

End Time Current Events: 12-29-13

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Table of Contents:

- Atheists, Work With Us for Peace, Pope Says on X-mas
- The Vatican's Billions
- Eastern Exodus--Some Protestant leaders are leaving their evangelical roots for Catholic and Orthodox churches
- A Devastating False Flag Attack Event Is Coming Our Way – The New Madrid Fault – Earthquakes – Gatlinburg TN – The Gulf Oil Disaster – The Salt Domes of Louisiana - HAARP
- Listener Question: Have you found your topics to be dangerous or have they got you into trouble?
- Cost Effective, Powerful Detoxification Regimes
- 24 Pages of Cost Effective Powerful "Do it Yourself" Detoxification Protocols
- The Liver and Gallbladder Flush
- Oil Pulling For Health, Even if You Aren't a Texas Oil Tycoon
- The MORGELLONS – CHEMTRAILS: WINE / PEROXIDE TEST / Detox
- FOOD GRADE DIATOMACEOUS EARTH HEALTH BENEFITS FOR HUMANS
- Super II Formula-Harmony Formulas strongest bowel cleanser
- Gravity Fed Water Purification & Fluoride Removal System: ProPur
- Extremely Important: Fluoride Treatment – 5 Ways to Detox Fluoride
- Researchers Develop Herbal Method to Remove Fluoride from Drinking Water
- Worried About Fluoride Exposure? Protect Yourself with Selenium
- Reverse Osmosis & Fluoride: An Invisible Killer
- The lemon detox diet / Master Cleanse -- a recipe that really works

Ephesians 5:11, 13-16: "And have no fellowship with the unfruitful works of darkness, but rather **reprove** them. **But all things that are reprov'd are made manifest by the light:** for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest,** and arise from the dead, and Christ shall give thee light. **See then that ye walk circumspectly,** not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

Reprove: To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

Circumspectly: Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

Matthew 24:24: "...if it were possible, they shall deceive **the very elect.**"

II Corinthians 2:11: "Lest Satan should get an advantage of us: for we are not ignorant of his devices."

II Chronicles 7:14: "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

Atheists, Work With Us for Peace, Pope Says on X-mas

By REUTERS



VATICAN CITY — Pope Francis, celebrating his first X-mas as Roman Catholic leader, on Wednesday **called on atheists to unite with believers of all religions and work for "a homemade peace" that can spread across the world.**

Speaking to about 70,000 people from the central balcony of St. Peter's Basilica, the same spot where he emerged to the world as pope when he was elected on March 13, Francis **also made another appeal for the**

environment to be saved from "human greed and rapacity".

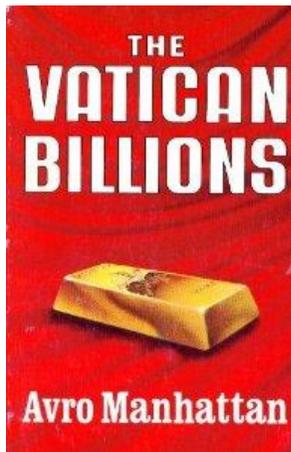
Rapacious: Given to seizing for plunder or the satisfaction of greed. Inordinately greedy; predatory; extortionate

Comment: How ironic this mouthpiece of Satan dares to utter this "appeal" to humanity given the **"rapacious"** history of the Black Death Cult known as the Catholic Church!!!!

The Vatican's Billions

Here is a link to read the whole book online:

http://www.bibliotecapleyades.net/vatican/vatican_billions.htm



"Where your treasure is, there will your heart be also."
Matthew 6:21

The Historical Genesis of the Vatican's Accumulation of Wealth

Roman Catholicism, which claims to be the one true church, is the richest of the rich, the wealthiest institution on earth.

How come, that such an institution (ruling in the name of Jesus Christ--who had not even a pillow upon which to rest his head) is now so top-heavy with riches that she can rival - indeed, that she can put to shame - the combined might of the most redoubtable financial trusts, of the most potent industrial super-giants, and of the most prosperous global corporation of the world?

The startling contradiction of the tremendous riches of the Roman Catholic Church with the direct teaching of Christ concerning their unambiguous rejection, is too glaring to be by-passed, tolerated or ignored by even the most indifferent of believers...

Even many prominent Catholic clergymen throughout history have denounced this obvious unbiblical travesty. *But when the Catholic Church did not silence them, she ignored them or, at the most, considered them utterances of religious innocents, to be tolerated as long as her revenue was not made to suffer.*

Whenever that happened the Vatican did not hesitate to resort to the most prompt and drastic coercion to silence anyone capable of setting those motions in force, within or outside her, that could potentially divest her of her wealth.

This policy was not confined only to some critical or peculiar period of Catholic history. It became a permanent characteristic throughout almost two millennia. This feature, besides causing immense sorrow to the most fervent of Catholics, became the cause of countless disputes, not only with the principalities of this world (whom she challenged with her incessant quest for yet more temporal tributes) but equally with vast sections of Christendom itself.

The leader of the 1.2 billion-member Church wove his first "Urbi et Orbi" (to the city and world) message around the theme of peace.

"Peace is a daily commitment. It is a homemade peace," he said.

He said that people of other religions were also praying for peace, and - departing from his prepared text - he urged atheists to join forces with believers.

Comment: Whereas the Word of God clearly states:

2Cor 6:14: Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

2Cor 6:15: And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?

"I invite even non-believers to desire peace. (Join us) with your desire, a desire that widens the heart. **Let us all unite**, either with prayer or with desire, but everyone, for peace," he said, drawing sustained applause from the crowd.

2Pe 2:17: These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever.

2Pe 2:18 For when they speak great swelling words of vanity, they allure through the lusts of the flesh, through much wantonness, those that were clean escaped from them who live in error. **Wantonness:** Outline of Biblical Usage: Unbridled lust, excess, shamelessness, insolence

2Pe 2:19: While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage.

2Pe 2:20: For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning.

2Pe 2:21: For it had been better for them not to have known the way of righteousness, than, after they have known it, to turn from the holy commandment delivered unto them.

2Pe 2:22: But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire.

Eastern Exodus

30 April 2007 Written by Kerby Rials

Some Protestant leaders are leaving their evangelical roots for Catholic and Orthodox churches. What's behind the trend?

Last May, well-known Protestant and founder of the pro-life group Operation Rescue, Randall Terry, made a seemingly bizarre announcement: **He was converting to Roman Catholicism. He is not alone. According to Orthodox researcher Alexey D. Krindach, 37 percent of the priests in The Orthodox Church in America are Protestant converts, and more than three-quarters of the seminary students at two of the largest Orthodox seminaries are former Protestants.**

"This is **an entirely new situation in the history of Eastern Christianity in America,**" Krindach notes.

1Ti 4:1: Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;

1Ti 4:2: Speaking lies in hypocrisy; having their conscience seared with a hot iron;

1Ti 4:3: Forbidding to marry (Comment: Like the Catholic church commands priests, monks and nuns), and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth.

Mat 24:24: For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect. Comment: If there is an exodus of "Christians" to the Catholic church now, imagine when this verse fully comes to fruition.

Former charismatic Protestant pastor Jeff Cavins is now a popular Catholic speaker. Former Campus Crusade staffer Peter Gillquist is now an Orthodox priest. Former Assemblies of God (AG) missionary Don Newville is now a Catholic convert, as he notes in his testimony on a Catholic Web site.

According to a 2006 study by the National Council of Churches, the fastest growing major church in the United States is neither Protestant nor Catholic. It is Eastern Orthodox. (Comment: Who will be assimilated in the Catholic whore soon enough) The million-member Orthodox Church in America grew at a rate of 6.4 percent in 2005, compared to the AG's only 1.8 percent.

The Roman Catholic Church has started a special organization with a Web site (chnetwork.org) just to help convert Protestant clergy. Entire Protestant churches have converted, including the charismatic Maranatha Christian Church in Detroit (now Catholic), a Vineyard church and its pastor in San Jose, California (now Orthodox), two entire Episcopalian parishes in South Carolina and two small nationwide denominations, Christ the Savior Brotherhood and the Evangelical Orthodox Church.

Zealous former Protestants have created several Web sites explaining their conversions and encouraging others to follow their example.

Rom 1:32: Who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.

Jude 1:3: Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints.

Jude 1:4: For there are certain men crept in unawares, who were before of old ordained to this condemnation, ungodly men, turning the grace of our God into lasciviousness, and denying the only Lord God, and our Lord Jesus Christ.

Pro 19:27: Cease, my son, to hear the instruction that causeth to err from the words of knowledge."

Mar 12:24: And Jesus answering said unto them, Do ye not therefore err, because ye know not the scriptures, neither the power of God?

These narratives all had a recurring theme: **Converts saw themselves returning to the Age of the Apostles, to the primitive Christian community depicted in the New Testament,"** notes researcher Phillip Charles Lucas. "The discovery of Orthodoxy is experienced as a **return to something pure and sacred**, something that had been lost."

Pro 30:12: **There is a generation that are pure in their own eyes, and yet is not washed from their filthiness.**

Col 2:8: **Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.**

Mar 7:13: **Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye.**

Formerly charismatic Episcopalian Randall Terry converted to Catholicism. He said: "It was during **my work in Operation Rescue** that I first became interested in the Roman Catholic Church," Terry noted in an interview in the National Catholic Register. "The Roman Catholic communion had a much better sociology and better stability, coupled with a phenomenal theology of suffering.

"I would look at my evangelical friends, who would come and go from the pro-life movement. They would proclaim undying devotion for pro-life activism and then disappear. Then I would look at my Roman Catholic friends who would never swerve. That had a tremendous magnetism for me."

Terry said **papal infallibility, Marian dogma and purgatory** were his biggest roadblocks.

Comment: Why because none of these blasphemous heresies are in the Bible??!

"For years I have craved to be in the Catholic Church, but couldn't figure a way to get around these hurdles. **Once I realized the truth, I had to go in. I couldn't wait.**"...

Proverbs 14:12 & 16:25: **"There is a way which seemeth right unto a man, but the end thereof are the ways of death."**

Proverbs 28:26: **"He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered."**

Jeremiah 17: 9 &10: **"The heart is deceitful above all things, and desperately wicked: who can know it? I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.**

"Being in the Church has brought a wonderful sense of belonging. I am part of 2,000 years of Christian history that is glorious,..."

Comment: So you consider the 50+ million tortured martyrs during the Catholic inquisitions alone, a rampant, child raping, pedophile priesthood, unbridled greed, false religion, idolatry and yoking up with Satan like no other pseudo Christian religion on earth: Glorious????!!!!!! You are so sick and deluded in your thinking process it defies the imagination!!! Isa 5:20: Woe unto them that call evil good, and good evil;

...Glorious that has warts and heroes and villains, but that is nonetheless the Church founded by Jesus upon Peter."

Comment: Total blasphemy!! Jesus and Peter had not walked on the earth for over 200 years when the Catholic death cult was first formed. The year was 325 A.D. when the Nicean Council was convened by order of Constantine, the Pagan Roman emperor. He had been a leader in the cult known as Sol Invictus (Invincible Sun) and now wanted to unite the Christian and Pagan sects in the empire under his church; the Universal Church of Rome. The Nicene Council is considered by all as the first Ecumenical Council of the Roman Catholic Church.

Comment: Now back to the point that the current pope is using to try to unite even atheists with the Catholic church: Peace

Regarding the Antichrist the Bible says in Dan 8:25: And through his policy also he shall cause craft to prosper in his hand; and he shall magnify himself in his heart, and by peace shall destroy many: he shall also stand up against the Prince of princes; but he shall be broken without hand.

Rev 6:1 And I saw when the Lamb opened one of the seals, and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see.

Rev 6:2 And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.

Rev 6:3 And when he had opened the second seal, I heard the second beast say, Come and see.

Rev 6:4 And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another: and there was given unto him a great sword.

Play: [Revelation 6:1-2 STREAM DOWNLOAD](#)

Comment: Regarding the verses above Jesus could not be the one on the white horse in verse 2 for many reasons.

Number one Jesus is identified as the Lamb in verse one who actually opens the seals and in the second verse we see a totally different figure on a white horse who is literally able to 'go forth' because the Lamb opened his seal. How could they be the same figure?

Number two this whole series of verses is literally the start of the Great Tribulation which is the 2nd 3.5 year period of the 7 year tribulation & Jesus does not make his entrance till the end of this period at Armageddon:

Rev 19:11: And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war.

Rev 19:12: His eyes were as a flame of fire, **and on his head were many crowns;** (Comment: Notice in Rev. 6:2 this figure is given “a crown” but not “many crowns”) and he had a name written, that no man knew, but he himself.

Rev 19:13: And he was clothed with a vesture dipped in blood: **and his name is called The Word of God.**

Rev 19:14: And the armies which were in heaven followed him upon white horses, clothed in fine linen, white and clean.

Rev 19:15: And **out of his mouth goeth a sharp sword** (Comment: In Rev. 6:2 that figure has a bow with no arrows mentioned which is most likely symbolic of him conquering in peace; whereas Jesus has a sharp Sword coming out of his mouth (symbolic of the Word of God) that will devour His enemies), that with it he should smite the nations: and he shall rule them with a rod of iron: and he treadeth the winepress of the fierceness and wrath of Almighty God.

Rev 19:16: And he hath on his vesture and on his thigh a name written, KING OF KINGS, AND LORD OF LORDS.

Rev 19:17: And I saw an angel standing in the sun; and he cried with a loud voice, saying to all the fowls that fly in the midst of heaven, Come and gather yourselves together unto the supper of the great God;

Rev 19:18: That ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of all men, both free and bond, both small and great.

Rev 19:19: **And I saw the beast, and the kings of the earth, and their armies, gathered together to make war against him that sat on the horse, and against his army.**

Rev 19:20: **And the beast was taken, and with him the false prophet that wrought miracles before him, with which he deceived them that had received the mark of the beast, and them that worshipped his image. These both were cast alive into a lake of fire burning with brimstone.**

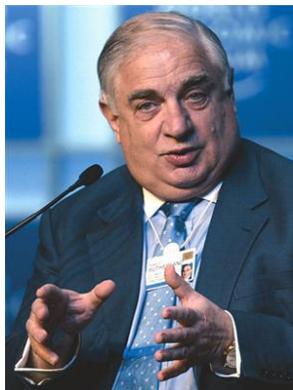
Rev 19:21: And the remnant were slain with the sword of him that sat upon the horse, which sword proceeded out of his mouth: and all the fowls were filled with their flesh.

http://www.nytimes.com/reuters/2013/12/25/world/europe/25reuters-pope-christmas.html?_r=0

A Devastating False Flag Attack Event Is Coming Our Way

Dave Hodges--December 21, 2013

[The Common Sense Show](#)



<<Peter Sutherland, at the heart of what happens in the Gulf. He knows!

I have been very busy this week and have learned that the same Globalists Who Brought Us the Gulf Oil Explosion, Are Planning the Next False Flag Event. At present, I do not have all the facts, but a clear picture of what is coming is beginning to emerge.

From two conversations I recently have had, along with almost three dozen emails from the Gatlinburg, TN. area, **I believe we**

are on the precipice of a major false flag event which will be used as a beta test in order to test DHS' ability to conduct citizen roundups, detentions and extermination procedures in response to a coming false flag event. The event will also greatly impact the ability for many to remain living in the Gulf of Mexico region.

The Boston Marathon Bombing As a Precedent

The Boston Marathon Bombings were used as a beta test to see how people and the DHS would respond to the order to forcibly evacuate an area based on a perceived threat. We are soon going to be witnessing the same thing in some undisclosed location in the US. However, before this article is completed, I believe I have been given enough information to give a general indication as to where this event will take place. However, I do not have a timetable and I think that is because we have caught this coming plot in the planning phase. Therefore, we have a chance to stop it by exposing it.

The Background

I have had a source for the nearly eight years that I have been broadcasting. He is a former high ranking Air Force General who was forced to retire because it was determined by his superiors that he would not carry out false flag controlled weather/earthquake attacks upon the American people. I secretly met this person because we had a previous political issue in common which was outside his role as a General.

When he discovered that I had a radio show, first local and then national, he began to feed me information because he is very much opposed to what is coming. This is my source and he has proven impeccable time and time again. For example, he led me to the discovery that two of the top four commanders in the Middle East defied Obama and attempted to launch a rescue mission in order to save Ambassador Stevens. The attempt failed but was my first indicator that much, if not all, most of the military is not on board with Obama and a coup could someday be in the offing. I had this information within 96 hours of the Stevens death. I hesitated to publish this event for a couple of weeks, for fear I would be proven wrong. I changed my mind and was still the first in the country that reported this event and I vowed to never hesitate on reporting his information again.

Revelations

Have you wondered why over 200+ military command officers have been fired and not one has officer has spoken about what lies behind this unprecedented purge? Yet, many are secretly speaking to the alternative media that I know, including to yours truly. They are not publicly speaking out because my source tells me that their family members have all been threatened.

My former Air Force General source introduced to me in the very early hours, of December 21, 2013, a General who was fired last Monday. His job, among other duties, was to coordinate the various national guard units into a cohesive fighting force and to uniformly respond to a national threat. His performance reviews have been stellar. However, he has seen an increasing DHS usurping of his authority over the past couple of years. As he related to me, the major problem started when he was ORDERED BY DHS TO STAND DOWN AND TURN OVER CONTROL OF THE NATIONAL GUARD EMERGENCY RESPONSE OPERATIONS PLANNING TO DHS. When he refused to sign off on the transfer of operational protocols, without the President's or a Joint Chief's

signature ordering him to do so, he was fired. **HE WAS FIRED BY DHS! SINCE WHEN DOES DHS RUN THE MILITARY?**

As he was fired he stated that he and his family were threatened if he went public. After sharing this information, both Generals feel that a false flag weather/earthquake attack will come to America. A massive earthquake along the New Madrid Fault is their top guess as to the general location for a number of reasons that I am going to lay out in the following paragraphs.

Frightening Consequences

Following the false flag event, selected local populations are going to be taken to public venues in the same manner as we saw in the Boston Martial Law drill and we witnessed in the aftermath of Hurricane Katrina.

Although this coming false flag may only a beta test, **this General said he was able to obtain information that DHS expects to test the resolve of the occupation forces in the upcoming drill. What does that mean?**



Comment: From an incremental Martial law police state rollout standpoint this would make total sense.

Do you remember at Denver's Operation Mountain Guardian, **the DHS hired mock parents who were told to beg for get their kids from the guards at**

Sports Authority Field in Denver after they had been illegally taken by FEMA from the Denver Elementary Schools? The guards at the Denver event were desensitized through this drill. Now it appears that, **perhaps, the executioners will be desensitized through the upcoming false flag event.** Yes, you read the previous sentence correctly.

Subsequently, **this General speculates that real executions may be carried out in selected facilities and the public will be told that these people died as a result of the catastrophe.** What this General has pieced together seems to follow this scenario: A false flag event is carried out in the aftermath of the upcoming event in which localized martial law is declared. Roundups will subsequently begin and people will be ordered to report or are forcibly taken to a public venue such as an NFL stadium or a shopping mall.

Psa 57:1 [[From David, when he fled from Saul in the cave.]] Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.

Psa 57:2: I will cry unto God most high; unto God that performeth all things for me.

Psa 57:3: He shall send from heaven, and save me from the reproach of him that would swallow me up. Selah. God shall send forth his mercy and his truth.

All three of us agree that the next group to test and desensitize would not be the guards, but the executioners at these camps. Armed with NSA target lists obtained from the massive spying, selected people could be selected and terminated. The General said their deaths could be tied to the false flag event and the country would be none the

wiser. The General said that since his departure, one of his subordinates discovered that some of the public venues have prepositioned military assets. Hence, the reasons for his speculation. **I concur, the next event will be the extension, and bring this scenario to a whole new level, than what we saw at Operation Mountain Guardian.** One other significant detail emerged from the conversation in which it was revealed that some Tennessee National Guard personnel secretly moved equipment in conjunction with DHS. These National Guard personnel are barred from speaking of this event, even to their field commanders. Were they prepositioning military assets? What kind of assets? **I am not kidding when I state that speculation about the use of guillotines is being spoken of, although it remains a rumor at this point. The rumors about guillotines in official circles are, however, out there! Why guillotines? Why are Muslims in Gatlinburg? And what do Sharia Law beholding Muslims do to Christians?** Just ask the Christians in Syria who are being beheaded by the thousands at the hands of al-Qaeda. Could they be practicing for what is coming here?

This General also thinks **the Russians will be involved, based upon several operations documents he has seen. I believe that Gatlinburg, TN. will be one of the sites from which this event will be coordinated. The adjacent Smoky Mountains and the national forests in which massive helicopter sightings have taken place, are pointing to the fact that Gatlinburg is a staging area. It has all of the elements in that DHS has a presence as do Russians and Muslims.** Let me put my speculation hat on. **Are the DHS the masterminds? Are the Russians the transport agents and guards at the venues? Are the Muslims the presumed executioners? Please look at look at the 3 emails at the bottom of this article about Gatlinburg and please realize that I have almost 3 dozen emails just like these.**

Because this is a breaking story, the pieces have not fully fallen into place. However, there is more regarding the Air Force Owning the Weather As a Force Multiplier I was provided a list of documents loosely entitled "... **2025 Owning the Weather...The Weather As a Force Multiplier.. The Manufacturing of Earthquake Causing Weapons**" which details how the Air Force has long planned to enact earthquakes, hurricanes and other weather phenomena to bring part of any country to its knees. I am still processing these articles, however, at the conclusion of the article, I will post a copy and paste an Air Force document which details how earthquakes can be used as a weapons.

Martial law will be declared and the real agenda of using a false flag weather event would be acted out. The Air Force General had his recently deposed general friend call me early this morning. **I was told that a false flag weather event is being planned and the National Guard coordinated response is needed. However, it is now clear to the General that the National Guard will not just be involved in just delivering food, they will be involved in roundups, gun confiscations and the Russians will be accompanying them. Do you remember the FEMA bilateral agreement which placed 15,000 Russian soldiers on the ground to train with FEMA for disaster preparedness? This connects a very big dot being proposed by the General.**

The Russians have been training for these kinds of events at Ft. Carson as they have been seen practicing policing activities at public events. In other words, they are being trained in martial law and the interaction necessary to deal with the American public.

This is a very confirming piece of information as this is another large dot that can be connected.

Although there is no timetable, **my source felt it could not be over 90 days out.**

I just completed a conference call and was told that there is sighting of Peter Sutherland and he had a meeting with the Army Corps of Engineers in Alabama. When I heard this, I almost swallowed my tongue. **If this is true, the UN is going to be involved in what is coming.**

Peter Sutherland is the scoundrel that I identified as my chief suspect as to who was the mastermind behind the Gulf Oil Explosion. He is also the head of the UN Migration Council which means he would be involved in population transfers involving the US citizens under the auspices of the United Nations.

See Scott Johnson's Teachings: <http://www.contendingfortruth.com/?s=gulf+oil>

[Read these articles](#) and you will see the dots begin to connect on the information that I have been provided. The relevant part begins with Peter Sutherland which is about 3/4ths the way down the page. If you don't read the article, you will miss the underlying events and players.

<http://thecommonsenseshow.com/2013/06/21/depopulating-an-entire-region-of-the-country/>

After reading this article, **I think the readers will see quite clearly on why this event is likely to be the New Madrid Fault on the Southern end because it will greatly impact the Gulf. I think that this is the second punch of a one-two punch which started on April 20, 2010 which was designed to depopulate the Gulf.** Did you note from the article that **Sutherland is a Bilderberg Council Member and the former head of the European Division of the Trilateral Commission? He worked for BP and Goldman Sachs before the Gulf explosion. Goldman Sachs facilitated the money movement between the four major players prior to the event which demonstrates that this was a conspiracy of the highest order.**

In a conference call I was on, I thought I recognized the voice of one of the participants. **Do you remember when Jesse Ventura interviewed SI Rees and her assistant from the Army Corps of Engineers on the show *Conspiracy Theory*?** I am really good with voices and I swear that voice was that of the assistant.

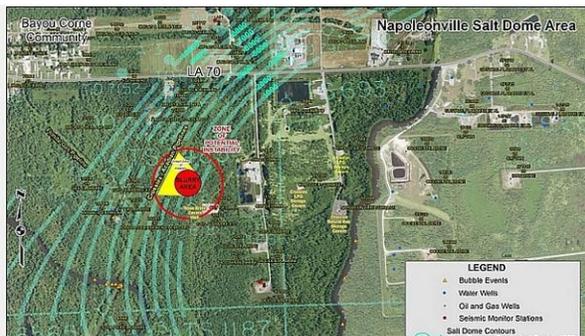
In Jesse's interview, it was revealed that Jesse had a document from the Army Corps which showed that the **Army Corps had been given \$40 billion dollars to evacuate the Gulf.** I found the document on the website of the Army Corps in Mobile, AL. **However, the document is now classified.** As I stated, one of the voices on the conference phone call sounded like SI Rees assistant. He refused to identify himself. **This former Army Corps official stated that when he objected to the manner that the coming evacuation was going to be conducted, with none of the citizens being allowed to take personal possessions as they are ushered out of their homes just like they were in the aftermath of the Boston Marathon Bombing, he was fired. Doesn't this match what many of us have been told about the fact that the Russians have been promised the booty from the homes that are evacuated?** Another dot connected.

I have long said that the Gulf was going to be depopulated to make room for the energy companies such as the Algae farms being invested in by Soros, Gore and company, that are being developed in the Gulf. I think that this coming event is a preemptive event designed to test evacuation and detention procedures as well as to

test the entire scope of the operational plan including the plan to execute identified dissidents and allow the Russians to loot their homes. I would encourage everyone to read my seven part series on the Gulf as you will see how close I was too much of this three years ago. Simply google “Dave Hodges and Great Gulf Coast Holocaust”.

Comment: If you remember this was one of the main reasons we felt led to leave FL when this happened. You will also learn how the use of the oil dispersant, corexit, was used as opposed to other agents. **It ties into the depopulation plans of the Gulf.** Before you write to me and tell me that the New Madrid Fault Line is far removed from the Gulf of Mexico, you need to consider that it is not as far removed as you might be aware of. [Jack Reed](#) is a retired **Texaco geologist-geophysicist who has studied the geology of the Gulf of Mexico for over four decades.** Reed states that the Gulf of Mexico is **tectonically active**, and that **the Gulf of Mexico is the source for most seismic activity along the New Madrid fault despite the fact that the New Madrid Fault is over 200 miles away at its most Southern point.** Reed further stated that there is definitive evidence that the **New Madrid fault zone is directly connected to “deeply buried tectonics” in the Gulf of Mexico.** Therefore, an earthquake in the New Madrid Fault Line would have catastrophic consequences all the way out to the buried tectonics in the **Gulf of Mexico.** **Clearly BP upset these deeply buried techtonics with the explosion and unleashed all that oil into the water table and sediment levels inland. This is a train wreck waiting to happen.**

After I discovered that the Gulf Oil Explosion was a false flag event, I said there would be a follow up event. **This is that predicted follow up event.** And I think it is logical to believe that there will not just be one earthquake event, I would bet on several earthquakes with each being more severe than the previous. We already know that the [salt domes in Louisiana are collapsing under the stress.](#) See some of the evidence below.



The Salt Domes are collapsing. There are parts of Louisiana that are already falling apart. The earthquake that is coming could be the knockout punch.

Mix in a HAARP produced hurricane and you have quite a mess.

The globalists don't usually make one dimensional plans. **What we see here is the beta test for evacuations, roundup and possibly worse. We also see a**

geographic area the globalists would like to depopulate, namely, the Gulf, so they can it make it their cap and trade energy hub in a brilliant plan. However, the evacuation plan is not yet implemented which means we can stop it by exposing this planned event. If this is not the knockout punch for the Gulf, it is the precursor event.

Make Plans to Bug Out

My advice to everyone is to prepare a “bug out bag” because we cannot be absolutely sure that this event will not take place as I have identified. UNDER NO CIRCUMSTANCES



SHOULD YOU AGREE TO GET ON AN EVACUATION BUS AND REPORT TO A PUBLIC VENUE.

I would ask you to [read this article](#) to see why you should never report to a public venue for help, or to get onto a bus which will take you to a public venue for help. If you go, you may not come out alive.

Finally, the Air Force is clearly complicit in this. I was afraid of this development, in that the military would bifurcate and fight each other. This is bad, very bad. The Navy, Army and Marines are clearly opposed to Obama, **but apparently not the Air Force**. They have to know how these weapons are going to be used.

Because this is a breaking story, it is not as coherent as I would like. However, I felt the importance and possible urgency of the message outweighed the need to professionally prepare the information. I think this event is in the planning stages, but one cannot be sure. You, however, have been warned.

Appendix

I Sample emails from the Gatlinburg Area which represents 3 out of 34 email such emails about or from this area.

II Partial copy of the document, Air Force Owning the Weather (Earthquakes) in 2025. Using the Weather As a Force Multiplier.

I. Selected Emails: RE: Gatlinburg

Dave,

I actually live in Bozeman MT. My mother's family lives there (grandparents, aunts, uncles, cousins, etc) and have confirmed that the Russian soldiers arrived in droves over the last 3 years. Also a large segment of the rural counties have seen the Russian mafia buy up land and homes. I told a DEA agent about the Russian mafia scaring the locals about 5 years ago and they successfully had a couple drug raids. Tennessee is becoming more Muslim. My parents lived in Franklin about 2 years ago and tried hard to fight against the Mosque that was being built in Murphysboro. They became disguised and moved back to Phoenix.

Holly

Dear Mr. Hodges: We live some miles away from Gatlinburg, very close to the boundary of the Great Smoky Mountains National Park.

Twice in the last two weeks we've heard VERY loud helicopters pass very low right over our house, on a heading thru a gap in the mountains on a heading directly into the park. This happened first around 9 PM, I did not manage to get a visual sighting. Several days later we had a very heavy fog, and around 4 PM a helicopter (same noise signature) flew through the fog at tree top level. I suspect this route was chosen to avoid the Tyson McGee airport radar. Next time this happens at night I will do my best to get a visual sighting.
(name withheld)

Dave,

Just listened to the show on Hagmann and Hagmann. I am from Knoxville, Tn. and now live in Nashville but still have family that live very close to Gatlinburg and some friends too. I have had many reports that there are Russians even working now in restaurants there and in Pigeon Forge. They have also been known to stop people (driving) in the

mountains and question them. This has been going on for a long time and they are still there. I have been in Nashville since 1970. Even before I moved here there were reports of things going on up in the mountains.

I had friends that flew helicopter tours in the mountains and there were no fly zones and they said they knew there were troops of some kind up there back then that they didn't want anyone to see. So we are talking 45 to 50 yrs ago, I am 71. Just thought you'd want to know about this and you may already know.

Sherry

II. Abstract from Air Force Owing the Weather

<http://thecommonsenseshow.com/2013/12/21/a-devastating-false-flag-attack-event-is-coming-our-way/>

The Newest Update on this subject:

The Third Wave of US Martial Law Mass Detentions

From: mrstocks

Subject: Re: [Contending for Truth:] Thank you

...**Have you found your topics to be dangerous or have they got you into trouble?**

I would be terrified to speak about some of the things you say.... I guess you have God on your side protecting you! :)

Response: Thank you! **All I can say is that the Lord Jesus Christ has protected us. I should have been murdered a thousand times over doing what I do. I had a very wise Christian intercessor lady tell me a long time ago (with the ministry that God has called me into--this was long before I even ever went online) unless I had a lot of prayer going up for this ministry and my family, I would not survive. My listeners are faithful to pray in this regard and I believe it has made all the difference. I had a very high level witch threaten me a few months back with the most horrific death threats you could possibly imagine. This women was no joke (I could tell by the way she talked and the credentials she listed) but nothing happened to me, my daughter or this ministry at all. I told that witch to "bring it" and we will see who is the last one standing and I never heard from her again. She said was going to mobilize a ton of high level witches in America to destroy us (as she was in Germany) but nothing ever happened.**

A witch was able to astral project into my house about 6 months ago and I was asleep and my daughter was up and she saw him and asked God what to do and the Lord said cut his silver cord and she did and she literally saw his face in total terror for about 2 seconds as his silver cord was cut and he was being thrust down into hell.

Ecc Or ever the silver cord be loosed, or the golden bowl be broken, or the pitcher be broken at the fountain, or the wheel broken at the cistern.

Ecc Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.

God bless!

Cost Effective, Powerful Detoxification Regimes

The Liver and Gallbladder Flush

Note: Before you attempt this you need to be on 3-4 capsules of Choline (available at just about any health food store) per day for at least 2-3 weeks before you attempt this detox.

by Flint Flintoft
www.awaken.cc

The Liver Flush - One of the Best Things You Can Do for Your Body

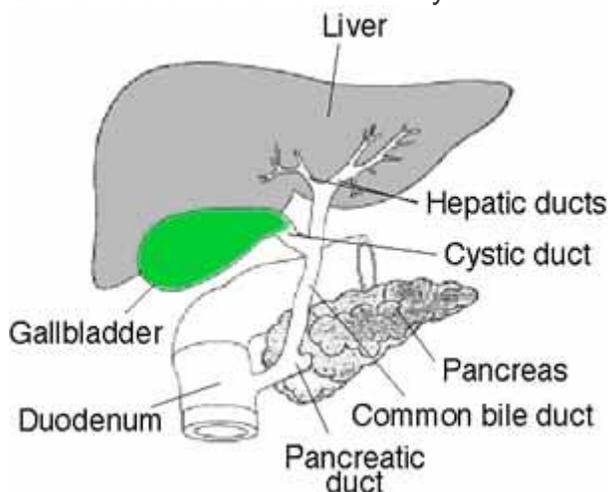
A weak liver and congested gallbladder can result in many symptoms including an increase in allergies, exhaustion, pain in the right side below the rib cage, poor digestion and constipation, jaundice, poor skin condition, weakened eyesight, weak alcohol tolerance, increased desire for sugar, a tendency to put on weight, and stress on other organs that leads to more imbalances.

Gallstones were once associated with "older" people but younger people today are also developing gallstones due to poor diet and stressful lifestyles. People in all age groups have benefited from this cleanse with astounding results.

Removing Gallstones from the Body

The liver is the largest organ in our body and perhaps the hardest working, responsible for many functions, including the cleansing of toxins. Many health problems that appear throughout our body stem from a toxic liver, clogged with stones that eventually make their way into the gallbladder. Removal of the gallbladder is one of the most common surgical operation in most hospitals, and yet this simple age-old recipe can remove stones overnight and restore your health in many, many areas.

Liver and Gallbladder Anatomy



Several good websites listed below explain the medical detail regarding cholesterol and gallstone formation. They also include many variations of the same cleansing recipe by [Dr. Hulda Clarke](#). However the purpose of this page is to provide a simple, safe and effective recipe to cleanse stones, with flexibility for lighter body types.

This recipe has been adapted from several sources after many practical trials. The liquid measures are flexible as a smaller person may require less, a larger person

more. The first time you do this cleanse you'll likely follow the recipe like a pharmaceutical chemist due to the unfamiliar ingredients, but after your first or second flush you'll find you can adjust the ingredients intuitively to suit your body type. To your health!

Pre-Cleanse -- An Apple a Day Keeps the Doctor Away

Start 3 days before your flush to reduce fat and meat intake and include plenty of apples and apple juice. Drink 1 to 2 liters of high quality apple juice each day before the cleanse. A few teaspoons of apple cider vinegar each day is also very beneficial. Eat raw apples when you get hungry. Your liver loves apples! The malic acid in the juice helps to open the bile ducts that run through your liver and begins to soften and release the stones.

The final day before the flush, reduce your fat intake to as close to zero as possible.

Example Schedule

Wednesday, Thursday -- Light diet including salads and plenty of apples and apple juice.

Friday -- Reduce fat intake to zero. No oils, no dressings, no meat, nothing with fat in it. Continue light diet including plenty of apples and apple juice.

Saturday Morning -- Big breakfast to get you through the next 24 hours.

Saturday afternoon after 2 pm -- Don't eat anything -- it's time to fast. Let your digestive system rest completely.

Saturday Evening -- Olive Oil and Lemon Cocktail

Sunday -- Don't plan to go ANYWHERE. You may feel weak and will be busy cleansing.

Sunday afternoon -- Break your fast with juice and fruit, light soup and steamed vegetables. You can eat regularly Sunday evening.

THE LIVER AND GALLBLADDER FLUSH

DAY ONE - Morning of the Flush

Eat a substantial breakfast to get you through the next 24 hours. You may not feel hungry during the fast but you will need energy. Fruits, vegetables, miso soup, bread and rice are all OK. Eat no fat, oils, butter or mayonnaise at all.

2:00 pm - Stop All Food

Stop eating all food. No snacking at all. Let your digestive system empty and rest completely. Water and herbal teas are recommended through the afternoon.

Peppermint tea and Japanese hojicha are both excellent. A little apple juice or fruit is OK if kept to a MINIMUM. Drink plenty of water so that you are well hydrated (the Epsom salts will dehydrate you.)

8:00 pm - 1st Epsom Salts

Mix 5 ml (1 teaspoon) of Epsom salt into 200 ml (1 cup) of high quality apple juice. Stir thoroughly and drink back quickly. (You can drink this through a straw if it helps.)

10:00 pm - 2nd Epsom Salts

Drink again the same as 8:00 pm -- Epsom salt and apple juice.

12:00 Midnight - Drink Olive Oil

Be totally ready for bed between 12:00 midnight and 1:00 am. Shower or bathe, put on your sleepwear, be all set for bed after drinking the olive oil. Get your bathroom tools

ready for morning, including a colander, a stir stick or chopsticks and a jar if you want to collect your stones. A water pitcher or pail to flush the colander is also handy.

Olive Oil and Citrus

Shake together in a jar until frothy :

60 to 100 ml (1/2 cup) organic virgin olive oil (green)

45 to 60 ml (1/4 cup) juice of 2 freshly-squeezed organic lemons

- If you weigh less than 50 kg (110 lbs) try the smaller amount for your first flush.
- Replace the lemon juice with freshly-squeezed pink grapefruit juice if you prefer.
- The quantity of citrus juice is not so critical -- you may like to take an equal amount of juice as oil. It is a cleanser and also helps you swallow the oil.
- Use good quality olive oil - the difference is magnificent. You can drink more olive oil if you like!

Some people like to sip each liquid separately, using the lemon juice as a chaser for the olive oil. Drink it all back at once or take sips over 5 minutes. Brush your teeth well and head for bed. Don't clean up the kitchen.

It is important that you lie down immediately after taking the oil in order to release the most stones. Lie on your RIGHT side with your knees tucked if you can (fetal position). Stay very still for at least 20 minutes before you change positions. You will likely hear a lot of gurgling "down there" which is a good sign that the oil is at work. Of course you can change positions during the night. Go to sleep and stay in bed as long as possible.

DAY TWO - Next morning (around 8 am) - 3rd Epsom Salts

Take a 3rd Epsom salt drink, a little stronger this time to get your bowels moving.

Double the Epsom salt to 10 ml (2 teaspoons) in 200 ml of juice. Don't take this before 6:00 am. You can go back to bed.

You will have diarrhea sometime during the day after your flush. Do not plan on going anywhere. You can expect strong bowel movements in the morning usually between 8 am and Noon. The first bowel movement may be regular and the second may be dark green diarrhea. Each flush is a little different.

10 am - 4th Epsom Salts (optional)

Depending how you feel (if you have strong diarrhea then DON'T take the 4th dose of Epsom salts and juice). If your bowels aren't moving, you can take a 4th Epsom salt drink. (5 to 15 ml, depending on how your bowels are.)

*After following this regimen the first time you can adjust the amounts of Epsom salts to suit you. Everyone is different - some people like to take 15 ml (1 tbsp) of Epsom in each glass, but others only need half that amount. In my experience, you don't need all that Epsom salt.

12 Noon and later

You will likely feel weak during your cleanse. Just rest and do what you need to do to help your cleansing. Don't eat anything until you've had at least two to three bowel movements and you start to feel naturally hungry again. You may drink some juice 15 minutes after you take your last Epsom salts in the morning. Then move to fruits or soup for a light lunch and solid food later in the day as your body begins to normalize. You're done!

How many stones are normal?

You may not see any stones until your second or third bowel movement. Some may not appear until the next day. If your gallbladder is full, you may only pass a few stones during the first flush. During a second flush you may see hundreds of stones right away, and a third flush could bring out over a thousand smaller stones and "grit". Everyone is different. Some people expel their largest stones on the first flush. Some people don't see large stones until their third or fourth flush. Some people expel all their stones after six to nine flushes, other take up to twenty flushes.

You may not notice the stones immediately, but they will float. They can be large, blue green and "fuzzy" or they can be like small pebbles and anywhere from blue-green to tan in color. They are generally the consistency of semi-hard rubber. The stones could be trapped in the feces, so this is where your chopsticks and a flashlight will come in handy. Many people put a plastic colander into the toilet and go into that and flush it with water from a bucket or pitcher to see the stones. You can collect them into a jar to see the volume and size of stones. You may even like to freeze them to remind you of your cleanse. You may hesitate at this collection step, but it's easier to gauge your progress during each cleanse by looking at the size of your stones. So follow your curiosity, otherwise you will never know!



Gallstones in colander

What happens during a cleanse?

Eating no oils or fats for 24 hours prior to the cleanse gives the gallbladder a chance to fill up with bile salts. The reason you do not eat after 2:00 pm is so there is no food in the digestive tract that still needs to be digested and absorbed. Having a full stomach when you do the cleanse can cause nausea. If the food has moved into the large intestine and has been completely digested and assimilated, you will have no problems at all.

Epsom Salt or Traditional Style?

The traditional cleansing recipe, uses only apples, lemon juice and olive oil. If you cannot obtain Epsom Salt from your pharmacy (Magnesium Sulphate $MgSO_4$) or decide not to use it, you can omit it entirely. Follow exactly the same regimen, but take plenty of apple juice for three to five days prior to your cleanse. Good results will still be evident. Adding Epsom salt is a fast-acting modern method that quickly and effectively opens the liver's bile ducts. However for some people the Epsom salt may be too harsh on their digestion and smaller amounts may be advised or none at all. Therefore start with a lighter amount of salt or try doing the cleanse without it and use only apple juice. The effect of Epsom Salt on the body is to dilate smooth muscle. This

means it will dilate the bile duct, making it almost impossible for the stones to get stuck. Epsom Salt will also dilate the smooth muscles lining the digestive tract. This will cause a purging of all the things in the digestive tract. This helps to quickly eliminate the contents of the gallbladder when they are dumped. The Epsom Salt is the cause of the diarrhea. It will only last for a portion of the day. The diarrhea is a good thing as there will be toxins, stones and who knows what emptying into the digestive tract. The sooner these are out of the body, the better.

Olive Oil and Lemon Juice

Oil and lemon juice stimulates the emptying of the full gallbladder. It will strongly contract as a reaction to all that oil, and because the bile duct is dilated, the stones and most of the contents of the gallbladder will empty into the small intestine. The lemon juice is alkalinizing and helps to cleanse and neutralize toxins that will be purged from the gallbladder. Lying on your right side puts a little more pressure on the gallbladder so you get a little stronger emptying of the contents. Lying down is especially important to get good results.



Actual size of some larger stones

How often should I do a cleanse? Flushing stones is painless, relatively easy and a very good thing to do for yourself. Do a minimum of six cleanses to release most of your stones. You will not like the taste of oil for some time after each cleanse! Some people do it every 2 to 3 weeks, some every few months. Even after the first time, you will feel renewed energy and vitality. As you continue, smaller stones will filter down from the liver. Don't stop until the stones become like sand. Continue with this flush at least once a year and enjoy your good health!

Medical Disclaimer:

This alternative self-help treatment is not intended to diagnose any medical conditions or to replace the advice and treatment of your regular physician. Consult your doctor if pain or symptoms persist.

Oil Pulling For Health, Even if You Aren't a Texas Oil Tycoon!



By [Daniel Gartlan](#) Posted Monday, September 9, 2013

One of my favorite and most simple holistic procedures for keeping optimal health and to allow your body to promote healing is Oil Pulling. Many of you may have heard of this practice and may even have tried it. If not then I hope you will give it a try after reading this blog. Believe me; you have much to gain and nothing to lose by doing so.

Oil pulling is based on an ancient practice from the Ayurvedic medical tradition.

Ayurvedic medicine is not an unproven “newbie” in healing traditions. It is possibly the oldest or one of the oldest medical and healing traditions in the world. It has been traced back as far as 5000 years. You could say it is a tried and proven system of health and healing. Much like Traditional Chinese Medicine, it has a long history of successful and verified cases.

In Oil Pulling the technique is very simplistic yet it is said to have amazing results. These results bring a more healthy balance of good flora and bacteria within your body. It will remove unhealthy bacteria from your mouth, teeth and gums thus promoting less intrusion of these germs into your body via the bloodstream and less into your organs. As Ukrainian physician, Dr F. Karach said at a conference of the all Ukransische-Union of the Oncologists and Bacteriologists, “treatment will achieve remarkable results with illnesses like migraine headaches, bronchitis, diseased teeth, arterio thrombosis, chronic blood disorders such as leukemia, arthritis and related illnesses, neuro physiological paralysis, eczema, gastro enteritis, peritonitis, heart disease, kidney disease, meningitis, and women’s hormonal disorders are completely eliminated from the organism.” Dr. Karach’s further stated that the oil therapy heals the whole body in perpetuity.

So how do you do this “Oil Pulling” thing? First you should choose what oil you will use. Many researchers and users have stated that one of two oils work best. The two recommended oils being sesame oil or sunflower oil. I have personally used both and also have used coconut oil and olive oil. It is recommended to have cold pressed if available. Obviously if you have any allergies or food reactions to any oil do not use that particular oil but use another one you are not reactive to.

First thing in am before breakfast or intake of any liquids, pour one tablespoon of whatever oil you choose to use into your mouth. Remember this, that whatever oil you use, it is only food you are putting into your mouth. Oil is, after all, food.

Next, swish this around in your mouth and pull and push it around your gums and between your teeth. You should “Oil Pull” about 15-20 minutes. DO NOT SWALLOW

any of the oil. You will be swishing and moving it around but also DO NOT gargle with it. The oil will become toxic as you continue the procedure so that is why you should not gargle with it or swallow it. Let me tell you some of my initial road blocks and problems from my own experiences with Oil Pulling. I found the whole tablespoon of oil to be quite a bit of oil when I was not used to having it in my mouth for a prolonged period like this. Also, as I swished it and pushed and pulled it around my mouth, it became frothy and watery as it mixed with my saliva. That is a good thing and the proper way it should go. The problem being was that the texture of the mix was hard to get used to and “stomach” at first. Let me say this, if you feel like you need to spit it out before the whole amount of time, do so. You can just start over again and try to get the proper amount of time out of the two attempts. The thing here is that you are comfortable with the procedure. I found that my mouth and jaws also would get tired and ache. This probably meant that I was doing the “Oil Pulling” too hard and/or fast. I would take a break for a second then start back at an easier more relaxed state. If you can find that easy and natural rhythm then that is the best and most proper way to proceed. This, like anything new, will eventually get easier and more natural to do for you. Just keep at it and you will start to notice results. Good results. One of the most notable results is the whitening of your teeth after Oil Pulling.

Once you have done about 15-20 minutes of the Pulling, you will spit out the watery, frothy mixture. This spit is highly toxic at that point so if you spit it into a sink, you need to clean the sink with an antibacterial soap/cleaner. It is best and easier to spit it into the toilet.

Once you spit out the oil mixture you can rinse with salt water or some recommend brushing your teeth with your fingers and soap. I know you are saying soap??? But, you just finger brush your teeth and rinse out your mouth thoroughly.

You can perform this procedure a few times a day if you like but always do so before eating. You can also space out the days you perform this if you like. The whole schedule thing is up to you. Do weekdays and lay off weekends or do it every day. It is your decision. Two days of OP and a day off....whatever you like.

Now that you have read this article, if you are not already doing so, please give it a try for a week and see the results for yourself. Some even claim to have more energy, lose weight and sleep better after starting this ritual. Who knows what your body will bless you with once you help it out.

I wish you happiness and health the natural way!!!

The MORGELLONS – CHEMTRAILS: WINE / PEROXIDE TEST / Detox

Clifford E Carnicom--Mar 09 2008

Full Report with pictures at: <http://www.carnicom.com/morgobs7.htm>

I have no medical expertise and I claim none. I am not offering any medical advice or diagnosis with the presentation of this information. I am acting solely as an independent researcher providing the results of extended observation and analysis of unusual biological conditions that are evident.

The magnitude of the issue demands that the information be made available to the general public. A method to remove at least a portion of the pathogenic forms that have been reported extensively on this site has been established. The method involves the use of red wine or a red wine-hydrogen peroxide mixture as an extended rinse for the

mouth. Please see additional cautionary notes for the use of hydrogen peroxide within this report. Full and entire credit for the discovery of this method is to be given to Dr. Gwen Scott, N.D. and the public has a call to be grateful for the many unselfish contributions that she has made to the understanding of the "Morgellons" issue (please also see [A Natural Medicine Approach](#) on this site):

<http://www.carnicom.com/natural2.htm>

The use of the term "Morgellons" is a dubious approach as the pathogenic forms first discovered within a purported "Morgellons" subject are showing themselves to exist in equal form within the general public. To date, no human being is excluded from the findings of recent research through this site; hopefully exceptions to this case will soon be found. Thus far, fourteen individuals across numerous state lines have subjected themselves to the test method that is depicted on this paper. All fourteen produce and manifest the same physical forms through the gums of the mouth and only the amount of the material produced varies from individual to individual. **The manifestation of skin conditions characteristic of the so-called "Morgellons" condition is not required to produce the result shown. I state clearly again that the pathogenic forms under investigation are repeatedly showing up in the general population, regardless of whether certain "skin anomalies" are present or not.** The pathogenic forms were, however, first discovered as a result of examination of these same skin anomalies. The segregation of only certain individuals as having the "Morgellons" condition is completely and totally false; the general population is involved whether they would like to know of it or not. The pathogens found have now been discovered repeatedly across all major body systems and functions, including skin, blood, hair, saliva, dental(gum), digestive, ear and urinary samples.

Gum-dental samples collected after extended wine-hydrogen peroxide mixture rinses of the mouth (5 minutes each) and placed upon a glass slide for observation. Mouth brushed and cleaned to best degree possible prior to the test. Material emanates from the gums of the mouth; this individual produces a greater amount of material relative to other individuals. Foam appearance results from the peroxide. Core material is composed essentially of the four pathogenic forms that have been extensively described as: (encasing filament, sub-micron filament network, Chlamydia-like structures and the "hybrid form"). Samples have repeatedly observed at extreme visible microscopic examination, i.e., 7000x and they are generally consistent between various samples. **The mixture that is under trial is 3% hydrogen-peroxide (1 tsp.- preferably food grade) mixed with dark red wine (2 tsp.) (e.g., merlot) held/swished in the mouth for 5 minutes.** Burgundy color results from stain of red wine. Another alternative under investigation is to limit the exposure to hydrogen peroxide by swabbing the teeth with peroxide prior to an extended rinse with red wine. Hydrogen peroxide is NOT to be taken internally. Sensitivity and reactions to peroxide may be of concern and an issue to consider. **NO THERAPY OF ANY KIND IS BEING RECOMMENDED WITHIN THIS REPORT; OBSERVATIONAL ANALYSIS ONLY IS BEING PROVIDED.** Identical pathogenic forms have now been found across most body systems and functions. **The rinse test has in some cases been ongoing for 1-2 months; there continues to production of some material in most every case.** Microscopic examination will be required for any final determination. On occasions, the test has been conducted several times in a row (30-45 minute between sessions of

approx. 5 minutes each) with no cessation of material to date, although the amount appears to eventually decrease. It appears that the production of material can be correlated directly with the amount of time devoted to testing. The presence of the material also appears to be associated with a ear-blockage condition in one case. Not all individuals produce this amount of material and the sample may need to be examined very closely to determine if it exists; it usually appears as fibrous or stringy if present. The individual providing this sample does not demonstrate any outwardly visible "Morgellons" symptoms.

This method described above is not provided as a therapy or diagnosis of any kind; the reaction is being described from an observational point of view. Individuals are to consult with their own health practitioner for their health needs. This website exists on a month-to-month contract. The existence of this website is not guaranteed. There is no known independent off site copy of this website. The public should preserve, protect and distribute the information on this site to their own level of confidence and assurance. Additional revisions may follow. Please distribute this information as rapidly and widely as is possible. Clifford E Carnicom
Mar 09 2008

FOOD GRADE DIATOMACEOUS EARTH HEALTH BENEFITS FOR HUMANS

Sunday, February 13, 2011

FOOD GRADE DIATOMACEOUS EARTH INFORMATION

<p>This is the best price on the food grade DE and a Christian company: http://www.earthworkshealth.com/</p> <p>Facts, Info, & Feeding Rates</p>	Worming	Human Use
Fleas & Ticks	Mites, Insects, Morgellons	Analysis
Retailers	Buy Diatomaceous Earth	Dusters
Fly Control	Testimonials	

Food grade diatomaceous earth has excellent health benefits for humans. Taken daily, it helps eliminate all intestinal worms and parasites from the body and keeps the bowels clean. Food grade DE is also known to sweep some bacteria out of the system, but DE does NOT kill the beneficial bacteria in the gut. Most people who consume food grade DE take it on a daily basis, ourselves, employees, and children included. DE contains 15 naturally occurring minerals that are excellent for the body. These minerals promote healthier, shinier hair, skin and nails.

In 1939, the Nobel Prize winner for chemistry, Professor Adolf Butenandt, proved that life cannot exist without Silica.

In the 2003 book "Water & Salt" Dr. Barbara Hendel stated: "Silica is the most important trace mineral for human health!"

NOTE: ALL references to diatomaceous earth on this page refer ONLY to FOOD GRADE diatomaceous earth, unless otherwise advised. NEVER use pool filter grade or diatomaceous earth internally or in your home or on your animals, unless it is FOOD GRADE!

First, in an effort to save time and repetition realize there is a bunch of essential food grade diatomaceous earth information on our other web pages in the link box above. This webpage will NOT duplicate the information found in the webpages above, so please read the information on those webpages for more information about the health and natural insecticidal benefits and the many uses of food grade diatomaceous earth.

Food grade diatomaceous earth is a natural powder that works in a purely physical/mechanical manner, not "chemical" and thus has no chemical toxicity. Best yet, parasites don't build up a tolerance/immunity to its chemical reaction, so rotation of wormers or chemical insecticides is unnecessary. Food grade DE has NO odor.

Food Grade Diatomaceous Earth is 85% Amorphous Silica!

Silica is the most plentiful element on earth, following oxygen; but there are very few foods that contain an adequate amount to supply the quantity your body needs. Silica is crucial to bones, tendons, skin, cartilage and blood vessels. Silica is even located in the blood itself and important organs such as the liver, heart, and lungs. The average human body holds approximately 7 grams of silica, a quantity far exceeding the figures for other important minerals such as iron.

It is as important to provide the body dietary sources of Silica early in life as it is during the aging process when Silica levels in tissue usually drop off steeply.

Silica plays an important role in many body functions. Silica has an exact absolute influence on absorption of all minerals that the body requires to maintain health. It adds to the quality of life!

Silica does not accumulate in the body; it is water soluble, is easily absorbed by the intestinal wall and rapidly excreted, so daily consumption is important.

Studies have not found any negative side effects from too much Silica.

Food Grade Diatomaceous earth is a 100% natural and organic source of silica, it is safe for the environment, pets, livestock, and people. It is taken from fresh water deposits and is the purest form available. Food Grade Diatomaceous Earth is not actually an "earth" but it is the fossilized remains of microscopic shells created by one celled plants called DIATOMS.

When taken internally, many health benefits have been observed. The biggest benefits seen have been lower cholesterol, lowering of blood pressure, relief from arthritis pain, increased energy, more regular bowel movements, smoother complexion, and sinus and cough relief. It is estimated that there are more than 1,500 ways DE is beneficial to humans, plants, and animals.

As a daily supplement, many believe that its most beneficial use is for internal cleansing by aiding in the elimination of intestinal parasites, which are not able to develop an immunity to the sharp edges of DE.

DE can also detox the body. According to a top cancer researcher, it is also the best natural chelating product available for pulling heavy metals from the bloodstream. Many believe that the increase in the number of cases of Heavy metal poisoning has occurred in part due to mercury in vaccines, fluoridated water, deodorants with aluminum, some seafood, foil wrap, cooking in aluminum cookware, soda/energy/beer aluminum cans, and a number of other ways.

DE has many health benefits. Years ago the silica in our food was adequate, but with today's hybrids and depleted soils, only about 1/3 of the silica needed is supplied in our food. Diatomaceous Earth is a simple and inexpensive way to get the silica your body needs. Food grade diatomaceous earth - aka Food Chemical Codex Grade contains 85% amorphous silica.

The micro-fossil deposits, also known as Amorphous Silica, are mined from ancient dried lake bottoms thousands of years old. When magnified 7000x, diatomaceous earth looks like spiny honeycombs. Food Grade DE is completely safe and non toxic. Milling produces different sized, shaped, and colored particles. Diatomaceous earth is used in paints, cosmetics, drugs, chemical insecticides, etc. Filtering and filler are two main uses and it is important not to use the filtering type for agricultural purposes....USE ONLY FOOD GRADE DIATOMACEOUS EARTH.

How does food grade diatomaceous earth work?

When DE is taken into the body it does its work in 3 different ways:

1. DE looks like a cylinder/honeycomb full of holes. This cylinder/honeycomb has a very strong negative charge. As the millions of cylinders move through the stomach and digestive tract, they attract and absorb bacteria, fungi, protozoa, viruses, endotoxins, pesticide, and drug residues, E-Coli, and heavy metals. These pathogens are trapped inside the cylinder and passed out of the body. Additionally, any larger parasites that happen to be in the stomach or digestive tract are "cut up" and killed by the sharp edges of the DE. All of these activities result in a much healthier body with less sickness. Our clients tell us they feel better, their hair has never been so soft, since taking DE daily, their naturopathic physician muscle tested them for DE and their body has a very strong need for it, they feel better, We often hear the phrase "I just feel better" with our Diatomaceous Earth users. This better feeling comes from all the "junk" being removed from the body and boosting our immune systems.
2. DE is very hard. On the hardness scale diamonds are a 9, DE is a 7. This is very important, because as those millions of tiny hard and sharp DE cylinders pass through the small and large intestines, they "scrub" the walls (Note they do not harm the intestinal wall). After only a few months of taking Diatomaceous Earth, the intestine wall is no longer coated with mucus, gunk, and molds! Thus, DE helps promote regular bowel movements and a healthier colon. A clean healthy colon prevents polyps, cancers, ulcers, and continued toxification of the body that a dirty colon produces. This day in age, many people are doing colonix and detox programs, hydro colonic therapy, etc. and DE helps promote this same

type of cleansing. People report increased energy, better sleep, and/or needing less sleep. This is a result of the food and nutrients that are taken into the body being better absorbed into the blood stream. A coated, toxic colon does not allow many nutrients from our food to be properly absorbed. A toxic colon and intestinal tract can also result in overweight and obesity, as people lack the proper nutrients their body needs to promote optimum health, so they, and their pets, continue to eat more food in an attempt to obtain the nutrients their bodies are lacking from being toxic.

3. A small amount of food grade diatomaceous earth is absorbed into the blood stream. As it moves throughout the body they clean and breakup plaque in the blood vessels and also destroy bad fats. Many have lowered their cholesterol by 40-50 points; many notice that their high blood pressure goes down. As the DE eventually dissolves in the blood, the many health benefits of the silica content are realized.

How do humans take food grade diatomaceous earth?

People are always asking me, how to take diatomaceous earth. There is NO one perfect way to take DE. I KNOW you are already disappointed with this fact, as you were hoping there was ONLY ONE "Perfect" way to take it. (Sorry 'bout that) Everyone's' preferences are different. Some people take 1 heaping tsp. in a glass of water prior to each meal, 3x/day and swear by DE's wonderful health benefits keeping acne away, clean clear skin, better sleep, more energy, stronger hair and nails. Others take a heaping tablespoon just before bedtime, figuring it's best to take it away from food because of its detox benefits. Others take it in the morning in their juice. Still others put it in their protein drink, smoothies, morning coffee, etc. Whether you take DE once/day or 3x/day, everyone reports effectiveness and better health.

"I" take 2 tbsps. of DE daily with a very small amount of water, just enough to make it fluid (like water). I'm not interested in tasting the DE in a full 8 ounce glass of water. I stir it up well and immediately consume before the DE has a chance to settle at the bottom of the glass. I don't care for the taste of DE in my orange juice, but others like DE in their juice, coffee, protein drink, smoothies, etc.

DE doesn't taste bad, nor nearly as horrible as many herbs taste. It tastes like dirt to me (now you're wondering if I run around eating dirt...). Okay, so I do, especially that wonderful rich smelling soil! :o)

Then of course, they ask them what it is and then these natural care professionals contact me for more information about food grade diatomaceous earth.

Many women advise their hair has never been so soft as it is now since taking DE. Others advise of cleaner clear complexions, when previously they had acne trouble. Still others notice an increase in energy levels and others advise it keeps their bowels clean and helps them sleep better.

Many of our diatomaceous earth customers, including myself, had fed diatomaceous earth to their animal companions daily for years. And then one day, we all figured, gee, we're giving this to our furry and feathered family members to help keep them healthy and parasite/worm free, maybe we should

take it ourselves and reap the same benefits...not sure why it took so long for the "light bulb" to go on, but at least it finally did.

Some people do notice funny, strange, or gross things in their bowel movements. Some choose to look and others don't want to know. Obviously, this is a personal choice for each of us to make, but the bottom line is it is effective in increasing our health status, as removal of internal parasites and worms will allow us to more properly absorb the nutrients from our food, as the worms/parasites will not be eating our food or sucking our blood.

Is food grade diatomaceous earth safe to take during pregnancy? Yes, DE is excellent for those who are pregnant and not pregnant alike. During pregnancy, it is best to start with a small dose - 1/2 tsp. daily for the first few days or weeks if needed, making sure to drink plenty of clean fresh pure water (not city tap water) to help sweep toxins out of the body and slowly increase the dose as the pregnant mom-to-be feels fit to do so. This helps prevent a heavy detox by starting out with a heaping tbsp. daily.

Since DE eliminates all intestinal worms and parasites when fed in adequate daily doses, this means the body will better absorb the nutrients from the food the person is consuming as these worms and parasites aren't consuming the nutritional value of the food and sucking the blood, which in turn provides higher quality nutrients to the unborn fetus, making it stronger and healthier as well. Note, DE will not be effective as a natural wormer for the unborn fetus, but can be given in small amounts in bottle feedings once the baby is born.

CAUTIONS:

- DE manufacturers who work in diatomaceous earth mines 5 days/week advise inhaling it is not a problem (though of course, don't be snuffing it) and we have not had problems when inhaling DE in small amounts. IF you have asthma or some other lung ailment, either wear a mask or be very careful when using food grade diatomaceous earth.
- Do NOT get diatomaceous earth in the eyes. DE is drying to the eyes, so do NOT put it out when you or your pets are down wind of it. DE is drying to your skin, hands, and feet, just as it can be to your pets.
- Do NOT use heavily in carpet. Some advise too much DE causes vacuum problems.
- NEVER use pool filter grade DE around animals. It can poison or kill them.
- Some people experience a healing crisis (detox reaction) when beginning DE consumption. If this occurs, reduce the dose, till your body is cleansed, and then increase to the RDA.
- Remember, DE will kill beneficial insects as well, so use accordingly.

FOOD GRADE DIATOMACEOUS EARTH BENEFITS SUMMARY:

- Natural wormer – eliminates many parasites without chemicals
- Safe, non-toxic, parasites don't build immunity as they do with traditional wormers
- 15 trace minerals – great for animals, humans, plants, and soil
- No feed withdrawal for milk or feed animals
- Decreased mastitis
- Reduced scours

- **Decreased mortality**
- **Better feed conversion**
- **Helps detox heavy metals, E.coli, bacteria, viruses, etc.**
- **Promotes shinier coats**
- **Digestive aid**
- **Colon cleanser**
- **Better production**
- **Better overall health**
- **Eliminates pests in stored grains**
- **Reduces flies, fleas, ticks, etc.**
- **Reduces manure odor**
- **Drying agent**
- **Reduces moisture and pests in barns, coops, kennel, litter boxes, compost piles, and other moist areas**
- **Antifungal properties – good for garden fungal growth**
- **Reduces overall animal stress**
- **Cost effective**
- **DE health benefits mean reduction in vet bills and disease-ease**

[Click Here to Find a DE Retailer near you](#)
[Buy Food Grade Diatomaceous Earth Online Now](#)

Super II Formula-Harmony Formulas strongest bowel cleanser

that helps to "jumpstart" the sluggish and less efficient colon

Address the Deepest "Core" of Health! Our digestive system and colon keep us young, strong and energetic.

It is where vital nutrients are extracted and absorbed from food, lending life and good health to our entire body. Unfortunately, this system is also the most abused. We've been raised on a diet of bread, dairy, cheese, meat, fast foods, fried foods, fatty foods, sweets, candy, ice cream, etc. Over time, these foods can break down the digestive and eliminative system, making it function much less efficiently. Bowel movements may slow to only one time per day or less. Extremely sluggish or stubborn colons may need an extra-strength bowel formula to get things moving again! Digestive inefficiency can continue even after dietary improvements if you don't help rejuvenate your colon through internal cleansing.

Super II ~ Added Strength for Individuals Who Need It. Not all metabolisms are created equally. Some digestive and eliminative systems are simply more sluggish and less efficient. (Stubborn may be the best way to describe them.) To give this type of system an extra boost, we developed **Super II**, an extra-strength bowel formula composed of 12 powerful cleansing and nutritive herbs. The formula is comprised of various herbs that gently stimulate the bowel, including Aloe Vera, Cascara Sagrada, Barberry, Butternut, Rhubarb and more (see back for complete ingredient list). It can be used in conjunction with Harmony's Multi Herb Formula and Multi-Fiber Formula for whole body internal cleansing benefits, while providing extra support for the sluggish colon, but it can also be used as a "stand alone" bowel formula. **Super II** promotes two to three

bowel movements a day, yet is non-addictive and gentle on the eliminative system (it is NOT a laxative), It enhances and supports your body's natural ability to function on its own.

The End Benefit: You'll feel lighter, better, more energetic and healthier! You should notice improved elimination and all around better bowel function. Cleansing and supporting your colon is like giving yourself an "internal tune-up"! Every body part seems to work better!

22.00 for 150 Tablets

Gravity Fed Water Purification & Fluoride Removal System: ProPur

Why ProOne-D™ Water & Fluoride Filter Elements!

- ☒ Propur's low profile 3 stage All-In-One technology helps promote maximum head water pressure and flow rate utilizing the power of gravity.
- ☒ Only **ProOne-D™ Water & Fluoride** filter element helps reduce or remove pesticides, herbicides including [Glyphosate](#), chloramines (ammonia with chlorine), hydrofluorosilicic acid (the latest form of fluoride not covered by other fluoride filter brands) and sodium hexafluorosilicate
- ☒ Ideal for use with just about any water source including tap, lake, river, stream, pond and rain water.
- ☒ ONE size **ProOne-D™ Water & Fluoride** filter element fits all **Propur™** systems

**25%
FASTER
FLOW
RATE!***

Propur™ Systems with New ProOne-D™ filters

The new **ProOne-D™ Dual Domed Hi Performance Water & Fluoride** filter element combines the most advanced and innovative manufacturing technology in a **3 stage All-In-One** filter element to include a silver impregnated (helps prevent bacteria growth and self-sterilizing) carbon based ceramic composite outer dome, new **FluoriMedix™ Advanced Fluoride Technology** media (contains NO alumina) for removal of fluoride and other heavy metals, and a secondary **ProDcore™** inner ceramic

TECHNICAL INFORMATION on the ProOne-D™ Water & Fluoride

filter element

STAGE 1

The **ProOne-D™ Water & Fluoride** filter element is designed to remove pathogenic micro-bacteria and cysts and have exceptional chemical and contaminant removal properties. The majority of pathogenic (disease causing) bacteria and cysts are larger than one micron. The pore size of the **ProOne-D™** is controlled so that it will remove all suspended matter larger than 0.3 microns.

Pathogenic bacteria

Cholera, Typhoid, Salmonella, Serratia, Fecal Coliform >99.99%

dome/core which helps to remove residual particulates and improve fluoride reduction efficiency - all in **ONE** filter.

The removal/reduction of contaminants or other substances that may be present in your water supply may vary depending on its content. The contaminants or other substances removed or reduced are not necessarily present in all users' water. Some contaminants may be more easily filtered than others. Percentage of reductions will vary from 50% to 95% over the life of the filter based on the level of contaminant(s) found in your water supply. Testing was performed under standard laboratory conditions, actual performance may vary. *Based on ave. daily water consumption and optimal fluoride levels recommended by the US Public Health Service and CDC for drinking water. Using a TDS meter to detect Total Dissolved Solids. Since **ProOne-D™** filters are ceramic based and contain minerals, you may see a higher TDS reading. This does not mean the filters are not working but rather the TDS meter is picking up

E. coli - 100%
Cysts
Cryptosporidium Parvum, Giardia Lamblia - 100%
removal

Sediment
Down to 0.9 micron - 100%
0.3 - 0.5 micron >99.9%
Turbidity >99.7%
Contaminants
Chlorine, Chloramines, COD (Chemical Oxygen Demand), Lead, Arsenic, Nitrite, Pesticides, Herbicides including **Glyphosate**, Iron, Aluminum, THM (Trihalomethanes), PAH (poly-aromatic hydrocarbons), and other heavy metals.
VOC's >95%
Chlorine - 99%
COD .75%
Lead - 99%
Arsenic - 90%
MTBE (methyl tertiary-butyl ether) - 90%

STAGE 2

The **ProOne-D™** contains new **FluoriMedix™ Advanced Fluoride Technology** media designed to help reduce or remove heavy metals and fluoride. Contains **NO** alumina. The reduction efficiencies that may be achieved are as follows:

50% - 95% for Fluoride including hydrofluorosilicic acid and sodium hexa fluorosilicate
>50% to include Mercury and Silver
>80% to include Aluminum, Arsenic III, Arsenic V, Cadmium, Chromium VI, Iron, Maganese
>90% to include Copper, Nickel, Zinc
>95% to include Lead

Radiologicals include Radon 222, Radium, Strontium, Uranium and Vanadium

STAGE 3

The ProDcore™ inner ceramic filter dome/core helps to remove residual particulates and improve fluoride reduction

minerals that are naturally released. efficiency.

https://propurusa.com/ProOneD_Filters_Systems.html
www.ToxicDrinkingWater.org

Extremely Important: Fluoride Treatment – 5 Ways to Detox Fluoride

By Lisa Garber

theintelhub.com

October 2, 2012



It should be outrageous to think that the very water we drink is poisoned—but the water actually is.

Although calcium fluoride is found naturally in underground and ocean water, the sodium fluoride added to the public water supply is virtually toxic, a wolf in the sheep's garb of improved dental health. (The West Virginia University Rural Health Research Center says that [fluoride doesn't even prevent cavities](#); vitamin D and omega-3 fatty acids are better allies for that.)

Even the federal government is calling for lower levels of fluoride in public water after a Harvard study confirmed [fluoride's lowers IQ](#).

So needless to say, it is extremely important to know of fluoride treatment methods. In the wake of even more horrifying findings like fluoride's link to the [cardiovascular](#) and cancer epidemic (causing at least [10,000 cancer deaths since 1977](#)), it's imperative that we learn how to defend ourselves against systematic and casual envenoming of our water.

Here are 5 methods for fluoride treatment – ways to detoxify your body of fluoride.

Fluoride Treatment - Iodine

While too much iodine is linked to hypothyroidism, so is too little. The good thing about iodine is that it increases urine irrigation of sodium fluoride as calcium fluoride. Although it does take some calcium with it (calling for an adjustment in diet or calcium supplementation), iodine and lecithin both remove fluoride from the body.

Tamarind

Though originally from Africa, tamarind is a staple in Ayurvedic medicine that can be made into a tea or tincture that pushes fluoride out in urine.

Liver Cleanse

Because the liver is responsible for clearing toxins out of the body, it makes sense to go through [a liver cleanse](#) to detox from fluoride.

You can do a standard cleanse at home over a week or so; just be sure to undergo a safe and trustworthy cleanse per instructions.

If the cleanse is absolutely not for you (although you can read up on [5 reasons you should do it today](#)), you can cleanse your liver daily with these [liver cleansing foods](#). Cleansing the liver is essential for fluoride treatment.

Boron

The next time you're shopping for laundry detergent, scoop up a box of Borox, which contains boron. Pour 1/32 of a teaspoon (up to 1/4 teaspoon) into a liter of distilled water and sip it throughout the day. (Yes, this is safe.)

Not only will the box last forever, you can use it to do some eco-friendly cleaning around the house, too.

Dry Saunas

Intense but safe sweating from heat as well as exercise brings out sodium fluoride from fatty tissues. Just be sure to keep hydrating—with distilled water—and to protect your kidneys with chickweed tea.

As with any kind of detox, use caution and go at the pace that feels good for you and your body. In addition to detoxing the fluoride out, you can also limit the amount of fluoride coming in by investing in a water system that filters out fluoride, such as a reverse osmosis water system.

As you incorporate any fluoride treatment and the fluoride leaves your system, you'll experience overall health improvements, and you'll never look at the faucet the same way again.

Additional Sources:

[Natural News](#)

Researchers Develop Herbal Method to Remove Fluoride from Drinking Water

2013 04 02

From: [Organic Connections](#)

Researchers in India have developed a filter system based on a medicinal herb, which they say can quickly and easily remove fluoride from drinking water.

The technology described in the March issue of the *International Journal of Environmental Engineering* uses parts of the plant *Tridax procumbens* as a biocarbon filter for the ion.

Drinking water can contain natural fluoride or fluoride might be added as a protective agent for teeth by water companies. However, its presence is not without controversy while in some natural drinking water levels may be above those considered safe by the World Health Organisation. Chemist Malairajan Singanan of the Presidency College (Autonomous), in Chennai, points out that the WHO guidelines suggest that a safe level of fluoride is 1.5 milligrams per liter.

He adds that various techniques to reduce fluoride content have been tried including coagulation, adsorption, precipitation, ion exchange, reverse osmosis, and electrodialysis. However, metal ions with an affinity for fluoride in a biocarbon matrix represent a promising new approach.

Singanani has investigated *Tridax procumbens*, which is commonly used as a medicinal herb in India, as a biocarbon absorbent for fluoride. Previously, the plant has been tested in the extraction of toxic heavy metals from water. He explains that by loading up plant tissue with aluminum ions it is possible to create a safe biocarbon filter that will readily absorb fluoride ions from water warmed to around 27 Celsius passing through the filter.

[...]

Read the full article at: organicconnectmag.com

From Wikipedia:

Tridax procumbens is known for several potential therapeutic activities like antiviral, anti-oxidant, antibiotic efficacies, wound healing activity, insecticidal and anti-inflammatory activity. Some reports from tribal areas in India state that the leaf juice can be used to cure fresh wounds, to stop bleeding, as a hair tonic. Despite these known benefits, it is still listed in the United States as a Noxious Weed and regulated under the Federal Noxious Weed Act.

[Source](#)

Tune into Red Ice Radio:

[Paul Connett - Hour 1 - The Fluoride Fraud](#)

[Walter Graham - The Dangers of Fluoride](#)

[Worried About Fluoride Exposure? Protect Yourself with Selenium](#)

By **Susan Patterson** theintelhub.com December 6, 2012



Having too much fluoride in the body can lead to a number of serious health conditions including reduced IQ, hastened development of cancer, and enhanced oxidative stress.

Recent research indicates that the trace mineral selenium may be effective in minimizing the toxic effects of fluoride and even ushering it out of the body while improving the

body's defenses against free radicals.

Fluoride and Oxidative Stress

Both groundwater contamination and air pollution have are responsible for over 200 million people across 25 different countries having life threatening levels of chronic fluorosis.

One recently released study demonstrated that people residing in areas where there was high fluoride had marked suppression of three critical endogenous antioxidants: catalase, superoxide dismutase and glutathione peroxidase in comparison to residents residing in areas with lower fluoride counts.

With the relationship between oxidative stress and the development of cancer being well-known, and since too much fluoride reduces the body's ability to withstand oxidative stress, it may also contribute to the development of cancer.

Another finding was made by the same Chinese researchers who discovered the link between high fluoride levels and cancer.

Residents living in areas where there was high fluoridation who also had high levels of the trace mineral selenium have normal or even elevated levels of the three key endogenous antioxidants.

But the researchers found that those with high selenium levels had normal levels of the key antioxidants. Other research also indicates that selenium protects against fluoride toxicity in lab animals.

Various studies show that selenium has halted damage to the liver, kidneys, heart and also protected against mental deterioration, all caused by excess fluoride in the body. One study even indicated that selenium increased the rate of fluoride elimination.

Selenium Supplementation

The bottom line? Selenium could be a valuable tool against fluoride toxicity. People living in areas where fluoride levels are high may want to consider selenium supplementation.

The RDA for selenium is 55 mg daily for adults, however, many natural health professionals recommend a protective dose of 100 to 200 mg.

This dosage is still well below the National Institute of Health's upper tolerable limit of 400mg. Selenium is found naturally occurring in many foods including fish, meat, whole grain products and nuts. It is best to avoid taking selenium with high dose vitamin C or zinc as they may block absorption.

In addition to selenium, you should definitely check out these 5 ways to detox fluoride for [fluoride treatment](#).

Silent Poison

It's not a secret anymore; fluoride is toxic. From 1978 to 1992 the World Health Organization compiled frightening statistics that demonstrated that Americans who live in areas where water was being treated with fluoride at "optimal" levels had an increased risk of cancer in 23 different parts of their body.

Additionally, male children who have been exposed to high levels of fluoride may have a 546 percent increased risk of developing osteosarcoma later in life according to recent research published from Harvard.

To make matters worse, one top scientist showed back in 1977 (35 years ago!) that [fluoridation caused 10,000 cancer](#) deaths in epidemiological studies.

After analyzing the studies, it was found that those who drank fluoridated water experienced an increased risk of developing tumors in oral squamous cells, a rare form of bone cancer, thyroid follicular cell tumors, and a rare form of liver cancer.

Since researchers can't see *exactly how* fluoride causes cancer, traditional doctors and mainstream medical experts are slow to see the connection. But the above new research out of China, however, offered up the missing link.

Reverse Osmosis & Fluoride: An Invisible Killer

by [Floyd Maxwell](#), BAsC

Author of the [International Anti-Fluoridation Database](#)

* * * * *

"We would not purposely add arsenic to the water supply. And we would not purposely add lead. But we add fluoride. The fact is that fluoride is more toxic than lead and just slightly less toxic than arsenic." ([source](#))

* * * * *

"The federal maximum contaminant level (MCL) for lead is 15 parts per billion (ppb), 5 ppb for arsenic and 4000 ppb for fluoride." ([source](#))

* * * * *

1952: The Delaney Committee 82nd Congress Hearings on Fluoride revealed that there was no actual scientific basis for the fluoridation of water supplies in the prevention of tooth decay. The recommendation of the Committee was that more research be done, before proceeding with this national mass medication. Their recommendation was totally ignored.

* * * * *

A common obstacle one runs into when trying to inform others of the dangers of a product is being told you are not an "expert". This can, however, be used to one's advantage if one happens to find an "expert" who verifies your own views on the benefits of natural versus chemical approaches to health.

My background is that of a Chemical Engineer, having earned my B.A.Sc. from the University of British Columbia in 1984. When it comes to chemistry I can say that I am an "expert" in this area due to studying it full time for over 10 years.

Ineffectiveness of Reverse Osmosis units

Reverse Osmosis [RO] manufacturers' claim they can remove fluoride. Don't believe their claim\$.

RO units work on the same principle as our kidneys. Think of a mesh, like the mosquito netting on your screen door. The mesh lets in air, but not mosquitos, because air molecules are smaller than mosquitos.

An RO unit is thus great for removing "heavy metals" like Pb (Lead), Hg (Mercury) and Cd (Cadmium), as well as Cl- family compounds like PCBs and PCP's (Poly Chlorinated Phenyls and BiPhenyls) because these are all large molecules relative to the size of H₂O. In fact, even Cl (the smallest of these) is relative large (molecular weight of 35 g/M) and so **if** the RO unit is new and it is well made (ie. with precision tolerances on the RO membrane) it **might** even filter out some of the Cl. Note the "ifs" and conditions in the last sentence.

But, an RO unit will **not** filter out Fluoride atoms, as Fluoride atoms are too similar in size to H₂O molecules.

(4) Don't trust the experts

Before you even listen to someone's opinion about Fluoride, figure out what they have to gain by their opinion.

RO manufacturers would see sales "dry up" if they admitted that their units can not remove it. They will thus never admit it, and will try to "poison" our efforts to give people unbiased information.

<http://www.just-think-it.com/no-f.htm>

Dr. Johnson's Recommendation: <http://www.ecoloblue.com/>

The lemon detox diet / Master Cleanse -- a recipe that really works

by Aurora Geib(NaturalNews) Ever since Beyonce Knowles was associated with the Lemon Detox diet, there has been a surge of interest in this particular program. Also known as the Master Cleanse, this detox diet has been around for almost 50 years and has seen variations on its recipe and program. It's effectivity in breaking down built up toxins in the body while contributing to short term weight loss has made it a popular option for a spring detox.

Reviewing the Master Cleanse

The Lemonade Detox diet first became effective, strangely, when its creator, Stanley Burroughs, recommended it for the healing of stomach ulcers. In his book "The Master Cleanser", he goes on to share how he first came to test the Master Cleanse diet on a patient who was suffering from ulcer for three years. Left with no other recourse, the patient approached Stanley who recommended that he undertake the cleanse. After eleven days, the patient was totally healed to the amazement of the doctors. Many other cases followed with same consistent and astounding results corrected within ten days. Of particular note also was that those undergoing the Master Cleanse also experienced a reduction in weight.

If there have been doubts as to the veracity of Stanley Burrough's claim of the Lemon Detox diet's effectivity, there have been testimonies over the years of its efficacy. Of recent vintage is Tom Woloshyn's work, "The Master Cleanse Experience", published by Ulysses Press in 2009. This book briefly mentions Woloshyn's experience in advising clients who has undergone the Master Cleanse program and provides among other insights health benefits which include better sleep, positive outlook, clarity of mind and freedom from addictions. He, thus, advocates keeping a journal to monitor developments as well as a reference for future use when undergoing the program for the second or many more times over.

The Master Cleanse operates on the principle that, for disease to be addressed, cleansing must be undertaken. Simplifying and correcting disorders through this process is actually a way of correcting every disease. Developments in nutrition and science have clearly identified improper [diet](#), negative mental attitudes and inadequate exercise as the factors that create the conditions to produce toxin build up over time. That is why the Master Cleanse is not an end to itself. It is actually just the tip of a long chain of healthy decisions of those who wish to undertake it. Observing a healthy diet, regular exercise as well as stress reduction is essential in maintaining the gains that the Master Cleanse Detox diet can offer.

Surrendering to the process

Undergoing a detox diet is just like preparing for a marathon. It is necessary to keep sight of your goals or you stand to be cast in the wayside, a victim of your doubts. Tom Woloshyn offers this delightful insight when encouraging first timers who wish to undertake the Master Cleanse, fully knowing its side effects firsthand. Defining the outcome after having identified where you are, and what you want to achieve is the next step to achieving the goal you have set for yourself.

According to Woloshyn, some people prepare themselves before undergoing the [detox](#) by going on a vegetarian diet. It's less stressful on the body and makes the transition to the Master Cleanse easier. For those who regularly take coffee or soda drinks, a gradual reduction in intake are recommended as well as taking pantothenic acid (vitamin B-5) to help prevent the onset of headaches brought about by caffeine withdrawal.

People who have undergone organ transplants as well as those on immune suppressant drugs cannot take the fast. Woloshyn warns that the [cleanse](#) stimulates the immune system while effectively inhibiting the results of the drugs, this combination will most likely lead to the organ transplant being rejected by the body.

How to do the Master Cleanse

The Lemon Detox diet is a cleansing program and encourages only the intake of lemonade made from the following ingredients: lemons, pure maple syrup, cayenne pepper and water for a minimum of ten days only.

To create the mixture, mix the ingredients in the amount instructed by Burroughs and drink a minimum of at least six to twelve glasses of the concoction daily through out the day. Drink the lemonade whenever hunger pangs strike.

A laxative must be taken in the morning and then in the evening. Using a salt water flush instead of a morning laxative can also be availed of instead. However, be sure to observe at least three bowel movements in a day. This will ensure that the waste accumulated in the intestinal walls is totally removed.

Always enjoy the Master Cleanse lemonade drink fresh and do not subject it to microwave as doing so will minimize its effectiveness. For each successful day, the psychological need to eat is slowly overcome full, providing confidence and a sense of control that motivates the person undergoing the diet.

Breaking the Master Cleanse is just as critical as starting it. On day one coming off the fast, immediately after the end of the master cleanse, slowly introduce orange juice into the diet. Day two will see the introduction of vegetable soups and broths. Day three observe a diet of fruits and vegetables. Be careful not to overeat or eat too soon and drink plenty of water. Slowly ease your self to a normal diet and avoid meat, fish, milk and eggs.

After undergoing the Master Cleanse, it is advisable to eat wisely. The gains derived from the Master Cleanse diet will surely be a powerful foundation to change old habits and start a life free from disease.

The lemonade recipe

The original recipe by Stanley Burroughs produced fantastic results for almost 50 years. However, some have been promoting alterations of the original [recipe](#). The problem with this arrangement is that they are done without understanding why the original ingredients work. Since the Master Cleanse is essentially a juice fast, adding shakes, cayenne pepper capsules or protein powder in an attempt to improve its efficacy is self

defeating because it reduces the efficacy of the diet.

The purpose of the program is to give the digestive tract a ten day vacation, so adding things to be digested does not contribute to the objective of the diet. Stanley Burroughs in fact discourages the intake of supplements and vitamins during the program because it interferes with the body's elimination system. Furthermore, the natural sources of vitamins and minerals already found in [lemon](#) and the maple syrup already provide for the body's needs during the detox program.

Other alterations include mistakes in the ratio of water through modification of the original recipe and dilution. This modification defeats the purpose of the minimum 6 drinks a day because it is more than the amount of water required. It is best to remember that variations on the process and especially in the recipe will not produce the results that originally worked for the many that faithfully followed the original Master Cleanse program and lemonade recipe.

This is the classic single serve recipe provided in Stanley Burrough's book:

2 (tbs). of lemon or lime

2 (tbs). of genuine maple syrup

1/10 tsp cayenne pepper

10 oz. water (hot or cold as preferred)

For those who cannot enjoy their lemonade, Tom offers this alternative:

1. Mix equal parts of lemon juice and maple syrup as a concentrate in a dark container. Keep this mixture cool.
2. Make enough concentrate for as long as you are incapable of making the fresh lemonade juice.
3. Every time you want a glass of lemonade, measure 4 tbs. of this mixture in a glass.
4. Add water and cayenne pepper, stir and drink. The maple syrup preserves the lemon juice and prevents oxidation of the vitamin C and enzymes.

Tom Woloshyn fondly recalled Stanley Burrough's remarks. He was said to have repeated many times over a phrase most technical people use when instructing frustrated customers, "When all else fails, follow the instructions." In order to ensure success and experience the benefits of the Master Cleanse Detox diet, it is essential to understand how to do the program properly. Faithfully following what has been prescribed is the first step in this direction.

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