

PROTECT YOURSELF:

Diatomaceous Earth and Clay is known to pull metals (which are in chemtrails) from the body.

http://d1027732.mydomainwebhost.com/articles/articles/gwen_scott_text.htm

From <http://renew.com/general/need.htm>....

"build up your immune system. Eliminate fatty foods, refined sugar, white flour, salt, coffee, alcohol, tobacco and recreational drugs. Drink plenty of pure water. Take supplements of vitamins A, C, E and zinc. Echinacea and Goldenseal have also proved helpful. Some folks suggest daily doses of colloidal silver as well as gargling with it. Don't burn your candle at both ends; get plenty of sleep.

IF YOU ARE EXPOSED This is not a cure-all, but it will help.

1) Take a hot shower with an antibacterial soap. Hot water helps kill bacteria, mold and yeast particles. Be sure to wash your hair since it's close to your mouth, nose and eyes (easy access to your respiratory tract).

2) If you get a severe sore throat or cough up green phlegm, go to the doctor immediately. Green phlegm means a bacterial infection either in the lungs or in the upper respiratory tract. Bacterial infections multiply rapidly and can only be killed by antibiotics and then, they are not always effective.

The bath cleanse is great.. 2 pounds cheap salt, box of Sodium Bicarbonate and 1 pint of hydrogen peroxide. Salt and soda pulls out toxins and peroxide puts oxygen back in body. As well as all you supplements. Vitamin D-3 is a biggy. Infact, Just 1/2 cup of Sodium Bicarbonate in bath water normalizes your pH. <http://farmwars.info/?p=3058>

www.naturalnews.com/026258_zeolite_toxins_chelation.htm

<http://www.davidicke.com/forum/showthread.php?t=59226>

SODIUM BICARBONATE

also known as Baking Soda

- * Alkalinizes the body
- * Absorbs heavy metals
- * Absorbs radiation
- * Purifies air
- * Extinguishes fires
- * Deodorizes
- * Soothes bug bite itching
- * Natural toothpaste
- * Non-toxic deodorant



WWW.CANCERTRUTH.NET

Heavy Metal detox

5 Day Liver / Gallbladder Cleanse

For 4 days prior to the cleanse, you need to strengthen and be gentle on the liver. That means meals that go like this:

Day 1-3:

- Breakfast: Steel cut oats with cinnamon and a little milk (hemp milk preferred)
- Lunch: Kitchery – Indian detoxifying food
 - Follow this link, this is an easy recipe for Kitchery (http://www.ayurveda.com/online_resource/kitchari_recipe.htm)
- Dinner: Kitchery!

Day 4:

- Breakfast: Steel cut oats with cinnamon and a little milk (hemp milk preferred)
- Lunch: Kitchery
- No dinner!

Night of Day 4:

- Mix 24 ounces of water with 3.5 Tablespoons of Epsom salt – let sit overnight to dissolve.

Day 5:

- When first wake up, drink 1/2 of the salt water
 - Lie down on your right side for 30 mins with your right knee pulled up to your chest (this helps get the fluid in the liver)
- 2 hours later: drink 1/2 cup of extra virgin olive oil + 3 lemons
 - Lie down on your right side for 30 mins with your right knee pulled up to your chest (this helps get the fluid in the liver)
- 2 hours later: drink the other 1/2 of the salt water
 - Lie down on your right side for 30 mins with your right knee pulled up to your chest (this helps get the fluid in the liver)

****Note: it is not unusual to see/hear rocks and pebbles fall when you are flushing on Day 5. The small pebbles are from the liver, the bigger rocks are from the gallbladder.*

