A PROTOCOL REVIEW OF THE HOMEOPATHIC TREATMENT OF HERPES AND SIMILAR CONDITIONS

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This study was performed in 1991 at the Natural Center of Disease Prevention in Denver, Colorado, U.S.A. Revalidation and further clinical testing are currently being performed by medical doctors at the Homeodiagnostiks Clinic in Budapest, Hungary, and by the doctors listed above.

PROTOCOL REVIEW OF THE HOMEOPATHIC TREATMENT OF HERPES AND SIMILAR CONDITIONS

Key Words:
Herpes, herpes simplex, herpes zoster, HRPZ, Crystallized Cell Salts, Fatty Acid Liquescence, Anti-Stress

Protocol:
Herpes simplex is known as a recurrent viral infection characterized by the periodic appearance (on the skin or mucous membranes) of small vesicles filled with clear fluid on slightly raised inflammatory bases. There are many strains of herpes simplex virus (HSV).

Common causes of herpes are labialis and keratitis. HSV2 is usually genital and is transmitted by direct contact. At the time of the initial infection it is usually obscure except for a primary systemic infection that occurs in the first couple of days. The virus can remain dormant inside nerve ganglia indefinitely. Eruption can be precipitated by exposure to sunlight, fever, stress, emotions, certain foods and drugs, and upsets in biochemistry. Herpes simplex can sometimes be confused with herpes zoster. Herpes zoster rarely recurs, and usually causes more severe pain and larger groups of lesions. It is often distributed along the course of a sensory nerve.

To help with our diagnosis we examine the varicella, genital ulcers or gingivostomatitis. A culture can often help us in our herpes simplex diagnosis.

Herpes sores develop for many reasons. The herpes virus gets into cells and can produce these sores. There are several types of herpes including simplex, progentalis and zoster. These viruses often hide in connective tissue, especially around the spine, and then come out when there are periods of stress or metabolic imbalances that produce the right environment for them to leave. Once they leave the spine and go into an area such as the mouth, nose, vagina, penis, or other area, the herpes virus vulnerable to attack by the immune system.

The herpes virus does not like cold. Often we see heat produced in the area prior to and following the eruption. When we place a cold source onto the actual lesion, we can observe that it might take several ice cubes to suck out the heat. We can also use ice cubes to massage the areas of the vertebrae column where the herpes might have been; if the herpes were hiding in the cervical column, it might have left because of a disturbance of stress or metabolic activity. By finding the sore areas around the column and massaging them deeply with ice, we might prevent the herpes virus from moving back into the vertebrae column where it was originally stored.

By palpating these areas, we find the ones that are sore on touch (not on movement). By massaging this area with ice cubes three times a day, we prevent the herpes virus from returning. The virus can then be disabled in the bloodstream.

The formula for herpes, HRPZ, is a homeopathic blend of high x potencies of the various viruses, so that there are no viruses, but only their involved energy. This helps to stimulate the immune system to surround the herpes virus with antibodies and disable it. The HRPZ formula also has homeopathics in it...
that help with the basic *intrusion* of the virus when it starts. This initial inception of the virus, when it escapes from various cells, can be dealt with by using the HRPZ formula. On this first day, the patient should take three drops every twenty to thirty minutes. This helps to deal with the symptomatology and stimulate the immune system against the virus.

The herpes virus then works by penetrating the cell membrane, and by using the DNA of the cell to replicate and spread. If the patient is in a state of fatty acid deficiency, it is easier for the virus to penetrate the cell walls because they contain fatty acids. Using the Fatty Acid Liquescence at ten drops, once a day helps to prevent intrusion of the herpes virus. By using ten drops twice a day on initial inception, we can help to bring fatty acids into the cell walls to prevent viral spread. Calcium is a key ion that sits on the membrane. In a state of calcium deficiency viruses spread more quickly. By taking two or three Calcium Lactate pills with meals during a month, calcium deficiencies can be avoided. At the first sign of viral intrusion, we can take a little extra calcium to prevent the spread of the herpes lesion. By taking 1,000 mg of Crystallized Cell Salts, we can help to prevent the intrusion of the herpes virus, as well. The virus lesion is made up of arginine, which has a key protein that should be avoided. Popcorn is very rich in arginine, and should be avoided by people who are herpes-prone, especially during the presence of a lesion. The key amino acid that helps to displace arginine is lysine.

Taking lysine at 500 mg, once a day can help to stop the formation of the herpes lesion. Taking an extra 500 micrograms of B12 is also helpful at the first sign of a herpes lesion. Herpes lesions and canker sores can appear if there is an acid or alkaline imbalance. Keeping the pH balanced is important. For this we use the Vitamin C alkaline or acid powder. If the patient switches to acid, we need to prescribe the alkaline powder, and vice versa. This supplies extra vitamin C for use by the immune system, and also helps to balance the body so that the lesion can be dealt with properly. To determine whether the patient is high in acid or alkaline, we might see if a lesion is worsened by vinegar or by sodium bicarbonate. The acid-vinegar irritation would indicate an over-acidity, whereas bicarbonate irritation would imply over-alkalinity. Eighty percent of lesions are acid-irritating, because the body has gone to a high-acid state.

In dealing with herpes lesions we have found that these techniques are very helpful to the patient. Also the patient will realize that he has some control, and that the virus is not the only factor; other metabolic factors in his life cause problems also. Using Anti-Stress homeopathic can deal with a stressful situation and help in the prevention of lesions.

The reason why herpes viruses occur at the end of colds, flus, or intestinal upsets is because at these times the body is undergoing metabolic changes and dealing with cellular membranes and their fatty acid states. Taking a little more Fatty Acid Liquescence is preventive as well as therapeutic at the earliest signs.

Many of our patients have found that they can almost completely control their herpes viruses with these formulas. This keeps the virus inert and disabled in the body. We think that it is possible for us to *totally* disable the virus at certain times by using the ice cube therapy.

In a case review of twenty-four patients who took this type of program, we have recently discovered through follow-up calls that over half of them were able to totally control their viruses with these and other techniques. The other half saw a reduction in their symptomatology.
A PROTOCOL REVIEW OF THE HOMEOPATHIC TREATMENT OF HERPES AND SIMILAR CONDITIONS
--- BIBLIOGRAPHY ---

BOOKS

ARTICLES AND STUDIES

Zapping the Human Papilloma Virus

By William Nelson LPCC

At the Semmlivise Hospital in Budapest 1994

Abstract

We know of no good evidence for Dr. Krugers zap therapy. The Zap technology of the QXCI/EPFX has some tested capabilities. In this study 25 women showed signs of papilloma virus spots. The papilloma virus HPV spots fluoresce in UV light if they are exposed to vinegar. A vinegar swab showed spots on all 25 with an average of 12 spots per person. The women were given three 30 min QXCI Zap therapies over the course of one week. In 2 of the subjects there was no change. All of the others had lessening of their spots in size and number. In five subjects there was complete removal of the spots. The rest had approximately 60% reduction in the number of spots. The overall average therapy was 60% effective in treating papilloma.
Does psychosocial stress predict symptomatic herpes simplex virus recurrence?: A meta-analytic investigation on prospective studies.

Chida Y, Mao X.

Psychobiology Group, Department of Epidemiology and Public Health, University College London.

Previous psychological studies have paid extensive attention to the association between psychosocial stress and symptomatic herpes simplex virus (HSV) recurrence, but subsequent research has been conducted and conflicting findings have been published. We aimed to quantify the longitudinal association between psychosocial stress and recurrent HSV in the contemporary literature. We searched Medline; PsycINFO; Web of Science;
PubMed up to March 2009, and included prospective studies that investigated associations between psychosocial stress and symptomatic HSV recurrence. Two reviewers independently extracted data on study characteristics, quality, and estimates of associations. The overall meta-analysis examining 11 articles (17 psychosocial and disease related relationships) exhibited a robust positive association between psychosocial stress and symptomatic HSV recurrence (correlation coefficient as combined effect size 0.083, 95% confidence interval 0.025-0.141, p = 0.005). This finding was supported by more conservative analysis of aggregate effects and by sensitivity analysis of the methodologically strong studies. There were indications of publication bias in some analyses. Intriguingly, sensitivity analyses demonstrated that psychological distress was more strongly associated with symptomatic HSV recurrence than stress stimuli per se, and that psychosocial stress tended to be more strongly associated with oral than genital herpes recurrence. In conclusion, the current review reveals a robust relationship between psychosocial stress and symptomatic HSV recurrence, justifying further research in this field, especially clinical trials evaluating the efficacy of stress reduction interventions on HSV recurrence.

PMID: 19...

[PubMed - as supplied by publisher]

Echinacea pallida juice extract exhibits anti-Herpetic activity. - GreenMedInfo Summary

Abstract Title:

Anti-herpetic Properties of Hydroalcoholic Extracts and Pressed Juice from Echinacea pallida.

Abstract Source:

Planta Med. 2009 Sep 29. Epub 2009 Sep 29. PMID: 19790030

Abstract:

Hydroalcoholic extracts and pressed juice from ECHINACEA PALLIDA were phytochemically characterised by HPLC-MS analyses. Ferulic and caffeic acid derivatives were identified as major constituents. All tested extracts and pressed juice from ECHINACEA PALLIDA exhibited a low cytotoxic activity on monkey kidney cells IN VITRO. The inhibitory activity of ECHINACEA against herpes simplex virus types 1 and 2 (HSV-1, HSV-2) was analysed with plaque reduction assays. All
hydroalcoholic extracts exhibited high levels of antiviral activity against both types of herpesvirus in a dose-dependent manner. Plaque formation was significantly reduced by more than 99% or completely absent. Pressed juice from E. PALLIDA revealed the highest antiviral activity against HSV-1 and HSV-2 when compared to hydroalcoholic ECHINACEA extracts and even highly diluted ECHINACEA pressed juice still inhibited viral infectivity. Hydroalcoholic extracts were quite active against herpetic infection when HSV-1 or HSV-2 were pretreated with the extracts. In contrast, ECHINACEA pressed juice demonstrated protection of cells against viral infection. In conclusion, hydroalcoholic E. PALLIDA extracts interfere with free herpesvirus but pressed juice is able to interact with herpesvirus inside and outside the cell as well as to protect cells against viral infection, probably by interfering with virus attachment. Hydroalcoholic extracts and pressed juice from E. PALLIDA demonstrated high selectivity indices, a necessary prerequisite for a potential topical treatment of herpetic infections. Different types of ECHINACEA preparations, such as commercial tinctures, tablets, and teas, are expected to offer different antiviral profiles. **Study Type: In Vitro Study**

Drink pomegranate juice can alleviate work pressure

Source: Traditional Chinese Folk Medicine Research and Development Association

2011年06月08日

In Egyptian folk medicine, pomegranate juice was used to treat maladies from dysentery to stomachaches as well as intestinal worms.

A British study last year found that about a fifth of the employee because pressure and called in sick. Britain's daily mail reports on June 6, a new study found that pomegranate juice help fight office stress.

Edinburgh Margaret on a group of queen's university scientists who were in the two-week research. Who were drinking 500 ml pomegranate juice every day. The researchers studied respectively in the beginning and end of the loop, measured the heart rate, who were also received involving their emotions and work feeling questionnaire. Research found that almost all of those at the end of the study were to work more enthusiasm, the more positive and more proud and more active. When the study began, compared with the end of the study were more may use "pressure", "nervous," "guilty" and "shamed" words like description of your feelings. And most of the heart rate were significantly lower.
New study chief Dr Emma DE du galilee, said the new study shows that busy office worker drink pomegranate juice help ease chronic stress, maintaining good health, improve working enthusiasm and efficiency. Earlier research found that, pure natural pomegranate juice has a variety of health effect. A study last year found that drinking pomegranate juice helps prevent middle-aged fat. The study also found that, often drink pomegranate juice can reduce the risk of high blood pressure, heart disease, stroke, kidney disease risk. The scientist also found that pomegranate juice helps neutralize the anti-oxidation factor, harmful free radicals and help fight cancer, heart disease and aging. (gold)
Considering taking a vitamin or supplement to treat Herpes simplex virus (HSV)? Below is a list of common natural remedies used to treat or reduce the symptoms of Herpes simplex virus (HSV). Follow the links to read common uses, side effects, dosage details and read user reviews for the drugs listed below.

Your search for Herpes simplex virus (HSV) returned 19 matches.

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LISTEN I believe Herpes to be 100% curable. Before i mention my remedies i will let you know that ultimately God is your cure! Have faith and trust in him and he shall heal you. I have said a prayer over each bottle of remedy i have and i pray EVERY NIGHT for mercy and grace of healing. Just go to him in full faith and ask for healing and he shall heal you. if you don’t know how to pray google prayers but go to God. He is waiting on you and its probably the reason he put this in our life anyway because we might’ve went astray from him. Currently I am trying Echinacea twice daily, two caps in the a.m and one cap at night, Black Cumin Seed (Nigella Sativa) twice daily two caps in the a.m one cap at night, Astragulus daily two caps in the a.m two caps at night, Cats Claw daily two caps in the a.m two caps at night, Cayenne daily one or two caps at night. For supplements I take Lysine daily two caps in the a.m two caps at night, B-complex daily two caps in the a.m and two caps at night, Vitamin C (Ester C 24hr Immune Support)daily two tabs in the a.m one tab at night and Hair skin and nail vitamins two in the a.m and two at night. I also drink a glass of Green tea in the a.m when Im taking my vitamins and at night when Im taking my vitamins. When I’m at work I drink nothing but water.I’m adding Andographis (Herb) and Zinc(supplement) to my list. I also take topically Black Cumin seed Oil which has work WONDERS. Now I have not yet suffered at genital outbreak and I had herpes unknowingly for six months and I just found out last month I’m carrying type 1 and 2. Type two however it has done a little damage to my face. I broke out a little but I didn’t start having these break outs until I started my own treatment to be cured. I read that herpes will try to fight back when its being attacked so I know these remedies are working. My face is now clear thanks to my black cumin seed oil which is said to cure all diseases except for death and my other remedies I am consuming orally. I have gotten lymph nodes which feels and looks somewhat like mosquito bites. they are real itchy and I have gotten them first on one of
my shoulders it went untreated because I was at work at the time with no
treatment it lasted there for couple hours then went away but weeks later I
gotten another on my leg and luckily this time i was at home to apply my Black
cumin seed oil and it took it away in literally 5 minutes. I rub it on my vjj and
buttocks every night after every shower and has had no vaginal outbreaks so
far i have not suffered no genital outbreak, my facial outbreak has cleared
tremendously and haven't had another outbreak since. My plan is to keep this
up til December then go back for another blood test to see if i still have it.I just
trusted someone with my body like many of you. In order to be cured you
have to have faith in God and in yourself. You have to take this seriously. With
antibiotics they say you have to take this many tabs for this many days to be
cured, this will be the same situation with herpes remedies, you have to be
consistent with these remedies it might take longer to heal being as though
this is said to be chronic so stay on top with your self-prescribed meds and do
not get discouraged and start slacking. If you continue to get outbreaks it
could be herpes putting up a fight but make sure you keep fighting back. I
care about my health and I do not want to risk giving this demon to someone
else. This is nothing normal to have if it was normal then we all would have
been born with it. We were born with a normal life and I want that back and I
will get it back. Do not believe these people when they say it cannot be cured
they either gave up to soon or trying to make a profit on your ass by getting
you to buy them expensive suppressants. Continue to pray and take your own
meds which are cheap you can get from any grocery store pharmacy, vitamin
shop, or online. Google EACH remedy that I mentioned with herpes and read
what it is said to do fight the virus. Remember God has given every living
organism a death. Nothing on earth is immortal including herpes!

Natural herpes treatment
is difficult.

Most of the time you will be told of different stories – there are no natural herpes treatment, or there
is no treatment at all.

There are a lot of truths about this. But there are also a lot of lies. The truth remains that many
medical experts around the world will say this in unison – there is no way to cure herpes naturally.

Or there is no cure at all.
We find it unbelievable.

This is the reason why we came up with Herpes Natural Treatment, your ultimate guide in finding the best natural herpes treatment today.

In this website, we came up with well researched studies on the causes of herpes and all the simple treatments you can do to eliminate it – at home.

Whether they are an all natural herpes treatment or a herpes treatment over the counter, we are sure to bring you only the best and qualified opinions on how you can cure herpes naturally.

It is time that you find ways for an easy herpes treatment at home.

We are only giving you unbiased suggestions on how to completely cure herpes naturally.

But a word of caution to anyone who wants to try out our suggestions, not all treatments are the same. Make sure to get a qualified medical opinion if you are in doubt with any natural herpes treatment mentioned on this website.

Some things you need to know about herpes before trying out any treatments:

Herpes or herpes simplex is a highly contagious disease caused by both Herpes simplex virus type 1 (HSV-1) and type 2 (HSV-2).

These viruses are virtually identical in several ways, and each may cause oral or genital herpes. However, each of these viruses chooses to reside in different areas of the body, and they are following distinct behavior of recurrence.

The Difference of HSV -1 from HSV- 2

**HSV- type 1** (cold sores) – This type of herpes virus prefers to stay on the mouth. It can be acquired through direct contact, or exchanges of bodily fluids like kissing with the person infected by the disease. One manifestation of HSV type 1 is cold sores or blisters that can be found around or inside the lips. Even though the main location is the mouth, this virus can still be transmitted in the persons genitalia if he/she engages in oral together with the partner infected with this type of virus.

- Mode of transmission : Direct contact – oral sex, kissing, coughing, sneezing.
- Incubation period : 2 – 12 days (maximum)
- Contagious? : Yes
- Common location : mouth, lips, inner portion of the lips, gums, throat, inner cheeks, chin, neck, inner roof of the mouth, tongue.
- Appearance of blister : tiny, with reddish base appearance that become scabbed or crusted after a few days.

**HSV- type 2** (genital herpes) – This herpes virus prefers to reside in the genitals of the infected person. The main symptom is also blisters, but it is situated on the genitals of the person. It may cause discharges or genital warts around the labia of the vagina, or near the shaft of the penis. Mode of transmission (how it spreads) is mainly through sexual intercourse. Just like HSV- type 1, this virus can be transmitted as well in the mouth if the person engages in oral sex with a partner infected with this kind of virus.

- Mode of transmission : oral sex, sexual intercourse
- Incubation period: 6 days – 26 days (maximum)
- Contagious?: Yes
- Common location: genitals, buttocks, pubic area, thighs, upper legs, groin, anus.
- Appearance of blister: almost the same with the blisters found in HSV-1, after a few days that the blisters healed or dried, it gets crusted which brings its yellowish appearance.

You see both kind of herpes are contagious and the fact that most people who have this kinds of infection do not even know they have it is very disturbing.
Anti-Virals of Nature

There is a part of the reticulo-endothelial system (Immune system) for virus. Cancer can be caused by viruses. There is a balance in nature’s microorganisms where bacteria, fungus and virus keep each other in check.

The Subtle Balance of Nature's microorganisms, each can kill the other

Bacteria

Virus

Fungus

Over use of Anti-Biotics have upset the balance of Nature, so more virus + fungus

Overuse of antibiotics has made fungal and viral conditions more prevalent. Cancer can be caused by certain viruses that cause cancer mutations in the presence of toxins. Smoke is the most prevalent toxin.

In treating cancer we must treat any potential viral disturbance. As we erode the cancer cell population we must also lower the viral factors and beef up the immunity. If you are getting enough good fatty acids and avoiding the bad fatty acids, it is a good start. But this antiviral therapy and natural compounds will
help defeat the viruses within. Following is some antiviral natural items to help you.

15 Jul 2009 ... Coconut Oil is the Antiviral of Nature. ... It does this all without causing any harm to human cells or tissues. ...

Desiccated coconut is about 69% coconut fat, as is creamed coconut. Full coconut milk is approximately 24% fat. Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium-chain fatty acid, which has the additional beneficial function of being transformed into a substance called "monolaurin" in the human body. Monolaurin is an antibacterial, antiviral and antiprotozoal substance used by the human body to destroy lipid-coated viruses such as HIV, herpes, influenza, papiloma, cancer virus, various pathogenic bacteria and protozoa such as giardia lamblia.

Capric acid, another one of coconut's medium-chain fatty acids has been added to the list of coconut's antimicrobial components. Capric acid is found in large amounts in coconuts and it has a similar beneficial function when it is transformed into "monocaprin" in the human body. Monocaprin has been shown to have antiviral effects against HIV and is being tested for its antiviral effects against herpes simplex and antibacterial effects against chlamydia and other sexually transmitted diseases.

Also, research has shown that natural coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system's anti-inflammatory response.

The medium-chain fatty acids and monoglycerides found primarily in coconut oil have tremendous healing power. It is rare in the history of medicine to find substances which have such useful properties and still be without toxicity or even harmful side effects.

The food industry has long been aware that the functional properties of coconut oil are unsurpassed by other commercially available oils. Unfortunately, in the United States, during the 1980s and 1990s, the commercial interests of the U.S. domestic fats and oils industry with their anti-saturated fat agenda were successful at driving down usage of coconut oil.
The health benefits of coconut oil include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, dental care, and bone strength. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

**How is Lauric Acid Used by our body?**

The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and heliobacter pylori, and harmful protozoa such as giardia lamblia. As a result of these various health benefits of coconut oil, though its exact mechanism of action was unknown, it has been extensively used in Ayurveda, the traditional Indian medicinal system.

Before we move on to the benefits of coconut oil in detail, let us understand its composition.
**HIV and Cancer:** It is believed that coconut oil plays an instrumental role in reducing viral susceptibility of HIV and Cancer patients.

Take one tablespoon a day of coconut oil internally (mix with food as flavor enhancer) and massage the coconut oil into the skin daily, before or after a bath.

Simply drinking pure coconut water - or juice, as they are used interchangeably - can super-charge your metabolism without any ill effects of added sugar, caffeine or chemicals. Rehydrating one’s body in this natural way also includes other benefits: aiding in weight loss, cleansing the kidney, and boosting the immune system, while providing Nature’s pure energy. With no side effects or preservatives it is safe for any age. This liquid nourishment improves digestion, balances body pH, enhances the metabolism, and beats dehydration, so it’s the perfect beverage to replenish essential body fluids.

An amazing antioxidant, this pure water contains essential salts and minerals in the same concentration as the body and can replace those electrolytes and minerals that are lost as a result of sweating during vigorous exercise. As a natural source of nutrition and hydration, coconut water contains the five essential electrolytes your body needs to keep the body's temperature regulated, and muscles and nerves performing at optimal levels.

Coconut water has even been used throughout history as an intravenous fluid, actually saving many lives. It is similar to human blood plasma and is the only natural substance that can be safely injected into the human blood stream.

Not to be mistaken as a fruit - or, in spite of its name, a nut - the coconut is actually a member of the palm tree family. It is the largest seed known, contains no cholesterol, and has more natural electrolytes than any other fruit or vegetable.

This low-calorie, fat-free, pure form of liquid nourishment is an excellent source of potassium. In fact, 8 ounces of this "fluid of life" has more potassium than a banana, and about 15 times more than most sports drinks.
Antiviral and Virucidal Activities of Natural Products

Authors: Arakawa, Tsutomu; Yamasaki, Hisashi; Ikeda, Keiko; Ejima, Daisuke; Naito, Takeshi; Koyama, A. H.

Source: Current Medicinal Chemistry, Volume 16, Number 20, July 2009, pp. 2485-2497(13)

Publisher: Bentham Science Publishers

Abstract:

Virus infection is one of the major threats to human health and can be avoided by minimizing exposure to infectious viruses. Viral clearance of pharmaceutical products and sanitization of skin and mucosal surfaces would reduce such exposures. Even with such care, virus infection does occur, requiring effective treatments by antiviral or virucidal agents. Natural products, in particular ingredients of foods and drinks we normally consume or metabolites present in human body at low concentrations, would have advantage over synthetic drugs as antiviral agents for safety concerns. For this reason, we have been studying natural products for their effects on virus inactivation and growth. Such natural products, which we have been focusing, include gallate derivatives, caffeine present in coffee, caffeic acid present in coffee and various fruits, ascorbic and dehydroascorbic acids and a cell metabolite, arginine. Here we will review our work on antiviral and virucidal activities of these compounds and the mechanism of their antiviral and virucidal effects.

Keywords: Antiviral reagent; gallate; coffee; ascorbic acid; virus inactivation; arginine

ARGININE is an essential amino acid for children during their growth period, but, since it can be manufactured by the body later in life, it is classified as a non-essential amino acid for adults. Although most adults can manufacture arginine, sometimes supplementation is required. For example, a condition known as "idiopathic hypospermia" (low sperm count) has been reversed with supplements of arginine.

The amino acid ornithine is derived from arginine and can be converted back again when needed. Although arginine is one of the poorly absorbed amino acids, studies show that the arginine-ornithine conversion is the most rapid. Arginine aids in liver detoxification through its conversion of ornithine. Supplementation is usually given intravenously and can produce side effects when dosages are too high. Arginine requires manganese, aspartic acid, citrulline, and glutamic acid to metabolize properly.
Arginine is important in the transport, storage, and excretion of nitrogen and in regulating protein metabolism throughout the body. It is also glycogenic, meaning that it can be turned into sugar. When there is a deficiency, insulin production is diminished. Animal testing revealed that an arginine deficiency produces numerous alterations in bodily functions, including fatty liver deposits. This indicates that the ability of the liver to process fats is affected.

**Foods rich in arginine** are: peanuts, peanut butter, cashew nuts, pecan nuts, walnuts, almonds, chocolate, coconut, cereal grains including white and whole wheat germ.

**INTERFERON** as used in Dr Desi’s Degex anti-cancer homeopathic.

Interferon, induced in lymphocytes either with viruses or cell lines, increases severalfold the natural cytotoxicity of human lymphocytes on target cell lines. Cell separation experiments support the hypothesis that interferon enhances the activity of natural killer cells rather than generating a new population of effector cells. In mixed culture of lymphocytes and cell lines in which endogenous interferon is produced, interferon mediates an enhancement of cytotoxicity that represents up to 70-90% of the observed cytotoxicity. The effect of interferon on target cells is antagonistic to the effect on the lymphocytes: the susceptibility to cell-mediated lysis of various cells upon pretreatment with interferon is decreased and in some cases almost completely suppressed. Interferon renders target cells resistant to natural killer cells acting by an intracellular mechanism which requires RNA and protein synthesis. While normal fibroblasts are protected, virus-infected cells and most tumor cells usually are not protected by interferon. Interferon by stimulating very efficient nonspecific cytotoxic cells and by protecting at the same time normal cells from lysis, might render the natural killer cell system an inducible selective defense mechanism against tumor and virus-infected cells.

**Natural Antiviral Alternatives**

**Vitamins, Herbs and Essential Oils for Fighting Viruses**

*Aug 20, 2009 Genevieve Kiger*

Many herbs and other natural alternatives help in fighting viruses like the cold, influenza, herpes, and many more, as well as providing natural immune system support.

Viruses and antiviral medications are one area in which modern Western medicine falls sadly short. Colds, flu virus, and herpes virus, among so many others, continue to run rampant. The best they can offer for the most part is a vaccine, that is only effective if the virus doesn’t mutate too quickly. Luckily, natural medicine offers a much wider variety of options.
The Importance of Vitamins for Fighting Viral Infections

One of the most important aspects of trying to prevent or combat viruses is to make sure the body has all the vitamins and nutrients it needs to function properly. Vitamin A, vitamin C, and vitamin E are all very important to keep the immune system healthy. In addition, there is some evidence that vitamin D3 is of particular importance in fighting viruses; enough so to be worthwhile taking a supplement during cold and flu season, even though vitamin D does not normally require supplementation.

Herbal Remedies to Prevent and Fight Viruses

There is a very wide variety of herbs and plants that offer protection from viruses, and help fight off their effects.

Among them, three herbs stand out at the top of nearly every herbalist’s list. These three are garlic, lemon balm, and, surprisingly, St. John’s wort.

Garlic has long been lauded as a wonderful immune system booster. In addition to generally increasing immune system health, it has "notable antibiotic, antiviral, and antifungal properties,” according to the National Geographic Desk Reference to Nature’s Medicine, by Steven Foster and Rebecca L. Johnson. This is largely due to a substance called allicin. Allicin is very volatile, however, and breaks down easily with heat, so for the medicinal benefit, one to three cloves of garlic should be consumed a day, either raw or added to cooked food just before being removed from the stove.

Lemon balm, also known as Melissa, "fights a host of bacteria and viruses, including parainfluenza virus," and "inhibits the spread of a variety of viruses, including the herpes simplex virus," according to The Herbal Drugstore, by Linda B White, MD, and Steven Foster. Interestingly, however, according to the Desk Reference, "its antiviral action is not known, but it is thought that lemon balm inhibits protein synthesis and blocks virus receptors on host cells." Regardless of how it does it, everyone seems to agree that it does it very well. It can be taken as a supplement, a tea, or as an essential oil via aromatherapy.

St. John's wort is well known due to its antidepressant qualities, but it is also an effective antiviral and immune system booster. It contains a compound called hypericin, which according to the Desk Reference, "exhibits pronounced antiviral activity against herpes, hepatitis, and HIV," as well as cold and flu viruses.

There are plenty of other popular antiviral herbs, as well. Among them are:

- **Licorice** - In studies, licorice has been shown to inactivate certain viruses, and is a potent anti-inflammatory which boosts the immune system.
- **Mullein** - Laboratory studies have shown that this plant helps fight herpes and other viruses, and soothes irritation.
- **Echinacea** - According to The Herbal Drugstore, Echinacea is the "single best researched herb for helping the body fight [viruses] once they've begun to invade. It stimulates white blood cell
activity, increases the body's production of antiviral substances such as interferon, and enhances the ability of immune cells to engulf and destroy invading microbes."

- **Clove** - This is a potent antiviral, and scientific studies have shown unequivocally that a combination of clove and an antiviral medication performs much better than either one alone, according to the *Herbal Drugstore*.

- **Shiitake and other medicinal mushrooms** - according to the *Herbal Drugstore*, these mushrooms "possess substances called polysaccharides that stimulate the immune system. Shiitake also increases the body's production of the antiviral substance interferon. Although human trials haven't yet taken place, studies in animals show that shiitake likely offers some protection against influenza."

- **Astragalus** - This herb has immune system boosting and antiviral properties. It is safe to take long-term, and useful for those with autoimmune diseases like rheumatoid arthritis and lupus.

- **Elderberry/European Elder** - Contains compounds that inhibit the enzyme some viruses use to penetrate the membranes of cells. According to the *Desk Reference*, "Clinical trials have been conducted to test elder's efficacy in treating influenza. In these studies, patients receiving elderberry extract recovered from the flu several days earlier than control groups; their symptoms were also less severe. The extract also stimulated antibody production."

- **Baikal or Chinese Skullcap** - not to be confused with American skullcap. According to *Prescription for Herbal Healing* by Phyllis A. Balch, "[Skullcap] shuts down the replication process in influenza viruses A and B, as long as it is administered between eighteen and fifty-four hours before infection. . . . It does not stimulate the immune system, but instead acts against the viruses themselves. This makes [Skullcap] an especially appropriate choice for people who have autoimmune diseases, such as rheumatoid arthritis".

- **Siberian Ginseng** - widely studied in Russia, according to *Herbal Healing*, "Russian studies involving tens of thousands of participants found that taking Siberian ginseng for eight to ten weeks before the beginning of the cold and flu season reduces the incidence of these diseases by more than 95%." 

### Aromatherapy to Combat Viral Infection and Spreading

Many essential oils provide protection or added ability to fight viruses. Lavender and tea tree are among the top of these lists, as they do both. Also useful are:

- **Melissa (Lemon Balm)**
- **Thyme**
- **Eucalyptus**
- **Lemon and other citrus oils**
- **Geranium**
- **Clove**
- **Rosemary**
- **Juniper**
- **Niaoulli**
- **Cinnamon (bark)**
- **Anise**
- **Clary Sage**
- **Bergamot**
- **Lemongrass**
• Rose
• Sandalwood
• Myrtle
• Cypress
• Rose

Garlic Wonderful for Natural Immune System Support

Lemonbalm is a Powerful Antiviral

Read more at Suite101: Natural Antiviral Alternatives: Vitamins, Herbs and Essential Oils for Fighting Viruses

ANTI-VIRAL CLEANSE and REGIMEN

Dherbs.Com Anti-Viral Cleanse and Regimen is a 20 day (one day short of 3-weeks) program and regimen that consists of herbs, hydrotherapy, anti-viral roll-on, dietary regimen, meditation/affirmations and much more for purposes of maintaining optimal health and wellbeing.

Dherbs.Com Anti-Viral Cleanse and Regimen helps to purify the blood of toxins and impurities and fortify the body (defense system) against unhealthy virus, microbes and protozoa. Clean and healthy blood helps to maintain balance of positive and negative microorganisms in the body that are there by nature. Problems erupt when balance is lost and negative microorganisms dominate. Return the body’s balance and return to a state of homeostasis and experience optimal health, your divine birthright.

The body speaks through metaphor so when you have a skin eruption and/or discharge and/or inflammation or burning in or near the genitalia area, it is a sign that you need to pay attention to the energy in this region because it conveying a message to you.

Health challenges of a sexual nature denote it is time you reassess your sexual belief systems. Problems with the male penis and female vagina denote First and Second Chakra issues which deals with issues of being grounded in one’s sexuality and/or sexual orientation, survival (having sex for survival purposes though the sex and person with whom
you’re having sex with is unhealthy for you), **imbalanced emotions** (having sex for emotional reasons), **relationships** (having sex with whomever just for the sake of being in a relationship or afraid of being alone), and **pleasure** (having sex with whomever for purposes of pleasure or sexual gratification).

Health challenges in the genitalia region mean you must deal with the above issues, whichever one applies to you. It’s time to let go of **guilt** (that came from an unconscious desire to be punished from doing something wrong, bad, or sinful – usually sex, as some religions teach that sex is a sin or premarital sex is a sin and you claim the religion but have violated it and keep on violating it because the sex feels so good which leads to a feeling of confusion as well as the need to be punished for living in sin), **shame** (from past sex acts: threesomes, being a prostitute, engaging in bisexuality if it’s not your nature, numerous abortions, being raped or sexually molested, etc.), **fear, grief, lies, illusions**, and **attachments** – all demons (negative emotion) of the seven chakras that make up the human energy field or aura.

The above constitutes why you now have little painful bumps, blisters, lesions, and rashes on or near your genitalia, your buttocks, and elsewhere. These are only signs to get your attention to deal with the hidden elements (unhealthy emotions, attitude, and thoughts) that are robbing you of a healthy and balanced sex life full of sexual bliss. You are sexually attracting people based upon this hidden energy field you are emitting and people pick up on this energy and transfer their demons (negative energy) to you that manifests as health challenges (skin eruptions) in or on your genitalia. You are unconsciously contracting with people whom you may ultimately blame for burning or infecting you sexually, but they came into your life for a reason – to give you what you unconsciously desire:

* **Punishment for your feeling of guilt and/or sin**

* **Justification for your feeling of shame, poor or low self-esteem, or poor self-image, or self-worthlessness**

* **To feel like a victim or more of a victim** (‘bad things always happens to poor lil ole me!’; ‘men always dog me out and do me wrong’, or ‘I always get cheated on!’)

But in addition to all of the above (what is unconsciously desired), to also help you learn a valuable lesson. You see, all physical health challenges originate on the mental and emotional levels and are based on life issues which is why you must get your life in order if you desire to experience optimal health and wellbeing.

**WHAT IS A VIRUS?**

Millions of Americans are infected with so-called viruses. According to Western medicine, there are over 200 different viruses pathogenic to humans. – Mosby’s Medical Dictionary, 3rd ed.

However, contrary to what most people believe and have been taught in regards to so-called viruses, a so-called virus, from our personal research, is nothing but poison which fosters the growth and development of negative microorganisms that infest the tissues of the organs and glands of the body, i.e. heart, liver, intestines, etc.

According to Mosby’s Medical Dictionary, 3rd edition, the medical term ‘Virus’ comes from a Latin word root meaning ‘poison’, which means that so-called viral infections are nothing more than severe cases of BLOOD TOXITY and IMPURITY whereby the body becomes the perfect atmosphere for parasite and worm infestation. Yes, worms and parasites are present in so-called viral infections.

Mosby’s Medical Dictionary supra, defines ‘Virus’ as: “A minute parasitic microorganism smaller than a bacterium that, having no independent metabolic activity, may only replicate within a cell of a living plant or animal host.” Mosby’s Medical Dictionary clearly explains to you what is involved in cases of so-called viral infections.

A virus is not a parasite according to the etymology of the word, but a condition that is conducive to negative microorganisms or protozoa, those commonly known as parasites. The etymology of the word ‘virus’ and present definition of the word lets us know what’s involved in so-called viral infections: **POISON** (poisonous blood) and **UNHEALTHY MICROORGANISMS** (parasites).

From our research, the phrase “viral infection” simply means the body is too acidic (very low body pH level) and too anaerobic (lacking oxygen). So-called viral conditions disappear when the body becomes alkaline and oxygenated.

So-called viral conditions that manifest on the skin as rashes, bumps, and lesions are a clear indicator that the body’s blood and lymph fluids are TOXIC and the mucous membranes (inner skin) are filled with parasites (microorganisms) and thus attempting to expel through the skin, and thus need serious cleansing and purification and that’s what the herbs in our cleanse does: CLEANSES and PURIFIES!
When you cleanse the blood and lymph fluids of the body you’re automatically boosting and fortifying the defense (so-called "immune") system. Weakened immunity is always implicated in so-called viral conditions which here at Dherbs.Com are viewed as poison or poisonous conditions.

**HOW CAN YOU ASSIST YOUR BODY IN HEALING ITSELF**

You can change your life and the state of your health by changing your life - your diet, lifestyle habits, thinking, and attitude and Dherbs.Com helps in that process by providing the necessary tools (which includes information) and this regimen is the ultimate tool in assisting you to finally heal from that toxic blood state (health challenge) that has robbed you of your life with your participation via ignorance.

You can say goodbye to embarrassing, humiliating and irritating moments due to toxic blood skin manifestations on your genitalia and buttocks and elsewhere when you begin to heal by changing your life – your thinking/thoughts, attitude, diet, and lifestyle and perhaps, even your environment. You can also avoid wart removal. The body can heal itself and return to a state of optimal health and wellbeing if you do and give it the right things.

You can also avoid the harmful effects of man-made Pharmaceutical drugs. God did not create the pharmaceutical drugs for the "service of man" nor did God say the pill made by man shall be as "medicine" or "for the healing of the nations." Biblical references clearly mention "HERBS" as being for the service of man, medicine, and for the healing of the nations. See Psalm 104:14, Ezekiel 47:12, and Revelation 22:2. And for those of you who are not religious, let us go study Hippocrates who cured over 4,000 diseases during his time with herbs and other natural modalities (i.e. steam). And for those who are Kemetic and deal with Kemetic history, let us study the works of the Great Imhotep.

Pharmaceutical drugs kills over 700,000 American people a year according to statistics. The drugs prescribed for so-called viral infections are more dangerous and scary than the so-called virus itself. Nobody ever dies from disease in and of itself. Disease is actually a friend and ally that serves as a sensor that lets us know that the body is imbalanced but the government (Congress) via government agencies has categorized disease (a natural occurrence that manifests when we are outside of Nature and her laws) based upon where and how it manifests on the body and in turn has patented and trademarked the various diseases (their names given to them) which is why no one (outside of the pharmaceutical industry) can mention CURING, MITIGATING, PALLIATING, PREVENTING, or TREATING disease without violating the law (Federal Food, Drug, and Cosmetic Act or Title 21, United States Code) simply because these diseases are property of the government which has a right to regulate them (specific named diseases) and enforce laws that protect them via enforcement agencies, i.e. FDA (Food and Drug Administration Agency) and Department of Health and Human Services.

It is all a part of the WORD CONTROL game for MIND CONTROL purposes as U.S. citizens are word controlled 100% and remaining dumb downed helps them to never understand the very words that control them and keep them enslaved, and sadly and unfortunately, with their own participation.

**Dear Reader**, victims die from the consumption of prescribed medications that compromise the body’s defense (immune) system. The medical term for this is "iatrogenics." Trust us! You don’t have to die from any health challenge. Every health challenge is healable with the right knowledge, information and tools and that’s what Dherbs.Com provides the people of the world with, especially the tool of herbs (plant, leaves), which God clearly stated “was created for the service of man”, Psalm 104:14, “medicine”, Ezekiel 47:12, and “for the healing of the nations,” Revelation 22.2. This is what God said

Many people have their skin manifestations, called lesions and outbreaks (lesions and outbreaks are healing signs), SUPPRESSED and therefore are duped into managing their skin eruptions with medication. No commercial disease advertisement for medication talks about curing disease, only managing the disease. To manage a thing means to keep it, keep it under control, but nevertheless, it’s still there.

DHERBS.Com uses many of Nature’s best and most potent plants with strong antiviral and anthelmintic properties that have been traditionally used to maintain and fortify optimal health and wellbeing.

Don’t let a word you don’t understand destroy your life by sabotaging your health. You have a choice in what stays in or leaves your body. Make the right choice and let DHERBS.Com assist you in maintaining and sustaining optimal health and wellbeing with our safe, sane and effective Antiviral Cleanse and Regimen and wealth of information. Remember folks, sickness is a choice! Make the choice to be healthy if you desire to be healthy! Healing begins in the mind and with right knowledge!
WHAT DOES THE ANTI-VIRAL CLEANSE CONSIST OF?

*Consists of seven (6) potent, safe, and effective herbal formulas.

(1) BLOOD FORMULA - Activity: Detoxifies, strengthens, builds, tones, nourish, invigorates, and maintains the blood and lymph fluids.

Ingredients: YELLOW DOCK, MANJISTHA, BURDOCK ROOT, DANDELION, RED CLOVER, CHICKWEED, SASSAFRAS, CHAPARRAL, AMLA FRUIT, CLEavers, WILD OREGON GRAPE, INDIGO, POKE ROOT, NETTLE, IRON WOOD, STRAWBERRY LEAF, CAPSICUM, RED ROOT, CAT’S CLAW, LIGUSTRUM, PAU D’ARCO, CERASEE, LIGUSTICUM, SOLOMON SEAL, AND GOLDENSEAL. Vegetarian capsules (100 capsules).

(2) IMMUNE SUPPORT FORMULA - Activity: Strengthens, tones, fortifies, and maintains the defense (so-called “immune”) system and helps normalize body chemistry and increase resistance to stress.

Ingredients: ASTRAGALUS, ECHINACEA, GOLDENSEAL, PAU D’ARCO, CAT’S CLAW, KOREAN RED GINSENG, SCHIZANDRA, SUMA AND GINGER. Vegetarian capsules (100 capsules).

(3) BIO-FLAVANOID - Activity: The richest and most potent natural (organic), digestible and absorbable source of Vitamin C available and for sale in the form of a product. It also provides natural antioxidants, contains MSM sulfur or organic sulfur, and contains every essential bioflavonoid.

Ingredients: ROSE HIPS, AMLA FRUIT, ACEROLA CHERRY, HIBISCUS, MSM SULFUR, ORANGE PEEL, LEMON PEEL, ELDERBERRY, GRAPE SEED, CAYENNE, AND CAMU CAMU. Vegetarian capsules (100 capsules).

(4) ANTI-VIRAL FORMULA - Activity: Naturally neutralizes negative microorganisms while simultaneously purifying the tissues and cells of toxicity.

Ingredients: OLIVE LEAF, OSHA ROOT, LEMON BALM, HYSSOP, SAINT JOHN’S WORT, PASSIONFLOWER, AMLA FRUIT, MYRRH GUM, OREGON GRAPE, TRONODORA, USNEA, GARLIC, SLIPPERY ELM, CAMU CAMU, ACEROLA AND GOLDENSEAL. Vegetarian capsules (100 capsules).

(5) ANTI-PARASITIC - Activity: Powerful anthelmintic and vermifuge formula that purifies the body of negative microorganisms. Use along with castor oil for best results.

Ingredients: BLACK WALNUT, MALE FERN, NEEM, PEACH TREE BARK, PUMPKIN SEED, SOUTHERNWOOD, QUASSIA, CAYENNE PEPPER, WORMSEED, EPAZOTE, RUE, TANSY, CLOVES, THYME, BETEL NUT, CASCARA SAGRADA, BUTTERNUT, KUTAJ, GARLIC, OLIVE LEAF, SENNA, VIDANGA, WORMWOOD, PINK ROOT, POKE ROOT AND GOLDENSEAL. Vegetarian capsules (100 capsules).

(6) INTESTINAL-COLON - Activity: A powerful but gentle, cathartic formula! It is the best, most effective, safe and sane, and nonabrasive and nongripping herbal laxative and cathartic formula on the market. This formula helps to return the colon to a state of maximum health and. The formula also tones, strengthens, rebuilds and restores the colon lubricates the walls of the colon, dissolves gas pockets, and purifies the intestines of creepy critters, and stimulates peristalsis (bowel movement).

Ingredients: SENNA LEAVES AND PODS, CASCARA SAGRADA, CARBON (ACTIVATED CHARCOAL), BUCKTHORN, PSYLLIUM
HUSK, BLACK WALNUT HULLS, RHUBARB, IRISH MOSS, ALOE VERA, MANDRAKE, POKE ROOT, SLIPPERY ELM BARK, CAYENNE PEPPER, BENTONITE CLAY, GUAR GUM, GOLDENSEAL AND IPECAC ROOT. Vegetarian capsules (100 capsules).

*Virus Buster Oil helps to facilitate healing of the blood and lymphatic fluid. This product contains essential oils that are highly antiviral, antibacterial, antifungal, and antimicroorganistic in nature.

**ANTI-VIRAL ROLL ON**

**Activity**
The Dherbs’ Anti-Viral Roll On is designed to help facilitate healing of all skin eruptions. The Roll-On may be used anywhere on the external body. Open areas (blisters and lesions) on the genitalia may be more sensitive than other areas on the body but the contents of the roll-on are sure to help facilitate natural healing of the skin. The Roll-On contents are 100% natural and contain the best anti-viral, anti-bacterial, and anti-microorganistic essential oils available! Our Melissa oil is 100% True Melissa oil from France and is far superior than the standard American version of Melissa.

**Ingredients**
GRAPESEED OIL, ESSENTIAL OILS OF TRUE MELISSA (100%), TEA TREE, MANUKA, RAVENSARE, AND KANUKA.

**Directions**
Roll on or over damaged skin area as needed. Contents may cause a mild burning sensation when and if used on the external genitalia. If mild burning sensation is irritating, discontinue use until skin eruption begins to heal on its own and open skin sore has closed. **DO NOT USE INTERNALLY!**

**NET WT**
10 mL

*Complete with instructions and a dietary regimen.*

In order for the Anti-Viral Cleanse to be effective, we recommend an all RAW FOODS diet for the duration of the cleanse. Raw foods are more cleansing and nourishing for the human body, as most raw foods are alkaline in nature.

The Anti-Viral Cleanse comes complete with herbs, instructions on how and when to take the herbs, anti-viral roll-on, optional phone consultation (additional fee required), a recommend dietary regimen, meditation/affirmations and much more – everything you will need to get started and to complete the program.
ANTI-VIRAL BATH
and SPA DAY
On wakening have a large glass of one third grapefruit juice, one third water, one third peppermint and or green tea.
   Do a light Yoga course for the hour. And prepare your bath.
   Wait one hour before having anything else to drink or eat.

Then Start your Spa Day with a cup of
Dr Desi’s Anti-Virus Cappuccino

Use fresh exotic extra aromatic coffee beans of your choice, to the finished cappuccino add one tablespoon of Coconut Oil, then add a dash of licorice, anise, cinnamon, lemon, cloves, or rosemary to taste. Serve with the froth in a heart. A touch of love from Desi.

Save the coffee grounds combine with the spices listed and make a poultice apply next to the cancer for 15 minutes. Do deep breathing and or alternate nostril yoga exercises and meditate on the immune system attacking the cancer. Don’t forget your thymus tap. And now for the bath.
The Anti-Viral bath/soak is a soothing and healing bath that should be taken daily during the 20-day cleanse (regimen). This bath should have very hot water, 1-2 boxes of Sea Salt or Epsom Salt, 3-5 drops of essential anti-cancer oils. You should soak in this bath for 30-45 minutes. It doesn't matter if you perform the bath/soak in the morning or at night. If you own an oxygen or ozone machine, running the machine during the duration of your soak/bathe is ideal and very therapeutic. Anti cancer aroma therapy includes,

- Put a cup of di-sodium phos into the Bath to help lose weight if you need to.(please do not use mono or tri sodium phos they are toxic). Di-sodium phosphate will help the fat tissues to break up. Also if you wish add a cup of 3% hydrogen peroxide to the bath this will make it similar to the famous healing water at Lourdes.

- My favorite trick is to put a bottle of cheap wine into my bath. The alcohol will soak into the skin slightly and produce serotonin release and relaxation without getting you drunk. Get out of the bath air dry as much as you can.

  Do some light exercise and reduce stress for 30 minutes and get ready for breakfast.

Take some of Dr Desi's Anti-virus syrup and try this for breakfast or use the Budwig yogurt flax seed breakfast.

**Chilled Apple Oatmeal & Green Tea**

Top this oatmeal with some fresh raspberries or dried cherries to add sweetness and get an extra antioxidant boost. This recipe's lignans, found in oats, and calcium, found in milk, may help prevent pancreas and liver cancers. Additionally, Serve Green tea, this is rich in catechins, which reduce growth of blood vessels needed for tumor growth.

**Ingredients**

Makes 2 servings, about 3/4 cup each  
1/2 cup rolled oats (quick or old-fashioned)  
1/2 cup low-fat 1% milk  
1/2 cup plain non-fat yogurt  
1/4 cup natural unsweetened applesauce  
1 tsp almonds, coarsely chopped  
1 tsp pumpkin seeds  
1/4 tsp fructose  
1/8 tsp ground cinnamon
Directions
Combine all ingredients in a medium bowl. Stir well, cover with plastic wrap and refrigerate overnight. Serve chilled.

Always after eating let your body digest with at least 30 to 45 minutes of relaxation, good music, non-stressful leisure without lying down. When you lie down you do not digest as well.

Use this Spa day to work on your face, hair, skin, body and to relax, here are some natural homemade suggestions.
Use the rest of the morning to work on your body with various spa techniques. Now is a good time for colonics or enemas, for research or reading. Try to wait at least 3 hours after eating breakfast before eating lunch.

Here are some nice lunch suggestions.
Cabbage Soup: an Anti-Herpes Recipe

If you want to significantly lower your risk of developing or growing cancer, consider eating cabbage at least a few times a week. Cabbage belongs to the Cruciferous family of vegetables - other vegetables that belong in this family include broccoli, cauliflower, kale, collards, Brussels sprouts, Bok Choy, watercress, and arugula.

Phytonutrients found in cabbage and other Cruciferous vegetables stimulate your genes to increase production of enzymes that detoxify your cells, resulting in elimination of free radicals, toxins, and potential carcinogens from your body.

If you do a search through the archives of peer-reviewed and indexed journals at the National Library of Medicine, you'll find numerous studies that indicate that people who eat large amounts of cruciferous vegetables have a lower-than-average risk of developing lung, colon, breast, ovarian, prostate, and bladder cancer.

Perhaps the most powerful, anti-cancer phytonutrient found in cabbage and other cruciferous vegetables is indole-3-carbinole, a compound that stimulates cellular detoxification, including estrogen detoxification. Indole-3-carbinole's ability to prevent estrogen dominance is what makes cruciferous vegetables like cabbage an excellent food choice for cancer prevention, particularly breast cancer prevention.

If you want to enjoy the many health benefits of cabbage but don't know where to start, give the following Cabbage-Miso soup a try. It's super easy to make, and is one of the tastiest soups that we enjoy in our home.

Cabbage Miso Soup Recipe

6-8 servings

Ingredients:

- 4 cups (around 10 ounces) chopped green cabbage
- 6 cups water or vegetable broth (vegetable broth adds lots of flavor)
- 2 celery ribs, diagonally sliced
- 1 yellow onion, thinly sliced
- 1 carrot, thinly sliced
- 8 garlic cloves, 4 finely chopped and 4 sliced
- 1/3 cup miso (or Korean den jang)
- Few drops sesame oil per bowl (optional)

Directions:

1. Bring 6 cups of water or vegetable broth to a boil in a big soup pot. Add cabbage, celery, onion, carrot, and sliced garlic. Cover, reduce to low-medium heat, and cook for about 15 to 20 minutes, or until vegetables are tender.

2. Stir in chopped garlic, then turn off heat. Dissolve miso with some of hot soup liquid in a cup or bowl, then pour it into the pot. For an extra zing of flavor, add a few drops of sesame oil to each bowl just before serving. If you enjoy sweet and sour soups, add fresh lime juice (about 1 lime for the whole pot) right before adding the miso.
Enjoy this nourishing cabbage and miso soup - it goes wonderfully with a bowl of rice and 
kim chi, a fermented Korean cabbage dish.

Another Possible Anti-virus Lunch

This recipe requires a juicer and a blender.

Ingredients:

- 1 cup dried split peas and/or beans
- 4 cups water
- 4 medium onions
- 6-10 medium zucchini
- 3 leek stalks
- 2 bunches kale, broccoli, cauliflower or collard greens and any cruciferous vegetable
- 5 pounds of carrots (4/5 cups juice)
- 2 bunches organic celery (2 cups juice)
- 2 tablespoons Dr. Desi’s anti-cancer salt substitute or other seasoning
- 1 cup raw cashews
- 1 package mushrooms, chopped (mixture shiitake, cremini, and/or oyster)

Instructions:

Place the beans and water in a very large pot and cook, covered, on the lowest heat possible.

Take the outer skins off the onions and place them in the covered pot. Do not cut them up, put them in whole.

Add whole zucchinis.

Cut the bottom roots off the leeks and slice them up the side so each leaf can be thoroughly washed. (Leeks have lots of dirt hidden inside). Throw away the last inch at the green top. Place the entire leek into the pot.

Strip leaves from kale or collard stems. Discard stems. Chop leaves and add to soup pot.

Juice the carrots and celery in juice extractor.

Add the juice to the pot along with the Dr. Desi’s anti-cancer salt substitute.
While the group is simmering, chop up the mushrooms (if desired). By the time you get to this stage, the zucchini and onions should be soft.

This next step only works if you have a powerful blender, or a food processor. Ladle some of the liquid from the pot into the machine.

Use tongs to remove the soft onions, zucchini, and leeks, being careful to leave the beans and some of the kale in the pot.

In a few separate batches, completely blend together the onions, zucchini, and leeks. Return the blended mixture to the pot.

Place some of the soup liquid and the cashews into the blender/food processor, and blend until creamy.

Return the blended, creamy mixture back to the pot.

Add the mushrooms and simmer another 20 minutes. Have little liquids after eating to not dilute your stomach acid. Wait for 45 minutes before having anything to drink after a meal.

After lunch do 45 minutes of rest and relaxation. Now do some cardio exercise. Do a long walk, game of golf, tennis, swimming, hard walking shopping. Not too much sun. but get your heart beat up and get to a sweat. One to two hours of this and back to yoga and relaxation. Eat four hours after your lunch and cook any of the anti cancer meals in this book or what you can follow the rules.

**Other Poultries**

These poultries are a perfect add to your Spa Day. Use them in the late morning or early afternoon. Do your meditation and relaxation while the poultec works. Many people will use several of them in a day. You will start to get a sense what works for you. One of these poultries might save your life. They are all safe to try since they are topically applied.

Add Epsom Salts (magnesium Sulfate) if there is pain or twitching spasms, and there are many old wives’ tales about various herbs and such that can be helpful for you in a poultec. And believe many of these old wives were pretty sharp. Don’t discount them just because the Pharmaceutical companies want you to.
Essiac Tea's remnants make a good poultice. Drink the tea before and after and use the leftovers to make a poultice. Wheat grass if you wish to try it. See what works for you.
Try the Sunflower-Safflower-Castor Oil and Mustard Packs, this is what we did in Kiev in our 1992 cancer study. A poultice of safflower, sunflower and castor oil was mixed with hot mustard. The formula was heated till it was just hot to touch. Not too hot please. It should be a slight shock on touch and no pain. This blend was applied to the cancer area for 20 min or until completely cool.

#3 Black Drawing Poultice

Here is a recipe we were sent by a person with experience (her friends are using them successfully) and she is using this one, and though her success hasn't been as great as some of her friends, she does find that her tumors feel different. She can "feel" it working and promises to keep in touch.

1 cup Red Clover Blossoms  
12 lg. Peeled Garlic Cloves  
1/3 cup Dried Pwd Poke Root  
2 tablespoons Goldenseal Root Pwd  
2 tablespoons Activated Charcoal  
1 Tsp. Tea Tree Oil  
1 Cup Bentonite Clay  
1 Cup Slippery elm inner bark  
Raw Apple Cider Vinegar  
1 oz Bloodroot Tincture per 8 oz of liquid
Put this all in a blender and add enough 50/50 solution of distilled water and raw apple cider vinegar to make a paste, add at least 1 ounce bloodroot tincture per 8 ounces of liquid, blend well and apply. Tape gauze over the area, clean off every 24 hours, bathe, and reapply. That's it.

#4 Pau D'arco/Taheebo Tea Poultice

1. According to the American Cancer Society, some people use the herb as a poultice to treat skin inflammations and hemorrhoids as well as fungal infections, eczema and wounds. Pau d'arco poultices are not documented as being used for cancer pain. There are some cancers that have fungal properties. This poultice is for them.

Making a Pau D'Arco Poultice

2. Pau d'arco poultices are made by boiling the bark and applying the bark directly to the affected area. The amount of bark depends on the size of the area. Practitioners recommend boiling the bark for at least eight minutes to release the active ingredients.
Pau D'arco is a tea from a tree (Lapacho) in the rapidly diminishing rain forests of South America. It has been used for centuries to prevent and battle cancer. The naturopathic physician Manuel Cordova (1887-1978) used it extensively to battle cancer in cases where modern medicine had failed. It can be found in many health food stores, but the teas can be quite weak and it is best to take it in all its forms: tea, decoction, and tincture.

Pau D'arco, like the ESSIAC formula, works right away or not at all. Amazingly, the National Cancer Institute is even studying this one. It supports the immune system, contains bioflavanoids that have anti-tumor properties, helps to detox the body, and is parasiticidal (kills parasites).

For more information on Pau D'arco/Taheebo Tea, visit http://www.karlloren.com/prod02.htm#T13. He has a ton of information and lots of testimonials from people who's lives were saved using this herb. You can also order
Taheebo Tea from this site; his prices are the best on the web. And please tell him the International Wellness Directory sent you.

#5. This is the Enzyme Poultice and is for cancer with tough outer membranes

Use horse shave grass (silicae) to act as nature’s lancet and stinging nettles for mucous relief. Combine with crushed pineapple (including the inner core rich in bromelain enzyme), crushed papaya, and pancreatic enzyme supplement. Add some procaine or vinca for additional potency. Apply for 30 minutes.

Good to follow with the #1 poultice for oils.

#6. This following poultice is for pain and mostly used for sport pain. Pain is of many concerns and I have authored several studies and a complete book on natural pain management. Most pain comes from lack of oxygen transfer. When there is a sport injury the tissues around the injury swell and prevent good oxygen transfer.

Tell the patient to first imagine that there is a mouth near the pain and that they are breathing directly in and out of it. Tell them to breathe deep and slow and fell the mouth in the pain area taking in the air and exhaling the carbon dioxide. This gets extra oxygen in them and the mind will direct more of it to the area of pain.

We use a poultice of available minerals for the body to choose from using different mineral salts. This provides to needed minerals for the body to use. Mix parts of powdered Epsom salts (magnesium Sulfate), sodium and or potassium chloride, potassium phosphate, sodium or potassium bicarb this will provide the needed minerals. Add bentonite clay to detox toxins, add silica to help lance open areas of congestion.

Now add strong paprika like Tabasco, jalapeno or other pepper for skin dilation. This will stimulate the absorbance of the minerals. Add winter green oil or other menthol oil to also facilitate blood flow.

After fifty deep breaths into the area the patient can become over oxygenated. Remember that carbon dioxide is what stimulates breathing and this is why we breathe into a bag when we hyperventilate. So be prepared with a brown bag to help. But ideally the patient will just sleep and the minerals and extra blood flow will do its job.
Tell the patient to first imagine that there is a mouth near the pain and that they are breathing directly in and out of it. Tell them to breathe deep and slow and feel the mouth in the pain area taking in the air and exhaling the carbon dioxide. This gets extra oxygen in them and the mind will direct more of it to the area of pain. We use a poultice of available minerals for the body to choose from using different mineral salts. This provides needed minerals for the body to use. Mix parts of powdered Epsom salts (magnesium Sulfate), sodium and or potassium chloride, potassium Phos sodium or potassium bicarb this will provide the needed minerals. Add bentonite clay to detox toxins, add silica to help lance open areas of congestion. Now add strong paprika like tobassco, jalapeno or other pepper for skin dilation. This will stimulate the absorbance of the minerals. Add winter green oil or other menthol oil to also facilitate blood flow. After fifty deep breaths into the area the patient can become over oxygenated. Remember that carbon dioxide is what stimulates breathing and this is why we breathe into a bag when we hyperventilate. So be prepared with a brown bag to help. But ideally the patient will just sleep and the minerals and extra blood flow will do its job. Blood, oxygen, minerals, water are needed

#7 Red Clover Poultice
Dr. Schultze has a Poultice for Herpes

**Directions:**
Red Clover Blossoms made into a paste and applied externally and drunk internally are a specific for Melanoma.
The Blossoms must be harvested when they are purplish. This is very important. Here is the poultice: In a blender put:
1 healing handful of fresh, (dried if they really are Red Clover Blossoms) Red Clover Blossoms
1 entire bulb of peeled garlic cloves at least 12 large cloves
1/4 cup of fresh grated poke root or 1/3 cup of the dried powder
2 tablespoons of goldenseal root powder
2 tablespoons of activated charcoal
1 teaspoon of Tea Tree Oil
1 cup of Bentonite Clay
1 cup of Slippery Elm Bark (inner bark)
Put this in a blender and add enough 50/50 solution of distilled water and raw apple cider vinegar to make a paste.
Add at least 1 ounce of Blood Root tincture per 8 ounces of liquid.
Blend well
Apply to skin.
This cleansing program purifies the body so it can heal more easily. If you are overweight, this program will take you down to your normal weight; if you are underweight, it will bring you up to normal. The entire purpose of the program is to eliminate mucus from the body, which will simplify healing.
Dr. Christopher always said that there are no incurable diseases, but only people who think they are incurable. He offered this cleansing program as an essential part of healing virtually any infirmity.
The cleansing program will:
*Clean the mucus out of the body; mucus is the source of polyps, tumors, cysts, etc. and also the cause of allergies, disease, pain, and death.*
*Give you foods that are alive, nutritious and healthful, foods which can rebuild your body.*
*Provide you with herbal formulas and corrective aids to facilitate healing and regeneration of the body.*
*Release static electricity from the body to eliminate frustrations and confusions.*
The Three Day Juice Cleanse
Detoxification:
To begin, you will have three days detoxification (body purification) therapy, and then proceed with the diet outlined hereafter. This three-day cleanse is taken in part from Dr. N. W. Walker’s book, Raw Vegetable Juices, “To Detoxicate,” Phoenix, AZ: Norwalk press, Publishers, P.O. Box 13206. Supreme cleanliness is the first step towards a healthy body. Any toxins within us will retard our progress towards recovery. The natural eliminative channels are the lungs, the pores of the skin, the kidneys, and the bowels.
When we perspire, our sweat glands throw off toxins which would be toxic to us if retained. The kidneys excrete the end products of food and body metabolism from the liver. The bowels eliminate not only the food waste but also matter known as body waste, in the form of used-up cells and tissues, the result of our physical and mental activities, which if retained can cause protein putrefaction, resulting in toxemia or acidosis. Retaining such body waste is much more damaging to our health than is generally suspected, and when we begin to cleanse it, we experience perceptible progress. One efficient method to eliminate it quickly, particularly for adults, is the following procedure:

First thing in the morning upon arising, drink 16 ounces or more of prune juice. The purpose of this is not primarily to empty the bowels, which it will do anyway, but rather to draw into the intestines from every part of the body such toxic matter as may be there, and eliminate it through the bowels. Take one or two tablespoons of olive oil three times a day, to aid in lubricating bile and liver ducts.

To prevent dehydration, and to alkalinize the body as it cleanses, drink at least two quarts of fruit juices, preferably freshly made. You might choose apple, carrot, grape, citrus, tomato, etc. but for the one chosen, use it exclusively for the three days, and chew each mouthful thoroughly.

**CARROT JUICE**

Use this without diluting as directed below.

**CITRUS JUICE**

If you live where citrus is grown, make a combination. Use four to six grapefruit, two to three lemons, and enough oranges to make two quarts. Dilute with two quarts of water, making one gallon. Proceed as below.

**GRAPE JUICE**

Use unsweetened juice without additives or preservatives. Bottled juice is better than frozen, which often contains sugar and usually contains additives not listed on the label. The best juice would be homemade, unsweetened, but you can buy organic grape juice at the health food store which is excellent. People have had good results using grape juice from the grocery, such as Welch’s, Church, Tea Garden, Queen Isabel—just check the label to be sure it has no additives. Dilute half and half with water.

**APPLE JUICE**

Use freshly pressed apple juice if available, from unsprayed, organic apples if possible. Making your own apple juice is ideal. You can also use bottled apple juice, if it contains no preservatives or chemicals of any kind. Do not use frozen juice, which can contain preservatives without being labeled. Drink one 8-ounce glassful, beginning half an hour after having taken the prune juice, being sure to swish or “chew” each mouthful thoroughly. This is very important, so that the juices can mix with the saliva for easy digestion. If you are hypoglycemic, “chewing” the juice will prevent an unpleasant sugar reaction. You can drink a glass of plain water, preferably distilled, a half hour after that. Follow this with a glass of juice every thirty minutes or so, alternating with water every half hour, throughout the day. You can follow this...
outline, but take more or less as your case requires; it is a rule of thumb and not a specific rule. However, many people have followed it this way, with excellent results.

Do not eat anything all day, although if very hungry towards evening, take an apple if your are using apple juice, an orange with citrus, grapes with grape, carrot or celery with carrot juice, etc. Chew it thoroughly. As you detoxify, you may likely experience constipation. If you do, use more prune juice, or take some of our lower bowel formula, two or more capsules three times a day.

Continue this program for three consecutive days. Approximately three gallons of toxic lymph will have been eliminated from the body and will have been replaced by three gallons of alkaline juices. As your system becomes more alkaline, you will experience healing of your particular complaints. On the fourth and subsequent days, begin taking vegetable juices and vegetables and fruit, preferably all raw. For breakfast, for example, eat three or four fruits in season, sliced, chopped or grated, with some honey for sweetening and one or two tablespoonsfuls of finely grated unsalted almonds sprinkled over them. Also drink one or two glasses of fresh fruit or vegetable juices. For lunch, eat more fruit and one pint of fresh raw vegetable juices, thirty minutes before or after eating the fruit. For dinner add any of the salads given hereafter, or as in The Mild Food Cookbook by Michael Tracy, Springville, UT: Christopher Publications.

You will probably feel somewhat weak during or after this detoxication. Don’t let this alarm you. Nature uses our energies for a housecleaning within us, and we soon regain greater energy and vitality as a result of a cleaner and healthier body. You can do the three-day cleanse monthly or several times a year.

If there is the slightest tendency toward appendicitis, take high enemas, using catnip tea or a tea of three parts red raspberry leaf and one part lobelia. Do this two, three or more times a day as needed. Only use enemas in the case of possible appendicitis. If you are experiencing trouble with constipation, use more prune juice or the lower bowel tonic.

Continued Fast:

Once you have completed several three day juice cleanses, you can, if you want to try, and feel up to it, fast one to three more days using only distilled water, then a day of juice, before returning to salads and other regular foods. Do not eat any heavy foods immediately after a cleansing period or a fast, but add these to your diet gradually. This is the best and smoothest way to get back onto solid foods. Such a continued fast will greatly accelerate the cleansing and healing process.

Cleansing Symptoms:

As your body begins to cleanse, you will probably experience periodic aches and pains in the areas where the cleaning action is most acute and the wastage is loading the elimination system; there are times when you will feel very, very rough! Do not panic on the days after cleansing or during your periods of healing.

In fact, the cleaning action may produce all symptoms and effects of severe
illness, but don’t blame the temporary problem onto the cleansing. Be comforted that the healing process is well underway, and the sooner such discomforts come, the better, for this means that the toxins and poisons are being eliminated—and the faster the cleansing, the quicker the healing. But this cleansing will not be instantaneous; do not expect the toxic accumulations of a lifetime to be miraculously flushed out of the tissues and organs in some colonic fashion. This will all take time working with the body’s normal cyclic functions. You will have high days and low days, usually in cycles. These “cleansing sicknesses” come in cycles of seven days, seven weeks, seven months, and seven years in most cases. As the toxic poisons break loose and are dumped into the bloodstream so they can be eliminated, you will feel pretty rough; and quite frequently during a crisis, you may feel worse than you did before you ever started the program. But do not panic! The bad days will become fewer and fewer and the good days greater and greater, if you are faithful to the program. Professor Arnold Ehret’s book, Mucusless Diet Healing System (which can be purchased from any health food store) may help you to understand some of the reactions you might experience while ridding the body of toxins, waste and mucus.

SPA DAY Evening

Watch an hour of something funny and laugh out loud. Be with friends and family but without stress, laughter is good medicine. Before bed rub in the anti-cancer oils, do some deep breathing and find some happy thoughts to get you to sleep. Yes you can find them. Your spa day can be done whenever you can.

Often when I must fly a long way, I make it a spa day in my mind. I get up early and do the yoga and bath. Get to the airport and relax and take every opportunity to relax from tensions. Do walking when I can and take every opportunity to do my spa day ritual inside the framework of the travel. Thus I turn a normally bad day into a good day. There is no good or bad but thinking makes it so. It is all in the mind.

My travel spa day is often an exercise in mind control. As you relax and turn off the stress your sympathetic system reduces its tension and the parasympathetic system can fortify the immune and digestive system. Both are essential for curing your cancer.

If you want to cry let it out it is ok to detox feelings don’t let them fester within. You need to detox and let go of the shit. But don’t play with it. Once you take a good shit move onto nutrition. Find the good and the love and build on it. Don’t suppress your feelings but don’t wallow in self pity. Plan for a new future and a new way with joy and sadness for that is life.

Daily Suggested Intake of food items
1-3 servings of whole soy foods
(no pills or powders)

1 serving low-fat dairy products
(pasteurized, organic if available)

1 serving dried beans and legumes

4-6 starch/grain products
(minimum of 3 whole grain foods - breads, rice, pasta, or other grains)

9+ servings fruits and veggies
to include a minimum of the following:

1 serving cruciferous
(examples - broccoli, broccoli sprouts, Brussel sprouts, cabbage, cauliflower)

1 serving lycopene-rich
(examples - tomato, red grapefruit, watermelon, guava)

1 serving deep orange for carotenoids
(examples - winter squash, carrots, sweet potatoes, apricots)

1 serving citrus
(examples - orange, grapefruit, tomato)

1 serving berries
(examples - strawberries, raspberry, blackberry, and blueberry)

1 serving dark green leafy vegetable
(example - romaine, spinach, kale, collards, other dark lettuce)

1 Tablespoon wheat bran

1-2 Tablespoons flax seeds - ground

1-2 Tablespoons wheat germ

Beverages:

4-6 cups green tea - both hot and iced
4-6 cups water

"broccoli [*], asparagus [*], beets [*-moderation], cabbage [*], carrots [*-moderation], cauliflower [*], celery, cucumbers, egg-plant, green and yellow squash [moderation], green beans and peas (fresh), red[*] and yellow[*] peppers (also green[*] if they agree with you), spinach, mustard greens, collards, kale [*], lettuce, okra, parsley[*], scallions, radishes, Swiss chard, watercress, sea vegetables, such as nori, wakame and niziki, wheat grass[*-usually juiced], barley grass[*-usually taken as a supplement], turnips[*], and sprouted grains[*] or beans[*]. Also eat lots of garlic[*] and onion[*], if they agree with you."

Additional Weekly Intakes

8-16 oz. fish highest in omega-3 fatty acids

(Alaskan salmon, *light* tuna, ocean trout, sardines, mackerel)
- please also read my Q&A’s on fish

1 small package of fresh Shiitake mushrooms

(for lentinan, a polysaccharide with anti-cancer activity)

1 fresh artichoke or 1 can water-packed artichoke hearts

(for silymarin content similar to Milk Thistle to support optimal liver function)

1-2 Brazil nuts

(for selenium content)
Acupuncture for the treatment of severe acute pain in Herpes Zoster: results of a nested, open-label, randomized trial in the VZV Pain Study

Tamara Ursini, Monica Tontodonati, Lamberto Manzoli, Ennio Polilli, Cristina Rebuzzi, Gabriele Congedo, Sonia Di Profio, Patrizia Marani Toro, Augustas Conte, Giuseppina Piacolo, Stefano Lagana, Claudio D’Amario, Carla Granelli, Gustino Parutti, Lucio Pippa and for the VZV Pain Study Group

Abstract

Background: Data on the potential efficacy of acupuncture (AC) in controlling intense or very intense pain in patients with Herpes Zoster (HZ) has not been so far adequately assessed in comparison with standard pharmacological treatment (ST) by a controlled trial design.

Methods: Within the VZV Pescara study, pain was assessed in HZ patients on a Visual Analogue Scale (VAS) and by the McGill Pain Questionnaire (MPQ) both at the beginning and at the end of treatment. Response rates, mean changes in pain intensity, differences in total pain burden with an area-under-the-curve (AUC) method over a 1-year follow-up and differences in the incidence of Post-Herpetic Neuralgia (PHN) were evaluated.

Results: One hundred and two patients were randomized to receive either AC (n = 52) or ST (n = 50) for 4 weeks. Groups were comparable regarding age, sex, pain intensity at presentation and missed antiviral prescription. Both interventions were largely effective. No significant differences were observed in response rates (81.6% vs 89.2%, p = 0.8), mean reduction of VAS (4.1 +/- 2.3 vs 4.9 +/- 1.9, p = 0.12) and MPQ scores (1.3 +/- 0.9 vs 1.3 +/- 0.9, p = 0.09), incidence of PHN after 3 months (48.4% vs 46.8%, p = 0.5), and mean AUC during follow-up (199 +/- 136 vs 173 +/- 141, p = 0.4). No serious treatment-related adverse event was observed in both groups.

Conclusions: This controlled and randomized trial provides the first evidence of a potential role of AC for the treatment of acute herpetic pain.

Trial registration: ChiCTR-TRC-10001146.

Background

A significant proportion (38% to 41%) of patients suffering with Herpes Zoster (HZ) experience intense or very intense pain at presentation, frequently persisting after the healing of rash [1-4]. Both pain in the acute phase and chronic pain in post-herpetic neuralgia (PHN) may severely impact on quality of life and health care costs, interfering with physical, emotional and social functioning of affected patients [5-7]. Therefore, several investigations

were carried out to identify effective strategies to control Zoster-related pain [8-11].

Current therapeutic options include the repeated administration of paracetamol and/or other NSAIDs for the immediate relief of pain [9,10], antiviral drugs, which accelerate the resolution of acute pain and may reduce the incidence of PHN [12-14], long-term gabapentinoids and local anaesthetics for selective nerve blockade in patients with intense or very intense pain at presentation [15-21]. Finally, opioid analgesics, including tramadol, possibly combined with other neuroactive agents, such as amitriptyline, have been used in the event of unresponsive pain [22-26]. In the most suffering patients, however,
NATURAL CURES

STROKES: TEA
Prevents buildup of fatty deposits on artery walls. Drink caffeine free herbal teas like dandelion root.

HEADACHES: CAYENNE
Capsaicin in cayenne peppers relieves headaches by depleting Substance P (a neurotransmitter that helps send pain signals)

HAY FEVER: NETTLE TEA
Reduces mucus and inflammation from allergens

INSOMNIA: CHAMOMILE
Soothes and relaxes the mind & body

HIGH BLOOD PRESSURE: CELERY
Celery contains phthaloids which help lower blood pressure

ASTHMA: RED ONIONS
Eating onions helps ease constriction of bronchial tubes

CLOGGED ARTERIES: AVOCADOS
Mono-unsaturated fat in avocados lower cholesterol

ULCERS: CABBAGE
Cabbage contains ample fiber which helps heal both types of ulcers

ARTHRITIS: TURMERIC
A potent anti-inflammatory that eliminates pain & inflammation

UPSET STOMACH: BANANAS & GINGER
Bananas settle an upset stomach and ginger relieves nausea & morning sickness

BLADDER INFECTIONS: CRANBERRIES
Substances in cranberries prevent bacteria from adhering to walls of bladder

STRONG BONES: PINEAPPLE
High in manganese to prevent bone fractures & osteoporosis

COUGH: MULLEIN TEA
Loosens trapped mucus and soothes sore throats

BREAST CANCER: CABBAGE & PLANT FIBER
Help maintain healthy estrogen levels

BLOOD SUGAR IMBALANCE: BROCCOLI
Chromium in broccoli helps regulate insulin & blood sugar

MEMORY PROBLEMS: BLUEBERRIES
Antioxidants in blueberries help strengthen neuronal connections in the brain
Zapping the Human Papilloma Virus

By William Nelson LPCC

At the Semmelweis Hospital in Budapest 1994

Abstract

We know of no good evidence for Dr. Kruger's Zap therapy. The Zap technology of the QXCI/EPFX has some tested capabilities. In this study 25 women showed signs of papilloma virus spots. The papilloma virus HPV spots fluoresce in UV light if they are exposed to vinegar. A vinegar swab showed spots on all 25 with an average of 12 spots per person. The women were given three 30 min QXCI Zap therapies over the course of one week. In two of the subjects there was no change. All of the others had lessening of their spots in size and number. In five subjects there was complete removal of the spots. The rest had approximately 60% reduction in the number of spots. The overall average therapy was 60% effective in treating papilloma.

A SHORT STUDY OF COMPARISON FACTORS OF COPROLITH VERSUS QXCI DETECTION OF INTESTINAL PARASITES

- Chief Editor: William Nelson, N. M.D.; Independent Medical Editor; Budapest, Hungary
- Edited and Validated By: Istvan Bandics, M.D; Budapest, Hungary Gyila Panszki, M.D; Budapest, Hungary, Attila Kiss, M.D; Győr, Hungary
- Consultant: Dr. Simon Gutl, M.D; Hanover, Germany
- Developed By: The staff of Maitreya; Limerick, Ireland

This study was performed in 1984 at the King Health Center in Lowellville, Ohio, USA. Revalidation and further clinical testing and has been repeated by medical doctors at the Homeopathy Clinic in Budapest, Hungary and by the doctors listed above.

Professor Desiré Dubounet

and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance.

She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma...

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These are the TOP FIVE REASONS to get a Doctorate in Wellness PHD International Medical University degree at home.

1. Getting a degree means you will increase your earning potential. Studies have shown that at home study is just as good as attended classes.

2. Study and Complete Courses at Your Own Pace. Use this to maximize the learning.

3. Scheduling Convenience. Work when you are ready to work.

4. Teaching Faculty Who Actually Have Work Experience in Your Field of Study. Global faculty at IMUNE is with worldwide famous doctors.

5. Save Money on Travel, Parking, Childcare, and Books. You save money the world saves energy, this makes you and the world better.

6. Employer Support. Many employers offer tuition reimbursement for employees’ tuition associated with training in their fields. Employers also tend to encourage enrollment in online degree programs because they know employees will be able to go to school and still be able to be committed to their jobs. Don’t be afraid to ask your employer. Every company needs a wellness consultant.

Professor Desiré Dubounet the world’s most famous Naturopath and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma go to www.imune.name for more information.