fluke (Parasite) YES**

Ate a hamburger recently but will stop eating them.

☒ **Wood Alcohol (Solvent) YES**

Won't drink Kool-Aid™ and artificial sweeteners.

☒ **t-Butyl Nitrite (Solvent) YES**

☐ **Solvents (Remainder) NO**

☒ **Antimony (Toxic Element) YES**

Off colognes.

☒ **Vanadium (Toxic Element) YES high**

Search for gas leak in home.

☒ **Thallium (Toxic Element) YES**

☐ **Germanium (Toxic Element) NO**

Thallium may be coming from pesticides, not tooth fillings, since germanium is NO. Will repeat at next visit.

☒ **Fiberglass (Toxic Element) YES high**

Search for a hole in wall or ceiling of home. Others not tested.

Summary: Alita has improved her health greatly and cured her HIV infection. Now that she sees better health is possible, she is determined to make the necessary changes to recover from all her problems.

36 Renee Williams HIV

We have seen Renee several times a year for the last 10 years. In this time she has made changes when a crisis occurred but nothing fundamental. They still have a water softener. They still are cooking with aluminum and copper pots. She still has a mouth full of mercury. She wears a lot of make-up and metal on her skin. She also has a stressful life with a full-time job. Each health crisis seems a bit more severe than the last one. Today she has arrived with numbness in her hands. This implicates heavy metals in the brain, particularly mercury from her numerous corroded tooth fillings. However, I will check for solvent toxicity today since she has a very short appointment and I have stressed the tooth fillings in the past.

☒ **Isopropyl Alcohol (Solvent) YES**
May have cancer.

☐ **Ortho-phospho-tyrosine (Cancer) NO**
A relief.

☐ **Protein 24 (HIV) NO**

☒ **Mycoplasma, E. coli, A strep, Myco TB, Plantar wart, Diplococcus pn, Papilloma, Anaplasma (Pathogens) YES**

☐ **Pathogens (Remainder) NO**
This is more than the average number of active bacteria for a well person. I recommend getting her metal tooth fillings replaced and a course of parasite treatment as well as replacing her cosmetics with propanol-free varieties. I believe this is falling on deaf ears, however.

Six weeks later

Renee is much worse. Her hands are hot and swollen. Her legs are sore. She has seen her clinical doctor who recommends vigorous treatments for rheumatoid arthritis.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**
Does not surprise me but startled her—disbelief soon calms her.

☒ **Fasciolopsis (Parasite) YES at thymus**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and heart**

☒ **Fasciolopsis miracidia, redia, eggs (Parasite) YES**

☒ **Sheep liver fluke and miracidia (Parasite) YES**

☐ **Pancreatic fluke (Parasite) NO**
Others not tested. She agrees to start the parasite-killing program.

☒ **Pathogens (8 Tested) YES**
She is Positive to 8 out of 8 pathogens tested. This is AIDS. She doesn't hear what I am saying.

☒ **Benzene, isopropyl alcohol (Solvents) YES**
I encouraged her to stay off the benzene list and propanol-containing products. She is asked to follow-up in 5 days.

Eleven days later
Renee's hands are no better but my first concern is her thymus health.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**
This convinces her that all my tests are invalid since her hands are no better. But she is also afraid to leave this unconventional approach because it has served her so well for 10 years.

☒ **Fasciolopsis adults and cercaria (Parasite) YES at thymus**

☒ **Pancreatic fluke (Parasite) YES at thymus**
Continues to eat fast food hamburgers.

☐ **isopropyl Alcohol (Solvent) NO**
Good progress—found propanol-free cosmetics.

☒ **Benzene (Solvent) YES**
Possibly nail polish.

One week later
Swelling in her hands persists.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Uric Acid (Kidney Stone) YES**
Start on kidney herb recipe. Stay on parasite maintenance program.

Two weeks later
Joints of hands are hot and swollen. She can make no progress without removing the mercury and heavy metals from her dental-

ware and getting rid of benzene so her natural immunity can conquer the bacteria in her joints.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis cercaria (Parasite) YES**
Still eating hamburgers.

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**
She will continue on the parasite program.

☒ **Benzene (Solvent) YES**
Eats ice cream. She is advised again to get metal removed from her dentalware.

Summary: Renee is very close to permanent invalidism, taken from her high activity level and put in a wheelchair. She has delayed too long with all the necessary changes. Will she conquer her ice cream and hamburger habit? We hope it won't be too late. Notice that she became free of the HIV virus while she still had adults and cercaria in the thymus. Is it the other stages that bring the virus?

37 Neil York — HIV

We have seen Neil, age 67, for four years, along with his wife. They stay in moderately good health, especially Neil. But today he complains of fatigue, nothing specific. He describes his chest as feeling "drawn."

☒ **Gold (Toxic Element) YES**

☐ **Toxic Elements (Remainder) NO**
He has never replaced his gold dentalware. I suggest going off peroxide and tooth-paste to reduce gold erosion until he gets them replaced. Also start on thioctic acid (100 mg), 4 a day, to draw gold from his tissues.

Two months later
He has not improved. His respiratory problem is worse. He is worried about asthma.

☒ **Gold (Toxic Element) YES**
Must get on with dental work.

☒ **EBV (Pathogen) YES**

☒ **Protein 24 (HIV) YES**

Note: I missed this test at his earlier visit, although there was a clear chest symptom! My error.

☒ **Fasciolopsis (Parasite) YES at thymus**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, penis**
Others not tested.

☒ **Benzene (Solvent) YES**
Using car polish with bare hands.

☒ **Isopropyl Alcohol (Solvent) YES**
Will switch to our shampoo. He will repeat a 5 day parasite program. He will go off benzene products.

Two weeks later

☒ **Ortho-phospho-tyrosine (Cancer) YES**

☐ **Protein 24 (HIV) NO**
He now has cancer instead of the HIV virus.

☒ **Fasciolopsis (Parasite) YES at liver; NO at thymus, etc.**

☐ **Benzene (Solvent) NO**

☒ **Isopropyl Alcohol (Solvent) YES**
He will go off all products on the propanol-polluted list. He will repeat a 5-day parasite program.

Two weeks later

☐ **Solvents (ALL) NO**
He is feeling much better

Summary: We are quite endeared to Neil because he appreciates us so much. He had a close encounter with HIV virus which would have given him AIDS in half the usual time because of his metal problem. Hopefully, he will part with that corroded gold soon.

38 Delia Heron — HIV

This 30-year-old woman had a baby 7 months ago. After delivery she got more and more tired. Her first child is 5. She had one problem after another after this second baby. She has only been home 2 weeks at a time since then, always needing to be hospitalized. Finally, she had open heart surgery and got a valve put in. A clot in her leg occurred and infections in the valve. She was rehospitalized. Her latest hospitalization was for general illness but culturing showed nothing. She is feeling very bad all the time.

Today, she has just arrived from the hospital where she was released at 9 am. This is a very young looking, frail woman with a very blonde complexion. Even as a child medicine was not tolerated. She is very allergic to penicillin; she got desensitized to it but got more reactive to it later when she was given some.

She now has an aortic valve due to bacterial endocarditis (I suspect a chronic tooth infection). She has a tooth that is broken off, but it didn't get fixed. She had braces in her teens. She has been having diarrhea recently since she was started on Cleocin™ antibiotics.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus, liver, brain, etc.**
She and her parents are incredulous that she could be HIV Positive. They are very devout. They may not take me seriously after this disclosure.

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus; NO elsewhere**

☒ **Fasciolopsis redia (Parasite) YES at thymus; NO elsewhere**

☐ **Sheep liver fluke (Parasite) NO**

☒ **Mycoplasma, Papilloma #4, Resp Sync Virus, CMV, Staph aureus, Proteus, Haemoph, Adenovirus, Nocardia, Salmonella, B strep, Gardnerella, Chlamydia, *Bacillus cereus*, Strep pneu, Histoplasma (Pathogens) YES**

☐ **Influenza A and B, *Herpes* simplex, Papilloma plantar, Trich, Coxsackie 4, Borellia, Campyl, Bacteroides fr (Pathogens) NO**
This is certainly the picture of AIDS (16 positives out of 25 tests).

☒ **Benzene (Solvent) YES at thymus**
Will stop using toothpaste and other products on benzene list.

☒ **Isopropyl Alcohol (Solvent) YES at thymus; NO at liver**

☒ **PCB (Toxic Element) YES high**
Off detergent—switch to borax.

☐ **Solvents (Remainder) NO**

☒ **Mercury (Toxic Element) YES high**
Needs tooth fillings out. She will begin parasite program.

One day later

Her father called to say Delia was having burning over her chest. This is a typical result of killing parasites in the thymus. I encouraged him to interpret this as a good result.

One week later

She is very weak but able to sit.

☐ **Protein 24 (HIV) NO**

She now has a chance to survive.

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Pentane (Solvent) YES**

Drinks Classic Coke™ and Pepsi Free™—will go off.

☐ **PCB (Toxic Element) NO**

Switched off detergents.

☐ **Mycoplasma, Flu A and B, CMV, Chlamydia, B strep, A strep, Resp Syn, Gardnerella, Propion, Papilloma #4, Campyl Haemoph, Histoplasma, Trich, Proteus, *Herpes* simplex, Adenovirus, Staph aur, Strep pneu, Bacteroides fr, EBV, Papilloma, Borellia, Nocardia, Coxsackie B4, *Bacillus cereus* (Pathogens) NO**

☒ **Shigella flex (Pathogen) YES**

Cause of stomach problem—take citric acid $^{1}/_{8}$ tsp., 4 times daily in water, juice or boiled milk; also Lugol's iodine, 6 drops 4 times daily in ½ glass water (after meals and bedtime).

☒ **Salmonella, Coxsackie B4 (Pathogens) YES**

Her picture has improved greatly. She has only 3 infections out of 29 tested. We will encourage her to get dental work done so she can recover. She will begin taking Milk Thistle, 3 a day and thioctic, 4 a day.

Summary: We saw Delia only twice. At her first visit we could see she had both benzene and propanol accumulated in her tissues. In addition, she had PCBs at high levels and mercury at high levels. She was a very ill person with no time to lose. However, she did not return and we have heard no more about her. We had not sufficiently warned her about meat eating and all the benzene polluted products. I fear she got her illness back and decided that our treatment was worthless. Notice that isopropyl alcohol has not accumulated in the liver; it is present in the thymus! What are the factors determining which organ lets it accumulate? Does the parasite precede the solvent to the chosen organ?

39 Sandra Carson — HIV

Sandra is 29 and was diagnosed as HIV Positive at a hospital in a neighboring town. She will bring in her medical summary. She also has a long list of pains, including chest pain. During her menstrual period her whole body hurts from top to toe. She has a chronic headache.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES high at thymus and vagina**
She feels pressure over breast bone.

☒ **Fasciolopsis (Parasite) YES at thymus; NO at liver, intestine**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus, vagina, blood**

☒ **Pancreatic fluke (Parasite) YES at pancreas**
She will start on parasite-killing program.

☒ ***Herpes* simplex 1, Gardnerella, Adenovirus, Propiono, CMV, Bacteroides fr, Proteus, Campyl pyl, Shigella, Haem inf, B strep, *Bacillus cereus*, Salmonella, Borellia, Trich, Nocardia, A strep, Coxsackie B 1, Staph aur, Histoplasma, Strep pneu, Papilloma 4, Chlamydia, Coxsackie B 4, EBV (Pathogens) YES**

☐ **Influenza A and B, Resp Syn V, Plantar wart (Pathogens) NO**
This is certainly the picture of AIDS. She is Positive to 25 out of 28 pathogens tested.

☒ **Benzene (Solvent) YES at thymus and vagina**
Switch from Colgate Tartar Control™ toothpaste to baking soda for tooth cleaning (at that time no baking soda tested **Positive** to benzene). Observe the rest of the benzene pollution list.

Three days later
She felt an unusual sensation over her upper breast bone for a while after starting on parasite herbs, but now it is gone. Probably due to parasite-killing; this is common.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**
She no longer has the HIV virus; it took her only 3 days to accomplish this. We will give her requisitions for retesting soon.

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke cercaria (Parasite) YES at thymus**
Ate hamburger against instructions, but will stop.

☐ **Pancreatic fluke (Parasite) NO**

☐ **Solvents (ALL) NO**
She will start on kidney herb recipe for her lower back pain.

Summary: Sandra did not return after her second visit, probably for financial reasons. Her friend was paying the bills. She had already financially ruined herself. Possibly she did not wish to have her HIV status changed since she did not wish to go off Social Security support. She was not well enough to hold a job. If her HIV status had changed she may have lost all means of survival. We hope she is abiding by the rules for living that we gave her and that she can enjoy life again. We, in turn, lost an opportunity to prove to the clinical profession that she had reverted to HIV-NEGATIVE status.

40 Shirley Stafford — HIV and Liver Cancer

Shirley has a healthful lifestyle, without alcohol or nicotine. But she developed a pain over the upper mid-chest (she put her hand right over the thymus gland) and visited her regular doctor. The doctor wanted her to have a mammogram. Her left arm feels heavy. She also has low back pain that runs down her left leg.

☒ **Protein 24 (HIV) YES at thymus and vagina**
This was almost self-evident, considering the chest pain. My explanations seemed odd to her. She has no known risk factors.

☒ **Ortho-phospho-tyrosine (Cancer) YES at liver only**
She has cancer of the liver as well.

☒ **Fasciolopsis (Parasite) YES at liver and thymus; NO at intestine**

☒ **Fasciolopsis redia (Parasite) YES**
Others not tested. She will start on parasite program.

☒ **Benzene (Solvent) YES**
Go off all items on the benzene list.

☒ **Isopropyl Alcohol (Solvent) YES at one part of the liver only; NO at WBCs!**
Note: I could have easily missed the propanol if I had not searched the liver for it. She will go off shampoo and use ours.

Two weeks later

Shirley has not been ill since the last visit. Her arm feels normal now: it had felt heavy before. The pain over her breastbone is gone now.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Kerosene (Solvent) YES**
Be more careful when pouring it.

☐ **Solvents (Remainder) NO**

☒ **Asbestos (Toxic Element) YES**
Will test home air. Suspect washing machine belt.

☒ **Formaldehyde (Toxic Element) YES**
New recliner chair and foam pillows.

☒ **Mercury (Toxic Element) YES at thymus**

☐ **Toxic Elements (Remainder) NO**
She is advised to replace her metal tooth fillings with metal-free plastic ones. She will do away with new furniture.

Two weeks later

Her low back pain is unimproved. She has brought 2 belts for testing. One of the belts was YES for asbestos. She will start on kidney herbs for low back pain.

Two weeks later

She has scheduled her dental work.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES**

☒ **isopropyl Alcohol (Solvent) YES**
She began using Listerine™; will stop.

☒ **Arsenic (Toxic Element) YES**

☐ **Asbestos (Toxic Element) NO**
The new belt is asbestos free. She will remove pesticide from home.

Summary: It is always a delight to work with a client who can dispose of new furniture or carpets without regrets when health is at stake. Our culture teaches us to value our material things, not our

health. Shirley was inspiring to our office with her ease of choosing health before gold crowns and expensive new furniture.

41 Helen Douthet — HIV and Cancer

We have seen Helen in the past five years for painful joints, high blood pressure, and thyroid problems, but she has been in reasonably good health. After a long absence, she arrived at the office looking very pale and thin. She has just returned from the Mayo Clinic. She said they were unable to diagnose her with anything significant in spite of her critical condition. She had not made an appointment but was only purchasing vitamins. I coaxed her to take my first test panel.

☒ **Ortho-phospho-tyrosine (Cancer) YES at thymus, bone marrow, liver, intestine and brain!**

☒ **Protein 24 (HIV) YES at thymus, brain, pancreas, blood**
She has widely disseminated disease. How could this be missed by clinical medicine?

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, bone marrow and liver**

☒ **Fasciolopsis redia (Parasite) YES at thymus, bone marrow, and blood**

☒ **Benzene (Solvent) YES**
She will begin parasite program immediately and go off benzene and isopropyl alcohol containing products and return in 2 days for a follow-up. She seemed too ill to do more testing now.

Two days later
She looks exceedingly ill, can barely walk.

☒ **Ortho-phospho-tyrosine (Cancer) YES at thymus, intestine**

☒ **Protein 24 (HIV) YES at thymus and bone marrow**
Notice how both illnesses have shrunk their territory in her body.

☒ **Fasciolopsis miracidia (Parasite) YES**
Continue parasite program.

☒ **Benzene (Solvent) YES high**
The level is much higher than two days ago, she has obviously had a recent high exposure. She has brought some cans, her water and an air sample (of house dust) to test.

☒ **Benzene (Solvent) YES in Scotchguard™ for fabrics (a spray can), laundry room air (laundry room has an odor), and in her filtered water at sink (purified drinking water)**

☐ **Benzene (Solvent) NO in Carbona™ spot remover, Energine™ cleaning fluid and plain cold tap water**

In view of the possibility that the purified drinking water is contaminated with benzene, she will use purchased drinking water. She does not trust her tap water. She is still an emergency case and needs to follow-up in 3 days.

Three days later

She seems a bit better.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis redia (Parasite) YES at thymus, bone marrow**

She has had discomfort over her middle abdomen to the point of pain during this week.

☒ **Benzene (Solvent) YES and in WD40™**

Uses it on exercise bike—will stop.

Four days later

She is still very ill but feels some improvement. She has partly cleaned the house of chemicals. She has had a "full" feeling on front of neck, still noticeable.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

She will not eat pork or beef and will not handle meat in the house. She does not eat turkey or chicken because of her sensitivity to Salmonella (gets sick right away).

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Benzene (Solvent) YES high**

She is using facial cleanser, a heating pad, shower water, shampoo, Polysorbate 80™. She will stop until we test each one for benzene.

☒ **Strep pyog, Pseudomonas aer, Diplococcus pn, Gaffkya (high), Clostridium (high) (Pathogens) YES**

Remainder not tested. Note: all five of these are typically found in teeth. She has a mouth full of metal—mostly gold. She had too many infections (5 out of 6 tests), so I did not continue testing. The implication of AIDS was obvious. She resisted suggestion of den-

tal work. But she will call the dentist regarding cavitations at teeth #1 and #32. I tried to impress on her the need for speedy removal of tooth infections and benzene.

Four days later

Although Helen is not interested in removing the metal from her mouth, she has just returned from seeing the dentist. The dentist found no X-ray evidence of any tooth abscess or cavities, but Helen did have several cavitations cleaned. She is feeling considerably better for the first time.

☒ Benzene, xylene, acetone, wood alcohol, isopropyl alcohol (Solvents) YES

She will switch to grain alcohol as general cleanser and continue parasite program.

Three days later

She is still getting some low days. She still weighs under 100 pounds but feels she may have gained one pound.

☐ Benzene, ether, isopropyl alcohol (Solvents) NO

☒ Dipetalonema, Echinococcus, E. hist, Echinoporyphium, Fishoedrius (Parasites) YES

☒ Pancreatic fluke (Parasite) YES

Remainder: NO (Box 1). She tested YES for cholesterol crystals and needs to cleanse her liver of gallstones.

Five days later

She is feeling better than 1 week ago, but she still has her ups and downs.

☒ Fishoedrius, Myxosoma (Parasites) YES

☒ Necator (human hookworm) (Parasite) YES high

☒ Moniezia (Parasite) YES high

Tapeworm head, probably escaping from its cyst after solvent action.

☒ Leishmania mex, Taenia sag (Parasites) YES

☐ Parasites (Remainder) NO

☒ Mycoplasma (Pathogen) YES high (systemic)

Probable cause of general aching.

☐ Protein 24 (HIV) NO

☐ Ortho-phospho-tyrosine (Cancer) NO

☒ **Fasciolopsis miracidia (Parasite) YES at thymus**

☒ **Isopropyl Alcohol (Solvent) YES high**
Went back to using commercial shampoo.

☐ **Benzene (Solvent) NO**

☐ **Solvents (Remainder) NO**
Stay on parasite maintenance program.

Five days later

☒ **Benzene (Solvent) YES**

☒ **Isopropyl Alcohol (Solvent) YES**
Using untested body chemicals. Will stop.

Six weeks later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **TCE (Solvent) YES**
Off commercial beverages.

☐ **Solvents (Remainder) NO**
Stay on parasite program.

Six weeks later
She is very much better. She has been on chelation treatment for 1 week. She is on a parasite maintenance program.

☐ **Solvents (ALL) NO**

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke (Parasite) YES**

☐ **Pancreatic fluke (Parasite) NO**
She will stay off rare meat.

Summary: Helen had a very close brush with death. Her great dependence on body chemicals of all kinds (lotions, etc.) contributed to this near tragedy. At one point her weight was 93 pounds, and I feared we had seen her for the last time. If she had followed her friends' advice to hospitalize herself or had returned to the Mayo Clinic, she would not have survived. Although she appeared well at the last visit, her failure to remove dental metal could shipwreck her health in the future.

42 Sing Tong — HIV

This 27-year-old man came in complaining of fatigue, minor depression, and occasional swimmer's ear. He was concerned about his HIV status and wanted to be tested in my unconventional way in spite of getting an HIV Negative result recently.

☒ **Protein 24 (HIV) YES high at thymus and blood**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES**
Off the benzene-pollution list.

☐ **Fasciolopsis adults, eggs, miracidia (Parasite) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and blood**

☒ **Fasciolopsis redia (Parasite) YES at one part of thymus and blood**

☒ **Echinococcus granulosus (Parasite) YES**

☐ **Parasites (Remainder box 1) NO**

☒ **E. coli (Pathogen) YES at blood**
Constipation or a fissure or even hemorrhoids can let these colon bacteria into the bloodstream.

☒ **Klebsiella (Pathogen) YES at one part of thymus (the same), blood and penis**

☐ **Pathogens (Remainder) NO**
He worked in a restaurant for 7 years and handled a lot of meat. He will start on parasite-killing program.

One week later
He has more energy. He felt a sensation over the thymus the first few days on the parasite program. This is common.

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Echinococcus granulosus eggs (Parasite) YES**

☐ **Echinococcus granulosus adult (Parasite) NO**

☒ **Gyrodactylus, Leucocytozoon, Leishmania mex, Plasmodium falc, Schistosoma, Trypanosoma lew, Trichinella (Parasites) YES**

☒ **Taenia pisiformis cysticercus (Parasite) YES**
Has tapeworm disease.

☐ **Parasites (Remainder box 2) NO**
He will increase parasite program to 4 capsules of cloves, 3 times daily for 4 days.

☐ **E. coli, Klebsiella (Pathogens) NO**

☒ **Thorium (Toxic Element) YES**

☐ **Toxic Elements (Remainder) NO**
He will seal cracks in basement floor. Note: benzene is gone. He is eating more healthful food, also. He has cleaned the house and basement of all solvents, paint, varnish and cleaners.

One week later
Sing feels fine.

☐ **Echinococcus all stages, Gyrodactylus, Leucocytozoon, Leishmania mex, Plasmod falc, Schistosoma, Trypanosoma, Trichinella, Taenia pis (Parasites) NO**
He will stay on parasite maintenance program.

☐ **Thorium (Toxic Element) NO**
Has put in a crawl space fan.

☐ **Benzene (Solvent) NO**

☒ **Shigella flex (Pathogen) YES**

☒ **Strep G (Pathogen) YES**
Needs cavitation cleaned at tooth #1.

One month later

☐ **Solvents (ALL) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

Summary: Sing was a model HIV client. He had previously been given an HIV antibody test that was NEGATIVE, but he was not surprised to find he was POSITIVE when he came to us. He was anxious to understand all the features of HIV-illness and to learn how to take care of himself. Although he had vanquished the virus in 6 days, he returned to improve his immunity and he did accomplish everything in about 6 weeks.

43 Jimmy Smith — HIV

This 45-year-old man has had strep throat for about 2 weeks and can't clear it up. His ears have painful stabs with pain running down his neck on both sides (obviously tooth infections). He has a tingling on the front top chest wall. He experiences pain in his left heel when getting up in the morning, but it's not acute during the day. He has soreness in the base of his breastbone. He experiences headaches (needs a liver cleanse). He has stiffness and reduced motion at his elbows and general body stiffness. He will take the kidney herb recipe for his foot pain.

☒ **Proteus (Pathogen) YES**
Off nickel–probably tooth metal–take histidine, 1/day, 500 mg. Histidine is a nickel chelator but this is not a good solution for a dental problem, of course.

☒ **Papilloma, Plasmodium, Hemophil inf (Pathogens) YES**
He is testing **Positive** to the first four pathogens in a row, suggesting HIV illness—will check.

☒ **Protein 24 (HIV) YES**
We will postpone kidney cleanse and do parasite program.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis (Parasite) YES at thymus, intestine; NO at liver**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, kidney**

☒ **Benzene (Solvent) YES**

☒ **Isopropyl Alcohol (Solvent) YES**
Others not tested. They might have paint thinner in the house. We will test air. He uses nothing on the benzene list. He will switch off his shampoo and use ours. He will start on parasite-killing program.

One week later

☐ **Solvents (ALL) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☒ **Cystine, phosphates (Kidney Stones) YES**

He eats a lot of meat, namely phosphate; he will switch to fish that at least have built in bones (calcium). Start on kidney herb recipe.

Three weeks later

His throat feels better but he has minor sternal pain occasionally (probably heart parasites). There is no change in his ankle and heel pain. Soreness at the base of breast bone persists. He has fewer headaches and less stiffness.

☐ **Toxic Elements (ALL) NO**
Surprisingly good.

☒ **Acanthocephala (Parasite) YES**
Do a 5-day high dose parasite program and start on readiness program for liver cleanse.

☒ **Dirofilaria (Parasite) YES**
Dog heartworm, cause of chest pain.

☒ **Loa loa (Parasite) YES**
Also causes chest pain. Others not tested.

One month later

Jimmy has tingling and soreness over his chest wall and neck again. He had 1-2 weeks that were OK.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Sheep liver fluke (Parasite) YES at thymus**
Probable cause of tingling.

☒ **Sheep liver fluke metacercaria and cercaria (Parasite) YES**
He will avoid eating meat in restaurants and stick to fish and seafood. He will repeat a 3 day high dose parasite program.

☒ **Benzene (Solvent) YES**
Off ice cream.

☒ **Xylene (Solvent) YES**
Off Sprite™.

☒ **TCEthylene, Acetone, Toluene (Solvents) YES**
Probably 7UP™. He will avoid all commercial beverages.

One month later

He still has tingling over his abdomen occasionally and a lot of bloating. He also had the flu for a week again.

☒ **TCE (Solvent) YES**

Drank a small amount of pop again—will stop.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Mycoplasma, Candida (Pathogens) NO**

☒ **CMV, Gardnerella, Adenovirus, B strep, Shigella, Nocardia, Trich vag, Borellia, Plantar wart, Coxsackie B1, Strep pneu, A strep, *Herpes* zoster, Salmonella ent, Staph aureus, *Bacillus cereus*, Histoplasma, Proteus mirab, (Pathogens) YES**

End of box 1. This is the picture of AIDS, but without HIV.

☒ **Fasciolopsis redia (Parasite) YES at thymus**

☒ **Fasciolopsis cercaria (Parasite) YES**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Clonorchis (Parasite) YES**

He has been eating McDonald's hamburgers and will definitely stop this time. He will repeat the 5 day high dose parasite program and start on maintenance after that.

Two weeks later

He had continuous influenza. He is on Kephalexin™ antibiotic and cough medicine.

☐ **Solvents (ALL) NO**

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Iridium (Toxic Element) YES at thymus**

Tooth fillings—remove metal from mouth.

☒ **Hafnium (Toxic Element) YES at thymus**

Source unknown.

☒ **Palladium high, Nickel high at thymus, Gadolinium at thymus, Scandium (Toxic Elements) YES**

Tooth fillings.

☒ **PVC (Toxic Element) YES at thymus**
Works with building materials.

☐ **Toxic Elements (Remainder) NO**
He needs all dental metal replaced with metal-free plastic.

☒ ***Herpes* zoster, Mycop, EBV, Bacillus cere, Human papilloma 4, Lepto int, Eikanella, Lacto acid, Klebsiella, Gaffkya, Bacill anthrac, Anaplasma, Mycob. TB, Pseudo aer, Strep mit, Tobacco mosaic virus, Haemoph inf (Pathogens) YES**
This is the picture of AIDS.

Summary: Jimmy has done an excellent job of removing solvents from his foods and products. He has gotten rid of the HIV virus but not his AIDS. He has been advised to get the metals out of his mouth in order to stop them from fluxing into the thymus. We are waiting anxiously for him to complete this job so his immunity can recover.

44 Stella Rowley — HIV and Cancer

This 23-year-old woman came in because of her chronic yeast infection, menstrual cramps she has suffered from "all her life," migraines, bunions, and heart arrhythmia. She also noted that she has sinus problems during the fall and spring. Her right wrist is sore. She has occasional constipation and diarrhea; her right knee is sometimes sore. She is on several medications for her various ailments, way too many for her age.

☒ **Ortho-phospho-tyrosine (Cancer) YES**

☒ **Protein 24 (HIV) YES**
She has both cancer and HIV illness unbeknownst to her, but she is not too surprised. I am surprised at her calmness.

☒ **Isopropyl Alcohol (Solvent) YES high**
Eliminate propanol polluted products like cold cereal and shampoo.

☒ **Benzene (Solvent) YES high**
Off benzene list.

☐ **PCB (Toxic Element) NO**

Summary: She arrived with HIV test results that were NEGATIVE. Apparently, however, she had the intuition that something was quite wrong with her but could not get it established clinically. We recommended a vegetarian diet for her, which appealed to her anyway. She has not returned, and three months have passed. Hopefully, she has followed some of the advice we gave her. Her finances may not have been adequate for her to return for follow-up.

45 Dawn Generes HIV

This 51 year old woman had the following problems: 1) her feet kill her. She works at a hospital and is on her feet all day. At night there is a cramp in them. They burn and ache all the time. She has tried different shoes. The pain is not in her toes but higher up, to about 6 inches above the ankle, mostly on her right foot. This started about 5-10 years ago and has worsened in the past 2 years; 2) her sinuses are clogged and she feels like there is something in her throat; 3) she has a low energy level; 4) she is holding water in her hands and feet; 5) she has lower back pain, for which she sees a chiropractor; 6) her knees hurt; 7) she has elbow pain—it hurts her to pick up a quart jar; 8) her left hip and leg are painful; 9) she has gum disease; her front teeth are badly eroded and she has loose teeth.

She will go on a tooth program which consists of:

- Flossing 1 time/day (use monofilament nylon fish line, 2 to 4 pound test)
- Brushing 2 times/day. At one brushing use potassium iodide (white iodine, see *Recipes*) from a pharmacist. Use 4 drops on a tooth brush. At second brushing use 17½% hydrogen peroxide, food grade, again 4 to 5 drops on tooth brush. If spilled on skin, wash it off.
- Also, take 3 glasses of 2% milk/day (sterilized by boiling), 1 magnesium oxide (300 mg)/day; 500 mg B_6/day, and vitamin D 1/day for three weeks, then 2 a week forever. Obtain vitamin D from dentist (50,000 units).

She will start on kidney herb recipe.

One month later

Her legs are very restless. She works the night shift and will use ornithine to sleep and arginine as a caffeine substitute to keep awake.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Ancylostoma duod, Dientamoeba, Echinostoma rev, Eimeria ten (Parasites) YES**

Has pigeons and chickens.

☐ **Parasites (Remainder) NO**

Stay on parasite-killing program.

Six weeks later

She is experiencing pain over her sternum.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☐ **Fasciolopsis adult (Parasite) NO**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus, vagina, blood**

☐ **Pancreatic fluke (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☒ **Isopropyl Alcohol (Solvent) YES at thymus; NO at liver!**

☒ **Benzene (Solvent) YES high at thymus and vagina**

☐ **Solvents (Remainder) NO**

Note: The propanol is in her thymus, not her liver. She does not eat junk food or drink commercial beverages so has no other solvents in her! She will go off the benzene list, off shampoo and hair spray. She will use our varieties.

Six weeks later

She is "fantastically better," she says.

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Sheep liver fluke cercaria (Parasite) YES at blood; NO at liver and thymus**

She had a roast beef sandwich at Hardee's™ a few days ago. Go on 3 day high dose parasite program followed by maintenance, and stay off restaurant meats.

☐ **Isopropyl Alcohol (Solvent) NO**

☐ **Benzene (Solvent) NO**

☒ **Beryllium (Toxic Element) YES**

Gasoline, car exhaust.

☒ **Gold (Toxic Element) YES**

Change wrist watch to plastic.

☒ **PCB, Holmium (Toxic Elements) YES**

Switch to borax and washing soda instead of detergent.

☒ **Formaldehyde (Toxic Element) YES high**

There is no foam furniture or mattresses in the house—they are remodeling the hospital where she works.

☐ **Toxic Elements (Remainder) NO**

Summary: Dawn has succeeded in every way to improve her health, a tribute to her intelligence and good attitude.

46 Diane Barron — HIV

This 22-year-old woman had numerous serious problems. She had a chest X-ray that showed spots that are thought to be tuberculosis. She suffers from cataracts in one eye and sinus problems. She has a hearing loss in her left ear and her throat is frequently dry and sore. Her shoulders have dull aching pain and her wrists crack with sharp pains as well as her hands. Her chest feels heavy, congested and she has occasional sharp pains there. She has an irregular heartbeat, possibly mitral valve prolapse. She suffers from stomach ulcers and easily feels nauseated. She has chiropractic adjustments weekly for sharp pain between the shoulders. Her leg muscles ache and twitch, especially when she is tired. Her knees pop easily and ache. She may have bunions and her feet ache. She sleeps a lot but also has occasional insomnia. Her energy level is consistently low and her concentration is much less than it used to be. She has frequent bad headaches that make her sick to her stomach. She has frequent urinary tract infections. She suffers from depression and bulimia. She works in a dental office. This is an odd assortment of symptoms, especially for so young a person, typical of HIV illness.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES**

☒ **Fasciolopsis (Parasite) YES at intestine only**

☒ **Fasciolopsis eggs (Parasite) YES at thymus, vagina, and blood**

☐ **Fasciolopsis other stages (Parasite) NO**
Other parasites not tested. Start on parasite program.

☒ **Benzene (Solvent) YES at thymus and vagina**
She uses essential oil shampoo. Will stop and use our recipe.

☐ **Solvents (Remainder) NO**
Note: She has no build-up of other solvents yet. Presumably her liver can still detoxify them quickly.

One month later

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**
Continue parasite program.

☒ **Arsenic (Toxic Element) YES**
Pesticide Deacon™ everywhere in the house; remove.

☒ **Radon (Toxic Element) YES high**
House is partly over crawl space and partly over basement—she should open crawl space vents.

☒ **Molybdenum (Toxic Element) YES**
Automotive chemicals?

☒ **Gold (Toxic Element) YES**

☒ **Gadolinium (Toxic Element) YES**

☐ **Toxic Elements (Remainder) NO**
She has no gold tooth fillings, but works with gold crowns in dental office that give off vapor and dust.

☐ **Benzene (Solvent) NO**

☒ **Hexane (Solvent) YES**
Off commercial beverages.

☒ **Acetone (Solvent) YES**
Dental glue.

☒ **Ether (Solvent) YES**
Dental materials.

☒ **Methylene chloride (Solvent) YES**
Commercial beverages.

☒ **TCEthylene (Solvent) YES**
Flavored foods.

☒ **Her house air, and office air (Unknown pollutant) YES**
Note: She has some pollutant in her house air as well as office air. She will try to clean them up by removing all chemicals.

☒ **Candida (Pathogen) YES**
Yeast. Needs to raise her immunity.

Summary: Diane has gotten rid of her HIV virus but still has a lot of cleaning up to do before she gets as well as a young person of 22 should be. She needs to eliminate radon from her home or move. She needs to change her occupation to a less hazardous one. She needs to remove all metal from her mouth and body. I will discuss these items in

the future as she gets more adjusted to her current restrictions. She is doing well and staying free of benzene.

47* Gene Liggan — HIV

This 36-year-old man has been suffering from fevers and night sweating for several months. He recently ran a temperature of 104°. This went on for a week; the attacks lasted 4-5 hours, then he had one week of remission, then another week of attacks. He saw a clinical doctor who did many tests. He feels very good now in comparison. His HIV virus was found about 4 months ago. He stopped drinking and smoking. He lost about 16 pounds during that ill period, but has gained it back. He had his mercury fillings taken out a year ago when he began seeking out alternative therapies for his mysterious illness. He has a rash on his left cheek and chronic thrush. He brought a thick file with medical records. He has been health conscious for some time and is happy to find us.

☒ **Babesia (Parasite) YES**

☒ **Echinococcus granulosus eggs and cysts (Parasite) YES**
He has a dog now but has had cats in the past.

☒ **Fasciolopsis (Parasite) YES at thymus, kidney**

☒ **Fasciolopsis miracidia (Parasite) YES at thymus, kidney**

☐ **Fasciolopsis other stages (Parasite) NO**
He has been trying to get AZT. Note: miracidia are not in the blood, possibly due to taking a sulfa drug recently for about 3 days (he is on it preventively).

☐ **Ortho-phospho-tyrosine (Cancer) NO**
A few days ago his immunologist gave him a tuberculosis shot, pneumonia, and tetanus shot.

☒ **Protein 24 (HIV) YES**

☒ **Trich (Pathogen) YES**
Cook and eat in metal-free pots and cutlery to reduce nickel intake.

☒ **Shigella flex, Proteus, EBV, A strep, CMV, Papilloma 4, Coxsackie B1, Troglo, Pseud aerug, Strep G, Plasmod cyno, Staph aureus (Pathogens) YES**
He has 13 YES (not counting HIV) out of 27 tested. This is mild AIDS. He has had shooting pains in certain teeth.

☒ **Benzene (Solvent) YES throughout his body**

He has done a lot of painting and remodeling. He will clear his house of all old paint cans, old brushes, etc. We will test house air for benzene. He will start parasite program.

Three days later

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**
He is very pleased but somewhat incredulous.

Three days later
He has been very energized (more so than in the last 2 years); he has to force himself to go to bed, yet he is relaxed and his mood is good. He sleeps well. Cheek skin is better. He has minor fissures at the corner of his mouth. He has no night perspirations anymore. His fevers seem gone. He had been at 102°-104° He also had a very low temperature at times (94°-95°). He is not coughing much at all anymore. He feels his chest is very clear; he quit smoking 4 months ago but it did not clear up his chest.

☐ **Protein 24 (HIV) NO**

☐ **Babesia, Echinococcus all stages (Parasites) NO**

☒ **Haemoproteus, Multiceps ser, Prosthogonimus, Pneumocystis car, Trypanosoma gam (Parasites) YES**
He had a duodenal ulcer, was on Xantac™ and Mylanta™ by the bottle, then a lot of baking soda about a year ago. Remaining parasites (box 2) NO.

☒ **Adenovirus (Pathogen) YES**
Remainder box 1: NO.

☒ **Strep pneu (Pathogen) YES at two teeth**

☒ **Anaplasma (Pathogen) YES**
Remainder box 2: NO. He is still on antibiotics. This is no longer the picture of AIDS.

☐ **Benzene (Solvent) NO**

☒ **Uranium (Toxic Element) YES high**
Living quarters are very dusty. He has ringing in his ear and some pain at 2 teeth. Needs to do dental work.

One month later
He has gained 10 pounds. He has felt less stressed and his energy was very good until yesterday. Some days he is still slightly lethargic. His minor rash on his cheeks persists. His tongue is very sore and swollen. He has not done dental work yet.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **Leishmania mex (Parasite) YES**
Other Leishmanias: NO.

☒ **Haemophilus infl, Shigella (Pathogens) YES**

☐ **Pathogens (Remainder) NO**

One month later

His thrush has cleared up, but he has a slight headache and lower leg pain.

BLOOD TEST	Result	Comment
1. T cells and T-helpers	Low	
2. Monos	high (12%)	
3. Chloride	high	
4. Calcium	very low	He will drink 3 glasses of 2% milk/day and take magnesium oxide (300mg), one a day.
5. BUN, Creatinine	slightly high	kidney problem
6. SGOT, SGPT	very high	possibly due to drugs

He works with other people; they have a lot of respiratory problems. He will go on the respiratory health program:

1. CFH 2/day in winter (this is a combination of thyme and fenugreek herbs).
2. One Bronson Zinc tablet (60 mg) daily.
3. Oscillococcinum when chills are felt.

☒ **Kerosene (Solvent) YES**

☒ **Methylene chloride (Solvent) YES**
Has been drinking soda, will stop.

☐ **Solvents (Remainder) NO**

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis eggs (Parasite) YES at pancreas**

☐ **Sheep liver fluke adults (Parasite) NO**

☒ **Sheep liver fluke miracidia (Parasite) YES at liver; NO elsewhere**
Repeat 5-day high dose parasite program. Go off beef (he has been eating some prime rib rare beef).

☒ **Candida (Pathogen) YES**

☐ **Protein 24 (HIV) NO**
Is free of benzene. He will do an HIV antigen test at clinical lab.

Five days later
His temperature is 102° today. He also has an injured ankle. He has been having a normal or low temperature in the mornings, but it goes up about a degree in the evenings. He isn't feeling as well as he should, with a lot of aching in his legs, especially from the knees down.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis eggs (Parasite) YES at thymus only**

☐ **Fasciolopsis other stages (Parasite) NO**
Continue on parasite program.

☐ **Candida, Shigella, Salmonella, (Pathogens) NO**

☒ **Mycoplasma, Influenza A and B (high) (Pathogens) YES**
Note: His influenza is activated and he will be on Oscillococcinum for five days.

One week later
His clinical HIV antigen test result has arrived. It is Negative.
His temperature in the morning is 98.8°. He went to the emergency room the other night with wheezing and was diagnosed with bronchitis. He was put on antibiotics.

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**
Continue parasite maintenance program and *Pet Parasite Program*. He has a cat.

☐ **Solvents (ALL) NO**

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Staph aureus, Strep G (Pathogens) YES at tooth #1**
Needs cavitation cleaned.

Summary: Gene was quite elated with his HIV Negative status. He is advised to see dentist to clear bacteria which are a chronic drain on his health. He will continue on his restricted life-style and come in for a checkup every month.

48 Valri Nesbit **HIV**

This 27 year old woman came in with a long list of problems including tinnitus, a low grade fever for several months, a general feeling of illness for several months, the source of which no clinical tests can uncover. She has chest pain at mid-sternum (probably HIV) and has been nauseated a lot lately. She has intermittent tachycardia (heart problem), tingling of the hands and feet, a minor sleep problem and a daily headache. She is on oral Mycostatin™ for her vaginal yeast infection which she has had for a long time. This all began after moving to a new building at work.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and vagina**

☒ **Fasciolopsis (Parasite) YES at thymus**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus and blood**

☐ **Fasciolopsis other stages (Parasite) NO**

☒ **Benzene (Solvent) YES**
She uses Vaseline Lip Therapy.™ She will remove all solvents from her basement and kitchen and other sources. She will start a parasite-killing program and go off the benzene-pollution list.

Two weeks later
Her fevers subsided but she is still feeling sick with hot flushes. She still feels sternal pain radiating out on each side of the breast bone.

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Dog heartworm (Parasite) NO**

☒ **Loa loa (Parasite) YES high**
Source of sternal pain and heart problem. Remaining parasites not tested.

☐ **Benzene (Solvent) NO**

☒ **Mercury (Toxic Element) YES**

☐ **Toxic Elements (Remainder box 1) NO**
Valri has made a lot of progress in 2 weeks. She will get metal tooth fillings replaced with plastic.

Three weeks later

She feels better but still has a low-grade fever (about 99°). Her sternal pain is gone. She has fatigue and muscle aches as well as headaches in the afternoon when she starts to feel hot.

☒ **Mineral oil (Toxic Element) YES**
Off all lotions and soaps. Use our recipes.

☐ **Solvents (Remainder) NO**

☒ **Lead (Toxic Element) YES high**
Test water and air.

☐ **Toxic Elements (Remainder box 2) NO**
She is on the parasite maintenance program.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Loa loa (Parasite) NO**
She will start on kidney herb recipe.

Two weeks later

She went back to work. Her water tested YES (**Positive**) to lead by commercial lab test which her husband ordered immediately when she told him about it after her last visit. She has ear pressure.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Loa loa (Parasite) NO**

☒ **Fasciolopsis adults (Parasite) YES at intestine**
Ate hamburgers. Others not tested.

☒ **Wood Alcohol, Toluene, Methyl ethyl ketone (Solvents) YES**
Off commercial beverages.

☒ **Methyl butyl ketone (Solvent) YES**
Off flavored foods.

☐ **Solvents (Remainder) NO**
Note the return of Fasciolopsis, but not in the thymus or liver. It is in the intestine, where it "belongs." Note: there is no benzene or propanol in her.

☒ **Candida (Pathogen) YES**
Yeast; she needs to raise her immunity.

One month later

She is doing a lot better and has no more fever; she has returned to a normal life and is not eating fast food meals or red meats.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Fasciolopsis redia (Parasite) YES**

☒ **Sheep liver fluke cercaria, eggs (Parasite) YES**
She is on parasite maintenance program but is eating turkey, and chicken; will stop.

☒ **Influenza (Pathogen) YES**

☒ **Candida (Pathogen) YES**
Has been on Mycostatin™ for the past 3-4 months.

☒ **Pentane (Solvent) YES**
Possibly in beer she drank last night.

☐ **Solvents (Remainder) NO**

Summary: Valri did an admirable job of curing her illnesses. The restrictions may eventually be too constraining for her so that she will repeatedly get HIV and/or cancer. Hopefully, our meat supply will get cleared up of this parasite in the not-too-distant future. At her last visit, her husband, John, came with her, in order to clear the whole family of this parasite.

Husband, John

☒ **Lead (Toxic Element) YES**
They are working on the lead-in-water problem. (He had been incredulous of our results with Valri until the lab reported presence of lead, he stated.)

☒ **Carbon Tetrachloride (Solvent) YES**
Uses disinfectants.

☐ **Solvents (Remainder) NO**

☒ **PCB (Toxic Element) YES**
Off detergent. He will stop drinking commercial beverages.

☐ **Fasciolopsis and all stages (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Sheep liver fluke cercaria (Parasite) YES**
He has always eaten rare steak but will stop.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**
Fortunately for Valri, John is supportive at least when he is able to observe the testing and follow the logic himself. Together, they may be able to keep Valri well.

49 Joseph Haidu — HIV

Joseph arrived from the southwest for his HIV Positive condition. I assured him that he would be completely well soon. He has limited time (six days) in this area. He is seeing a clinical doctor frequently, is on antibiotics preventively, and is quite anxious about his condition. He is about 35. He does not appear very ill.

☒ **Protein 24 (HIV) YES at thymus and penis**

☐ **hCG (Pre-Cancer) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Fasciolopsis adults (Parasite) NO**

☒ **Fasciolopsis eggs (Parasite) YES throughout body and in saliva**
We will get a saliva specimen for microscope study.

☒ **Sheep liver fluke (Parasite) YES at thymus; NO at liver**
Others not tested.

☒ **Benzene (Solvent) YES throughout his body**

☒ **Isopropyl Alcohol (Solvent) YES at liver and thymus**
He will start on parasite-killing program. He will go off the benzene list and propanol containing body products such as shampoo.

☒ **Wood Alcohol (Solvent) YES**

☒ **Decane (Solvent) YES**

☐ **Solvents (Remainder) NO**
He will go off commercial beverages.

☒ **Mercury, Nickel (Toxic Elements) YES at thymus**
Tooth fillings.

☒ **PCB (Toxic Element) YES at thymus**
Off detergent. Others not tested. He is advised to remove all metal from his mouth and replace it with metal-free plastic. Joseph appears dismayed over this necessity. He plans to postpone this action.

☒ **Influenza, EBV, CMV, Resp Syn V, Plantar Wart, B strep, Histopl cap, Adenovirus, Haem inf, Campyl pyl, Staph aur, Propio, Bacillus cer, Coxsackie B-1, Nocardia, Proteus mir, Strep pn, A strep, Gardner vag (Pathogens) YES**

☒ ***Herpes* zoster, Hep B (Pathogens) YES at thymus**
End of box 1. This is obviously AIDS, since he has 21 YES out of 27 tests.

Two days later

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☐ **Benzene (Solvent) NO**

☒ **Hexane dione, Grain alcohol (Solvents) YES**
He has used no alcoholic beverage. However, he is taking our Black Walnut Hull tincture drops in the parasite program, which are 25% alcohol. Must take it in warm beverage.

☒ **Salmonella typhi, Eikanella cor, E. coli, Clostr tet, Bacill anth, Erwin coro, Blephar, Coryne dip, Neisseria, Coryne xer, Strep pyog, Sphaerot nat, Strep G, Trep pall, Veillon disp (Pathogens) YES**
End box 2. He has 15 YES out of 40 tested, obviously still the picture of AIDS.

Two days later

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Protein 24 (HIV) NO**

☒ **isopropyl Alcohol (Solvent) YES**
Used Listerine™.

☐ **Benzene (Solvent) NO**

☒ **Butyl Nitrite (Solvent) YES**
Source unknown. Others not tested.

☒ **Sodium Fluoride (Toxic Element) YES**
In Listerine™?

☒ **Thallium and Germanium (Toxic Elements) YES**
This is a surprise! And explains, in part, his extremely low immunity even after the benzene and parasites are gone. He will save the dentist's tooth grindings for me to test for thallium.

☒ **Antimony (Toxic Element) YES**
Used Kiss My Face™ soap.

☒ **Aluminum (Toxic Element) YES**
Soap.

☒ **Fiberglass (Toxic Element) YES**
Is at a friend's house and will leave soon.

☒ **Radon (Toxic Element) YES high**
Possibly from friend's house.

☒ **PVC (Toxic Element) YES**
Possibly from friend's house.

☒ **Formaldehyde (Toxic Element) YES**
Got a foam mattress from the hospital will throw out.

Two days later
This is a follow-up to assess Joseph's improvement in immunity.

☐ **Isopropyl Alcohol (Solvent) NO**

☐ **Benzene (Solvent) NO**

☒ **TCEthylene and several more food solvents (Solvent) YES**
Others not tested. He has been drinking Celestial Seasonings™ tea and bottled water (probable sources).

☒ **Pancreatic fluke adults (Parasite) YES at thymus**

☒ **Pancreatic fluke stages (Parasite) YES at thymus**
Others not tested. He has eaten a hamburger (probable source). He is advised to be a vegetarian for 3 months to eliminate hazard of reinfection.

☒ **Pathogens (MANY) YES**
He tested positive, again, to 25 of 27 tests, a most devastating picture of AIDS. He was advised to return as soon as possible to this area in order to get his dental work done so his immunity can increase.

Summary: Joseph has accomplished his goal of eliminating the HIV virus but has not accomplished his goal of recovering from AIDS. He will probably be ill soon and will need to be hospitalized. Hopefully, he will get his dental work done before he is incapacitated and terminally ill.

50 Lil Zwick **HIV**

Lil has been coming to our office for 1½ years for assorted problems. She had already cleared up a number of toxic pollution problems resulting from pesticide in their well water and arsenic and gas leaks in the house. She has also gone through a parasite-killing program, liver cleansing, and kidney cleansing. She had complete dental work to remove metal and infections. She appeared in robust good health today but complained of a burning sensation at the top of her esophagus that she attributed to heartburn (she put her hand over her thymus, I suspect HIV).

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Protein 24 (HIV) YES at thymus and genital tract**

☒ **Fasciolopsis (Parasite) YES at thymus and vagina**

☒ **Benzene (Solvent) YES at thymus and vagina**
Will avoid meats and all the items on our benzene list. The source is not obvious.

☒ **Bismuth (Toxic Element) YES**
Off skin lotion.

☒ **Aluminum (Toxic Element) YES**
Off deodorant.

☒ **PVC (Toxic Element) YES**
Source of PVC unknown. She will go back on the parasite program. She will also avoid isopropanol.

Six weeks later
Her chronic fungus problem is much better.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Parasites (All flukes) NO**

☒ **Taenia solium scolex (Parasite) YES**
Tapeworm, start on Rascal for 3 bottles.

☒ **Influenza (Pathogen) YES**
All other respiratory pathogens were NO.

Summary: She feels like her old self again, able to work hard, physically; she has no more "heartburn." Notice how easy it is to acquire the HIV virus or a precancerous condition and how easy it is to get rid of it. Many healthy persons have probably gone through the cycle of getting it and losing it numerous times.

51 Marilyn Werdick HIV Illness and Pancreatic Cancer

Marilyn Werdick came with a diagnosis of pancreatic cancer at age 50. It happened suddenly, with stomach trouble two months ago. She thought it was due to her pain medicine for lower back pain. CAT scan showed area of pancreas that was suspicious. Biopsy showed pancreatic cancer. Surgery was begun but they just sewed her back up. She is on morphine. She is still smoking but promised to stop.

☒ **Protein 24 (HIV) YES at thymus, vagina, pancreas**

☒ **Ortho-phospho-tyrosine (Cancer) YES at pancreas**

☒ **Fasciolopsis (Parasite) YES at liver and thymus**

☒ **Fasciolopsis eggs (Parasite) YES at thymus, NO elsewhere**

☐ **Sheep liver fluke (Parasite) NO**

She has no sensations over the breast bone.

☒ **Gardnerella, flu, Plantar Wart, Strep pn, Trichomonas, Adenovirus, Campylobacter, Alpha Strep, Proteus v, Papilloma 4, *Bacillus cereus*, Nocardia, Staph aureus (Pathogens) YES**

☐ **Bacteroides fr, Haemoph inf, *Herpes* 1, CMV, Borellia, EBV, Shigella, Histoplasma, Chlamydia, Coxsackie B4, Salmonella, Resp Sync V (Pathogens) NO**

Stopped here (this is less than half the test). This shows AIDS-like lost immunity. Too many pathogens are growing in her. Her body must be full of solvent.

☒ **Benzene, Wood Alcohol, Hexane, Pentane, isopropyl Alcohol (Solvents) YES**

She was started on parasite-killing program. She will be off all commercial beverages and cosmetics and benzene sources.

Four days later

She missed her appointment.

Twelve days later

She died (telephone call).

Summary: Marilyn had none of the risk factors associated with HIV. She was just an ordinary middle-age woman who didn't drink alcoholic beverages. If she had acted quickly, she would most likely have survived and gotten reasonably well again. Perhaps she missed her appointment because of embarrassment over not being able to stop smoking. Maybe I was too hard on her about it. We did not hear any details surrounding her death. Notice the adult fluke in the thymus where T

cells are made. The thymus is a small gland and the fluke is a large parasite; it is like having an elephant in the kitchen. How could the thymus do its work? People often feel strange sensations at the top of their breastbone when flukes are in it, but she didn't. Cancer and HIV illness are first cousin diseases. Cancer results when propanol builds up in the body. AIDS develops when benzene builds up.

52 Harlan Wilson — HIV

This 76-year-old man has been coming to our office for the past year, for a variety of ailments including heart disease and pain in his hips as well as his hearing loss. He had already done a parasite-killing program and had cleaned up his teeth. Suddenly he tested POSITIVE for HIV infection in my office in a routine test.

☒ **Protein 24 (HIV) YES**

☒ **Campylobacter, Coxsackie virus, Nocardia, Chlamydia, Staph aureus, Klebsiella, Gaffkya, Clostridium tet (Pathogens) YES**

☒ **Wood Alcohol (Solvent) YES**
Off commercial beverages and chemical sweeteners.

☒ **Benzene (Solvent) YES**

☐ **Solvents (Remainder) NO**

☒ **Fasciolopsis eggs (Parasite) YES at thymus**

☐ **Fasciolopsis adults and other stages (Parasite) NO**
He has been eating hamburger and pork sausage. He will go on a parasite-killing program. He had neglected the maintenance program for several months. His pulse is irregular; he will stay off caffeine.

One week later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Wood alcohol (Toxic Element) NO**

☐ **Nocardia, Chlamydia, Coxsackie 4, Gaffkya, Klebsiella (Pathogens) NO**

☒ **Staph aureus, Clostr tet (Pathogens) YES**

Tooth bacteria, cause of heart problem. He is much better. We will search for teeth responsible next time.

One month later

His pulse is still irregular. He is on new heart medication from his clinical doctor.

☒ **Chlamydia, Bacter fr, Coxsackie B1 (Pathogens) YES**

☐ **Pathogens (Remainder box 1) NO**

☒ ***Ascaris*, Treponema (Parasites) YES**

☐ ***Ascaris* megalo (Parasite) NO**

☒ **Staph aureus (Pathogen) YES high**

Probable cause of heart disease. Remainder not tested. *Ascaris* worms always bring Bacteroides fragilis bacteria and the Coxsackie viruses. He has not seen dentist yet.

Five months later

He had a check up recently with his clinical doctor who pronounced him well and told him that his blood test was good.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES at intestine**

He is just beginning a cancer!

☒ **Fasciolopsis adults (Parasite) YES at intestine and one part of the liver**

He has been eating hamburger and chicken. He will go back on parasite program, 5-day high dose.

☒ **Isopropyl Alcohol (Solvent) YES**

Has been using commercial shampoo; will switch to borax.

Summary: Notice how easy it is to pick up the intestinal fluke parasite and how easy it is to start a cancer or get HIV from it. But it also takes isopropyl alcohol to start a cancer and benzene to start HIV. Hopefully, our meat supply and other foods will be cleared of parasites and solvents soon, so the risks are removed.

53 Joyce Stegeman — HIV, Breast Cancer, Colon Cancer

Joyce has been going to a clinical doctor for 2 months, but no diagnosis has been reached. She reported the following problems: 1) fatigue; 2) hunger and nausea both; 3) warmth in head (mild fever?), occasional chills; 4) sounds like wind tunnel inside the head (roaring); 5)

loose bowels, 3 to 4 times daily; 6) weight loss; 7) weakness; 8) tired and restless at same time; 9) some numbness. Slight inflammation of the liver was seen by one doctor.

☒ **Fasciolopsis (Parasite) YES at gallbladder, liver, thymus; NO at intestine**

☒ **Fasciolopsis redia (Parasite) YES**

☒ **Ortho-phospho-tyrosine (Cancer) YES at colon and breast**
She had intense stinging in her colon and in both her breasts and under armpits 2 months ago, but it went away.

☒ **Protein 24 (HIV) YES**
This came as a surprise. She was tested clinically for HIV a few months ago; it was NO (**Negative**). She seemed relieved to hear these findings; that is, that she was HIV Positive; she thought she'd had it for some time.

☒ **Dipetalonema, Echinococcus granulosus, Fischoedrius, Haemoproteus, Toxoplasma (Parasite) YES**
Start on parasite program.

Four days later

☐ **Fasciolopsis (Parasite) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES at muscle, bone, thyroid, thymus**
She is using Tom's™ fennel toothpaste. Will go off.

☒ **Tin (Toxic Element) YES at muscle, bone, thyroid, thymus**
Toothpaste.

Three days later

☐ **Tin (Toxic Element) NO**

☒ **Benzene (Solvent) YES**
She has been off toothpaste. She will go off the whole benzene list. She is too fatigued to go to work.

Six days later
She is feeling more like herself. No hot spells, but she is not well.

☐ **Benzene (Solvent) NO**

☐ **Protein 24 (HIV) NO**

☒ **Dipetalonema, Pancreatic fluke (Parasite) YES; remainder of box 1 NO**

Summary: Joyce had both cancer and the HIV virus. Small wonder that her symptoms were too confusing for clinical doctors to reach a diagnosis. By the time I saw her I was routinely testing everybody for Protein 24 in their white blood cells (immune system); P24 is a small chip off the core of the virus. When the intestinal fluke was gone, both cancer and HIV were gone! She had the solvent benzene accumulated in her; propanol was not tested at the first visit so it can't be ruled out of the picture. Joyce got her health back. Her illness had made her financially broke, so she did not come back. She was only in her early 30's. We hope she is staying off benzene and propanol sources.

54* Alex Solis — HIV

Alex is a short, stocky person, brought by his sister from a nearby state. Alex is somnolent, sleeping 23 out of 24 hours. He did not speak for himself but was able to walk alone. He has been HIV POSITIVE for about a year. In the past he was very healthy. He was hospitalized for 6 weeks in Kentucky and is on medication for Toxoplasma, TB, etc.

☒ **Protein 24 (HIV) YES at thymus and penis; NO at urine, saliva, etc.**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**
There is no cancer or precancer.

☒ **Fasciolopsis (Parasite) YES at intestine, thymus; NO at liver**

☒ **Benzene (Solvent) YES at thymus, intestine; NO at liver**
He will start parasite program and go off all benzene-polluted products on my list. Since his sister is very health-oriented, the source of benzene in such high quantities was not obvious. They will bring in their water supply for testing.

Two days later

☐ **Protein 24 (HIV) NO**
The virus is gone.

☒ **Benzene (Solvent) YES**
We're not sure where this is coming from—he is drinking a tonic made by a relative, using cold tap water and fresh herbs; also using spring water (fresh from the spring). Both of these are here for testing:

☒ **Benzene (Solvent) YES in Tonic, YES in Water**

This came as a shock since they do not live near a toxic dump. The sample bottles may be contaminated. They will immediately get new samples and have them sent overnight mail.

☒ **Candida, Influenza, Mycoplasma, Salmonella ent, CMV, Hepatitis B (Pathogens) YES**

6 out of 8 pathogens tested YES. This low immunity indicates AIDS. Note: It was especially easy for Alex to kill all parasites, taking only 2 days, instead of 5. Perhaps his herbal concoction is also a parasiticide. But he will stop using it and switch to using faucet water immediately.

One day later

☐ **Protein 24 (HIV) NO**

☒ **Benzene (Solvent) YES**

☐ **Benzene (Solvent) NO in faucet water**

They have also been drinking distilled water from the grocery store. They will go off this and use ONLY faucet water.

☒ **Aluminum (Toxic Element) YES**

☒ **Mercury (Toxic Element) YES**

Needs to remove metal from mouth.

☒ **Asbestos (Toxic Element) YES high**

Sister is using a hair blower; will stop.

☒ **Cobalt, PCB (Toxic Elements) YES**

Off detergent. They will use pure borax only, for all purposes and use no detergent.

☒ **All 6 drugs, Vitamin B_6 (Samples) YES**

His white blood cells are working on removing one or more things in these. Change brands and bring in for testing.

Two days later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☒ **TCEthylene, Hexane dione (Solvents) YES high**

Restaurant food.

☐ **Solvents (Remainder) NO**

Note: Alex is well enough to sit for a longer period of time for testing. The entire solvent test was done this time, not only the benzene test. Note how few other solvents he has, a tribute to his sister's home cooking and food selection.

☒ **Oxalate, all Phosphates, Uric Acid (Kidney Stones) YES**
Start on kidney herbs. Note how many kidney stone varieties he has!

Two days later
Memory and mental function is very much better. Fatigue is slightly better. He is still sleeping 21 out of 24 hours. He is able to smile. He converses a bit with his sister.

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☒ **Wood Alcohol (Solvent) YES**

☐ **Solvents (Remainder) NO**

☒ **PCB (Toxic Element) YES**
Was using some Dr. Bronner's Baby Supermild Soap™; will stop and use borax only.

☒ **Radon (Toxic Element) YES**
Move into a different hotel room. End of box 1.

☐ **Pneumocystis carinii, TB, *Paragonimus* Westermanii (Parasites) NO**

☒ **Taenia solium scolex (Parasite) YES in liver**

☒ **Taenia pisiformis cysticercus (Parasite) YES in liver**
Start on Rascal; take 4 capsules, 3 times daily for about 3 weeks.

Three days later
He feels he is getting better. Still sleeping about 16 hours out of 24. He speaks to me for himself. He produced an entire sentence.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **Urocleidus (Parasite) YES**

☒ **Trypanosoma gambiense, Trypanosoma equip (Parasites) YES**
Sleeping sickness.

☒ **Trypanosoma lewisi, Trypanosoma brucei, Trypanosoma rhodesiense, Trichuris (Parasites) YES**

☐ **Trypanosoma cruzi (Parasite) NO**

☒ **Naegleria (Parasite) YES high**

Note: Naegleria is a brain parasite. He has 2 kinds of "sleeping sickness." He has been in Africa in the past. These infections may account for his extreme somnolence. He is continuing the parasite program.

Two days later

☒ **Trypanosoma lewisi, Trypanosoma brucei (Parasites) YES**

☐ **Trypanosoma cruzi, Trypanosoma rhodesiense, Trypanosoma equip, Trypanosoma gambiense (Parasites) NO**

☐ **Naegleria (Parasite) NO**

☒ **Schistosoma mansoni (Parasite) YES high**

☐ **Protein 24 (HIV) NO**

☐ **hCG (Pre-Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **Benzene (Solvent) YES in water samples**

Water samples of both spring water and cold faucet water were sent from his home. Both tested YES for benzene. This seems extremely enigmatic to his sister. She will remove all possible source of pollution after she gets home and we will then retest the water for her. Since Alex is improving, they have my permission to be away on a 1 week vacation.

One week later

Alex is walking about and converses with his sister and others who speak to him. He is very much better.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Histoplasma, Chlamydia trachomatis, *Herpes* simplex 1, Adenovirus, 2 Coxsackie viruses, Measles (Pathogens) YES**

End box 1. Note: He still has 7 out of 27 pathogens tested; he still has low immunity but not AIDS.

Two days later

He is conversant when awake but is still sleeping approximately 18 hours.

☐ **Taenia pisiformis cysticercus (Parasite) NO in all tissues**

☒ **Taenia saginata cyst (Parasite) YES at liver**

He will stay on Rascal as originally directed. Then he will take it 2 days a week.

Summary: Alex is ready to go home. He will stay in his sister's home until follow-up time in one month. His sister has done an admirable job in reclaiming Alex from his imminent comatose condition. Hopefully, they will not run into a polluted-water problem while at her home. They will continue their parasite program and diet and product restrictions. They were given blood test requisitions at last visit; will test for HIV antigen P24. They are very pleased with Alex's new found health.

About ten days later

Report received from clinical laboratory for Alex Solis: HIV antigen NEGATIVE.

55 Calvin Parker — HIV

This 34 year old man was diagnosed as HIV POSITIVE about 5 years ago. He started taking AZT 4 years ago. He is alternating between AZT and DDI plus Bactrim™. He was referred by a cancer client. He is not visibly ill.

☒ **Protein 24 (HIV) YES at thymus, kidneys, semen and urine**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Fasciolopsis (Parasite) YES at thymus, liver and intestine**

☒ **Fasciolopsis eggs (Parasite) YES high at urine and saliva**
Others not tested. Start on parasite program.

☒ **Benzene (Solvent) YES at thymus only (low level)**
He will go off all benzene-polluted items on my list.

One week later

He is getting a CBC and T cell count every 3 weeks. He is on day 7 of the parasite program.

☐ **Fasciolopsis and all stages (Parasite) NO**

☒ **Hexane dione (Solvent) YES**
Flavored food.

☒ **Ether (Solvent) YES**
He will be more careful when pumping gasoline.

☐ **Solvents (Remainder) NO**
He does not have benzene in him today; this is good progress.

☒ **Silver (Toxic Element) YES**

☒ **Thallium (Toxic Element) YES high**
Remainder not tested. Thallium is probably coming from his metal tooth fillings, probably as a pollutant of mercury. He needs all metal removed from mouth.

☒ **Influenza, Shigella flex, Adenovirus, Mumps, Coxsackie B4, Histoplasma (Pathogens) YES**

☒ **Haemophilus infl (Pathogen) YES at part of thymus only**

☒ **Staph aureus (Pathogen) YES at part of thymus only**

☒ ***Herpes* simplex 1 (Pathogen) YES**
Also visible in mouth. End of box 1. He has 9 out of 27 tests positive, moderate AIDS. He will take 1 dose of Oscillococcinum at bedtime for flu.

Two weeks later
He has a dental appointment. He has not had an illness, and this past week his energy returned.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Methyl propanol (Solvent) YES**
Will test chocolate which is his weakness.

☒ **Formaldehyde (Toxic Element) YES**
Will test house air.

☐ **Toxic Elements (Remainder) NO**

☒ **Staph aureus, Clostridium sept, Pseudomonas, Clostridium bot, Erwinia caro, Strep G, Haemophilus inf, Troglodytella, Mycobacterium TB, Treponema pneu, Pneumocystis carn, Veillonella, Sphaerotilus natans (Pathogens) YES**
End box 2. At least 5 of these are tooth bacteria; they should disappear after dental work.

One week later
He has had no illness. All the metal is out of his mouth. He still has plastic crowns (maybe they will be OK and not need replacement). He is feeling very much better with less fatigue. He found a dentist near his home to do the necessary work.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Solvents (ALL) NO**

☒ **Formaldehyde (Toxic Element) YES and in living room air**
He has 2 pieces of new fabric furniture in living room; he will separate furniture placing them into two different rooms and test the air in each room to find out which piece is fuming formaldehyde. He has been on Rascal for a week.

☐ **Taenia pisiformis, Taenia solium (Parasites) NO**

☒ **Staph aureus, Haemophilus influenzae, *Herpes* zoster (Pathogens) YES**

☐ **Pathogens (Remainder) NO**
He has only 3 infections growing in him out of 67 tested! This is better than average. The dental work has had a profoundly beneficial effect. He is ready for his clinical HIV antigen test.

One week later
He has had no illness.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Aflatoxin (Toxic Element) NO**

☐ **Formaldehyde (Toxic Element) NO**
Removing furniture worked! Stay on Rascal, take 1 day a week.

☐ **Herpes zoster (Pathogen) NO**

One month later
His clinical test results came back POSITIVE for HIV.
*Summary: Calvin was an exemplary client; he did everything correctly. What went wrong? Why did his clinical test say **Positive** when mine said Negative? There are several possible explanations, but the best course of action is to repeat my test, correct any regression that might have occurred, and then repeat the clinical test once more.*

56 Maurice Johnson HIV

Maurice is a 44 year old man with a prostate problem. He gets up more than once during the night to urinate. He had a severe prostate infection in his early 20's. He has been experiencing swelling for about 6 months. He also has occasional lower back pain. He will start on the kidney herbs for these symptoms. He will take it full strength for 3-4 weeks and then ½ half strength for 3 months. He also experienced some chest pain 3 years ago, so severe he thought it was a heart attack.

☒ **Protein 24 (HIV) YES**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Benzene (Solvent) YES**

☒ **Fasciolopsis (Parasite) YES**
Start on parasite-killing program. He will avoid all items on the benzene-polluted list.

One day later

☐ **Protein 24 (HIV) NO**

☒ **Isopropyl Alcohol, 1 Methyl Propanol (Solvents) YES**
Shaving supplies and mouthwash.

☐ **Benzene (Solvent) NO**

☐ **Solvents (Remainder) NO**

☒ **Schistosoma haematobium (Parasite) YES**
Probable cause of prostate problem.

☒ **Taenia pisiformis cysticercus (Parasite) YES**

☒ **Dirofilaria immitis (Parasite) YES**
Probable cause of chest pain experience.

☐ **Loa loa (Parasite) NO**
Others not tested.

☒ **Antimony (Toxic Element) YES**
Off colognes and fragrant body products.

☒ **Fiberglass (Toxic Element) YES**
Check insulation, make sure it is covered, no holes.

☒ **Aluminum, Aluminum Silicate (Toxic Elements) YES**
Off deodorant and soap.

☒ **Mercury (Toxic Element) YES**
Needs all metal out of mouth.

☒ **PCB (Toxic Element) YES**
Off detergent, use borax only.

☒ **Nickel (Toxic Element) YES**
Tooth fillings.

Summary: Since Maurice is from another far away country, he cannot return for several months to follow-up. He plans to be very compliant. He was not surprised at his HIV Positive status and, in fact, is somewhat relieved to hear about his real problem. It was easy for him to shed the parasite and the HIV virus and to avoid benzene.

57 Orlo Kremer **HIV and Kaposi's**

(Orlo Kremer's file covering his first few visits was lost, so I am writing this introduction from memory.)

Orlo is a terminally ill young man in his mid-thirties who was brought to our office by his friend. During critical periods his friend would bring him to his own home and care for him. Orlo had no interest in alternative therapy but his friend did, and insisted on his taking vitamins and herbs. This had gone on for several years before coming to my office. In his near terminal state, Orlo offered little resistance physically but still resisted emotionally. His diagnosis had never been clear but his friend suspected AIDS. Not until Orlo broke out into purple spots all over his right arm was Kaposi's diagnosed.

Upon arrival, Orlo was barely ambulatory, breathing with difficulty but he had not stopped smoking. His friend appealed to me to come down as hard as possible on Orlo for this. Normally, this loses me a client. But I would lose him shortly anyway, so I took Orlo aside and told him in no uncertain terms that he would die, yes die, if he did not quit. He must quit this very day. I asked his friend, when they were back together, NOT to purchase cigarettes for him when so requested.

Orlo tested YES (**Positive**) to HIV, as expected, and was started on the parasite program. At the next visit he was still smoking. But his friend was relentless in his persuasion and by his third visit Orlo had quit. His friend was very happy. We shared his joy.

Next visit (new file)

His skin looks better, purple spots are fading, but he is feeling no better. His appetite is good. He still has night sweats.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **4 Leishmanias (Parasite) NO**

☒ **Candida, Nocardia (high), Mycoplasma (Pathogens) YES**

☒ **Moniezia scolex, eggs (Parasite) YES**

Start Rascal.

Eleven days later

He was sick last week, just feeling bad; is staying with friend.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Moniezia scolex (Parasite) YES at pancreas, NO at white blood cells**

☒ **Moniezia eggs (Parasite) YES at pancreas and white blood cells**

☐ **Moniezia main body (Parasite) NO**

☐ **Other tapeworm eggs (ALL) NO**

Two weeks later

He has bad diarrhea. He has been in the hospital. He has gained 13 pounds. He feels well in spite of being sore and achy. He has been living at home. There is a dog in the house.

☒ **Fasciolopsis eggs (Parasite) YES in saliva, semen, spleen, urine**

We will take a saliva sample to search under microscope.

☒ **Human liver fluke adults (Pathogen) YES**

☐ **Sheep liver fluke (Parasite) NO**

☐ **Pancreatic fluke (Parasite) NO**

☒ **Benzene (Solvent) YES**

Off ice cream.

☒ **Decane (Solvent) YES**

Remaining solvents not tested. He will go off cold cereal. He will go back on the 5 day high dose parasite program. He has been eating hamburgers at restaurants. He will go to stay with friend.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

Two months later

He looks no better. His arm is covered with purple spots, at least a dozen, some as large as quarters.

☒ **Fasciolopsis adult (Parasite) YES at skin**

☒ **Sheep liver fluke (Parasite) YES at skin**

☒ **Pancreatic fluke (Parasite) YES at skin**

With all three of these large flukes in his skin, it is no wonder he has purple spots.

☒ **Necator americanus larva, Taenia pisiformis cysticercus, Taenia solium scolex (Parasites) YES**

☐ **4 Leishmanias (Parasite) NO**



Fig. 118 Kaposi's of arm

☐ **Protein 24 (HIV) NO**
He does not yet have the virus back; perhaps the redia stage is necessary for this; perhaps benzene is essential also.

☐ **Benzene (Solvent) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES high everywhere**

☒ **Isopropyl Alcohol (Solvent) YES high**
Off shampoo and cold cereal. Others not tested.

☒ **Arsenic (Toxic Element) YES**
Pesticides in house. Must be removed.

☒ **Cobalt (Toxic Element) YES**
Detergent. Go back to borax and washing soda.

☒ **Vanadium (Toxic Element) YES**
Gas leak. They will find it immediately.

Summary: We would have liked to show a picture of beautifully recovered skin, but that desire could not be accomplished in time for this book. We admire both Orlo's efforts to comply, and his friend's efforts to save Orlo's life. This has been going on for a number of years, and I hope they succeed.

58* Roy Ferguson — HIV

Roy, age 29, was first seen six months ago regarding his HIV Positive status. Two years previously he began to be ill. Last year he had shingles and thrush. He brought with him a considerable number of

blood test results, done as recently as a few months ago, showing a CD4 count of 300/mm³ and a CD4/CD8 ratio of 0.18. He also had tested **Positive** to HIV. He appeared healthy.

☒ **Protein 24 (HIV) YES in numerous tissues**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **hCG (Pre-Cancer) YES at intestine only**

☒ **Fasciolopsis (Parasite) YES at thymus and intestine; NO at liver and bone marrow**

☒ **Benzene (Solvent) YES**

This was a very short initial visit, confirming his status. He will start on parasite-killing program and stay off the benzene-pollution list. He will eat only fish and seafood for 3 months. He will bring in suspicious products for testing that he is using and are not on the benzene list.

One week later

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Benzene (Solvent) YES at thymus only**

He has been off all products on the benzene list. But he has used Halls Plus™ with liquid center for congestion and has eaten Bryer's™ Strawberry yogurt. He will stop this.

☒ **Hepatitis B, Salmonella ent, CMV, Borellia, Shigella flex, Papilloma #4, Influenza, Bacteroid fr, A strep, Strep pn, Chlamydia trach, Measles, Gardnerella vag, Campyl pyl, Mycoplasma, *Herpes* Simplex 1, Respiratory syn v, B strep, *Bacillus cereus*, Histoplasma cap, EBV (Pathogens) YES**

End box 1. He tested **Positive** for 21 out of 29 pathogens, definitely AIDS. He will take 1 tbsp. of L-G 4 times daily and continue the parasite program.

One week later

Neck glands are down, no longer swollen. Energy is slightly up.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Benzene (Solvent) NO**

☐ **Isopropyl Alcohol (Solvent) NO**

☒ **Methyl Ethyl Ketone (Solvent) YES**

☒ **Hexane (Solvent) YES**

☐ **Solvents (Remainder) NO**
He will be more careful to avoid flavored and processed foods.

☒ **Regular gasoline (Toxic Element) YES**

☒ **Mineral oil (Toxic Element) YES**
Uses Aubrey™ products, will stop.

☒ **Haemophilus inf, Salmonella ent, Borellia, Chlamydia trach, Nocardia, Mycoplasma, B strep, Papilloma #4, Plantar wart, Coxsackie B1 (Pathogens) YES**
Note: He still has 10 out of 29 pathogens, a considerable improvement, but still indicative of AIDS.

One week later
His tongue shows a little improvement.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Benzene (Solvent) NO**

☒ **Candida, Corynebacterium dipth, Bordetella pertussis, Corynebacterium xerosis (Pathogens) YES**
Only 4 out of 29 pathogens are active.

One week later
Tongue still sore but improved. He feels fine.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Taenia pisiformis cysticercus (Parasite) YES at muscles**

☒ **Taenia solium (Parasite) YES at muscles**
He is too fatigued to hold a job.

☒ **Mineral oil (Toxic Element) YES**
Stop soap and lotion. Use our recipes.

☒ **Grain Alcohol (Solvent) YES**
He is using our Black Walnut Hull tincture. His liver can't even oxidize these few drops in an hour! Must put them in warm beverage.

☐ **Solvents (Remainder) NO**

One week later

He has had no illness; feels quite well. Tongue is about 50% improved.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Taenia pisiformis cysticercus (Parasite) NO everywhere**

☒ **Taenia solium scolex (Parasite) YES at muscle**

Start on Rascal; take for 2 bottles.

☐ **Benzene (Solvent) NO**

¨ Isopropyl **Alcohol (Solvent) NO**

☒ **Candida, Coxsackie viruses (both), Chlamydia (Pathogens) YES**

He is ready for clinical testing for HIV antigen.

One week later:

He has had some lower back pain; will start on our kidney herb recipe.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☒ **Benzene (Solvent) YES**

He suspects a new personal product he is using. He will stop using it.

¨ **Isopropyl Alcohol (Solvent) NO**

☒ **Aflatoxin (Toxic Element) YES in liver**

He will be much more careful to avoid moldy food. I suspect beer. He will do without beer.

☒ **Taenia solium cysticercus (Parasite) YES at muscle**

Continue Rascal for a third bottle, then for 1 day a week as maintenance. Note: because of the great risk of exposure to benzene-polluted products, Roy will continue follow-ups weekly for a while.

One week later

His clinical test result was NEGATIVE for the HIV antigen. His tongue is improved and less sore, but still deeply furrowed. He has not been ill this week.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine, hCG (Cancer) NO**

☐ **Aflatoxin (Toxic Element) NO**

Has been off peanut butter; keeps his bread in freezer; uses no vinegar.

☒ **Candida (Pathogen) YES**

We will make a new tongue swab to capture his remaining tongue pathogens on a permanent slide. He is no longer POSITIVE to his earlier slide. Roy is overjoyed at his good results and knowing that his careful adherence to the new lifestyle will protect him.

Summary: Roy was an exemplary client. Fortunately, he was not too ill to take charge of his lifestyle and was able to comply promptly. He never missed an appointment and was an inspiration to us all. He cleared his HIV virus in the first week (probably the first few days) but clearing the AIDS took longer. Once a client has been declared free of disease, it is all too easy to feel overconfident and begin to take small risks. For this reason, we do not recommend the clinical test until six weeks have passed free of the virus. Roy will continue to follow up once a month, sooner if ill.

59* Laurence Iverson — HIV

Laurence Iverson is a very pleasant young man who came for his HIV Positive status. He was not ill although several minor ailments were recurrent. For example cold sores, night sweats, thrush, and enlarged lymph nodes. Five years earlier he had a Salmonella infection, and was put on megadoses (30-40 grams per day) of vitamin C. He was also on Zovirax,™ Erythromycin,™ Zoloft,™ and Ativan.™ He had been instructed to be off tobacco, alcohol and IV drugs. A blood test done in early 1994 was **Positive** for HIV by EIA screening. Supplemental tests were also positive. CD4 count was 510 cells, and CD8 was 1140, giving a ratio of .45. The blood test was repeated, and CD4/CD8 was 26. He arrived at our office three weeks after this last blood test.

☒ **Protein 24 (HIV) YES**

☒ **Fasciolopsis cercaria (Parasite) YES at thymus**

☐ **Fasciolopsis (other stages) NO**

☒ **Benzene (Solvent) YES**

☐ **Isopropyl Alcohol, wood alcohol (Solvent) NO**

☒ **Ergot, Sterigmatocystin, Zearalenone (Mold toxins) YES**

☐ **Other mold toxins NO**

☒ **Mercury (Toxic Element) YES**

☒ **Shigella (Pathogen) YES at thymus**

He was instructed to zap once a day to kill remaining cercaria, take vitamin B_2, 100 mg, three, 3 times daily to detoxify his benzene accumulation immediately. He was to prevent reinfection, and avoid benzene polluted products, and follow the diet rules concerning dairy. He was to take niacinamide 500 mg, 3 twice daily to detoxify ergot, and avoid moldy food. He was put on the Bowel Program (page **Error! Bookmark not defined.**), also vitamin C and Super B 50 complex. He was to switch his drinking water from purchased to filtered tap water. All supplements were to be supplied by our office to avoid risk of pollution. No other supplements were to be taken.

Ten days later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☐ **Ergot, Sterig, Zear (Mold toxins) NO**

☒ **Shigella, Salmonella (Pathogens) YES**

He had picked up Salmonella. He was given Lugol's solution and hand sanitation was reviewed.

Eighteen days later

He was still in the middle of dental mercury removal. He had started himself on L-G and was free of cold sores. His toenail fungus was improved.

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☐ **Bacteria (All) NO**

Three and a half weeks later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☐ **Bacteria (All) NO**

He was scheduled for a blood test, including PCR.

Seven days later

The PCR test was *Negative.*

Summary: my policy is to do a PCR test six weeks after the first Negative benzene result. Laurence did everything correctly and received a well deserved result on schedule.

60* Andrew Nelson **HIV**

Tall and athletic-looking, Andrew was without the energy of a feather. He was immediately put in a hospital bed. Testing was done on a saliva sample.

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES**

☒ **Formaldehyde (Toxic Element) YES**

☒ **Zearalenone (Mycotoxin) YES**

His new suit (formaldehyde source) was removed from the closet. All his supplements were stopped (he had been using a weight gain powder that tested **Positive** to benzene). In the hospital he was given plain Mexican home cooking; no brown rice, chips, or popcorn. He was on Isoniazid, Zoloft, Pyrazinamide and Bactrim for tuberculosis and on Quinadex and Lanoxin for heart fibrillation. He was to stop all his medications immediately and zap instead. His medications had benzene, isopropyl alcohol or wood alcohol pollution, a cruel irony indeed.

He was put on vitamin B_2 (100 mg, 9 per day).

Two days later

☒ **Benzene (Solvent) YES**

He will stop all his supplements and medications, stop hospital soap and baking soda.

Two days later

He feels fine, is getting up for walks downtown. Numbness in toes is worse. He is to stop all personal products like toothpicks (they contain mercury).

Two days later

He has left for home due to boredom and wellness. No symptoms. He wants to get back to work. He promises to stay off health potions, off untested medications, keep zapping and do the parasite maintenance program. He will follow up with a saliva sample sent to us every week at first.

He stayed free of benzene for six weeks, then stopped sending samples.

Four months later

He did a blood test ordered by his clinical doctor including CBC and differential, basic immune profile, and two HIV tests. His *T cell* helper to suppressor ratio was still low (0.2) but P24 antigen test was NEGATIVE. And PCR antigen (quantitative) was 30,000.

Summary: Andrew didn't stay long enough to realize he had more toxic things to clean out of his life. He needs to remove Freon and copper to normalize his T cell counts. But he had unusual intelligence and courage. He changed a six week stay to a six day stay and still succeeded.

61* Clyde Rightweiser — HIV

Clyde, age 30, was diagnosed with HIV six months ago. He has headache, lower abdominal pains and neck pain.

☒ **Protein 24 (HIV) YES**

☒ **Benzene (Solvent) YES**

☒ **Shigella, Staph (Pathogens) YES**

☒ **Mercury, PCB (Toxins) YES**

He will zap the parasites immediately; take 1 gm vitamin C with each meal, 300 mg vitamin B_2, 3 times daily. He will stop smoking by switching to chewing our "smoking herb blend." He will start dental work at once.

Two days later

☐ **Protein 24 (HIV) NO**

☒ **Benzene (Solvent) YES**

☐ **PCB (Toxic Element) NO**

Four days later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

He quit smoking marijuana eight days ago. He is feeling better.

Nine days later

Lots of stomach cramps as soon as he eats.

☒ **Salmonella (Pathogen) YES**

Eat only sterile dairy food. Use Lugol's 4 times daily after meals and bedtime. Wash hands with alcohol rinse. Headaches are better. Eye pain persists.

Eight days later

☐ **Benzene (Solvent) NO**

☐ **Staph (Pathogen) NO**

His amalgams are out.

☐ **Salmonella (Pathogen) NO**

He must stay on Lugol's, at least once a day, to help prevent reinfection. His abdominal pain is gone; he still has back pain.

Eight days later

Abdominal pain returned, sleeping poorly, losing weight, constipation.

☒ **Staph (Pathogen) YES**

Dentist has not treated cavitations yet.

☐ **Benzene (Solvent) NO**

Thirteen days later

His *T cell* count is up from 11 to 20, according to a test ordered by his clinical doctor.

☐ **Protein 24 (HIV) NO**

☒ **Staph (Pathogen) YES**

Is still getting dental work done.

Three weeks later.

The HIV-1 antigen test (quantitative) is **Negative**.

*Summary: Clyde did not stay well consistently after getting a Negative HIV result. If he neglected vitamin B_2 he would be **Positive** for benzene, showing that he was still getting it. He continued to pick up Shigella, which gave him diarrhea. Taking untested medicine for the diarrhea gave him benzene, which in turn reduced his ability to fight Shigella, a vicious cycle. All in all his health deteriorated in spite of no longer having the virus.*

62* Eugene Wald — HIV

Eugene Wald was diagnosed with HIV three years earlier. He immediately began to investigate and try all the alternative therapies he could find, even in Mexico, including ozone, peroxide, and live cell therapy. He appeared in good health and was active in his profession. He was taking bee pollen and numerous other exotic supplements. He had his amalgams replaced. He brought his latest blood test which showed: a rather high CO_2 level implying an air toxin. His uric acid was slightly high, perhaps because his LDH was slightly high (187 in a range of 94-250). His total protein was slightly high (8.0) and cholesterol too low (131). He had already started the parasite program.

☐ **Protein 24 (HIV) NO**

☐ **Ortho-phospho-tyrosine (Cancer) NO**

☒ **Benzene (Solvent) YES**
He agreed to go off everything on the benzene list. It grieved him to give up his bottled water.

☒ **Shigella (Pathogen) YES**
He was to sterilize all dairy foods.

☒ **Chlorine (Toxic Element) YES, and high**
He was to stop using bleach and to run his cold water through a filter pitcher.

Nine days later

☒ **Benzene (Solvent) YES, and high**

☒ **Wood alcohol, (Solvent) YES**

☐ **Isopropyl alcohol (Solvent) NO**

☒ **Mercury, lead (Toxins) YES**

☒ **Ergot, aflatoxin (Mycotoxins) YES**
He was quite upset that he still had benzene; we asked him to bring in all his special products for testing and everything he put on or in his body. He was using dental floss, which could explain the mercury. He was to bring in water and dust samples from his home; stop eating all nuts and grocery bread.

☒ **Adenovirus, beta strep, alpha strep, Bacteroides fr., bacillus anth., Candida (Pathogens) YES**
He obviously still had AIDS (7 out of 7 tests positive).

Three days later

His product test results were:

Sample name	Benzene	Propyl alcohol	Wood alcohol	PCB	Lead
bee pollen	N	N	POS	N	
black chalk	N	N	N	N	
colostrum	POS	N	N	N	
contact lens solution	POS	N	N	N	
honey POS for ergot					
IM B_{12} shot	N	N	N	N	
IV B complex	N	POS	N	N	
IV vitamin C	POS	N	N	N	
mixed nuts	N	POS	N	N	
olive oil	N	N	N	N	
pygmy dirt	N	N	N	N	
royal jelly	N	POS	N	N	
V8 vegetable juice	POS	POS	N	N	
water, kitchen, cold					POS
water, kitchen, cold, filtered					N
water, kitchen, hot					POS

water, shower, cold, filtered					POS
water, shower, cold, unfiltered					N
water, shower, hot, filtered					N
water, shower, hot, unfiltered					POS

Ironically, he was "mainlining" benzene into his body with an intravenous health treatment procured in Mexico (but made from U.S. ingredients). He stopped all the polluted health supplies.

One confusing result was the cold shower filtered water; it was **Positive**, while the unfiltered water was **Negative**. Perhaps the filter needed changing, or Eugene mixed his samples up, or we mixed the results up. In any event it was not worth rechecking because Eugene immediately started looking for a new place to live, and brought in water samples from the new place before he signed the lease.

He had to leave on vacation and when he returned...

Four months later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

He had been well all this time. We scheduled a clinical P24 antigen test. It came back **Negative**.

Eight months later

☐ **Protein 24 (HIV) NO**

☐ **Benzene (Solvent) NO**

☒ **Copper (Toxic Element) YES, high**

☒ **CFC (Freon) (Toxic Element) YES at thymus**

☒ **Penicillium conidia, penicillium spores (Fungi) YES, at lungs**

To get the CFC out he was given a complicated program. Because Freon is not biodegradable, we first ozonate it by drinking ozonated water (three glasses a day—the tube from a small ozonator is dropped into a glass of water and left to bubble for two or three minutes). Within minutes we can find CFC in the liver; evidently it has been mobilized from the tissue where it lay marooned. To help it out of the liver drink two cups each day of the Liver Herbs (page 580); failure to do so often causes digestive distress.

From the liver the CFC travel to the kidneys for excretion. But it is marooned again without more help! This time the Kidney Cleanse (page 577) comes to the rescue. So finally, a batch of CFC leaves