









The Disciplan, reversing disease with a naturally better approach through fasting, prayer, repentance, Discipline, and Obedience,

Rachel Celler, RN

Jeremiah 33:6

The Forensic Nurse.org

Fisher of men Ministry.org













Jerimiah 33:6

Nevertheless, I will bring it health and healing to it; I will heal my people and will let them enjoy abundant peace and security

Rethink and redefine everything according to the truth. Natural medicine has always been the gold standard this is traditional medicine the lost and suppressed arts of healing naturally with energy, herbs, oils, minerals, light, and oxygen.

Most people are misdiagnosed or cursed with medical diagnosis. Medical words that have no meaning or really do not make sense like Parkinson's or Chrohs?? Getting to the root of the problem should always be the goal and healing naturally is the missing chapter in medical books across the globe by design. This resource guide contains information and protocols from medical Doctors and many other sophisticated sources from around the world. There are natural solutions for every health problem. Natural healing and cures are forbidden knowledge suppressed by the governments around the world.

This is my disciplan I created as a guide to healthy living. Always consult with a health care provider who identifies the root cause of disease and someone that has a foundation in nutrition.

These people are identified as functional, integrative, naturopaths, or holistic health



Presenter:

Rachel Celler, RN
Fisher of Men
Ministry.org

Please watch this life changing video on how many people are eating high lectin foods that keep them tired, hungry, fat, and inflamed consider buying Dr. Gundry book plant paradox

https://lectinblocker.com/m-index.php

Watch Dr. Steven Gundry's youtube video on lectins.

World-renowned cardiologist and author of the plant paradox book.

Consider food sensitivity testing and (GPL) Great plains laboratory.

Consider removing lectins or other things in your diet that may be helpful to you. High lectin foods can keep you hungry, tired and overweight. Elimination diet



Oral Hydration Brew your own teas to cleanse blood and liver.

Stove top brewed herbal teas that you brew from raw spices and herbs

removes toxic GMO and inflammatory foods. Wheat, corn, and soy are mostly GMO and wheat causes leaky gut because there is roundup herbicide present. Sweet leaf brand stevia does not contain dextrose or any additives. Splenda causes leaky gut and chemical artificial sweeteners are cancerous. Aspartame and diet drinks cause tooth decay.

1tsp-1TBS Diatomaceous earth in a glass of water for parasites instructions are found on southern botanicals website for parasite kits

Drink at least ½ of your body weight in ounces of water daily. I Brew herbal teas that use raw herbs and spices to cleanse my blood.



apple cider vinegar has live probiotic good bacteria and tones blood PH as well as breaks down sludge and calcification in the Gallbladder and bile duct Clove, cinnamon, fennel, and cardamom boiled taste delicious oregano, neem leaves,
Pau De Arco tea and artemesia (wormwood) are natural antiseptic teas that cleanse the blood of infection. Clove, oregano, neem leaves.

Dr. Nuzum.com Black

brew fulvic mineral powder in water to pull toxins out like metal and drive nutrients in mailman and garbage man for cell.

Stove Pot Brew Chai tea
Cinnamon sticks, fennel seeds, cardamom seeds or
pods, smashed whole ginger root boiled

Black tea bags added to chai or iced tea Pot brewed oolong tea leaves Consider your own water filtration system because bottled water can be filled with micro plastics that imitate estrogen in the body and accumulate in the tissues, organs, and cells. Xenoestrogen toxicity.

Berkey water filters or reverse





osmosis systems for under sink.

Mineral must be added back to
water when drinking distilled and
reverse osmosis.

Fast and flush with water. An example of Intermittent Fasting is eating your last meal at 7pm and not eating until the next morning or evening. This gives your body and digestive organs time to rest and repair.

When you are not eating, you should be flushing with teas, tonics,





Green tea matcha with honey and coconut milk

1tsp-1TBS Diatomaceous earth in a glass of water for parasites instructions are found on southern botanicals website for parasite kits.

Healthfree.com or southern botanicals.com

and water. The goal is hydrating all day to rinse out the organs with reverse osmosis or distilled water.

Start slow and do what you can tolerate, it does not need to be extreme right away take baby steps towards your goals if you choose to fast or remove meat for a period of time then document how you feel.

Cleansing the blood of infectious organisms can be done naturally using plants, oils, herbs, spices, and mineral miracle solution (chlorine dioxide) listed in blue chart below. I use nature reigns health tonic Nature Reigns.com and I make my



Intestinal sweep and bug killer and metal binder

own disciplan tonic, recipe is provided.

I eat one meal a day and sometimes more, it just depends on what I feel like. I avoid sugar drinks but pomegranate juice reduces plaques In blood vessels and I dilute in water.

The apple cider vinegar and the tonic recipe below are good to break down calcified sludge in the gallbladder and other parts of the body. You can find youtube videos but use caution and consult your naturopath or practitioner.







I eat the Sunlight grown chlorella pellets to kill the hunger during the day when my stomach wants food.

If you are not eating, you need to be hydrating throughout the day every day. Wherever you are, you need to have your beverage in reach. If your organs are dirty, you need clean water to rinse them out, a dirty wound will not heal well.

I drink several different blood cleansing drinks that help rinse the inside of the body, mop up toxins kill bugs, and heal my DNA.



Herbs, spices, and plants are used to cleanse the blood of infection and pull out toxins like metal.

Boil spices like star anise, cinnamon, clove, cardamom and make chai tea adding black tea bags to a pot of water boiled on the stove. Drinking any herbal teas or fresh juiced veggies/fruits to flush out toxins & cleanse blood.

Lemon water, Apple cider vinegar diluted in water with raw unfiltered honey daily if you like.

Matcha powder is from green tea leaves and matcha latte is delicious hot or cold with a bit of honey.



Helps to energize and detox the liver.

Mix 1^{tsp} matcha powder and 2TBS water in tiny bowl with bamboo whisk add honey to make paste. Use unsweetened coconut milk diluted with water.

1^{tsp} -1TBS food grade diatomaceous earth (silica) in water 1-3 times daily to sweep clean intestines of metals, parasitic organisms, toxic debris.

Silica is the glue that holds our body together and the body needs to make connective tissue and collagen.

This Silica powder is from Diatoms that are natural fossils from dried



lake beds. Always use caution when sourcing to avoid contamination of heavy metals.

Southern botanicals in Clearwater Florida supplies parasite cleaning kits. https://healthfree.com/

Pink salt can be added to water and food for 84 different minerals and iodized salt is very important Avoid high fructose corn syrup, no sugar drinks unless its fermented/kombucha or natural fruit juice like pomegranate, cherry, or cranberry

Have cheat days

Avoid Added sugar no Dextrose,
artificial sweeteners, Even stevia



packs contain additives like dextrose. Sweet leaf brand stevia is good

Thyroid/Immune

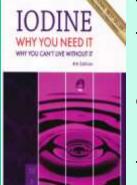
lodine and selenium are critical for metabolic function . Please watch Dr. David Brownstein Video lodine and why you need it.

Amazon sells Lugols Iodine 2% or higher tincture applied to skin or potassium iodide tabs

Everyone needs lodine & selenium, deficiency will cause low thyroid function and weight gain as well as overall bodily dysfunction and cancer . You will not achieve Hormone balance without adequate iodine. Thyroid is often full of toxic radioactive isotopes, chemicals from the environment like bromide from bread, fluoride, mercury from fillings and vaccines. Thyroid detox may be needed.



Refer to Dr. David Brownstein on youtube, the lecture is his book lodine and why you need it.



the larger the breast the more iodine. Prevents cancer and critical for detox. Lugols Liquid iodine tincture applied topically for skin certain conditions

Assume you are deficient until proven otherwise

Fasting and flushing is my personal routine, heal the body and remove food addictions.

Gastrointestinal

Mold, metal, parasites, and poor absorption Wheat is genetically modified & full of roudup Glyphospahte weed killer



Binders are plants, minerals or other things that will attach to metal and other toxins in the body

Cilantro, chlorella, binders like activated charcoal, diatomaceous earth, fulvic and humic mineral powder. Fulvic and humic acid are mineral and nutrient rich. Sourced from deep in the earth. This will bind to toxins & metal. Chia seeds will also bind toxins Nano blood cleansing techniques can be done in many different ways. Many people around the world have been misdiagnosed with multiple sclerosis when in fact they are positive for lyme disease and infectious spirochete in the blood. Many disease are caused by infectious organisms found in



vaccines, food, and water vaccines cause Dis-ease and cancer.

Nature Reigns health tonic is a liquid herbal tonic that has been around the world reversing many severe health conditions like cancer and other infectious diseases.

Cancer patients need to increase overall oxygen and nitric oxide.

Cannabis, ketosis, and curcumin which is turmeric can be juiced from the root. Remember to correct severe nutrient deficiencies like fat soluble vitamins A, D, E, K, and minerals zinc, selenium, iodine, and more.





The juiced tonic to the left is a natural anti cancer, anti fungal, antibacterial, antiviral tonic. To clean blood and turn off inflammation as long as you have no allergies to ingredients.

Juice all ingredients with skin.

Whole ginger, whole garlic, lemon with skin, and turmeric root. Keep concentrate in fridge in glass jar. I take 1tsp to 1 TBS diluted in glass of water twice times daily. You can freeze this in glass jars.



Coffee enemas are part of the
Gerson protocol and provide energy
as well as well as liver cleanse. SA
Wilson Coffee is gold unroasted
from amazon or Gerson coffee
enema video on youtube in resource

page

Nutrition plan

Whole unprocessed low lectin organic fruits and veggies

Organic Grass fed meats

Food sensitivity testing knowing what to Avoid
Wheat night shades, gluten,
Conventional fed animal meat ,Soy, corn, dairy

Start with Parasite cleansing and flushing out the Gut and colon, this is critical. If you are not able to afford food sensitivity testing from Great Plains Laboratory then following Dr. Steven Gundy MD on youtube and removing lectins will help reduce inflammation, fat, and hunger.



except grass fed butter that has fat soluble vitamins and good fat

Include

Lectins are plant poisons that cause hem agglutination; this causes your blood cells to stick together which prevents oxygen binding. Lectins bind to gut lining and cause problems like overgrowth of bad bacteria.

Many people do well Avoiding dairy, legumes, corn, soy, wheat, gluten, and nightshades because they can be inflammatory for some people. and cause chronic vessels.

GMO foods cause to cancer and destroy the gut microbiome because fungus is woven into the DNA of the plant.



Leafy greens like kale, cruciferous, Brussel sprouts, add polyphenols from pomegranate juice, berries, cherries Use sweet potatoes instead of white potatoes Magnesium relaxes all the vessels and muscles in the body. It is essential for liver detox and many other functions. For constipation, pain, restless leg deficiency drink 1-2 glasses of H20 with 1tsp Magnesium citrate powder daily . Whole foods has the cherry flavor Always have lugols iodine tincture Consider the iodine daily source from lodoral 50 mg on amazon. Selenium helps with the absorption



they are usually taken together.
Refer to Dr. David Brownstein on
iodine. Dr. Klinghardt suggests
800mcg of selenium during antiviral
protocols.

Key nutrients
Vitamins & minerals

Magnesium will relax muscles and vessels and most are deficient

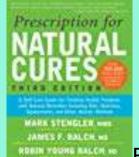
Prescription for natural cures book

Lugols iodine tincture 7% lodine liquid tincture for oral or external use add to water and topical use for psoriasis and eczema skin conditions.

Fulvic acid, selenium, magnesium citrate powder, B complex,
Sublingual methyl form better than cyanocobalamin B12, Epsom salt for skin and muscle soak, sunshine daily or liquid or liposomal vitamin D3 supplement if sunshine deficient,



vitamin K supplement is suggested if taking D3. Dr. Nuzum equalizer spray, Dr. Nuzum Black brew Fulvic powder. Refer to The prescription for natural cures



Prescription for

natural cures third edition. My favorite self-help natural cures book.

Increase Fatty acids for all inflammatory and autoimmune conditions

Avocados, Grass fed butter, Olive oil, avocado oil from Costco, coconut oil unrefined, black seed oil.



More omega 3 less of omega 6

Brain and neurons are made of fatty acid so if you are trying to regenerate nerves and brain this is critically important.

Bad GMO oils from corn or soy cause inflammation.

Do not consume anything with hydrogenated oil, avoid corn, vegetable & canola oil. These oils will cause acid formation and inflammation and they are GMO which is cancerous. Hydrogenated oils wrap your cells like plastic wrap and prevent proper function.



Minerals and vitamins

Inflammation, gut dysbiosis, nutrient deficiency, heavy metal toxicity

Sleep hygiene and sanctuary

Cancer and chronic illness are connected to spinal misalignment and poor nerve and electrical conduction.

Tangy tangerine youngevity vitamin drink or any non GMO vitamin.

Powder dissolves in water making liquid vitamin easier to absorb than tablets.

Reduce inflammation by elimination of inflammatory foods, adequate hydration, through sweating/sauna detox, ionic foot will pull toxins out of your feet into water.

Make sleep sanctuary and turn off wifi at night and unplug TV or turn off power switch.

Cover laptops, ipads, and cell phone screens with blue light screen protectors you can buy on amazon mine hangs off the edge of



my laptop. . Wearing the glasses does protect your thyroid gland in your neck the internal built in one is not the same.

Cannabis oil or CBD for natural pain relief and anti-inflammatory

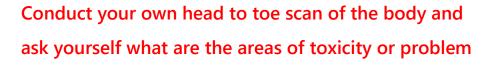


conditions, cancer, sleep,
depression, anxiety.

Take 5-10mg Solgar Brand liquid
melatonin 2 hours before bed if
difficulty sleeping. Melatonin
protects body from wifi Liquid
works much better than capsules
Chiropractic alignment /cranial
sacral therapy is critical in many
people for nervous system. Poor
alignment creates DIS-EASE in the

body and affects nervous system.





1. Brain: Brain fog from mold or other infectious organisms. Vaccines and breast implants can cause auto immune disease. Electromagnetic radiation from wifi and Bluetooth can cause headache, diabetes and cancer.

Common issues with Brain, lyme disease, severe fatty acid deficiency, amino acid deficiency, mold toxicity, vaccines, heavy metals, roundup AKA pesticide glyphosphate, , chemicals, dyes in food. MSG a is nerve toxin.

2. Mouth: dental metal amalgam is mercury, root canals leak anaerobic bacterial poisons into the blood stream and their waste produces highly toxic biofilms that cause plaque to build in blood vessels



- 3. Respiratory: Heavy metals from the air, lack of deep breathing, parasites, mold, benzene chemical, fibrosis, cancer from vaccines.
- 4. Thyroid deficiency of iodine and selenium toxic thyroid from fluoride, bromide in bread, heavy metals from metal fillings.
- 5. Breast health: lodine is critical to preventing cancer and necessary for removing poisons from the body. The larger the breasts, the more iodine is needed. You are deficient until proven otherwise Under arm antiperspirant contains aluminum contributes to metastatic breast cancer that spreads
- 6. Heart: iodine deficiency, low potassium, magnesium, deficiency CoQ10 deficiency of B vitamins from blood pressure drugs or metal/mineral imbalance.



- 7. Under arm antiperspirant contains aluminum contributes to breast metastatic breast cancer that spreads
- 8. Abdominal fat from insulin spiking and adrenal fatigue/cortisol production and (WIFI) causes diabetes and cancer.
- Gut dysbiosis is too many bad bugs and fungus and not enough good.
 Antibiotic use, genetically modified foods like wheat, corn, and soy.
 Constipation and toxin build up. Vaccine injury and heavy metals in gut lining.

Environmental sources of toxicity:

Electromagnetic Radiation from WIFI, Bluetooth, cell towers, power lines from fit bit, apple watches or any other Bluetooth devices worn on the body cause disease. Keep wifi far from sleeping areas and turn off at night. Kill switches can be purchased from Klinghardt academy.

https://www.youtube.com/user/EMFSafetyZone

http://www.klinghardtacademy.com/

Air outside and inside quality



A global operation has been taking place around the world known as geoengineering also chemtrails. This is a process that injects aerosolized particles of heavy metals like barium, strontium, aluminum, and 7 different genetically engineered fungi and bacterial spores. A Doctor in Texas was finding many people to be toxic with benzene. Pilots are spraying tunable polymer microfiber particles nanotechnology that reacts with the human body. Scientists claim we have a climate problem that requires a global operation of pilots spraying poison above the earth



through chemical spray. Mold toxicity is among one of the leading root causes of disease. So many people are mold toxic and misdiagnosed. This mold can grow behind bedroom dressers on the back panels behind and under beds on wood/.



https://www.geoengineeringwatch.org/



Drinking water can be contaminated from heavy metals, glyphosate AKA roundup and many other unknown chemicals. Reverse osmosis water systems offer the most elimination of these toxins. Distilled is good for detox but you must replace lost minerals it will pull out by adding pink salt. Bottled water contains micro plastics that disrupt the hormone system. Xenotoxins are estrogen mimickers found in plastic. Alkaline water systems only change the PH in water and do not filter out these items. Please refer to my site for water test kits and drinking water results and by zipcode. http://theforensicnurse.org/



Toxicity wifi and deficiency drain your battery cells. Increase your cellular voltage by changing the charge in your cells from positive to negative. Inflammation causes Acid body and disease go together. Magnet therapy has always been around and

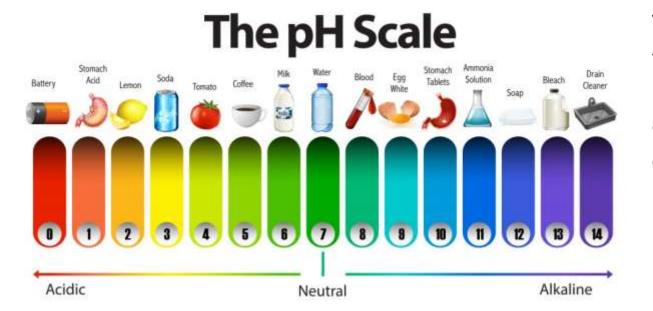


protocols can be found on the health conditions page of

https://biomagscience.net/health-conditions/

Extreme caution must be used so that one correctly applies these powerful and profound tools to the body. The wellness kit is the most popular but always start by reading short book conquering pain that comes with the wellness kit.





The goal is to raise the bodies overall oxygen

concentration through alkaline higher than 7 PH. The first is daily deep breathing while stretching to release toxic energy and increase oxygen to tissues and organs by expanding the lungs. Inhale air into lungs until full, holding for 2-3 seconds then exhaling for 10-15 minutes while stretching on the floor or bed.

If you have low iron, you will have low overall oxygen in the body. Iron is needed to make hemoglobin and you need this to bind oxygen.



Apply essential oil with carrier oil like fractioned coconut oil to skin conditions and soles of the feet at bedtime. There are companies that are trusted for the purity of their essential oils to consume in water. I use gurunanda and add different essential oils to my water like Orange oil, orgegano, ginger, grapefruit and any others. epigenetics magi complex is a popular essential oil that people add to water. Use with caution and select the highest quality and unadulterated oils. The oils are used



in the bible to anoint yourself and others for healing. Massage oils of your choice to



your skin like lavender in the evening for relaxation.





My daily routine is stretching while watching tv, body rolling with foam roller to purge toxins out of tissue. Gua sha is tissue coming or using silicon cupping set with coconut oil to do self lymphatic drain. Always up toward the heart.

Youtube has self teach videos. 30 minutes of cardio or weight training at least 3 times a week.

I take 500 mg regular niacin before a workout to dilate all the blood vessels in the body to saturate my tissues with oxygen.

use with caution, go low go slow.

The disciplan tonic for Pain, blood pressure, infection. Juice ingredients and add turmeric and whole garlic, whole lemon, whole turmeric.





Tissue Coming and body rolling on foam roller will purge toxins out and reduce cravings, pain, and muscle tightness.

Suction cups on skin with fractioned coconut oil and gently drag the against skin up.

Watch a youtube video on this. I love using Using silicone suction cups on my legs with oil to reduce cellulite and make skin more

youthful and healthy as well as lymph drainage. Use with oil and watch a youtube video on this. Purchased on amazon 7 piece kit for face and body.

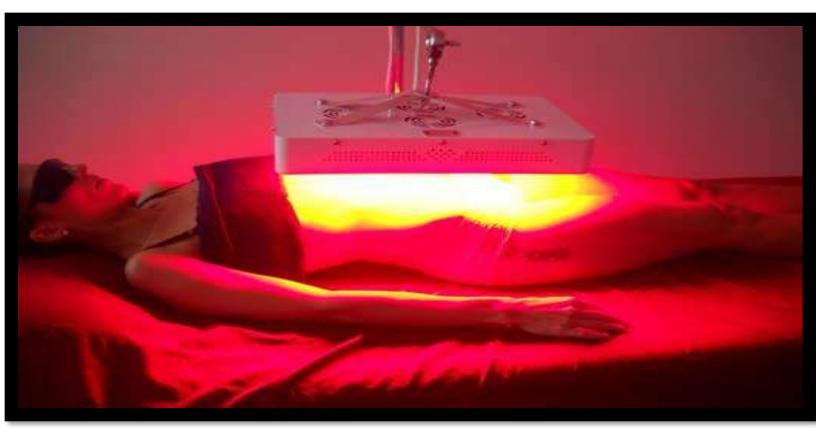
Balance of Sodium/ potassium ratio in the cell is what prevents cancer and disease. The key is to have more potassium and less sodium. Pink salt contains 84 different minerals and should be used. Morton salt has potassium iodide but now contains dextrose so this is not good but we need iodine/iodide very much. Potassium iodide



is vital and every home should contain lugols iodine liquid solution. iodine is essential to metabolic and overall health. Apple cider vinegar, lemons, and fruits veggie diet will create more alkaline body as well as eliminating wheat for a 2 week period to see how you feel. When you have disease, the voltage in your cells is low or has lost all charge.

Deficiency is a global humanitarian crisis as our food supply becomes depleted and contaminated. You are made up of water, bugs, and elements from the earth. Study the effects of chromium and vanadium deficiency on diabetes.





Healing with light has a profound effect on the body. I personally use red LED and infrared light panel.

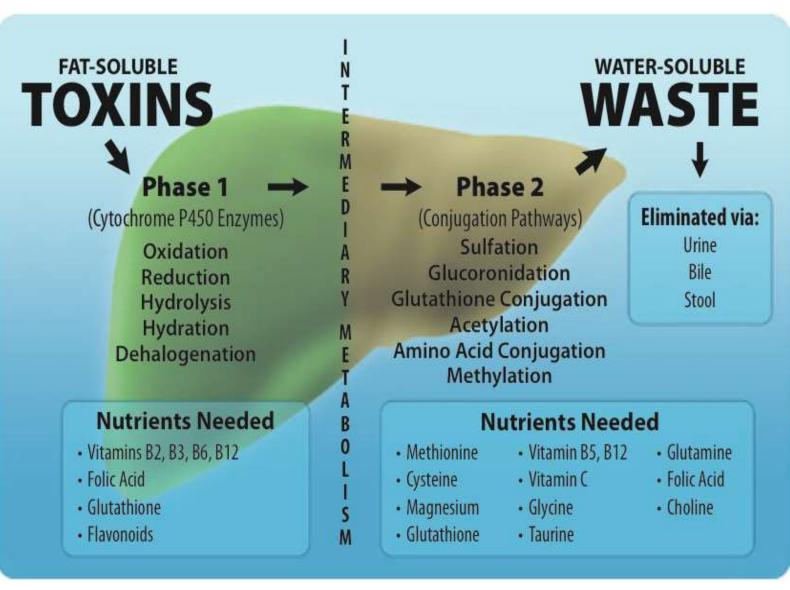


When different colors of light like infrared and RED led hits the skin the photons or particles of light are absorbed into the blood just like a plant taking in energy from the sun. This increases oxygen and modulates the blood and immune system by turning off signals and chemical reactions of inflammation and cancer formation due to incorrect signals in the blood such as B lymphocytes building a tumor in the neck .

- 1. This type of light will reduce thick blood or hyper coagulation related to clotting disorders.
- 2. This light will help with reducing high cholesterol layer around blood cells.
- 3. Reduce hypertension high blood pressure
- 4. Reduce high blood glucose levels by repairing and restoring proper function of cell membrane function allowing glucose to enter the cells
- 5. The red led light will reduce inflammation and pain as well as stop histamine response from allergies

You can buy nasal rhinitis light or the red led wrist light fairly cheap on ebay or amazon. Also the infrared light bulb and metal hang





The picture of the liver is a guide for you to see what vitamins and minerals are



needed to detox. Think about preparing the body with nutrients. I drink tangy tangerine vitamin powder and I have cherry magnesium citrate powder.

Jerimiah 33:6

Nevertheless, I will bring it health and healing to it; I will heal my people and will let them enjoy abundant peace and security

This plan is to help the body remove heavy metals and infectious organisms through fasting, binding toxins, and building vitamin and mineral levels.

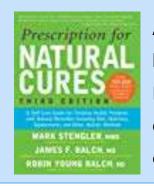
Healing at home Fisher of Men ministry.org



Mineral vitamin cleansers and supplements

Natural health Products

Prescription for natural cures book



A comprehensive guide to natural healing. A-Z index of health conditions. Prescription for natural cures third edition. My favorite self-help natural cures book. Sold on amazon

Forbidden cures Mineral Miracle solution (MMS)

Water disinfectant, blood cleanser, and Old remedy.

People around the world use for autism, AIDS, cancer,
lyme disease. Kills infection and cancer fungus sold online.

FDA is attacking Genesis church of healing for providing this cheap and highly effective virus and infection killer.



Chlorine dioxide is made in the liquid or gas form. The gas form is less upsetting on the stomach. MMS or mineral miracle solution is a two part liquid that combines one part citric acid and 1 part sodium chlorite...

Purchase Chlorine dioxide master mineral solution global search and map.

Practitioner map for Genesis church of healing
https://genesis2 church.ch/contact-map

Body electrician Will Spencer 320-232-5309

info@mamiso.foundation

Nature reigns.com health tonic liquid, capsule, and topical

Popular plant extract liquid taken by mouth or capsule.

Nano blood cleanser Nature reigns.com



Nature Reign.com External topical	Popular all natural topical foam plant extract applied to
foam	cancer or other skin issues
Youngevity Tangy Tangerine peach vitamin/mineral powder	Amazon is cheaper
Solgar liquid melatonin 10mg	Excellent natural sleep aid protective to body against wifi effects
Pink salt and iodized salt iodide is necessary nutrient	Caution some Morton lodized now contains dextrose which can cause insulin spike
necessary nathene	Which can cause hisami spike
Dr.Nuzum black brew fulvic acid	Dr.Nuzum.com
mineral powder heavy metal &	Mineral &nutrient rich powder from the earth blended in
toxin remover/chelator	water that flushes the body of toxins nourishes the cells
	Mail man and garbage man for cell
Dr. Daniel Nuzum <mark>equalizer spray</mark>	Dr.Nuzum.com Liquid periodic table of elements spray

contains a long list of minerals and elements



Cilantro raw in smoothies to bind toxic metals	Pulls out heavy metals
(SL) Chlorella grown in sunlight	Health ranger store.com
sourced from Taiwan	Caution because many products are contaminated with metals
	metals
Parasite cleansing kits	Health free.com
Southern botanicals	
Forbidden cures list	Educate yourself.org
Anti-viral anti mold herbs	Healthy habits living.com 1800-626-7510
	Camu Camu supreme, High absorption form of vitamin C
	Anti viral/anti-mold herbs Japanese knotweed, Morinda golden thread



Read and print protocols resource page

Klinghardt academy.com

Autism, lyme disease protocol can be used as blood cleansing of virus and infectious processes

Self-Healing at home Fisher of Men ministry.org

Natural therapies for respiratory conditions

Killing mold and virus general wellness resources and self-help information integrative oncology

There are always
Natural solutions for
health problems

Urgent update If you have ever taken an influenza vaccine you have been injected with corona virus because the vaccine is grown in dog kidney that contains the virus. Testing for COVID 19 is dangerous and inaccurate due to false positives and contaminated test kits.

Nano blood cleansing is removing heavy metals from vaccines, dental mercury fillings, drinking water, and other metals exposure, killing retro virus from vaccines, killing parasites, and sweeping the intestines. Increasing oxygen and adjust PH to be more alkaline



Gerson therapy
Juicing and coffee
enemas

Watch the Beautiful truth documentary on youtube . Dr. max Gerson was curing cancer in the 1940's with this all natural protocol juicing fresh fruits vegetables, you are iodine deficient until proven otherwise.

Dr. Daniel Nuzum suggests doing colon cleanse before starting detox to open up clogged pipes.

Coffee enemas are nothing new and used by people all around the world. The palmitic acid in the coffee as well as the caffeine stimulates the liver to release a cleansing enzyme glutathione which is the master detox agent that mops up toxins and binds to heavy metals.

SA Wilson is organic golden unroasted coffee grounds. Rubber enema bag or stainless steel enema kits on amazon or walgreens. Use French press or coffee strainer sock to filter grounds. I use 4 cups of reverse osmosis or distilled water and boil for 5-15 minutes 3 TBS coffee. I lie in my tub



	on my right side for 20 minutes or longer to clean my colon out. I
	feel energized all day and less hungry. My eyes are actually green
	underneath the brown and started to lighten. You can watch the
	Gerson institute coffee enema recipe video on youtube and raw
	Kristina who now has bright blue green eyes after going raw vegan
	because she did not have a true brown eye.
Probiotic good	Renew life 50-90 billion in cold section whole foods or vitamin
bacteria drink	shoppe. Kevita brand Kefir kombucha is much smoother and less tart
kombucha	live bacteria fermented drink sold in cold section of grocery stores.
	Make your own or try the ginger 221 bc brand
Medical Marijuana	Cannabis tincture is taken by mouth and has a different physical and
tincture is cannabis	mental effects. Many people report better sleep, lower blood
	pressure. Highly therapeutic for sleep, pain, anxiety, cancer,
	inflammation.
	Antiseptic kills microorganisms and infection terpenes are limonene
	and Myrcene



Liquid gold tonic	I Juice whole lemons, whole ginger, whole garlic, whole turmeric.
<mark>antiviral, anticancer,</mark>	This is a potent blood cleansing tonic concentrate that can be diluted
<mark>tonic with juicer</mark>	in water .All skin, seeds, and peels are left on for juicing. Check
	allergy to garlic and ginger
Nebulized colloidal	Colloidal silver is a powerful antiviral and anti-infective practitioners
silver 10PPM to	and people have used this powerful all natural medicine for
100ppm undiluted	generations. Sovereign silver 10ppm is sold in glass bottles at the
	vitamin shoppe. 100ppm silver is sold @ CRS SUPPLEMENTS.COM
3% food grade	Nebulized diluted with distilled water Amazon has food grade 3% I
Hydrogen peroxide	also bought 12% on amazon but it must be diluted correctly with
	distilled water to adjust to 3%



nebulized (NAC) N- acetyl-L- Cysteine	used by many naturopathic doctors.
Stabilized oxygen to be nebulized, intravenous, oral, or topical	info@drnuzum.com
Light therapy Red LED , UV , and infrared light	UV intravenous light therapy or Laser rhinitis or laser led wrist light is red LED 650 nm light wave that increases oxygen, opens breathing from sinus congestion, reduces blood pressure and cholesterol on cell membrane. Amazon and ebay sell



Klinghardt Academy.com Dr. Dietrich Klinghardt has protocols you can download and print for treating lyme disease without antibiotics, autism, and others. He has videos on youtube

Chiropractic Spinal alignment for improved immune system especially cervical spine adjustment

Chiropractic Spinal alignment for improved immune system Atlas is the first vertebrae of the spine under the base of the skull.

- Atlas displacement leads to distorted nerve signals into the brain
- Decreased blood flow through the brain
- Spinal nerve compression
- Stretching force to the discs, ligaments

Upper cervical adjustments have improved the immune system and CD4 cell counts measured in the blood by CD4/mm3 in HIV patients. These are the white blood cells that fight infection .

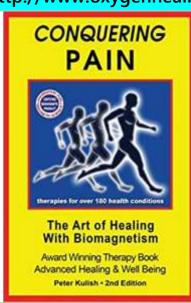


Ozone for blood and bladder Hyperbaric oxygen therapy There are several practitioners who do this therapy for infection and cancer. Super oxygen O3 has always been a gold standard for cleansing blood of infection and virus. Pure ozone will disintegrate a rubber balloon and this does the same to viral envelopes as well as reduce inflammation.

Dr. Frank Shallenberger and Dr. Robert Rowen train doctors all over the US

http://www.oxygenhealingtherapies.com/my_ozone_doctor.com.html

Magnet Therapy
Infection, Pain,
regeneration, organ
energizing, sticky
blood / hyper
coagulation
Biomagscience.net



Extreme caution must be used with magnets refer to conquering pain book the art of healing with bio magnetism. Dr. Peter Kulish. Sold on amazon. Always use proper polarity placement and consult with a qualified practitioner. Do not sleep on magnetic mattress pads with positive and negative charge.

http://wwwMagnetictherapysales.com



Forbidden cures tab	Chlorine dioxide in the liquid or gas form . The gas form is less
Educate yourself.org	upsetting on the stomach. MMS or mineral miracle solution is a two
	part liquid mix of one part citric acid and 1 part chlorite. Forbidden
	cures tab Educate yourself.org This has been used for generations to
	kills every kind of viral infection

Spiritual roots to Dis-ease



Spiritual deliverance	Breaking Generational curses in the blood line and closing open
	doors to the kingdom of darkness
Demon warfare pastor Dr.	His book and they shall expel demons sold on amazon.
Derek prince	Specifically addresses generational curses and familiar spirits
	excellent book. Watch his videos on youtube how to go from
	curse to blessing
B 1: (1 1	
Breaking generational	Freemasonry and the secret oaths taken by a man can make his
Breaking generational curses and demonic	Freemasonry and the secret oaths taken by a man can make his spouse sick and bring curses. The occult means hidden and
curses and demonic	spouse sick and bring curses. The occult means hidden and
curses and demonic	spouse sick and bring curses. The occult means hidden and concealed this open doors to the kingdom of darkness and
curses and demonic	spouse sick and bring curses. The occult means hidden and concealed this open doors to the kingdom of darkness and allows heavy demonic access in to families and curses and
curses and demonic assignments	spouse sick and bring curses. The occult means hidden and concealed this open doors to the kingdom of darkness and allows heavy demonic access in to families and curses and demons are passed down the bloodline



Read Deliverance folder and read prayers and	
identify demonic spirits	
racitary acmonic spirits	
Jeremiah 33:6	Nevertheless, I will bring it health and healing to it; I will heal my people and will let them enjoy abundant peace and security

General Disclaimer

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