

Ionic Mineral Water Information and Protocol

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RECOMMENDED USAGES OF MINERALS

The following recommended usage recipes are ONLY SUGGESTIONS and have been compiled from individual reports from those who have been helped and from extensive information compiled from nutritionists and MDs. The information contained herein is **NOT** intended to replace the advice or attention of health care professionals. **PLEASE CONSULT YOUR HEALTH CARE PROVIDER BEFORE BEGINNING ANY NEW DIETARY SUPPLEMENTATION PROGRAM!!**

These recommendations are for individuals 60 pounds and heavier. Reduce dose by 1/2 for children 30-60 pounds, by 1/4 for children 10-30 pounds, and by 1/8 for infants. These doses are intended for specific health issues; they are **not** for general health supplementation or to be used once wellness has been achieved. Recommended dosage is estimated cellular absorption rates for deficiency needs with each 'condition' or disease.

(The definitions of illnesses, diseases, or disorders are taken all or in part from **The American Heritage Stedman's Medical Dictionary.**)

The following recommendations are provided by: Dr. A. True Ott, Ph.D, RICH DISTRIBUTING, and Complete H2O Minerals.

General Information

The best mineral supplements in the world will do absolutely nothing for you unless accompanied by adequate H₂O, just as the best seed, planted in the most fertile soil on earth will never sprout unless adequate water is provided and systematically maintained. All of the following protocol mineral suggestions for specific imbalances should be accompanied with a minimum of 1/2 of your body weight in ounces of water. For instance, if you weigh 200 pounds, you should consume at least 100 oz. of pure water daily.

You must also commit to restrict all carbonated beverages, caffeine, and alcohol. Again, these substances act as harmful diuretics, and for every 8 ounces consumed, you must drink 16 ounces of pure water to replace the hydrogen and oxygen lost! A dehydrated cell simply cannot utilize the mineral particles effectively at all.

You must commit 100% to the program for a minimum of 90 days. Never forget that you did not develop your condition overnight, and true healing through correct nutrition is never an overnight thing either. If you expect overnight results you'd better stick with a pharmaceutical remedy to keep your symptoms hidden, but not repaired.

NOTES:

Most minerals should be taken early in the day except for Gold, Calcium, Copper, and Chromium. Gold may promote a restful sleep. Platinum, Potassium, Selenium, and Balanced Life should be taken in the morning as they have a tendency to stimulate the system. Copper, Selenium, and Iron are very powerful minerals, so please only take EARLY IN THE DAY for they may affect your sleep pattern and may cause irritability. Calcium is a potent mineral. Please start at a low dose and work your way up to the recommended amount.

****If an item does not list a suggested amount to take, refer to the bottle's 'Recommended usage.**

Why Minerals?

The human body is simply composed entirely of WATER. The Hydrogen molecules in pure water act as a powerful solvent within the human organs and tissues, providing nutrients, and removing waste particles. Without totally pure water systematically replaced, the cells in the human body begin to die, and eventually, inevitably - the BODY itself will do the same. Without essential trace minerals being also systematically replaced in the correct, **water soluble, ionic form**, the cells will begin to malfunction, weaken, and soon become susceptible to disease. If enough cells become diseased of course, the body will die just as surely as it will from a lack of water.

A report was given to the United States Senate in 1936, that declared only approximately 1% of Americans were NOT deficient in minerals. Being deficient in any ONE of the more important minerals actually results in disease.

What must our conditions be like with our fast food, pre-cooked, and microwave quick foods decades later? More importantly, all the 'government' has done about this tremendous problem is to issue something called RDA's (Recommended Daily Allowances) – it has done virtually nothing about educating the general public as to how minerals are absorbed on the cellular level, and which minerals are essential to good health.

The plain and simple truth is that in order for a mineral to be utilized on the cellular level, it must be in a form no larger than an angstrom in size. In order, you can find minerals in a Colloidal (largest), Ionic (middle), and Angstrom (smallest) size.

Why is the correct size so important to your health? The blood eventually absorbs micron-size and larger particles, but because they are too large to be absorbed by the individual cells, they stay in the bloodstream and are eventually 'deposited' in various tissue locations ultimately resulting in so-called 'heavy metal' disorders and diseases. Angstrom-size particles on the other hand are allowed to travel through the cells of the body freely, and **if the body does not need them, it will simply discharge them with no cumulative effects**. Many people today take colloidal silver that is larger than a micron in size. A few people have found that their skin has turned gray because of the accumulated metal in the tissues.

Colloidal Copper can deposit in the soft tissue of the body and develop a condition known as Wilson's disease that causes fits of rage, schizophrenia, aneurysms, and intense mood swings, if you are told you are copper toxic, studies show that human tissue will release the unusable copper once the cell is given what it needs in the correct bio-available form. To flush the body of 'heavy metal' accumulations it has been holding on to is to provide the body with the mineral in the correct form (size), a form of "chelation therapy by replacement."

About The Minerals

Boron

Boron Works much like estrogen in that it helps to prevent loss of minerals from the bones. Without Boron in the cells, the cells cannot utilize the various forms of Vitamin D. Boron helps in the fight against osteoporosis; it enhances the body's immune system and acts as an anti-inflammatory

Calcium

Calcium works best when taken in conjunction with magnesium, for maximum affect. Calcium is the most abundant mineral in the human body. Calcium participates in the metabolic functions necessary for normal activity of nervous, muscle, skeletal systems and plays an important role in normal heart function, kidney function, Musculo-skeletal function, blood clotting, and blood-vessel integrity.

Calcium can also help fight osteoporosis, prevent muscle or leg cramps in some people and promotes normal growth and development. It can build bones & teeth and maintains bone density & strength. Calcium also buffers acid in the stomach acting as an antacid. It lowers phosphate concentrations in people with chronic kidney disease; helps reduce blood pressure in some people, and may reduce the possibility of kidney stones. Calcium may reduce the threat of colon cancer. Those under additional stress for extended periods of time or people with bone fractures should take calcium on a daily basis.

Chromium

Chromium and Vanadium are very special mineral elements because they activate enzymes that are associated with the body's glucose tolerance factor.

It takes a Chrome molecule to burn fat and properly metabolize caloric intake, and most people are highly deficient in chrome – this is why some people who go on a 'diet' get 'light headed' and pass out when they go too long without food. It also takes pure chrome molecules to create pure muscle, so if you wish to build your body's muscle mass, it is vitally important to give your body pure elemental chrome molecules as you work out.

Cobalt

Cobalt helps the body synthesize and produce glucose in the blood. Cobalt also assists iron in building healthy red blood cells, and is a vital part of the body's production and assimilation of Vitamin B-12. Cobalt helps to relieve anemia and helps to improve blood circulation.

Complete Phyto Nutrient (CPN)

Phytochemicals can be defined, in the strictest sense, as chemicals produced by plants. However, the term is generally used to describe chemicals from plants that may affect health, but are not essential nutrients. While there is ample evidence to support the health benefits of diets rich in fruits, vegetables, legumes, whole grains and nuts, evidence that these effects are due to specific nutrients or phytochemicals is very limited. Because plant-based foods are complex mixtures of bioactive compounds, information on the potential health effects of individual phytochemicals will be linked to information on the health effects of the foods that contain those phytochemicals.

Copper

Copper is good for parasites. There are two types of parasites that infect the human being, large parasites, which are primarily different types of worms and small parasites, which are mainly microscopic in size including what are called protozoa and amoebae. Despite their near invisibility, the small parasites can be the most dangerous. Copper simply kills all microscopic parasites and the larger intestinal tract worms. Many times the body's metabolism is slowed because primary nutrients needed to satisfy the body are consumed by the parasites, leaving empty calories and fat to be hoarded by the cells much like the body hoards unusable minerals.

A woman that had done a lot of traveling to foreign lands suddenly started to lose her hearing and began wearing hearing aids. After taking ionic, water soluble copper – her hearing returned. The copper killed the Hook Worms in her ear canal. Water-soluble copper will kill all large as well as microscopic parasites within the human body. It crosses the blood-brain barrier and goes everywhere on its parasite-killing rampage while not being toxic at all to the body. As an added bonus, it can also help restore the original color to your hair.

A warning to the interested, unlike the other trace minerals, use of copper can have side effects. Depending on the number and type of parasites in the body, copper use can cause a 'healing crises' as the parasite releases toxins as a defense mechanism just before the copper kills them. The dead parasites themselves also give off ammonia as they are eliminated, which can cause moderate to severe flu-like symptoms (body aches, headaches, stomach cramps, etc.). Since copper itself is not toxic, and since it is virtually impossible to be allergic to trace minerals themselves – if consuming copper tends to make you feel ill, don't panic. These negative symptoms don't last long and rarely last more than a week at the most.

Germanium

It has been found that germanium raises the level of activity of the body's organs because it helps specific organ cells to more efficiently utilize oxygen and hydrogen molecules. Germanium is primarily nature's electrical 'semi-conductor', as it has been found to help correct cellular distortions between the nucleus and the cell walls. In new studies, germanium is proving valuable in relieving neurosis and cardiac arrhythmia.

Gold

Gold has been reported to be extremely useful in relieving glandular and emotional problems. It was used prior to 1930 as a cancer remedy. It helps brain function, depression, despair, fear, frustration, mood swings, drug and alcohol addictions, melancholy, seasonal attitude disorders, burns, circulatory problems, hot flashes, night sweats, and obesity. Gold is a pure amalgam; elemental angstrom size particles of gold can therefore be used by the body to repair DNA damage thus slowing down the aging process. It also is extremely helpful in calming children who are on drugs for hyperactive conditions.

Indium

Indium is a rare trace (or micro-) mineral believed to support several hormonal systems in the body and may elevate immune activity and reduce the severity and duration of a plethora of human conditions. It is believed that indium may provide aid to the hypothalamus and pituitary glands. These two master hormone producers have the job of maintaining optimal balance of hormones for the body. Once this stasis is achieved, a great many other hormone-producers become stimulated, causing a domino effect and helping retard aging and various health problems.

Indium seems to enhance food and mineral absorption by the body. It even has been found to aid in the utilization of other essential trace elements. Indium is not found in food or water; in fact, although it is not ordinarily found in the human body at all after approximately 25-30 years of age, most people experience beneficial results immediately.

Some of the short-term benefits reported by many indium users include: increased energy, an enhanced sense of well-being – the so-called “indium high”, and a reduced need for sleep. Long-term benefits of indium include (but are not limited to) a gradual correction of many chronic illnesses such as: ADD, improved blood pressure, stress-related problems, healthier body weight, autism, and a reversal of visible signs of aging.

It has been reported that when taking indium one feels rejuvenated and energized because the hormonal system is working better.

Iodine

Iodine helps form certain thyroid hormones and assists in regulating cellular metabolic rates, which is a vital factor in the regulation of energy production on the cellular level. Iodine may help the body fight breast cancer, and may increase energy levels. Iodine is particularly important for mental and physical development in children, and a deficiency in iodine has been found to be a factor in weight gain and obesity.

Iron

Iron is primarily absorbed and carried in the body's red blood cells. It is the red blood cells that are responsible for the transportation of oxygen captured by the lungs to the other organs and tissues of the body. Is a vital factor in the formation of many enzymes produced in the body that affect critically important chemical reactions to mental cognition and functioning. Water soluble, ionic Iron tends to promote a sense of vitality and general well being, enhances resistance to infections, stimulates energy and stamina during exercise, and ignites mental abilities. Angstrom-size iron is vital to help the blood eliminate potentially toxic micron or larger size iron particles in the blood and tissues.

Magnesium

In order for calcium to be most effective in other critical areas it needs a partner to combine in a synergistic manner. Enter magnesium. Calcium combines with magnesium to maintain healthy bones and tissue material. Correct magnesium ions will help you feel younger, lose unwanted weight, and increase your libido. Women who were put on a program of useable magnesium reported that they began looking and feeling 10-15 years younger within a few months. Most women that have taken ionic magnesium have lost weight, increased energy levels, felt less depressed, and started enjoying sex like they hadn't in years. Some have even noticed they have lost some of employing their facial wrinkles without face creams or expensive surgeries.

A deficiency in magnesium can eventually cause some side effects to the body. One example of magnesium deficiency is migraine headaches. In the vast majority of cases, migraine sufferers lose their afflictions after taking only small doses of ionic magnesium. Magnesium is also required for the production and transfer of energy from protein synthesis for contractility of muscles and the excitability of nerves. If you have proper magnesium levels, your body can then use the calcium it needs and discharge the rest.

Manganese

Manganese is a component and vital catalyst of several key enzyme processes and is essential in order for the body to utilize protein and carbohydrate molecules. Manganese works with selenium to help the body dissolve and eliminate potentially harmful fatty acids and cholesterol while it helps the synthesis of red blood cells and urea in the kidney. Manganese has been proven to help reduce and ease the pain of an enlarged prostate, battles arteriosclerosis and heart disorders, lowers cholesterol, and promotes a healthy pancreas and improves vision.

Molybdenum

Molybdenum primarily helps to promote normal and healthy cellular functions. Also, it has been shown to work much like Viagra. Unlike Viagra, the effects are not immediate. It takes a few months of consistent use to work on balancing the problem, which is actually in the tissue and blood.

Platinum

Platinum, like gold, has a history of being used for ‘incurable’ cancers, but platinum is much more effective than gold. Platinum is also helpful in relieving headaches, PMS, Cold feet, circulatory problems, and conditions of over sensitivity. Platinum generates a general feeling of well-being and longevity. Like gold, platinum produces periods of deep sleep and vivid dreams in Technicolor, but unlike gold, it greatly increases energy levels.

Potassium

Potassium is a very critical electrolyte. It works in synergy with elemental sodium (sea salt) in all of the body’s cells to maintain and/or restore critical membrane osmosis, which is critical in the production of energy fields. Potassium is also a critical agent in all cardiovascular and nerve impulse functions. It also helps to increase the exchange of nutrients into the cell and the removal of waste – hence it helps to relieve muscle stiffness and soreness after a workout.

Potassium has been shown to be very effective in relieving edema, and the stiffness and pain of arthritis. It also promotes quicker healing of cuts and wounds such as bruises and helps to control convulsions and muscle spasms while promoting a feeling of euphoria and general well being.

PRNA (Phyto-Ribonucleic Acid)

RNA stands for Ribonucleic Acid. There are three types of RNA, messenger RNA, transfer RNA and ribosomal RNA. 1.) *Messenger RNA* is responsible for taking messages from your DNA (*your gene structure*) and providing a template or a single strand mirror image for your amino acids to link up with. This is where transfer RNA comes in. 2.) *Transfer RNA* seeks out and brings each individual amino acid to the chain and parks it in its particular slot where it will do the most good and be the most beneficial. Now enters PRNA (*ribosomal RNA*). 3.) *Ribosomal RNA* provides the machinery or energy needed to start the protein synthesis process.

Ribonucleic acid is responsible for building protein synthesis in the body. As we age, there tends to be breakdowns and shortages of nucleic acids in the system, leading to RNA errors and lack of protein synthesis. This is where aging comes from.

Why is it important: To understand RNA function one must understand protein function. A protein is a group of molecules composed of elements and amino acids. These are in all living cells and many substances such as enzymes, hormones and the antibodies that are necessary for the proper functioning of any living organism. They are absolutely essential to all animal diets and to the growth and repair of tissue in the body. Without RNA, protein would not be produced or synthesized by the body. This is why RNA is so vitally important.

Research done by Dr. Benjamin Frank, author of “*Nucleic Acid Nutritional Therapy*”, Dr Milton Fried and HEM Pharmaceuticals shows clearly, those who supplement with RNA on a regular basis showed improvement in their memory function, increased energy levels, better tolerance of extreme temperature changes, enhance immunity, better vision and tighter, radiant skin. They also found that those who supplemented with RNA looked 5-15 years younger than their actual age.

We believe P-RNA will not only help one to look and feel younger, but that it will aid in ridding the body of toxins, repair genetic sequences and alterations, desensitize the blood to allergies and promote general youth and vitality. P-RNA is just such a product.

Selenium

Selenium is undoubtedly one of the most effective anti-oxidants available to mankind. It also seems to further improve immunity as well. Scientists found that by taking 100 mcg.s of selenium daily they improved their overall immune system by a whopping 80%

Selenium deficiency is the single most costly elemental deficiency in the area of fetus/embryo development all the way through the growth cycles from toddler to adult. Most people who begin taking selenium notice a tremendous increase in energy. Selenium further assists the body in getting rid of toxins as well.

Silver

Silver is different from zinc, because silver actually has been proven to kill viruses and bacteria on contact. Silver does not reside in all of the bodily fluids like zinc does. After using zinc to put viral or bacterial infection on hold, you can use silver to finish off the job. Silver is nature's broad-spectrum antibiotic element. It also has been reported that having silver in the bloodstream quickens the healing process of fractured bones by up to 40%.

Many people with decade-long chronic backaches have found relief from taking an ionic silver supplement. Certain backaches are caused by viral or bacterial infections in the spinal fluid that traditional antibiotics or colloidal silver products simply cannot reach. Another thing silver can fight against is warts. Since an invading virus causes warts, and because of this, silver is very effective in killing warts.

Vanadium

Vanadium is a partner to chromium much as magnesium magnifies calcium. Vanadium works in synergy with chromium to help regulate the circulatory blood vessels in the body by eliminating harmful cholesterol. It regulates the level of blood sugar, and studies have shown that people with high vanadium levels have a much lower risk of heart attacks. If you are suffering from diabetes, hypoglycemia, or from elevated triglycerides wherein you are worried about a heart attack, you should be taking a Vanadium and chromium supplement daily.

Zinc

Zinc is also a vital element to human wellness. Steel is dipped in zinc to eliminate rust and corrosion – this is called galvanization. This is done because zinc is perhaps the most potent antioxidant known to man. It was used in the civil war to prevent infections. Zinc is proven effective against moss and other fungal growth – for it is clearly an anti-fungal agent as well. Zinc does not kill viruses and bacteria, but it does stop them from reproducing thus enabling an individual to 'get over' a cold or flu much faster.

Zinc quickly penetrates and moves through all bodily fluids, especially saliva and nasal secretions. It is a tremendous line of defense against any and all infections trying to enter the body. For instance, with zinc in your saliva it would stop the bacteria replication in your mouth that produces the harmful acids that destroy tooth enamel. Another exciting thing is that healthy zinc levels in your sweat mean a lack of body odors.

In one study, women who were given proper zinc supplements showed an increase of 20% in mental capacity over a 6-week period. Zinc has been medically proven to shrink an enlarged prostate gland helping to prevent prostate cancer. It has also been shown to be effective in promoting proper brain function and hormone production, which resulted in greater libido.

General Daily Recommendations

- MSM - 3000 to 5000 mg or more daily **am & pm**
- Balanced Life – 1 to 2 tsp daily.
- CPN – 1 to 2 tsp daily
- Enzymes – 2 to 3 capsules with warm water **am & pm**
- Vitamin B Complex– 1 to 2 capsules daily with meals
- Vitamin B6 – 2.0 mg daily
- Vitamin B12 – 500mcg to 1000mcg daily
- Folic Acid – 400mcg to 800mcg daily
- Vitamin E – 400 IU to 800 IU Daily
- Vitamin C Ascorbate – 2000 mg or more daily

ACNE

An inflammatory Disease of the sebaceous glands and hair follicles of the skin that is marked by the eruption of pimples or pustules, especially on the face.

- Copper – 1 tsp **pm**
- Germanium – 1 tsp **am & pm**
- Molybdenum – ½ tsp (do not take with copper)
- Silver – 2 tsp **am & pm**
- Zinc – 2 tsp **am** (do not take with copper)
- Water – 2 liters daily
- MSM
- Balanced Life
- CPN

A.D.D. – ATTENTION DEFICIT DISORDER

A childhood syndrome characterized by impulsiveness and a short attention span. Also sometimes by hyperactivity, that often leads to learning disabilities and various behavioral problems.

- Calcium - 2 tsp **am**
- Chromium - 1 tsp **am**
- Copper – 1 tsp **pm**
- Germanium – 2 tsp **am**
- Gold – 2 tsp **pm**
- Magnesium – 2 tsp **am & pm**
- Manganese – 1 tsp **am**
- Selenium – 1 tsp **am**
- Vanadium - ½ tsp **am**
- Zinc - ½ tsp **am** (do not take with copper)
- PRNA
- Vitamin B-Complex
- Vitamin C Ascorbate
- Balanced Life
- CPN

If a hair sample shows 1 ppm of lead, the child will have a higher incidence of hyperactivity. Allergies in children are usually the result of sugar dyes (especially red dye).

ALCOHOL/DRUG/TOBACCO ADDICTIONS

Any addiction is a habitual psychological and physiological dependence on a substance or practice beyond one's voluntary control.

- Calcium – 2 tsp
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Platinum 1-2 tsp **am only**
- Vitamin B-Complex
- Vitamin C Ascorbate
- Balanced Life
- MSM

A good idea and rule of thumb for any addiction problem is to avoid (whenever possible) people, places, and things that are directly related to the problem. It is a good idea to seek professional counseling and/or a support group.

A special note to alcohol addiction: Alcohol is metabolized as a sugar in the body, and it is the sugar that is being craved by the body when you attempt to stop drinking. Many counselors may advise you to stop using caffeine and sugar yet in many instances this makes your problem worse. When cravings occur, try having a little candy as it has been found to satisfy these cravings. You will have to slowly decrease the amount of candy or sweets to make this attempt successful.

AGE/LIVER SPOTS

A benign, localized brownish patch on the skin, often occurring in old age and most often in people with pale sun-damaged skin. A direct result of free radical damage from the sun and is a symptom of dehydration.

- Selenium – 1 tsp **am**
- Zinc – 1 tsp
- Water
- CPN
- MSM

Mix and place directly on the spot topically

AIDS

AIDS is a severe immunological disorder caused by HIV, transmitted primarily through venereal routes or by exposure to contaminated blood or blood products and body fluids.

- Calcium – 3 tsp
- Copper – 3 tsp **pm only**
- Germanium – 3 tsp
- Magnesium – 2 tbsp
- Molybdenum - 1/2 tsp (do not take with copper)
- Platinum – 1-2 tsp **am**
- Selenium – 2 tsp **am**
- Silver – 4 tsp four times daily
- Zinc – 2 tsp **am & pm** (take at least 1 hour before or after copper)
- Vitamin B-Complex
- Vitamin C Ascorbate
- Vitamin E
- 2 liters of Water
- MSM
- CPN

ALLERGIES

Abnormally high-acquired sensitivity to certain substances, such as drugs, pollens, or microorganisms, which may include such symptoms as sneezing, itching, and skin rashes.

- Gold – 1 tsp **pm at bedtime**
- Molybdenum - 1/2 tsp
- Silver – 2 tsp
- Water – 2 liters daily
- MSM
- CPN

Allergies are often caused by parasites – see “**Parasite Cleanse**”

ALZHEIMER’S

A degenerative disease of the brain, characterized by clumps of neurofibrils and microscopic brain lesions and by confusion, disorientation, memory failure, and speech disturbances, and resulting in progressive loss of mental capacity. Studies have shown an excessive amount of aluminum in the brains of those with Alzheimer’s. Silica has been found to neutralize Aluminum poisoning.

- Calcium – 2 tsp
- Copper – 2 tsp **pm**
- Gold 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Selenium – 1 tsp **am**
- Zinc – 1 tsp (do not take with copper)
- Vitamin C Ascorbate
- Vitamin E
- MSM
- Balanced Life
- CPN

ANEMIA

A pathological deficiency in the oxygen-carrying component of the blood, measured in unit volume concentrations of hemoglobin, red blood cell volume, or red blood cell numbers.

- Calcium – 3 tsp
- Cobalt – 1 tsp
- Copper ½ tsp **pm**
- Balanced Life
- Iron - ½ tsp
- Magnesium – 3 tsp
- Potassium – 1 tsp **am**
- Zinc - ½ tsp (do not take with copper)
- Folic Acid
- Vitamin B-Complex
- Vitamin C Ascorbate

ANTHRAX

An infectious, usually fatal disease of warm-blooded animals that is characterized by ulcerative skin lesions; can be transmitted to humans, and is caused by the bacterium bacillus anthracis.

- Calcium – 4 tsp
- Copper - 4 tsp **pm**
- Germanium – 2 tsp
- Magnesium – 2 Tbsp
- Molybdenum - ½ tsp (do not take with copper)
- Silver – 4 tsp four times daily
- Zinc - 4 tsp **am & pm** (do not take with copper)
- Aspirin (to help with clotting)
- CPN

ARTHRITIS – OSTEOPOROSIS

Inflammation of a joint or joints resulting in pain and swelling. Also called articular rheumatism, a disease where the bones become extremely porous, are subject to fracture, and heal slowly. It occurs especially in women following menopause, often leading to curvature of the spine from vertebral collapse.

- Boron - ½ tsp
- Copper - ½ tsp **pm**
- Calcium 2 tsp
- Germanium – 3 tsp
- Gold - ½ tsp **am & pm**
- Iron - ½ tsp
- Magnesium – 4 tsp
- Manganese – 4 tsp
- Potassium 2 tsp **am**
- Zinc – 2 tsp
- Vitamin B-Complex
- Vitamin C Ascorbate
- Vitamin E
- MSM
- Balanced Life

This combination is effective for many arthritic conditions. It is also helpful for bone and cartilage building.

ASTHMA

A condition of the lungs characterized by widespread narrowing of the airways due to spasm of the smooth muscle, edema of the mucosa, and the presence of mucus in the lumen of the bronchi and bronchioles. It is caused by the local release of spasmogens and vasoactive substances in the course of an allergic reaction.

- Calcium – 4 tsp
- Copper – 2 tsp **pm**
- Germanium - ½ tsp
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Molybdenum - ½ tsp (do not take with copper)
- MSM CPN

For mild attacks drink a few sips of coffee.

ATHLETE'S FOOT – TOENAIL FUNGUS

A contagious fungal skin infection caused by a species of Trichophyton or Epidermophyton that usually affects the feet, especially the skin between the toes, and is characterized by itching, blisters, cracking and scaling.

- Copper – 1 tsp **am & pm**
- Molybdenum - 1/2 tsp (do not take with copper)
- Silver – 1 tsp
- Zinc – 1 tsp three times daily (do not take with copper)
- Silver – put 1/2 cup of silver in a basin of warm water and soak feet twice a day.
- MSM

BELL'S PALSY

Unilateral paralysis of the facial muscles supplied by the facial nerve. Also called facial paralysis, facioplegia, and prosopoplegia. It is believed to be caused by a virus and is alleviated by anti-oxidants. Colds, fever, Lymes disease, and ear infections trigger it.

- Calcium – 4 tsp **am & pm**
- Copper - 1/2 tsp **pm**
- Magnesium – 8 tsp
- Manganese – 1 tsp
- Molybdenum - 1/2 tsp (do not take with copper)
- Silver – 2 tsp
- Zinc – 2 tsp (don't take with copper)
- Vitamin B-Complex
- Vitamin C Ascorbate
- MSM
- CPN

BLADDER INFECTION

- Calcium – 2 tsp
- Copper - 1/2 tsp **pm**
- Germanium - 1/2 tsp
- Magnesium – 4 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 4 tsp four times daily
- Zinc – 2 tsp **am & pm** (don't take with copper)
- Vitamin C Ascorbate
- MSM

BODY ODOR

- Magnesium – 2 tsp
- Zinc – 1 tsp
- Water – 2 liters per day

BRONCHITIS

This is an inflammation of the mucous membrane of the bronchial tubes.

- Silver – 4-8 tsp per day
- Calcium – 2 Tbs.
- Vitamin C Ascorbate
- MSM
- Zinc – 2 tsp **am & pm**

BRUXISM – TEETH GRINDING

The habitual involuntary grinding or clenching of the teeth, usually during sleep. This is caused from anger, tension, fear, or frustration.

This is usually a good sign of parasite infestations. See “**Parasite cleanse**”.

CANCER

Any of various malignant neoplasm characterized by the proliferation of Ana plastic cells that tend to invade surrounding tissue and metastasize to new body sites.

- Calcium – 2 tsp
- Chromium – 2 tsp
- Copper - 2 tsp **pm**
- Germanium – 2 tsp
- Gold – 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Platinum – 4 tsp **am**
- Potassium – 1 tsp **am & pm**
- Selenium – 2 tsp **am**
- Silver – 4 tsp **am & pm**
- Vanadium – 2 tsp
- Zinc – 4 tsp (don't take with copper)
- Vitamin A
- Vitamin E
- Vitamin C Ascorbate
- Water with lemon juice – 3 liters per day
- MSM
- Balanced Life
- CPN
- Enzymes

Cancer forms when the pH of the body is low. In addition to the treatment listed here, diet should be limited to fresh fruits, vegetables, legumes, and nuts in order to raise the pH levels. Red meats, pork, and fish all tend to lower the body's pH, and should be avoided until improvements are realized.

CANDIDIASIS

A fungal infection caused by a species known as Candida Albicans, that can involve various parts of the body, such as the skin and mucous membranes.

- Copper – 1 tsp **am, noon, and before bed time**
- Germanium – 2 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 1st week: 4 tsp four times daily
2nd week 1 tsp **am & pm** for a month
Thereafter 1tsp daily
- Selenium – 1 tsp **am**
- Zinc – 2 tsp (don't take with copper)
- Vitamin C Ascorbate
- MSM
- CPN
- Enzymes

CANKER SORES

A small painful ulcer of the mucous membrane of the mouth.

- Calcium – 2 tsp
- Magnesium – 2 tsp
- Molybdenum - 1/2 tsp
- Silver – 2 tsp **am & pm**
- Zinc – 2 tsp **am & pm**
- Water – 2 liters daily
- CPN
- MSM

CARPAL TUNNEL SYNDROME

Chronic pain and paresthesia in the hand in the area of distribution of the median nerve, caused by compression of the median nerve by fibers of the flexor retinaculum, and associated with repetitive motion, as in typing or playing a musical instrument.

- Calcium – 2 tsp
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Folic Acid
- Vitamin B12
- Vitamin C Ascorbate
- MSM
- Vitamin B6

CAVITIES

Pitted areas in a tooth caused by caries (decay)

- Boron - 1/2 tsp
- Calcium – 2 tsp **am & pm**
- Copper – 2 tsp **pm**
- Magnesium – 1 Tbs. **am & pm**
- Manganese – 1 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 1 tsp (swirl around teeth for several seconds before swallowing)
- Zinc – 2 tsp (don't take with copper)
- MSM

For a truly effective cavity fighter, dispose of your poisonous fluoride toothpaste and wet your toothbrush with a few drops of silver to really protect your teeth SAFELY.

CONTRAIL/CHEMTRAIL EXPOSURE

A condition of illness believed to be caused by exposure to toxic aerial sprays.

- | A.M. | NOON | P.M. |
|---|--|--|
| <ul style="list-style-type: none">• Germanium – 1 tsp• Magnesium – 2 tsp• Manganese - 1/2 tsp• Molybdenum - 1/2 tsp• Zinc – 1 tsp• Vitamin C Ascorbate• Enzymes | <ul style="list-style-type: none">• Selenium - 1/2 tsp• Vitamin E <p>Before Dinner</p> <ul style="list-style-type: none">• Balanced Life | <ul style="list-style-type: none">• Calcium – 2 tsp• Copper - 1/2 tsp• Vitamin C Ascorbate• CPN• Enzymes |

If you are having flu-like symptoms, double all minerals; also take SILVER – 4 tsp four times daily and follow “COLDS/FLU” recipe.

CHRONIC FATIGUE SYNDROME

A syndrome characterized by sleep disorders and disruption of the immune system. Also known as chronic fatigue immune dysfunction syndrome.

- Calcium – 2 tsp
- Chromium – 1 tsp
- Copper - 1/2 tsp **pm**
- Germanium – tsp
- Gold - 1/2 to 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Platinum – 4 tsp **am**
- Potassium – 1 tsp **am**
- Selenium - 1/2 tsp **am**
- Vanadium - 1/2 tsp
- Zinc – 2 tsp (don't take with copper)
- Water – 3 liters
- Vitamin C Ascorbate
- Vitamin E
- MSM
- CPN
- Balanced Life
- Enzymes
- Vitamin B-Complex

CFS sufferers often begin to develop food allergies as enzyme functions diminish. Minerals are hypoallergenic and are unusually well tolerated. Often, flu-like symptoms accompany this recipe – But are more indicative of dying pathogens than the minerals themselves.

COLDS/FLU

- Calcium – 4 tsp
- Copper – 1 tsp **pm**
- Germanium – 2 tsp
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Molybdenum - 1/2 tsp **am**
- Silver – 4 tsp four times daily
- Zinc – 2 tsp **am only**
- Water with lemonade – 3 liters per day
- Vitamin C Ascorbate – 2000 mg daily
- CPN

For chest colds or pneumonic conditions, a cool mist vaporizer may be used. In the morning place 1/2 a cup of apple cider vinegar in vaporizer and fill the rest up with distilled water and let run near a person who is ill. At night, place 1/2 a cup of silver and calcium and fill with distilled water and run near a person who is ill during the night. Turn off the vaporizer if the person begins to cough too violently.

CROHN'S DISEASE & ULCERATIVE COLITIS

These two diseases are not exactly the same, but the causes of the problems are quite similar.

Crohn's Disease – (also regional enteritis) Enteritis is usually limited to the terminal ileum but can progress to other segments of the intestine; characterized by nodule formation and fibrous tissue buildup, abdominal pain, and patch deep ulceration.

Ulcerative Colitis – A chronic disease characterized by ulceration of the colon and rectum with bleeding, mucosal crypt abscesses.

- Calcium – 2 tsp
- Copper - 1/2 tsp **pm**
- Gold - 1/2 to 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Zinc – 2 tsp **am only**
- Vitamin C Ascorbate
- MSM
- Enzymes
- CPN

DANDRUFF

A scaly scurf (dry skin) formed on and shed from the scalp.

- Calcium – 2 tsp
- Zinc – 2 tsp
- MSM

DEPRESSION

Mild depression – a condition of feeling sad or despondent. Severe depression – a psychotic or neurotic condition characterized by an inability to concentrate, insomnia, and feeling of extreme sadness, dejection, and hopelessness.

- Boron - 1/2 tsp
- Calcium – 2 tsp **pm**
- Chromium – 1 tsp **am & pm before meals**
- Gold - 1/2 tsp **pm**
- Iron - 1/2 tsp
- Magnesium – 2 tsp
- Manganese – 2 tsp
- Molybdenum - 1/2 tsp
- Platinum - 1/2 tsp **am**
- Zinc – 2 tsp
- Balanced Life

DIABETES – HYPOGLYCEMIA

Diabetes – Any of several metabolic disorders marked by excessive discharge of urine and persistent thirst. An abnormally high concentration of glucose in the blood.

Hypoglycemia – An abnormally low concentration of glucose in the blood.

- Calcium – 1 tsp
- Chromium – 1 tsp **am & pm**
- Copper – 1 tsp **pm**
- Magnesium – 2 tsp
- Manganese - 1/2 tsp
- Vanadium - 1/2 tsp **am & pm**
- Zinc – 1 tsp **am** (don't take with copper)
- Vitamin B-Complex
- Vitamin C Ascorbate
- MSM
- Balanced Life
- CPN

E. COLI

A bacillus normally found in the human gastrointestinal tract and existing as numerous strains, some of which are responsible for diarrhea diseases.

- Calcium – 2 tsp
- Copper – 2 tsp **am & pm**
- Magnesium – 4 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 4 tsp four times daily
- Balanced Life – 1 tsp **am**
- Zinc – 1 tsp **am & pm** (don't take with copper)
- Enzymes
- CPN

EARS – (WATER ON)

- Calcium – 4 tsp
- RNA – as directed
- MSM Water Drops every hour while awake

ECZEMA

This has a lot to do with the pH of the skin itself. Normal skin is slightly acidic

- Copper – 1 tsp **pm**
- Magnesium – 1 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 1 tsp orally & topically
- Zinc – 1 tsp orally & topically (don't take w/ copper)
- MSM
- Vitamin B-Complex
- Vitamin C Ascorbate
- Vitamin E

EDEMA

An accumulation of an excessive amount of watery fluid in, and around cells.

- Calcium – 2 tsp
- Magnesium – 4 tsp
- Potassium – 2 tsp **pm**
- Vitamin C Ascorbate
- Sea Salt - 1/4 tsp daily
- Water – 3 liters (distilled)
- MSM

EMPHYSEMA

A pathological condition of the lungs marked by an abnormal increase in the size of the air spaces, resulting in labored breathing and an increased susceptibility to infection.

- Calcium – 4 tsp
- Copper – 1 tsp **pm**
- Germanium – 2 tsp
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Selenium – 2 tsp **am**
- Zinc – 2 tsp (don't take with copper)
- Ozone machine continuously running in room
- Vitamin C Ascorbate
- MSM
- CPN

EPILEPSY

Any of various neurological disorders characterized by sudden, recurring attacks with or without loss of consciousness or convulsive seizures.

- Calcium – 2 tsp
- Chromium – 2 tsp
- Copper - 1/2 tsp **pm**
- Magnesium – 4 tsp
- Zinc – 3 tsp **am** (don't take with copper)
- MSM
- Silver – 3 tsp **am**

EPSTEIN BARR VIRUS

A herpes virus that is the causative agent of infectious mononucleosis. It is also associated with various types of human cancers.

- Calcium – 4 tsp
- Copper – 1 tsp **pm**
- Germanium – 2 tsp
- Gold – 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Silver – 1 Tbs.
- Zinc – 2 tsp (don't take with copper)
- Vitamin C Ascorbate
- Vitamin E
- Water – 50-80 oz per day
- CPN

EYEWASH

- Silver – 50/50 with water

FEVER

The body expends a lot of energy when battling a fever. Vitamin C Ascorbate and magnesium are two nutrients especially important to heal the body.

- Calcium – 2 tsp
- Magnesium – 2 tsp
- Vitamin C Ascorbate
- Silver – 2 tsp three times daily
- Zinc – 2 tsp three times daily

FIBROCYSTIC DISEASE OF THE BREAST

A benign disease common in women in their thirties, forties, and fifties, marked by small fluid-containing cysts that form in one or both breasts.

- Germanium – 1 tsp
- Iodine - 1/2 tsp
- Magnesium – 1 tsp
- Selenium – 1 tsp **am**
- Vitamin B-Complex
- Vitamin E
- MSM

It has been recommended that all caffeine be eliminated from your diet and also nicotine.

FIBROMYALGIA

A rheumatic disorder characterized by chronic achy muscular pain that has no obvious physical cause. It most commonly affects the back of the head, the upper chest, and/or the thighs, although any area or areas of the body may be involved.

- Calcium – 4 tsp
- Gold – 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Platinum – 2 tsp **am**
- Zinc – 1 tsp
- Vitamin C Ascorbate
- MSM
- Balanced Life
- CPN
- Vitamin B-Complex
- Enzymes

FLUORIDE (COUNTER-BALANCE THE POISON)

- Calcium – 2 tsp daily
- Magnesium – 2 tsp daily
- Water – 2 liters
- MSM

GALL/KIDNEY STONES

- Calcium – 2 tsp
- Magnesium – 4 tsp
- Vitamin C Ascorbate
- MSM
- Enzymes

GANGRENE

Death and decay of the body tissue, often in a limb, caused by insufficient blood supply and usually following injury or disease.

- Copper – 1 tsp **pm**
- Silver – Orally: 2 tsp **am & pm**
Topically: may be safely applied to infected area several times daily
- Zinc – 2 tsp (don't take with copper)
- Water – 50-80 oz daily
- Ozone machine therapy – place limb in an airtight bag. Connect hose from ozone machine to bag and secure the bag opening around the limb to trap ozone inside. Cover limb with blanket and run ozone for 4 hours daily until circulation begins to return (black color starts to recede). Then reduce the time to 1 hour daily till full recovery.
- Enzymes

GOUT

Gout is an inherited disorder of uric-acid metabolism occurring predominantly in men, characterized by painful inflammation of the joints, especially of the feet and hands, and arthritic attacks resulting from elevated levels of uric acid in the blood and the deposition of urate crystals around the joints.

- Calcium – 2 tsp
- Copper - 1/2 tsp **pm**
- Magnesium – 4 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Vitamin C Ascorbate
- Sea Salt
- Water – 3 liters
- MSM
- CPN

GRAY HAIR

Gray hair is a symptom of improper protein synthesis.

- Copper – 1 tsp daily **pm**
- Balanced Life

GULF WAR SYNDROME

- Copper – First 2 weeks: 4 tsp daily
Thereafter: 1-2 tsp daily **pm**
- Germanium – 2 tsp
- Gold – 1 to 2 tsp **pm**
- Molybdenum - 1/2-1 tsp (don't take with copper)
- Platinum – 1 tsp
- Silver – 4 tsp **am & pm**
- Zinc – 2 tsp (don't take with copper)
- Water – 50-90 oz
- Vitamin C Ascorbate
- MSM
- Balanced Life
- Vitamin B-Complex

HEART ARRHYTHMIA/DYSFUNCTION

- Calcium – 4 tsp
- Chromium – 1 tsp **am**
- Germanium - 1/2 tsp
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Potassium – 1 tsp **am**
- Selenium – 1 tsp **am**
- Vanadium – 1 tsp **pm**
- Vitamin B-Complex
- Vitamin E
- Co-Enzyme Q10 – 1 capsule **am & pm**

HEART FAILURE

A condition marked by weakness, edema, and shortness of breath that is caused by the inability of the heart to maintain adequate blood circulation in the peripheral tissues and the lungs.

- Calcium – 2 tsp
- Chromium – 1 tsp **am**
- Gold – 1 tsp **pm**
- Magnesium – 2 tsp
- Selenium – 1 tsp **am**
- Silver – 2 tsp **am & pm**
- Vanadium – 1 tsp **pm**
- Zinc – 1 tsp
- Vitamin B12
- Folic Acid
- Co-Enzyme Q10 – 1 capsule **am & pm**

HEAVY METAL DETOXIFICATION

- Calcium – 2 tsp **pm**
- Germanium - 1/2 tsp
- Magnesium – 1 tsp
- Potassium – 2 tsp **am**
- Selenium - 1/2 tsp **am**
- Zinc – 1 tsp
- Vitamin C Ascorbate
- Vitamin E
- MSM
- Balanced Life

HEPATITIS C

Inflammation of the liver caused by infectious or toxic agents and characterized by jaundice, fever, liver, enlargements, and abdominal pain.

- Calcium – 2 tsp
- Copper – 1 tsp **pm**
- Germanium – 1 tsp
- Magnesium – 4 tsp
- Manganese - 1/2 tsp
- Molybdenum - 1/2 tsp (don't take with copper)
- Platinum – 1-2 tsp **am**
- Selenium – 1 tsp **am**
- Silver – 1st week: 2 tsp **am & pm**
Thereafter: 1 tsp **am & pm**
- Zinc – 2 tsp (don't take with copper)
- Vitamin B-Complex
- Vitamin C Ascorbate
- Vitamin E
- MSM
- Enzymes
- CPN

Liver infections make the patient irritable and on edge. A positive and cheerful outlook on life is essential in fighting this terrible disease.

HERPES SIMPLEX

- Copper - 1/2 tsp **pm**
- Silver – 4 tsp twice daily for a week
2 tsp twice daily for 2 weeks
- Zinc – 2 oz first day (don't take with copper)
1 tsp for maintenance
- Vitamin C Ascorbate

HIGH CHOLESTEROL & TRIGLYCERIDES

- Calcium – 2 tsp
- Chromium – 1 tsp **am & pm**
- Copper - 1/2 tsp **pm**
- Gold - 1/2 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 1 tsp
- Selenium - 1/2 tsp **am**
- Folic Acid
- Vitamin B12
- Vitamin C Ascorbate
- Vitamin E
- MSM
- Balanced Life
- Enzymes

HYPER & HYPO- THYROIDISM

Hyperthyroidism – 1. Pathologically excessive production of thyroid hormones. 2. The condition resulting from excessive activity of the thyroid gland, characterized by increased basal metabolism. (The same deficiencies apply to hyperthyroidism as hypothyroidism only they manifest differently in each person.)

Hypothyroidism – 1. The insufficient production of thyroid hormones. 2. A pathological condition resulting from thyroid insufficiency, which may lead to cretinism or myxedema.

- Calcium – 2 tsp
- Iodine - 1/2 tsp
- Magnesium – 4 tsp **am & pm**
- Potassium – 1 tsp **am**
- Selenium – 1 tsp **pm**
- Table salt
- Vitamin B-Complex

HYPERTENSION

1) Persistent high blood pressure. 2) Arterial disease in which chronic high blood pressure is the primary symptom.

- Calcium – 2 tsp
- Chromium – 1 tsp **am & pm**
- Cobalt – 1 tsp
- Copper - 1/2 tsp
- Magnesium – 4 tsp
- Manganese - 1/2 tsp
- Potassium – 1 tsp **am**
- Selenium – 1 tsp **pm**
- Silver – 2 tsp
- Vanadium – 1 tsp **am & pm**
- Zinc – 1 tsp (don't take with copper)
- Vitamin B-Complex
- Vitamin C Ascorbate
- MSM

IMPOTENCE

Incapable of sexual intercourse, often because of an inability to achieve or sustain an erection.

- Boron – 1 tsp
- Calcium – 4 tsp
- Copper - 1/2 tsp **pm**
- Magnesium – 4 tsp
- Manganese - 1/2 tsp
- Molybdenum – 1 tsp (don't take with copper)
- Zinc – 2 tsp (don't take with copper)
- Vitamin B-Complex
- Vitamin E

INABILITY TO CONCENTRATE

- Boron – 1 tsp
- Calcium – 2 tsp
- Chromium – 1 tsp **am & pm**
- Copper - 1/2 tsp **pm**
- Gold – 2 tsp **pm**
- Magnesium – 2 tsp
- Manganese – 1 tsp
- Vanadium - 1/2 tsp **am & pm**
- Vitamin B-Complex
- MSM

INCONTINENCE

- Calcium – 2 tsp
- Magnesium – 1 tsp
- Potassium – 1 tsp **am**
- Selenium - 1/2 tsp **am**
- Vitamin B-Complex
- Vitamin E
- Zinc – 1 tsp twice a day

INDIGESTION

Indigestion is the inability to digest or a difficulty in properly digesting food in the alimentary tract. 2) Abdominal discomfort or illness resulting from this inability or difficulty.

- Calcium – 2 tsp
- Magnesium – 4 tsp
- Water – 2 liters daily
- Vitamin C Ascorbate
- MSM
- Balanced Life
- Enzymes

INSOMNIA

Unable to fall asleep or remain asleep for an adequate length of time.

- Calcium – 2 tsp **pm**
- Chromium – 1 tsp **pm**
- Copper - 1/2 tsp **pm**
- Gold – 1 tsp **pm**
- Magnesium – 2 tsp **am**
- Manganese – 1 tsp **am**
- Molybdenum - 1/2 tsp **am**
- Vanadium - 1/2 tsp **am**

LIVER DAMAGE/CIRRHOSIS

- Calcium – 2 tsp
- Copper – 1 tsp **pm**
- Iron - 1/2 tsp
- Magnesium – 2 tsp
- Enzymes
- CPN
- Vitamin B Complex

PARASITE CLEANSE

During the parasite cleanse you may experience some reactions as the parasites die. Such reactions may manifest themselves as rashes, itching, nausea, dizziness and irritability. Work through it if you can; if you are not able to, cut back until your system adjusts to a tolerable dosage.

- Copper – **1st week:** 2 TBL; begin with 1 tsp. the first night and increase per tsp. each night until the 2 TBL limit is reached.
2nd & 3rd weeks: 2 TBL daily
Thereafter: 1 TBL daily for one week. **Repeat** this gentle cleanse three times or until evidence that parasitic infection is gone.
- Molybdenum – 2 tsp.
- Silver – 2 Tbsp
- Zinc – 2 Tbsp
- PRNA
- Enzymes

ULCERS – GASTRO-INTESTINAL

A lesion of the mucous membrane, either of the stomach or duodenum, that is accompanied by formation of pus and necrosis of surrounding tissue, usually resulting from inflammation, parasite, or viral infection.

- Calcium – 4 tsp
- Copper - 1/2 tsp **pm**
- Germanium – 2 tsp
- Gold – 1 tsp **pm**
- Magnesium – 4 tsp
- Manganese – 2 tsp
- Silver – 4 tsp
- Zinc – 2 tsp (don't take with copper)
- Vitamin C Ascorbate
- MSM
- Enzymes

VARICOSE VEINS

The condition of having abnormally dilated or swollen veins, especially in the legs.

- Copper – 2 tsp **pm**
- Germanium – 2 tsp
- Manganese – 2 tsp
- Zinc – 1 tsp **am** (don't take with copper)
- Grape seed extract – 1 to 3 capsules a day
- Vitamin C Ascorbate
- MSM
- Balanced Life

WHOOPING COUGH

A highly contagious disease of the respiratory system, usually affecting children, that is caused by Bordetella pertussis and is marked in its advanced stage by spasms of coughing interspersed with deep, noisy inspirations.

- Magnesium – 4 tsp
- Selenium - 1/2 tsp **am**
- Vitamin E
- CPN
- Silver – 4 tsp
- Vitamin C Ascorbate

WILSON'S DISEASE

An inherited disorder of copper metabolism characterized by cirrhosis, degeneration of the basal ganglia of the brain, and the deposition of green pigment in the periphery of the cornea.

- Copper - 1/2 tsp **pm**
- Germanium – 2 tsp
- Manganese – 2 tsp
- Zinc – 4 tsp (don't take with copper)
- Vitamin B-complex
- MSM
- Balanced Life
- CPN
- Enzymes

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