

HOW TO FLUSH TOXINS FROM YOUR BODY NATURALLY

I. FLUSHING TOXINS OUT

Toxins cause gastrointestinal destruction and much of that is occurring due to governmental actions or lack thereof, when considering what should be approved and marketed as SFC (Safe for Consumption). Therefore, it is imperative that we recognize and remove these toxins out of our body as best and in as natural a method as we possibly can.

II. GASTROINTESTINAL FLUSH

The primary action that one needs to take into consideration, when becoming enlightened of this gastrointestinal destruction, no matter whether it is an immediate threat or a long-standing threat, is the importance of performing a naturally induced gastrointestinal flush.

This is done through a three-day liquid fast. Hot water is mixed with salt and baking soda with each cup. Personally, after I had done so, I proceeded to follow this action with a 45- day fast of one single meal daily, during which I could feel the hot food drain from the stomachic area to the small intestinal villi.

It is only then, that one can actually feel the pineal awareness that a particular substance is off. The single food meal is taken at night and becomes the only meal consumed for the day. This program is repeated once a week, eating only one meal per day. That same day, also includes highly antagonistic non-soluble fiber in the diet.

Individuals need to be careful with usage of fruit juicing, since the natural sugar content would often be genetically modified (GMO), which makes the substance prone to assimilation into areas of the body that would not be beneficial, therefore compromising the purpose and action prescribed above. In addition, for each and every cup of non-water substance, 2 cups of hot water should be consumed, ensuring that it is indeed hot and not just water at room temperature. The reason is that the element of heat will induce out of the body halides and other negative substances that need to be removed.

III. AFTER PREDICTED DESTRUCTION

Almost every item on grocery store shelves today, destroys one's adrenal glandular system, along with destroying our thyroid metabolism as well. This calamity starts with GMO wheat ingested by a mother affecting a fetus in the womb and causing a large variety of quasi-neurological disorders for that child in the future. It is therefore, imperative to educate all patients who will listen about the gastrointestinal flush procedure which will help all forms of Neuropathy, Diabetes Type I, Multiple Sclerosis, all of these physical problems which originate from burned out gastrointestinal 'villi.'

It has taken ten years of research and self-evaluate this information for me to determine the actual cause of GMO wheat destruction. Its primary target is to destroy small intestinal 'villi.'¹

My contention is this. Everyone is allergic to GMO wheat. It is only due to immediate or delayed on set diagnosis, that it is adjudicated and therefore misdiagnosed as Arthritis or conditions with rashes and even what is called Peripheral Neuropathy, etc... These destructive reactions in the body are all caused by consumption of GMO wheat and due to cross-contamination of a consumed substance. This means that almost any mainstream packaged food labeled, "may contain...," allow companies to adjudicate their responsibilities, which is that an edible item is actually cross contaminated.

Subsequently, re-oiling of the gastrointestinal system is a necessity. While I used to advocate fish oil, I no longer do so because of the blatant additives included by manufacturers, of another substance called GMO 'soy,' which is a goitrogenic food substance that destroys the thyroid itself. However, our internal physical system needs to be re-oiled no less importantly than when we change the oil of our car. Therefore, natural fish oil or prescription strength is recommended as well as evening primrose oil.

¹ Therefore, see the discussion of purported celiac disease in "THE THYROID AND ITS DISEASES" BY Leslie J. Degroot, et al.

There are many brands that can be used however, one needs to pay close attention to what is termed 'third-party certification,' for this is how you can personally ensure that detrimental substances have not been added to the products that you buy.

IV. CASE STUDY EXAMPLE

There was an article, I read not long ago, about a woman who had brain cancer along with her mother. These two women went to the doctor's office for chemo, yet they returned home still unsure whether the cancer would return. I am assuming that her male counterpart had not acquired brain cancer.

Governments negligence have in fact blatantly attacked women's health by not addressing the dangerous increase of estrogen into the mainstream water supplies.²

Why large numbers of women become cancer victims? Some of the reasons are as follows:

a. Elevated estrogen, will cause hypothyroidism in females, when they fail to be balanced with progesterone supplements alongside. Therefore, it is imperative for individuals, especially women, to check their home water supply for estrogen additive in the water. They should then get their hormone levels of estrogen and progesterone tested since excessive estrogen will potentially cause a malignant internal imbalance.

This example also assumes that the male in this case, did not present himself to have brain cancer. Cancer really is all about the body shutting down its metabolic balance. Due to the fact that females tend to have so much more breast and brain accumulation of soft tissue and potential lymphatic discord, this in turn causes the thoracic duct to become overworked and creates a lymphatic overload of free radicals.

² This harmful issue is also one of the reasons some gender confusion is occurring in some cases.

b. Corporations also sell soy products that are helpful to women during menopause, without regard of the destruction that soy will on the other hand actually cause, which is mainly to shut down their metabolism.

V. ALL TOXIC SUBSTANCES ARE REMOVED THROUGH THE GUTS.

Statues of Buddha, the god/deity of India's Hindu religion, show him smiling with a large gut. His smile is joyful but his gut predicts potential malignancy. Hence, when any ailment whatsoever occurs, it can almost always be treated through the intestines, whether by a gastrointestinal flush or the elevation of PH balance. This includes all issues such as rashes, migraines, pancreatic issues, hepatitis, rashes on feet or buttocks; carpel tunnel syndrome and damn near anything that is mistakenly classified as a chronic ailment, down to even purported mental disorders.

Therefore, when a patient first comes to the office and following some personal history taking making note of the patient's issues, a gastrointestinal flush is what should first be proposed, along with thyroid and adrenal labs as well as hair analysis. From that analysis, we would then see where toxins and potential malignancies may be occurring.

All ailments start and finish with the intestines and the FDA which oversees our food supplies has been complicit due to negligence and their lack of due diligence since they are tasked with ensuring the safety of our food supply. They have sided for too many years with manufacturers' lobbyists who wish to prolong shelf life to the detriment of the safety of our food sources which should have come first and foremost.

FDA approved processed foods sold at grocery stores and hailed them for many years as safe for consumption (SFC) in spite of the additives meant for preservation to ensure long term shelf life. Many of those additives and preservatives in our food supply have now been found to put our health at risk causing ailments and slow death. In addition, pesticides and insecticides used on our produce have also contributed to the contamination and endangerment of our health. FDA backing of commercially profitable but risky prolongation of shelf life in our food supply, has endangered public health. As an example, it has been

shown by natural gardeners, that products which are as simple as baking soda, can be used as a natural insect repellent on our food supply. Therefore, natural products are available and should be sought after and promoted for our diet rather than highly processed food items filled with additives and preservatives. Public Health should be considered above and beyond shelf life and potential profits.

VI. VAMPIRICAL ASSIMILATION AS NATURAL CLEANSING OF TOXINS

A recent article in Newsweek, (July 2018), shows blood transfusion for alleviation of generalized ailments, also called "fountain of youth." Mainstream society demonize, what has long been understood to grant long life. Altering malignant blood through blood transfusions from younger, healthier individuals creates genetic alterations, which are indeed our holy grail to combat disease. Today, malignant blood is even totally cleansed and reintroduced to patients in hospitals who have exhibited a rejuvenation of health due to the removal of toxins in their system and stem cell therapies have also rejuvenated and healed many. Long before blood transfusions, mythical vampires obtained eternal life with just one bite...

VII. ANTI-OXIDENTS

Massively high levels of anti-oxidants are also a natural alleviation of what ails society today. Cancer often occurs due to lymphatic overload, hence assisting the lymphatic system to do its job naturally, potentially alleviates lymphatic inflammation and malignancies.

VIII. KNOWLEDGE

We can and must personally take charge of our own personal health by studying and learning what is supposedly SFC (Safe for Consumption) in our diet. We must become personally engaged in helping to reduce false marketing, that current mainstream societal norms are falsely propagating, about what will actually reduce our internal physical deterioration and truly slow down the aging process.

IX. CONCLUSION

We have learned that all internal toxins begin within the guts/intestines. Therefore, in order to reduce naturally all toxins, it is important to start by re-programming the intestines with a gastrointestinal flush.

We are bombarded with halides accumulation which contaminate our water supply, which is why we have seen a rise in cancers. Mainstream medical society today along with the FDA et al, indeed bear a great responsibility to drastically improve the oversight of our food supply. The FDA should be held more accountable for the safety of our food supply and not be allowed to become a pawn of manufacturers. Similarly, we must become more proactive in our own healthcare.

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