

A Summary of **REAL Disease** **Elimination** **Methods**

5 Methods to Cure Almost Any
Disease known to Man

Mohammed Kilani

Method #1

MMS

MMS stands for “Miracle Mineral Solution”, the name was given to the solution by an American scientist, Jim Humble, who discovered its phenomenal anti-parasitic effect while using it to disinfect water. To make the story short, Humble was with colleagues in the jungle doing a mining research, two of his friends got unexpected Malaria and got really bad fast. Having advanced symptoms and being days away from any civilized location, he suggested giving them a dose of his water purification drops and they agreed. Four hours later they were up and laughing about how bad they felt few hours ago, and the next day they were back working as if nothing happened. Since the time, Humble treated hundreds of thousands of people for Malaria and other parasitic ailments of all sorts, spending most of his time in less fortunate villages where treatment was most needed, this didn't however stand in the way of MMS's reputation booming all over the internet and the world.

Since then and along the way, it became apparent that the solution eliminated also heavy metals from the bodies of the patients and also cured major diseases like Cancer, Swine Flu, AIDS and others. Humble and millions worldwide were witnessing MMS miraculously cure more than 90% of ailments known to man. In the course of 20 years, MMS no-doubt became the most popular alternative remedy known to man in history.

So what is MMS?

MMS is simply a diluted solution of Sodium Chlorite, chemically represented as NaClO_2 . When this solution is ingested (after proper activation), it releases a chemical compound called Chlorine Dioxide (ClO_2) in the body, which circulates the body and kills almost any intrusive parasite, or neutralizes heavy metals that it encounters in its way.

How does it do that?

This has to do with the magic of the way nature works, Chlorine Dioxide is a weak oxidant that is capable to oxidizing (killing) only weak substances. And it happens that bad intruders that enter our body are 99% anaerobic (can't live in Oxygen rich environments). So there you got it, good stuff love to live in Oxygen-rich-environments and bad stuff can't handle it. So ingesting Chlorine Dioxide in the form of MMS simply makes it circulate your body until it encounters an anaerobic (bad) substance, being a Bacteria, Virus, parasite or even a heavy metal residue.

Chlorine Dioxide sounds like a scary name for a chemical? What about the by-products?

It happens as well that Chlorine Dioxide is a substance that is actually produced by our immune system to fight pathogens. Therefore it's absolutely natural to the body, producing natural salt in very little quantities as a by-product. Almost none of the medications promoted by the medical industry produce natural byproducts. MMS does that, and it does that simply because it's a natural substance that the body makes to defeat its scavengers.

How widely is MMS Used?

As mentioned earlier, MMS is used worldwide by millions with almost no bad reports (being a natural substance to the body, of course when properly used), normal detoxifying symptoms can be experienced depending on the level of the ailment like nausea, increase in body temperature and sweating. This can be easily regulated. It's always advised to start by taking small doses and increase gradually to allow the body to gracefully clean-up its pathogens without having to go through a cleansing shock (remember, the temperature and sweating you experience when you get a cold are symptoms of your body cleaning up the intrusive pathogens in it).

Expect to read a couple of bad reviews from the medical institution about MMS, remember that MMS is curing thousands of cancer cases every month along with other ailments worldwide. Each cancer patient pays the medical institution no less than \$200,000 over the course of his treatment, so expect a war against this almost free natural treatment. Do your own research and read the countless reviews presented by thousands and thousands of individuals.

How is MMS Used?

Using MMS is pretty simply, you get two bottles when you buy it, one contains the MMS and the other contains a citric acid solution for activation (citric as in citrus, so when this one is empty you can literally use filtered lemon juice instead).

An important note is that you can't make MMS and drink it later (though newer protocols are being introduced, but stick to this for now). You have to activate MMS and drink it immediately, because the life cycle of Chlorine Dioxide

is short considering its strong reactivity, so activate and drink on spot.

Another important note is that MMS shouldn't be taken with anything that contains Vitamin-C, because it would be neutralized then and no effect will be accomplished. So don't take anything that has a lot of Vitamin-C (eg. Orange juice or juice with added Vitamin-C) 4 hours before and after taking MMS.

The activation process is simple:

- Get a regular empty drinking glass
- Put few drops of MMS (1 to 7 depending on your case)
- Activate the MMS drops by putting 5 times the number used earlier from the acid bottle. So if you put 1 MMS drop you mix it with 5 acid drops. If you put 5 MMS you mix with 25 acid and so on.
- Swish the glass to mix the drops well and wait 3 minutes.
- Add water to the glass and drink (some juices that have no Vitamin-C can be added but it's easiest to stick to water).

The steps mentioned above are a generic representation of the method for using MMS: a drop of MMS, 5 times the number acid drops, swish, wait 3 minutes, add water then drink. However, in order to know how many drops to use and how frequently to drink MMS you need to consult more detailed resources that contain detailed protocols for each ailment out of years of testing and experimenting. These protocols and more are available in Jim Humble's websites, listed below in the references.

How can I get MMS?

Purchasing MMS is easy from the web, just search for "Jim Humble MMS" and you will find tons of sites selling it. You can even make it yourself if you can get the raw compound Sodium Chlorite. The method detailed in Humble's second book offered for about \$15 on his web.

References:

<http://www.jimhumble.biz>

<http://www.jimhumble.com>

<http://www.mmsanswers.org>

Method #2

Hydrogen Peroxide

Hydrogen Peroxide (H₂O₂) is yet another substance that is naturally occurring in the body and made by its immune system to fight disease. It's also responsible for the freshness and disease eliminating effects of rain irrigated fruits and vegetables; rain having a small ratio of Hydrogen Peroxide which is formed when the water molecule gains an extra atom of Oxygen passing through atmospheric Ozone. Ever wondered why rain water grows plants better than irrigation water? This is a major reason why.

During my work, I came across Ed McCabe's work on Oxygen therapies. If you read his work, Mr. McCabe makes bold claims about H₂O₂ curing all sorts of colds, acne, AIDS, allergies, Cancer, Arthritis, Candida and more.

Being a natural substance, I started experimenting with it too. First by adding few drops of Hydrogen Peroxide to my watering pot while irrigating my plants, if you do that, you will notice how the plants would almost magically "wake up" in few days, you will witness them standing strong and growing faster. Upon watering for the first time with few drops of Peroxide, you will hear and notice some bubbling in the soil around the irrigated plant, this is the Bacteria and microscopic Fungi being destroyed, it's really a fun experiment to do.

The next step was to try taking it orally, so I made sure the Hydrogen Peroxide – 30% is what I had – was pure, dropped about 5 drops in a glass of water, and drank the water. Unmistakably, for the rest of the day I experienced unusual elevation in my energy level, this was clearly due to the Peroxide killing superficial pathogens present in my digestive system. The effect was very similar to seeing the plant stand gracefully after watering it with Peroxide

water. Of course, don't expect to drink Peroxide water every day and feel an increase in energy, this usually happens only when you drink Peroxide after a sufficient period of not drinking it, you will of course have to fix your life style to experience a real change in your health and energy. You can't keep doing the wrong things and drink a parasite scavenger whenever you wish, after a while your body will get tired of that too.

So back to the main topic, McCabe's research included controlled intake of Hydrogen Peroxide (eg. 5 drops of Peroxide in a glass of water, 3 times a day) for numerous patients having different ailments, great and often miraculous results were reported for many ailments including major ones like AIDS and Cancer. Control studies were also performed on animals and results like mice getting cured from Cancer were reported. His research is very informative and fun to read, and is certainly highly recommended.

How can I use Hydrogen Peroxide?

As mentioned earlier, you can start experimenting gradually, for example 3 drops in a glass of water once a day, and grow into 5 drops 3 times a day or a little more. But don't go very far with Peroxide because it's a very strong Oxidant, so unlike MMS it can affect good substances and cells in the body if overused, so although it's also a natural substance to the body, don't over use it. Hydrogen Peroxide also can't penetrate as deep as MMS (because it reacts quicker while MMS can react only with relatively weaker substances and microbes), so it seems that MMS is a better solution for reducing and eliminating ailments.

It's also important to note that Hydrogen Peroxide isn't the only way to flood extra healing Oxygen into the body. Ozone is also widely used, researched heavily by McCabe as well. Ozone can be taken orally by Ozonating a glass of

water with an Ozone generator and sometimes is even injected directly into the blood. Hydrogen Peroxide is much easier to use and control however.

Where to Get Hydrogen Peroxide?

Some pharmacies have it, chemical supply stores should have it and it's also widely available on the internet. Just make sure you get food grade Hydrogen Peroxide, usually available at about 30% concentration. It's also very cheap.

You can use it to heal yourself, disinfect your water, heal your pets, improve your plants and sanitize wounds and surfaces. It's superior to store-bought alcohols when it comes to sanitation as they contain a lot of serious pollutants (read the research of Dr. Hulda Clark for more details).

More References:

Ed McCabe is one of the most famous researchers on Oxygen Treatments, his two books: "Oxygen Therapies" and "Flood your Body with Oxygen" are great reads and excellent resources on the subject.

For more information, you can visit Ed McCabe's website at:

<http://www.oxygenhealth.com>

Method #3

Colloidal Silver

Colloidal Silver is also publicized by some as the “best antibiotic known to man”. I was used to heavily as an antibiotic to rid the body of pathogens and parasites, no known pathogen can stand the contact with colloidal silver for more than few minutes. Strangely its beneficial use was covered up in the forties of the last century after decades of using it as a major antibiotic.

How Colloidal Silver does that is by disabling the enzyme that allows pathogens to breath properly, causing it to suffocate and die. Since ancient history philosophers and alchemists have reported that Copper is for the strength of mind, Silver is for curing ailments and Gold is for spiritual awakening, and they were consumed in their colloidal form for these reasons. Soldiers in the first and second world wars had it common to tape a coin of Silver to an injury to eliminate its infection and speed up the healing process. So the healing properties of Silver have been known for a while.

Again, be careful of misleading and incomplete reports from the medical institution. Colloidal Silver is dirt cheap and available to everyone, so if everyone started making their own super antibiotic in their kitchen the medical industry (second largest industry after the industry of weapons) will sure not like it, I’ve seen some viral antibiotics for no less than \$600 a bottle in a local pharmacy, while every method mentioned in this report does the same thing for less than a penny a dose (without having the side effects medical drugs have). It’s indeed a great conspiracy, however, being controlled by the institution no one can make claims that goes against the will of the FDA so this is left for personal experimentation and research, some of the most descent scientists in

history were brutally bullied, quacked out, de-licensed, deported and even assassinated. I strongly urge you to research names in history like: Royal Raymond Rife, William Koch, Wilhelm Reich, Harry Hoxsey, Max Gerson, Ruth Drown, Albert Abrams all of whom reported miraculous cures but were banned from working because their work threatened the economies of the institution. Recent scientists include: Jim Humble, Hulda Clark, Bob Beck, Edward Griffin, Ed McCabe and many others, who all provided solid scientific researches that proved superior to the conventional ways used for treatment.

How is Colloidal Silver made?

Making Colloidal Silver is relatively simple. You need to get two short wires (say 3 or 4 inches) of pure Silver. Make sure its 100% pure Silver, not Sterling Silver, and not impregnated with other metals. You can get that easily from the internet or from jewelers who make jewelries (not just resell them).

Once you have the two wires, you need a source of electricity; around 30 to 35 Volts DC (if you don't know what DC or direct current is you can ask a colleague or research it on the internet). A direct current is briefly electricity similar to what you get from a battery, so if you got yourself 4 regular 9Volts batteries and wired them together in series you got yourself a portable Colloidal Silver power source, using a shelf bought transformer is sure more efficient if you intend it for frequent use as changing batteries frequently can be annoying. You can opt for less voltage (say 24V) but it's better to get it in the range mentioned above. If you can't find a transformer of the sort, just get three 12Volts transformers and wire them in series to get 36V (any friend or family member who is into electricity should do that easily for you if you don't know how).

Now that you got the power source, get a glass of distilled water (I stress distilled, not tap or filtered water) and put

the 2 wires in it, not touching, and attach the wires to your power source.

The process is fairly slow, after attaching the power source for about 1.5 hours, the water will be tinted yellow, these are the nano Silver anti-microbial particles being formed and suspended in water. You can then disconnect the wires and drink the water or give it to your sick pet (hopeless cases of pets were also reported to be cured using colloidal Silver). You will need to clean the Silver wires every about 15 minutes during the making of the solution as they will get black formations. If you decide to store your colloidal Silver solution, do it in a dark bottle, away from light and only for a short while, colloidal Silver changes in the presence of light.

The importance of distilled water lies in the fact that any metals present in the water will form compounds with the Silver molecules. Silver compounds are bigger in size and they can get stuck in places causing the skin to turn pale after a prolonged time of use, although the antimicrobial effect will still be noticed, it's not advised for frequent use this way. Bob Beck – one of the scientists who heavily researched Colloidal Silver – used to make Colloidal Silver with regular tap water and one 9 Volts battery (having ions in water, there is less need for power). He drank this daily and frequently. People who knew him personally reported his skin was a little pale, but he was healthy as a horse past his seventies. To simplify, get distilled water and look for a tinted yellow solution, not a grey darker one, the clear yellow tint will confirm that you got nano Silver particles and not larger Silver compounds, Colloidal particles are too small to get stuck anywhere in the skin.

Method #4

MMS2

Recently in 2008, Jim Humble, the discoverer of the Miracle Mineral Solution presented a very interesting article on his website, jimhumble.biz, that suggested a new substance can almost be as effective as the first one, even better concerning some specific ailments like Cancer. Since the time, this new substance, named now MMS2, became almost as popular and famous as its preceding one.

MMS2 also happens to produce a natural pathogen scavenger that is naturally produced by the body's immune system. MMS2 is the compound Calcium-Hypo-Chlorite (CaCl_2O_2) which releases Hypochlorous Acid (HClO) when it's diluted with water, the latter being a substance also naturally produced by our immune system.

Having an amazingly simple and solid mechanism of action, MMS2 quickly became so popular and thousands tried it world-wide, curing so many cases of various diseases including Cancer, which it often reduced majorly or eliminated in no more than 3 weeks.

Humble also reports that every single AIDS patient who took MMS and MMS2 together got complete symptom elimination, often turning HIV negative. I know it sounds too good to be true, but I've seen it personally do miracles, so I'll leave it to you to research and experiment if you wish. If you know Humble, you will also know that he is one of the most decent people living on earth, spending the years of his life treating the poor and less fortunate for free. Read his biography and follow his work if you can, you will be proud a human like him lives among us today.

How is MMS2 Used?

Unlike MMS, MMS2 is used in its powdered form and is taken in small gel capsules, each capsule with 2 to 3 glasses of water (a very important step because HClO is only released in water). The capsules used are number zero which can hold about 0.3 of a gram. You can get empty zero sized capsules from the internet for a very cheap price, don't try taking it raw without encapsulating it and drinking a lot of water with it.

MMS2 is can be used to clean away generic pathogens in the body, for example taking a capsule once or twice a day for a couple of weeks. It can be taken every once and a while for regular periodic maintenance, and it can be taken more intensely when a more serious ailment is present (not more than 6 times a day I believe in the most serious of cases, and with careful observation of clean-up symptoms).

I'm also giving the information above as a reference for introductory reasons only. Please visit Humble's website and read his books for detailed protocols and recent updates.

Where do I get MMS2?

Calcium-Hypo-Chlorite is widely and cheaply available almost everywhere in the world, the reason being that it's a common disinfectant used for disinfecting swimming pools. So you should be able to find it almost anywhere in pool supply stores, or in chemical supply stores. Just make sure it's 100% pure, any concentration from 50% to 80% has been tested by Humble and works perfectly fine.

References:

Jim Humble's original article on MMS2

http://jimhumble.biz/index.php?option=com_content&view=article&id=38&Itemid=66

Much valuable information is also present in Humble's third book: The Master Mineral Solution of the Third Millennium, which you can buy in paperback or ebook formats on his website. Please support his work if you can too.

Method #5

Electric Vibrations

Electrotherapy is a particularly fun methodology for me because I'm a big fan of bio-electricity. Mentioned above, Royal Raymond Rife seems to be the first to have done a major research concerning killing pathogens with electrical vibrations back in the thirties of the last century. His story is so controversial it can be the most famous medical conspiracy of all time, a small research on the internet will give you a hint.

Royal Rife, discovered that by subjecting a pathogen to a vibration that resonates with its membrane's natural frequency (say 550 Khz for example), it would explode. Having a specific frequency, nothing else in the body will be affected except the targeted pathogen. Being a micro-biologist and doing brilliant research over many years on Cancer and other diseases, he noticed the presence of a Virus which was present in the cases he studied, he isolated this particular Virus and injected test mice with it, and they consequently developed Cancer, he then subjected the mice to the frequency that killed the Virus and they were cured. The experiment was repeated hundreds of times with the same results, and then he publically presented this Virus as "**The Cancer Virus**" to the world.

As bizarre as it may sound, because of the educational methodology we were raised with, he started treating hopeless Cancer patients with his new method, attaining a success rate of almost 100% (yes, almost each patient declared hopeless by the medical institution was cured using his method).

At the time, the head of the American Medical Association was a man called Morris Fisbein (a man

known for the ferocity of a shark). It's reported that Fisbein tried to commercialize Rife's work (meaning a treatment would cost hundreds of thousands as conventional treatments do now). When Rife refused, his work was buried. If you are interested, and for more historical details you can read Barry Lynes's excellently researched book: **The Cancer Cure That Worked, 50 Years of Suppression.**

Now although the exact methodology of Rife's work remains not completely known, including the fact that using exact frequency may cause the device to be more expensive than what the common experimenter is ready to pay, there are fortunately similar brilliant researches that enable anyone to try this at home at a cost that is close to nothing. I will explain to you two brilliant methods that if used alone or together are a weapon that is only understood by very few. Two electrical pathogen scavengers that are capable of literally curing or neutralizing most ailments known to man.

The First Device

The first method sprouts out of the lifelong research of Dr. Hulda Clark, a brilliant medical doctor and one of the most decent people you would ever meet. Dr. Clark wrote some of the most amazing medical books of all time, including: *The Cure for All Disease*, *The Cure for All Cancers* and *The Syncrometer Manual*.

Coincidentally, Dr. Clark discovered while experimenting with exact frequencies as in Rife's work that when pathogens were present in the body (not isolated in a lab experiment) were exposed to some positive offset frequencies (eg. battery operated), they were almost all killed. So the discovery in a nutshell is: **more than 90% of the pathogens were killed using some positive offset frequencies as opposed to having to use exact**

frequencies in the case of oscillating frequencies.

Because of that, she was able to build a small, battery operated device, no more than few dollars in cost that proved to kill almost all pathogens (including parasites like worms), this device was later called the “Zapper” and great details, plus other discoveries, are available in Dr. Clark’s books.

I know it yet sounds too good to be true, you will have to research this on your own as the medical institution refuses to publicize anything regarding this, even though researches done in major universities proved that controlled electrical current neutralized even the most vicious of pathogens (including the virus responsible for AIDS).

Other than the experimental fact that this device simply “works”, there is a fun way to prove its validity. Dr. Clark saw that smaller pathogens often infected larger ones, and hence, a Virus seems to infect a Bacteria and use it as a medium, and a Bacteria seems to infect a worm (or a larger parasite). According to Dr. Clark’s observation, if you use the Zapper once, the killed worms might release the Bacteria that is using it as a medium, and killed Bacteria might also release Viruses that used them as a medium. So if you experiment with the Zapper, you will notice that if you use it once only, you can get an immediate cold after using it (due to the sub-released pathogens). In order to make sure everything is eliminated, every time the Zapper is used, it’s used three times in the sequence: **7 times use, 20 minutes rest, 7 minutes use, 20 minutes rest then a final 7 minutes of use**. This proved to be a good protocol to follow once or twice a day when zapping away your pathogens. The fact that using it once produced the symptom of new pathogens being released proves well the theory that Dr. Clark proposes.

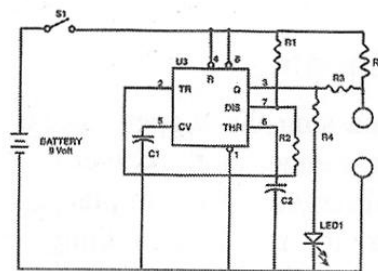
Again, please don't overlook this because of the seeming simplicity, the phenomenal discovery in this case is that **“a positive offset frequency as specific rates is capable of neutralizing pathogens”**. I was in personal contact with Dr. Clark and I've witnessed the unmistakable effects. So don't overlook this device simply because it appears to do nothing to the touch. Ailments do miraculously disappear after the frequent use of it.

In order to build a Zapper yourself you can follow this simple electronic circuit, again I stress that great details are present in Dr. Clark's books.

Building the Zapper yourself for few dollars:

Parts List

R1	1 K
R2	3.9 K
R3	1 K
R4	3.9 K
R5	39 K
C1	.01 μ f
C2	.0047 μ f
U3	MC1455
LED	2 ma LED red



The battery used is a regular 9 Volts battery, and the two circles shown in the circuit are where your probes are connected. Probes are simply small metallic pieces (Copper works great) with wet tissues placed around them. Connect the probes and hold each with a hand then follow the protocol mentioned above, 7:20:7:20:7.

A well enclosed Zapper device looks like the following commercial version:



The device, if assembled properly, should produce a frequency around 30 to 35 KHz, if you don't know electronics, anyone who has some experience should be able to measure the frequency for you with an oscilloscope or a frequency meter, if it's giving off a frequency around the mentioned numbers, it's working fine.

You can either use the device for maintenance whenever you want or use it frequently, two or three times a day to aid curing a serious ailment. Reports for cures of almost every ailment known to man have been offered and great references are present in Dr. Clark's books.

The Second Device

If you find the circuitry of the first device hard to follow or if you want to improve the process even more, I offer you another method following the long research of another amazing scientist. Dr. Bob Beck is another pioneer scientist also known for offering natural solutions that miraculously cured ailments, his research included electrical therapy, Colloidal Silver and Oxygen therapies, in fact it's like combining most of the methods in this report in a single protocol for curing anything, which got widely famous worldwide as "The Beck Protocol".

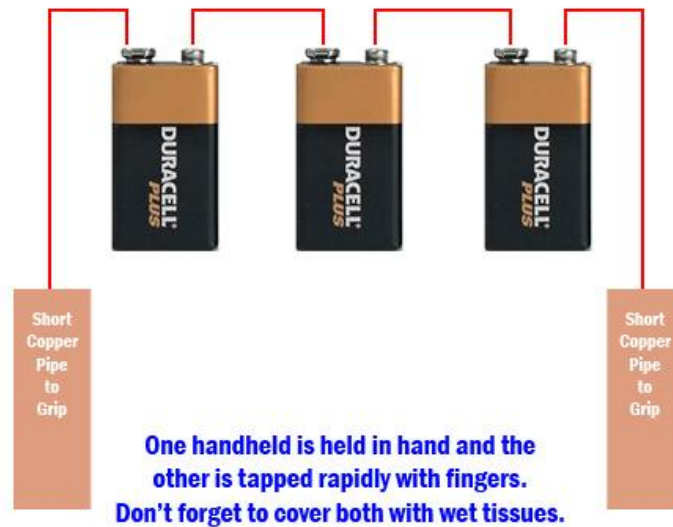
The difference between Dr. Clark's Zapping method and that's of Dr. Beck is that the former used high frequency, positive offset current, while in Beck's device the frequency used is extremely low, utilizing half the frequency at which earth naturally vibrates (commonly known as the Schumann's frequency), Beck's frequency runs at about 4 Hertz, or 4 times a second.

It's theorized and proved practically that putting the frequency of earth through the body produced tremendous healing effects and neutralized the effects of the electrical smog we are bombarded with now a day. Furthermore, a low frequency, battery operated pulse, is yet another positive offset frequency being run through the body, so Dr. Clark's discovery is yet at play here too.

Although the circuit for Dr. Beck's device is also freely available on the internet, named "Bob Beck's Blood Electrifier", I prefer to offer an alternative mechanism to perform the operation to enable anyone, even those who have absolutely no experience in electronics to do it and still get the same results.

To do this, you simply need to get 1 to 3 nine Volts regular batteries and connect them together in series (3 is better to get 27 Volts in total).

The setup looks like the following diagram:



After you make the connections as presented in the preceding diagram, connect the Copper (or metallic) handhelds, wrap them with pieces of wetted tissue then grab a handheld with one hand and **start tapping the fingers of the second hand onto the second probe quickly** (as when you tap your fingers onto a table when you are waiting for something). The point is simply to have one probe in one hand, and rapidly tap the other probe with the other hand. You can switch hands whenever you want. This rapid tapping is naturally around 4 hertz, which is an excellent coincidence.

Do this for 10 to 30 minutes daily to dramatically assist the healing of your ailment. If you read Dr. Beck's literature, you will learn how some of the toughest diseases were handled using the same method, Dr. Beck attached the probes in places on the body that has arteries close to the surface of the skin, that's certainly better however you'll need a circuit to auto tap for you in that case, this tapping method works great too and is an excellent alternative.

One important note is to make sure that between the taps, your fingers you are completely not in contact with the probe being tapped, so be careful not to have your hand touching the tapped probe by mistake at all time while tapping.

While Dr. Beck was doing his research, he stumbled upon some suppressed articles that would simply blow your mind away. He pursued and republished many of the studies that were literally pulled out of the medical publications which showed the effect of similar electronic tapping on neutralizing pathogens and parasites. For the keen researcher, it's clear that this cheap and effective solution isn't meant to be understood by the medical doctors and by the mass.

Protocols

Dr. Otto Warburg, a Nobel-prize winner, and arguably the greatest microbiologist in history, showed in his work that a 30% decrease in cellular oxygen level results in the development of Cancer in the body. Such decrease in the level of cellular Oxygen is the direct result of the food we grew up to consume as the norm diet of our society. Almost all oils and fats used in commercial products and restaurants are Oxygen deficient and the strange hype publicizing anti-oxidants is another serious issue that needs reconsideration, a direct product of this is the insane inclusion of anti-oxidants in almost everything we consume. Three of the 5 methods in this report show phenomenal research proving that adequate presence of natural Oxidants in the body is exactly what the body makes and needs in order to fight disease, however, this is the last thing publicized by the medical institution. Is it because it's a very cheap and effective solution? Good enough to wipe away the entire drug industry? I leave the answer to you.

Healthy Eating is of course the first treated variable when the return of well-being is concerned. If you want to eat right, there is only one way to do it, and that's through the observation and the pursuit of the ways nature offers. Its flow and order is unmistakably clear for anyone who observes with an open heart:

- First avoid eating anything that contains foreign chemicals of any sort, such as preservatives, food colorings and taste enhancers and so on. Dr. Clark offers great details in her books as she thoroughly researched most of the products sold in the market for toxins and pollutants, I strongly urge you to read here reports, starting with "The Cure

for All Disease”.

- Don't eat anything incomplete or refined, nature offers everything in perfect balance. So if you want to eat rice, eat brown rice. If you want bread, eat whole bread, and so on with fruits, vegetables etc. Once you separate the crust you cause serious metabolic disorders because you are taking away chemicals and substances that nature offers to balance the contents in that food.
- The above being said, avoid consuming refined sugar and salt as well. Replace sugar with natural molasses if you can (made at home is sure best). Replace salt with natural sea salt as well which contains great minerals in perfect balance (sea salt can be consumed in farther quantities without causing hypertension, which is a major hint).
- Reduce your animal product intake to the lowest possible. Animal products are arguably the most polluted foods present in the market now. Animals eat genetically modified food, along with grinded meat and bone leftovers from the corpses of other animals. Their bodies are also loaded with antibiotics and all sorts of chemicals that are used in the industry. It's very important to do adequate research before consuming anything, learn where the thing you eat comes from, what's present in it and how it operates in your body. Even if you are taking a medical drug, it's not hard today to search the mechanism of action of this drug on the internet, just do your own research, and you will be amazed.
- Drink clean filtered water, not bottled one which contain numerous pollutants due to the manufacturing process. And bless your water with

great thoughts, I suggest you read the research of Dr. Masaru Emoto concerning the crystal structure of water before and after being blessed with loving thoughts, if you don't know his work already you will be amazed. Remember, your body is mostly water.

I've always found the Macrobiotic easy to follow and almost ideal for the common individual who's seeking holistic health, I've followed the diet for many years. You can research the work of Michio Kushi, George Ohsawa and many others for details, but simply stated: eat whole foods only, whole grains along with seasonal and local veggies is an excellent primary meal. And avoid refined sugar, animal products and chemical additions. Doing that, you should be fine, and you will experience tremendous effects in no time.

The Macrobiotic diet also explains a philosophical view of the energy polarity of different foods, some are balanced, some are extreme Yang (male polarity), and some are extreme Yin (female polarity). The philosophy is a certain treat to read if you are interested.

How to make yourself a protocol if you have an ailment?

Having stated these 5 methods, I can only tell you what I would do in case I got an ailment, listed in here in the order of the level of severity: (these protocols pursue both the reduction of pathogens from the body and the holistic maintenance of the body, this implies – according to the research of the scientists in this report – to almost 95% of all man's ailments).

1. Serious Ailment:

In case my ailment was serious (eg. Cancer, AIDS,

Hepatitis etc.), I would do the following:

a. MMS intake: Up to 6 times a day, starting with 3 activated drops and up to 7 activated drops (the more the better, if nausea is experienced I would reduce the number of drops and start increasing gradually again – nausea is a sign of toxicity cleanup). I would leave one to two hour between each dose and the other.

b. MMS2 intake: If I'm taking MMS1 already I would take MMS2 probably twice a day, but if I'm not taking MMS1 then I'll probably take it 4 to 6 times a day (about 3 to 4 hours between each intake).

c. Hydrogen Peroxide: If I'm taking MMS1 or 2, then I won't probably use Hydrogen Peroxide, except maybe to clean my drinking water. I don't mind taking it with the preceding ones too, but the dose would be minimal (maybe 2 drops in a glass of water twice a day). But if I can't find MMS1 or 2, then I would probably take Hydrogen Peroxide up to 5 times a day, around 7 drops in a glass of water each time, being my ailment severe.

d. Colloidal Silver: The same goes here, depending on what I can find from the above, if my intake from the above is good I might not take it or maybe 1 glass of colloidal silver a day. But if I can't find any of the above, I'll probably take up to 4 glasses of Colloidal Silver a day.

e. Electric Vibrations: This I would do in all cases, I will certainly zap myself with Dr. Clark's device two to three times a day, and use Beck's device at least once a day for around 20 minutes.

f. Needless to say, my diet will be fixed to something close to a Macrobiotic diet, which in my opinion and experience is guaranteed to balance the system.

2. **Moderate Ailments:**

In case my ailment was relatively moderate (I would consider arthritis or common flu moderate), this is what I would do:

a. MMS intake: About 3 times a day, starting with 3 activated drops and up to 7 activated drops. One to two hour between each dose.

b. MMS2 intake: If MMS1 is being taken I would take MMS2 probably once a day, but if I'm not taking MMS1 then I'll probably take it 2 to 3 times a day (about 3 to 4 hours between each intake).

c. Hydrogen Peroxide: Probably taken once or twice a day, around 7 drops in a glass of water each time. I would use it in all cases to clean my drinking water (ratio of about one drop per glass of water or a little less).

d. Colloidal Silver: Depending on what I can find from the above, if my intake from the above is good I might take 1 glass every 2 days. But if I can't find any of the above, I'll probably take about 2 glasses of Colloidal Silver a day.

e. Electric Vibrations: Dr. Clark's zapping once a day and Beck's device once a day or every 2 days for around 20 minutes.

f. Quality of food intake certainly fixed as well.

3. **Generic Maintenance:**

In case I was just doing a regular periodic maintenance, this is what I would do:

a. MMS intake: Once a day for a short while (say 2 weeks), about 5 activated drops. Then one time every couple of weeks (more frequent if I'm over 60).

b. MMS2 intake: Once a day for a short while (1 to 2 weeks), then every once and a while, or if I feel an infection approaching.

c. Hydrogen Peroxide: Would clean my drinking water with it always (about one drop or less per glass of water). Would drink a glass with 5 to 7 drops of Peroxide every once and a while.

d. Colloidal Silver: Would drink a cup of colloidal Silver every once or a while.

e. Electric Vibrations: I would use both devices once a week or every two weeks.

f. Quality of food intake certainly fixed.

More Grace of a Hint:

Dr. Clark insists that your intestines, kidneys and liver must be properly and periodically cleansed. She has great recipes for doing so in her books, the recipes are also available for free on her website:

<http://www.drclark.net/>, involving commonly present herbs and substances. You will be particularly thrilled

upon seeing the number of stones that would come out of your liver upon doing the liver cleanse, which is probably the most important organ cleanse in her system. Immediate reliefs from allergic reactions and improvements in the immunity are usually observed after performing the liver cleansing protocol.

Final Words

Thank you for taking the time to read this report, the wealth of information presented here is priceless, especially concerning the expenses and the pain experienced in conventional treatment. I hope this comes to a great help for you and your loved ones.

Love and Blessings,

Mohammed Kilani

www.baytallaah.com

Disclaimer

The information shared with you in this report is for educational reasons only, although I have studied, witnessed and personally tried all the mentioned methods for sustained years, I can make no medical claims for them, therefore I'll be sharing the information for research purposes, and if you decide to try any of the methods mentioned, it will be at your own risk.