

## Protocol for Health and Healing By Dr. Mary Meadows

### Detox for Heavy Metals, especially Mercury

**OSR** by Boyd Haley – order online from [www.biopureus.com](http://www.biopureus.com) \$350 but will last quite awhile as you only take a very small amount. I recommend ordering the Phospholipid mixture from the same site and mix the OSR in a small amount of the Phospholipid which will prevent a binding with Candida yeast in the body. You could become very sick if that should happen and to be on the safe side, just order the Phospholipid at \$52. I would recommend taking a scoop of the OSR with ½ teasp. of phospholipid 3 times a week. Do not take every day. Depending on your severity, you may want to take a 2<sup>nd</sup> bottle. Testing for mercury levels can be a good idea. Hair analysis with Doctors Lab is a good way. Do not trust blood tests or unprovoked urine tests. Taking the OSR for awhile before a test is a good idea because it takes time to bring the heavy metals out of the tissues, bones, brain etc. as it hides. Better measured after having a chance to bring it out of deep places.

Another inexpensive product for detoxing heavy metals, especially mercury, is **Oil of Cilantro** which can be bought at any health food store. You need to add folic acid to the regime as well.

A new product that I have recently heard about is **MMS** and although I have not personally used it, I have heard good things about it from testimonials. Like any kind of detoxing, you have to use it for some time before you really start noticing the benefits – at least 3 months.

### For HypoThyroid (Low-functioning Thyroid)

Most everyone has a compromised thyroid and the tests they do at the labs are faulty. The thyroid controls every system of the body and is so essential to health. Synthetic thyroid is not good as the body does not know how to utilize synthetics. We should only use a Desicated Natural Thyroid Formulation, A good one is "Raw Thyroid" by Natural Sources, which is a natural extract of Thyroid tissue, Adrenal Tissue, Pituitary, Thymus, and Spleen tissue. An excellent formulation to treat Thyroid deficiency because you have to also treat the adrenals at the same time. Guaranteed, the adrenals are compromised. Start off with 2 capsules per day for several weeks and try adding an additional capsule every few weeks – no more than 4. Back down if you feel any tightness in chest, chest pain, heart fibulations, and nervousness. And call me if you have questions. Order from [www.luckyvitamin.com/itemKey/72802](http://www.luckyvitamin.com/itemKey/72802).

**Iodine:** Taking a good quality Iodine is good for almost everybody as we are all deficient and our thyroid needs sufficient iodine to make T3 and T4. If you don't have a functioning thyroid anymore, then you will have to take thyroid extract. [www.magnesiumforlife.com](http://www.magnesiumforlife.com) has a good source.

**Candida:** One of the products to use if you are dealing with low thyroid and also candida is coconut oil. You can get organic coconut oil at most health food stores. However, a good site to order from is [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com). Another good product is the powdered coconut milk which is a highly nutritious product. I cook with it, I make smoothies with it and helps with yeast/candida cleansing. People who cannot lose weight often times have yeast which swells up when you eat carbs,



sugar, and you have to cleanse it from the body. It is a long process and you have to be pure with your food. Coconut oil is fabulous to detox Candida and it also helps to heal the thyroid. Be very careful not to take too much in the beginning as you will become very, very sick with flu-like symptoms with the Herxheimer syndrome which is a too rapid die-off of candida – releasing toxins which are very toxic. Believe me, you will regret it if you take too much. I would recommend ½ teaspoon of coconut oil daily for a couple of weeks and then start adding additional ½ teaspoons until you get up to about 2 tablespoons. You can cook with it, or just eat it with a spoon.

The ONLY oils that you should be cooking with are coconut and olive oils. There are other good oils that are good to ingest, but not so great to cook with such as Hemp Oil, Almond and other nut oils, and Sesame oil (which can be cooked with) Throw out all canola oil as it is made from the rapeseed – made for toxic gas warfare poisoning. It is toxic. And, of course, use no soy oil or soy byproducts of any kind. Soy is a huge culprit in destroying your thyroid. Soy was grown in the beginning for industrial products, but since there was a massive amount of byproduct from the soy, a huge myth was perpetrated on the public calling soy a “health food” and then a marketing campaign followed to defraud everyone as to soy’s health benefits. It is criminal that infants are being fed formula that is soy based. It will only be when the infants are in their teens that they will be diagnosed with hypothyroid disease. About 90% of the American people suffer from inactive or low thyroid disease. Peanut butter is the other culprit along with soy. Soy byproduct is in almost every processed packaged food. It is sometimes called protein powder or other terms but it is soy!!!! Read all the labels and try your best to sort them out. The best advice: don’t use packaged foods.

And remember, just because you can find some fabulous products on the sites I have given you, they distribute a lot of products and not all of them are truly healthy and good for you.

**Vitamin D3** – Take 10,000 units daily (try to get 5000 unit caps) This is a very important vitamin as it turns on all the circuits of so many systems. It is also an anti-inflammatory and even antibiotic. Most of the diseases that start are caused by inflammation ongoing in the body. This is very important to address. Vitamin D3 is one of the most potent cures for inflammation. It is definitely anti-cancer and you almost cannot have cancer if you are taking therapeutic doses of Vitamin D3. Because of the anti-inflammatory qualities, it also can heal arthritis, MS, Lupas, all auto-immune diseases, as well as depression, bi-polar, and many others. Buy at any health food store. It is inexpensive.

Some other supplements that are important to take in any health protocol are the following.

**Magnesium** You must take about 1000 units of Magnesium whenever you are taking the protocol. This is essential to your electrical system and keeps your circuitry connected. Magnesium oil from the Zechstein Sea which you spray on your body or can put in your bath is the best. Sometimes when ingesting magnesium, it can cause diarrhea and digestive discomfort. By using the transdermal method, you avoid digestive issues. Magnesium is essential to take with calcium, otherwise the calcium is not absorbed and you can develop bone spurs and also be deficient in calcium even though you are taking a goodly amount. Magnesium is a tremendous pain reliever and can contribute to healing from heart disease, cancer, neurological illnesses, mental disorders such as depression, and fatigue.



Swanson Vitamins has an inexpensive product by Dr. Barbara Hendel – [www.swansonvitamins.com](http://www.swansonvitamins.com) For more info on Magnesium Oil go to [www.magnesiumforlife.com](http://www.magnesiumforlife.com) and they also have a great book and magnesium oil for sale on it as well. Dr. Mark Sircus is a very valid authority on magnesium, sodium bicarbonate and iodine.

**Calcium** Take about 1000-1500 units of plant-based Calcium – not coral calcium or oyster based.

**Potassium** – Take about 400 units

**Folic Acid** 400 units

**Krill Oil** 2 caps per day Order from the [www.mercola.com](http://www.mercola.com) products. You have to have the Omega 3's which are essential for the healing of the nervous system and heart. Krill oil is the highest and best form of Omega 3 as there are no heavy metals such as mercury which can be found in some salmon or other fish oils. If you use fish oil, make sure it is from the northern seas – cold deep water.

**DMSO (Dimethyl Sulfoxide)** is unique in its almost unbelievable variety of applications to give pain relief in a hundred diseases and conditions. It has been used to control inflammation, swelling, reduce pain, slow the growth of bacteria, viruses, and fungi: relieve burns, sprains, strains, and arthritis. It has relieved the symptoms of shingles, herpes, tuberculosis, sinusitis, cancer, and is used in topical gels, liquids and in IV's. Can be purchased at health food stores.

**Linseed Oil and Low Fat Cottage Cheese**, a very effective cancer treatment was discovered by Dr. Joanna Budwig of Germany and has been used by thousands. Add 2 Tabl. Cold-processed, unrefined virgin linseed oil mixed with ½ to 1 cup cottage cheese. You can add herbs, raw vegetables such as cucumber, grated carrots, chopped tomatoes, basil or parsley, pineapple, raisins, tart apple, cinnamon or other fruits. Ground flaxseed added makes it even more potent. You can eat this as many times a day as you can. Note: To start off, use only a scant teasp. of the linseed oil as your body may need to adjust to it. Dr. Budwig discovered that the right combination of essential fatty acids (potent and active in linseed oil) and sulphur-based proteins (present in abundance in low-fat cottage cheese) is the magic formula for conquering cancer and other diseases of fatty degeneration. Dr. Budwig while having medical training, also was trained in pharmaceutical science, physics, botany and biology. Linseed Oil is also beneficial for arteriosclerosis, strokes, cardiac Infarction, irregular heartbeat, fatty liver, Lung issues especially bronchial spasms, intestines to encourage activity, stomach ulcers (normalizes gastric juices), prostate (hypertrophic), arthritis, eczema, old age, brain and Immune Deficiency syndromes ie: M.S., Fibromyalgia, Lupus, and other autoimmune illnesses.

**Colloidal Silver, a Natural Antibiotic:** If I could have only one thing with me on an island, it would be colloidal silver. It is so potent and diverse as it kills all viruses, bacteria, fungi i, and even HIV virus. It is non-toxic, non-addictive and is used both internally and externally. A more detailed two page description is included at the end of the protocol. It can be purchased at health food stores or through Dr. Mary.



Sodium Bicarbonate commonly known as baking soda, is one of the most inexpensive, potent substances to utilize for healing and restoring your body that I know. By taking it internally, soaking in it, it is corrective for cancer, kidney disease, diabetes, treatment of flu, acid reflux, ulcers, colitis and other digestive problems, anti-fungal, tumors, asthma, detoxing heavy chemicals, ie: toxic poisoning from the Gulf disaster. It can be taken orally, nebulized transdermally, put in enemas, therapeutic baths, IV's. It can be mixed with Blackstrap Molasses for a cancer treatment.

**Cabbage Foot Soak,** This is absolutely miraculous and I have utilized it all over the world with amazing results. Cabbage has a powerful enzyme that pulls out of the body all manner of toxins and you want to do it in a foot soak bath as it pulls away from the heart and is safer. Use ¼ head of a fresh cabbage, slice very thin, put in pan large enough for both your feet, pour boiling water over the sliced cabbage and let it set for about 15 minutes in order to release the enzymes. When it is comfortable that you can put your feet in the water (still containing the cabbage) soak your feet for at least 20 minutes. You will not believe how much better you will feel. People have been relieved of pains in their bodies and sometimes even pus and other toxins come out discoloring the water. Throw out the water – do not reuse it. Do this several times a day for extreme cases, but definitely do once a day for at least 3 days. You can do it every day of your life if you want as it is not going to have any side-effects or ill effects. You can soak cabbage in boiling water and make a poultice over a part of your body especially for infection. Leave in place for several hours.

**Castor Oil Treatment from Edgar Cayce.** Another powerful poultice is to take castor oil – soak wool flannel with it and lay over the liver or other organs needing relief. Wrap with more clean flannel and sleep with it. It can go over areas of pain, inflammation or where you need to pull toxins out. Repeat until you get relief.

**Probiotics and Enzymes – ABSOLUTELY ESSENTIAL TO TAKE BOTH** [www.mercola.com](http://www.mercola.com) has both in a very high quality form. There are others on the market. Just be sure they are high quality. You may need to supplement HIS Betaine if you are eating meat. Most of us do not have enough of the right acid to digest meat and proteins.

One of the important ingredients that I take and recommend is glyconutrition by Mannatech as their formulation is very potent. The product is called Ambrotose. I am a distributor only because I do believe in the importance of the communication system of the cells. Nothing works if the communication has failed. It creates glutathione production which is very important for the immune system. The formulation is called "healing sugars" as it is a combination of 8 monosaccharides which perform one of the key essential jobs of healing in the body. Without cellular communication, the body is without the computer's operating system which directs all elements to do their job. You may have taken minerals/vitamins/supplements for years without experiencing any results. It can be the lack of glyconutrition that builds the information receptacles on the cells' surface and allows the transmission of information. I call it the intelligence of the body. I can give you the information about it if you desire. It is about \$120 per month but I do think it is a very part of healing and keeping healthy. We have seen amazing results for all kinds of ailments that people have been suffering from because it gives the body what it needs to heal itself.



**Hormonal Imbalance:** For women who are suffering with hormonal imbalance, a natural progesterone cream made from Wild Yam root is a very good remedy. There are many on the market and look at the label to see that the wild yam is one of the first ingredients as that will signify the higher potency of it. The preferred dose is to rub about ½ teaspoon of the cream on various parts of soft tissue such as abdomen or forearms for 3 weeks and off 1 week. The creams are carried by health food stores and online sites. One that is really quite good and very reasonable is by Swanson Health Products (site below).

**Sleeping Aid:** *Swanson Sleep Essentials* is an excellent formulation of many herbs including valerian and melatonin, chamomile, skullcap, L-tyrosine, GABA, hops flower, and passionflower. One capsule is a very good aide to sleep.

**Sinus and Virus/Bacteria Protection:** *XCLEAR* Nasal Spray with Xylitol is absolutely incredible. Xylitol kills all bacteria/viruses which enter the body through the mucosa tissues of the nose/throat. If you are concerned about catching a flu or the Swine Flu, use this nasal spray daily. It also destroys H Pylori Bacteria in the stomach which causes ulcers and cancer. This is very good for children. All the health food stores and Swanson Health Products carry it.

This is a basic protocol and certainly there are many wonderful supplements out there that can also provide the elements needed for good body chemistry. It is all about balance of chemistry. Another great source of vitamins/minerals/supplements is [www.swansonhealthproducts.com](http://www.swansonhealthproducts.com). Great prices!!!

Some people may have parasites and need to do a parasite cleanse. Or a colon cleanse. These are good to do several times a year as we get reinfected with foods, water, etc. And, we all need to do a liver cleanse at least once a year. Guidance by a health professional is a *good idea*.

**STRUCTURED WATER UNIT by Clayton Nolte** Finally it is very important to have a water purification unit that does not require electricity but is very effective to process any kind of water into purified and structured water that is essential for healing the body. There are several versions available: a shower unit \$249., a portable unit \$249, a garden unit \$329, Under the sink \$349 and a whole house unit for \$1000. See clayton's website [www.ultimatestructuredwater.com](http://www.ultimatestructuredwater.com) and then order from Dr. Mary Meadows 480-440-8231 as she is a distributor

To your health, Dr. Mary Meadows

Cell phone 480-440-82

*I am not taking patients or making medical recommendations. I am only giving resources and education as to good resources, good products that can help you to keep or gain good health. Your daily nutritional program is also key to you health or lack of it. You hold the keys to life and health or to death and debilitating disease in your hands. I am happy to assist those who are willing to do their own work and make the necessary changes to bring about health through detoxing and giving the body what it needs to heal.*



# Colloidal Silver, A Natural Antibiotic

Successful against all bacteria, viruses, fungus,  
parasites. Non-toxic, non-harmful, no ill side-effects  
Helps prevent colds, flu and organism caused diseases.

Add to suspected drinking water when traveling or camping. Colloid sprayed burns heal rapidly without scarring. Safely sterilize anything from toothbrushes to surgical instruments. Use topically on cuts, wounds, abrasions, rashes, sunburn, razor nicks, bandages. Spray on garbage to prevent decay odors. Mist kitchen sponges, towels, cutting boards to eliminate E. Coli 0157:H7 and salmonella bacteria to prevent food poisoning, gastrointestinal inflammation, and genital tract infections.

Add when canning, preserving, bottling. Use like peroxide on zits and acne. Add to juices. Milk will delay spoiling, fermenting, deteriorating, clabbering or curdling. Spray in shoes, between toes, between legs to stop most skin itch, athlete's foot, fungi, jock itch. Diminish dandruff, psoriasis, skin rashes, etc. Add to bath water, gargle, douches, colon irrigation, nasal spray and dental water-pick solutions. Cuts downtime dramatically with colds, flu, pneumonia, staph, strep, respiratory infections and rhino viruses. Skin itch, eye and ear infections, some moles and warts vanish when colloid is sprayed on body after bathing or ingested. Use with Q-tip on fingernail, toenail, and ear fungi. Neutralize tooth decay and bad breath. Colloid stops halitosis by eliminating bacteria deep in throat and on back of tongue. Unlike pharmaceutical antibiotics, silver colloid never permits strain-resistant pathogens to evolve.

Put a few drops on band-aids and bandages to shorten healing times. Health professionals might consider IV and IM injections. Tumor and polyp shrinking is reported when masses are injected directly (when colloid is added to sterile physiological saline or Ringer's Solution which contains -9000 ppm sodium chloride). Toothaches, mouth sores, bacterial irritations are diminished. Soak dentures. Spray refrigerator, freezer and food storage bin interiors. Stop mildew, wood rot, and plant fungi. Mix in postage stamp, envelope, and tape moistening wells, paint and paste pots to prevent bacterial growth, odors, spoiling or souring. Add to water based paints, wallpaper paste, dishwasher, cleaning and mopping solutions, etc. Spray pet bedding and let dry.

Spray on top of contents of opened jam, jelly, and condiment containers and inside lids before replacing. Mix a little in pet water, birdbaths, cut flower vases. Always add to swamp cooler water. Spray air conditioner filters after cleaning. Swab air ducts and vents to prevent breeding sites for germs. Use routinely in laundry final rinse water and always before packing away seasonal clothes. Damp clothes or towels and washcloths will not sour or mildew. Eliminate unwanted microorganisms in planter soils and hydroponics systems. Spray plant foliage and pour around roots to stop fungi, molds, rot, and most plant diseases.

Treat pools, fountains, humidifiers, Jacuzzis, hot tubs, baths, dishwashers, recirculating cooling tower water, gymnasium foot dips, and bath and shower mats. Spray inside shoes, watch bands and gloves and under fingernails periodically. Treat shower stalls, tubs, fonts, animal watering troughs, shavers to avoid trading germs. Rinse fruit and vegetables before storing or using. Put in cooking water. Human and animal shampoos become disinfectants. Prevent carpets, drapes, wallpaper from mildewing. Mist carpets to reduce dust mites. Wipe telephone mouthpieces, pipe stems, headphones, hearing aids, eyeglass frames, hairbrushes, combs, loofas. Excellent for diapers and diaper rash.

Do toilet seats, bowls, tile floors, sinks, urinals, doorknobs. Kill persistent odors. Rinse invalid's pillowcases, sheets, towels and bedclothes.

There are literally thousands of other essential uses for this ridiculously inexpensive, odorless, tasteless, colorless, totally benign and easily produced powerful non-toxic disinfectant and healing agent. You'll find that a spray or misting bottle of silver colloid solution may be the most useful health enhancement tool in your environment.



## **WHAT IS THE HISTORY OF COLLOIDAL SILVER?**

It was widely used 60 to 70 years ago when, among other reasons, the cost became prohibitive - about \$100 per ounce in 1930 dollars. The quicker, more specific and fast acting man-made antibiotics became prevalent in the 1940s. High quality Colloidal Silver can now be produced a low cost.

## **WHAT ARE THE KEY CHARACTERISTICS?**

Colloidal Silver is non-toxic, non-addictive and has no side effects. The body develops no tolerance and one cannot overdose. Colloidal Silver cannot cause harm to the liver, kidneys or any other organs in the body. It is safe for pregnant and nursing women and even aids the developing fetus in growth and health, as well as easing the mother's delivery and recovery. Colloidal Silver is odorless, tasteless, non-stinging, harmless to eyes, contains no free-radicals, is harmless to human enzymes and has no reaction with other medications. It improves digestion, aids in the regeneration of damaged cells and tissues, helps prevent colds, flu and organism caused diseases

## **HAS IT BEEN MEDICALLY TESTED?**

YES! Colloidal Silver has been successfully tested at the UCLA Medical Labs where it killed every virus on which it was tested.

## **WHAT DOES THE FDA SAY?**

According to the FDA, Colloidal Silver may continue to be marketed and used as it was originally intended. Colloidal Silver exceeds FDA recognized standards (Sep. 13, 1991 letter written by Consumer Safety Officer, Harold Davies, U.S. Food and Drug Admin.) FDA has no jurisdiction regarding a pure, mineral element.

## **WHAT ABOUT COLLOIDAL SILVER FOR AIDS?**

Since in active aids, the suppressed immune system of the body is open to all kinds of disease, Colloidal Silver is the perfect nontoxic medicine to use for its wide spectrum antibiotic effect. A researcher at Brigham Young University sent Colloidal Silver to two different labs including UCLA Medical Center, and reported "It not only killed the HIV virus but every virus that was tested in the labs". According to FDA rules, Colloidal Silver cannot be used for treating the HIV virus, but it could be used as an antibiotic for all acquired diseases of active AIDS.

## **WHAT OTHER USES ARE THERE FOR COLLOIDAL SILVER?**

Tests prove, due to the high absorption of silver in the small intestine, the friendly bacteria in the large intestine are not affected. All bacterial, viral and fungal organisms are killed within 6 minutes of contact. Higher silver content in the body causes faster and more frequent contact with these organisms. No disease causing organism can live in the presence of simple silver. The following is a partial list of the more than 650 diseases that Colloidal Silver has been successfully used against: Acne, Arthritis, Athlete's Foot, Toxemia, Blood Poisoning, Burns, Cancer, Conjunctivitis, Dermatitis, Diabetes, Dysentery, Eczema, Fibrositis, Gastritis, Gonorrhea, Impetigo, Keratitis, Leprosy, Lupus, Pymphagitis, Malaria, Meningitis, Neurasthenia, Pleurisy, Pneumonia, Prostate, Psoriasis, Pruritis Ani, Ophthalmia, Ringworm, Rhinitis Rosacea, Scarlet Fever, Seborrhea, Septicemia, Shingles, Skin Cancer, Staph Infection, Herpes Virus, Ulcers, Strep, Tonsillitis, Trenchfoot, Tuberculosis, Virus Warts, Whooping Cough, Yeast Infections.

## **COLLOIDAL SILVER VS. PHARMACEUTICAL ANTIBIOTICS**

Interest in Colloidal Silver has increased most recently, probably because illness causing organisms do not seem to build up a resistance to Colloidal Silver the way they do to pharmaceutical antibiotics. Antibiotics are becoming less effective as resistance to them grows.



- [Testimonies](#)

We have recently launched the second edition of the [Sodium Bicarbonate E-book](#). The main thrust of the first edition was on the use of sodium bicarbonate for cancer treatment. This vastly expanded second edition extends coverage into important areas of kidney disease, diabetes, treatment of flu and the common cold, and other areas of general medicine. Truly sodium bicarbonate is a universal medicine that is nutritional as well as safe and is of help no matter what syndrome we are facing. You can purchase the E-book now at [IMVA Publications](#). This authoritative volume is the only full medical review available on the subject.



Sodium bicarbonate (Baking Soda) is one of the most useful substances in the world of medicine. This site is a portal into the world of bicarbonate and how it can be used to promote health and help cure cancer, kidney disease and a wide range of acute and chronic illnesses. Sodium bicarbonate has been used for decades as an adjunct in chemotherapy and is used commonly in emergency room and intensive care wards around the world.

For more than a decade there has been work going on at the University of Arizona, using bicarbonate as a potential treatment for cancer. Sodium bicarbonate **is a world class anti-fungal** but its use is not limited to that effect. Solid tumor fungal infections are powerful, resist attack and adapt quite readily to pharmaceutical anti-fungal drugs. After all fungi love to chew on rocks and they eat mercury for breakfast so you got to hit them correctly in an all out frontal attack with sodium bicarbonate.

Sodium bicarbonate also **dramatically slows the progress of chronic kidney disease**. Sodium bicarbonate can be used safely at home orally and transdermally but should always be used with magnesium chloride for greatest effect in both cancer and kidney disease as well with asthma and diabetes. The two together make up The Ultimate Mitochondrial Cocktail.

## Mighty Mallet of Baking Soda



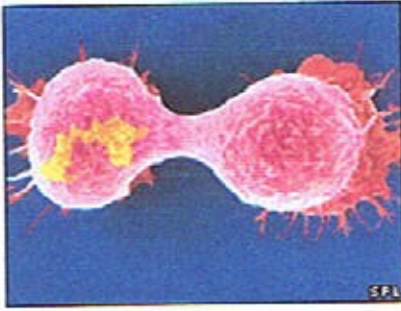
Baking soda (sodium bicarbonate) lives up to the image on the Arm & Hammer's box, it is the ultimate heavyweight workhorse medicine that every healthcare professional and parent should **use to diminish toxic poisoning from the Gulf disaster**. When combined with other strong but basic natural substances like magnesium chloride, selenium and iodine one has the best chance of weathering the toxic storm that continues to build over the Gulf region.

Sodium bicarbonate is the number one item in any protocol to treat exposure to harsh chemicals coming from the oil disaster. The government should step in to direct supplies of bicarbonate into the area. Millions of pounds should be immediately distributed and stockpiled for supplies at the local supermarket are not going to last long when the public catches on to the danger and what to do about it. The very best treatment, when one first notices a foul smell, foul taste or flu-like symptoms is to **jump into a bath with several pounds of bicarbonate and [magnesium salts](#)**.



[Read more](#)

## Baking Soda – Every Cancer Patients Best Friend



As if it were not humiliating enough for orthodox oncologists to learn that the lowly chemical sodium bicarbonate (baking soda) is important in the treatment of cancer now they have to swallow the research pointing to the fact that bicarbonate can also be used to diagnose cancer in its earliest stages. Oncologists do understand and know that bicarbonate is necessary to protect their patients from the toxicity and harm done by highly toxic chemicals used in chemotherapy. They also know it is of extraordinary help to patients receiving radiation treatments protecting as it does the kidneys and other

tissues of the body from radioactive damages.

Oncologists should also know that bicarbonate-induced extracellular alkalization leads to significant improvements in the therapeutic effectiveness of certain chemo agents. A number of studies have shown that the extracellular pH in cancers is typically lower than that in normal tissue and that an **acidic pH promotes invasive tumor growth in primary and metastatic cancers**. The external pH of solid tumors is acidic as a consequence of increased metabolism of glucose and poor perfusion. Acid pH has been shown to stimulate tumor cell invasion and metastasis *in vitro* and in cells before tail vein injection *in vivo*.

Researchers have investigated the very reasonable assumption that increased systemic concentrations of pH buffers would lead to reduced intratumoral and peritumoral acidosis and, as a result, **inhibit malignant growth**. It has been shown that increased serum concentrations of the sodium bicarbonate ( $\text{NaHCO}_3$ ) can be achieved via oral intake. These researchers found that consequent reduction of tumor acid concentrations significantly reduces tumor growth and invasion without altering the pH of blood or normal tissues.

[Read more](#)

## Administration Methods

Sodium Bicarbonate is one of the most flexible medicinals in terms of methods and modes of administration. It can be injected in emergency room situations, taken orally, nebulized, used transdermally as a lotion, put in enemas and in large quantities in therapeutic baths. Just dissolve it in water or when treating cancer can be mixed with Blackstrap Molasses. It is also one of the safest medicines with an extremely low toxic profile. The best way to take sodium bicarbonate is to administer it through oral and transdermal methods combined.

[Read More](#)



## Cancer Treatment

I recommend people contemplating using sodium bicarbonate orally read Sodium Bicarbonate – Rich Man’s Poor Man’s Cancer Treatment. People around the world are waking up to the fact that sodium bicarbonate belongs in every protocol for cancer. Robert J. Gillies and his colleagues have demonstrated that pre-treatment of mice with sodium bicarbonate results in the alkalization of the area around tumors. (Raghunand 2003) This type of treatment has been found to “enhance the anti-tumor activity” of other anticancer drugs.

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## Kidney Disease

New research by British scientists at the Royal London Hospital shows that sodium bicarbonate can dramatically slow the progress of chronic kidney disease. The simple household product used for baking, cleaning, bee stings, treating asthma, cancer and acid indigestion is so effective in treating kidney disease that it prevents patients from having to be put on kidney machines. The findings have been published in the Journal of the American Society of Nephrology. Bicarbonate is strong universal nutritional medicine that works effectively in many clinical situations.

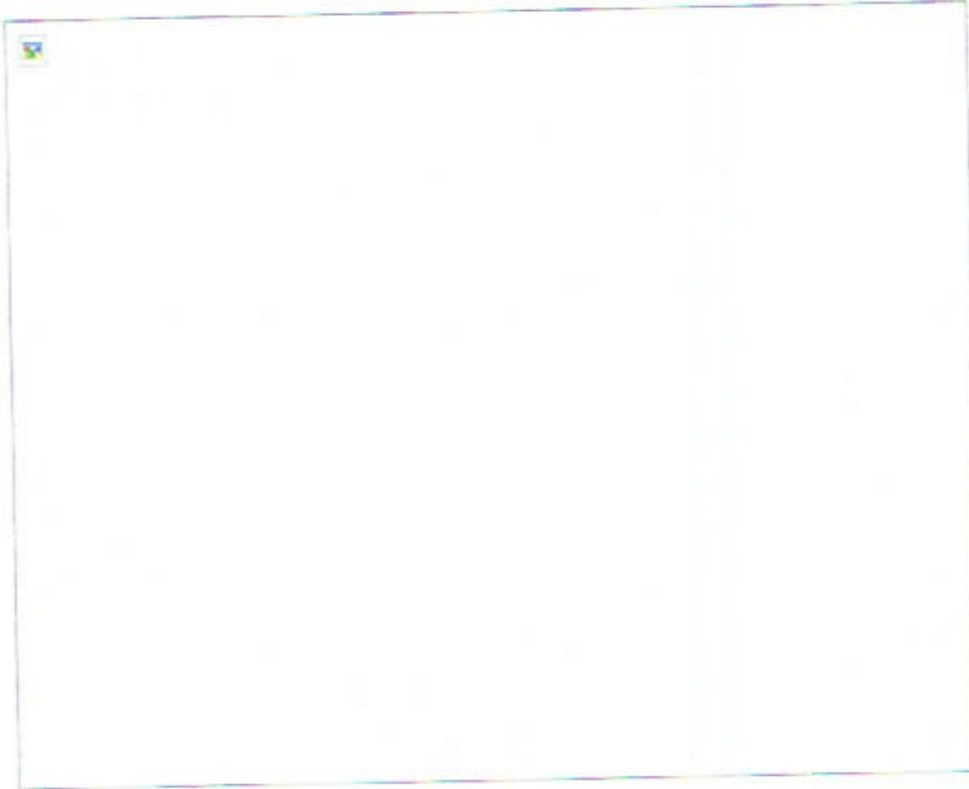
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## Effects

There is no question that plasma bicarbonate concentrations are shown to increase after oral ingestion. The most important effect of bicarbonate ingestion is the change in acid-base balance as well as blood pH and bicarbonate concentration in biological fluids. In Europe, spa-goers drink bicarbonate-rich water to heal ulcers, colitis and other gastric disorders. Ingesting bicarbonate by way of bathing stimulates circulation, possibly benefiting those with high blood pressure and moderate atherosclerosis.

[Read more](#)





### **Bicarbonate Treatment for Swine Flu (1924)**

Over 150 years ago Dr. Austin Church formed a business to produce and distribute Baking Soda. ARM & HAMMER® Baking Soda is derived from a natural occurring mineral called trona. It is 100% pure, safe, and natural. Baking Soda (also known as sodium bicarbonate) is a substance that is found naturally in all living things. Its purpose is to maintain pH balance in the bloodstream, which is necessary to sustain life. Due to its chemical and physical properties, sodium bicarbonate has unique medicinal capabilities that every healthcare practitioner, doctor...

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### **For Cold And Flu**

Though we know by now that sodium bicarbonate is a most useful medicine for the treatment of cancer and kidney disease and have always known its good for stomach acid imbalances and for cleaning our pools and refrigerators it is not likely we have thought about it to help resolve our common colds nor to alleviate they symptoms and dangers of influenza. Medicine does not have to be complicated and mysterious nor do we have to lay still and be run over by the Hun Hordes of Influenza viruses that the health authorities want us to be so frightened of.

[Read more](#)



## Still Alive and Well

Well I am just delighted to share with you that I just got off the phone with Vernon Johnston, the gentleman that reached out to me when I was finishing my Sodium Bicarbonate book. He was the fellow who had been diagnosed with prostate cancer with metastasis to the bones. This was over 15 months ago and I wrote up his story and shared his treatment diary in my Rich Man's Poor Man's Cancer Treatment bicarbonate book. He was going to do a cesium chloride treatment but because his order got lost in the mail ended up doing sodium bicarbonate (baking soda) orally, managed to get his urinary pH up to 8.5 for five days and then within two weeks was back at his oncologists office for a test, which showed his bones being cleared of his cancer.

[Read more](#)



NEWSLETTER SIGNUP

## Featured e-Book



470 pages

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## Protocol Orientation Center



The protocol has been called Natural Chemo when used for cancer patients and Natural Emergency Medicine when used in emergency situations. Our IMVA protocol offers raw healing horsepower as well as a paradigm shift in treatment focus.

Though physicians might choose to administer parts of the protocol intravenously we teach patients how to administer the protocol safely at home with oral and transdermal methods of application.

Imagine receiving your medical treatment right in the comfort of your own home like this.



[Read more](#)

## Testimonials



Dr. Mark Sircus is one of the best health writer, researchers living! He is truly amazing and I want to help him spread his powerful and useful medical information.

**Dr. Garry Gordon**

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[See more](#)



## Recommended Health Regime by Dr. Mary Meadows for Detoxing

### **Liver Flush – every morning for 7 days:**

Juice of 1 orange, 1 grapefruit, 1 lemon

Put in blender with  $\frac{1}{4}$  cup of olive oil,  $\frac{1}{2}$  cup water, 1 large garlic bud,  $\frac{1}{4}$  teas. Cayenne pepper, Blend all well and drink.

### **Breakfast:**

Oatmeal, (not instant – use old fashion type) with a little maple syrup and rice milk

1 slice Ezekial 4:9 Sprouted Grain Bread (keep refrigerated) toasted with  $\frac{1}{2}$  teas. Butter mixed with Linseed Oil.

(If you are still drinking coffee – start weaning yourself off and have only 1 cup then after 1 week go to  $\frac{1}{2}$  cup) Switch to Green Tea (there are many flavors now) You can have as much as you want. Sweeten with Stevia or honey

### **Lunch:**

Choose either a green salad topped with grilled chicken/fish & Light Dressing made with Olive Oil/lemon/garlic powder/Italian herbs (also add 1 T. Linseed oil)

And/Or a Health Smoothie: Try to have a Health Smoothie once a day. Can substitute for Dinner.

Use 1 cup Rice Milk, can add or substitute fruit juice (pineapple is especially good)

Add 1 scoop of Whey Protein Powder (not Soy), 1 T. flax seeds, 1 T. Brewers Yeast, 1 Envelope of EmergenC (Vitamin C), 1 T. Linseed Oil, 1 T. Lecithin, 1 banana, handful of strawberries (can be frozen), blend then blend with 5 ice cubes.

Green Tea – hot or cold

### **Dinner:**

6 oz. Grilled fish, chicken or lean beef (only 2xweek for beef)

steamed vegetables - all you want

green salad with Light Dressing above

Green Tea NO WHEAT BREADS, POTATOES, PASTA

**IMPORTANT:** Add to any meal of the day:  $\frac{1}{4}$  cup of LoFat Cottage Cheese topped with 1 T. Linseed Oil and then you can add pineapple or other fruit on top.

*Another important supplement to take: Siberian Genseng with Royal Jelly*

*Add Brewers Yeast to Salads or in dressings.*



- [Testimonies](#)

We have recently launched the second edition of the [Sodium Bicarbonate E-book](#). The main thrust of the first edition was on the use of sodium bicarbonate for cancer treatment. This vastly expanded second edition extends coverage into important areas of kidney disease, diabetes, treatment of flu and the common cold, and other areas of general medicine. Truly sodium bicarbonate is a universal medicine that is nutritional as well as safe and is of help no matter what syndrome we are facing. You can purchase the E-book now at [IMVA Publications](#). This authoritative volume is the only full medical review available on the subject.



Sodium bicarbonate (Baking Soda) is one of the most useful substances in the world of medicine. This site is a portal into the world of bicarbonate and how it can be used to promote health and help cure cancer, kidney disease and a wide range of acute and chronic illnesses. Sodium bicarbonate has been used for decades as an adjunct in chemotherapy and is used commonly in emergency room and intensive care wards around the world.

For more than a decade there has been work going on at the University of Arizona, using bicarbonate as a potential treatment for cancer. Sodium bicarbonate is a **world class anti-fungal** but its use is not limited to that effect. Solid tumor fungal infections are powerful, resist attack and adapt quite readily to pharmaceutical anti-fungal drugs. After all fungi love to chew on rocks and they eat mercury for breakfast so you got to hit them correctly in an all out frontal attack with sodium bicarbonate.

Sodium bicarbonate also **dramatically slows the progress of chronic kidney disease**. Sodium bicarbonate can be used safely at home orally and transdermally but should always be used with magnesium chloride for greatest effect in both cancer and kidney disease as well with asthma and diabetes. The two together make up The Ultimate Mitochondrial Cocktail.

## Mighty Mallet of Baking Soda



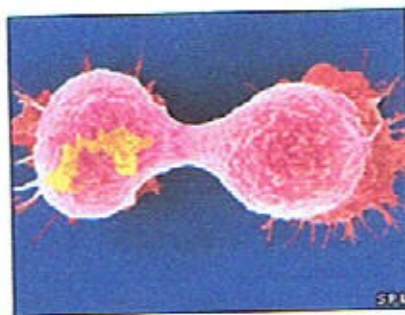
Baking soda (sodium bicarbonate) lives up to the image on the Arm & Hammer's box, it is the ultimate heavyweight workhorse medicine that every healthcare professional and parent should **use to diminish toxic poisoning from the Gulf disaster**. When combined with other strong but basic natural substances like magnesium chloride, selenium and iodine one has the best chance of weathering the toxic storm that continues to build over the Gulf region.

Sodium bicarbonate is the number one item in any protocol to treat exposure to harsh chemicals coming from the oil disaster. The government should step in to direct supplies of bicarbonate into the area. Millions of pounds should be immediately distributed and stockpiled for supplies at the local supermarket are not going to last long when the public catches on to the danger and what to do about it. The very best treatment, when one first notices a foul smell, foul taste or flu-like symptoms is to **jump into a bath with several pounds of bicarbonate and [magnesium salts](#)**.



[Read more](#)

## Baking Soda – Every Cancer Patients Best Friend



As if it were not humiliating enough for orthodox oncologists to learn that the lowly chemical sodium bicarbonate (baking soda) is important in the treatment of cancer now they have to swallow the research pointing to the fact that bicarbonate can also be used to diagnose cancer in its earliest stages. Oncologists do understand and know that bicarbonate is necessary to protect their patients from the toxicity and harm done by highly toxic chemicals used in chemotherapy. They also know it is of extraordinary help to patients receiving radiation treatments protecting as it does the kidneys and other

tissues of the body from radioactive damages.

Oncologists should also know that bicarbonate-induced extracellular alkalization leads to significant improvements in the therapeutic effectiveness of certain chemo agents. A number of studies have shown that the extracellular pH in cancers is typically lower than that in normal tissue and that an **acidic pH promotes invasive tumor growth in primary and metastatic cancers**. The external pH of solid tumors is acidic as a consequence of increased metabolism of glucose and poor perfusion. Acid pH has been shown to stimulate tumor cell invasion and metastasis *in vitro* and in cells before tail vein injection *in vivo*.

Researchers have investigated the very reasonable assumption that increased systemic concentrations of pH buffers would lead to reduced intratumoral and peritumoral acidosis and, as a result, **inhibit malignant growth**. It has been shown that increased serum concentrations of the sodium bicarbonate ( $\text{NaHCO}_3$ ) can be achieved via oral intake. These researchers found that consequent reduction of tumor acid concentrations significantly reduces tumor growth and invasion without altering the pH of blood or normal tissues.

[Read more](#)

## Administration Methods

Sodium Bicarbonate is one of the most flexible medicinals in terms of methods and modes of administration. It can be injected in emergency room situations, taken orally, nebulized, used transdermally as a lotion, put in enemas and in large quantities in therapeutic baths. Just dissolve it in water or when treating cancer can be mixed with Blackstrap Molasses. It is also one of the safest medicines with an extremely low toxic profile. The best way to take sodium bicarbonate is to administer it through oral and transdermal methods combined.

[Read More](#)



## Cancer Treatment

I recommend people contemplating using sodium bicarbonate orally read Sodium Bicarbonate – Rich Man's Poor Man's Cancer Treatment. People around the world are waking up to the fact that sodium bicarbonate belongs in every protocol for cancer. Robert J. Gillies and his colleagues have demonstrated that pre-treatment of mice with sodium bicarbonate results in the alkalization of the area around tumors. (Raghuand 2003) This type of treatment has been found to “enhance the anti-tumor activity” of other anticancer drugs.

[Read More](#)

## Kidney Disease

New research by British scientists at the Royal London Hospital shows that sodium bicarbonate can dramatically slow the progress of chronic kidney disease. The simple household product used for baking, cleaning, bee stings, treating asthma, cancer and acid indigestion is so effective in treating kidney disease that it prevents patients from having to be put on kidney machines. The findings have been published in the Journal of the American Society of Nephrology. Bicarbonate is strong universal nutritional medicine that works effectively in many clinical situations.

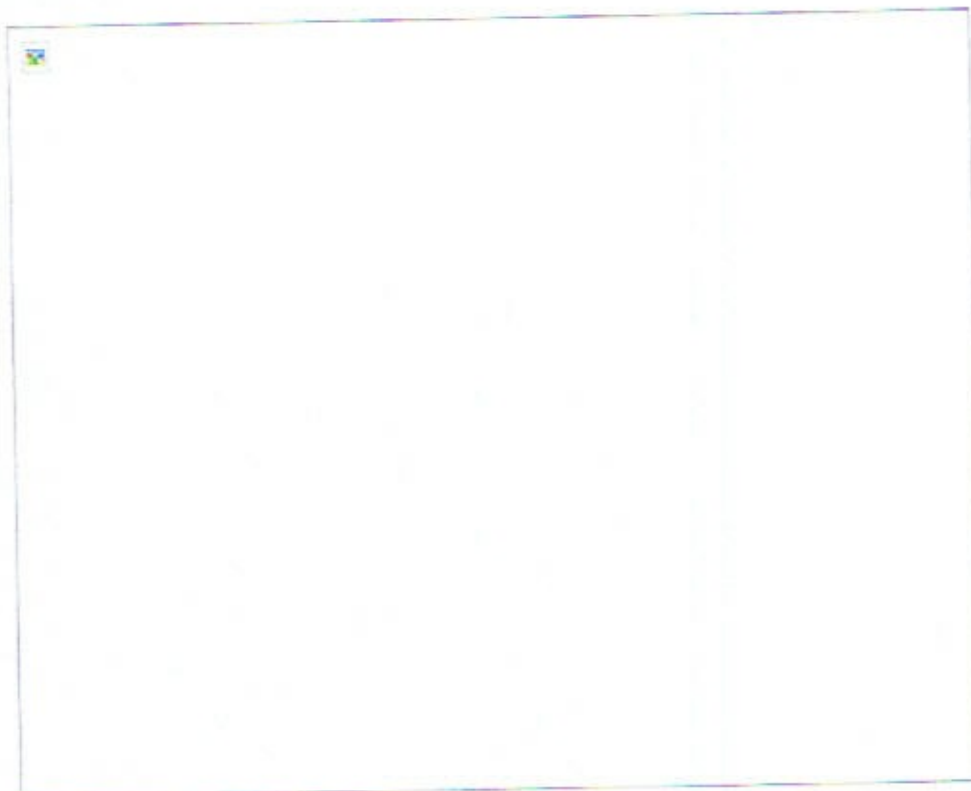
[Read More](#)

## Effects

There is no question that plasma bicarbonate concentrations are shown to increase after oral ingestion. The most important effect of bicarbonate ingestion is the change in acid-base balance as well as blood pH and bicarbonate concentration in biological fluids. In Europe, spa-goers drink bicarbonate-rich water to heal ulcers, colitis and other gastric disorders. Ingesting bicarbonate by way of bathing stimulates circulation, possibly benefiting those with high blood pressure and moderate atherosclerosis.

[Read more](#)





### **Bicarbonate Treatment for Swine Flu (1924)**

Over 150 years ago Dr. Austin Church formed a business to produce and distribute Baking Soda. ARM & HAMMER® Baking Soda is derived from a natural occurring mineral called trona. It is 100% pure, safe, and natural. Baking Soda (also known as sodium bicarbonate) is a substance that is found naturally in all living things. Its purpose is to maintain pH balance in the bloodstream, which is necessary to sustain life. Due to its chemical and physical properties, sodium bicarbonate has unique medicinal capabilities that every healthcare practitioner, doctor...

[Read more](#)

### **For Cold And Flu**

Though we know by now that sodium bicarbonate is a most useful medicine for the treatment of cancer and kidney disease and have always known its good for stomach acid imbalances and for cleaning our pools and refrigerators it is not likely we have thought about it to help resolve our common colds nor to alleviate they symptoms and dangers of influenza. Medicine does not have to be complicated and mysterious nor do we have to lay still and be run over by the Hun Hordes of Influenza viruses that the health authorities want us to be so frightened of.

[Read more](#)



## Still Alive and Well

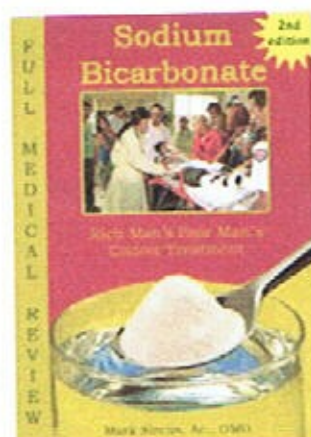
Well I am just delighted to share with you that I just got off the phone with Vernon Johnston, the gentleman that reached out to me when I was finishing my Sodium Bicarbonate book. He was the fellow who had been diagnosed with prostate cancer with metastasis to the bones. This was over 15 months ago and I wrote up his story and shared his treatment diary in my Rich Man's Poor Man's Cancer Treatment bicarbonate book. He was going to do a cesium chloride treatment but because his order got lost in the mail ended up doing sodium bicarbonate (baking soda) orally, managed to get his urinary pH up to 8.5 for five days and then within two weeks was back at his oncologists office for a test, which showed his bones being cleared of his cancer.

[Read more](#)



NEWSLETTER SIGNUP

## Featured e-Book



470 pages

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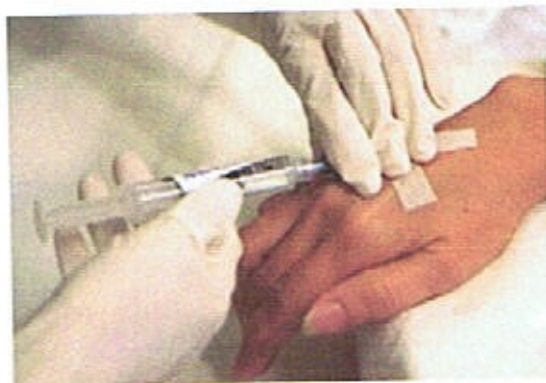
[Publications site](#)

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## Protocol Orientation Center



The protocol has been called Natural Chemo when used for cancer patients and Natural Emergency Medicine when used in emergency situations. Our IMVA protocol offers raw healing horsepower as well as a paradigm shift in treatment focus.

Though physicians might choose to administer parts of the protocol intravenously we teach patients how to administer the protocol safely at home with oral and transdermal methods of application.

Imagine receiving your medical treatment right in the comfort of your own home like this.



[Read more](#)

## Testimonials



Dr. Mark Sircus is one of the best health writer, researchers living! He is truly amazing and I want to help him spread his powerful and useful medical information.

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## CANDIDA QUESTIONNAIRE

<b>History</b>	<b>Point Score</b>	<b>Major Symptoms</b>	<b>Point Score</b>
1. Have you taken tetracycline or other antibiotics for acne for one month or longer?	25	For each of your symptoms, enter the appropriate figure in the point Score Column. If symptom is occasional or mild	score 3 points
2. Have you at any time in your life taken other "Broad-spectrum" antibiotics for respiratory, urinary, or other infections for two months or longer, or in short courses four or more times in a one-year period?	20	If symptom is frequent and/or moderately severe	score 6 points
3. Have you ever taken a broad-spectrum antibiotic (even a single course)?	6	If a symptom is severe and/or disabling	score 9 points
4. Have you at anytime in your life been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25	1. Fatigue or lethargy	_____
5. Have you been pregnant.....		2. Feeling of being drained	_____
One time?	3	3. Poor Memory	_____
Two or more times?	5	4. Feeling "spacey" or "unreal"	_____
6. Have you taken birth control pills...		5. Depression	_____
For six months to two years?	8	6. Numbness, burning, or tingling	_____
For more than two years?	15	7. Muscle aches	_____
7. Have you taken prednisone or other cortisone type drugs....		8. Muscle weakness or paralysis	_____
For two weeks or less?	6	9. Pain and/or swelling in joints	_____
For more than two weeks?	15	10. Abdominal pain	_____
8. Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke...		11. Constipation	_____
Mild symptoms?	5	12. Diarrhea	_____
Moderate to severe symptoms?	20	13. Bloating	_____
9. Are your symptoms worse on damp, muggy days or moldy places?	20	14. Persistent vaginal itch	_____
10. Have you had athlete's foot, ringworm, "jock itch," or other chronic infections of the skin or nails?		15. Persistent vaginal burning	_____
Mild to moderate?	10	16. Prostatitis	_____
Severe or persistent?	20	17. Impotence	_____
11. Do you crave sugar?	10	18. Loss of sexual desire	_____
12. Do you crave breads?	10	19. Endometriosis	_____
13. Do you crave alcoholic beverages?	10	20. Cramping and other menstrual irregularities	_____
14. Does tobacco smoke really bother you?	10	21. Premenstrual tension	_____
		22. Spots in front of eyes	_____
		23. Erratic vision	_____
<b>TOTAL SCORE FOR THIS SECTION</b> _____		<b>TOTAL SCORE FOR THIS SECTION</b> _____	



## Other Symptoms

For each of your symptoms, enter the appropriate figure in the point Score Column.

If symptom is occasional or mild score 1 point  
 If symptom is frequent and/or Moderately severe score 2 points  
 If a symptom is severe and/or Disabling score 3 points

1. Drowsiness
2. Irritability
3. Lack of coordination
4. Inability to concentrate
5. Frequent mood swings
6. Headache
7. Dizziness/loss of balance
8. Pressure above ears, feeling of head swelling and tingling
9. Itching
10. Other rashes
11. Heartburn
12. Indigestion
13. Belching and intestinal gas
14. Mucus in stools
15. Hemorrhoids
16. Dry mouth
17. Rash or blisters in mouth
18. Bad breath
19. Joint swelling or arthritis
20. Nasal congestion or discharge
21. Postnasal drip
22. Nasal itching
23. Sore or dry throat
24. Cough
25. Pain or tightness in chest
26. Wheezing or shortness of breath
27. Urinary urgency or frequency
28. Burning on urination
29. Failing Vision
30. Burning or tearing of eyes
31. Recurrent infections or fluid in ears
32. Ear pain or deafness

**TOTAL SCORE FOR THIS SECTION**

Total Score from section one  
 Total score from section two  
 Total score for section three

## TOTAL ALL SECTIONS

	Women	Men
Yeast- connected health problems are almost certainly present	>180	>140
Yeast-connected health problems are probably present	120-180	90-140
Yeast-connected health problems are possibly present	60-119	40-89
Yeast-connected health problems are less likely to be present	<60	<40

Although the candida questionnaire can help, ultimately the best method for diagnosing candidiasis is clinical evaluation by a physician knowledgeable about yeast-related illness.

This questionnaire is from W. G. Crook M.D.,  
*The Yeast Connection* (Vintage Books.)