

Holistic Daily Regimen for Optimal Health Kill Cancer, Covid-19, and More

Simple. Cheap. Natural. And it works.

References: Information about these protocols are taken directly from books by Dr. David Brownstein, Dr. Mark Sircus, and other published holistic, naturopathic medical sources.

****Necessary disclaimer: Distributors of this information do not claim to diagnose, prevent, treat or cure any illness or disease. 4/17/21**

Iodine, baking soda, and sea salt are three very important nutrients that **work synergistically** to detox your body, maintain your immune system, and go after cancer, viruses and bad bacteria. For this to work you must follow these specific directions. This regimen has worked over and over for numerous diseases and disorders. Your western medical doctor will likely tell you not to follow this, for various reasons, but short of a reaction or allergy, do it anyway. **These are very important for the current Covid-19 coronavirus!**

First: Iodine Humans are iodine-deficient. The U.S. iodine levels have fallen over 50% in the last 30 years. At the same time, cancer, thyroid disease, ADHD, mental retardation, etc. has surged. Every cell in the body requires iodine to support the immune system, hormones, detoxification and especially the thyroid gland which regulates many of the body's functions. Without it, life is not possible. Iodine has also been used successfully for decades on farm animals, pets, etc. to heal from injuries, diseases, stimulate pregnancy, and for quality of life. Read for yourself: Dr. David Brownstein's book, Iodine: Why You Need It, Why You Can't Live Without It.

Lugol's 5% Iodine

Order from "J Crow's" at jcrowsmarketplace.com, 1 oz. bottle (about a 300 day supply at 2 drops a day), \$26.00 each. Put drops in a small amount of water/juice and drink at night to keep it in your system longer. Take it separately from other products by an hour on each side, to avoid neutralizing effectiveness. Each drop is 6.5 mg. Standard dose is 12.5 mg (about 2 drops).

Oral Test dose, day 1, 2, 3: 2 drops/day (to check your tolerance)

Oral Therapeutic/Saturation/Detox dose, for 6 months maximum: 2 drops/am and 3 drops/pm. Detox may cause temporary flu-like symptoms.

Oral Maintenance dose, 7th month on: 2 drops/day at bedtime.

Iodine uses calcium from your bones to work. Magnesium is needed to assimilate the calcium. Selenium is also needed. Therefore, take the following (or equivalents) per day:

Calcium 500 mg, Magnesium 1000 mg (bedtime, helps sleep), and Selenium 200 mcg

For tumors you can see or feel, prepare a topical iodine oil to GENTLY rub on:

½-1 oz. coconut oil and 1 eyedropper full of iodine (about 30 drops). Mix well.

GENTLY rub on the area around and over the tumor. Do not apply pressure or it may spread the tumor. Let it soak in. The oil helps carry the iodine deeper into the tissue. Use “Press and Seal” plastic wrap or fabric to cover the area to protect your clothes (it stains). Secure with painters tape, or similar. Women can use a bra to hold it in place. For bothersome fibrocystic breast disease, apply to both breasts. Draw a circle on a piece of paper to show the size of the tumor(s) today, so you can monitor changes in size. Use daily or nightly until tumor(s) are gone.

Baking Soda (Sodium bicarbonate)

1 tsp baking soda in 16 oz water, drink throughout the day.

This is to keep your body in an alkaline state, at an optimal pH of 7.2.

Use Bob’s Red Mill brand, as Arm & Hammer is synthetic.

Acidity is disease. Cancer and other diseases thrive in an acidic body. You must stay alkaline.

This is a nutrient we need for survival every day. It is nutritional and one of the most concentrated, effective medicines in the world. Natural. No side effects. Excellent against cancer. It increases tumor pH and inhibits spontaneous metastases. It is also an antidote for radiation exposure, as is iodine, critically important as the effects of Fukushima increase. When combined with iodine, baking soda covers the entire spectrum of microbial organisms.

“Light gray Celtic sea salt – high mineral content”

1-2 tsp/day, spread out am/pm. Drink it, salt food, cook with it.

It takes 20 mins to dissolve in water or soak it overnight.

Do not use grocery store refined table salt. It is toxic, avoid it. Himalayan pink salt has fewer trace minerals. Use the unrefined sea salt above.

It is full of electrolytes. Buy it in health food stores, or order from celticseasalt.com or

Amazon. “Light gray Celtic sea salt” contains 82 trace minerals that the body needs to boost the immune system, and has 30% more of the 82 minerals. No other sea salt has this many minerals (other than one in the deep ocean off Hawaii with over 200 minerals, but not recommended now that Fukushima has polluted the area). This is the high mineral medical salt recommended by doctors who understand the importance of it. (** Note: This salt was previously called Light Gray Course Celtic Sea Salt. The public now requests that it be ground).

That’s it, start there!

This routine may seem too simplistic, but many people start healing right away and feel the difference. It helps return your body to “homeostasis”—a state of equilibrium within all the systems of your body (circulatory, respiratory, digestive, nervous system, hormones, etc). **Cancer, viruses, and bacteria are looking for diseased tissue, and will have a hard time existing in an alkaline, oxygenated environment** . Often doctors have cancelled surgery or ordered repeat tests because they cannot find the tumors, and they think their diagnostic machines are malfunctioning. If you ask about taking these nutrients, they will tell you that you don’t need to, and that it will interfere with their tests. Unless there is a truly valid reason, do it anyway. Have their drugs or surgery healed you to this point? We don’t become ill from drug or surgery deficiency. Our organic bodies are designed to heal. But, in this toxic world, we have to work at it.

Then if needed:

Powerful, effective, pathogen-killing herbal tinctures for drinking, topical rubs, and poultices are available. Super-healing ozone treatment can be done at home.

*******TO PREVENT COVID-19 INFECTION OR IF YOU GET COVID-19*******

#1 In a nasal or small spray bottle, put **3% food grade hydrogen peroxide**(OTC) and spray inside both nostrils daily as a preventative against any viral or bacterial pathogen, as the nose is the entry point.

#2 At the first sign of breathing, lung or sinus problems, coughing, fever, loss of taste/smell, fatigue, etc., use a **nebulizer**. “Leader” brand is a good one, available at Sandpoint Superdrug (about \$50.00), or online. Best to buy ahead so you have it immediately. It uses **3% food grade hydrogen peroxide** so get that, too. You can add a drop of **iodine**, as well. It comes with a breathing tube but attaching a breathing mask instead works much better. Buy that separately. Use this nebulizer 1-2 times a day, or as needed, 15-30 minutes. If it stings your sinuses, dilute with water. This treatment should knock out Covid-19 within 3 days. In addition, nebulizing with added iodine can eliminate ear infections, migraines, etc.

#3 Buy an “**Aqua-8 ozone generator**” to make ozonated water for drinking daily. Ozone is oxygen on steroids. It helps create peroxide in the body. Our bodies crave oxygen and diseases cannot survive in an oxygenated, 7.2 pH environment. Buy this small countertop generator at **A2Z Ozone** (online) for about \$150.00. You can attach an oxygen bottle to the generator to make a higher concentration of ozone (more healing).

#4 For serious illness, buy an “**03 Elite ozone generator**” , which has more medical options such as nasal and ear insufflations, rectal/vaginal/penile catheter insufflations, and ozone gas injections. You do need an **oxygen bottle** to attach to it. Buy this small, countertop generator at **Promolife.com** (online) for about \$650.00. Buy catheters, etc., as needed. Google “medical ozone” to learn these procedures. They are not difficult.

Dr. David Brownstein has saved hundreds of lives from Covid-19, as well as many other naturopathic doctors who understand ozone therapy. Ozone has been used extensively in Europe for centuries. A number of people in Idaho have been saved from Covid-19 by using these methods themselves. Read **Ozone: The Miracle Therapy** by Dr. David Brownstein . Ozone also treats chronic back pain, sciatica,

torn rotator cuffs, etc. To get certain types of treatment from an ozone doctor in Idaho, see NP Jen Orsua at Mountain View Functional Medicine, Post Falls, Idaho.

****Sadly,** the FDA, pharmaceutical and medical industries care more about profits than about our health. They could share the incredible healing treatment of ozone, hydrogen peroxide, iodine, etc. and save millions of lives, but instead they try to shut down those doctors and websites because they interfere with their nefarious agendas. **DO YOUR RESEARCH** before you ingest or inject anything mysterious or experimental, with unknown, long-term, possibly disastrous results, when better options exist.

Obviously you must do your best here:

Vitamins and Minerals. Covid fatalities, and auto-immune disease sufferers are found to be Vitamin D deficient. Crucial supplements are Vit D3, Vit C, zinc, Vit B-12, and magnesium.

Food is medicine. Health begins in the gut. The gut tells the brain what to do. You are what you eat has eaten! Bad food drives cravings. Gut disruptors cause disease. We are so full of bacteria and preservatives that we are more of that than human! Grocery store food is tearing our DNA apart and making us sick. Cancer LOVES sugar. Avoid processed and sugary food. It is imperative that you eat plant-based, nutrient-dense, whole, organic, anti-inflammatory, antioxidant food, especially fruits and vegetables (go sparingly with raw foods in the Cruciferae family, especially kale, as they prevent iodine from getting to the thyroid where it is needed the most). Cook them. Drink lots of water. Take therapeutic-class probiotics. There are, also, tremendous benefits from “intermittent fasting” (a regular 12 to 16-hr. overnight fast—not eating) to allow the colon to rest and repair, and control weight.

Kick your bad habits. Stop smoking, stop excessive drinking, etc. They are like suicide on the installment plan! Get off prescription drugs, which are keeping you sick.

Walk in fresh air. Cancer/diseases cannot survive in an oxygenated environment. Our atmosphere used to be 35% oxygen-- what we are designed to exist in. Now, due to pollution, deforestation, nuclear emissions, etc. it is only 20% oxygen but it's better than indoor air. Go outside and breathe deeply, daily. Wearing a Covid-19 mask further reduces your oxygen another 20% or so, and is showing to cause brain damage. Brains need **more oxygen, not less,** and not rebreathing of CO2! Get some sun. Move your body. Walking is regenerative and a simple way to exercise. Walk barefoot on the earth to ground yourself, the way we were meant to, by receiving the earth's electrons. Increase those endorphins, and feel better.

De-Stress. Meditate, do yoga, dance, watch funny movies and LAUGH often, hug trees, howl at the moon, do something for peace. Get plenty of sleep to allow healing.

Stay calm. Stay positive. Pray.

