



Zolana

WHEN YOU KNOW

Paul Beaudry

Disclaimer: I am not a medical doctor. Nothing in this guide is intended as medical advice. What I offer here comes from years of personal experience, research, and exploration of sources that mainstream medicine may overlook—or deliberately ignore. Always do your own research and consult with a trusted healthcare professional before making decisions about your health.

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Peace and Harmony to all!

The Journey Ahead



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Prologue



I didn't begin this journey because I was sick. I began because the people around me were. But in my forties, I began wondering: *What if something's brewing in my body and I don't even know it?* I thought about getting some blood work done, but I didn't trust the system.

So I prayed and “*asked*” God for another way.

A few days later, during a break at work, I was casually flipping through the Coffee News—a little flyer most people overlook—when I spotted it: a tiny ad from someone in Vancouver, Canada, who was coming to Kamloops where I was living at the time, to offer *live blood analysis*. Can you imagine? So I booked an appointment and what I found wasn't just information—it was *revelation*.

He pointed out that my amino acids were low, but that wasn't the miracle. The miracle was what the blood showed me. Under the microscope, in one of the five dry blood drops he took from pricking my finger—ranging from small to large—there was a gash in one of them, like a scar captured in time. The technician explained that our blood holds memory, like the rings of a tree. He pointed to the mark and told me that, based on its position, I had experienced trauma in my hand and feet area in my late twenties.

Whoa! I had sliced my hand open during that time, damaged the nerves, lost feeling in two fingers. That moment shifted everything. I realized healing isn't just about symptoms. It's about memory. It's about energy. It's about asking the right questions and being willing to *see*.

From there, the path unfolded in unexpected ways: MMS - Jim Humble. Urine therapy. Walking barefoot on wet earth. Staring into the sun. Sitting in silence. Listening for God. Not all at once. Not in any straight line. But always with a sense of wonder.

This book is my way of piecing it all together. Not as a doctrine, but as a story. A living map. You don't need to believe anything—just stay open to the possibility that healing can look very different from what we've been taught.

Stay curious - Stay open

Introduction



As you start reading this handy guide, something unexpected might happen: you may feel a strange urge to give me a big hug. Okay—I know that sounds a little cheeky.

But I'm just that confident in what I've uncovered over the years. But if something I share doesn't resonate with you, that's okay too. I welcome your questions, reflections, or even challenges—feel free to reach out.

My goal is to help you build real confidence in your body's ability to handle discomfort, pain, or even emergency situations. If you ever find yourself stranded in the cold without heat—even in extreme conditions—there is a way to generate warmth from within.

Have you ever heard of someone lifting a car to save a life? We call that an adrenaline rush—but what if we could access that strength on command? *Is that possible?*

This guide will also show you how to stay calm and potentially neutralize the effects of a spider, snake, wasp, or other venomous creature—using methods I trust with my own life.

I truly believe we all carry the antidote within us for almost anything that ails us.

And while we'll get to that later in the book, let's start with the basics: A simple, inexpensive *mineral solution* that can help cleanse and detoxify your body—inside and out.

How to Use This Book



This book isn't meant to be read once and shelved. It's a guide, a companion, a mirror — something to revisit as your understanding deepens. Some chapters may stretch you; others may confirm what you've always felt but never heard aloud.

How to get the most out of *Zolana*:

1. **Read with an open heart.** You don't have to agree with everything. Stay curious. If something feels “too far out,” set it aside. What doesn't land today may click tomorrow.
2. **Go at your own pace.** This isn't a race. Each chapter stands alone. Skip ahead, circle back, or focus on what feels most relevant now.
3. **Keep it practical.** This isn't just theory — it's full of things to try, feel, and explore. Keep a notebook. Test a protocol. Sit in silence. Trust your body.
4. **Share it if it helps.** Healing is communal. If something here shifts you, pass it on. Someone you know may need it too.
5. **Stay sovereign.** You're the expert on you. Take what empowers. Leave the rest.

Chapter 1

A 'Humble' Experience



This is where it all began—the story of Jim Humble, the discovery of MMS, and my own unexpected journey into healing.

It all started with a simple phone call in 2011. One day, out of the blue, I thought of a friend I hadn't spoken to in years. On impulse, I picked up the phone and called him. During our chat, he casually mentioned that his nephew told him that someone named "Humble" was going around curing cancer—but he couldn't remember the full name.

Curious, I typed "humble cure" into a search engine, and what I found changed everything. Up came an interview with Jim Humble on Project Camelot, hosted by Bill Ryan.

Now, I'm not religious—and for most of my life, I didn't believe in God. But I have to tell you, from personal experience, there's something extremely powerful out there that we can't see. And the most important truth I've come to realize is this: we are all connected to it. And when we ask, we receive—often without knowing it.

Gregg Braden once said, "Particles aren't there until you look."

At first, that sounds like science fiction. But it's actually quantum physics. Subatomic particles—those tiny building blocks of our universe—don't "exist" in a defined place until someone observes them. They stay in a state of potential. Possibility. Waiting.

And that hit me. What if healing is the same? What if the answers we're seeking—about our health, our lives, our purpose—don't show up until we start looking?

For me, that moment came when I stopped blindly trusting the system and got curious. Not just about symptoms or test results. I got curious about truth. About energy. About how the body really works. About the invisible forces that shape our lives.

And once I started looking... things began to appear. Teachers. Insights. Solutions. The fog started lifting.

Maybe the first step to healing isn't fixing anything. Maybe it's just opening our eyes.

My curiosity centered on health and spirituality. I wondered, If perfect healing were possible, what would it look like? And why couldn't it exist today?

That one simple question became the spark. A ripple. A cascade of discoveries I never could've predicted.

After watching Jim's interview, I knew in my heart that he was onto something profound. I signed up for his newsletters and devoured every one. Eventually, he announced that he'd founded the Genesis II Church of Health and Healing with Mark Grenon, a former missionary pilot, on a property in Barahona, Dominican Republic.

A Calling I Couldn't Ignore

The facility included several dorms and private rooms, a large kitchen and dining area, and a gazebo with an apartment above—where Jim Humble lived. Mark and his family stayed in the main house, and the entire compound was enclosed by a tall brick wall. Safe, secluded, and full of purpose.

They were offering a two-week course each month or so:

- **Week one:** classroom training on how to make and use “the mineral” (MMS)
- **Week two:** fieldwork in local villages, helping people and applying what we'd learned

Graduates didn't just leave with new knowledge—they stepped into a rare chapter of history as officially recognized Health Ministers within the Genesis II Church, complete with a card verifying their ability to prepare and administer MMS.

And for a brief window of time, there was an even greater honor available. If a student chose to venture into a second week of immersive, hands-on field work, they could earn the prestigious *Doctor of MMS* certificate, paired with an official ID card. It was an opportunity that came and went quickly, making those who seized it part of a small, distinguished group—remembered as having trained during the golden days of the movement.

I had a gut feeling this was one of those fleeting chances—and I knew I had to go. Within days, I sold everything in my apartment, booked my flight, and prepared to throw myself in completely.

There was only one problem: I didn't have enough money for

the full course. But tucked inside one of Jim’s newsletters was a small note for those facing financial hardship—“Contact me directly.”

So I did. I offered to volunteer for a month in exchange for the training, and to my relief, Jim graciously agreed.

From Barahona to Bulgaria and Beyond

What began as a one-month volunteer exchange quickly turned into eight unforgettable months living alongside Jim Humble and Mark Grenon—months filled with stories, lessons, and a front-row seat to the inner workings of their mission.

I did whatever was needed—organizing books, managing memberships, designing labels and manuals, repairing property, and even helping run a moringa farm (which, unfortunately, got eaten by cows from the neighbor’s land). That farm was eventually purchased by the same neighbor. Draw your own conclusions.

Later, I journeyed with the Grenons to Bulgaria, where we helped bring a healing center to life inside a hotel generously donated by a woman named Mary, who had healed herself of breast cancer using MMS. Her gratitude was palpable, and her story inspired everyone who walked through those doors.

I also shared several meaningful months with Mark and his son Joe Grenon in Colombia, deepening both our mission and our bond.

Life would take a dramatic turn after that—Mark and Joe were first jailed in Bogotá, Colombia, before being extradited to the United States, where they were each sentenced to five years in federal prison for promoting and selling MMS as a

cure for COVID-19, an act the FDA considers a serious offense.

Mark's other two sons, Jonathan and Jordan, received far harsher sentences—over twelve years each—and, as far as I know, are still behind bars in Florida. It was a twist worthy of a film, unfolding in the lives of people I had once shared a dinner table with.

A Bit More About Jim

If you're unfamiliar with Jim Humble, he was a research engineer in the aerospace industry for nearly 25 years. But it was during a gold-mining expedition in Guyana in 1996 that he made a discovery that changed his life—and mine.

Two of his workers fell seriously ill with malaria. With no medical help available for days, Jim thought to give them a dose of a strong solution—presented simply as a “health drink” from the USA.

It was stabilized oxygen (sodium chlorite) he'd brought for water purification, normally used at just one drop per gallon. This time, Jim added about 15 drops in a glass of water. Incredibly, the men recovered within hours.

When two more men fell ill the next day, he repeated the process—and they, too, were well a few hours later.

That moment changed Jim's mission. No longer interested in gold, he focused on perfecting this solution. He called it, over time:

- Humble Health Drink
- OS-82
- Miracle Mineral Supplement (MMS)
- Master Mineral Solution (MMS)

Jim also discovered MMS2—calcium hypochlorite—which, when encapsulated, showed potential for addressing more serious illnesses like cancer.

His reasoning was simple: if it was safe enough for the skin, perhaps it could also be used internally with care.

A friend even told him he had cured his own cancer using what's commonly known as pool shock. I tried it myself and found it didn't seem to cause any harm, though I never fully embraced it.

I do remember, however, volunteering with Jim Humble's Genesis2Church, where I responded to support emails. One woman in Japan wrote about her child who suffered from psoriasis and severe food allergies. After receiving guidance with MMS2, the child no longer had psoriasis and was able to eat freely again.

Opposition and Refinement

Despite early successes, Jim and his partner Bob Tate ran into immediate resistance. After advertising the solution as a malaria cure in Guyana, they were summoned by the Minister of Health, who warned them they'd be imprisoned if they sold even one more bottle.

Why? Two major pharmaceutical companies threatened to cut off drug shipments to hospitals unless action was taken.

Jim returned home, determined to find out why the stabilized oxygen didn't always work. He learned that what actually helped people was chlorine dioxide, a gas released when sodium chlorite is activated by an acid like vinegar or lemon juice.

He continued refining the method and dosage, and others built upon his work—including Dr. Andreas Kalcker for

CDS (Chlorine Dioxide Solution), Scott McRae and Charlotte Lackney, who developed CDH (Chlorine Dioxide Holding Solution).

Behind the Curtain

The more success MMS had, the more it was attacked. MMS has been surrounded by misinformation, largely due to its threat to entrenched pharmaceutical profits.

Even Wikipedia, which is heavily monitored, instantly reverts any changes that attempt to clarify MMS's benefits or correct falsehoods.

So why is it so controversial?

Chlorine dioxide is FDA-approved for purifying water and sterilizing medical equipment. It has a low oxidation voltage—strong enough to kill pathogens, but gentle enough to leave healthy cells unharmed.

By contrast, chlorine and hydrogen peroxide have higher voltages and can harm tissues.

Jim also found that many people who didn't experience results from MMS were dealing with low stomach acid, which is needed to properly activate the solution in the body.

That's why he recommends pre-activating the solution with mild acids like 4% HCl or citric acid—traditionally 50%, though in South America, many now use a 33% citric acid solution. It's believed to be gentler on the stomach while still effectively triggering the activation process, helping reduce discomfort in sensitive individuals.

Why I Believe

I've witnessed too much to ignore. I've seen people recover from conditions that were labeled incurable. I've helped others detox and find hope again.

I've lived among the people doing this work and stood beside those risking everything to share it.

This chapter is just the beginning.

What you're about to read is a guide—not just to healing the body—but to waking up, trusting your intuition, and reclaiming your power.

After diving into the world of MMS and learning directly from Jim and Mark, I started noticing just how many people around the world were having similar experiences.

Real people—everyday folks like you and me—were sharing their success stories with chlorine dioxide.

If you're curious about how far-reaching this is, take a look at the testimonial site:

<https://mmstestimonials.co>

The stories come from people worldwide who voluntarily shared how MMS helped them.

On the following page are the conditions they've reported improvements with:

A–Z Highlights:

Abscess, Acid Reflux, Acne, Allergies, Alzheimer's, Anal fistula, Animals, Appendix, Arthritis, Asthma, Athlete's Foot, Autism, Autoimmune disease, Back pain, Bladder infection, Blood problem, Brain Cancer, Brain damage, Bronchitis, Brucellosis, Burns, CHD, COPD, Cancer, Candida, Chikungunya, Chlamydia, Chronic Fatigue, Chronic Illness, Circulation Problems, Cold sores, Common cold, Conjunctivitis, Coronavirus, Cough, Crohn's disease, Crush Injury, Cyst, Cystitis, Dandruff, Dementia, Dengue fever, Dental problems, Depression, Diabetes, Digestive problems, Diverticulitis, Dry scalp, E coli, Ear infection, Eczema (Dermatitis), Elephantiasis, Epilepsy, Erectile dysfunction, Eye problems, Facial paralysis, Fever, Fibromyalgia, Flu (Influenza), Food Poisoning, Fungal infection, Gallbladder, Gangrene, Gastritis, Genital warts, Giardia, Glaucoma, Gum problem, HIV/AIDS, HPV (Human Papilloma Virus), Hair, Hashimoto's disease, Heart Problems, Heavy metal poisoning, Hemorrhoids, Hepatitis, Herpes, High Blood Pressure, IBS (Irritable Bowel Syndrome), Infection, Insect bite, Insomnia, Itch (itching), Joint pain, Kidney problem, Leukemia, Liposarcoma, Liver, Lung Problems, Lung cancer, Lupus, Lyme disease, Lymphoma, MRSA (Staph Infection), Maintenance, Malaria, Melanoma, Mole growth, Morgellons, Multiple myeloma, Multiple sclerosis, Nail Fungus, Neuropathy, Osteonecrosis, Ovarian Cyst, Pain, Papilloma, Parasites, Parvo, Period problem, Pinguecula, Pneumonia, Poisoning, Polycystic ovary syndrome, Prostate problems, Pseudomonas Aeruginosas, Psoriasis, Respiratory illness, Rosacea, Sarcoidosis, Scabies, Shingles, Sinus problem, Skin problem, Spider bite, Stomach problem, Strep Throat, Stroke, Swollen Feet, Throat Problems, Throat cancer, Tooth Problem, Toxic mold, Tumor, Typhoid fever, UTI (Urinary tract infection), Ulcerative colitis, Venous Ulcers, Viral infection, Warts, Wounds

Standard MMS Protocol (for detox and support)

The current recommended protocol is:

- **3 drops** of 22–25% sodium chlorite for adults
(If you see it labeled as 28%, it's typically made from 80% powder or flakes, which yields 22.4%.)
- **Activated with 3 drops** of 4% HCl (or 33–50% citric acid)
- Wait **30 seconds**, then add half to a full glass of water
- Drink **8 times per day**, spaced 1 hour apart, for **3 weeks**

That's a total of **24 drops per day**.

However, before you jump right in, Jim recommends starting **slow and low**, especially if you're new to it. Gradually build up your dosage to avoid nausea or diarrhea — your body needs time to adjust. If you do feel unwell, take a break and resume the next day with a smaller amount. Just don't let it deter you from staying consistent with the process.

Tip: If that timing doesn't work for your schedule, adjust it. The most important thing is consistency—that you're giving your body a daily opportunity to detox.

How I Did It

I used a different rhythm because of my schedule. I began with **1 activated drop taken 4 times per day**, then increased by 1 drop daily until I reached **6 drops 4x/day**, spaced 2 hours apart, and maintained that for three weeks.

Jim's earlier protocol recommended starting low and working up to **15 drops twice a day**.

One night, a few days in, I got bold. I tried the full **15 drops before bed** and woke up the next morning feeling fine. Since that dose didn't seem to affect me much, I thought I could handle it. The next morning, I took another **15 activated drops**, went to work—and ended up having to tell my boss I wasn't feeling well and needed to leave.

Two hours later, I was fine again. But the experience showed me why Jim eventually revised the protocol: too many people were getting turned off by that approach.

Testing It — After a Night Out

One night in Colombia, back when I used to drink, I'd had a few too many and decided to put **CDS (Chlorine Dioxide Solution)** — a cleaner version of MMS — to the test.

I took a strong dose, and within about an hour, I was **sober**. Not "less drunk." **Sober**.

That got me thinking about the powerful mechanisms inside our bodies and how quickly they can be activated under the right conditions.

An Unforgettable Wake-Up Call

This next story might seem off-topic—but stay with me. It connects later.

When I was younger, my dad and I were the superintendents of a 12-story apartment building in Toronto. One night, he came home extremely drunk and passed out, fully clothed. Not long after, the fire alarm went off in the building.

I ran to his room and shook him:

“Dad! Dad, there’s a fire.”

He didn’t hear me, nor the the loud bell that was in his room haning over his head. I shook him again:

“Dad — WAKE UP!”

It took a few hard shakes, but then—**boom**—he looked at me with his eyes wide open, shot up out of bed, and dashed out to investigate.

A car had caught fire in the underground parking garage. What amazed me wasn’t just the situation—it was how **instantly sober** he became. From completely unconscious to alert and ready, just like that.

Adrenaline

And ever since then, I’ve asked myself the same question:

If the body can do that in an emergency... can we access that state at will?

That’s part of what this guide is really about. Unlocking the body’s hidden abilities. MMS is one tool in the toolbox—but the real power is already inside of you.

Special Uses & Applications

Insect Bites

- With MMS, do **not** activate the drops.
- Apply sodium chlorite directly to the bite, leave for ~5 minutes, then rinse.
(Note: May sting or burn in sensitive areas if not rinsed off.)

Malaria

- Activate 15 drops, wait 30 seconds, add water and drink.
- Repeat several hours later if needed.

Skin Spray (Topical Use)

- Mix 10 activated drops (MMS1) in 1 oz of clean water.
- Use as a disinfectant spray for skin conditions.

Eyes

- Use only **1–2 drops in 1 oz of clean water** (distilled preferred).
- If it stings, don't panic—it usually subsides quickly.

How It Works

Chlorine dioxide remains active in the body for about **one hour**.

During this time, it selectively targets and oxidizes harmful pathogens, heavy metals, and other acidic compounds—**without harming healthy tissues**. Its short activity window ensures it performs its cleansing function efficiently before breaking down into harmless byproducts, primarily **salt and water**.

Because of this limited duration, protocols often recommend taking **small, repeated doses** throughout the day to maintain a consistent detoxifying effect while minimizing potential side effects.

Selective Oxidation

Chlorine dioxide works through a process called **selective oxidation**.

Unlike antibiotics that kill indiscriminately or suppress cell functions, chlorine dioxide targets harmful microorganisms based on their **electrical charge** and **pH imbalance**.

- Pathogens like bacteria, viruses, and parasites typically have a more acidic and electrically unstable profile.
- When chlorine dioxide encounters these invaders, it acts like a **magnet**, drawn to their electron-rich, fragile outer membranes.
- Upon contact, it strips electrons from the pathogen's surface, rupturing the cell wall.
- This oxidative “shock” destabilizes the organism, causing it to break apart—essentially **“exploding” from within**.

Healthy cells remain unaffected because they maintain electrical balance and do not present the reactive environment that chlorine dioxide seeks.

Once its job is done, chlorine dioxide naturally degrades into **salt (NaCl), oxygen, and water**—leaving no toxic residue behind.

Where It All Began

To understand how this discovery first came to light, it's worth going back to the source.

Below is a short excerpt from Jim Humble's groundbreaking book, *The Miracle Mineral Solution of the 21st Century*—available for free online.

While the focus today has shifted toward **CDS**, it's important to remember where it all began: with Jim's original work on **MMS**, which laid the foundation for everything that followed.

From Jim's first book...

"You may be wondering at this point about the formula for stabilized oxygen. I did finally uncover it. I am sure that a lot of researchers would have figured it out in half an hour, but living on a desert lake with a very limited income, it took me a while. Today, anyone in the world can find the information, but let me save you some trouble. The formula is NaClO_2 . The name is sodium chlorite. That sounds like salt, but it's not quite the same. Table salt is NaCl , and the name is sodium chloride. Notice the difference in the second to last letter. One is chlorite, and the other is chloride. So let me tell you about what all the other researchers seem to have missed.

First, the chlorine I smelled was actually chlorine in the air above the solution, but there was no chlorine in the solution. I discovered that what is in the solution is chlorine dioxide, which is different than chlorine. Sodium chlorite (stabilized oxygen) is highly alkaline—the opposite of acidic. When it is neutralized, it becomes unstable and begins to release, not oxygen, but chlorine dioxide. However, this is where the oxygen comes in. The formula for chlorine dioxide is ClO_2 . That's one ion of chlorine and two ions of oxygen, but the body cannot use that oxygen, because it has already lost its ability to oxidize. However, the chlorine ion has a powerful ability to oxidize. Chlorine dioxide is a powerful explosive. It cannot be contained,

as it will explode and destroy the container. It is always generated where it is used, because it cannot be moved. Even a chlorine dioxide particle as small as one ion will explode if it hits the right thing, namely a pathogen in the body or some other item more acidic than the body. Body tissues are unaffected by chlorine dioxide, as they are much stronger than pathogens.

An explosion is merely a fast chemical reaction releasing energy, which is usually some kind of oxidization. When a chlorine dioxide ion meets a pathogen, it accepts five electrons of charge and results in an instant oxidization, which is the explosion. The result of this explosion (chemical reaction) is that the chlorine ion is completely neutralized. The two oxygen ions that were part of the chlorine dioxide ion are already neutral, which for oxygen is a -2 state. That means that the oxygen ion cannot oxidize anything; it can only become a part of the water in the body. The body cannot utilize it for any kind of oxidation. The chlorine ion becomes a chloride, which is basically just table salt with no particular power. Both the oxygen and the chlorine do not have any charge that will create any kind of oxidation at this point. So you see, it's the chlorine dioxide ion (the combination of chlorine and oxygen) that does the work, and it has a far greater capacity to oxidize pathogens than oxygen.

Another fact is that several deep breaths of air will supply more oxygen to the human body than the stabilized oxygen can be expected to supply. Since the formula was created to produce oxygen identical to the oxygen in the respiration process, what would be the point of taking the stabilized oxygen when you could simply take a couple of deep breaths? It's a moot point, so we won't waste time on it. The fact is, what the researchers believed was happening was not. The oxygen just becomes a part of the water in the body and/or possibly becomes part of a carbon dioxide ion, but it cannot be used by the body for anything else.

The function of chlorine dioxide is to attract electrons away from anything that it can oxidize. It does not supply oxygen. The chlorine dioxide ion is the oxidizer, not the oxygen. Check your chemistry book. Oxygen is not the only oxidizer. Any reaction in which electrons are transferred is considered

oxidation. If the researchers that worked with stabilized oxygen had been able to understand modern chemistry, they may have been more successful in their research. There is a lot more to the process than is covered in this initial explanation. I intend to go over it thoroughly as I continue the story of the development of MMS. It's written so anyone can understand it."

For more info about MMS (chlorine dioxide) and using it with DMSO, go to Jim's website: www.jimhumble.co

A Hollywood Star's Testimony: Lindsay Wagner and MMS

It's always encouraging when someone in the public eye steps forward to challenge conventional thinking around healing. One such person is **Lindsay Wagner**, the Emmy Award-winning actress best known for her role as *The Bionic Woman*.

In an industry where alternative remedies are often brushed off or ridiculed, Lindsay took a risk by speaking openly about her experience with **MMS — Master Mineral Solution**.

In a 2016 interview with **ABC7 News**, she shared how she had been suffering from a chronic hive condition (*urticaria*) that lasted for months. Doctors had her on **Prednisone**, but every time she tried to taper off, the symptoms came roaring back. After **eight months** of this cycle, she was ready to try something radically different.

She turned to MMS.

"Within a week, I was off the Prednisone. Within one week, I was just shocked ... Within weeks the hives disappeared and never came back."

— Lindsay Wagner

According to Lindsay, the shift was dramatic. After months of suffering and feeling stuck in the loop of pharmaceutical management, she found relief using a solution most people haven't even heard of—or worse, have been told to fear.

Now, is MMS a miracle? Not necessarily. But—as Lindsay's story affirms—it's a **powerful tool** when used correctly, with respect and understanding. Her willingness to speak up adds weight to a conversation that too often gets shut down before it even begins.

And she's not alone. Lindsay's story, like so many others, is part of a **growing awakening**. People are realizing that we've handed over too much of our health sovereignty. We've outsourced our intuition. Sometimes, healing begins when we dare to reclaim it.

Watch the Interview:

Bionic Woman actress says substance known as MMS worked for her (ABC7 News)



MMS and the Uganda Red Cross Malaria Case: A Cure Denied?

In **December 2012**, a quiet yet powerful field experiment took place in **Luuka, Uganda**, where **154 individuals** who tested positive for malaria were treated with MMS—a compound that becomes chlorine dioxide when activated.

The effort was led by **Klaas Proesmans**, founder of the Water Reference Center, and involved local personnel from the **Uganda Red Cross Society**.

The results, captured on film, were remarkable: within **24–48 hours, every patient tested negative for malaria** and exhibited full recovery. Red Cross staff expressed visible excitement and astonishment on camera, calling it “*a success.*”

Yet what followed was not celebration—but **total denial**.

Watch the original video:

https://mmsinfo.org/videos/malaria_klaas_proesmans.mp4

The Official Denial

Not long after the footage surfaced online, the **International Federation of Red Cross and Red Crescent Societies (IFRC)** released a statement publicly disassociating themselves from the project:

“The Uganda Red Cross Society has confirmed that it did not approve any clinical trials involving the use of MMS.”
— *IFRC Statement (May 2013)*

Despite the documented results, they denied the event ever happened in the way it was portrayed.

Why Would They Suppress It?

The implications of this event were enormous: a simple, cheap, unpatentable compound curing malaria—something that costs **billions annually** to fight using pharmaceutical drugs, vaccines, and aid programs.

Chlorine dioxide, while demonized in mainstream media, has long been used in:

- **Water purification**
- **Disinfection**
- **FDA-approved food sanitation processes** (*EPA RED Report*)

Yet its use **inside the human body**—even in diluted amounts—poses a direct threat to pharmaceutical industry profits.

This may explain why the event was so quickly buried. As **Jim Humble**, discoverer of MMS, has said:

“The truth about MMS scares the medical establishment, not because it’s dangerous—but because it works.”

Discrediting the Video: A Closer Look

Critics like Dutch skeptic **Pepijn van Erp** suggested the test methods were flawed or misrepresented. Yet no evidence has surfaced that discredits the direct footage or the interviews with Red Cross workers on-site.

Furthermore, investigative reports such as one from **Business Insider** attempted to discredit the practice by focusing on legal bans and safety concerns—yet didn’t refute the event itself:

“The Red Cross says it has nothing to do with the video... The footage, which surfaced on fringe websites, shows health workers praising a liquid for apparently curing malaria.”
— *Business Insider*, April 2019

Safety: Real or Manufactured Concern?

Regulatory agencies like the **FDA** have issued warnings about ingesting chlorine dioxide, labeling it as a *“dangerous bleach.”*

However, thousands of individuals have used MMS under proper dilution protocols, reporting healing of:

- **Chronic infections**
- **Autoimmune diseases**
- **Malaria**

Critics often ignore that chlorine dioxide is already safely used in many industries. Researchers such as **Dr. Andreas Kalcker** have shown that, when properly administered, it can neutralize pathogens with **minimal impact on healthy cells.**

Ask Yourself...

- If this didn't work, why did local Red Cross workers celebrate the results so openly on camera?
- Why was there no follow-up investigation, no peer review, no scientific testing—just denial?
- Who benefits from silencing such a story?

*“The truth is like a lion. You don't have to defend it.
Let it loose. It will defend itself.”*
— *St. Augustine*

My journey with MMS was just the beginning. Since Jim Humble's discovery, others have stepped forward to share their experiences and help make these tools more available. One of them is Ali Erhan, who suffered deeply from mercury poisoning and later became a strong voice in the MMS and Methylene Blue communities. His work not only validates what Jim started, but also expands it into new territory with another powerful healing compound: Methylene Blue.

I want to share Ali's words here, because they not only tell his story, but also connect you to a free resource with protocols and deeper knowledge you can access anytime:

Foreword by Ali Erhan

Greetings to you! My name is **Ali Erhan** and I am actually a qualified engineer and IT specialist.

I suffered mercury poisoning due to the improper removal of my amalgam dental fillings. This changed my life over 20 years ago. Before this procedure, I was highly productive and could work 12–14 hours a day with concentration. After the poisoning, I had all kinds of painful symptoms, allergies, intolerances, brain fog and permanent sensory overload. I was practically no longer able to work.

Despite having private health insurance, conventional medicine was unable to help me. It was only years later that I found relief when I came across Jim Humble and his MMS (Master Mineral Solution) — Self-Medicating Treatments with Chlorine Dioxide. Jim personally trained me in the use of MMS and chlorine dioxide, and I have been happy to pass on this knowledge ever since.

My Path to Healing

I gave MMS seminars in various cities. In the process, I came across more and more alternative medicine remedies and methods. Finally, I organised two large AKASHA congresses on the subject of BACK2HEALTH – BACK TO HEALTH, where world-famous speakers such as Dr. Dietrich Klinghardt were guests.

Now I've come across another very special product:

Methylene Blue. Just like **MMS**, it has a very strong, immediately noticeable effect. You don't have to believe that it works — it simply works, and it is safe to use.

Why Methylene Blue?

In aquaristics, for example, methylene blue is used as a disinfectant to keep disease-causing bacteria, fungi, and parasites away from expensive farmed fish. At the same time, the fish appear to be much more vital and energetic, and live longer.

Now comes the revolutionary thought: fish and humans may seem different, but the power plants (mitochondria) in their cells are almost identical. All these marvellous effects should therefore also be transferable to humans, as methylene blue primarily supports these mitochondria.

Even in healthy people, methylene blue promises to:

- neutralise disease-causing germs in the body,
- give more energy,
- bring greater mental clarity,
- and potentially extend life with high vitality.

For those struggling with illness, methylene blue can offer real hope: significant help, relief, and even possible cures for many modern civilisation diseases.

Recognition and Awareness

If you still have doubts, consider this: the current U.S.

Secretary of Health and Human Services, **Robert F.**

Kennedy Jr., publicly consumed methylene blue while on Donald J. Trump's Air Force One. He dripped a few drops of "blue ink" into a glass of water and drank it while journalists filmed. The next day, the video went viral and his photo with the drops spread worldwide.

Do you think the health minister of one of the most powerful countries in the world would promote something like this if methylene blue were fake or unsafe?

Even popular culture hints at its potential. In the film *Dune – The Desert Planet* by Denis Villeneuve, "Spice Melange" is portrayed as "the most valuable commodity in the universe" — the key to power, space travel, and consciousness. In my opinion, methylene blue harbours some of this same powerful potential.

Sharing the Knowledge

I have endured a lot of pain, suffering and anxiety in my life. When you come across such a helpful and safe solution as MMS or methylene blue, you immediately feel compelled to share it with others.

- That is why I created a **free e-book**:
“Methylene Blue – The Ultimate Biohack!”
Available at www.mms-seminar.com.

This book is aimed at interested laypeople and advanced private users. It also touches on topics relating to medical use. I therefore ask all professionals to bear with me. I am an engineer, not a doctor.

In the following, I often abbreviate methylene blue to “MB.” This is also common in other languages.

Important Notes on Translation

This book was originally written in German and then machine-translated into many languages, all available at www.mms-seminar.com.

I was able to personally correct the English version, but I cannot accept responsibility for errors in other translations. Manually corrected versions are marked with an “R” after the version number.

This book is currently Version **V1.17 (2025)**. Should an automatic translation contain errors, please compare the text with the German or English versions.

If you are skilled in languages, you are welcome to send corrections to info@mms-seminar.com.

Stay Connected

As soon as new findings and corrections are available, I publish a new version. To stay updated, you can:

- Subscribe to the newsletter at:
www.mms-seminar.com
- Join the multilingual Telegram channel: **Methylene Blue Biohacking**

The channel always contains the latest free download link for the e-book.

The book is free for you — but not for nothing. You are giving me your attention and your time, and I thank you for that. I trust it will be a blessing in your life.

Have fun and success with it.

With love,

Ali Erhan

Love is the answer!



CDS: A Cleaner, Gentler Option

While **Jim Humble** pioneered MMS1, **Dr. Andreas Kalcker** later developed **CDS (Chlorine Dioxide Solution)** — a more refined version of chlorine dioxide.

Dr. Kalcker, a biophysicist and chlorine dioxide specialist, transformed Jim Humble's MMS into a cleaner, more precise preparation. Over 14 years, he distilled activated MMS, capturing chlorine dioxide (ClO₂) gas in neutral water to create CDS: a potent yet gentler solution ideal for oral, topical, and even injectable use.

Launching several patents, Kalcker explored CDS in treating:

- ◆ **Hypoxia** (including COVID-related)
- ◆ **Inflammation**
- ◆ **Infections**
- ◆ **Insect bites**

He and his collaborators introduced refined dosing protocols —measured in **milliliters instead of drops**—to ensure consistency. His **3,000 ppm** solution became the global standard for CDS.

CDS is created by saturating chlorine dioxide gas into distilled water, leaving no residual sodium chlorite or acid behind. The result is a pure, yellowish liquid that many find easier to use, especially for **long-term protocols** or **sensitive individuals**.

CDS Is Smoother Than MMS1, But...

- ◆ Can be **harsher on the throat** at higher doses
- ◆ Must be **refrigerated at all times** (heat and light deactivate it)
- ◆ If it loses its **yellow tint**, it's no longer effective
- ◆ May act **more slowly against acute infections** like malaria
- ◆ Always transfer CDS into a **glass bottle** (never plastic)

Who Is Andreas Kalcker?

Andreas Kalcker, a German-born biophysics researcher who later lived in Spain and Switzerland, first encountered chlorine dioxide over 14 years ago. His journey began not in a lab, but in his **own body**.

At the time, Kalcker was struggling with **arthritis** when a friend mentioned Jim Humble's *Miracle Mineral Solution* (MMS). Curious but cautious, he ordered some online.

When the bottle arrived, however, he hesitated. Instead of taking it himself, he decided to test it on his **dog**, who had been noticeably low on energy.

After just a short time on MMS, the once-lethargic dog began racing around the house with newfound vitality.

Watching this transformation, Kalcker thought: *Hmm... maybe I should try it too.*

He began following an MMS protocol while, coincidentally, moving boxes. His wife warned him:

“Be careful with your arthritis—you’re going to be in a lot of pain afterward.”

But the pain never came. In fact, he felt unexpectedly well. That moment sparked his curiosity, and, as Kalcker himself has said: *“The rest is history.”*

Driven by this personal breakthrough, Kalcker pursued distance learning in natural sciences and earned a doctorate in biophysics through alternative medicine—though he later renounced the degree following public criticism. Regardless, he remained steadfast in his conviction and dedicated himself to researching and sharing chlorine dioxide's applications.

What Makes CDS Unique?

Unlike MMS (a mix of sodium chlorite and acid), CDS is **pure chlorine dioxide gas dissolved in neutral-pH water**. This process removes unreacted sodium chlorite, significantly reducing **stomach upset and side effects**.

Kalcker developed a **distillation-style activation method**: agitating activated MMS with cold water to trap the gas in solution. The result:

- ◆ Stable **3,000 ppm CDS**
- ◆ Suitable for **oral, intravenous, and intramuscular use**
- ◆ **Cleaner chemistry** and gentler administration
- ◆ Precise **milliliter dosing** without residual acid

Claims, Protocols & Patents

Kalcker holds several patents for chlorine dioxide applications, including:

- ◆ Treatment of **hypoxia** (notably in COVID-19 cases)
- ◆ Reduction of **inflammation and infections**
- ◆ Relief for **insect and animal bites**
- ◆ General **antiseptic use**

Though his company was later disbanded amid controversy, his community released **CDS dosing guidelines** that shifted from **drop-counting to milliliter precision**.

Rule of thumb: 1 mL of CDS \approx 1 drop of activated MMS

In 2023, he released **updated protocols** based on over a decade of experience, emphasizing:

- ◆ **Neutral pH**
- ◆ **Absence of residual chlorite**
- ◆ **Ease of pipette dosing**

The Kalcker Contribution

By refining Humble's discovery, Dr. Kalcker elevated chlorine dioxide into something far more precise. CDS offered:

- ◆ The same benefits as MMS
- ◆ Fewer side effects
- ◆ Greater consistency
- ◆ Broad application (oral → intravenous)

CDS became the **next evolution** in alternative healing.

CDS Trials in Cattle

Kalcker began testing CDS on **cows** after a friend with a herd of ~800 cattle faced infection problems.

Because cows are ruminants, traditional MMS (sodium chlorite + acid) reacted poorly with their digestive system. Kalcker instead developed a **pre-activated, pH-neutral CDS**.

Rather than oral dosing, he used **intramuscular injections** of CDS in saline at infection sites.

Reports—such as from a Welsh farmer—described **rapid recovery in sick calves** suffering viral infections. Injections targeted **specific areas** (joints, muscles), not systemically.

This experimentation demonstrated:

- ◆ CDS could work **across species**
- ◆ Precision delivery methods mattered
- ◆ CDS offered **consistency and adaptability**

What started as a workaround for cows evolved into a **revolutionary delivery system** still impacting thousands today.

CDS Dosage & COVID Evolution

In 2023, Kalcker released updated CDS protocols, highlighting:

- ◆ **Neutral pH**
- ◆ **No residual chlorite**
- ◆ **Precise pipette dosing**

During the COVID-19 crisis, he introduced several specific regimens.

Example: Protocol F (acute infections)

1. Use **0.3% CDS (3,000 ppm)**
2. Dilute **10 mL in 500 mL water**
3. Take **1 mL every 15 minutes** (8 doses over 2 hours = 8 mL total)
4. Protocols could be repeated **up to 3× daily** in severe cases.

Other Protocols

- ◆ **Protocol C** → 8–10 mL CDS in 1 L water, drunk in portions over hours
- ◆ **Protocol Y** → intravenous/subcutaneous CDS (physician only), e.g. **5 mL 0.3% CDS in 500 mL saline** over 4–6 hrs

Clinical Outcomes & Safety

A retrospective study of **1,000+ COVID patients** using CDS (Protocols C, F, Y) reported:

- ◆ **99% recovery rate**
- ◆ Average dosage: **~1.41 mg/kg (~33 mL/day)** for 16 days

- ◆ SpO₂ improved to >90% in ~7–8 days, >95% shortly after
- ◆ Biochemistry normalized without significant adverse effects
- ◆ Mild side effects (<7%): headache, nausea, diarrhea

For deeper research: **Dioxipedia** — a community-driven encyclopedia on chlorine dioxide.

Conversion:

- ◆ 1 drop MMS1 \approx 3 mg ClO₂
- ◆ 1 mL CDS (3,000 ppm) \approx 3 mg ClO₂
- ◆ **Therefore: 1 mL CDS \approx 1 drop MMS1**

So What Should You Do?

- ◆ If using **CDS** → follow **Dr. Kalcker's** protocols
- ◆ If using **MMS1** → follow **Jim Humble's** protocols
- ◆ Both can work — it depends on **preference, access, and individual response**

General Guidelines for Chlorine Dioxide

- ◆ Take on an **empty stomach** (wait 1 hr after meals)
- ◆ Avoid **antioxidants** (Vitamin C, juices) — they neutralize ClO₂
- ◆ Use **distilled water** for mixing
- ◆ If taste bothers you → hold your breath while drinking
- ◆ Adjust dosing by **body size**
 - Standard adult: **3 drops MMS1** or **1 mL CDS**
 - Children/pets: less
 - Larger adults: slightly more

Protocol 1000 (Using CDS Stock)

1. Measure **8 mL of 3,000 ppm CDS**
2. Add to **1 liter water**
3. Drink **125 mL every hour for 8 hours**

How to Make CDS (Two Methods)

1. Quick Weak CDS (Daily Batch)

This is a fast way to make a **small amount of CDS** for immediate use (not storage strength).

Supplies

- ✓ 1 mason jar
- ✓ 1 small glass (shot glass or medicine cup)
- ✓ 250–300 mL distilled water
- ✓ 10–20 drops sodium chlorite (22.4%)
- ✓ 10–20 drops activator (50% citric acid or 4% HCl)

Steps

1. Pour 250–300 mL distilled water into the mason jar.
2. Place the small glass inside the jar (above water line).
3. Add **equal drops** sodium chlorite and activator into the small glass.
4. Seal the jar quickly and tightly.
5. Let sit for **12–24 hrs**.
6. Water will turn pale yellow. This is a **weak CDS**.

Shelf Life: Best used within **24–48 hrs**. Keep refrigerated if not consumed immediately.

2. Full Strength CDS Stock ($\approx 3,000$ ppm)

This method creates a **proper storage solution** that can be refrigerated and diluted for daily use.

Supplies

- ✓ 1 mason jar (500 mL or larger)
- ✓ 1 small glass (shot glass or medicine cup)
- ✓ 250 mL distilled water
- ✓ 10 mL sodium chlorite (22.4%) (~ 200 drops)
- ✓ 10 mL activator (50% citric acid or 4% HCl)
- ✓ Gloves & safety glasses

Steps

1. Pour **250 mL distilled water** into the mason jar.
2. Place the small glass inside (floating above water line).
3. Add **10 mL sodium chlorite + 10 mL activator** into the small glass.
4. Seal jar immediately and tightly.
5. Leave in a cool, dark place for **12–24 hrs.**
6. Water should be **light golden yellow** = CDS stock $\approx 3,000$ ppm.

Remove the small glass and store sealed in the refrigerator.

Shelf Life: Keeps for **1–2 weeks** refrigerated (longer if stored in amber glass with minimal air space).

CDH & The People Behind It: Scott McRae & Charlotte Lackney

On January 7, 2014, Jim Humble introduced CDH as a “new, simpler MMS” and credited **Scott McRae** and **Charlotte Lackney** for their work in developing it.

McRae later advanced CDH further, publishing a formula he called *The Antidote* on the MMS Forum — always acknowledging Charlotte’s role as co-creator:

“Creator of ‘*The Antidote*’ and CDH — with ClO_2 ’s help (*Charlotte Lackney*).”

What Makes CDH Different?

CDH (*Chlorine Dioxide Holding solution*) is a hybrid between MMS and CDS. Like MMS, it starts with sodium chlorite, but it’s activated **longer inside the bottle** before use. This extended activation minimizes leftover sodium chlorite, which is often responsible for stomach upset with MMS1. When made with **4% hydrochloric acid (HCl)**, CDH is notably milder in taste and gentler on the system — something both McRae and Lackney emphasized in their writings.

Reported Benefits (per McRae, Lackney & users)

- ◆ **Greater efficiency:** Up to 5× more chlorine dioxide per drop than MMS1.
- ◆ **More accurate dosing:** Typical concentration ~3,500 ppm, allowing precision dilutions.
- ◆ **Reduced nausea:** Fewer stomach upsets due to less unactivated sodium chlorite.
- ◆ **Versatility:** Effective for oral, topical, enema, and bath protocols.

Experimental Uses

- ◆ **Scott McRae** documented IV experiments: three injections of 10 mL of 50 ppm CDH in 11 hours. He reported no damage to liver, kidneys, or blood markers.
- ◆ **Charlotte Lackney** reported similar results: two 10 mL injections of 100 ppm CDH relieved cold symptoms overnight — without nausea.

Together, they co-authored **Protocol 115**, based on frequent micro-dosing to maintain steady CIO₂ levels in the bloodstream.

Jim Humble's Words

Jim Humble himself acknowledged McRae and Lackney's contributions:

“I would like to acknowledge the work of two people, Scott McRae and Charlotte Lackney, who spent many long hours, first inventing and then further developing CDH. Their hard work is greatly appreciated and much benefit has already been derived from this new method of using MMS.”

He also noted that **Kerri Rivera** helped prove CDH's effectiveness for children with autism spectrum symptoms.

Advantages of CDH (per Humble & others)

- ◆ Better taste
- ◆ Less stomach upset
- ◆ No activation needed after preparation
- ◆ Longer usability (up to weeks)
- ◆ Reported improved results in some cases

How to Make CDH (One-Bottle Method)

Ratio: 22 parts water + 1 part MMS + 1 part activator

Example (to make 240 mL):

1. Add **220 mL purified/distilled water** to a glass bottle (250–300 mL, sealable).
2. Add **10 mL MMS** (22.4% sodium chlorite).
3. Add **10 mL of 4% HCl** (or 50% citric acid).
4. Cap immediately to trap ClO_2 gas.
5. Shake well.
6. Store in a dark place at $\sim 72^\circ\text{F}$ (22°C) for 12–24 hours.
7. Refrigerate for 1+ hour before first use (to reduce gas loss).
8. Keep refrigerated thereafter; stable for 1–2 weeks.

Equivalency:

- ◆ 1 mL CDH = 1 activated MMS1 drop
- ◆ Example: 3 mL CDH in water \approx 3 drops MMS1

Protocol 1000 with CDH

- ◆ 1 liter clean water
- ◆ Add **8–24 mL CDH**, depending on tolerance
- ◆ Drink 120 mL (4 oz) every hour for 8 hours

Conversion Guide

- ◆ 8 mL CDH in 1 L = 1 MMS1 drop/hour
- ◆ 16 mL CDH in 1 L = 2 MMS1 drops/hour
- ◆ 24 mL CDH in 1 L = 3 MMS1 drops/hour (max for Protocol 1000)

Understanding Concentrations & Shelf Life

CDS

- ◆ 3,000 ppm chlorine dioxide in distilled water
- ◆ No sodium chlorite left in solution
- ◆ Shelf life: Up to 6 months refrigerated, a few weeks at room temp

CDH

- ◆ ~3,500 ppm chlorine dioxide, with some residual sodium chlorite
- ◆ Ongoing reaction = shorter shelf life
- ◆ Refrigerated with 4% HCl: ~2 weeks
- ◆ With 2% HCl: up to 2 months

Sodium Chlorite Stock

- ◆ **Powder:** 5–10+ years if dry, sealed, cool
- ◆ **22.4% MMS solution:** 5+ years in opaque, sealed glass/HDPE container

Activators

- ◆ **Citric acid powder:** Stable for years if sealed & dry
- ◆ **Liquid citric acid:** Shorter shelf life
- ◆ **Dilute HCl (4%):** Stable for years if stored properly

Quick Reference: Shelf Life Comparison

Product	Concentration/Form	Storage Condition	Shelf Life
CDS	3,000 ppm	Refrigerated	Up to 6 months
CDS	3,000 ppm	Room Temp	2 - 8 weeks
CDH (4% HCl)	Varies	Refrigerated	Up to 2 weeks
CDH (2% HCl)	Varies	Refrigerated	Up to 2 months
Sodium Chlorite Powder	Dry	Cool, dry, sealed	5–10+ years
Sodium Chlorite Solution	22.4%	Cool, dark, sealed	5+ years

Dosing Conversion: MMS1 vs. CDH/CDS (Non-Ingsted)

For topical or other non-ingestion uses, you can calculate CDH or CDS doses based on standard MMS1 dosing using this formula:

$$\text{CDH/CDS dose (mL)} = \text{MMS1 drops} \times 0.2$$

Example:

A 20-drop dose of MMS1 is equivalent to 4 mL of CDH or CDS for non-ingested applications.

This conversion assumes drop size = 1/24 mL or 0.042 mL per drop, which aligns with Jim Humble's standard.

MMS / CDH / CDS Comparison

MMS1

- How it's made: Sodium chlorite + activator, mixed fresh each time
- Strength: Very strong, ~3,000 ppm equivalent (but unstable)
- Shelf life: Must be used within 1 hour
- Typical use: Protocol 1000 – 3 drops MMS1 per dose, 8× daily
- Notes: Fastest to make, but can be harsh on sensitive stomachs

CDH (Chlorine Dioxide Holding Solution)

- How it's made: Pre-activated mix diluted in 1 liter of water, left overnight
- Strength: ~1,000 ppm
- Shelf life: 5–6 days refrigerated
- Typical use: Protocol 1000 – 120 mL every hour for 8 hrs
- Notes: Gentler on the stomach, fewer “MMS burps”

Weak CDS (Chlorine Dioxide Solution - Daily Batch)

- How it's made: Mason jar method with 10–20 drops sodium chlorite + equal activator, gassed into 250–300 mL distilled water
- Strength: Low strength (pale yellow, variable)
- Shelf life: 24–48 hrs refrigerated
- Typical use: Quick daily batch, not for storage
- Notes: Easy short-term solution

Full CDS Stock (Chlorine Dioxide Solution ≈3,000 ppm)

- How it's made: Mason jar method with 10 mL sodium chlorite + 10 mL activator, gassed into 250 mL distilled water for 12–24 hrs
- Strength: ~3,000 ppm (light golden yellow)
- Shelf life: 1–2 weeks refrigerated (longer in amber glass, minimal air space)
- Typical use: Protocol 1000 – dilute 8 mL stock into 1 L water, drink hourly × 8 hrs
- Notes: Cleanest taste, most stable for storage

Additional Protocols: Autism & ClO₂ Practitioner Spotlight: Kerri Rivera

Following Jim Humble's controversial yet groundbreaking work with MMS, other researchers and practitioners have expanded the chlorine dioxide conversation — especially in the realm of chronic childhood conditions. One of the most prominent figures in this space is **Kerri Rivera**, known for her work with families affected by autism spectrum disorder (ASD).

Who is Kerri Rivera?

Rivera is the author of *Healing the Symptoms Known as Autism*, a book that outlines an integrative detox-based approach to reducing symptoms associated with ASD.

She was formerly affiliated with the AutismO₂ Clinic in Puerto Vallarta, Mexico, which specialized in alternative autism treatments including diet, supplementation, oxygen therapy, and chlorine dioxide.

What does she promote?

Targeted detox protocols: Rivera advocates using chlorine dioxide (ClO₂) as part of a structured detox program to reduce pathogens, heavy metals, and inflammatory triggers believed to contribute to autism symptoms.

Gut-brain axis support: Her protocols emphasize healing the gut microbiome, which she and others see as central to neurodevelopment and behavior regulation.

Non-pharmaceutical intervention: Rivera offers alternatives to conventional psychotropic medications, focusing instead on dietary changes, parasitic cleansing, and immune modulation.

Controversy & Results

Rivera's work has faced intense criticism and regulatory pressure, especially from agencies like the FDA and Autism Speaks, who view ClO₂ use as potentially dangerous and unsupported by mainstream science.

Despite opposition, thousands of testimonials from parents claim dramatic improvements in speech, social interaction, behavior, and overall cognition.

Many families credit Rivera's method for restoring quality of life and function when all other therapies had failed.

Protocol Access

Her protocol includes oral ClO₂ dosing, dietary restrictions (GF/CF/SF), anti-parasitic regimens, and regular stool testing.

Rivera consistently advises against unsupervised use and stresses slow, individualized titration under informed guidance.

If you're exploring how chlorine dioxide might support neurodevelopmental healing, Kerri Rivera's protocols are worth reviewing with discernment. You can access her materials, interviews, and case studies at:

www.kerririvera.com



Chlorine vs. Chlorine Dioxide: Not the Same Thing

One of the biggest misunderstandings around CDS/MMS is the confusion between chlorine and chlorine dioxide. Despite the similar names, these are very different substances — chemically, energetically, and biologically.

Chlorine (Cl₂)

- The yellow-green gas used to disinfect swimming pools, bleach fabrics, and sanitize municipal water.
- Highly reactive, corrosive, and toxic in high concentrations.
- Can form harmful byproducts (like chlorinated hydrocarbons) when interacting with organic matter.
- Used in large-scale sanitation, but not intended for internal use.

Chlorine Dioxide (ClO₂)

- A reddish-yellow gas that acts as a selective oxidizer — meaning it targets harmful substances (like pathogens) while leaving healthy tissue largely unharmed.
- Unlike chlorine, it does not chlorinate organic matter.
- Used in low concentrations to purify water, sterilize medical equipment, and in some cases, reduce microbial load in the human body (as explored with MMS/CDS).
- Breaks down into harmless byproducts: salt (NaCl) and oxygen (O₂).

Comparison Table

Property	Chlorine (Cl₂)	Chlorine Dioxide (ClO₂)
Composition	Diatomic chlorine gas	One chlorine + two oxygen atoms
Mechanism	Chlorinates (adds chlorine to)	Oxidizes (steals electrons selectively)
Byproducts	Harmful chlorinated compounds	Harmless salt + oxygen
Toxicity	Highly toxic	Low toxicity at controlled doses
Use in MMS/CDS	Not used	This is the active agent

Key Differences — Why This Matters

When people hear "chlorine," they imagine pool chemicals or bleach — and understandably react with fear. But chlorine dioxide is a different molecule with a different purpose.

MMS and CDS rely on this selective oxidation effect — a gentle chemical reaction that may help neutralize pathogens, heavy metals, and toxins without harming healthy cells (when properly diluted and used responsibly).

This is why organizations like the EPA and FDA allow chlorine dioxide to be used in water purification, food sanitation, and even in mouthwashes — just not (officially) as an internal detox agent.

Bottom Line

- ◆ Chlorine is not the same as chlorine dioxide.
- ◆ One is a blunt weapon. The other is a precise tool.

Knowing the difference could be the key to reclaiming your health.

DMSO – From Pine Forest to Healing

Imagine a vast forest of southern pines swaying in the wind, their tall trunks drawing sunlight and rain into resin-rich wood. Hidden inside those sturdy fibers is lignin — nature’s tough glue — and within it, sulfur compounds that few people ever think about.

When these trees are turned into paper, those compounds take an unexpected detour. Through heat, pressure, and careful refining, they transform into dimethyl sulfoxide, or DMSO — a clear liquid with an uncanny ability to slip through skin and carry healing agents deep into the body.

It’s a journey from pine needle to medical marvel, born from the same forests that give us lumber and paper, yet offering something far more surprising: a natural doorway into the cells themselves.

What is DMSO?

DMSO (Dimethyl Sulfoxide) is a natural solvent extracted primarily from pine trees through the kraft paper-making process. It’s known for:

- ◆ Reducing pain and inflammation
- ◆ Penetrating deeply into tissues, even to the bone
- ◆ Acting as a carrier, pulling chlorine dioxide (and other substances) deeper

While refined in modern industrial facilities, DMSO begins as a natural component of pine wood, especially southern yellow pine, which is rich in both lignin and sulfur compounds — the raw ingredients for DMSO.

From Pine Forest to Bottle

- 1. Pine Chips → Pulping:** Pine logs are chipped and cooked in a mixture of water, sodium hydroxide, and sodium sulfide (the “kraft process”), breaking down lignin and separating cellulose fibers for paper.
- 2. Byproduct Recovery:** The leftover “black liquor” is rich in lignin breakdown products, including dimethyl sulfide.
- 3. Oxidation:** Dimethyl sulfide is oxidized into dimethyl sulfoxide (DMSO).
- 4. Purification:** The crude DMSO is distilled repeatedly until it reaches high purity. Pharmaceutical-grade DMSO is at least 99.9% pure and carefully tested for safety.

Using DMSO with Chlorine Dioxide

To use DMSO with chlorine dioxide (MMS):

- 1.** Prepare your activated MMS as usual.
- 2.** Add equal drops or more of DMSO.
- 3.** Stir in a non-metal cup and drink. (glass, ceramic, or plastic only).

Tip: Clean the skin well before applying DMSO topically. If any toxins or contaminants are on the skin, DMSO can carry them into the bloodstream. Best to disinfect first with a chlorine dioxide spray.

The DMSO Smell Mystery

If you've ever used DMSO, you've probably noticed a distinct aroma — and maybe even tasted it in your mouth within minutes.

- **Where it comes from:** When DMSO enters your body, it's metabolized into dimethyl sulfide (DMS), a volatile sulfur compound.
- **What it smells like:** Some describe it as garlic, others as oysters, dill pickles, sweet corn, or cabbage — it depends on your body chemistry.
- **How long it lasts:** Usually fades after a few hours, but can linger in some people.

How to Tell If Your DMSO Is Pure

High-quality DMSO should be:

- Clear and colorless (it may crystallize below 65°F / 18°C but clears when warmed)
- Free of particles or sediment at room temperature
- Labeled with purity — look for 99.9% pharmaceutical grade for any internal or skin-contact use

Tip: Never store DMSO in plastic long-term — it can leach chemicals. Use glass bottles for purity.

Where to Get It

Because this book is read worldwide, here are some reliable starting points for purchasing DMSO in English-speaking countries (and Colombia, where I lived and sourced it myself). Always look for 99.9% pure and confirm whether it's sold as solvent-grade, USP-grade, or veterinary use before buying.

DMSO may be labeled as a solvent, veterinary supply, or health product—the key is that it's 99.9% pure. Here are some good places to start:

- **Canada:** DMSO Canada, Ingredient Depot, BioShop Canada
- **United States:** The DMSO Store, Biogenic Foods, Ingredient Depot
- **United Kingdom:** Amazon UK, Fisher Scientific UK, lab supply shops
- **Australia:** eBay AU, local farm & vet supply outlets
- **New Zealand:** HealthPost NZ, farm supply stores
- **Ireland:** Amazon EU, regional chemical suppliers
- **South Africa:** Takealot, veterinary supply shops
- **Colombia:** Tierragro, Supermascotas, Croper, Mercado Libre

DMSO is widely available online, and during my time in Colombia I often found it in veterinary supply stores. A well-known brand is **Domosyn**, a liquid or topical gel used for horses, dogs, and cats to relieve inflammation, muscle pain, and joint problems.

Note: Even though it's marketed for animals, DMSO works just as well for humans — often better than over-the-counter options. However, these products are not always FDA-approved for internal human use. Always verify purity and use responsibly.

In some countries, FDA-approved DMSO is available by prescription under brand names like **RIMSO-50**, used for conditions like interstitial cystitis.

A Brief Historical Note

In the 1960s, Dr. Stanley Jacob at Oregon Health & Science University began researching dimethyl sulfoxide (DMSO) for its pain-relieving, anti-inflammatory, and membrane-penetrating properties.

Its potential was enormous — but so was the concern over its ability to carry other substances into the body. While regulatory restrictions have kept it largely out of mainstream medicine, DMSO remains a favorite in alternative healing circles for its unique and powerful effects.

Medical Uses and Legality

Approved Uses (U.S.): Interstitial cystitis (chronic bladder condition), cryoprotectant for preserving bone marrow and stem cells.

Off-label / Investigational Uses (elsewhere & alternative medicine):

- Pain and inflammation (osteoarthritis, tendinitis, sprains)
- Wound and burn healing
- Complex regional pain syndrome
- Shingles relief
- Enhancing absorption of other medications
- Industrial solvent (non-medical)

From Pain to Praise in Taganga

While living in Taganga, Santa Marta, Colombia, I met an old fishing captain who was slowly making his rounds on the beach, promoting tour packages.

When I asked how he was doing, he admitted he hadn't been sleeping well due to persistent neck pain that had bothered him for quite some time. I told him, "Hang on — I've got something for you. Meet me here tomorrow."

It took a few stops at veterinary supply stores, but I finally found a tube of **Domosyn** in Santa Marta for about 55,000 pesos (roughly \$15 USD).

The next day, I handed it to him and said:

"Just paint it on lightly around the painful area and make sure it's clean first. Don't rub it in — it can get itchy and cause a rash. Try applying it three times a day, as long as it doesn't irritate your skin."

A couple of days later, I saw him again. He waved his arms toward the sky and out loud thanked God for me. The change was clear — he was walking faster, smiling, and full of energy.

It wasn't just the relief that struck me — it was how quickly his spirit bounced back. In that small fishing village, where word travels faster than the tide, locals and even a few curious tourists soon asked what magic I'd given him.

The captain, of course, told them with pride that it was "something from the forest" — and before long, others were asking where they could find it too.

Moments like that remind me that remedies like DMSO are more than just chemicals in a bottle — they carry stories, traditions, and, sometimes, the power to transform a life in ways science is only beginning to explain.

Dr. Morton Walker's Contributions

Much of what the public knows about DMSO comes from Dr. Morton Walker, a podiatrist and medical journalist whose 1993 book *DMSO: Nature's Healer* became a landmark in the field.

Drawing from hundreds of case studies, Walker documented applications ranging from rapid sports injury recovery to neurological improvements.

One of his most striking accounts involved an infant with Down syndrome. According to Walker, early DMSO intervention appeared to produce developmental gains beyond what doctors expected — a claim still considered anecdotal but deeply compelling to those exploring the compound's potential.

While not recognized in conventional medicine, Walker's work continues to inspire curiosity and research.

Controversy and Risks

DMSO's therapeutic potential remains controversial. Some studies confirm benefits for certain conditions, but many claims lack robust clinical evidence.

Key safety considerations include:

- Purity matters: Industrial-grade DMSO may contain harmful contaminants
- Skin irritation: Undiluted DMSO can cause rashes or eye irritation
- Chemical carrier effect: It can transport toxins through the skin into the bloodstream
- Distinctive odor: Often described as garlic- or dill-like, caused by dimethyl sulfide
- Regulation gaps: Supplement-market DMSO may not undergo strict quality control

Important: Always consult a qualified healthcare professional before using DMSO. Self-treating with unregulated or industrial-grade products can be dangerous.

Recommended Reading: For science, history, and real-world uses of DMSO, Dr. Morton Walker's *DMSO: Nature's Healer* is a clear, comprehensive guide. Mixing research with case studies — including a baby with Down syndrome who showed unexpected improvement — it offers both inspiration and insight.

Can Distilled Water Strip the Body of Minerals?

Short Answer: No — this is largely a myth. When consumed in moderation as part of a balanced diet, distilled water does not significantly strip the body of minerals. The body gets the vast majority of its essential minerals from food, not from drinking water.

What Is Distilled Water?

Distilled water is water that has been purified through boiling and condensation, effectively removing minerals, contaminants, and impurities. It contains little to no dissolved solids — including minerals like calcium, magnesium, and potassium.

Where the Concern Comes From

The claim that distilled water “leaches” minerals from the body is based on its hypotonic nature — meaning it has fewer dissolved minerals than body fluids. Some have suggested it might pull minerals from tissues or the digestive tract via osmosis.

But that theory doesn't hold up under scientific scrutiny.

What the Science Says

Your Body Regulates Mineral Balance

Your mineral levels are maintained through digestion, absorption, and excretion — tightly regulated by organs like your kidneys. Most of your essential minerals come from a nutrient-rich diet, not your water.

No Meaningful Leaching Occurs

The idea that distilled water actively "strips" minerals from your body is exaggerated. Any interaction with bodily minerals is minimal and swiftly corrected by the body's homeostasis mechanisms.

WHO Findings

A 2005 World Health Organization report acknowledged that demineralized water has low nutrient content, but found no strong evidence of it causing mineral deficiencies in people who maintain a balanced diet. Only in extreme cases — like poor nutrition combined with exclusive long-term use of distilled water — could minor deficiencies theoretically occur.

Clinical and Research Support

A 2013 review in the *Journal of Water and Health* concluded that demineralized water poses no health risk to healthy individuals when part of a well-rounded diet.

Are There Any Downsides?

Flat Taste

The absence of minerals can make distilled water taste bland or "flat," which may cause some people to drink less of it.

Cooking Considerations

Using distilled water for boiling or steaming may slightly

reduce the mineral content of food, but the difference is marginal and not a concern for most people.

Extreme Overconsumption

Drinking excessive water without enough electrolytes can dilute sodium levels (hyponatremia), a rare issue usually seen in extreme endurance events or prolonged fasting.

Why Use Distilled Water?

Purity & Safety

Distilled water is free of heavy metals, pathogens, and chemical residues, making it ideal for those detoxing, dealing with compromised immunity, or living in areas with questionable water quality.

Medical and Specialized Uses

It's also used in medical procedures like dialysis, in laboratory settings, and in protocols (like MMS or CDS) where water purity matters.

Debunking the Myth

Early, outdated studies and wellness claims may have fueled this myth, but modern science is clear: distilled water is safe when used wisely as part of a nutrient-rich lifestyle.

Conclusion

Distilled water doesn't strip your body of minerals — those come from food, not water. Unless your diet is severely lacking, there's no need to fear it. For detox protocols like MMS or CDS, distilled water is the right choice to avoid contaminants. Just support yourself with nourishing foods and stay aware of how you feel.

Nature vs. Nurture: Minerals from Rocks vs. Minerals from Plants

Not all minerals are created equal — especially when it comes to whether your body can actually use them. There's a big difference between the minerals locked inside rocks and those found in the vibrant, living tissues of fruits and vegetables.

1. Chemical Form

In Rocks:

Minerals found in rocks — like quartz (silicon dioxide), calcite (calcium carbonate), or hematite (iron oxide) — are inorganic and often exist in tightly bound crystalline forms. They're stable, dense, and largely insoluble in water or digestive fluids.

In Fruits & Vegetables:

In contrast, plants convert these raw materials from the soil into bioavailable forms — ions, salts, or chelates bound to organic molecules — making them compatible with your body's biology. That's why minerals from kale, bananas, or spinach are absorbable, while minerals in gravel... not so much.

2. Bioavailability

Rocks:

Your body cannot digest rock. Even if you grind it up and soak it in water, the minerals remain locked in forms that are chemically unusable by your system.

Fruits & Veggies:

These contain minerals in forms your body recognizes and utilizes — for muscle contraction, nerve transmission, bone density, and enzymatic functions. They're the end result of a natural alchemy where the Earth meets biology.

3. How They're Made

Rocks:

Forged by heat, pressure, and time, rock-based minerals are geological artifacts, not designed for human consumption. They may hold structural value in the Earth, but they're biologically inert for us.

Fruits & Vegetables:

Plants act as intermediaries between soil and soul. They draw up inorganic minerals from the ground, transform them via metabolic processes, and offer them to us in digestible, life-giving forms.

4. Examples

Rock-Based Minerals:

- ◆ Silicon in quartz
- ◆ Calcium in limestone
- ◆ Iron in hematite

Plant-Based Minerals:

- ◆ Potassium in bananas
- ◆ Magnesium in spinach
- ◆ Calcium in kale

Can We Absorb Minerals from Rocks Soaked in Water?

Short Answer: No. Soaking rocks in water does not make their minerals bioavailable in any meaningful or safe way.

Why Not?

Insolubility:

Most minerals in rocks don't dissolve in water — or if they do, it's in trace amounts too small to be beneficial. You'd get more calcium from a single almond than from a glass of water soaked with a rock.

Non-Bioavailable Forms:

Even when a mineral leaches into water, it's usually in an inorganic, unabsorbable form. Your body needs minerals in ionic or chelated states — forms typically produced by plants, not rocks.

Contamination Risk:

Depending on the rock's source, soaking may introduce heavy metals like lead or arsenic, or microbial contaminants. Without lab testing, it's guesswork — and potentially hazardous.

No Scientific Support:

There's no peer-reviewed evidence to support the idea that soaking rocks in water offers mineral or health benefits. Most such claims stem from anecdotal wellness trends, not reproducible science.

What About Natural Mineral Springs?

There are exceptions — like naturally occurring mineral springs. These waters percolate through rock over long periods, dissolving specific minerals into bioavailable forms. This is not the same as plunking a rock into a glass of water overnight.

And Clay?

Certain clays like bentonite or zeolite are used traditionally in small amounts for detoxification or trace mineral intake. However, even these uses are debated, and ingestion should be approached with caution, not as a casual replacement for dietary minerals.

Chapter One Recap: A ‘Humble’ Beginning

This chapter began with *A Humble Experience* and opened the door to unconventional healing.

We met the pioneers:

- ◆ **Jim Humble** — discoverer of MMS.
- ◆ **Mark Grenon** — outspoken advocate and co-founder of Genesis II Church.
- ◆ **Andreas Kalcker** — researcher who refined MMS into CDS.
- ◆ **Kerri Rivera** — applied MMS/CDS to autism recovery, sparking both hope and controversy.

We explored the variations:

- ◆ **MMS** — sodium chlorite + activator.
- ◆ **CDS** — purified, gas-infused solution.
- ◆ **CDH** — pre-mixed holding solution.
- ◆ **DMSO** — carrier compound.

These tools oxidize pathogens, break down biofilms, and aid detox — but require slow, careful, and pure use.

Takeaway: Healing is science and stewardship, demanding wisdom, humility, and respect for life.

Chapter 2

The Fountain of Youth



For thousands of years, across cultures and continents, a single humble practice has quietly carried a reputation as nature's true fountain of youth.

Have you ever noticed those old fountains with a little boy urinating — the puer mingens — and wondered if there's a deeper meaning behind it?

Could it actually represent the real fountain of youth?

That question has kept me wondering for years. And honestly — if the Creator were to give us a powerful, healing fluid — where better to place it than inside our own bodies?

The Water of Life

Let's get something out of the way: the topic of urine makes most people uncomfortable. It's been labeled dirty, gross, or even dangerous. But when push comes to shove — in an emergency — it could save your life.

Urine is more than just “waste.” In fact, it's made from your blood, not your intestines. It's a distilled, filtered product of your internal chemistry — and if you can get past the mental

block, you'll see it for what it really is:
A transfer of biological information — from you, to you.

Yes, it's true — and this is the key to understanding the healing potential behind urine therapy.

How It's Made

Urine is your blood's filtered water — not leftover digestion.

Here's how it works:

- ◆ Blood is filtered through your kidneys, where waste products, excess salts, hormones, and other substances are removed.
- ◆ This filtered fluid becomes urine, which is then stored in the bladder before being excreted.
- ◆ Urine is sometimes described as “plasma ultrafiltrate” — a purified byproduct of your blood plasma, minus the larger proteins and cells.
- ◆ It never comes into contact with the intestines or digestive tract.

So while urine does contain metabolic “waste,” it's not the same kind you'd find in feces. It's a refined blood byproduct — sterile in healthy individuals — filtered by your kidneys.

What's Actually in It?

Despite the stigma, urine is typically:

- ◆ 95% water
- ◆ ~2.5% urea
- ◆ A mix of electrolytes, hormones, vitamins, enzymes, and antibodies

Its content changes depending on your diet, hydration, and health — but none of it comes from fecal matter or gut bacteria, which makes it biologically compatible for reuse.

Is It Really Just Waste?

We've been conditioned to think urine is nothing but the body's garbage water. But your stomach acid already destroys most harmful substances before they can be absorbed — unless digestion is impaired. If your food isn't toxic, why would your urine be full of toxins?

Yes, sweating and urination are part of detoxification — but they're not just garbage disposal systems. The benefits often outweigh the waste content tenfold.

Urine Is Big Business

Urine is a billion-dollar business. Portable toilet companies sell collected human urine to pharmaceutical manufacturers, who use it to make high-profit drugs.

Just a few examples:

- Pergonal – a fertility drug made from human urine; brought in \$855 million in 1992 alone (~\$1,400 per patient per month)
- Urokinase – a “miracle” blood clot-dissolving drug extracted from urine
- Urea – one of the best moisturizers in skincare, used in luxury creams and cosmetics
- Murine ear drops – made from carbamide, another name for synthetic urea

We've been taught to flush away what the world's largest companies are bottling and selling back to us — at a premium.

For More In-Depth Understanding

If you want to explore this further, here are some reputable sources and texts you can look into:

Medical Physiology Textbooks

- ◆ Guyton and Hall Textbook of Medical Physiology – Explains the filtration process in the nephrons of the kidneys.
- ◆ Renal Physiology by Bruce M. Koeppen – A focused look at how blood turns into urine.

Books on Urine Therapy

- ◆ The Water of Life by John W. Armstrong
- ◆ Your Own Perfect Medicine by Martha M. Christy – One of the best introductions to urine therapy from a healing standpoint.

Scientific Articles

- ◆ Search PubMed or Google Scholar for:
- ◆ “renal filtration urine formation”, “urine as blood ultrafiltrate”

Ayurvedic and Traditional Medicine

- ◆ Ancient practices like Shivambu Kalpa Vidhi from Ayurveda describe urine (shivambu) as “self-made medicine” — highlighting its blood-derived purity

From MMS to Urine Therapy: Adam Abraham's Shift

Adam Abraham was a well-known voice in the MMS (Chlorine Dioxide) community. For years, he wrote extensively about its potential, published interviews, and curated testimonials from people who claimed to have overcome conditions that conventional medicine struggled — or refused — to treat. His blog posts, articles, and talks positioned him as both an advocate and an educator in the alternative healing space.

But then, his path took a turn — one that even he admits felt radical at first.

Adam came across something so simple, so familiar, and yet so socially taboo that it challenged everything he thought he knew about healing: urine therapy.

Yes — the same yellow fluid we've all been conditioned to ignore, flush, and label as waste. To Adam, it became something else entirely: a powerful, accessible, and intelligent form of medicine that the body makes for itself.

At first, he approached it with skepticism. After all, MMS had a clear, definable mechanism: a chemical reaction that produced chlorine dioxide, capable of neutralizing harmful pathogens. But urine therapy was different. It wasn't an external disinfectant or a lab-derived compound — it was an internal, self-regenerating medicine that the body created based on its own needs.

The shift didn't happen overnight. He experimented privately, researched obsessively, and compared his results to what he had experienced with MMS. What convinced him wasn't only the physical changes he felt — it was the convergence of multiple threads:

- ◆ Ancient wisdom, found in Ayurvedic texts describing shivambu as “self-made medicine.”
- ◆ Modern testimonials, from people across the globe experiencing profound healing.
- ◆ Biochemical logic, revealing that urine is a filtered blood byproduct — rich with hormones, enzymes, antibodies, and molecular signals the body can reuse.

The more he learned, the more he realized that urine therapy worked like a biological feedback loop. Each drop carries information about the body's current state, offering a customized “update” that can help the body rebalance itself — something no synthetic drug could replicate.

He began noticing that while MMS required sourcing, preparation, and a strict protocol, urine therapy required none of those barriers. It was available to everyone, anywhere, in any circumstance. It wasn't dependent on shipping, storage, or supply chains. And unlike many healing methods, it didn't ask you to put something foreign into your body — it invited you to reuse what your body had already crafted.

“You already produce the perfect medicine — you just need to stop throwing it away.”

— Adam Abraham (paraphrased from various writings and talks)

Eventually, Adam’s public work began to shift. He still acknowledged the value of MMS, especially in acute cases, but his passion now centered on a deeper truth: the body doesn’t always need external interventions — it needs its own internal wisdom, unlocked and recycled through nature’s most intimate medicine.

For Adam, the move from MMS to urine therapy wasn’t just a change in healing tools — it was a shift in philosophy. MMS had shown him that the medical establishment often overlooks simple, inexpensive solutions. Urine therapy showed him that the most profound solution might not just be simple and inexpensive — it might already be within us, waiting to be recognized.



Andrew Norton Webber: Urine as the Body's Own Antidote

Andrew Norton Webber is a passionate voice in the field of natural healing, known especially for his advocacy of urine therapy and distilled water fasting. His teachings are rooted in a mix of research, historical study, and lived experience — and what he's learned could save lives in situations where minutes matter.

For Andrew, the journey into urine therapy wasn't theoretical. Both he and his father suffered from life-threatening allergic reactions — to walnuts and to wasp stings. His walnut sensitivity was so specific that even a trace amount — baked into a cookie or hidden in a salad — would trigger painful canker sores inside his mouth within twenty minutes.

The wasp allergy was even more severe. A single sting would send both father and son into anaphylactic shock, their throats swelling shut within minutes. Doctors prescribed epinephrine auto-injectors (EpiPens), and the family learned to treat every summer barbecue or hike as a potential emergency.

Then Andrew made a discovery that reframed his understanding of allergies — and of his own body.

He learned that urine isn't simply a waste fluid; it's a real-time chemical report on the body's internal state, containing microscopic traces of whatever the immune system is currently reacting to. In other words, it holds the very antigens responsible for the allergic reaction — and in small, safe quantities that can be used to retrain the immune system.

“Seconds after a bite, sting, or allergic exposure,” Andrew says, “the antidote is in your urine.”

He began teaching an emergency technique that’s deceptively simple: if bitten or stung, urinate as soon as possible, place a small amount under your tongue, and hold it there.

Why under the tongue? Because the area is rich with lymphatic tissue and immune cells, including two powerful lymph nodes that act like rapid-response intelligence centers. When those immune cells detect the antigens in the urine, they can initiate a neutralizing antibody response — sometimes in seconds.

This is the same principle behind homeopathy: small, diluted doses of a substance trigger the body to heal itself. In this case, the “dose” is naturally pre-measured and personalized, created by your own kidneys.

“Our kidneys filter about 1,000 liters of blood a day,” Andrew explains. “Urine is like a condensed snapshot of everything happening in your system — it’s not waste, it’s wisdom.”

A Sting Without Fear: The Urine Therapy Breakthrough

The true test came two years later. While working outside, Andrew unknowingly approached a wasp nest. One sting — the kind that used to send him rushing for his EpiPen — and he immediately applied his own urine under his tongue. He waited with his car keys in one hand and his EpiPen in the other.

Five minutes passed.

Then ten.

Forty minutes later, still no reaction.

Since then, he's been stung multiple times without a single dangerous allergic episode. The fear that once ruled his summers is gone.

The Perfect Software Update: How Urine Reboots Your Body's Healing

Beyond emergencies, Andrew also shares a method for building long-term tolerance: take a single drop of urine, dilute it in water or pure alcohol (such as vodka), shake it vigorously 50 times (a process known as succussion), and place a few drops under the tongue three times daily. Over time, he says, this can desensitize the immune system to allergens, reducing or eliminating reactions altogether.

In Andrew's view, this is more than a folk remedy — it's an example of the body's own intelligent design, where the "medicine" for today's problem is already circulating inside you. His work continues to inspire those seeking self-reliant, immediate, and free solutions to health challenges that modern medicine often treats with costly, lifelong prescriptions.

He also ties in the effects of fluoride, claiming it damages DNA by dissolving the hydrogen bonds that hold its structure together. According to Andrew, urine contains the original blueprint to repair DNA, restore homeostasis, and help the body rebuild itself with precise, personalized

instructions. He sees it as the body's "perfectly coded software update" — information that's specific to you and capable of correcting errors at the cellular level.

Andrew emphasizes that while pharmaceuticals deliver a generic signal for the body to respond to, your own urine delivers a signal that's already encoded with your unique biological data. This makes it, in his view, the most efficient, non-toxic, and direct form of medicine available. He teaches that when this information is reintroduced into the body, the immune and repair systems respond as if guided by a detailed map — one they themselves originally created.

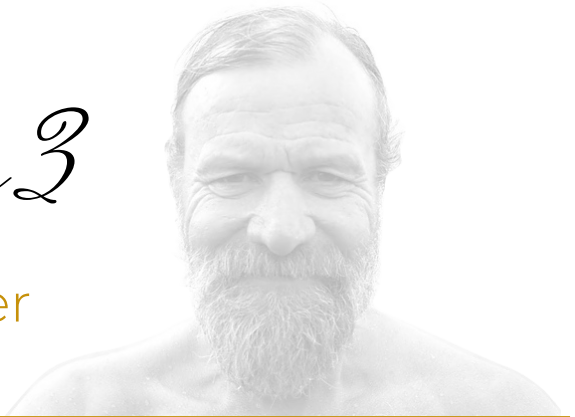
He warns that environmental toxins, processed foods, and especially fluoride in public water supplies can interfere with this self-repair process, creating the conditions for chronic illness. By reabsorbing urine — through sublingual drops, drinking, or even skin application — Andrew believes you're providing the raw materials and correct "instruction manual" for your body to heal, detoxify, and thrive.

You can find more about his teachings on distilled water, urine therapy, and natural healing at:
www.andrewnortonwebber.com



Chapter 3

Mind Over Matter



For as long as humans have sought to mend the body and calm the mind, wisdom keepers and healers have pointed to a single, timeless truth: the greatest medicine comes from within.

Curiosity has played a major role in my journey into healing. Of all the discoveries I've made, one of the most profound is this: our most powerful tool for healing lies within ourselves. Let me take you down a road of personal experience that opened my eyes to just how deeply the mind and body are connected.

Sweating Out the Flu

When I was in my late teens, I got the flu—badly. I was sneezing, coughing, aching all over, barely able to walk. But I had a hockey game that day, and my love for the sport was so strong that I forced myself to go.

Lacing up my skates felt like dragging weights. Breathing was heavy. But I hit the ice anyway. At first, it was brutal, but as the game went on, something incredible happened—by the end, I was completely better. No aches. No congestion. No fatigue.

I chalked it up to "sweating it out," as many would. But there was something deeper happening.

"When the heart decides and the mind believes, the body has no choice but to follow." — Paul Beaudry

The Hill That Changed Everything

Years later, while living in Kamloops, British Columbia, I began taking daily morning walks up a steep hill from my friend's house, where I rented a basement apartment. (It was unit 33—a small detail I can't help but mention, since repeating 3s started showing up everywhere in my life around that time.)

The first time I attempted it, I nearly collapsed before reaching the top. I was exhausted. I couldn't find anywhere to sit for a break, so I leaned over with my hands on my knees and started taking deep, heavy breaths.

Then something strange happened.

After I continued the walk for a few minutes, I felt a sudden surge of energy. It was like my body rebooted. I went from exhausted to feeling as though I could sprint up the hill again with ease. At the time, I thought maybe it was adrenaline kicking in. But when I tried to replicate the same hill later with the same intensity—nothing happened. I didn't get that boost I experienced last time.

The Man Who Walked Out

A friend once gave me a copy of *The Secret*, the now-famous film about the law of attraction. One story from it etched

itself into my soul — the story of Morris Goodman, The Miracle Man.

In 1981, Morris crashed his plane. He survived, but just barely. His spine was crushed, his diaphragm destroyed, and he couldn't speak, move, or even breathe on his own. Doctors told his family he'd never walk, speak, or live independently again. He could only communicate by blinking.

But Morris carried a different vision. Trapped in his body, able to move only his eyelids, he blinked out a message in Morse code: he would walk out of that hospital by Christmas. Bound to machines and unable to move, he heard a voice:

“Breathe deep... breathe deep...”

That simple phrase became his anchor. Slowly, with fierce intention and focused breath, he weaned himself off the respirator. He regained movement. And just as he'd envisioned, he walked out of that hospital before Christmas.

“As long as you have your mind,” Morris said, “you can do anything.”

It wasn't luck or a medical breakthrough. It was belief. It was breath. It was the power of the mind.



Enter the Iceman

Years later, I came across another man who had tapped into a similar force — not to survive a crash, but to survive grief.

His name is Wim Hof, also known as The Iceman.

After the tragic suicide of his wife, Wim plunged into a deep depression. Desperate for relief, he tried everything. Meditation helped, but not enough.

Then one cold winter morning, standing before a frozen lake, something drew him in. He walked into the icy water. The shock should have sent him running — but instead, something told him to start breathing deeply.

To his amazement, the pain faded. The cold dissolved. His body calmed.

That was the moment everything changed.

The first thought that went through my mind when I later read his story was, “So that’s what happened to me when I walked up that hill.”

Breaking the Limits of Science

Wim Hof began training his body and mind in extreme conditions, developing what would become The Wim Hof Method — a system of cold exposure, breathwork, and mindset training.

He holds more than 18 Guinness World Records, including:

- ◆ The longest full-body ice bath (1 hour 53 minutes)
- ◆ A barefoot half-marathon on snow and ice
- ◆ A shirtless climb to over 7,000 meters on Mount Everest
- ◆ A marathon across the Namibian desert — with no water

But it isn't just about records. Science backs it up. In one experiment, 24 people were injected with an endotoxin designed to trigger flu-like symptoms. Half of them were trained by Wim. None of those participants got sick — the control group did.

His techniques help induce adrenaline, alkalize the blood, and increase pain tolerance. They reduce inflammation, support the immune system, and sharpen focus. Many have reported improvements in:

- ◆ Depression and anxiety
- ◆ Insomnia
- ◆ Chronic pain and fatigue
- ◆ Drug addiction recovery
- ◆ Circulation and immune function
- ◆ Concentration, creativity, and resilience

“Get high on your own supply.” – Wim Hof

Wim Hof Breathing (Do 3 rounds)

- ◆ Sit or lie down in a quiet place, on an empty stomach
- ◆ Inhale deeply through the nose or mouth, then let go (not fully out)
- ◆ Repeat this 30 times
- ◆ On the 30th breath, exhale fully and hold until you feel the urge to breathe
- ◆ When you must breathe in, do so deeply, then hold again for 10–15 seconds
- ◆ Repeat for 3 rounds, no breaks in between

You'll feel tingling — that's good. It means oxygen is flooding your system.

Always do this practice sitting or lying down, as it may cause temporary lightheadedness or fainting. Never do it while driving or in water.

Cold Exposure

One of Wim's core techniques is immersing the body in cold water. The shock triggers a positive stress response, releasing hormones that build focus and resilience. Over time, cold exposure strengthens the circulatory system and improves oxygen delivery throughout the body.

Two Men, One Truth

What do Morris Goodman and Wim Hof have in common?

What do Morris Goodman and Wim Hof have in common?

- They both tapped into the breath as a healing force.
- They both used focused intention to do what others thought impossible.
- They both proved that when all else fails, the breath remains.

We've been given a body of brilliant design — a self-healing system with built-in tools we've forgotten how to use. But when we return to breath, we return to balance.

It wasn't hockey that cured my flu.
It wasn't adrenaline alone that pushed me up that hill.
It was breath.
Deep, conscious breath — with intention behind it.

So where do you go when nothing else is working?

You go inward - You breathe - You believe

Because in the end, that's what saved **Morris Goodman**.
It's what awakened **Wim Hof**.
And it might just be what saves you, too.

More on Wim's method: www.wimhofmethod.com

The Science Behind the Breath

Since our first moment in this world, the breath has been our silent companion—rising and falling without thought, carrying life through every cell. Most of the time, it moves in the background, unnoticed. Yet when we bring it into awareness, the breath becomes more than survival—it becomes a key to transformation.

When we shift from unconscious to conscious breathing, we awaken systems in the body that are usually out of reach. Through breathwork—especially techniques like the Wim Hof Method—we can influence the autonomic nervous system, which governs stress, inflammation, digestion, heart rate, and immunity.

Here's what happens when we breathe deeply and rhythmically:

Nervous System Regulation

Conscious breathing stimulates the vagus nerve, shifting the body from the sympathetic “fight-or-flight” mode to the parasympathetic “rest-and-digest” state. This helps reduce anxiety, calm the mind, and promote healing.

Oxygenation & Alkalinity

Techniques like the Wim Hof Method increase oxygen saturation and temporarily lower carbon dioxide levels. This raises blood pH (making it more alkaline), which can inhibit inflammation and support cellular healing.

Adrenaline & Immunity

In a groundbreaking study, volunteers trained by Wim Hof were exposed to an endotoxin. Those practicing his method showed a strong anti-inflammatory response, elevated adrenaline levels, and no flu-like symptoms—unlike the control group.

Circulation & Detox

Breathwork enhances circulation and lymphatic flow, helping remove toxins and metabolic waste while improving oxygen and nutrient delivery to tissues.

Neurotransmitters & Mood

Conscious breathing increases production of dopamine, serotonin, and endorphins, reducing depression and elevating mood. Deep breathwork also boosts alpha brainwave activity, linked to mental clarity and calm.

In short, breath is more than a bridge between mind and body—it's a tool for healing, a lever for transformation, and a gateway to inner intelligence.

So if someone asks you how it's possible to heal with nothing more than air, you can tell them:

It's not just air.

It's oxygen. Intention. Chemistry. Focus.

It's how we awaken the system from the inside out.

When we learn to harness the breath, we are no longer at the mercy of stress, illness, or circumstance.

We remember that we are not powerless passengers in this body—we are its captain, its healer, and its alchemist.

The breath is both the simplest act and the most profound teacher.

Every inbale is a beginning.

Every exhale is a letting go.

And somewhere in the space between, the body remembers how to heal.

Chapter 4

We Want to Live



For decades, hidden in the margins of medical history, a few voices have dared to claim that what we call “health care” is often the very thing making us sick.

If I haven’t lost you yet, then I applaud you. Your mind is open, but here comes the real test—so get ready.

What I’m about to share will make more sense if you’ve already accepted a hard truth: the pharmaceutical industry’s main priority isn’t your well-being—it’s profit. Pure and simple. Money over lives. Greed over truth. We’ve been misled on more levels than most people realize, and it’s time we faced it.

A Glimpse into Aajonus Vonderplanitz: Raw Truth and Controversy

I first saw Aajonus on *The Doctors* TV show many years ago, explaining how raw meat saved his life. He said that when he eats chicken, there is no flavour straight out of the fridge, so he lets it sit out at room temperature for a few minutes to warm up, then eats it.

On stage, he took out an egg, popped a hole in the end, and began sucking the egg from the shell. The hosts made fun of him, the audience laughed and cringed, but I saw something different. I wanted to know more.

Unfortunately, before I ever had the chance to meet him, Aajonus died in August 2013 when his balcony in Thailand gave way—under suspicious circumstances. It was claimed there was no structural reason for the balcony to have collapsed. (In alternative health circles, his death has been the subject of speculation—many noting the timing, given his outspoken stance against industrial food and vaccines.)

Autism, Abuse, and the Cost of Medicine

In a YouTube interview titled *The Primal Diet – Raw Meat and Fat*, Aajonus explained that he was raised in a violent household and abused by his family, who treated him as a scapegoat. His brother was jealous of the attention he received from their mother when he was born and would push him into rusty nails. His mother, a nurse, would take him for tetanus shots. On the third shot—when he was only eighteen months old—he developed autism.

The mercury, aluminum, and formaldehyde in the shot went into the communication centre of his brain, preventing him from speaking normally. (This mirrors what's been claimed by some vaccine critics for decades, though mainstream medicine denies such a link.) While he could read minds, it

wasn't language—it was heightened sensory perception. He could sense lies, as all autistic children can. The reason they withdraw is that 90% of what parents say are lies, and an autistic child cannot tolerate falsehood.

He wasn't allowed to appear autistic. Whenever he went into a stare, his parents would slap him and say, "Don't look like that—you look like an idiot." Back in the 1940s and 50s, autism wasn't understood. They told him, "You're crazy, and we don't want you to look crazy." Instead of understanding that autism was biochemical, they used violence to alter his behaviour.

Because of the vaccines, tetanus shots, and chemicals given by his nurse mother, his body began to break down rapidly. He was given penicillin constantly and would suffer infections lasting three to five months. (At that time, penicillin was still hailed as a miracle drug, and its long-term effects on gut bacteria were not well understood.)

A week before his twelfth birthday, he developed peritonitis (inflammation of the lining of the abdomen), which was misdiagnosed as appendicitis. The appendix was healthy, but doctors removed it anyway. Over decades of autopsy research, Aajonus learned the appendix serves as a bacterial library, storing information so the body can react instantly to contaminants. Without it, the body takes 22–42 hours to respond to a threat instead of 20–40 minutes. (Only in the 2000s did mainstream science begin acknowledging this immune role of the appendix.)

I had my appendix removed when I was thirteen after a painful attack, which I've always suspected may have been triggered after I started eating hamburgers from McDonald's

From Rock Bottom to Raw Milk

By age eight, Aajonus was smoking for the nicotine boost. He hid coffee under his bed to drink in the mornings. Constant pain prevented him from playing sports. At fifteen, after his third polio shot, he developed psoriasis, angina pectoris (mini-heart attacks), and juvenile diabetes—requiring insulin. (Polio vaccination at that time was not just a single shot but a series, often combined with other adjuvants.)

By nineteen, he was drinking alcohol nightly, taking Benzedrine, and smoking two packs of unfiltered cigarettes a day. He vomited blood from an ulcer, and doctors severed his vagus nerve—meaning he could never again produce hydrochloric acid or digest protein properly. The ulcer became cancerous, and radiation therapy caused bone cancer, damaging his spine. Chemotherapy left him an invalid, barely able to move.

Despite his health, his autism gave him savant-level math skills. He could write in hours what others took months to code. He worked for Car-Blanche Corporation, Time DC Trucking, and IBM, earning enough to buy a small Beverly Hills home—but it had no furniture, as he couldn't sit.

By twenty, he was given a year to live. In agony, unable to

control his bowels, he refused hospice care. Volunteers shopped for him, bringing doughnuts and RC Cola, which they blended because radiation had dissolved the bone around his teeth. His diet also included Rice Krispies with sugar and processed milk.

One day, an eighteen-year-old singer named Steve Flanigan offered him raw carrot juice and raw milk. Within ten days, his autism switched off—he could understand language instantly. (A dramatic claim, though Aajonus believed the nutrient density and enzymes in raw milk were key to neurological repair.) It took 2½ years to rebuild bone in his jaw so he could chew.

Challenging Medical Myths: The Raw Truth

Doctors had told him raw foods would kill him, as he lacked hydrochloric acid to kill bacteria—another medical myth. In truth, our bodies are 99% bacterial. A single five-day antibiotic course destroys 1% of your body's bacteria, reducing its functionality. (Microbiome science now supports much of this—gut bacteria are essential to immunity, digestion, and even mood regulation.)

He learned nutrition from a leading raw-food advocate and eventually became a vegan for six years, but the last two years of veganism weakened him badly. Seeking truth beyond books, he lived with tribes and Eskimos—who urged him to eat raw meat. Fear of parasites kept him from trying—until

he went to the mountains to fast himself to death.

He didn't get well quickly, and it took two and a half years to generate bone around his teeth before he could start eating again. He wasn't allowed to eat anything cooked because of the vagotomy.

He was told if he ate anything raw, whether it be banana or apple, that he would have to steam it or he would die. They said he was in danger of bacterial or parasitical microbial invasion because he didn't have hydrochloric acid to dissolve and kill those things - a medical myth.

Aajonus says that our bodies are 99% bacterial, and every time you take an antibiotic - a five-day cycle - you're destroying 1% of the body's bacteria. So you're reducing your activity, functionality by 1%.

Searching for Truth Beyond Books

The doctor that put an implant in his mother's ear for hearing put her on antibiotics for a year, and because she couldn't digest, almost died. So Aajonus fed her papaya to start getting her to digest again.

He started learning to read at twenty-two and was beginning to communicate, but in that process began miss-learning things such as radical approaches that were not healthful.

He was getting better and started training in nutrition with a great nutritionist at the time who was advocating seventy to

seventy-five percent raw foods such as raw milk, raw eggs but not raw meat.

His health got better and better and by the time he was twenty-seven, he was a raw food vegetarian, fruitarian - a vegan for six and a half years. The last two years of this journey degenerated him as he went against anything lacto-ovo.

He decided to get on a bike and travel to live with animals and Indian tribes to find out true health because after learning years from books until he was twenty-seven, nothing he was going to learn was of truth from the medical profession. After all, they were run by the pharmaceutical industry.

It became quite stressful living off the land, and he eventually landed in Alaska where he was living with the Eskimos. All of them suggested he eat raw meat, but he thought, no, they're just trying to kill the white boy.

He'd been brainwashed into believing, even though he knew raw foods is good, that with the vagotomy, he would get a parasite and die because of the lack of hydrochloric acid in his stomach.

The Rabbit and the Revelation

As his body was deteriorating, he ventured back to California and decided to fast himself to death and picked an old native burial ground at the foothills of Martinez mountain. He only drank water to help with his headaches and he estimated that

it would take forty to sixty days to die.

He just happened to pick a vein of the mountain where it led up to a canyon where a bunch of coyotes were living. They would come down and wake him up every night like clockwork at midnight, and do their howling and play games with him.

Around the twelfth day, he began to sense they were going around where his campsite was. The night he sensed all eleven of them, they killed a jack-rabbit and offered it to him. Ripped it up and put it at his feet.

Aajonus was a philosophical vegetarian because he loved animals and was also afraid of eating raw meat. As he was looking at the Easter Bunny, as he put it, all warm and squishy at his feet, a dialogue enters his mind about when he was about ten years old and his brother and cousin went rabbit hunting.

His uncle told them, that when they shot a wild rabbit, they need to cook it until it was brown inside. That there would be no pink meat at all, because there is a microbe in wild rabbits that will take over your intestinal tract, and in forty-eight hours you'll die a miserable and painful death. Pain in twenty-four hours, and death in forty-eight.

Then he thought, "Oh, the coyotes are trying to help me die quickly." He picked it up and started eating the rabbit, but it would come back up. He had to psych himself up like at the dinner table when forced to eat vegetables that would make

him projectile vomit. So he forced himself with that mental attitude to eat the rabbit, and by the time he got to the twelfth bite, it tasted incredibly good to him. He devoured about three and a half pounds.

The coyotes shared the rest and left. Aajonus returned to his campsite to die, knowing he was dying because he felt good. He'd had three near-death experiences—twice on the operating table after recreational drug overdoses—where he'd left his body and felt no pain. Now, it was the same sensation, as if walking back to his body at the campsite. The next morning, he woke still alive in his sleeping bag—no white tunnel, no Jesus or Buddha, still in his body.

For the next three or four days, he had good energy and didn't die, convincing him the Indians hadn't lied about eating raw meat.

From Predators to Protein: The Primitive Diet

He started hunting. Trapping chipmunks, birds, scorpions, tarantulas, and ate anything he could get a hold of. He just broke off the poison gland. People will find this primitive but if you go to Asia you can find all those things. The psychological differences in people have created controversy and it's because we've been conditioned to be afraid of everything, which is absurd.

Raw dishes have been around throughout history. We have

steak tartare, chopped raw beef and raw egg mixed together. Carpaccio, a dish of meat or fish, thinly sliced or pounded thin, served raw.

The first raw food he ate after the rabbit was a rattlesnake, but it was very difficult to eat because it had too many bones, and it did not taste like chicken. It tastes more like raw fish. He said he never captured a snake before but saw it on TV and when he got a hold of the rattler by the tail and started twirling it around, he thought, now what? He transferred it from one arm to the other, getting tired, then like a whip snapped its head and was dead instantly.

After about a week, there wasn't much food, and he was only ninety-six pounds, so he got on his bicycle and went to local farms and made deals with farmers to milk their cows, goats, shovel manure, any work on the farms in exchange for all the food he wanted.

He was drinking a gallon of raw milk a day, eating a quarter to a half-pound of butter a day, chicken and eggs. About two and a half months, he gained fifty pounds. First time in his life, he had muscles and looked like a scaled Arnold Schwarzenegger.

Defying the Brain Fluke Myth

A year later, he went back to Los Angeles and told everyone raw meat was the answer, but everybody said you're going to get a brain fluke and turn into an idiot. He replied with, been

there, done that, many times, most of his life. This was the only thing that made him feel stable and well in his body so he wasn't going to stop.

After hearing three years of “You're going to get a brain fluke” he started fearing it. He began thinking, is this going to be the time that I'm going to get a brain fluke? Is that going to be a problem and raw meat is going to take over?

After living thirteen years eating raw meat, and ten years of fear, he said there is something wrong here. He's got a vagotomy and supposed to be deathly ill if eating anything raw and has been for thirteen years without having diarrhea or vomiting. It just doesn't make sense.

When Science Can't Prove the Lie

So he went to the main medical universities looking for experiments that proved raw meat gives parasites, and there wasn't one. It's all a myth. All salmonella, bacterial poisons come from cooked food. To understand this, it's the medical profession that wants to make big money and is the Rockefellers, Rothchilds, Carnegies, who had to adopt a program like the military to accomplish it.

If you got an enemy, you can instill fear in everyone, then hook them on paying for attacking and fight people - human beings - killing them - believing they are against your religion or political system. This was a way to start a war within your body to make you sick. So what is it that is always attacked?

The healthiest things - raw milk. Can't get healthier than raw milk - Aajonus.

The Hudson tribe are known for their longevity and hardiness in pretty extreme weather up in the mountains. Eighty percent or more of their diet consists of raw milk. You also have the Mansi tribe, Samburu tribe, Fulani tribe and the Eskimos that are 100% disease-free as long as they stay on their raw meats and raw milk.

Pasteurization: Cooking the Life Out of Milk

Theoretically, when milk is pasteurized at a hundred and five degrees, the enzymes become cauterized so they can no longer help form tissue, and are difficult to digest. By a hundred and twelve degrees, you start destabilizing vitamins. At a hundred and twenty-two, it completely cauterized and destroys all of the enzymes.

By a hundred and twenty-three and twenty-seven degrees it completely incapacitates vitamins. By a hundred and forty-two degrees it's completely altered the state where the body can't even construct them. Then it starts breaking down proteins. If you look at the utilized calcium in raw milk compared with pasteurized at a hundred and forty-one degrees for fifteen to thirty seconds, only fifty percent of the calcium can be utilized. The other fifty percent goes out in feces. Now they have ultra pasteurization at two hundred and seventy degrees where at this point everything is destroyed.

With pasteurized milk, you have cauterized lactate. Milk sugars that can't digest so they get into the blood, and like glass start cutting cells. People have allergies if they don't form enough mucus or mucus that has good fibers. Ninety-nine percent of people who are lactose intolerant won't suffer from raw milk, but the one percent that does are from the old lactose that is stored in their body from being cooked and processed. People who take two to four ounces of raw milk a day for three months will no longer be lactose intolerant.

The Global Case for Raw Milk and Fat

India adores cows. You're not allowed to kill cows and eat them but you eat their dairy. They didn't want that either because dairies are one of the most important defences against pollution because of the concentration of minerals. It can also neutralize vaccine contamination, so they want to get rid of the raw milk in any form.

Aajonus had many patients from Singapore, Thailand, the Philippines, and Vietnam that do excellently. In fact, the main Chinese newspaper in Singapore did a full front-page spread on his diet, because of the skinny weak Chinese people who were now robust compared to what they were, and all that went on the diet did well.

The basic understanding when analyzing tissue in the brain where there is sixty to eighty percent fat and in bone marrow and fat deposits, where there are concentrations of toxins

such as pesticides or whatever, putting fat into the body will absorb and detox poisons. So when someone with poisons such as chemo or chelation therapy, fat will help mitigate the damage done and help move it eventually and lower continual damage.

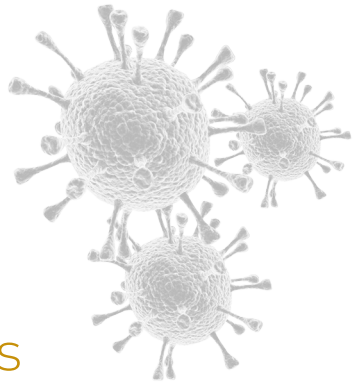
Frozen Foods and the Skin Disorder Link

Udo got into a lot of pressed oils that are ninety percent detoxifying. They don't stabilize and strengthen the body while they detoxify. Butter is the most important of all to detox for the overall human or animal.

Cream is necessary but more difficult to digest. It helps the brain and the nervous system where butter can't as much, but butter takes care of everything else. Butter is the most important fat and that it should be consumed primarily.

As for frozen meat, Aajonus found in his laboratory that all the animals that ate the frozen meat got a skin disorder to the point of scabies where the others did not. He knew from his experience that raw butter would reverse those conditions and had alleviated all of those skin problems quickly from eighty percent and up to a hundred percent. When Aajonus fed the animals frozen raw butter, it took five times longer to heal than those that had it unfrozen.

Chapter 5



Viruses: Friends, Not Foes

Aajonus Vonderplanitz reveals why viruses aren't invaders at all, but the body's own cleaning crew—made to heal, not harm.

Aajonus claims that viruses are not alive, and says the following at a seminar posted on the internet. Here's the script from that video:

It's known in the medical profession that you don't give antibiotics to a virus because it's non-effective. They have no nucleus. They are protein parts. There are no respiration, no digestive system, no functionality, no glandular activity, They are not alive.

They are soaps, solvents. The body makes them to dissolve tissue that are too toxic for the parasites, bacteria, and fungus to eat. Dead tissue from radiation such as chemo are poisoned and will kill them.

So what is contagious about it? Like saying laundry soap is contagious. Well, it's in everyone's home, and everyone uses it between 11 o'clock and 3 o'clock in the afternoon. So it must be contagious because it's all happening at the same time.

That's when colds and cases of flu happen. They happen seasonally for a reason. There are 300,000 varieties of viruses. Each one takes a single particle of a cell at a time and disassembles it, and the pharmaceutical industry says, see, it dissolves a cell. No, it's dissolving a specific tissue in that cell. So specific it cannot damage the integrity of that cell. Unless you have many viruses happening at one time because of a highly toxic polluted cell from industrial pollution, and usually from the medical profession if that happens.

Usually, it's one or two viruses that occur at once in a lot of people. So one person gets the flu, then the other person gets one, then Joe blow across town got it, and all this is cropping up and they say it's contagious.

It's like saying that the first rooster that's starts crowing towards the sun is contagious to all the other roosters because they get up and crow too. Viruses are not contagious.

From Lab to City Streets

Aids is not contagious. It's a man-made virus. It's a lymphatic virus of a sheep, and a leukemic virus of a bovine, spliced together, injected into our population by the military government, as bio-warfare experimentation.

And do you know who the undesirables they were allowed to do it on? Homosexuals. So homosexuals in New York, Houston, Los Angeles and San Francisco, were the target. And how did they target them?

Well if you remember in the seventies all through the eighties, the main people getting hepatitis were homosexuals because of their intense drug use. So they were giving it in the hepatitis B vaccine and strategically put it in those cities.

Ten percent of the people were not homosexual and that is why the ten percent of those people got it in those cities, and it only happened in those cities, but then the government got caught and started putting them out in other cities, so they got it all over.

How 27 Nations Fell to the World Bank

And then they began putting it into the **smallpox vaccine** in Africa. But why would the British and American governments donate **125 million smallpox vaccines**?

We're talking billions of dollars to produce, transport, and administer them. Why would they fund such a massive campaign?

What happened next was a medical catastrophe.

Those countries suddenly needed urgent medical help — and where did they turn? To the very governments that had provided the vaccines, the ones claiming to be the most “advanced” in medicine.

The result? **Twenty-seven African nations** fell into debt they could not repay. And when they couldn't pay, the **World Bank** stepped in.

Today, those nations are effectively controlled by British and American interests through the World Bank — all because their populations were poisoned by smallpox vaccines laced with AIDS.

Nobody developed AIDS except those who received the smallpox vaccine — unless they later had a transfusion from someone who had. It was **blood transmission**, not sexual transmission, that spread it. AIDS had to be **injected** into the body.

Why Mucus Matters

So even if you have anal sex and you bleed, you bleed outwardly. You don't bleed inwardly. Dr. Strucker showed that there are only two viruses per ejaculation. White blood cells are destroyed too easily so they never get in.

Like I said, they can't procreate or reproduce because they are not alive. Viruses are not alive. They are made by cells to clean the body. It is a solvent, a soap. Just like you have runny mucus, your body has made a solvent. Which is a viral type element, which cleans and causes your nose to run heavily because you breathed in something that has logged in your mucus membranes.

It happens to people who don't produce proper mucus fibers. Mucus, if you look under a microscope, is a web that looks like cloth. You have all these protein fibers that's meshed, so it's layers and layers of thick, so particles can't get through and damage your sinuses. When people don't produce good quality mucus, and they're protein deficient, these fibers are too wide open and particles pass through and hit their sinuses and they have allergies. Mucus is too thin. It needs to be thicker. You need to eat lots of proteins like eggs.

So when that passes in, it causes irritation, and your body creates a solvent to make it run and flow. It's not a bad thing. It's a good thing. Viruses are a good thing. The body makes them for a reason. To get rid of damaged tissue so that you can reproduce new tissue, and be healthier and alive.

If your cells keep dying and you don't replace them, then what happens? You're the old person trying to cross the street, a little at a time. But if you're reproducing, you'll be

like me — from death at 21 to life at 60, getting healthier every day. Why We Want Colds (and Not Fear Viruses)

So what about diseases like the black plague or polio? What causes the viruses to manifest themselves and activate?

The black death was mostly caused by the build-up of mercury and other heavy metals causing toxicity in the systems of people using coal to fuel their fires to heat their homes, which was often soot-riddled due to poor ventilation, and whole towns being covered in smog from the fireplace making an impure breathing environment. The blame is put on the coal in place of firewood and things like peat.

The poliovirus is also activated when the build-up of heavy metals becomes too much for the body to dispose of. Also included was aluminum, heavy metal toxicity, causing the polio outbreaks from people eating out of cans which became popular after the first and second world war.

Viruses are the body's last resort in trying to save your life.

The flu is a solvent detoxification. A cold is normally a bacterial detoxification where microbes eat damaged tissue that is of a waste product, and when they consume that tissue, they can consume about fifty times their weight in twenty-four hours and have a waste product of one to five percent.

That's like you eating fifty pounds of food in one day, and having a one to five-pound waste product to deal with the

next day. That's a good janitor. So we want colds. The flu occurs when people are so toxic that bacteria cannot help break down the toxic waste product because of their inorganic substances like chemicals from pesticides, inorganic fertilizers and food additives like in sodas that don't have anything to do with food.

When those chemicals get into the body, saturate the body and destroy the bacteria, then our body has to make a solvent, or many varieties of solvents to dissolve tissue.

The body may make three hundred thousand types of viruses that are specific to a specific tissue within a particular cell so that the whole cell and its integrity isn't interrupted so it doesn't die.

It's just cleaning out the veins or particular areas of the cell. Whether it be the veins for neurological functions, or lymphatic which is cleansing, or the blood itself within the cell. So those are specific cleansing viruses for specific areas in the body.

Now at no time where you get to the point where you have more than three viruses at any particular time in any particular body. If you're in a laboratory looking at it, there is nothing live there.

From Street Pigs to Factory Farms

You've got soaps, you've got solvents. Just like we have soaps and solvents to dissolve grease off of your garage floor from your car.

What happens when you use soaps? You use water in relation with it because water is the main solvent on this planet. Rain dissolves rock so plants can eat.

Water is our main solvent and when you look in any archaeological book, the first thing listed under solvent is water. So we mix a compound of proteins and chemicals, which with water create a dissolution of substance and in this particulate case, say the swine flu, you're talking about a specific tissue of a pig.

And of course, a pig is not going to have a virus unless it is so toxic from poor feed and vaccines and all kinds of medication that it can't use its natural bacterial cleansing.

Feeding garbage to pigs started six thousand years ago in Egypt and Israel, where pigs were used in the streets because they'll eat anything. That's why it was illegal to eat pigs. Not that there was anything wrong with them at first, but because they would eat anything.

So all the waste products got dumped out the window, and the pigs went around the streets eating everything. So it's illegal to eat the garbage collectors.

But because people were eating a lot of cooked foods, and throwing out a lot of contaminated foods, let's say they were left in silver vessels or lead cups and dishes, then, of course, they would get contaminated with heavy metals that were all getting thrown out, and the pigs started getting diseased. So then it was illegal to eat pigs. Not only because they were the garbage collector, but because they were diseased.

That had continued, so when farming, feed became a big agricultural moneymaker. Companies started going to other companies that made process foods like cereals, getting the waste products cheaply, and then feeding them to pigs.

From Feces to Flu: The Natural Cycle Misunderstood

As for feces, they are predigested matter that the body didn't have time to absorb all of. So other animals eat those feces and they are very healthy with them. Pigs, chickens, dogs, birds eat a lot of fecal matter. As long as the animal isn't eating chemicals or being injected with toxicity.

This results in swine flu, but you can have three hundred thousand varieties of swine flu because of the complex different types of tissue to be cleaned within a pig, just like any other animal organism. However, they cannot cross-species. How do we get swine flu? It's been made in a factory and injected. Just like the way AIDS was manufactured. It was created at UCLA in 1961-62 to create cancer in laboratory animals to study cancer.

All viruses are good viruses. Each cell makes a solvent, a soap to help clean itself. It's a union. It's like a factory. All the particular cells get together and say let's make this for us to help clean us. So they are making a soap to do that. There is nothing dormant about it. So when the accumulation of waste is so great, and you can't use bacteria, then the cell makes a solvent. That's a flu, that's a virus.

The 1976 Swine Flu Hoax

Regarding the swine flu vaccine in 1976, when I was 29 and living in California at the time, Dr. McBean and Ida Honoroff was a consumer advocate and was nationally syndicated on like 3,000 radio networks.

Those two women showed the swine flu was a hoax and that the vaccine Ford and Rockefeller pushed through, who were controlling stock in many pharmaceuticals, were going to harm and kill people.

Ida had figured twenty-three hundred elderly people died within two weeks of the shot as a result of the shot. In other words, they didn't have the flu before they got the shot, and they got the swine flu from the shot.

That is the only way a human being can get the bird flu or swine flu, is if it is injected into them. We do not have those tissues. Once an animal product goes into our stomach, it no longer holds the animal's tissue. It completely dissolves it and makes it into human tissue.

Herpes and Other Pharmaceutical Fictions

So there is no way we can get the bird flu, swine flu, avian flu or any other flu. Years ago they used to blame it on races like the Spanish flu, the Mexican flu and stuff like that but then when Rockefeller and Carnegie started taking over the universities in early 1900, shortly after the Spanish flu incident, they started blaming everything on animals. Monkey flu, monkey AIDS. You know, all this stuff. They always blame it on animals. A natural creature. Always blaming nature.

You cannot get a virus into another animal. Viruses are cellularly produced in their whole form. So if a human cell creates a virus, it can only be done inside a human body or a test tube where you have human cells.

How does someone transfer herpes from one person to the other? They don't. This is another fallacy. It's like saying the bears out of Mexico come out of hibernation, and the next door bears come out of hibernation also, all the way through the United States up to Canada, all the way up to Alaska. So that's like saying we have a bear epidemic.

Any kind of flu is the same thing. When the climate temperature is right, certain tissues will cleanse. They may have a seven years cycle or six-month cycle. It depends upon the tissue and how contaminated it is.

If a certain tissue needs to clean out every two years, and you can't use the bacteria, your body will create a solvent, a virus, and it cleans that particular tissue every two years, every six months, every three months, every seven years, every twelve years, depending on that tissue and how contaminated it is. Herpes is a fiction of the pharmaceutical industry to sell drugs.

When the Military Turned Inward

Henry Kissinger was given the task to look at overpopulation back in the sixties and he wrote a paper that was a hundred and sixty-some pages, and he talks about the greatest way to get rid of overpopulation is to inject people with contaminated medications. Run any search engine and you will come up with that paper.

Then that was given to the NSA (National Security Association) also the military and the government secret services, and they all voted on a particular proposition that gave the military and secret services (secret military divisions) the right to start biological warfare and experimentation on US citizens.

If you like more information on Aajonus Vonderplanitz, go to his website at www.wewant2live.com

How to catch a virus:

www.youtube.com/watch?v=iw4ALzQcGyE

Up Next: Brendan Murphy Enters the Chat

Before diving into the next chapter, I want to pause and share a powerful discovery that shifted my entire perspective. While exploring the complex world of healing, I stumbled upon a compelling video by Brendan D. Murphy titled “Can You Really Catch the Flu? Spanish Flu and the Infectious Myth.” His voice stands alongside Aajonus’s—not as mainstream consensus, but no less important or provocative. Brendan challenges the common narrative that viruses are the invaders responsible for illness. Instead, he suggests that the flu—and perhaps viral illnesses in general—are less about external enemies and more about the poisons and toxic burdens we already carry inside us.

The Flu That Wasn’t: A Contagion of Belief

“If the greatest pandemic of the 20th century wasn’t contagious... what else have we misunderstood?”

This question haunted me as I dug deeper. Like many, I once accepted the story of contagion without question. We were taught from childhood to fear coughs, sneezes, and outbreaks—armed with hand sanitizer and masks, avoiding invisible viral enemies. But as I peeled back the layers, those rigid beliefs began to unravel.

One of the most eye-opening moments came when I encountered Brendan D. Murphy’s meticulous investigation into the 1918 Spanish flu pandemic. His work reads like a forensic detective’s case file. What he uncovered—what mainstream medicine has quietly pushed aside for decades—blew the lid off the germ theory as I knew it.

This wasn't just a minor detail; it was a fundamental challenge to a story that shapes our collective fear and health policies today.

The Gallops Island Experiments

Let's start with a series of experiments that should be taught in every biology class—but somehow aren't.

After the devastation of the 1918 Spanish flu, researchers from the U.S. Navy and Public Health Service sought to prove exactly how the disease spread. They gathered 62 healthy young sailors and subjected them to every conceivable form of exposure to the flu.

They took mucus swabs from flu patients and dripped the secretions directly into volunteers' noses, throats, and eyes. They injected the blood of the sick and dying. In one unsettling trial, volunteers sat face-to-face with flu victims, inhaling their breath and receiving coughs directly to their faces—five coughs from ten different patients per volunteer. Despite this intense exposure, not a single volunteer fell ill.

Dr. Milton J. Rosenau, who led these trials, stated candidly: “Perhaps if we have learned anything, it is that we are not quite sure what we know about the disease.”

Further experiments on Goat Island in San Francisco repeated these protocols with 50 prisoners—and the outcome was the same. Zero infections.

These were rigorous, government-approved studies—not fringe science. Yet today, they are nearly erased from medical history. If the flu were contagious in the way we've been told, these experiments should have made that undeniably clear. Instead, they revealed a profound mystery.

Toxins, Not Germs

So if it wasn't the virus spreading contagion, what explains the catastrophic wave of death in 1918?

Let's take a wider view. Europe was ravaged by World War I—millions trapped in trenches, exposed to chemical warfare, starvation, and squalid conditions. Soldiers were repeatedly injected with experimental vaccines—rabies, typhoid, diphtheria, smallpox. In many cases, more died from these medical interventions than enemy fire.

Eleanor McBean, a medical researcher and contemporary eyewitness to the pandemic, noted:

“As far as I could find out, the flu only hit the vaccinated. Those who had escaped the shots, escaped the flu.”

Her own family, unvaccinated, cared for the sick for hours daily without masks or protection—and never fell ill.

Hospitals overflowed not only with flu patients but also with cases of mumps, measles, typhoid, and paralysis—conditions suspiciously aligned with recent vaccines.

On top of this, treatments included arsenic-based drugs, mercury, and dangerously high doses of aspirin. These “remedies” were not just ineffective; they were often fatal.

Add to this environmental toxins, such as lead arsenate pesticides used heavily in farming regions, and a different picture emerges: mass poisoning and immune breakdown, rather than an infectious viral epidemic.

The neurologist Alfred Vulpian once observed that dogs poisoned with lead showed symptoms identical to polio—a startling overlap that highlights how blurred the lines between “viral” symptoms and toxic exposure really are.

The Electric Plague

Another largely ignored factor: electricity.

Arthur Firstenberg's book *The Invisible Rainbow* draws a striking connection between the 1918 pandemic and the introduction of military radio technology.

The first flu wave broke out in Cambridge, Massachusetts—home to a naval radio school. Shortly after, 1,100 soldiers at Camp Funston, Kansas, fell ill—soldiers recently exposed to powerful wireless transmitters.

This pattern repeated worldwide. Wherever new electromagnetic technologies were rolled out—radio, radar, satellites, cellular networks—the flu seemed to follow.

Symptoms such as bleeding from the nose and lungs, blood clotting issues, profound fatigue, and slowed heart rates do not neatly fit the profile of a respiratory virus, but they align with overexposure to electromagnetic fields (EMFs).

Subsequent influenza pandemics—the Asian flu in 1957, Hong Kong flu in 1968, and Swine flu in 2009—coincided with major leaps in global electrical infrastructure.

Is it a coincidence? After more than a dozen such overlaps, it's hard not to see a pattern.

The Belief in Infection

Brendan Murphy's critique cuts to the heart of the matter:

Our belief in viruses as contagious killers has become something closer to religion than science.

He bluntly asks: "Only dogmas don't change. When did germ theory become a religion?"

The Gallops Island experiments make one thing clear: intimate contact with the sick does not automatically cause illness.

What does cause it? Internal terrain—our body's toxic burden, nutritional status, psychological trauma, and yes, even belief itself.

If exosomes—the tiny cell fragments often mistaken for viruses—are in fact the body's cleanup crew removing damaged cells and toxins, then what we call "infection" may actually be the visible signs of the body healing and detoxifying.

A New Lens on 'Contagion'

Reading this left me not just validated, but profoundly freed.

What if sickness isn't something we "catch" from others, but something we create through lifestyle choices, environmental toxins, chronic fear, and unresolved emotional wounds?

This perspective doesn't mean ignoring symptoms or pain, but rather tracing them back to their true causes—and reclaiming responsibility for our health.

It's about stepping out from under the shadow of

pharmaceutical dogma and public health fearmongering, and recognizing that we are dynamic, adaptive beings—constantly detoxifying and recalibrating in response to the world around us.

If that's true, then the greatest pandemic we face isn't a virus
- *It's fear.*

Further Exploration

For a powerful breakdown of the 1918 flu, see:
Brendan D. Murphy's video – “The Truth About the Spanish Flu”

Watch on BitChute:

www.bitchute.com/video/ZBqouODiNJV2/

Explore more on viruses, the Plandemic, and the Great Reset
at:

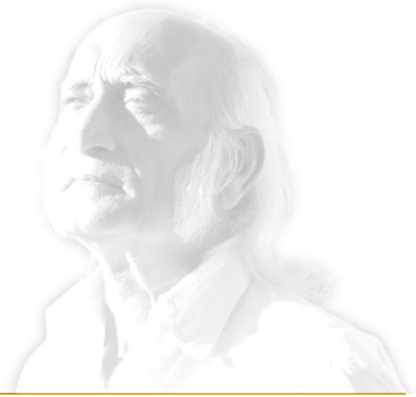
www.truthiverse.com

BitChute: [@BrendanDMurphyOfficial](https://www.bitchute.com/@BrendanDMurphyOfficial)



Chapter 6

Let the Sunshine In



The light that shines through your eyes holds the power to awaken your whole being, bringing vitality to your body and clarity to your mind.

If there is one medicine freely available to us all, it's sunlight.

Long before pharmaceutical companies were selling “solutions,” ancient cultures turned toward the sky—specifically, the sun—not only as a source of warmth and light but also as a gateway to higher consciousness and healing. This is not metaphor. It's biology. And perhaps, it's also magic.

Even what you place over your eyes can influence how your body responds to sunlight—a truth we'll return to shortly.

The Forgotten Power of Sungazing

There is a profound and ancient practice known as sungazing—often misunderstood, yet deeply transformative when done with care. It's not just about sunlight on the skin; it's about energy absorbed directly through the eyes, which are neurological extensions of the brain.

Yogi Hira Ratan Manek (HRM), a modern proponent of sungazing, calls the sun “the greatest source of energy on this planet.” He is not speaking in metaphor. The body, he teaches, can be charged electrically by gazing at the sun under safe conditions—specifically, during the first hour after sunrise or the last hour before sunset, when ultraviolet rays are minimal or nonexistent.

In 2002, HRM underwent scientific observation for 130 days at the University of Pennsylvania. Researchers noted not only the activity of his pineal gland—long thought to calcify with age—but its actual growth and reactivation.

His case, among others, raises a stunning question: What if sunlight, absorbed through the eyes, could awaken dormant capacities within us?

Safe Practice, Profound Impact

The practice is simple, but it must be respected. Begin with just ten seconds of sungazing barefoot on the earth—or with your feet touching the ground indoors, or even through a window if weather requires. Each day, increase by ten seconds until you reach fifteen minutes at the three-month mark.

Even on cloudy days, there is benefit. The photons still reach you. And if you miss a day, it’s no problem—it only extends the timeline.

Around six months, something shifts. Willpower strengthens. Fear—especially the fear of death—begins to fade. A deep peace settles in. According to HRM, many psychosomatic

conditions rooted in chronic stress and anxiety begin to disappear. Serotonin and melatonin, both vital to emotional and hormonal balance, are naturally regulated.

You may also notice physical changes: sharper vision, better sleep, faster nail and hair growth, improved digestion, greater mental clarity, and a sense of overall vitality. I call this *solar sovereignty*—a state in which the body becomes more resilient, more intuitive, and less dependent on external interventions.

Sunlight is Nutrition

We know vitamin D is synthesized through sunlight on the skin. But here's what isn't talked about enough: through the eyes, sunlight informs the brain and endocrine system. The sun governs circadian rhythms, metabolism, immune responses, and mood. It is not a luxury—it is a necessity.

And what about vitamin A? Sunlight absorbed through the eyes helps the body convert it, strengthening vision and protecting against eye disease.

The more sunlight you can safely incorporate into your day, the more charged and vital your system becomes. Try this: fill a glass bottle with clean spring water and place it in the sun for a full day. What you've just made is solarized water—the ultimate energy drink. You can even use it as an eye, ear, or skin tonic.

The Sunglasses Trap

Here's something most people don't realize: wearing sunglasses for extended periods—especially in bright sun—

can actually make you more prone to sunburn. When sunlight enters the eyes, it signals the brain to increase melanin production, the body's natural sunscreen. But when that light is blocked by dark lenses, the brain is fooled into thinking you're in the shade, and it doesn't trigger full melanin production. As a result, your skin is more vulnerable to UV damage when the rest of your body is exposed.

Sunglasses certainly have their place—especially for reducing glare while driving or on the water—but for everyday sunlight exposure, consider letting your eyes receive the full spectrum of natural light, at least for part of the day. Your brain, skin, and hormones will thank you.

The War on the Sun

So why does modern medicine warn us to fear the sun?

We're told to slather on chemical sunscreens—many of which have been linked to endocrine disruption and even skin cancer. We're told the sun is dangerous, yet the data shows that moderate, regular exposure protects against everything from osteoporosis to depression. The truth is, the problem isn't the sun. It's our toxicity.

If you put chemicals on your skin that you wouldn't eat, they don't just sit there—they absorb. The skin is the largest organ, and it's porous. A rule I follow religiously: *If you can't eat it, don't put it on your skin.*

Don't believe me? Try this: test a glass of chlorinated tap water. The drops turn it yellow. Now put your fingers in a second glass, wait a few seconds, remove them, and test

again. No yellow. The chlorine is gone. Where did it go? Into you.

The same thing happens when you rinse with tap water. You don't need to swallow it—your mucous membranes absorb it instantly. Try spitting it back out and testing again. No chlorine left.

This is why everything you put on your body matters—especially when sunlight is involved. Sunlight interacts with whatever is on or in the skin, and if that includes harmful chemicals, the results may indeed be damaging.

Cancer, Fear, and the Psyche

Let me be blunt: it's not sunlight that causes cancer. It's what we put on the skin, what we put in the body, and what we carry in our minds.

I see cancer as a fungal or parasitic condition—and even more importantly, a spiritual crisis. The moment the word is spoken, fear takes over, and fear itself becomes the fuel. That's one reason I haven't tested in over thirty years. If you're constantly scanning for death, you're inviting it.

We are electrochemical beings—and for us, the sun isn't optional. It's medicine. It's information. It's memory. It's light—not just in the visible sense, but in the literal: energy encoded with life.

The Torture That Healed: A Sungazing Paradox

There's a remarkable, little-known story from history that reveals the sun's hidden healing power. During a conflict, prisoners of war were tortured by having their eyes taped open and forced to stare into the sun for hours—an act meant to blind and destroy.

But the opposite happened. Many reported their vision improved. Instead of permanent damage, the sunlight seemed to stimulate healing, sharpening their sight.

This paradox challenges everything we've been told about sun exposure to the eyes. While sungazing must always be practiced with care, it suggests that sunlight carries regenerative power—awakening not only the body, but even the very faculty of vision itself.

Full-Spectrum Living

One more thing: ditch the LEDs when you can. They're cheap, they flicker, and they don't carry the full spectrum of sunlight. If you need artificial light, invest in full-spectrum bulbs that come closer to the real thing—especially if you live in cloudy or northern regions.

Better yet, step outside. Even in winter, just 15 minutes of sunlight on your face can reset your system. And if you're unwell? Consider moving south if it's possible. Your body is solar-powered. The more charge you gather, the more energy you have to heal.

Think of summer the way squirrels think of nuts: it's your time to store up light for the darker months.

Sunrise, the Third Eye, and Awakening

In yogic tradition, sungazing isn't just nourishment for the body—it's food for the soul.

The pineal gland—long honored as the “seat of the soul” or “third eye”—is highly sensitive to light. At sunrise, solar winds stimulate Earth's magnetic field, which in turn charges the pineal. This is why dawn is considered the most powerful time to meditate—and why sungazing then carries such potency.

As the pineal harmonizes with the pituitary, a subtle magnetic field emerges. Together, they guide hormone balance, states of consciousness, and even physical regeneration. Many sungazers report remarkable shifts: restored hair color, sharper eyesight, and profound spiritual awakening.

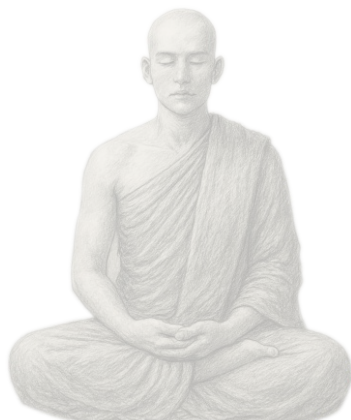
Life is electric. You are electric. The sun is your charger.

For a deeper dive into Yogi Hira Ratan Manek's journey and the scientific explorations of sungazing and the pineal gland, visit:

www.ifreesite.com/scriptures/sungazinglivingonsunlight.pdf

Chapter 7

Open Mind Open Soul



A straightforward practice I found unexpectedly, Vipassana meditation opens the door to healing and peace.

There's an ancient, time-tested technique that changed the way I relate to my thoughts, emotions, and body—and it's free. It's called Vipassana meditation, and while it may appear effortless on the surface, it's one of the most powerful tools I've encountered for self-healing and emotional liberation. Also known as insight meditation, Vipassana helps us observe thoughts and bodily sensations with detached awareness. Unlike guided visualizations or mantra-based practices, this is about direct perception. Pure observation. No interpretation. No escape.

Why is this so important? Because everything we experience—sounds, sights, smells, feelings—leaves a mark. Every reaction we've had to a person, a trauma, a disappointment, or even a scent we once associated with love or fear... it all gets recorded in our subconscious.

And that's where it runs the show.

We may think we're reacting to the outside world, but what we're really reacting to is the sensation triggered inside us. A memory. A pattern. A wound.

I've often asked myself, "Why did I say that?" or "What came over me just now?" As I dug deeper, I even began to wonder if some of these reactions weren't mine at all. Could there be unseen influences—spiritual, energetic, parasitic—affecting our minds? I've left that exploration for another chapter, but suffice it to say: love is the greatest protection. And the practice of Vipassana opens the door to it.

How It Works

Vipassana teaches us to simply witness what arises within. It's not about controlling the mind but becoming aware of it—like watching clouds pass in the sky. Anger arises? You notice it. Joy? You feel it. Pain? You sit with it. And eventually... it passes.

When you start, sit comfortably with your back straight. Close your eyes gently or leave them barely open. Let your chin dip slightly, shoulders relaxed. Breathe naturally.

As thoughts begin to surface, don't chase them. Don't analyze or suppress. Just acknowledge them, then let them go—like waves returning to sea.

Blank moments will come. Treasure them. Let silence deepen. With time, your judgments will quiet. And when they do return—because they will—simply notice them too. No resistance. No drama.

Even one breath, consciously observed, begins to heal.

If a thought won't leave, try this: inhale deeply, and as you exhale, imagine the thought dissolving with your breath.

You'll feel a lightness return.

Real-World Transformation

Filmmaker Eilona Ariel discovered the power of Vipassana and felt called to share it. Initially, she struggled to capture anything compelling on film—after all, people sitting in silence doesn't exactly scream cinema.

Then came Tihar Jail in Delhi, India—infamous for its inhumane conditions. Prison officials decided to introduce a Vipassana program there, transforming one of the wards into a temporary meditation center. Inmates were taught to observe their thoughts and sensations without reacting. The results were remarkable.

Recidivism—the rate at which released prisoners returned—dropped significantly among those who completed the program.

Word spread. Thousands of miles away, in the Donaldson Correctional Facility in Alabama, prison officials decided to try the same ten-day experiment with some of their most hardened inmates.

These were lifers. Men who had grown up inside the system—many of them fueled by rage and regret. They were asked to sit for ten hours a day, simply watching the storm inside.

And something shifted.

For the first time, many of them saw the source of their anger—not the external world, but the internal sensations they had never learned to process. By observing those feelings without reacting, they reclaimed a part of themselves.

The outcome? A 20% drop in disciplinary actions. The prison made the program permanent, offering it four times a year.

This is what happens when we stop running from ourselves. When we stop judging, suppressing, or fighting every thought or feeling that bubbles up from the depths. We heal.

Not because someone healed us. But because we finally gave ourselves permission to be whole.

Further Exploration

For a transformative introduction to Vipassana and its impact in real-life settings, I recommend:

Film: The Dhamma Brothers

A documentary chronicling the implementation of Vipassana meditation at Donaldson Correctional Facility in Alabama. A rare glimpse into emotional healing behind bars.

Website: www.dhamma.org

The global Vipassana organization founded by S.N. Goenka. Offers free 10-day retreats around the world.

Book: The Art of Living by William Hart (based on Goenka's teachings)

A practical and philosophical guide to the Vipassana method.

Chapter 8

The Healing Power Beneath Your Feet



Grounding, or *earthing*, is a simple yet profound practice that restores balance by reconnecting us to Earth’s energy. Modern life—filled with toxins, artificial environments, and constant stress—gradually depletes the body of electrons, leaving us vulnerable to inflammation, fatigue, and imbalance. Grounding replenishes these electrons directly from the Earth, reviving a connection our ancestors experienced every day without effort.

By standing barefoot on natural surfaces—sand, soil, grass, or even unsealed concrete—you allow negatively charged ions from the Earth to flow into your body. Moist ground enhances conductivity, while natural stone or ceramic tiles laid directly on soil can also help. Even bricks may offer limited benefit if they touch damp earth.

This steady current of electrons acts like nature’s built-in antioxidant: thinning the blood, easing inflammation, calming the nervous system, and restructuring the water in your cells. It recharges the body’s internal battery in a way no supplement can replicate.

I was first drawn to grounding after watching a video of men

in the Philippines building bamboo homes barefoot. It made me wonder if their vitality came, in part, from that direct contact with the Earth. When I began working outdoors barefoot—carefully watching where I stepped—I noticed a shift. I felt lighter, stronger, and more energized, as if my body had been quietly craving this connection all along. From that moment, I couldn't help but return to it again and again.

The Grounded

In 2015, I saw a documentary that forever changed the way I understood healing. It was called *The Grounded*, based on a true story that unfolded over thirteen months in a small town in Alaska.

Steve, a man living with chronic pain, heard about the power of natural healing on the *Voice America* broadcast. That winter, forty feet of snow fell. With his body aching and his hands frozen numb, he reached a breaking point. In a moment of desperation, he stripped down and lay in the snow beneath a bridge—for twenty minutes.

The next morning, the pain in his back was gone. His hands were no longer numb.

Skeptical, he decided to test the phenomenon. He stuck a metal rod into the frozen ground and ran a wire into his cabin to conduct grounding indoors. Then he experimented with plants—cutting two sprigs from a cottonwood tree, grounding one and not the other. The grounded one sprouted buds first.

Then he tried it with lilies: one bouquet grounded, the other

not. The grounded lilies lasted longer. The results were too consistent to ignore.

He shared his discovery with a friend who snored heavily and suffered from fatigue. After a few nights of sleeping grounded, the snoring stopped.

This led Steve to Clint Ober—the pioneer of the modern grounding movement. Clint sent him grounding sheets to distribute to locals in pain. The results were astounding. One man reported back pain vanishing after twenty years. A woman gave her sheet back, saying it worked too well—she was afraid of losing her disability benefits.

There was Dave Olerud, a paraplegic for thirty years. After grounding for just one month, he began moving his legs. Skeptics dismissed the phenomenon, but Steve pressed on. He met with experts like Dr. Stephen Sinatra, a cardiologist who discovered grounding thins the blood—critical for heart health. In experiments, they observed blood viscosity drop within two hours of being grounded.

He also crossed paths with Freddy Silva, who confirmed that grounding was not a new discovery but a lost wisdom known to the ancients.

Steve eventually found himself at Long Meg and Her Daughters, an ancient stone circle in the UK. Acoustic physicist John Stuart Reid joined him, using a cymascope in a Faraday cage to visualize Earth's natural frequency—7.83 Hz—the Schumann resonance. This frequency matched patterns etched into stone thousands of years ago. We are meant to harmonize with it.

So then ask yourself: why do we wear rubber-soled shoes? Why are we cut off from the very energy that heals us?

Fortunately, there are shoes being made with grounding plugs. Hotels are now offering grounding sheets. The science is catching up with the ancient knowing.

And remember Dave Olerud? He walked again.

DIY Grounding

If you can't afford a commercial grounding mat, you can make one. Use a metal bug screen (not plastic) about the length of your body. Attach a wire to one corner and the other end to a metal rod. Drive it six inches or more into the ground. Seal the edges of the screen with duct tape to avoid tearing your sheet.

If you would like to purchase the sheet and make it yourself, go to: www.bitcute.com/video/V3sjkXyenU20

Further Exploration

- ◆ Watch *The Grounded* (2013), available on YouTube or health documentary platforms. A powerful, emotional journey into the rediscovery of Earth's healing power.
- ◆ Read *Earthing: The Most Important Health Discovery Ever?* by Clinton Ober, Stephen T. Sinatra, and Martin Zucker.
- ◆ Explore published studies on grounding's effects on inflammation, cortisol, and sleep:
www.ncbi.nlm.nih.gov
- ◆ Learn more and find grounding equipment at:
www.earthing.com

In Conclusion

Nature sustains us with every breath, yet the artificial things we consume and wear slowly wear us down. The body is forgiving and can heal—if we give it the chance. But there’s a limit. Don’t wait too long.

The mind leads, the body follows. A fearful mind invites sickness; a calm mind invites healing. That’s why meditation, silence, and time in nature matter.

I think of the woman in Bulgaria who healed her cancer with alternative treatments—until constant reminders of “How’s your cancer?” brought fear back, and with it, the illness. She chose euthanasia. That moment stayed with me: no treatment can help a soul that’s lost hope. Fear is a weapon. Resist it.

We’re made of light, breath, water, and thought. Everything around us shapes mind, body, and spirit.

As this book closes, I share why this journey matters to me: healing isn’t easy, but my own struggles gave me the knowledge gathered here. I hope these insights guide you toward your own truth and healing.

We don’t have all the answers. We’re learning as we go. And it’s okay to be wrong—that’s how we grow.

With love and gratitude,
Paul

If this book found its way to you and you’d like more information, support, or resources, I’d love to hear from you.

www.GenesisX.life | genesixlifecoach@gmail.com

Before I go: How Zolana Came to Be

While trying to find a way to survive in Colombia with very little money coming in, I kept experimenting with different businesses, but nothing ever seemed to stick. At one point, a Venezuelan friend I met in Taganga suggested selling arepas, insisting that Venezuelans make them better than Colombians. I liked the idea, so I jumped in. I designed the menu and the signage, and with some crazy timing, I happened to come across enough money to rent a small place—since until then we had been working out of my kitchen.

At first, he called it *Arepas Venezolanas*, but I wanted something shorter and catchier. I suggested *ArepaZolana*. He liked it, and the name stayed.

What's interesting is that during that time, I also had a quiet longing to start something spiritual, something in the healing field. I didn't know what direction it would take, so I left the idea in the back of my mind. "One day, I decided to look up the word Zolana to see if it carried any meaning. What I discovered left me dumbfounded."

What I found is that *Zolana* is word of African origin, and it means:

When you love someone, and they love you back—you have Zolana.

And that's how the name found me.

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