There are some interesting Natural Methods to beat AIDS that do not get funds for Investigation, but you should know about them. Drug companies have the funds for research; But Nature has the Answers and the Cure.
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**Pros:**
- High in antioxidants
- Low in saturated fats
- Good source of dietary fiber

**Cons:**
- High in sodium
- May cause food allergies

**Pros:**
- High in vitamins
- Low in fat
- Good source of protein

**Cons:**
- High in sugar
- May cause digestive problems

**Pros:**
- High in fiber
- Low in calories
- Good source of minerals

**Cons:**
- High in fat
- May cause weight gain

**Pros:**
- High in omega-3 fatty acids
- Low in cholesterol
- Good source of protein

**Cons:**
- High in sodium
- May cause allergic reactions

**Pros:**
- High in vitamin C
- Low in fat
- Good source of dietary fiber

**Cons:**
- High in sugar
- May cause hypoglycemia

**Pros:**
- High in fiber
- Low in calories
- Good source of vitamins

**Cons:**
- High in sodium
- May cause digestive problems

**Pros:**
- High in antioxidants
- Low in fat
- Good source of protein

**Cons:**
- High in potassium
- May cause water retention

**Pros:**
- High in vitamin E
- Low in fat
- Good source of protein

**Cons:**
- High in cholesterol
- May cause digestive problems

**Pros:**
- High in vitamin A
- Low in fat
- Good source of protein

**Cons:**
- High in sodium
- May cause headache
AIDS is a distressing disease devastating the African countries. Desire' donated over 2 million dollars to project Nahinga to help find a natural way to treat AIDS for us shaman and healers. Desire' stayed with me and she taught us how to pick the flowers and make an AIDS tea that has been very useful with her protocol. It is disturbing to see such bigots attack us today's age.

**Project Nahinga Beats AIDS**

NaHinga - B. Johnson, - Z. Sharif, - N. Wagasha, - K. Basotho, - Dr. Kofi, - E. Chimbelu

at info@bantoproverbs.com

**Immunocompromised Protocol**

**First Avoid All White Processed Sugar**

This means all dextrose sugar products including candy, cola, doughnuts, etc. You can have all of the levulose fructose products you want, this means any fruit of fruit sugar.

**Second Avoid All Foods Boiled or Fried in Oil.**

Use at least three tablespoons a day of uncooked natural cold processed oil such as olive oil, safflower, sunflower, soybean oil. Have some five servings a day of fresh and raw fruits or vegetables.

**Third Reduce Stress and Enjoy Life**

Do at least fifteen minutes twice a day of quiet meditation using affirmations, and imagery of your immune system working.

**Exercise for twenty minutes at least four times a week**

work to a sweat and breathe deeply, use the thymus tap.

**Take the Hemo-A twice a day with other supplements**

Hemo-A has Yerba Santa, Phytolacca, Chinese Cucumis Sativa, Trifolium, herring sperm and other sarcodes of Thymus adenosid tonsils and appendix. Use 500 mg Vitamin C, 15 mg Zinc, 4 pills of Oxygen Stimulator at bed use Golden Seal, Aloe Vera, Lentil, Mustard, Tumeric, Curry, Paprika, Sesame seeds, and use Sambuca

**AVOID ANTI-BIOTICS**

use Probiotics Actimel, Activa, etc. Twice a day.
Please read the project Nahinga update files.


Desire’ Book http://www.downloads.imune.net/medicalbooks/Project%20NaHinga.pdf

Desire' + Luc Montagnier Lecture together in Singapore after he wins the Nobel Prize in Medicine

“We can be exposed to HIV many times without being chronically infected. Our immune system will get rid of the virus within a few weeks, if you have a good immune system.”

Dr. Luc Montagnier, 2008 Nobel Prize winner for discovering HIV
We have seen six patient data files from Ghana where patients who had HIV in Blood test were cured and the tests have come back negative for HIV after the Nahinga protocol.

In Budapest, Africa, and elsewhere we have seen several reports of cures and viral irradiation. This begs for further study and confirmation of results. But the research from project Nahinga seems interesting at least. We are continuing the search for more funds to do better studies and better controls, but till then we still seek to study and treat patients with this future orientated medicine.
ABSTRACT

Twenty-two ambulatory AIDS patients in Budapest were studied for xroid electrical reactivity readings. The electrical reactivity patterns and reactive substances that were in the highest faction of reactivity. In other words, those reactants that were statistically significant are compared in the groups of the AIDS patients taking the AZT as well as the AIDS patients that were treated with homeopathic and nutritional items. The purpose of the study was to analysis similarities and consistencies in their electrical reactivity patterns over the course of four measurements. This took place during the 4th, 5th, 6th and 7th month of 1994. During these months there was also a homeopathic and nutritional intervention done on several of these patients to see the effect on blood chemistry profiles denoting aids risks and the homeopathic and nutritional intervention are described in the article known as the comparative results.

IMMUNOLOGICAL AND ELECTROPHYSIOLOGICAL REACTIVITY OF PATIENTS WITH HIV INFECTION

By: Nagy K., Nelson W., Barabas E., Balazs E. Varkonyi V., Horvath A.
National Institute of Dermato-Venereology, Budapest, Hungary 1994

ABSTRACT

The diagnostic and prognostic value of electrophysiological reactivity patterns of HIV infected subjects were compared to complex immunological and virological laboratory markers.

Electrical responsiveness of 22 asymptomatic HIV infected patients were monitored monthly for a 4 month period by Quanta Med 4000, a sensitive multichannel diagnostic biofeedback machine, capable of measuring slight fluctuation of patients’ brain waves and skin resistance, whilst the patients are sequentially exposed to a battery of numerous homeopathic nosodes and isodes. This process known as the xroid process.

Immunological and virological analysis included determination of CD cell count, HIV, HCV and CMV antibodies, HbsAG, and serum Beta 2-microglobulin (B2M) and Neopterin levels.

In the study - 4000 substances (items) were tested to determine which of these the patient had the most reaction to. The reactivity scores were then analyzed statistically. As a result a profile of electro-reaction is suggested, which considered characteristic of HIV disease in contract to that of the normal subjects.

After initial evaluation a treatment protocol was designed. Half of the patients received a fatty acid blend and homeopathic medicaments throughout the test. Subjects were instructed to use the products daily and compliance was evaluated in the monthly interview. Reevaluation of electrophysiological reactivity and immunological tests were repeated every month.

HIV level was found decreased in 88 percent of those who received homeopathic treatment and in 50 percent it was found < 3 mg/L, compared to 27 percent of those untreated. Antibody level to CM was also found decreased in consequence of treatment. No changes, however could be detected in CD count and HbsAg and HBC antibody level.

The electrophysiological reactivity test provided information, which suggest that it can be used as a pre-diagnostic method, which might complete laboratory analysis. Complex homeopathy and individual nosode treatment shows some positive intervention.
Project Nahinga (bantu for the Angel that comes from the heavens to help us, the bantu name for Desire) has been spreading and many extreme success stories have shown fantastic results.

**PROGRESS**
- Results in PHASE 1 –
- Up to 100% feeling better
- Average 65% improving in Critical Measures of HI V progression
- No side effects reported
- Symptom free
- No secondary infections
- Improved quality of life

**Critical Measures**
- Subjects tested positive for HI Virus
- CD4 count
- Elisa test if available
- Viral Load test

**Schedule for 2009**
- Father John Mugaga in Kwa-Zulu Natal 1st Satellite
- October 2009 – AIDS Children's homes
- November 2009 – Brazzaville Congo, DRC, Angola, Nigeria
- November 2009 - Kenya, Zimbabwe, Mozambique
- December 2009 – Lesotho, Swaziland

After Desire has donated over 2 million dollars of equipment for our research we have shown safety and efficacy and there appears to be a natural cure for this horrible disease on the future horizon.
PROJECT NAHINGA

"The Angel that comes to save the planet"

In African Bantu the word for the Angel coming from Heaven to the Earth to save its people is NaHinga. This name was given to Desire for her work on AIDS. Desire kicked off Project NaHinga in early 2005 in Africa. Desire is a citizen of Mozambique and is a diplomatic liaison for the country. All because of her work on healing. She taught the natural healers, the Sangomas, to make remedies for AIDS and how to use simple energetic medicine.

Project NaHinga was a multi million dollar task financed solely by Desire for the purpose of healing the planet.
Bee Venom Destroys HIV and Saves Neighboring Cells

17 Nov 2014

Infectious Diseases / Bacteria / Viruses
Biology / Biochemistry

Bee venom toxin melittin can destroy human immunodeficiency virus (HIV) while at the same time leaving surrounding cells unharmed, scientists from Washington University School of Medicine reported in the March 2013 issue of Antiviral Therapy.

The researchers said that their finding is a major step toward creating a vaginal gel that can prevent HIV spread. HIV is the virus that causes AIDS.

Joshua L. Hood, MD, PhD, a research instructor in medicine, said:

"Our hope is that in places where HIV is running rampant, people could use this gel as a preventive measure to stop the initial infection."

Melittin destroys some viruses and malignant tumor cells

Melittin is a powerful toxin found in bee venom. It can poke holes in the protective viral envelope that surrounds the human immunodeficiency virus, as well as other viruses. Free melittin in large-enough quantities can cause considerable damage.

Senior author, Samuel A. Wickline, MD, the J. Russell Hornsby Professor of Biomedical Sciences, has demonstrated that nanoparticles loaded with melittin have anti-cancer properties and have the capacity to kill tumor cells. Linking bee venom with anticancer therapies is not new, in 2004 Croatian scientists reported in the Journal of the Science of Food and Agriculture that honey-bee products, including venom, could well have applications in cancer treatment and prevention.

Normal cells remain intact - the scientists showed that nanoparticles loaded with melittin do not
harm normal, healthy cells. Protective bumpers were added to the nanoparticles surface, so that when they come into contact with normal cells (which tend to be much larger), the nanoparticles bounce off rather than attach themselves.

Scientists have discovered a powerful toxin in bee venom that could end up playing a crucial role in preventing the spread of HIV.

**HIV is much smaller than the nanoparticles and fits in between the bumpers. When HIV comes across a nanoparticle it goes in between the bumpers and comes into direct contact with its surface, which is coated with the bee toxin, which destroys it.**

Hood explained "Melittin on the nanoparticles fuses with the viral envelope. The melittin forms little pore-like attack complexes and ruptures the envelope, stripping it off the virus."

While most anti-HIV medications work on inhibiting the virus’ ability to replicate, this one attacks a vital part of its structure. The problem with attacking a pathogen's ability to replicate is that it does not stop it from starting an infection. Some HIV strains have found ways to circumvent replication-inhibiting drugs, and reproduce regardless.

Hood said: "We are attacking an inherent physical property of HIV. Theoretically, there isn't any way for the virus to adapt to that. The virus has to have a protective coat, a double-layered membrane that covers the virus."

**Melittin nanoparticles may prevent and treat existing HIV infections**

Hood believes that the melittin-loaded nanoparticles have the potential for two types of therapies:
- A vaginal gel to prevent the spread of HIV infection
- Therapy for existing HIV infections, particularly drug-resistant ones
In theory, if the nanoparticles were injected into the patient's bloodstream, they should be able to clear the blood of HIV.

Hood said "The basic particle that we are using in these experiments was developed many years ago as an artificial blood product. It didn't work very well for delivering oxygen, but it circulates safely in the body and gives us a nice platform that we can adapt to fight different kinds of infections."

Melittin attacks double-layered membranes indiscriminately, making it a potential for drug therapies beyond HIV infections. The hepatitis B and C viruses, among several others, rely on the same type of protective envelope and could be targeted and destroyed by administering melittin-loaded nanoparticles.

The gel also has the potential to target sperm, the researchers explained, making it a possible contraceptive medication. The study, however, did not look at contraception.

Hood said "We also are looking at this for couples where only one of the partners has HIV, and they want to have a baby. These particles by themselves are actually very safe for sperm, for the same reason they are safe for vaginal cells."

This study was carried out in cells in a laboratory environment. However, the nanoparticles are easy to produce - enough of them could easily be supplied for future human studies.

Recent research on HIV

Over the last few years, scientists have made strides in improving HIV/AIDS treatments and prevention strategies.

Baby "functionally cured" of HIV infection - researchers from Johns Hopkins Children's Center, the University of Mississippi Medical Center and the University of Massachusetts Medical School reported that a baby who was administered antiretroviral therapy thirty hours after being born was "functionally cured". A functional cure means that there is no detectable viral replication after retroviral therapy has stopped.
SPECIAL NOTE ON LECTINS, NATURAL ANTI-VIRALS, HOMEOPATHICS and NUTRIENTS VALUABLE IN THE TREATMENT OF AIDS

By: W. Nelson, LPCC, M.D.
This article will review a protocol for treating AIDS patients. This protocol has had clinical validation and superlative effects.

Lectins are naturally occurring substances that mostly are found in the plant kingdom. Lectins are proteins or glycoproteins that are not made by the immune system of a human but can influence the immune system of a human. Lectins influence agglutination and precipitate complex carbohydrates. The agglutinations activity of these highly specific carbohydrate binding molecules is usually inhibited by a simple monosaccharide. For some lectins Di, Tri, or Poly saccharides are required. The plant source often carries the needed molecules for action.

Many Lectins produce stimulation effects on the manufacture of lymphocytes. In fact several of these compounds have mitogenic stimulation of T-cell Lymphocytes. In the last study on the treatment of children with AIDS the use of the miso soups reflect the use of some lectins.

But if we review the Lectin research we can see a more refined type of soup prescription. “The effects of T-cell stimulation can indeed be of the utmost importance to the AIDS patient.

Biological research has shown several substances to produce this Mitogenic effect. Many of these herbal compounds are in the New Vistas Product Known as Hemo-A. This product has been tested in cell culture and clinically and proven its ability. But there are many compounds that can provide some dietary effect. We recommend combining the diet of these foods with the Hemo -A. Many of the best naturally occurring sources of Lectins are herbal controled substances that are put into the Hemo A. So combining this with the diet has maximum effects.

Can a foot cream really do battle with HIV?
A study has found that the antifungal drug Ciclopox kills HIV in cell cultures -- and the virus doesn’t bounce back when the drug is stopped. But the research has yet to be performed on people.

by Elizabeth Armstrong Moore
September 24, 2013 4:26 PM PD
Ciclopirox is currently approved by the FDA as a topical antifungal cream. (Credit: Fougera)

A drug commonly prescribed to treat nail fungus appears to come with a not-so-tiny side effect: killing HIV in cell cultures.

In a study performed at Rutgers New Jersey Medical School, not only does the drug Ciclopirox rid infectious HIV from cell cultures, but the virus also doesn't bounce back when the drug is withheld. The same group of researchers had previously shown that Ciclopirox -- approved by the FDA and Europe's EMA as safe for human use to treat foot fungus -- inhibits the expression of HIV genes in culture. Now they have found that it also blocks the essential function of the mitochondria, which results in the reactivation of the cell's suicide pathway, all while sparing the healthy cells.

The researchers said that one aspect of HIV that makes it particularly persistent, even in the face of strong antiviral treatments, is its ability to disable a cell's altruistic suicide pathway -- which is typically activated when a cell is damaged or infected. In other words, infected cells that would normally commit suicide to spare healthy cells no longer pull any altruistic kamikaze missions. Ciclopirox tricks these cells back into their old ways with a double negative, disabling the disabling of the suicide pathway.

"The key thing these drugs do is, unlike anti-retrovirals in the current clinical arsenal, and there are lots of them and they have controlled this disease pretty successfully, these drugs kill the HIV-infected cell," says Michael Matthews, lead researcher and chair of the school's department of biochemistry and molecular biology. "That's what's so new and so promising about it."

It's obviously still going to take clinical trials on humans to study the safety and efficacy of Ciclopirox as a potential topical HIV treatment, but the fact that it's already deemed safe for one type of human use could make the regulatory process faster than usual.

Unfortunately, says Dr. Robert Gallo, a professor of medicine at the University of Maryland best known for co-discovering HIV in 1984, even if the topical antifungal treatment successfully kills HIV-infected cells in clinical trials, it would need to be a systemic treatment, not a topical one, to actually treat (instead of simply prevent) HIV.

"On the positive side, I know Mike Matthews, and he's a superb scientist, probably the lead guy on this," says Gallo, who did not participate in this research. "And that is exciting that it kills cells. That would be very exciting if you could give it systemically and it kills only HIV-infected cells. But topical treatment would be for prevention, not as a therapy. The only way you could use it as a therapy is systemically, and it would be unlikely this could be used systemically."

But Rutgers researcher Hartmut Hanauske-Abel, who is working with Matthews, says that the topical treatment may some day be used systemically, and that Ciclopirox "must no longer be considered a topical-only drug."

The researchers also note that another FDA-approved drug now thought to help subdue HIV, called Deferiprone, skipped studies in animals and went straight from tests in culture to a phase I human trial in South Africa, possibly paving the way for other FDA-approved drugs to move faster through the study phases. (Unlike Ciclopirox, which is approved for topical treatment, Deferiprone is FDA- and EMA-approved for systemic use.)

The new findings on Ciclopirox appear in the current issue of the journal PLOS ONE.

Update, September 26 at 1:47 p.m. PT: The headline and lead paragraphs have been changed to clarify what the study found. Also this story has been updated with comments from Michael Matthews, Hartmut Hanauske-Abel, and Robert Gallo.
Spanish Doctors Believe They've Found a Cure for HIV

Barcelona researchers believe that blood transplants can rid the body of HIV.

BY KATIE PEOPLES

NOVEMBER 12 2014 2:35 AM ET

Doctors in Barcelona, Spain, announced earlier this month that they believe they've found a cure for HIV, according to the Latin Post. But don’t hold your breath, it's not going to be available overnight.

Similar to the report published by Harvard researchers, the Spanish research team hypothesize that a blood transplant from a donor with a genetic mutation could prevent HIV from entering cells and replicating.

The announcement is based on results of an experimental treatment given to a 37-year-old man who contracted HIV in 2009. The “Barcelona Patient” developed lymphoma in 2012. He received chemotherapy and a transplant of blood from an umbilical cord of a donor who had a genetic mutation that gave the donor a heightened resistance to HIV.

"We suggested a transplant of blood from an umbilical cord but from someone who had the mutation because we knew from 'the Berlin patient' that as well as [ending] the cancer, we could also eradicate HIV," Rafael Duarte, the director of the Haematopoietic Transplant Programme at the Catalan Oncology Institute in Barcelona, explained to Spanish news site The Local.
People with the CCR5 Delta 35 genetic mutation that leaves them without CCR5 cellular receptors, which act like doorways to the cell. HIV uses CCR5 receptors to enter white cells for replication. This heightened resistance to HIV occurs in about 1 percent of the population.

The Spanish medical team sought to replicate the results of Timothy Brown, an HIV-positive man dubbed "the Berlin Patient," who received an experimental bone marrow transplant from a donor with the mutation. Brown had leukemia and HIV but six years later shows no signs of the virus.

The treatment seemed to work, as the Barcelona Patient was HIV free after three months, but unfortunately died due to cancer. The development spurred Spain’s National Transplant Organization to back the world's first clinical trials of umbilical cord blood transplants for HIV patients with blood cancers, according to the Latin Post. Javier Martínez, a virologist from the research foundation Irsicaixa, is quoted as saying that while their trials are aimed at helping HIV-positive cancer patients but it could "allow us to speculate about a cure for HIV."

Scientists see mechanism for spontaneous HIV 'cure'

By Brigitte CastelnauNovember 4, 2014 8:04 AM
Paris (AFP) - French scientists said Tuesday they had found the genetic mechanism by which two HIV-infected men may have experienced a "spontaneous cure", and said it offered a new strategy in the fight against AIDS.

Both men were infected by the human immunodeficiency virus (HIV), one of them 30 years ago, but never developed AIDS symptoms.

The AIDS-causing virus remained in their immune cells but was inactivated because its genetic code had been altered, the scientists said.

The change appeared to be linked to increased activity of a common enzyme named APOBEC, they theorised.

The "apparent spontaneous cure" throws up an intriguing avenue for drug engineers, the team said in a statement.

"The work opens up therapeutic avenues for a cure, using or stimulating this enzyme, and avenues for identifying individuals among newly-infected patients who have a chance of a spontaneous cure."

The work, published in the journal Clinical Microbiology and Infection, was carried out by scientists at France's Institute of Health and Medical Research (Inserm).

HIV replicates by invading human CD4 immune cells, which it reprogrammes to become virus factories.

A rare group of people -- fewer than one percent of those infected -- are naturally able to rein in viral replication and keep the virus at clinically undetectable levels.

They are known as "elite controllers", but the mechanism by which they keep the virus at bay remains a mystery.

The French group looked at two such individuals, a 57-year-old man diagnosed HIV-positive in 1985, and a 23-year-old diagnosed in 2011, and sequenced their virus genomes.

Though they remained infected, standard tests could not detect the virus in their blood.
The team found that in both cases, the virus was unable to replicate in immune cells due to mutations in its genetic code.

The researchers suggested spontaneous evolution between humans and the virus, a process called "endogenisation" that is believed to have neutralised other viruses in humans in the past.

A similar process has been witnessed in a population of koalas that has integrated an AIDS-like virus into their genes, neutralised it, and were passing resistance on to their offspring.

"We propose that HIV cure may occur through HIV endogenisation in humans," the team wrote.

"These findings suggest that without therapeutic and prophylactic strategies, after several decades of HIV/host integrations and millions of deaths, it is likely that a few individuals might have endogenised and neutralised the virus and transmitted it to their progeny," they added.

"We believe that the persistence of HIV DNA can lead to cure, and protection, from HIV."

The approach hitherto has been the opposite: to try and clear all traces of HIV from human cells and from cell reservoirs where they hide.

"We suggest that persistence of integrated HIV DNA is not a barrier, but on the contrary, may be a prerequisite to HIV cure," said the study authors.

"We propose a new vision of HIV cure through integration, inactivation and potential endogenisation of a viral genome into the human genome."

- Not unique -

The team said they did not believe the two patients were unique or that the phenomenon was new.

And they called for "massive sequencing" of human DNA, particularly from Africans who had been exposed to HIV for longest, to find further proof.

Only one person is thought to have ever been cured of HIV: Timothy Ray Brown who had bone marrow transplants as a treatment for leukaemia, from a donor with resistance to HIV.
A baby given anti-AIDS drugs immediately after birth for 18 months, was at first also thought to have been cured, but the virus later came back.
METHOD OF CURING AIDS WITH TETRASILVER TETRAXOD MOLECULAR CRYSTAL DEVICES

This application is a continuation-in-part of patent application Ser. No. 08310,859 filed Sep. 22, 1994, now abandoned.

BACKGROUND OF THE INVENTION

The present invention relates to the employment of molecular crystals as anti-AIDS devices, but more particularly to the molecular crystal semiconductor tetrasilver tetroxide Ag₄O₄, which has two monovalent and two trivalent silver ions per molecule, and which through its structural configuration enables intermolecular electron transfer capable of killing viruses and binding them to the resulting silver entity so that a single intravenous injection will completely obliterate acquired immune deficiency syndrome (AIDS) in humans. Furthermore, said devices are capable of killing pathogens and purging the bloodstream of immune suppressing moieties (ISM) whether or not created by the AIDS virus (HV); so as to restore the immune system.

The present invention is based on concepts previously elucidated in applicant's U.S. Pat. No. 5,336,499 which discloses the destruction and inhibition of bacteria, algae and the AIDS virus in nutrient life supporting systems by using said silver oxide devices. Example 3 of said patent discloses that 18 PPM of said crystal devices could totally suppress the AIDS virus (page 6, line 5). Subsequent to the filing of the aforementioned patent, further testing revealed complete 100% destruction of the AIDS virus in vitro at 20 PPM, and the fact that said devices were harmless when ingested and inhaled, being non-toxic.

Encouraged by these evaluations and successes, applicant obtained permission to evaluate the crystals in vitro against murine acquired immune deficiency syndrome (MAIDS). Only one facility in the State of Israel is licensed for these evaluations, namely, the Kaplan Hospital in Rehovot, Israel, which is affiliated with the Hebrew University-Hadassah Medical School where said evaluations were done.

The initial evaluations entailed experimenting with various silver moieties cited in applicant's aforementioned patent, concentrations, non-reactive buffers and modes of administration. After about 18 months of judicious efforts and initial failures, success was finally achieved in destroying the MAIDS virus in C57BL mice with a single intravenous injection. The results of this test program comprise Example 5 of U.S. Pat. No. 5,336,499. After success with mice, the inventor was able to test the efficacy of said devices on two select etiological groups of terminal AIDS patients in a clinic in Tegucigalpa, Honduras, Central America.

The AIDS patients comprised the etiological subgroups, Candidiasis and Wasting Syndrome. Current indicator diseases for diagnosing AIDS which have been expanded by the CDC, fall into the following five major categories with the approximate percent distribution among AIDS patients:

- 1. P. carinii pneumonia 51%
- 2. Wasting syndrome 19%
- 3. Candidiasis 13%
- 4. Kujo's pneumo 17%
- 5. Pneumonia 6%

This invention concerns itself with the treatment and cure of candidiasis and wasting syndrome AIDS patients with Tetrasil®. These two groups account for approximately one third of AIDS cases.

*Dictionary ofWeights and Measures (1935) defines wasting syndrome as a condition of 10% weight loss in conjunction with diarrhea or fever. . . . associated with AIDS (p. 1744).*

OBJECTS OF THE INVENTION

The main object of the invention is to provide for a molecular scale device of a single tetrasilver tetroxide crystalline molecule capable of restoring the immunity of AIDS afflicting humans. Said etiological subgroups, candidiasis and wasting syndrome.

Another object of the invention is to provide for immunity restoration in said AIDS afflicted humans through a single injection.

Another object of this invention is to destroy ISM in humans manifesting AIDS diseases of said AIDS etiological subgroups irrespective as to whether said ISM is HIV induced, since it is known that humans may manifest AIDS and still be HIV negative, and thus restore the immune system in said humans.

Another object of this invention is to destroy the AIDS virus when present in the systems of said AIDS afflicted humans.

SUMMARY OF THE INVENTION

This invention relates to a molecular scale device not only capable of destroying the AIDS virus, but of purging the human bloodstream of pathogens and restoring immunity to AIDS patients of the candidiasis and wasting syndrome categories. Said molecular device consists of a single crystal of tetrasilver tetroxide (Ag₄O₄). The crystal lattice of this molecule has a unique structure since it is a diamagnetic semiconducting crystal containing two mono and two divalent silver ions, which in effect are capable of "firing" electrons under certain conditions which will destroy AIDS viruses, other pathogens and immune suppressing moieties (ISM), not only through the electroluminescence, but also by a binding process which occurs simultaneously with electron firing, namely, binding and chelation of divalent silver, i.e., the resulting product of the electron transfer relaxes which occurs when the monovalent silver ions are oxidized and the trivalent ions are reduced in the crystal. The binding/chelation effect occurs at active sites of the AIDS virus, pathogens and ISM. Because of the extremely minute size of a single mole of this crystal, several million of these devices may be employed in concert to destroy a virus colony to purge a life support system of ISM and pathogens with the consumption of only parts per trillion of the crystal devices. Thus an optimum of 40 PPM of the devices by weight of human blood found to be sufficient to completely oblate AIDS. This concentration is slightly over double the optimum concentration recommended in applicant's aforementioned U.S. patent for the destruction of the human AIDS virus in vitro. Other details concerning the structure of the crystal and its mechanism against pathogens, the AIDS virus and ISM would analogously hold here, and have already been further elucidated in said patent.

The actual destruction of pathogens, ISM and the AIDS virus is effected through injection of a suspension of these devices in distilled or deionized water with a non-reacting electrolyte directly, i.e., intravenously, into the bloodstream. A single injection is all that is required under these conditions. Accordingly, humans injected in this manner, upon
Tetrasil (also known as Imusil, Genisil, Aviralex, OXi-MED, Beta-mannan, Micronutrient, Qina and SlicPlus)\(^1\) is a substance used in alternative medicine for bacterial, fungal, and viral infections, and which is claimed to be a cure for AIDS and cancer.\(^2\)[[3]

There is no convincing evidence that Tetrasil is good for AIDS or cancer, though the very little research which has been done on it suggests that Tetrasil has antimicrobial properties \textit{in vitro} and may be effective for wounds and ulcers.

Some \textit{conspiracy theorists} allege that that the medical establishment is trying to suppress Tetrasil use for cancer and AIDS, with one claiming AIDS is man-made.\(^4\) They will often suggest people Google for "5676977", the number of a patent for using Tetrasil as such a cure.

The sale of Tetrasil as a medical treatment is banned in Zambia because it is unproven.\(^5\)

\textbf{What is it?}

Tetrasil is silver(I,II) oxide (other names include TST, Silver (II) Oxide, and silver peroxide).\(^6\)[[7] Products containing TST are promoted using holistic buzzwords, but it's unclear how TST is more natural and holistic than drugs, given that the substance is a pure active ingredient (otherwise known as a toxic pharmaceutical poison). TST also has some non-medical uses that could be used very effectively for chemophobic fear-mongering:

- TST is a pesticide used to disinfect swimming pool water.\(^7\)
- TST is highly toxic to aquatic species.\(^7\)
- Typical Material Safety Data Sheets\(^8\) identify silver oxide as a Category 2 Oxidizing Solid. OSHA standards define an "oxidizing solid" as "a solid which, while in itself not necessarily combustible, may, generally by yielding oxygen, cause, or contribute to, the combustion of other material. ..."\(^9\)

The fact that silver oxide is used to disinfect swimming pools was used to promote Tetrasil. But chlorine is also used for pool sanitizing.

Tetrasil cream used to be sold by Aidance Skincare, until the FDA sent them a warning saying they were making unsubstantiated health claims and (therefore) selling an unapproved new drug.\(^10\) The company now sells a different cream named Terrasil, whose "maximum strength" and over-the-counter medicated ointment versions include silver oxide\(^11\)[[12] (the silver oxide in the ointment is listed as an inactive ingredient).\(^13\)[[12]

One wonders why nature-inclined people buy this stuff in the first place, since, by alternative medicine standards, "tetrasilver tetroxide" should be a horrible, synthetic chemical; Tetrasil doesn't come from plants or animals, and it's certainly not natural. The only difference between Tetrasil and pharmaceutical drugs is that Tetrasil isn't FDA-approved. The popularity of Tetrasil among alternative medicine users is probably due to the earthy, back-to-nature marketing scheme used by companies selling it. It may also have something to do with
the fact that Tetrasil creams usually include things such as jojoba and essential oils (which is somewhat like adding green tea to cortisone, but whatever), or with the use of colloidal silver.

Evidence

Not much research has been done, but studies done on the compound so far suggest silver oxide may be good for wounds and ulcers.\(^\text{[14]}\)\(^{[15]}\) Silver oxide nanoparticles have antimicrobial properties \textit{in vitro} but are toxic.\(^\text{[16]}\)

One page hosted by extremely paranoid conspiracy site Rex Research promotes Tetrasil as a cancer treatment and lists many patents held by a Tetrasil company, though if there's a patent for it, that doesn't necessarily mean it's good.

This is what part of the site has to say:

In October 1977, the United States patented a "method for curing AIDS", US Patent # 5,676,977.\(^\text{[17]}\) \[^{[14]}\)\[^{[15]}\) Actually, the patent was filed in the 1990s.\[^{[16]}\] The product is called TETRASIL/IMUSIL and is a one-time injection/infusion that eliminates bacterial pathogens in the blood system of an individual. It is this cheap and effective cure for AIDS that is the subject of my presentation.

As a 29-month recipient of this one time injection, I further submit that we have an effective and cheap remedy for AIDS that is ready now. Our goal in bringing this information to the international community is to serve as a conduit [sic] for the necessary global "double blind" efficacy clinical trials of this U.S. patented CURE for AIDS.

[...]

Recent clinical studies commissioned\(^{[18]}\) by Marantech and conducted by Exetec Labs in Honduras, indicate that topically applied Tetrasil can lead to dramatic improvements in such infection-caused skin conditions as acne, cold sores, herpes lesions, conjunctivitis, chickenpox, shingles, dermal tuberculosis and ringworm.\(^{[2]}\)

Here is the text of one of the studies (the page which hosts it also claims there is such a thing as AIDS without HIV).\(^{[18]}\)

The full 5-page article is available through Dr Antelman or Compassion Response Network.

AIDS-Non Terminal Patients: "Clinical testing was performed at Exetec Lab, SA in Honduras under the supervision of Dr. L Roland Valenzuela. Thirty patients were selected from three etiological AIDS groups, 10 for each group namely, Candidiasis, Wasting Syndrome and p. carinii pneumonia. Each patient was given an intravenous infusion of Imusil administered over a three hour period. All patients experienced temperature elevation within 48 hours of administering the Imusil, which was indicative that the immune system was now functioning along with the fact that all patients also started to have dramatic increases in their white blood cell counts. At the end of 30 days of observation, all patients were cured of AIDS. All patients
presenting Wasting Syndrome were completely cured of the Syndrome; the average patient gaining approximately one half pound per day. Three patients were completely cured of their pneumonia. Because the protocol was changed from direct injection to slow i.v. infusion of the Imusil, there were no side effects of hepatomegaly."

From this publicly available excerpt (whether it's the entire study or not isn't clear), it appears there is no placebo control group. In addition, as far as can be gleaned from PubMed and the quote above, the study apparently has not been published in any journals, let alone peer-reviewed ones. Even if it has, the findings need to be independently replicated by other researchers.

If a pharmaceutical company promoted one of its drugs on the basis of an unpublished, unblinded, uncontrolled, non-peer-reviewed study available only on its website, that would clearly be unacceptable. Why should alternative medicine companies get a free pass?

Footnotes

1. ↑ Foreign Product Alert, Health Canada.
2. ↑ Tetrasil/Imusil
3. ↑ 30 31 TetraSilver-TetraOxide vs. Cancer, Marvin S. ANTELMAN.
4. ↑ The website of Boyd Graves.
6. ↑ Silver(II) Oxide or Silver(I,III) Oxide?, David Tudela.
8. ↑ E.g. [1]
9. ↑ OSHA standard
10. ↑ Aidance Skincare & Topical Solutions, LLC 03-Mar-08
11. ↑ AIDANCE TERRASIL MAX. MAXIMUM STRENGTH TERRASIL WITH ELECTRON ACTIVE SILVER OXIDE. 44g Jar, Amazon.co.uk.
12. ↑ 35 36 37 TERRASIL WOUND CARE (allantoin 0.5%, benzethonium chloride 0.5%) ointment, DailyMed.

17. ↑ It's talking about Method of curing AIDS with tetrasilver tetroxide molecular crystal devices.
COUNTERTHINK

GOOD THING WE OWN ALL THE LIFEBOATS, HUH?

CONCEPT - MIKE ADAMS  ART - DAN BERGER  WWW.NATURALNEWS.COM

IMUNE
International Medical University for Natural Education  www.imune.net
Evidence Based Natural Energetic Medicine Education
"When the Body Electric kicks in and does it's job, why should we be so surprised?? And call it spontaneous remission."

Desire' Dubounet

It's not spontaneous, it's only Eductor.
Spontaneous????

SEEMS LIKE MAGIC
BUT IT IS JUST THE
EDUCTOR

EDUCTOR IS WORKING...
EDUCTOR IS WORKING...
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TRAINING FINISHED

EDUCTOR IS ON
EDUCTOR IS CALIBRATING...
EDUCTOR IS WORKING...
EDUCTOR IS WORKING...
Top Ten Folk Cures for AIDS

Since its introduction into Africa by the CIA in the late 1970s, HIV/AIDS has ravaged the continent and beyond, and the people of the world clamor for a cure. Thankfully, a handful of individuals and entrepreneurs are hard at work to find a cure, if only by trial and error. In this article, we highlight some of the most notable efforts.
10. Sex with a virgin

Contrary to popular belief, the idea of the restorative powers of virgin-sex are not an invention of “savage Africans” who “lack morals”; the myth likely is a colonial transplant from some of the most moralistic people of all times, the Victorians. The overall idea is that, to cleanse yourself of your vile infection, you need to wipe yourself off with something clean. That “something clean” being a person.

Pros:

- (If consensual): Some good, clean fun.
- (If with a child): Not technicallly pederasty, since it’s not based on attraction to children.

Cons:

- (If non-consensual): This is rape, a crime considered in many societies to be on par with murder.
- (If with a child): The phrase “not technically pederasty” should never be used to justify anything. Ever.
- **Does not actually cure AIDS.** In fact, it spreads HIV. Oh you damned, damned Victorians– how did you dream this up?
Tropa Group’s Virol Zapper has been marketed in Uganda as a “miracle cure” for AIDS. Each 37ml bottle costs along the lines of US$210. It is suggested that adults take ten drops per day, and children five drops.

**Pros:**

- Due to the placebo effect, patients may feel as if they’re temporarily getting better.

**Cons:**

- The fact that Tropa Group’s owner, Abigaba Simon, is on the run from Ugandan police? Not a good sign.
- Does not actually cure AIDS.
8. VitaCell

Self-made researcher and vitamin salesman Matthias Rath’s product, VitaCell, consists of high-dose multivitamins and is purported to cure AIDS. Rath is the author of a 2007 book entitled “End AIDS!” which details “pharmaceutical colonialism and its genocidal consequences for people in the developing world.”

**Pros:**

- Rath is standing up against Big Pharma.
- Rath’s methods are being tested on human subjects, usually in exchange for living stipends and canned food.

**Cons:**

- Rath’s vitamin trials have killed somewhere between five and twelve people. But who’s counting?
- Does not actually cure AIDS.
In the country of Malawi, Ministry of Health employee Gloria Kantema Jeremiah has patented her own cure for AIDS, which a now-defunct website claims has “strong antiviral properties and therefore also positively affects [the] immune system.” The product is also purported to cure diabetes, high blood pressure, asthma, stomach ulcers, sickle cell, and other abdominal swellings in the body, amenorrhea, frequent and nonstop headaches, chest pains and breathlessness, chronic undefined coughs, skin rashes, other skin conditions, cancer, hair loss, swollen lymph nodes, painful legs, asthma, unexplained weight loss, numbness in the legs and other body parts, hormonal imbalances, general body weaknesses and pains, chronic wounds, diabetes, high blood pressure, loss of memory, cancerous growths, anaemia, and skin discolorations, amongst other diseases.

**Pros:**

- Look at all those things it cures! Wow. Go big or go home.
- Inventor works in the nation’s Ministry of Health.
Cons:

- Patent does not seem to actually exist.
- Does not actually cure AIDS.

6. Khomeini I

Rather than being associated with the now-passed Iranian ayatollah and Sean Connery impersonator, Khomeini I is yet another “herbal treatment,” this one marketed in Uganda by Elahi International.

Pros:

- Tests were conducted by the Ugandan Government on this drug.
- If nothing else, a drug named Khomeini might just scare the AIDS right out of you.

Cons:

- Tests showed that the drug had no effect.
- Does not actually cure AIDS.
5. Dorviro-SIDA

Just three tablespoons of a brownish syrup every day can help reduce the “viral load” of AIDS according to Association of Traditional Medicine President Amancio Valentim. A product of twelve years of research, Dorviro-SIDA (“Go to sleep, AIDS!”) has cured four people, says Valentim. Each batch takes seven days to brew, and bottles contain 500ml of the syrup. A label on the outside reads as follows: Dorviro-Sida, plant mixture, able to put the AIDS virus to sleep. Advice: Do not isolate yourself from the community. Face the disease naturally. Follow your doctor’s advice. Use a condom during sex.

Pros:

- Isolation can lead to crippling psychological conditions which can compound existing health issues. If a little bit of courage juice in the morning helps you get out the door, good for you.
- Unlike others on this list, Valentim seems to actually want to help.

Cons:

- No documentation to support the idea that four people have been cured.
• **Does not actually cure AIDS.** To his credit, Valentim acknowledges this.

4. **Traditional herbalism**

Traditional healers and herbalists *in Kenya* and elsewhere have touted the benefits of many healing plants, chief among them the *drumstick tree, Moringa oleifera*.

**Pros:**

• All-natural, supplied to us by the bounty of Mother Nature.
• Following thousands of years of honored tradition.
• May contain essential nutrients that improve health.

**Cons:**

• Often times hucksters and con artists pass off cheaper substitutes for beneficial plants.
• **Does not actually cure AIDS.**
3. Holy water

Rebirth Family Church’s Bishop Hamilton Nala of Durban claims that his “holy water” can cure AIDS. A spritz here, a spritz there, and BAM! You’re all better. Or… maybe not so fast. “They must say medically there is no cure for AIDS,” says Nala. “I agree with that, but through prayer and through faith water and any material branded my name, as God said prophetically, I believe in that. People can be healed of AIDS.”

Pros:

- Fluorine is a known mind-control agent. However, in most parts of Africa water is unlikely to be fluoridated.
- Untreated AIDS is in most cases lethal. Holy water may help you get right with your creator, though, especially in conjunction with penitence and soul-searching.

Cons:

- Not clear if the holy water used must be blessed by the Rebirth Family Church, or if the ecumenical supply of holy water will do. Does not actually cure AIDS.
2. Magical Siberian mushrooms

Russian scientists from a company that once created biological warfare agents are researching the possibility that the Chaga mushroom, a fungus that grows on Siberian birch trees, is a possible cure for AIDS. The fungus has become an allegedly popular dietary supplement in recent years, and somehow it uses something called betulinic acid to fight off “free radicals” and protect against not only AIDS but cancer. Research is ongoing.

**Pros:**

- Fuck, at this point it seems as legit as anything else on this list.

**Cons:**

- Does not (as of yet) actually cure AIDS. No real research
1. Antiretrovirals (ARVs)

Members of the ancient Cult of Hippocrates have teamed in recent years with Big Pharma to develop a class of drugs known as antiretrovirals.

Pros:

- 60%-80% declines in the rate of onset of AIDS have been achieved with the use of ARVs.
- Mother-to-Child transmission of HIV can be reduced from 25% to 1%.
- A way to maintain hope while scientists and researchers continue to look for an actual cure.

Cons:

- High cost, for R&D and for the patient.
- A bevy of side-effects.
- HIV can mutate in patients, requiring the use of ever-more intense drugs, all with their ever-more-powerful side-effects.
- Immediate feelings of joy not as intense as in the aforementioned cure-alls.
- Does not actually cure AIDS.
AIDS HOME ASSIGNMENT

By Desiré NaHinga Dubounet

Auto Immune Dysfunction or AIDS a variation of Immuno Failure is a dramatic disease that can be cured. Everyone has Immuno Failure cells from time to time. Our immune system destroys them before they can proliferate. When there is an immune dysfunction the cells grow and multiply into the Immuno Failure mass. There can be an overall weakness or perhaps just an irregularity that stops proper recognition of the tumor cells. The Noble prize in medicine some years ago was awarded to an Argentinean research team that discovered that stimulating the immune system was the best way to deal with Immuno Failure and that the techniques of chemotherapy, radiation, and surgery were poor ways to deal with Immuno Failure.

In my experience the techniques of chemotherapy, radiation, and surgery kill more patients than Immuno Failure. It seems that the more they get it robs the body of the ability to deal with the Immuno Failure itself. The bible says that the healing of the nations will come from the leaves of the field. I have found that natural medicine is not only the best way to deal with disease, but the only way to get a cure.

I have seen many natural therapies that have quality degree of efficacy. So I have decided to put it into this book for all to read and for some to use. Our technique depends on the immune system dealing with the disease. If there is too great a weakness in the life force or too great a SOC index (Suppression and Obstruction to Cure) then perhaps techniques of chemotherapy, radiation, and surgery are for you. But if you want to choose another path or use this with the medical techniques then this article is for you.

The QXCI device can have powerful effects on your system. The therapy needs some help from the patient to not only improve the lifestyle but to push the immune system.

Responsibility, dedication, steadfastness, positivity, awareness, non judgmental, and faith are necessary. This path is work and requires diligence, perseverance, patience, and composure. There is no quick fix, no magic bullet. But for those who want health it is worth the confrontation. In continental Europe the people talk about taking the cure. Here they go to a spa, to relax, eat well, exercise, and use a variety of naturopathic healing techniques. For over two decades, I have been a consultant at several of the best spa of the world and I have designed many of the techniques used around the world. This article is designed for those of you who can’t afford the $2,000usd a day some of these spas cost. This article will help you at home, so now it is your turn to take the cure.
**IMMUNO COMPROMISED PROTOCOL**

**First Avoid All White Processed Sugar**
This means all dextrose sugar products including candy, cola, doughnuts, etc. You can have all of the levulose fructose products you want, this means any fruit of fruit sugar.

**Second Avoid all Foods Boiled or Fried in Oil.**
Use at least three tablespoons a day of uncooked natural cold processed oil such as olive oil, safflower, sunflower, soybean oil. Have some five servings a day of fresh and raw fruits or vegetables.

**Third Reduce Stress and Enjoy Life**
Do at least fifteen minutes twice a day of quiet meditation using affirmations, and imagery of your immune system working.

**Exercise for twenty minutes at least four times a week** work to a sweat and breathe deeply, use the thymus tap

**Take the Hemo-A twice a day with other supplements**
Hemo-A has Yerba Santa, Phytolacca, Chinese Cucumis Sativa, Trifolium, herring sperm and other sarcodes of Thymus adenoids tonsils and appendix use 500 mg Vitamin C, 15, mg Zinc, 4 pills of Oxygen Stimulator at bed use Golden Seal, Aloe Vera, Lentil, Mustard, Tumeric, Curry, Paprika Sesame seeds, and use Sambuca

**AVOID ANTI-BIOTICS**
use Probiotics Actimel, Activa, etc Twice a day

What we are going to ask is to read this article, come back and ask questions of your therapist, and work for some time to produce results.

For more information on a natural lifestyle see the natural switch book, which can be ordered from QX ltd. This manual has a list of ways to achieve a more natural life style. Let’s start with the toughest assignment the rules of the stomach.
SPECIAL NOTE ON LECTINS IN AIDS TREATMENT

By: Desiré Dubounet, LPCC, M.D.

Lectins are naturally occurring substances that mostly are found in the plant kingdom. Lectins are proteins or glycoproteins that are not made by the immune system of a human but can influence the immune system of a human. Lectins influence agglutinization and precipitate complex carbohydrates. The agglutinizations activity of these highly specific carbohydrate binding molecules is usually inhibited by a simple monosaccharide. For some lectins Di, Tri, or Poly saccharides are required. The plant source often carries the needed molecules for action.

Many Lectins produce stimulation effects on the manufacture of lymphocytes. In fact several of these compounds have mitogenic stimulation of T-cell Lymphocytes. In the last study on the treatment of children with AIDS the use of the soups reflect the use of some lectins.

But if we review the Lectin research we can see a more refined type of soup prescription. The effects of T-cell stimulation can indeed be of the utmost importance to the AIDS patient.

Biological research has shown several substances to produce this Mitogenic effect. Many of these herbal compounds are in the New Vistas Product Known as Hemo-A. This product has been tested in cell culture and clinically and proven its ability. But there are many compounds that can provide some dietary effect. We recommend combining the diet of these foods with the Hemo-A. Many of the best naturally occurring sources of Lectins are herbal controlled substances that are put into the Hemo A. So combining this with the diet has maximum effects.

There are several accompanying procedures that greatly help the AIDS patient. Enclosed in this simple treatise are guidelines I use in my practice. I have seen tremendous results and several complete cures. I have made a movie about the conflict of this type of therapy. This is “Water, Wine, Homeopathy!!”.

The foods richest in the Mitogenic Lectins for stimulating T-cell production follows:

1. Jequirity Bean (rare)
2. Jack Bean
3. Soybean (unprocessed)
4. Lentil (rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca Bean
Using these in soups, salads, or other meal components can have positive effects on T-cell formation. Our research shows the positive effects of these when the immunosuppression is reduced. The primary immunosuppression being Antibiotics, Processed Sugar, Bad Fatty Acids, Street drugs, surgical removal of the B-cell headquarters, Excess Stress, etc. all of these must be avoided.

The references that follow can point to the research data. There was an appalling amount of literature regarding these lectins and their mitogenic effects. The reference list provided is but a small sample. I apologize for the form of the references but that is the way they were shown in the literature I reviewed. It is quite amazing that with all of this research that the dietary recommendations are not prescribed for this devastating condition.

Society has chosen to get its foods from the fields and its medicines from the synthetic chemical companies. The serious flaw in the Synthetic Chemical Philosophy robs the public from some simple solutions. Therapy can come from the fields. Medicine must learn to look for natural solutions not always the profit pictures of the Synthetic Chemicals Companies.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The lifestyle changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

1 Antibiotics. In my research it seems that the use of Antibiotics is the co-factor that leads to death. There is no evidence of cure from Antibiotics, and much evidence of complication. This would imply a strong link to a positive bowel flora as a strong component of the needed immune system. Antibiotics must be avoided at all costs. New research has shown that the dental use of Antibiotics was very irregular. The American Dental Assoc. no is adamant “Do Not use Antibiotics”

Modern science does not like to research the bowel flora because it's extreme complexity does not lend itself to reductionistic styles of statistic research.

But modern science of food manufacturing has helped. The science of Pro-biotic use or positive bacteria for the body, has developed quickly. Act-mel, Activa, and many other natural food yogurt variation use a host of positive lactobacilli, (good bacteria). These include lacto-immunitas and others that are excellent at immuno-stimulation. So immuno suppressed patients need to use probiotic foods twice daily. Two tins of Actimel are excellent.

2. Processed Sugar; the body will benefit much more from a Leulose or left handed sugar that from a Dextrose or right handed sugar. Dextrose lowers hormone production, causes blood sugar troubles, causes brain fatigue, and most importantly causes a suppression of the immune system. Leulose stabilizes the blood sugar, stimulates hormone production, energizes the brain, and most importantly stimulates the immune system.

Dextrose is in the white sugar of the sugar cane, and the grape. The stripping of the
minerals and nutrients which give it a white look are further culprits in immuno suppression. Sucrose is dextrose, as is honey. Use sparsely.

Levulose is also a name for fructose. This is fruit sugar. So the sugar from strawberries, apples, oranges and most other fruits are rich in Levulose. So use fruits for the sweet tooth. If berries are not sweet to you and you must have a processed candy bar, perhaps there is an addiction to deal with. Natural fruit candies and sweeteners are easily available today.

3 **Street drugs**, These all will further drop the immune system. They must be avoided. Use addiction control therapy if you need help.

4. **Excess Stress**, Stress can be useful. We call this Eu-stress. But negative emotions and excess stress are complicating of immuno failure and any immune disease.

5. **The B-Cells Headquarters**; To fight any virus or allergy you need the B-cell. He orchestrates the Antibody cascade to disable the virus and or allergy. The HIV virus attacks the T-cell and the patient dies from bacteria, fungus or cancer. These are all the job of the T-cell. The B-cell’s job is to disable the virus, here the HIV.

   The general or headquarters of the B-cell is the lymphoid tissues similar to the Bursa of the fowl. This is where the B-cell was first found hence the name B-cell. In ducks and fowl there is a bursa of lymphatic tissue in the neck.

   In the human body the Bursa is a network of the Adenoids, the Tonsils, and the Appendix. These are not vestigial or useless but they are needed for immune function. They swell when under attack from allergy or virus. Some medical doctors then see them as the enemy and remove them. This results from a misunderstanding and lack of appreciation of the natural system.

   It is better to deal with this swelling naturally. First remove allergy or desensitize them. Next light massage with menthol, wintergreen, eucalyptus, or other can help. Gargle with mixed Tabasco (cayenne pepper), vinegar, lemon, sea salt all can also help a swollen gland.

   An excellent choice is Echinacea. This herb will make the lymph spin faster for cleansing and detox. Echinacea, Vitamin C, fatty acids, propolis, and other natural products are excellent if used when needed. They will work best if used when needed not for daily use. This allows them to have the most stimulating effect.

   There are a host of natural remedies for use, and all need a pinch of patience. You see the swelling comes from the development of antibody cascade in the Adenoids, the Tonsils, and the Appendix. The virus or allergy causes the white blood cells in the Adenoids, the Tonsils, and the Appendix to produce the needed anti bodies. These antibodies will be the agent to disable the virus or the allergy. Give it some time. A virus has three days of onset three days of attack and three days of detox. Natural medicine can minimize the effects.

6. **Bad Fatty Acids**: The cell membrane of every cell is made from fatty acids. The good fatty acids come for the fruits and vegetables we eat. Animal products have bad fatty acids. Good oils such as olive oil and others are full of good fatty acids. Most of These are destroyed by cooking. The body must make these fatty acids, but it takes lots of energy. Cooking destroys the
fatty acids and produces trans fatty acids and other cancer causing compounds.

When the body is under stress, fatty acids are released from the cell membrane to make emergency energy. When the body is deficient in fatty acids the cell membrane becomes weak. This allows in viruses, and toxins. This can lead to cancer or other viral diseases. So get plenty of fresh and raw fruits and vegetables. Cook little as possible. Chew well. Your mouth is God’s juicer he gave you; use it to make good juice. A Juicer might help to extract the fatty acids.

RULES FOR THE STOMACH

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further break-up of the nutrients. When the acid shifts alkaline to about 5.5 ph the pylorus valve at the base of the stomach opens and the food is passed along to the primary digestive organ the small intestine.

Nature has provided us with a nervous system that regulates this process. This nervous system is designed to prefer muscle action over digestion. So if a threat or stress comes to us after a meal, such as a lion attack, our body will shift its energy from digestion to the muscles and we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty its contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion. Then we get an increase in large undigested proteins and large undigested fats that can be absorbed into the lymphatic system. This will enter the free fatty acid and amino acid pool and either clog up the lymphatic system or be used to make cells. Cells which will now be made of poor quality parts. It is not much of a problem if we circumvent the stomach just now and then, but for some the patients, this becomes a way of life.

They constantly use ant acids, too much liquid with meals, coffee, milk, or a variety of ways to empty the stomach too early. When the stomach empties there is a release of CCK a hormone which has a slight anti depression or euphoria. This and the release of the stuffy stomach feeling intensifies the addictive quality of the effect. But the long term effects on nutrition are very detrimental. There are rules of the stomach that can maximize nutrition.

The majority of our patients are partially sick because they violate the rules of the stomach. This is the key to weight loss and the healing of a host of other disease. We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach.

Food combining is just part of the answer. As that different foods have different times for stomach digestion. So the stomach can open prematurely from that.
RULES OF THE STOMACH
1. Fluids alone (no more than 4oz. Of fluid with a meal, or for two hours after a meal)

2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)

3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)

4. Fruits alone (wait for 1.5 to 2 hours after or 1 hour before eating)

5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)

6. Small meal is better Quality of nutrition not quantity
7. Slow meals Savor, enjoy, rejoice, and celebrate the meal

8. Eat for nutrition not for stimulation, Eat when hungry, not when bored

9. Rest comfortably after eating for at least 35 to 45 min to maximize stomach function

10. Make and eat food with love and kindness, no violent or negative emotions

11. No ant-acids

12. Do not sleep for 3 hours after eating.
When the stomach is weak the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables can not be digested. This is not a fluke of their digestion or an inherited weakness. This is a sign of a weak stomach. Sometimes our children come home from school and say, Daddy I don’t want to go to school any more, it makes my head hurt. We must say back I know it is hard, but you must develop slowly and work to become better. This is what we must say to those with weak stomachs. You must work slowly, day by day building up the stomach by taking some vegetables as juice. Maybe even very dilute juice and slowly increasing the amount till your stomach develops the strength to process your food properly. The nutrient content of fruits and vegetables is immense, and being able to break up the nutrients and stimulate absorption is needed for complete health and recovery.

The addictive quality of this problem is seen as our society more and more allows for breaking the rules of the stomach. The greater your disease or especially if your disease is critical the more you will need to observe the rules of the stomach. This is a must for proper healing.

**Lifestyle Changes.**

Stress reduction must be worked into the lifestyle. Everyone needs to first realize to celebrate each meal and relax afterward to maximize nutritional absorption. This shift to the parasympathetic system will allow the body to use the enzymatic capacity of the body to the max. Stress reduction should be worked into the rest of the life as well. The fast paced life in modern society is so stressful that a release valve is needed. The vacation is designed as a time to relax. Often times the vacation becomes a further source of stress, as when people travel they sometimes become even more obsessed with seeing things or going places. A time that could be spent relaxing can be changed into further stress. Affirmations, meditation, exercise, music, a hobby can all help with stress reduction. But for highly charged executive types start with relaxing after meals.

Avoid high fat content foods. Fat has nine time more calories than other components of food. So even a food that is 50% fat can be overcharged with bad empty calories. The fat collects into the arteries and lymphatics as well as excess adipose tissue. All of these put undue stress on the body.

The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise and nutrition.

Obeying the rules of the stomach is also very important.
Special DIET SUGGESTIONS:

MORNINGS: start the day with 10 oz. of citrus juice, alternate grapefruit, orange, lemon, lime, pineapple. Use 100% juice absolutely no sugar allowed. Feel free to mix juices freely. Mix with water by 50% if juice is too strong and most store bought juice is often too strong. This will help to clean the lymphatic chillifiers of the intestine.
1 hour later you can have breakfast, but on 5 days a week just fruit till noon. This is for cleansing and detox.

TEAS and HERBS: these are herbal forms of chemotherapy, These teas can be used freely but make weak not strong: Periwinkle (Vinca Minor), Burdock, Mistletoe, Plantain , Blood root (Sanguinaria) , almond, blackberry, Green tea, dandelion. Orange peel, lemon peel, grapefruit peel, ginger, ginseng, cinnamon, tang kuei, licorice, kelp, musk, myrrh, California yew, peony, angelica, aloe, sesame seed, apricot seed, Mentha, rhubarb, bull thistle mix freely for taste. Rotate

VITAMINS: good all around natural liquid is best. But extra vitamin C, vitamin A, vitamin E, Fatty acids, lecithin, pantothenic acid, and B12.

CHEW, CHEW, CHEW: food digestion starts in the mouth. Here is where the food needs to be masticated, lubricated, and enzyme processing starts. The enzymes are carbohydrate type so sugar is released in the mouth as carbohydrates become saccarhides. It is very important to chew food very well and slowly. As the food breaks up the parts of the food are released. So good nutritious food will improve in flavor as we chew. But bad food such as processed carbohydrates taste worse as you chew.

So we are conditioned in our society to eat fast and chew fast. Now as you shift to good natural food chew slowly. Each mouthful needs to be chewed 30 to 40 times. When the flavor peaks and your natural juicer your teeth have juiced the food it is time to swallow.

Eat three to four mouthfuls of broccoli, and one to two sprigs of parsley per day and chew each 100 times. Treat it like chewing gum and set totally free all of the nutrients. Get over the bad attitude this could save your life. This is a powerful anti Immuno Failure therapy.

JUICES: During the day take at least Two large glasses of broccoli, cauliflower, parsley, nutmeg, pear, blackberry, blueberry, apricot, carrot, beet and green pepper juice. Concentrate on the broccoli. Fresh juice not more than one day old. Mix to best taste.

FOODS TO EAT MORE OF:

Fresh and raw fruits and vegetables are the main suggestion but some foods are stimulants to the immune system. Use organic when possible. These foods are rich in lectins that stimulate the immune system, see article at the end.
1. Jequirity Bean
2. Jack Bean
3. Soybean (unprocessed)
4. Lentil (rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca Bean
10. Aloe Vera
11. Cloves

ENZYME INHIBITORS: seeds can last virtually forever in dry circumstances. There are powerful enzyme inhibitors at work to stop germination. When the inside of the seed is exposed to water the enzyme inhibitors (which are water soluble) wash away and the enzymes trigger germination. Any seed product, bean or nut must be germinated to remove the enzyme inhibitors and the nutrition improved. Thus any sprouts are necessary in the diet of any one desperately ill. For all beans, nuts and seed products, cover them with a damp cloth or submerse them in water for 12 to 24 hours. Dry in the sun or at temperatures below 106 degrees F.

TEMPERATURE: Most Immuno Failures start with a deficiency of fatty acids, these are essential for life, but are heat sensitive. Some are destroyed even temperatures as low as 106 degrees F. So we must get plenty of fresh and raw fruits and vegetables in our diet. Over cooking and disobeying the rules of the stomach are two of the most important problems in modern life. These decrease the nutritional deficiency problem. The answer is not just in what we eat but how we eat.

DETOX: Toxins are a major cause of Immuno Failure as well. We all know about carcinogenic toxins. When the immune system breaks down Immuno Failure cells there is a rush of autotoxins. So it is extremely important for the body to detox. Extra fiber in the diet from fruits and vegetables helps. We need to keep the bowels working daily. Good regular bowel movements are the best detoxifier. But if there is ever a problem with constipation, then we need to use an enema or something to promote stool.

Also we need to detox from sweat. Anti-perspirants, deodorants, and others can stop the detox do not use them. Use aroma therapy for your body, natural only.

We also need to remove toxins with urination, so water intake is very important.

WATER: Most of us do not drink enough water. The regulating process in our brain that controls thirst seems to malfunction after the age of 20. We need to remind ourselves to drink more water. Filtered RO water is best, Charcoal or carbon filtered water is good, bottled water is often good but expensive, but even tap water is better than no water at all. For you to get better drink
at least 8 glasses of water a day.

MEDITATION: Focusing the mind can stimulate the immune system. There are spa where people with Immuno Failure pay large sums of money for meditation help. This type of guided imagery is essential for healing dramatic disease. A tape of relaxation exercises for the Immuno Failure patient is in the program. You can play it on the computer or make a tape of it for use at home. Mentally releasing the negativity and increasing awareness of the self is very important to the cure. Most people need help with this. Seek out networks and support to share ideas and foster growth. Keep in mind the best sign of mental health is the ability to laugh at yourself.

EXERCISE: The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise. Some form of exercise routine can be designed for any patient. Even just imagining exercise has benefits. So a mental exercise program can be used by bed ridden patients.

The wellness of an organism is best measured by its ability to oxygenate. So the better shape your in the better you’ll be able to heal yourself. Take it easy take it slow, too much too fast can aggravate disease.

HOME SPA: The main thing of the European spas is reduced stress. For your home spa, get the family to cooperate by helping to reduce stress. Change some small things at home to create a new atmosphere to stimulate the mind. The mind likes some change. A new poster in the bath, a candle near the bath tub a new conditioner or aroma therapy. Some new music, some new massage techniques.

Put the phone on hold. Clear the time for you to focus on the relaxation needs your body needs for healing. For every minute you spend on preparation, spend ten minutes in relaxation. So don’t overdo things in preparation.

AT BEDTIME: no solid food for three hours before bed. One glass of pineapple or papaya juice and a multiple natural enzyme tablet. The enzymes at bed on an empty stomach will help to circulate into the blood stream to breakup congested lymph and attack the membrane of tumor cells. A desiccated Liver supplement at bed time once a week is also helpful. Twice a month take one tablespoon of sodium or potassium bicarb at bed with the enzymes. This is to strengthen the pancreas as well.

SOME RECIPES FOR HEALING

Desiré’s SALSA: take one cup (mixed germinated soybeans, jack beans, peas, snow peas, red
kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is Candida or fungus (Candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal.

Desiré’s salad Oil: to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad

Desiré’s better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

¼ pound all natural butter at room temperature
1/3 cup cold-pressed oil combo from above

Blend with a fork and refrigerate. Makes ¼ pound. It will soften quick in the heat.

WHOLE GRAIN PANCAKES

These pancakes are wheat-free and can be made with a variety of grains. One grain should be sticky, such as oats. You can change the recipe by adding millet or buckwheat, ground into flour in a small seed grinder, a little rye flour, or anything else that happens to be around. A few whole grain pancakes in the morning makes a delicious breakfast.

They contain no added fats and, if you eat them with a little unsweetened jam or blend fruits (blueberries, grapes, strawberries etc) into compote for syrup. However, the psychological freedom that comes from eating pancakes can be exhilarating to someone who is used to dieting.

Mix together:

2 cups of whole grain flours (either the ones suggested here or our variations):
1 cup corn meal, or add or mix cat tail pollen for an extra culinary treat (put a paper bag over a cat tail this pollen season. Shake vigorously. The pollen will be released into the bag.) Mix with grain.
½ cup brown rice flour
3 tablespoons of wheat germ
½ cup oat flour (grind oatmeal in blender)

Add:

1 ½ cups of low-fat milk or soy milk
1 egg
½ teaspoon baking powder (use Rumford brand or other brand without aluminum)
Serves a hungry family of four. Save any leftover batter in the refrigerator for another breakfast. Use natural fruit compost in a blender, and sorghum or maple syrup for topping.

Eggplant Pancakes:
Use the same batter as above. Cut off and slice skin of eggplant into circles. Dip circles into batter and fry in sunflower oil till brown.

OATMEAL WITH APPLE JUICE

Try this if you like hot cereal and want to avoid both cow’s milk and soy milk. It is a pre-sweetened, moist cereal without sugar or honey that cooks while you are dressing in the morning. Nothing could be simpler to prepare or more beneficial to help eliminate cholesterol buildup, keep blood sugar level, and provide natural fiber. Besides, it tastes good.

¼ to ½ cup of dry rolled oats (oatmeal)

Cover with apple juice diluted by half with water.
Bring to boil and simmer, covered, 5 to 10 minutes. Add more juice if additional moisture or sweetener is desired. Add a small quantity of berries or fruit to taste. Makes one serving.

SOY MILK

When you want to cut back on dairy products to prevent calcium overkill or because of a dairy sensitivity, soy milk is an excellent substitute both in cooking and with cereal.

DO-IT- YOURSELF PROTEIN DRINK
Germinated seeds and nuts are added to soy protein for this variation of the standard protein-powder and juice drink. To germinate, simply soak the nuts and seeds overnight. Their protein content is increased and their fat content decreased through germination. Rinse and refrigerate any extra to be used later in the week.

The refrigerated nuts and seeds should be rinsed once a day to keep them fresh. Soy milk or tofu can be used in place of more expensive protein powder, which often contains unwanted sugar.

**Blend together:**

- ½ cup soy milk or 1/6 pound tofu
- ¼ cup apple juice
- ½ cup berries or ½ piece of fruit (banana, peach, or other)
- 6 germinated almonds
- 6 germinated sambucca seeds
- 3 tablespoons of wheat germ
- 1 tablespoon germinated sunflower seeds

Makes one serving. For added B vitamins and energy, add brewer's yeast powder or flakes. Begin with ½ teaspoon and gradually build up to 2 tablespoons. If you begin with too much at first, you could get gas. A gradual increase avoids this problem.

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**Desiré's immune cookie**

- 1/6 pound tofu
- 1 cup apple juice
- ½ cup berries or ½ piece of fruit (banana, peach, or other)
- 16 ground germinated almonds
- 8 ground germinated sambucca seeds
- 3 tablespoons of wheat germ
- 15 tablespoons germinated sesame seeds
- 15 tablespoons of honey
- 5-ounces of sprouts, rinsed, germinated and drained
- Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.
Desiré’s immunity building soup and dip

**BEAN SOUP or BEAN DIP**

1 large red onion, chopped  
¾ cup thinly sliced celery  
1 teaspoon dried minced garlic  
3 cups defatted chicken broth  
1 tablespoon Worcestershire sauce  
1 tablespoon kelp  
2 teaspoons tamari soy sauce  
1/8 teaspoon pepper  
1/8 teaspoon ginger  
45-ounces of beans, rinsed, germinated and drained  
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed


**LENTIL BARLEY SOUP**

1 cup germinated lentils  
1 cup germinated barley  
1 cup of beans, rinsed, germinated and drained  
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed  
1 16-ounce can tomatoes, chopped  
1 cup sliced celery  
1 cup chopped onion  
¾ cup sliced carrot  
2 tablespoons tamari soy sauce  
½ teaspoon pepper  
1 teaspoon dried dill weed  
1 teaspoon garlic powder  
10 cups defatted chicken broth
Place all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat to simmer. Cook 50 minutes, stirring occasionally. Add water if soup becomes too thick. Serves six to eight.

Desiré’s cocktail:
Sambucca is an immune stimulant, as is red wine. Mix equal parts of each or use port for the red wine and take only one glass a day. Only use when needed not every day. The relaxation effects are good and there is a slight immune stimulating effect.

Desiré’s sorbet: use no white sugar and only natural fruit, mix pineapple and papaya, possible to use berries in the mix, or use melon separately. For extra sugar you can use some fructose or honey. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet. This makes an excellent enzyme rich desert.

Desiré’s stir fry:
1 teaspoon olive oil or sunflower oil
1 teaspoon low-sodium soy sauce
¼ cup broccoli
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup peas
¼ cup red kidney bean
¼ cup soybean
¼ cup snow peas
¼ cup sprouts
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
Stir fry in very hot skillet. Serve over 2/3 cup rice or pasta. Makes one serving.

BUCKWHEAT PIZZA CRUST

Add beans, raw vegetables and fruits to your pizza.
1 tablespoon active dry yeast Use germinated seed flower if possible
¼ cup warm water
1 ½ cup hard whole wheat flour
½ cup buckwheat flour
3 tablespoons of wheat germ
1 teaspoon sea salt or herbal salt substitute
1 tablespoon cold-pressed vegetable oil


Desiré’s sprout salad:
¼ cup broccoli
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup sprouted peas
¼ cup sprouted red kidney bean
¼ cup sprouted soybean
¼ cup sprouted snow peas
¼ cup other misc sprouts
let lettuce, kale,
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots
use the oil combo from above with vinegar as a dressing

Desiré’s anti-Immuno Failure massage oil: use the oil we made above as a base, add an equal amount of olive oil. Grind up one part cinnamon, one part cascara, two parts myrrh, two parts cloves, one part eucalyptus, one part wintergreen, one part blood root, one part dried pineapple and papaya, mix into the oil and let sit in the sun for two days. Massage into the skin and pour over any lesion.

Immuno Failure More notes on food
For overall prevention: green leafy vegetables, with emphasis on these six - broccoli, spinach, cabbage, kale, Brussels sprouts and leaf lettuce. Other high-fiber vegetables, fruits, grains, and legumes. Also, radishes, chard, tomatoes, citrus fruits, dried fruits (apricots, prunes, raisins), strawberries and deep and cold water fish high in omega-3 fatty acids may help prevent various
kinds of Immuno Failure. Garlic, onions, kelp, olive oil, tea (especially green tea), as well as seed foods, such as legumes, nuts, rice, and grains, are rich in ant Immuno Failure chemicals. Fresh and raw: plenty of vegetables, juices, and fiber are best.

Bladder: carrots, milk, broccoli, Brussels sprouts, cabbage, cauliflower, coleslaw, kale, parsnips, turnips.
Breast: yogurt. Fruits and vegetables high in carotenoids.
Colon: green leafy vegetables, notably cabbage, broccoli, Brussels sprouts. Also cauliflower. Acidophilus milk or yogurt especially that made with acidophilus culture. Wide mixture of vegetable juices. Wheat bran.
Esophagus: green and yellow vegetables, apples, cherries, grapes, melons, onions, peas, beans, plums, pumpkin.
Larynx: green and yellow vegetables.
Lung: carrots, kale, spinach, broccoli, dark-yellow squash, pumpkin, sweet potatoes, apricot. All dark-green and dark-orange vegetables, red and yellow fruits high in carotenoids. If you have ever smoked, load up on these foods. They may help prevent lung Immuno Failure years later.
Pancreatic: Citrus fruits, carrots.
Stomach: raw carrots, coleslaw, lettuce, cabbage, tomatoes, corn, eggplant, milk, onion, sweet potatoes, squash.

Avoid: high-fat and meat diets (which predispose to Immuno Failure), sugar, processed foods, overeating.

HEALTHY DIET

Category
Foods Which Are Allowed Foods Not Allowed Foods To Be Avoided in italics
Beverages
Herb teas (no caffeine), Excess alcohol, cocoa, cola
fresh fruit juice, fresh coffee, All sweetened carbonated beverages,
vegetable juice Only One small glass of alcohol per day
no more than one glass pasteurized juices, per day No artificial fruit drinks
Dairy
Raw milk, yogurt, butter-cottage cheese
and white cheese All processed and imitation Products milk in limited quantities butter,

ice cream, top-(not with meals),
nonfat pings, all orange and pasteurized cheeses
Eggs
Poached or boiled eggs  *Fried eggs any eggs made in boiled or heated oil*

Fish
Fresh white-fleshed, sushi, baked, broiled,  *Over cooked, fried, breaded or in any way boiled in oil*

Fruit
All dried (unsulfured),  *Canned, sugar sweetened fruit*

Stewed, fresh, frozen (un-sweetened) fruit

Grains
Sprouted when possible.  *Whole White processed flour*

Grain cereals, bread, muffins ducts, hull-less grains (e.g. rye, bran, buckwheat, and seeds (e.g. pasta, oat, wheat, millet),  *cream of snack foods, white rice, cooked seeds wheat, brown rice, whole seeds prepared or cold cereals, (e.g. sesame, pumpkin, sun-cackers,)*

Meats
No more than three servings per week All red meat products  *if chronically ill none should be eaten sparingly*

Nuts
All fresh, raw nuts sprouted  *Roasted and/or salted nuts,

Oils
Cold-processed oils,  *Saturated, heated, cooked or animal oils (e.g. Soybean, safflower, corn, eggless and oils (unsaturated as Sunflower, canola, sesame mayonnaise well as saturated), hydrogenated margarine*

Seasonings
Herbs, garlic, onion, pepper,  *Salt, hot spices Chives, parsley, marjoram Paprika*

Soups (not with other food)
All made from scratch  *(e.g. Canned and creamed (thick-ened) soups, commercial)*

Salt-free vegetable, millet,  *fat stock Barley, chicken, brown rice) bouillon,*

Sprouts
All, especially wheat, pea,

Lentil, alfalfa and mung

Sweets
Raw honey, unsulfured molasses, carob,

*Refined sugars (white, chocolate, pure maple syrup, candy, all sugar syrups)*
Vegetables
40% raw and not over-cooked *All canned vegetables, baked or boiled corn chips*

Fruits
60% fresh and raw

**Tips on Food and Eating**

Eat slowly, in a relaxed atmosphere. This will aid digestion.

Eat small quantities of protein and vitamin-rich food instead of large helpings of over-refined food.

Eat a good breakfast. Include fruit juice or raw fruit, wheat germ, and whole meal bread. Refrain from eating a large meal at the end of the day before retiring.

You will sleep soundly if you avoid stimulating foods such as tea and coffee.

Try to cook sufficient food for one meal only. Reheated food has little nutriment value.

The human body needs a certain amount of salt in order to function properly. Few of us are aware that most vegetables contain salt and that when cooked correctly they require little, if any. There are vanities of salt available which have been extracted from vegetables. These are beneficial to our health.

Store food correctly in sealed containers. Keep perishable food in the refrigerator and non-perishable food in a dark, dry cupboard.

Use stainless steel or pyrex glass saucepans rather than aluminum ones, as the latter leaves traces of aluminum in the food.

Always rinse eating utensils with clear water after washing with detergents.

Eat raw, fresh fruits and vegetables whenever possible. Buy in small quantities, as they lose their vitamin content quickly.

When using frozen ingredients, follow instructions on the packet. This will ensure that food does not lose valuable nutriments.

Whenever possible, leave outer leaves and skin on vegetables and fruits, as these often discarded parts are a valuable source of vitamins. When vegetables are peeled, remove immediate skin only.
Use water in which vegetables have been cooked, for home-made soups and stock.

Home-made soups are nutritious. Simmer until ingredients are tender and eat immediately.

Do not boil for hours or reheat several times.

Eat raw sugar and honey instead of refined sugar. Avoid over-dosing on any sweets.

Eat whole meal flour, whole meal spaghetti and brown rice instead of refined varieties.

Use polyunsaturated oils whenever possible.

**Tips on Grocery Store Shopping**

Read labels.
Buy Probiotic yogurt, and other probiotic foods.
Buy fructose fruit sugars, not dextrose(sucrose)
Buy sodas that contain fructose (Corrs, Hansen, etc.) instead of sucrose. Buy unsweetened juices, and dilute.
Buy snack foods that contain no preservatives.
Buy foods low in sodium, or salt-free.
Buy whole wheat bread products, instead of white bread, buns, etc.
Buy brown rice instead of white rice.
Buy herbal tea instead of tea containing caffeine.
Buy decaffeinated (water processed) coffee or coffee substitute, instead of coffee containing caffeine.
Buy frozen foods that are not stored in aluminum containers.
Buy deodorant instead of antiperspirants that contain aluminum.
Buy chicken or turkey instead of beef. This includes chicken and turkey hot dogs and turkey ground meat. Minimize food additives.
Buy natural cereal.
Avoid sugared cereals.
Avoid nitrates, bisulfides, salicylates, additives, and insecticides.
Avoid palm oil, coconut oil, coffee whiteners or other saturated fats. Look for the “Health Mark” signs in your grocery store.

**Suggested Foods**

**Foods That Can Be Eaten Daily**

*Eggs:* can be eaten daily if rotated with several species or cheese. Eggs are rich in lecithin, which can help to control cholesterol.
Meat, Seafood, Poultry: eat twice weekly, rotate freely, trim off excess fat, restrict fried foods, and eat complex protein in the morning and early afternoon. Protein does not have to include animal protein.

Fruit and Fruit Juices: use unsweetened and rotate daily.

Vegetables: eat four or more servings a day and rotate freely. Eat two servings raw a day, and avoid canned. Canned vegetables also contain fewer vitamins. Tomato juice can help digest meals that contain meat.

Bread and Cereals: eat four servings a day of whole grain foods. Avoid processed and chemical-laden flour.

Nuts and Seeds: these contain essential fatty acids are necessary in our diet. All seed products contain enzyme inhibitors and should be germinated before eating.

Water: drink a quart and a half of water a day, use thoroughly-filtered spring or well water, or reenergized distilled water. Chemicals in city water may lead to severe problems if used over long periods of time.

Foods To Be partially AVOIDED

Fat: animal fat should be kept to a minimum. Excess fat can increase cholesterol.

Salt: everyone can benefit from reduced salt intake. Excess salt can aggravate nerves, cardiovascular functions, the immune system, and kidney and blood conditions.

Coffee and Caffeinated: Caffeine Tea: may cause or aggravate nervous conditions. Never use with meals; use two hours after or one hour before meals.

Milk: try not to drink pasteurized. Natural milk can help bowel flora. Milk can produce mucous, and should be avoided if a respiratory condition is active. Only use small quantities; never with meals. Rotate all foods. Don’t eat any food every day. The body likes weekly variation.

More Foods To Avoid (Avoid all processed foods)

Refined Sugar - most harmful, can cause overweight, diabetes, hypoglycemia, dental cavities, periodontal disease, kidney stones, urinary infections, cardiovascular disease, intestinal Immuno Failure, diverticulosis, indigestion, hormone disorder and mental illness.

White Flour - even enriched flour is still robbed of needed amino acids, minerals and vitamins. This can cause malnutrition and Immuno Failure.

Hydrogenated Fat (saturated)-oleo, margarine and coffee whiteners should be avoided. Limit and rotate all cooking oils. These products can cause heart problems and may provoke allergies.

Sodium Nitrite and Sodium Bicarbonate-frequently used in meats and meat products. These combine in the body to produce nitrosamines that can cause cancer. Never use together.
**Artificial Colors and Flavors** - avoid synthetic additives, and preservatives. Our bodies cannot handle them. May cause hyperactivity, nervousness and anxiety.

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**Food Combination Rules**

To reduce gas and improve digestion, remember that to digest protein the stomach needs to be acid (taking antacids is a definite don't). To digest fruit, the stomach needs to be more alkaline. Remember that fats, carbohydrates and proteins require different intestinal preparation and should not be mixed inappropriately. Also excess liquids dilute stomach digestive fluids.

**The three simple rules are:**

- **Fruits alone**
- **Melons alone**
- **Fluids alone**

Leave at least one hour between these; two hours for large protein meal.

**Other Suggestions**

Enemas and laxatives, even natural ones, can overstretch the bowel muscles and make them weak by robbing needed potassium.

Prolonged use can lead to dependency and even greater problems. Only use natural stimulants when absolutely necessary. If you have any questions, consult your doctor. While mixing in saliva and ptyalin, your teeth can masticate the food thoroughly and savor the natural flavors. Don’t rush through meals, celebrate them. **JUICING** The recent glut of juicer salesmen on TV is not without reason. Juicing works. It does improve the absorbability of the vitamins, minerals, and life factors of fruits and vegetables. I heartily recommend purchasing a juicer and experiencing its beneficial effects. Juicers are inexpensive, don’t wait. Your best juicers, however, are your teeth and gums.

The following is a list of fruits and vegetables good for juicing. Bon appétit!

**Suggestions for Meals**

High Volume, Low Fat, Sodium and Preservatives

(Avoid processed foods and synthetic preservatives)

When dining out, always look for a restaurant of similar philosophy and attitude to your own. Make sure the owner and cooks appreciate the value of natural, organic, and unprocessed foods. Ask if hidden lard, MSG, sulfides, animal fats or oils are used. Express concern over irradiated and synthetic foods. Make sure the restaurant has passed civil
cleanliness inspections. Make sure there is a protected nonsmoking section, not just a token one. Make sure the staff and eating environment are happy, friendly and harmonious. Express concerns quickly, with respect and care. Many health food restaurants attract employees with low resistance to strange ideas. These employees often resist order, timeliness, and altruism. Help the owner by expressing your concerns with compassion and care.

**Breakfast**

**Eating Breakfast at Home (Always rotate)**

Whole grain toast or muffins with Better Butter or apple butter
Whole grain pancakes with a little pure maple syrup, unsweetened applesauce, or jam made with pure fruit (no honey or sugar)
A poached or boiled egg with whole wheat toast or muffin
Scrambled egg with sautéed onions and mushrooms
Cold cereal with soy milk or low-fat milk
Oatmeal with raisins and almonds
Millet with raisins and almonds
Rice cakes with almond butter
A piece of fruit
Baked yam
Do-It-Yourself Protein Drink (Nature Knows Protein Powder)
Unsweetened yogurt with fruit or cereal

**Eating Breakfast Out**

Oatmeal with low-fat milk or apple juice
Omelet (spinach and mushroom, sautéed vegetable, ratatouille, Spanish)
Grape nuts or other low-sugar cereal with low-fat milk or apple cider
Fruit (always a winner for breakfast)
Bran muffin (usually too sweet, but an emergency breakfast with some beneficial ingredients)

**Lunch**

**Eating Lunch at Home or Bringing It To Work**

Salad with beans (pinto, red, garbanzo) and whole grain roll
Salad with a small amount of chicken, turkey, tuna, egg, or sardines
Salad with a little low-fat cheese (a nice occasional treat)
A hearty soup, like lentil or bean, with whole grain crackers and a salad
Vegetable slaw with chicken on corn tortilla
Chicken breast and marinated vegetables
Steamed or sautéed vegetables with brown rice or millet
Pasta Primavera (cold pasta salad)
Hummus (garbanzo bean dip) with whole grain crackers and salad
Tabbouli (cold cracked wheat salad) and Hummus with raw vegetables
Raw vegetables
Occasionally, cottage cheese
Lightly-steamed vegetables

Eating Lunch Out

Salad with tuna, egg, or chicken
Salad bar with bean salad and/or garbanzo beans, and bread or crackers (a little cheese occasionally)
Chicken or fish with salad or cooked vegetables
Tuna, chicken, turkey, or egg-salad sandwich with coleslaw (get the best bread available)
Soup, salad, and a roll or crackers
Chinese vegetables with chicken and a little rice (no MSG)
Vegetable omelet with roll or crackers
Avoid salyciate- or sulfide- using restaurants

Dinner

Eating Dinner at Home

Spicy Chinese Vegetables and Soba noodles
Sautéed vegetables with brown rice, kasha
Steamed vegetables with millet or brown rice
Lentil and barley soup with salad
Whole grain pasta with marinara sauce and salad
Chicken breasts in wine and tamari sauce
Broiled fish or chicken with salad or vegetables
Curried vegetables with tofu and brown rice
Vegetable soup with whole grain noodles or rye crackers
Corn tortillas with beans and hot sauce (salsa) and salad
Corn bread and baked beans with salad
Spanish rice with vegetables or salad
Whole grain pasta with steamed vegetables and tomato sauce
Salad and baked potato

Eating Dinner Out

Broiled fish or chicken with vegetables and salad
Chicken or fish dishes with sauces on the side (use sparingly), with vegetables and salad
Chinese food (no MSG) with chicken or bean curd (tofu) and a little rice (no pork or shrimp)
Italian food: veal, chicken, or fish, with salad and side of pasta
Chicken enchilada or chicken tostada (no cheese) with salsa
Soup and salad

**Snacks**

Homemade cookies using maple syrup or sorghum and whole grains Whole grain bran or corn muffins with ,,better butter”
Nuts and seeds (8 to 12 nuts, small handful of seeds)
Small amounts of dried apples, apricots, figs, or pears
Whole grain crackers with nut butter (almond, cashew, and so on)
Corn chips made with sunflower or other acceptable oil (a few)
Whole wheat pretzels with sesame seeds instead of salt
Cold sliced yam
Raw vegetables
Fruit Lightly-steamed vegetable

**Beverages**

Good water with a little fresh lemon juice
Bottled water with lemon juice or a little fruit juice
Herb teas, hot or iced (sweetened with licorice root)
Coffee substitutes (natural, not synthetic)
Fruit juice Vegetable juice
Natural sodas (or seltzers)
Don’t eat unless you are truly hungry. Eating for simulation, pain relief, stress relief, sociability, habit, or for any reason besides hunger is maladaptive. Listen to body communication (don’t overeat).Eat for nutrition, not for stimulation. Celebrate each meal with love, friendship, sunshine and harmony. Relax and allow your body to focus on recovering the nutrition God has granted it.
The foods richest in the Mitogenic Lectins for stimulating T-cell production follows:

1. Jequirity Bean (rare)
2. Jack Bean
3. Soybean (unprocessed)
4. Lentil (rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca
Singapore Raffles Place of the 1995 World congress on AIDS with Dr Nelson's Historic presentation

TO: THE HUNGARIAN AIDS RESEARCH HOSPITAL

FROM: William Nelson + Nagy Karoly

DATE: SEPTEMBER 20, 1994

RE: ANALYSIS OF XRROID REACTIVITY READINGS OF AIDS PATIENTS IN BUDAPEST

The science of electrical reactivity in the body has been documented in several articles. Two such papers were recently submitted at an international medical diagnostic symposium in Pecs Hungary in September 1994. Copies of these articles are attached. Also included is the article that totally describes the electrical reactivity factors in medication testing.
How to Make the Switch to Natural Cooking

Rotating Food

Rotation of food is very important, because it diminishes allergies and supplies a variety of nutrients to the system. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic boredom. No culture has ever existed that had one food as its dominant diet. The Mayan Indians ate corn as their primary food. After a while, their pituitaries atrophied and childbearing decreased. So within one or two generations, their number greatly decreased. You have to rotate foods.

Foods that help to build the body’s defenses should be your mainstay. These foods contain vitamins, minerals, protein, carbohydrates and essential fats that not only build resistance, but more vibrant radiant health.

The rotation diet allows for maximum nutrition and minimum allergies. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic repetition. If there are any special additions or deletions your therapist or doctor will notify you, but anyone can improve their health by following the procedure below.

Rotation: Most allergies develop because of over use of a food source. Toxic build-up of phenyl-aromatic compounds occurs due to the constant use of certain foods of similar families. Allergies can result from other systemic intolerance which need special treatment, but toxic allergies respond well to this rotation diet. Many people eat limited numbers of food types. They always have the same salad and vary the vegetables just slightly. How many different vegetables and fruits have you consumed in the last month?

To get the full benefits from your diet, research tells us that 15 different vegetables and 10 different fruits are needed as a minimum.

Start by having a salad a day and rotating the salad parts on the four-day plan. For leafy parts, use leaf lettuce day 1, romaine day 2, spinach day 3, endive, chard, or escarole for day 4. Then back to day 1. Rotate garnishes and dressing likewise.

And once or twice a month bring in something special or rare like turnip greens or milkweed. Rotate cooking oils by using safflower day 1, sunflower day 2, corn oil day 3, olive oil day 4, and others occasionally. Rotate herbal teas on the four-day plan. This is very important. Over use of herbal products may provoke other symptoms. Rotate other beverages as well. Use of processed white sugar and white flour is discouraged, but rotation of grains and sugars encouraged. Use whole wheat day 1, rye day 2, millet day 3, oats, barley or buckwheat on day 4. Use beet or maple sugar day 1, date sugar or fructose day 2, carob-dextrose molasses day 3, honey or sorghum day 4. Take the time to bring in special extra foods and spices once a week and your health will show the benefit. If varying large numbers of foods aggravates symptoms, there is a good possibility that insecticide or bi-sulfide poisoning has occurred. See your doctor for guidance if there is any difficulty.
Food Combining
If you start combining foods improperly, the stomach might get confused. For example: The stomach might say there is fruit juice and protein in me. The stomach may treat the fruit juice as more important and release everything into the small intestine. This in turn will not allow the protein time enough to be prepared for further digestion.

To make food combining very easy, here is a simple rule. Fruits alone, melons alone and fluids alone. Two to four ounces of fluids with a meal, will actually help to facilitate digestion. Anymore than that and you decrease the hydrochloric acid effectiveness in your stomach.

Fruit and vegetable juices will stay in the stomach approximately 30 minutes. Fruit, itself, will stay in the stomach around 45 minutes to an hour. Vegetables stay in the stomach for approximately 1-1/2 to 2 hours, as a general rule. The more starchy the vegetable the longer it will stay in the stomach. Protein will stay in the stomach approximately 2 to 2-1/2 hours. The more dense the protein and the more you take in, the longer it will remain in the stomach. Heavy fatty products such as animal fat products will remain in the stomach 3 hours to as long as 5 hours.

Brief Overview of Yerba Santa and Devil Broom Studies
Agronomic Studies

Yerba Santa as an American Indian herb was used for asthma. It is an indigenous plant to America, with relatives indigenous to Africa, India, and South America. The plant is part of the waterleaf family and it's parts are used for rope or broom making and it is called devil's broom in parts of Africa. It was first discovered as a remedy for viral replication interference in the studies of Dr. Dehne Dubonnet in Hungary.

DESCRIPTION: The Yerba Santa is an Aromatic, resinous evergreen bush or single plant. Sometimes forming thickets to 10 ft. stems hairless and sticky. Leaves leathery and sticky. Lance shaped lower leaf with woolly hairs, margins coarsely toothed. May - Aug. Flowers purple to white, tubular, in clusters, petals 5-lobed.
Improper Food Combining

What happens when food is not combined correctly? Bad quality nutrition is being absorbed. Inappropriate nutrition is now coming into the body, which is not being broken up properly and contributes to weight gain. This is due to the making of bad tissues. When the body makes bad tissues, it makes more of them. If you have inferior cells, the body has to make five of them to do the same job as one good cell.

Another thing we have to realize about food is that it only takes seven mouthfuls of good food to give us all the nutrition we need; but today, the quality of our food is getting worse and worse.

We are literally cooking 75-80 percent of the nutrients out of our food. So now we need 28 mouthfuls of food to get all of our nutrients. The normal American person is eating somewhere between 35 and 40 mouthfuls a day. We are overeating due to the nutritional depletion of our over processed foods.

The following article is taken from the International Journal of the Medical Science of Homeopathy, issue on AIDS

SPECIAL NOTE ON LECTINS IN AIDS TREATMENT

By: Desiré Dubounet, LPCC, M.D.

Lectins are naturally occurring substances that mostly are found in the plant kingdom. Lectins are proteins or glycoproteins that are not made by the immune system of a human but can influence the immune system of a human. Lectins influence agglutination and precipitate complex carbohydrates. The agglutinizations activity of these highly specific carbohydrate binding molecules is usually inhibited by a simple monosaccharide. For some lectins Di, Tri, or Poly saccharides are required. The plant source often carries the needed molecules for action.

Many Lectins produce stimulation effects on the manufacture of lymphocytes. In fact several of these compounds have mitogenic stimulation of T-cell Lymphocytes. In the last study on the treatment of children with AIDS the use of the soups reflect the use of some lectins.

But if we review the Lectin research we can see a more refined type of soup prescription. 'The effects of T-cell stimulation can indeed be of the utmost importance to the AIDS patient.

Biological research has shown several substances to produce this Mitogenic effect. Many of these herbal compounds are in the New Vistas Product Known as Hemo-A. This product has been tested in cell culture and clinically and proven its ability. But there are many compounds that can provide some dietary effect. We recommend combining the diet of these foods with the Hemo-A. Many of the best naturally occurring sources of Lectins are herbal controlled substances that are put into the Hemo A. So combining this with the diet has maximum effects.
The foods richest in the Mitogenic Lectins are as follows:

1. Jequirity Bean (rare)
2. Jack Bean
3. Soybean (unprocessed)
4. Lentil (rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca Bean

Using these in soups, salads, or others can have positive effects on T-cell formation. Our research shows the positive effects of these when the immunosuppression is reduced. The primary immunosuppression being Antibiotics, Sugar, Street drugs, Stress, etc.

The references that follow can point to the research data. There was an appalling amount of literature regarding these lectins and their mitogenic effects. The reference list provided is but a small sample. I apologize for the form of the references but that is the way they were shown in the literature I reviewed. It is quite amazing that with all of this research that the dietary recommendations are not prescribed for this devastating condition.

Society has chosen to get its foods from the fields and its medicines from the synthetic chemical companies. The serious flaw in the Synthetic Chemical Philosophy robs the public from some simple solutions. Therapy can come from the fields. Medicine must learn to look for natural solutions not always the profit pictures of the Synthetic Chemicals Companies.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The life style changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

Food Combination Rules

To reduce gas and improve digestion, remember that to digest protein the stomach needs to be
acid (taking antacids is a definite no-no). To digest fruit, the stomach needs to be more alkaline. Remember, fats, carbohydrates and proteins require different intestinal preparation and should not be mix inappropriately. Also, excess liquids dilute stomach digestive fluids. So the three simple rules are:

1. Fruits alone
2. Melons alone
3. Fluids alone

Space at least one hour between fruits, melons and fluids; two hours for a large protein meal.

REFERENCES

ANTIBIOTICS AS A PRIMARY CO-FACTOR IN AIDS PROGRESSION

Presented at the 1st International Conference of the Mor Kaposi Research Foundation, Convergence of AIDS and Cancer Research, Budapest, Hungary August, 27, 1996

"If a Man sees a Wrong and does not Correct it, He is NOT a Man"

ABSTRACT

The world has now recognized the demise of antibiotics. Iatrogenic damage, resistant strains, immunosuppression and dependency have now challenged the core of one of the prides of modern medicine. The vast marketing of antibiotics has left medicine with a severe crisis. Reductionistic research and philosophy has been used for financial reward of the chemical companies. These antibiotics have been shown to have a wide variety of deleterious side effects, including effects on the bowel flora. We also theorize about how this disruption of the bowel flora, could be a contributing cofactor to the AIDS epidemic.

The populations with the greatest antibiotic use are the highest risk for development of AIDS. A balanced bowel flora could be essential in defense against the virus propagation into the deadly disease. The antibiotics might then increase the progression of risk in the disease. This hypothesis, because of its non-reductionistic complexity is difficult to challenge in a single study. Funding of such a study would also be extremely difficult, in light of the challenge to synthetic chemistry. This brief article is but an introduction to the concept. For further information please refer to the collection of studies in the Journal of the Medical Science of Homeopathy, special issue on AIDS and Vituses.
When I put this on my poster at the World Congress on AIDS in 1996, I did not think that my life was soon to be threatened.

My dedication to the truth of Natural Medicine and the courage to face an international slave trade gang would be challenged. As they tortured and tried to kill me, the macho man in me faltered and gave up. The man in me died, but the women in me was driven to not only survive but to flourish.

After escaping I decided to honor the women in me. The powers that be stopped trying to kill me when I put on the dress. But now almost 15 years later, the women they thought no one would take seriously, has become very powerful. It is time to take this seriously, time to stop the hypocrisy, stop the greed and face our false beliefs.

THERE IS AN OLD CHINESE PROVERB

“If a Man sees a wrong and does not correct it, He is not a man”