

Everything-Life extension

Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

What I've learned about extending & enhancing life, preventing & reversing most all physical & mental health problems, finding happiness & love

What I do/take/have seen others do/studied:

What will we learn?

How to be a master herbalist

How compassion, gratitude contemplation leads to loving kindness,
& listening to God

Books to read (or listen to) on love with partner that may help
relationship to be happy for lifetime

Why so many couples split up or see relationship deterioration
during pregnancy or after starting taking or stopping taking The Pill

Healing injuries much faster & almost all pain & inflammation (a
couple usages a week) & infections with microcurrent (less than \$50
for years of usage)

Eliminating most diseases- diabetes, heart disease, cancer,
autoimmune, inflammation, kidney damage, ADHD, fatigue at less
than a penny a day each with baking soda & niacinamide

Compassion

Gratitude

Love

Listen

Kindness

Daily compassion & gratitude contemplation/meditation appears to help self and social happiness the most of any other practice. Feeling compassion for ourselves when where feeling down/anxious, then compassion for others feeling the same. Then gratitude that we don't always feel depressed/anxious, then gratitude others don't always feel bad. Then unconditional love for ourselves as Jesus & God loves us, then unconditional love for all other beings. Then listening to God, Jesus, & all beings helping life for all. Then acting with kindness to all beings.

Feelings of compassion & gratitude move us to feel love for ourselves & all beings. Then listening to God, Jesus & all beings helping life & health & love & happiness & freedom & hope for all for guidance after feelings of compassion, gratitude, & love for all beings helps to center us to hear God's message in a way that can help direct our lives & act with kindness to all.

Compassion & gratitude contemplation/meditation & acting with kindness helps the most when used when feeling in contention with others or our selves. It helps us argue together with another successfully, finding ways through even when we don't feel positive emotions at first. And when someone's behavior feels difficult, remembering that we may feel the same way they do if we were them with their experiences growing up helps us to have empathy & compassion & to be kind.

Cultivate friends

Spend more time with people who you feel good with, especially taking walks in nature with them. Look for people in groups & clubs with similar interests, especially volunteering.

Self hypnosis

For motivation people can learn self hypnosis & make a posthypnotic suggestion to feel a strong urge to read & try all below-

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Mel Robbins suggests one way of getting into focus & action is to high five ourselves in the mirror, then countdown 5 4 3 2 1 Go! & immediately do what we choose to do that's hard.

Life & relationship changing books:

People often watch one video from each then read & reread (because relationships change over time) the books, alone or together with their partner & rewatch, & relisten on books on tape:

Some of the wording in some of the books is older. I sub “people” for men & mankind. In Men are from Mars, Women from Venus, people of different genders & preferences often find some of themselves in both parts.

Vids:

Leo BuscagliaPT1 youtube.com/watch?v=1cbAW1aE3UY

Leo BuscagliaPT2 youtube.com/watch?v=hdKDRO3NQ4c

Leo Buscaglia Love Lectures – CPTV Programming – Dec 9 1987
(2hrs of Leo) youtube.com/watch?v=2DkFAIINs80

Love by Leo Buscaglia

7 Principles for Making Marriage Work by John Gottman & Nan Silver

The Five Love Languages by Gary Chapman

Men Are From Mars, Women Are From Venus by John Gray

It can happen to you: the practical guide to Romantic love by Roger Callahan (also invented Tapping/EFT/acupressure for mood)

The Romance Factor by Alan Loy McGuinness

Read the online essay by Mandy Len Catron "To Fall in Love With Anyone, Do This," with your partner

Reading these can give people the energy to try out new things & find out what is & is not working for them & help them find a deep, quiet, long term happiness within themselves within the year of reading & if each read with their partner. People have sometimes found their addictions to be lessened or ended as well.

Love, pregnancy & birth control

We feel the most physically attracted to & have chemistry with people who have three different immune factors as us. Most people in romantic relationships have at least two immune factors different. Two things change that- pregnancy & estrogenic birth control- The Pill (artificially raising estrogen mimics pregnancy). When women

are pregnant, they become attracted to partners with the same immune factors, & put out pheromones (scents) of a person with the opposite immune factors as they really have. So if they were with a partner who had 2 of 3 immune factors different, they now respond & their partner responds as if they have only one of three different, cutting their physical attraction to each other in half during the pregnancy or usage of The Pill. If they have three different immune factors & had great physical attraction before the pregnancy/Pill, they can lose almost all physical chemistry/attraction to each other during pregnancy or while on the Pill.

This has sometimes been written off as “she’s just focusing all her energy on the baby”, or “he loses interest when the woman becomes a mother figure”. Some people get suspicious that their partner is seeing someone else, especially if the chemistry was very good before, as an explanation for their own & their partners loss of physical chemistry. If every couple knew this happened then there would be a lot less breakups because the chemistry usually goes back to normal immediately after childbirth, even if desire/ability to have intercourse doesn’t resume for a few days or weeks.

One temporary solution during pregnancy if the smell of our partner is no longer as automatically attractive is to hold (internally) our noses when kissing, and having sex while in the shower where our scents are temporarily washed off or on a bed with a fan blowing on the top of our heads (blowing our scents away from our noses).

Since estrogenic birth control has so many side effects (some of which are permanent), including acne & depression as well as causing many breakups, for those who choose birth control

progesterone only birth control or barrier (condoms) may be much safer for the health of women & their relationships.

Religion

After reading direct translations of the books chosen for & called the Old Testament & the books chosen for & called the New Testament as well as most other ancient origin writings in the oldest texts (clay tablets) through history around the world, in Mauro Biglino's The Naked Bible, The Lost Book of Enki at Annunaki Ancient Mystery & the other analysis on the site of Sumerian translations & other ancient texts, reading/listening to The Gods of Eden by William Bramley, then testimonies of people who have near death & revived experiences- I believe in Jesus's teachings, independent of religious interpretations of his origins.

Jesus's vision of loving a caring & life supporting God & be kind to others & ourselves (children first) with compassion, forgiveness & gratitude is what I believe our mission is, perhaps through many reincarnations (as we choose) we remember only after passing on. I believe in marriage we should be together for as long as we intentionally love each other, and to study love and loving relationships to be the best together as possible & get premarital counseling on the importance of working out ideas on money, religious preferences, & kids before the marriage (including the religion the children may be brought up in).

To all beings helping life for all, Jesus & God, please help us all beings to have compassion & gratitude for & to be kind to all beings. Please help us all beings to best help us all beings to best support life, love, health, happiness, freedom & hope for all. Please help us to love all life as God does, all beings as Jesus does, and to listen to all beings helping life for all, Jesus & God for guidance.

I believe that God understands our passions can overwhelm us, and loves us anyway. I believe that what matters to God is how we treat each other. I believe that God has complete understanding, love, & compassion for us all. I believe Jesus's teachings help us to work to have understanding, love & compassion for all.

I believe we grow spiritually through daily direct study of all information that helps us to live in peace with others, and we can

talk with God & Jesus through prayer & listening to their answers & the answers of fellow beings working with us for life for all.

We can direct our life with “I Am” statements of our goals & who we want to be.

Avoiding environmental injury

We can spend a couple hours at any possible living site to see how we feel physically, mentally, & emotionally there. We can trust our feelings as it can be anything from strong electric fields to infrasound to pollution to mold- we may only have the evidence of how good or bad we feel after an hour or two.

Electromagnetic frequency (EMF) damage

EMFs are put out by wifi routers, cell phones & cell towers, satellites, microwaves, & electric meters among other things. They can increase infectious diseases, cognitive confusion, & cancers.

Some EMF blockers, like quantum tech & “fields”, appear to reduce the damage of EMFs.

Windmill infrasound

The largest windmills have the strongest infrasound, which appears to damage living tissue, cause physical stress to housed animals, & free animals to avoid the area.

theepochtimes.com/health/infrasound-from-wind-turbines-could-be-a-huge-threat-to-the-entire-biodiversity-doctor-5597073?ea_src=ai_recommender&ea_med=a_bot_2_ads

Mold

Have Toyota Camrys had a mold problem in the air intake for over 30 years?

Toyota Camrys have been in a class action lawsuit for alleged mold exposure in the air intake. Toyota won the class action lawsuit, but some of us who've ridden in or owned Camrys got rid of it because of the air intake & getting sick.

toyotanation.com/threads/2015-17-camry-mold-smells-cause-lawsuit.1627192/

carcomplaints.com/news/2023/toyota-camry-air-conditioner-smell-lawsuit-over.shtml

Mold test

Every house can do a simple mold test- wet a piece of paper then let it sit & see if mold grows on it.

Carpeting is a mold magnet

On noncarpeted floors, when water is spilled, it will evaporate overnight. When water is spilled on a carpet it becomes a mold crisis as it gets into & under the padding & remains moist & gets mold quickly. Carpet installers pull old carpeting out first, & I haven't met one that didn't say they would never get carpeting for their own houses because of all the moldy carpets they see (underneath).

Mold exposure is a hard thing to diagnose. Iorinse iodine concentrate is very strong & breathing in the vapors into the nose then mouth alternating for a few minutes (while watching entertainment video) may help to clear up toxic mold or other respiratory infections like T. gondii.

How to reverse aging, enhance longevity?

Full mitochondria activation #1

1/32 to 1/16 ts of niacinamide (no flush vitamin B3) 3x/daily or enough carbon 60 (C60) or methylene blue or ubiquinol or PQQ alone or in combination for great energy, longevity, & reduction of diabetes, heart disease, & nearly full cancer prevention as it turns on mitochondria. People know they are taking enough when they double their mental, emotional & physical energy. At these doses the niacinamide is less than a penny a day.

Baking soda #2, #2 if bacterial infections, one cent

Taking anti-inflammatories like 1/2 ts baking soda with water on an empty stomach 2x a day can reduce inflammation enough to increase stem cell regrowth of tissues, less than a penny a day, as well as reduce fatigue, cancer, eye diseases, 2nd most common kidney stones (magnesium may stop most common), kidney damage, bacterial infections, & reflux/GERD damage.

Other anti-inflammatories

Others are alpha lipoic acid #3 600mg 4x a day &/or turmeric w/black pepper or ginger, ginger, astaxanthin (also prevents sunburn & skin aging), holy basil, cinnamon, spirulina. Alpha lipoic at high dosage appears to stop migraines 80% w/in one hour, sciatica in a day, neuropathy in half a week (Mayo clinic studied & recommends), diabetic dementia in a week, type2 diabetes in a month, heart disease/hypertension/congestive heart failure in three

months, stop heart arrhythmias, damage from heart attacks, etc.

Spirulina #4

Spirulina taken with a vegetable (a must) has the EPA & DHA omega3 fatty acids prized in fish oil much cheaper, increases mood, concentration, chelates heavy metals, is anti-inflammatory, works against cancer, liver disease.

Vitamin D3 #5

50k of vitamin D3 more than once a week may reduce viral infections by 90%, many cancers by 80%, diabetes, heart disease & hundreds of other illnesses. Getting blood levels above 150ng/ml appears to see a 95% drop in autoimmune symptoms (yes, people with MS get out of their wheelchairs for good).

Magnesium glycinate #1 if insomnia, #6 daily

Magnesium helps almost every body process, improves vitD3 benefits by 2.5x, & a lot of illnesses are banished with magnesium ingestion or oil.

Lecithin liposomal vitamin C #1 if any illness, #7 daily

Lecithin liposomal vitamin C 500-750mg once a day & every hour if ill also appears to reduce cancer by over 80% as well as hundreds of other illnesses, viral infections.

Meditation

Meditating on compassion, forgiveness, gratitude, love & listening appears to help mental health the most of any practice. Using “I Am” statements to guide what we want to be & do in life appears to help us achieve our dreams & our enlightenment.

Hallucinogens vs other nootropics

People who take nootropic (brain enhancing) supplements, especially in “stacks” or groups of supplements like Qualia Mind (almost 30 different nootropics), often say it is the best feeling they have ever had & the most productive. Microdosing (1/10-1/5th the normal dosage) of psychedelics like psilocybin (in psychedelic mushrooms) also appears to bring a “flow” state of increased mood, creativity, & physical coordination. Starting with a microdose of psilocybin & slowly increasing the dosage until maximal benefit for mood is found appears to be much safer than taking other hallucinogens, or immediately taking “heroic” dosages of

hallucinogens that are 4x the amount needed for hallucinations that can lead to long term adverse effects.

Avoiding the most toxic foods:

Mercury added refined oils (polyunsaturated fat is already heated & turned to formaldehyde) or cooking with any polyunsaturated oils (all except for grassfed butter/ghee/lard or organic coconut oil), lead & mercury added FD&C food coloring- red#,yellow#,blue#, mercury added high fructose corn syrup (hidden in anything with nonorganic corn like dextrose), mercury added processed grains like wheat & American white rice, Roundup/glyphosate antibiotic/herbicide laden grains & beans unless organic, MSG hidden in natural flavors (ALDI's store brands- not name brands also seen in other stores- are pledged since 2015 to have not hidden MSG or FD&C food colorings). Taking supplemental calcium leads to early death in nearly all studies. Increasing vitamin D3 increases natural calcium absorption from foods the safe way.

Best foods for longevity

Organic olives #1 food (not California black) are more likely to be genuine than olive oil (2x as much is sold as produced) unless extra virgin, one country, organic & helps against heart disease, diabetes, obesity (helps satiation & fat loss) & all cause mortality.

Organic elderberry #2 daily, #1 with zinc if sick with what we call viral infections- cov, flu, cold sores, shingles, #1 if bacterial infections

Elderberry 2g every 8 hrs & zinc 50mg daily- 12 hours if viral infection, 3 days if bacterial.

One ts elderberry daily to prevent all viral & bacterial, 1/2ts if also taking 100K vitD3 weekly & one ts total baking soda daily

Not getting sick all winter/seasons is awesome! Not getting anyone else sick is priceless ?

Organic spring greens mix #3 for minerals like magnesium & zinc & calcium & vitamin K1 we make into K2 for heart disease, diabetes, cancer, bone building, calcium lowering.

Organic mixed fruits #4(not diabetes causing juice) at end of meal & walk/exercise right after

Organic freshly (or frozen) ground flaxseed #5 1tb before a meal for anticancer, antihormonal cancers like breast, ovarian, prostate & for weightloss

Organic broccoli & kale sprouts #6 for anticancer & superhigh [sulforaphane](#)

Organic blueberries, lion's mane mushroom, red wine vinegar, cocoa (together) #7 (not Dutched) for neural growth & cognition

Apple cider vinegar #8 for obesity, diabetes, heart disease, cancer in cooked vegetables or drank through metal straw to avoid tooth enamel

Foods that can be eaten to satiation & cause daily fatloss #9: first a tb of organic freshly ground (or frozen) flaxseed before a meal with a glass of water (drinking liquids during meals increases food intake), then meats especially ruminant animals (cows, sheep, deer, bison) or organic potatos/sweet potatoes with butter/coconut oil or organic beans & lentils w/a little oil, or all the low carb vegetables on the ketogenic diet. All these foods cause great fullness & people eat the lowest amount of calories the rest of the day after eating these individually & lose weight daily even eating them whenever they want to fullness. It's best after eating higher carb foods like potatoes if they are mixed with the other foods to eat them at the end of the meal & walk/exercise after.

Since meat & low carb vegetables are part of the ketogenic diet, & the ketogenic diet itself helps lower body fat to low levels, it is unknown if organic beans & lentils can be added with the same or better fat loss (likely), but especially if a higher carb vegetable like potatoes can be added. It is amazing that potatoes are higher carb but people eat less calories after eating potatoes than almost any other food. So if potatoes are added to the ketogenic diet, eating them for dinner & at the end of the meal & walking/exercising immediately after probably preserves the fat loss effectively.

Therapeutic plasma exchange (TPE)

Therapeutic plasma exchange (TPE) done by repeatedly replacing half or less of plasma with saline and purified albumin- appears to bring back most all the health benefits of youth. It was already known to help some of the most difficult health problems- autoimmune and neurological diseases & Guillain–Barre syndrome & long-haul COVID-19 symptoms.

This accounts for some of the benefits of giving blood (& the old practice of bloodletting which also reduced iron & helped people survive bacterial infections). When giving plasma from younger people helped rejuvenate people who are older & getting older plasma seemed to age people who are younger, it seemed that something special in the plasma of people who are younger caused most of the benefit. Instead, getting rid of older cells in the plasma seems to trigger the rejuvenation effect if it holds true.

Kim D, Kiproff DD, Luellen C, et al. Old plasma dilution reduces human biological age: a clinical study. *Geroscience*. 2022 Dec;44(6):2701-2720. DOI: 10.1007/s11357-022-00645-w. PMID: 35999337; PMCID: PMC9398900.
link.springer.com/article/10.1007/s11357-022-00645-w

Inflammation vs stem cells

Inflammation blocks our stem cells from regrowing tissue & healing. Our inflammation response is often stronger when we are older which can reduce our healing ability we had when children. Avoiding inflammatory foods & taking high levels of anti-inflammatory herbs with low adverse effects can help us regrow tissue like when we were five years old.

Pain, injury & inflammation

While taking anti-inflammatories with low side effects like alpha lipoic acid (especially for nerve pain), noni capsules, corydalis, turmeric w/black pepper, astaxanthin, palmitoylethanolamide (PEA) are all very effective in reducing pain & speeding healing, what is cheapest?

Microcurrent

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Microcurrent is the most effective & cheapest pain & inflammation reducer & healer of injuries. Microcurrent has low sensation but increases ATP production & speeds up healing up to 500%. Chronic injuries are often resolved over 50% of the time, & sometimes just one day's usage can banish pain & inflammation for half a week. Because it can be bought for as little as a \$30 (Micro II, best because of a continuous setting that doesn't need reset every 90 minutes), or an \$80 rechargeable unit that also has Tens, muscle stimulation & inferential treatments (Neo), \$30 for years of reduced & sometimes eliminated pain, inflammation & 5x faster healing is cheapest. It may also enhance immune response to viral, bacterial, or fungal infections if used overnight with a (red) pad on both hands & a black pad on both feet (red/black both sides). Buying a couple 9 volt lithium rechargeable (by usb-c cord) batteries for \$14 for two saves thousands on throwaway batteries & makes the total cost with shipping as little as \$50-\$70 for enhanced healing for years.

When used on the hand & foot on each side at night when sleeping (setting C for continuous for the Micro II), the microcurrent may speed up recovery from a workout & increase muscle strength & fat loss from the workout as well as treat any pain & inflammation or infection throughout the body. Most have three different pulse settings to rotate daily or with each usage & at least eight intensity settings to dial down if feeling any adverse effects.

alienherbalist.com/microcurrent/

Addiction

Microcurrent can take the chronic pain of injury away. The amino acids (in foods we eat but also as supplements) phenylalanine, DL phenylalanine or tyrosine for improved mood & reduced anxiety & depression & cravings, and the anti-inflammatory painkillers 1/2 ts baking soda twice a day, 600mg of alpha lipoic acid 4x a day, noni capsules (not sugary juice), corydalis all appear to stop the pain & even withdrawal & cravings in opiate & other addictions.

Taking naltrexone 45 minutes before drinking appears to help 78% of people stop drinking forever or only drink occasionally & only after taking a naltrexone. DHM from the Japanese raison tree clears alcohol faster from the system (hangover “cure”), kudzu enhances pleasure from alcohol & both also reduce alcohol use.

Infopathy

The people who use this are usually the ones who care about results regardless of whether they understand the underlying mechanism. Infopathy is a ultra cheap (\$12/month after buying the returnable \$72-\$230 imprint device (magnetic, light or sound) way to get the benefits of homeopathy. I didn't understand homeopathy, didn't believe in it, nor in this but kept an open mind when it worked for Ben Greenfield & other nonsensical biohackers & found it works for me. For the people it works for it gives 30-70% (50% on average) of the benefits of taking the supplement, but none of the adverse side effects.

Essentially people get to try an unlimited number of supplements for \$12 a month, have no adverse side effects, & an average of 50% of the normal strength of the supplement. Once again, supercheap & it has reduced the number of supplements I take so has saved me a lot of money.

Master herbalism by mixing herbs/supplements

How to be a master herbalist? Most herbs (plants) & supplements (more of what we already have in our bodies we make or intake) are given at full doses & their adverse effects are low. But if we take a mix of five herbs/supplements for the same issue, we get only 1/5th of the adverse effects plus all the main effect, & more reliably by using 5 different ways to get the same effect. So side effects are often five times lower & reliability of effectiveness higher with mixes.

If we always use mixes we should always have low adverse effects. So we can use higher effective doses of mixes than single dose herbs because the adverse effects will be only 2/5th as normal or 3/5th if doubling or tripling the dosage. That's why Chinese herbal medicine is so effective, they use a lot of mixed ingredients & have been shown in studies to be at least as effective as prescription drugs but with little or no adverse effects.

Under the tongue

Doing liquids or powders (often with stevia sweetener to taste good) under the tongue often leads to much faster, longer & stronger effect because it goes much more quickly into the bloodstream vs swallowing & avoids getting strained out by the kidneys so lasts longer & at higher blood levels. Because people then need often only half the dosage and it doesn't go through the gastrointestinal system people often see 2/3rds less adverse effects as swallowing the same med.

Autism & autoimmune disorders

In one study on autopsy over 2/3rds of the people who had had autism (died of unrelated causes) had the same autoimmune attack markers on the their brain as people who died of MS. People with

autoimmune appear to be able to reduce autoimmune symptoms to near zero & people with autism to increase their social understanding to near average & their sensory processing to normal with a combination of taking

1/2 ts of baking soda (if 200lbs) twice a day to stop neuroinflammation (especially autism) & bacterial infections & cancer & exercise fatigue & eye diseases & kidney damage or stones (2nd most common- magnesium prevents most common type),

50K of vitamin D3 (under tongue best) daily if 200lbs to get blood levels to 150ng/ml (500k vitamin K2-or organic natto- for every 50K vitamin D3 will move extra calcium absorbed away from artery & to bone building) & see a 95% drop in autoimmune symptoms (including autism)

taking the combination nootropic (brain enhancement) Qualia mind (no caffeine best) for four capsules after breakfast (not 7) if 200lbs to lower brain inflammation (especially for autism)

This appears to work as well as avoiding wheat, dairy, eggs, chocolate, soy & corn (especially nonorganic GMO) for people with autism.

Other things that appear to reduce autoimmune attacks-

avoid or lower use of foods with autoimmune triggering alkaloid-
potato skins (especially green/wrinkled), tomatoes, eggplant,
peppers (all except black pepper)

pressure cook all foods to stop leptin sensitivity

take antiparasitic mix yearly- wormwood, clove, black walnut,
oregano oil

spice with 20 organic mix including garlic, onion, italian seasonings,
cinnamon etc. (Costco has one)

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Best practices/supplements for highest benefits/lowest costs/lowest
adverse effects-

Inclined bed therapy (IBT)

The body moves most of its fluids up & down by making them more or less dense. When we lie horizontal we interrupt many of the body's processes for health. Lying at an incline of 5% or with the head of the bed elevated by six inches improves most all health outcomes. Lying horizontal significantly slows digestion & appears to be why we get the most heart attacks after lying flat all night & pneumonias from lower respiratory infections.

An adjustable bed, 6 inch blocks under the legs at the head of the bed, gravity chairs & recliners all work.

alienherbalist.com/inclinedbedtherapy/

Niacinamide (no hot flash vitamin B3)- less than a penny a day

Niacinamide at 1mg/lb of body weight divided into 3 daily doses (3x50mg if 150lbs) appears to increase mental & physical energy (turn on mitochondria), mood (especially if low on sleep), longevity & reduce schizophrenia, dementia, addiction (alcohol), fat & help in liver & kidney injuries.

The easiest way to dose is to use 1/4 of 1/4 ts, or buy a set of measuring spoons- tad 1/4 ts, dash 1/8 ts, pinch 1/16 ts, smidge 1/32 ts, drop 1/64 ts & start with a drop 1/64 ts three times a day under the tongue & increase until finding the dosage people feel a large boost in mental & physical energy.

alienherbalist.com/niacinamide-no-flush-vitamin-b3/

Baking soda (sodium bicarbonate)- less than a penny a day

Baking soda is alkaline, easy to take and may have few side effects. It appears to help stop cancer & metastasis, bacterial infections very quickly (1/2ts every 2 hrs), kidney disease (including crush syndrome), kidney stones, osteoporosis, many drug overdoses, autoimmune disease symptoms including inflammation & pain, eye diseases, GERD, gout, canker sores & help athletic endurance (used frequently by pro athletes). At 1/4-1/2 ts 3x per day a half hour or longer before meals & an hour or longer after it is less than a penny a day. Potassium bicarbonate is more expensive & may have more benefits.

alienherbalist.com/baking-soda-2/

Carbon 60 (C60) & methylene blue

C60 & methylene blue both also turn on mitochondria & shut down most cancer, increase mental & physical energy, mood & overall health.

Stress prevention & treatment & self psychotherapy

Grounding

Grounding is having contact between the body & the ground that provides an electric (electrons) recharge that benefits health & reduces stress. Taking off shoes when standing or walking on the grass works. If a residence is grounded, running a metal wire (can be 4 for \$1.25 at dollar stores) from the middle screw of a power outlet plate (usually grounded) & touching it (like under a sock or belt) to skin can provide grounding indoors for little money all over the house. Sometimes metal piping can be grounded as well or if the electric isn't.

Grounding in water (even just feet or hands) may be many times faster than on earth alone.

Parasympathetic engagement for stress

When we are in stress activating the parasympathetic system helps to stop the stress & reduce anxiety. Tapping the fingers below the sternum (lightly on the xiphoid process) on the lowest part of the sternum activates the parasympathetic response, stimulating our vagus nerve (increasing its tone & variability) & causes instant relaxation & a very pleasurable instant reduction in stress. Using a massager on the spot (lightly) works even better.

Breathing slowly (4 in 4 hold 4 out 4 hold) increases carbon dioxide & also activates the parasympathetic.

Tapping with fingers of both hands provides the bilateral stimulation that appears to help people with PTSD reencode their memories as not traumatic when they tap while thinking of the troubling memory or situation. EMDR that uses eye movement helps this, & bilateral touch stimulation appears to work in the same way as EMDR. Many of the acupuncture/tapping points below are bilateral.

Acupuncture, acupressure & tapping

There are acupuncture points which when stimulated appears to improve mood & reduce anxiety. These can also be activated by pressing (tapping, EFT) the same points with the fingers. Looking up “tapping points” will show pictures of the effective points that people can tap for 5 seconds or more to activate these acupuncture points & improve mood & reduce stress within a half hour. This works effectively, especially if lightly tapping the xiphoid

process/vagus nerve as well.

Handheld massager

There are small handheld rechargeable massagers (\$7 Party City), \$15 on Amazon that make it very easy to hold in one hand & press onto other hand to make the fingers vibrate when touching the acupressure points. Some people hold/touch each of the pressure points for a minute, some for 10 seconds each then keep rotating through the rest & start the cycle again.

Walking in nature & hiking

Walking in nature while tapping acupressure points for happiness & talking with a friend or thinking about something that's troubling/stressing/causing PTSD can help work out the problem/stress/PTSD by elevating the mood & by getting bilateral stimulation as well as eye movement back & forth that happens naturally when in nature & can help to work out problems and/or reencode memories as less or not traumatic & with new understanding.

The effect is similar to doing psychotherapy/PTSD/stress work while on a ketamine drip if ketamine relieves a person's depression. The tapping raises the mood like ketamine does & allows for positive reencoding of the memory/working out the emotion or problem.

Walking/hiking also provides exercise after eating carbohydrates that uses up the blood sugar increase & help to reverse diabetes & hiking also provides the strength improvement in muscles for balance/walking that prevents falls & in bones that prevents broken hips from falls & extends life more than any other exercise. In the winter walking up stairs provides at least the muscle & bone building.

Depression, anxiety, ADHD-

Ketogenic, carnivore & lion diets

The ketogenic or carnivore or lion diet reverses symptoms of depression & anxiety & ADHD as well as schizophrenia, bipolar & autism for many within 3 days, possibly in part by reducing Roundup/glyphosate, paraquat & diquat herbicide ingestion from conventional legumes (especially soy & oil) & grains (especially corn & oil & syrup) as well as eliminating carb cravings. Organic legumes/beans that are soaked for 12 hours (sprouted is great too), then pressure cooked can be added as well. Organic grains can be added & still get the ketogenic benefits but best at the end of a meal then exercise/walk/hike right after while talking with a friend in person (or on phone). The walk/hike in nature while talking with a

friend & after a meal is a best practice against depression independently.

Simon Gilbody, Elizabeth Littlewood, Dean McMillan, Lucy Atha, Della Bailey, Kalpita Baird, Samantha Brady, Lauren Burke, Carolyn A Chew-Graham, Peter Coventry, Suzanne Crosland, Caroline Fairhurst, Andrew Henry, Kelly Hollingsworth, Elizabeth Newbronner, Eloise Ryde, Leanne Shearsmith, Han-I Wang, Judith Webster, Rebecca Woodhouse, Andrew Clegg, Sarah Dexter-Smith, Tom Gentry, Catherine Hewitt, Andrew Hill, Karina Lovell, Claire Sloan, Gemma Traviss-Turner, Steven Pratt, David Ekers.

Behavioural activation to mitigate the psychological impacts of COVID-19 restrictions on older people in England and Wales (BASIL+): a pragmatic randomised controlled trial. *The Lancet Healthy Longevity*, 2024; 5 (2): e97 DOI: [10.1016/S2666-7568\(23\)00238-6](https://doi.org/10.1016/S2666-7568(23)00238-6)

University of York. “Psychological care delivered over the phone is an effective way to combat loneliness and depression, according to a major new study.” ScienceDaily. ScienceDaily, 1 February 2024. <www.sciencedaily.com/releases/2024/02/240201212327.htm>.

Phenylalanine & tyrosine amino acids most effective for depression

Phenylalanine is made by the body into tyrosine & is well tolerated (both are amino acids in foods) & is what the body uses to make neurotransmitters dopamine & noradrenaline & adrenaline & serotonin & thyroid hormones for longevity, increased movement (dopamine), ADHD (150mg-2g), mood (50mg-200mg), chronic pain (1.5g-3g) & addiction recovery & energy.

DLPA phenylalanine may be most effective. If not just right, then L-tyrosine can be tried, then L-phenylalanine may be best for weight loss, & D-phenylalanine for pain & addiction.

en.wikipedia.org/wiki/Tyrosine.

supplements.selfdecode.com/blog/dlpa-dl-phenylalanine/#DLPA_Benefits

Most antidepressants only target one or two neurotransmitters & raise them high, increasing side effects like increased passivity & decreased empathy for serotonin reuptake inhibitors (SRIs) like Prozac/fluoxetine, Paxil/paroxetine, Zoloft/sertraline, Effexor/venlafaxine, Pristiq/desvenlafaxine (dual SNRIs that increase serotonin dramatically). Giving the body what it needs to naturally make all four neurotransmitters mildly to moderately appears to have far more effectiveness & far less adverse side effects.

Selegiline

Selegiline is the prescription MAOI that increases dopamine, norepinephrine, epinephrine & serotonin mildly to moderately, but needs to be taken under the tongue or on the skin to avoid side effects from tyramine containin foods. As long as it is taken under the tongue, it appears to avoid the small intestine where the interaction effect takes place and the temporary high blood pressure increase from tyramine ingestion. MAOIs appear 80% effective against depression when given in sufficient dosages vs 30% for SRIs.

Anxiety & stress

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Adaptogens for stress & anxiety

Taking an adaptogen mix- ashwaganda, reishi, cordyceps, ginsengs, rhodiola, maca all improve athletic performance when desired &/or reduce stress (cortisol) levels when needed. If sick, exhausted, or have lack of sleep they give five hours of normal feeling & functioning. The can work as fast as 15 minutes if taken under the tongue.

Anxiety & insomnia

Taking an antianxiety mix, especially liquid drops under the tongue, can stop anxiety in 15 minutes during the day & help sleep at night- kava, chamomille, valerian, hops, lemon balm, lemongrass. Kava is best in a mix but is so effective its used in place of alcohol in kava bars around the world- all the fun & increases cognitive performance.

Teens & devices (adults too)

Avoiding social media at night can help prevent insomnia & anxiety & depression & suicidality for preteens & teens by enforcing no devices at night. The blue in the white light of the phone/tablet/computer/tv tells the brain first rays of sunset & turns off melatonin & turns on orexin (wakefulness chemical that caffeine increases) & causes insomnia & high anxiety & depression & increases suicidality.

Red light

Turning on a red light or red nightlight if having insomnia or getting up to go to bathroom tells the brain its the last rays of sunset & the brain floods with melatonin & can help sleep even in daytime as well as pink noise apps that increases deep sleep over 20% (alternate 1 night a week with brown or white or other noise to keep brain from

adapting to effects).

Melatonin

Eating a pistachio or pistachio butter or Montmorency cherry increases melatonin naturally for sleep.

Extended release melatonin may work longer for people who are fast metabolizers.

Some supplements have over a hundred grams of melatonin as it is a major anti-inflammatory, appears to make zinc much more effective against viral infections, reduce cancer & extend life.

Raw honey

Raw honey turns off orexin, the wakefulness chemical in the brain that caffeine & bright/blue light turns on, to help sleep. Raw honey also suppresses coughing greatly, especially in combination with raw cocoa (not Dutched or alkalyzed).

The most effective things for reducing cancer?

Enough niacinamide (supercheap) or C60 to get a near 100% reduction (also deeper sleep & much greater energy) by fully turning on sleeping mitochondria that kill cancer cells? People know they

are taking enough when they get a big boost in mental & physical energy.

Ketogenic diet 80% reduction if no processed & mostly whole foods pressure cooked, especially organic?

High dose (600mg or more at wakeup & with every meal) alpha lipoic acid to reduce nerve pain, inflammation, cancer, heart disease & blood sugar?

Vitamin D3 (under tongue best) 50K/1.25mg daily to get from under 20ng/ml to over 70ng/ml reduces many cancers by 80% & also take 500mcg of vitamin K2?

Lecithin liposomal vitamin C 500mg every four hours?

High dose (over 100mg) melatonin with 30mg zinc nightly?

CBD oil also for pain, anxiety, insomnia, seizures?

1/2 ts baking soda under tongue or with water (empty stomach) alternating with 1/2ts modified fruit pectin 2x per day each?

Daily cooked organic medicinal mushroom mix?

Teeth & gums

Root canals & teeth pulling

Many diseases like cancer, early onset Alzheimer's & heart attacks where there is little or no heart disease appear caused by periodontal bacteria from periodontal disease caused by root canals and removing teeth without pulling the ligament.

3D cone xray

Everyone can insist on a 3d cone xray that should be able to see any pockets of infection. Almost all root canals reportedly have infections, as well as teeth removed where the ligament wasn't pulled & so the jaw doesn't regrow to fill in the hole.

Molecular iodine

We can brush gums & teeth daily for a week with molecular iodine (far stronger & safer than other forms) or food grade peroxide in a pinch to help eliminate any hidden periodontal disease that causes/increases so many chronic & deadly diseases like heart attacks where there is no artery blockage, early onset Alzheimer's, & cancer. Molecular iodine may also prevent any future cavities. The only thing more immediately effective may be ozone.

Red light for teeth strengthening

100-150 watt incandescent/halogen red bulb or red lasers along with 50k vitamin D3 weekly (under tongue) or more frequently & vitamin K2 or natto or vitamin K1 in organic kale or baby greens our body can make into K2 can rebuild teeth after the infection (cavity) is killed.

Ozone

Dentists with ozone to kill infections & red lasers to rebuild enamel can stop the infection & rebuild teeth with cavities & prevent tooth extraction or root canal

Dentists vs self treat

The best dentists will have ozone & red lasers, but molecular iodine (like Iorinse) can be found less than \$40 for the concentrate & less than \$10 for the red 100-150 watt incandescent/halogen light. 2 minutes with an open mouth every four hours can speed up teeth rebuilding of cavities.

Zirconia instead of titanium

Zirconia teeth implants (after three months wait after ligament pulled & jaw rebuilds) are not metal like titanium that appears to cause a lot of health problems.

Bridge over troubled teeth

Bridges are temporary & may damage multiple other teeth. Resin bonded/Maryland bridges may be better as well as an implant supported bridge.

Mercury poisoning

Mercury in amalgams is poisonous & essential to be removed by a dentist that cared enough not to use mercury themselves.

Composite

Admira fusion ceramic composite may work in place of toxic BPA (Bis Gma) or Yttrium trifluoride.

Flouride

Flouride is a toxin that over a hundred studies have shown kills brain cells & lowers IQ. When filtered out of water & toothpaste (dozens of other anticavity toothpastes don't contain neurotoxins) people get an noticeable increase in cognitive & emotional intelligence that's grows stronger every day for a couple weeks.

[Consumers for Dental Choice](#)

[Dental Amalgam Mercury Solutions \(DAMS\)](#). Email them [here](#) or call 651-644-4572 for an information packet

[Huggins Applied Healing](#)

[International Academy of Biological Dentistry & Medicine \(IABDM\)](#)

[International Association of Mercury Safe Dentists](#)
[Talk International](#)

Wisdom in teeth removal

Wisdom teeth removal may be best only if growing in wrong, causing pain, tooth decay, or hurting other teeth according to ADA, APHA, NIH, Cochran review.

Tooth pain control

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Clove oil

Clove oil is a much stronger topical oral painkiller than addicting & (after 2 days) pain increasing opiates like morphine, codeine, hydrocodone, etc. that cause long term addiction over 25% of the time even when starting with less than a 2 week prescription.

NSAIDs

Temp use (just a couple days or they increase mortality) of ibuprofen, naproxen & acetaminophen is more effective & doesn't

cause long term chronic pain like opiates.

articles.mercola.com/sites/articles/archive/2023/08/18/wisdom-teeth-extraction.aspx?ui=2786f3a193080a6ac8e761767b46de0f800c80dc67

Safer anti-inflammatory painkillers

Alpha lipoic acid, tumeric & black pepper, astaxanthin are effective & low side effect anti-inflammatory painkillers.

Respiratory infections

Iodine

One part iodine (molecular best, nascent or Lugol's) or peroxide (food grade best) to 10 parts water nasal spray & 30 second mouth rinse & 30 second gargle every night when coming home from work & again when going to bed may prevent nearly all respiratory & sinus infections. Using it every hour may also treat the infections quickly by killing it where its at its highest amounts.

Elderberry & zinc

Four 500mg elderberry capsules every four hour with 30mg of zinc every 12 hours if sick may stop respiratory infections in three days (as little as 12 hours for some viral infections including shingles & cold sores (also lysine cream) depending on immune system health, as well as any hidden viral infections driving long term health problems like fibromyalgia or chronic fatigue.

Melatonin, green tea (EGCG) & quercetin

Melatonin, EGCG in green tea, & quercetin in foods (like elderberry) all make zinc four times more effective against viral infections.

Chlorine dioxide

Chlorine dioxide has reportedly been used in place of bleach everywhere in the world & in much of the USA as a far safer water disinfectant. It's uses including eradication of previously untreatable diseases reportedly have over 100,000 patents & been recommended to be used on food disinfection by the FDA & EPA. The Red Cross & hundreds of thousands of people have reportedly used it with near complete success against malaria & other infections.

mmsinfo.org

mmsinfo.org/mmsinfo.org/infosheets/MMS-How_to_make_it-by_Jim_Humble.pdf

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Coiloidal silver/silver solution

Homemade colloidal silver (w/\$6 fishtank bubbler) or store bought (like in hospital pharmacies & wound care centers) appears to stop all topical wound infections & some internal infections.

Boneset

Boneset may help against some of the most severe infections.

Ivermectin

Ivermectin is a strong antiviral, especially when used with zinc. Ivermectin also appears to stop parasites (its main use) & cancers from hiding from the immune system. It appears to be a strong anticancer as well & has very low adverse effects for most. Over tens of millions of human & animal doses there appears to be no reported deaths.

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Lyme disease

Lyme disease is often misdiagnosed as it can have side effects of many other diseases. People can stop lyme disease with antibiotics but then catch it again (mechanism unknown) from family members/housemates with subclinical symptoms.

Everyone can prevent lyme disease by inspecting their skin after being outdoors for ticks. We can also eat the below foods on a regular basis that help to prevent & treat lyme disease.

Green leaf stevia

Green leaf stevia was more effective in a study than a triple antibiotic combination & can be taken in capsule form. It is very

sweet & when used in the right vegetable dish tastes like sweet spinach or kale.

Cat's claw

Samento & Banderol appear effective treatments for lyme disease & are made from from cat's claw.

Monolaurin

Our bodies get monolaurin from lauric acid in coconut oil. Coconut oil is one of the only oils safe to cook with (no significant polyunsaturated fats that turn to formaldehyde when heated/refined).

Probiotics

Probiotics (more kinds the better) taken w/last food/meal of night are most effective in stopping bacterial infections like lyme.

Proteolytic enzymes

Proteolytic enzymes on an empty stomach or under the tongue help penetrate lyme's protective biofilm. Organic natto (fermented soy) also has vitamin K2 for bone & teeth building, calcium lowering, & diabetes & cancer reduction.

Serrapeptase

Nattokinase (in natto)

Bromelain

Grapefruit Seed Extract

Papain

Amylase

Glucoamylase

N-Acetyl L-Cysteine (NAC)

Boswellic acid (boswellia)

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Anti-infectious foods

Garlic, leeks, black seed oil, oregano (also oil) & the other Italian seasonings, licorice root, dandelion leaves, turmeric & black pepper are all potent anti-infectives.

Organic vs toxic

Always organic food- nonorganics have toxins that cause chronic illnesses & early death. People who eat organic live a lot longer & healthier. Only Aldi's for any nonorganic foods because Aldi's only brands avoid both MSG & FD&C food colorings. Avoid wheat (except older like spelt) & nonorganic soy & corn, processed/refined foods- especially the mercury added to white wheat & rice, refined oil, high fructose corn syrup (HFCS) in any nonorganic corn products, FD&C food colorings-yellow#/red#/blue# (also lead added), & MSG (often hidden in things like "natural flavors").

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Sweeteners

Aspartame/Nutrasweet/Equal/Neotame sweetener is 10% methanol which becomes formaldehyde & appears to cause brain damage, blindness, seizures, depression, mental illness & all kinds of neurological problems as well as being highly addictive.

Sucralose/Splenda appears to kill the good bacteria in the gut & cause diabetes, heart disease, cancer & obesity.

Raw honey raises blood sugar less & less long than table sugar & is sweeter & doesn't appear to cause weight gain.

Allulose is a fruit sugar with no calories that LOWERS blood sugar & is usually paired with some stevia & monk fruit (both diabetes safe) for a much sweeter taste than each individually like in Ketosweet.

Oils

I avoid cooking with any oil other than organic coconut oil or grassfed ghee/butter/lard to avoid in all other oils heating polyunsaturated fat which turns it to deadly formaldehyde- causing depression, anxiety, diabetes, heart disease, obesity & cancer. Besides usually having mercury added refined oil is already heated & toxins used in refining. Best in studies is organic olives (not California black) or organic avocado or organic freshly ground/frozen flaxseeds (with water before a meal) to avoid the refining process & because 1/2 of all olive oil sold has deadly refined oils mixed in to save money if not organic, extra virgin, & from only one country like US not a mix of countries.

Visceral fat loss (weight loss is muscle loss)

Losing visceral fat is the way to living longer. Just eating less calories (dieting) leads to losing muscle, which decreases longevity. Weight bearing exercise & sprinting (high intensity aerobic exercise) increase muscle strength, lower visceral fat, slim the body shape &

increase longevity. A ketogenic diet, 6-8hrs sleep (mostly deep & REM), low stress, no alcohol also decrease visceral fat & increase longevity. Losing muscle also causes our metabolism to lower & makes keeping the weight off near impossible. People in the contest “The Biggest Loser”, often chosen for the opportunity to lose hundreds of pounds, only keep off 11lbs on average. So weight loss is not what we want.

We want to increase energy. Extra energy makes us want to exercise rather than it being a chore. We want to use the increased energy to increase muscle strength with weight bearing exercise & sprinting, which for women makes the body slimmer (not larger muscles) & increases metabolism & men makes muscles stronger then bigger, increasing metabolism, survival & quality of life.

Once our muscles are at maximum strength for our workout, then we want to lose visceral fat while maintaining or increasing muscle strength.

Best weight bearing exercise to sprint-

Longevity is measured best in how many stairs we take monthly & in the density of our skeletal muscle. Stairs are best done using two hands on the rails & as fast going up as is safe (down is no benefit). It improves balance strength & leg bone density which is the most important in longevity by preventing falls & hip breaks better than any other exercise.

Then when done at the bottom hold onto the rails with both hands & lift one leg until too tired then lift the other. This can progress to one hand then both hands off but hovering over the rails for safety. This will also help increase balance & leg strength.

A DEXA scan can tell us our muscle vs fat percentage, our bone strength (which is associated with skeletal muscle), all far more important than overall body weight for longevity.

Some less expensive scales can estimate the fat percentage without the radiation or cost of the DEXA scan.

50K of vitamin D3, especially under the tongue, along with organic natto or vitamin K2 can build bone strength & reverse osteoporosis. Conversely the **bisphosphonates appear to increase jaw disintegration, esophageal cancer, femur fractures, & increase overall fractures after stopping.**

[Reclast](#) ([Pro](#))

Generic name: [zoledronic acid](#)

4.9 [261 reviews](#)

[Boniva](#) ([Pro](#))

Generic name: [ibandronate](#)

3.1 [98 reviews](#)

Fosamax (Pro) Generic name: alendronate	2.6 74 reviews
Zometa (Pro) Generic name: zoledronic acid	4.5 41 reviews
Actonel (Pro) Generic name: risedronate	3.0 32 reviews
Aclasta Generic name: zoledronic acid	4.3 28 reviews
Atelvia (Pro) Generic name: risedronate	4.7 3 reviews
Fosamax Plus D (Pro) Generic name: alendronate / cholecalciferol	1.0 1 review
Actonel with Calcium Generic name: calcium carbonate / risedronate	3.0 1 review
Skelid Generic name: tiludronate	No reviews
Didronel Generic name: etidronate	No reviews
Binosto (Pro) Generic name: alendronate	No reviews
Aredia/pamidronate	

Muscle loss substances that appear to worsen health

Dulaglutide (Trulicity) (weekly)

Exenatide extended release (Bydureon bcise) (weekly)

Exenatide (Byetta) (twice daily)

Semaglutide (Ozempic) (weekly)

Semaglutide (Rybelsus) (taken by mouth once daily)

Liraglutide (Victoza, Saxenda) (daily)

Lixisenatide (Adlyxin) (daily)

Tirzepatide ([Mounjaro](#))

The new injectable GLP-1 agonists above can cause more than double the muscle loss of food dieting & often more muscle loss than fat loss, a nightmare drop in health. Muscle strength is the main barometer of longevity (especially as translated to number of stairs walked per month). When people can no longer afford these drugs people gain all the weight back & more because these decrease muscle which lowers metabolism & while they temporarily shrink the size they INCREASE the number of fat cells as well as suicidality, pancreatitis, longer term digestion problems, nausea, abdominal pain, diarrhea, vomiting, constipation, thyroid cancer, & blindness. The loss of muscle DECREASES resting metabolism & calorie burn & makes weight gain over the weight before starting it, not just regaining the original weight, inevitable.

Srikanthan P, Karlamangla AS. Muscle mass index as a predictor of longevity in older adults. Am J Med. 2014 Jun;127(6):547-53. doi: 10.1016/j.amjmed.2014.02.007. Epub 2014 Feb 18. PMID: 24561114; PMCID: PMC4035379. pubmed.ncbi.nlm.nih.gov/24561114

uptodate.com/contents/glucagon-like-peptide-1-based-therapies-for-the-treatment-of-type-2-diabetes-mellitus

Chitosan

Chitosan is from crustacean shells that appears to reduce fat absorption in meals. Fats (grassfed butter/ghee/lard or organic unrefined coconut oil for cooking or organic, unheated & unrefined for all other [polyunsaturated] oils) are surprisingly essential in the diet for fat loss. Only after eating restaurant food or processed food with refined polyunsaturated oils (“vegetable”-soybean&corn oil or canola oil usually) would chitosan possibly be useful.

So what works better, faster, longer (in combination) & without horrible adverse side effects than the GLP-1 agonists?

Visceral fat loss substances that appear to improve health by increasing metabolism & sparing muscle

Improving muscle strength

Using both carbohydrate loading & fat ketones for muscle strength

Eating high carbohydrates at the beginning of a meal causes insulin to kick in & cause sleepiness by the end of the meal. Eating carbs at the end of the meal for energy/blood sugar rise then immediately taking a walk/exercising to use the blood sugar before the body increases insulin helps improve athletic performance for weight lifting, but not necessarily for endurance exercise. The higher energy from this type of carb loading when doing weight bearing exercise increases the amounts lifted. Same with taking enough C60 during the day & taking MCT oil before weight training.

Exercising right after eating carbs & taking MCT oil for ketones gives so much extra energy & ability to lift higher weights in weight training that the increased metabolism from the stronger muscle increases energy burning for days & increases fat loss.

Weight bearing exercise increases muscle strength & fat burning

Weight bearing exercise (even walking up stairs w two hands on the railing for safer & better posture & workout) increases metabolism for days afterwards & decreases fat & increases muscle strength. Every known weightlift can be done instead with safer & inexpensive & portable rubber resistance straps at home right after eating carbs & MCT oil. The carb boost at the end of the meal (or just high carb food in order to have energy for the workout) with MCT oil helps people lift a lot more weight more times because of the carb & ketone energy boost. Normally we can't use ketones (fat burning) when we have a blood sugar rise from carbs, but MCT oil is very quickly converted to energy even when blood sugar is rising from carbs. Professional athletes attest the combination gives them more energy than they've had before & they can do more exercise & break all their personal records by a significant amount.

Weight bearing exercise motivation

If we are not currently weight training, visualizing lifting weights gives 2/3rds the same strength building as strength training for the first time. So the way to help motivate is to increase muscle strength by just imagining lifting weights. This will make us much more likely to want to & enjoy strength training. It also means that after every strength training exercise, imagining doing the strength training with much greater resistance may improve strength building faster as our mind has our body increase muscle strength in anticipation of lifting the weight.

Eating carbs at the end of a meal with MCT oil gives both carb & fat energy together, which gives so much energy that people want to work out & burn off the energy.

Creatine

5g of creatine daily helps muscle strength when strength training w/little/no adverse effects & mood (women & vegetarians/vegans have the least).

Blood flow restriction during strength training

Blood flow restriction significantly increases muscle strength often greater than strength training alone but should be cycled with at least occasional full load to increase bone, ligament, & tendon

strength as well

Electronic muscle stimulation

Electronic muscle stimulation gear can increase muscle strength often greater than strength training alone.

Cheapest & safest way to permanent weight loss

What diet increases muscle & decreases fat?

Ketogenic/carnivore/lion diet

The ketogenic diet (low carbohydrate foods), the carnivore diet (only animal products), the lion diet (only ruminant animals) all appear to very quickly & for good for most reverse obesity, type II diabetes, heart disease, cancer, seizures & other physical & mental health disorders. The diets get rid of processed foods & GMO & glyphosate/Roundup soaked corn, soy, highly inflammatory modern wheat (organic spelt is better) & all other nonorganic grains & crops soaked in glyphosate/Roundup or Parkinson's associated paraquat & diquat.

After physical & mental health problems turn around & health returns, foods with carbohydrates can be added but only at the end of the meal (low carb veges 1st, protein 2nd, carbs last) & exercising

immediately after, preferably strength training (especially stairs) & sprinting. Taking MCT oil with the meal doubles the amount of energy available to exercise & puts us back into ketosis (fat burning) much faster. We must exercise/walk right after to use the increased energy & keep our blood sugar from rising to prevent diabetes, heart disease, cancer & obesity and to go right back into ketosis (burning fat).

High heat searing of animal products creates a lot of advanced glycation end products (AGEs) that can raise inflammation & other problems when blood sugar is raised. If the meat products are eaten alone our bodies appear to handle the AGEs better. If they are braised with vinegar when cooking or cooked with water like pressure cooking they create less AGEs. Reducing the blood sugar rise by exercising right after eating higher carbohydrate foods may help the body take care of the AGEs better.

alienherbalist.com/ketogenic-diet

Resistant starch

Refrigerating cooked potatoes or rice reduces the amount digestible carbohydrates (resistant starch).

What reduces carb cravings?

Protein

Carb cravings often come from too little nutrients. We apparently need 1g daily protein intake for every lb of our target weight to build muscle strength & reduce appetite. We can also crave vitamin & minerals we are not getting in food. Because ruminant animals like cows & sheep & goats convert a lot of grass to nutrients, eating them & a mineral salt like Celtic or Himalayan & water provides all the nutrients for hunger satisfaction & long term weight loss.

Nutrients

The vitamins & minerals in dark leafy greens, sweet potatoes, & fat, trace mineral salts (Real Salt, Himalayan or Celtic), sweet/sour/bitter/savory flavors all help reduce cravings.

Glycine

Glycine is an amino acid that appears to help reduce carb cravings & addiction.

How can vegans who need to get their complete protein combination with legumes & grains eat ketogenic?

People go into ketosis to burn fat rather than carbs (& lower carb cravings greatly) both from eating enough fat, especially MCT oil, and by exercising right after eating carbs. Eating the low carb vegetables first, then the protein- often organic beans then organic rice last for a complete protein or organic spelt (older wheat) with organic peanut butter for complete protein + amino acids leucine, isoleucine & valine in large amounts that we use in exercise.

Then eat higher carb food like organic brown rice or potato mash or spelt with 1/4 ts MCT oil for extra energy & exercise/walk immediately after. Timing of eating higher carbohydrate foods can make a big difference for the energy needed to make exercise easier & put ourselves back into ketosis- fat burning.

Strength training & sprinting

Eating low carb foods first (salad) with vinegar then the high protein foods (like meat or beans), then previously refrigerated organic brown rice or potato & sweet potato mash or an apple or other organic food with high carbs along with 1/4ts or more MCT oil allows people to lift much higher weights in strength training & gives the energy to make working out right after eating not just easy but very enjoyable.

Rubber weight bands

Almost every weightlift can be done with the same benefits but much lower cost, ease of convenience, & much safer with rubber resistance bands at home. People start with one then add more one at a time as they get stronger.

Dynamic stretching

Dynamic stretching before every workout is a light or zero weight 7-10 repetition of the lift. Then the person does the full weight. Dynamic stretching reduces muscle, ligament & tendon sprains, pulls & tears.

Static stretching

Static stretching is the classic holding our muscles, ligaments & tendons in some tension to stretch them out. Static stretching

reduces ligament, tendon & muscle strains, pulls & tears if done after a workout, on an off time, & especially in a heat room. Static stretching before exercising/strength training reduces athletic performance & increases injury. Three minute stretches appear to give the most benefit/time used. More than three minutes doesn't appear to help much more. Three minute stretches of each muscle keep it very limber for over 2 weeks at a time, much more effective than 30 second stretches. They start out as a light stretch that expands every 45 seconds as the muscles relax.

Heat shock proteins

Using sauna/whirlpool/steam room after workout greatly helps recovery & longevity, & is the best place to do static stretches. The body creates heat shock proteins in response & people using heat rooms live longer & longer & healthier every day they use them.

Cold shock proteins

Exposing ourselves to cold creates cold shock proteins & significantly increases survival. One painless way to do it is to use a heat room, & after leaving going immediately into the outside cold (in winter) or start a cold shower (slowly if necessary) on the feet first, then slowly up the body as can endure, then on every bit of skin including underarms as even though the cold shower likely isn't very cold the contrast to the heat room may fool the body into thinking it much colder & significantly increase recovery from the workout, injury, & longevity.

Bone building

Weight bearing exercise helps build bone, as well as getting a LOT of sun &/or taking at least 1.25mg/50K of vitamin D3 weekly (daily to eliminate autoimmune disorder symptoms like most autism) under the tongue or with fat as well as organic dark leafy greens or natto or vitamin K2. High vitamin D3 increases calcium absorption & vitK2 moves calcium away from arteries & into bone.

Timing of eating for fat loss

Taking the right amount of protein, fat & carbs at the right timing is the key to losing fat.

The ketogenic diet appears to be the least expensive & longest lasting way to lose fat. The ketogenic diet is essentially whole foods (organic is essential), low carb, fat in every meal & no grains.

People save a lot of money & see an 80% drop in depression, anxiety, bipolar depression/mania, schizophrenia, autism, diabetes, heart disease, obesity, seizures & cancer. Here I have listed the vegetables & fruits good for weight loss if eaten in the right order.

alienherbalist.com/ketogenic-diet/

When people eat enough protein- 1g/lb of body weight, their carb cravings drop.

People eat low carb vegetables 1st with MCT oil & vinegar (like salad) that reduces carb absorption, then protein (1g/lb), then carbs w/MCT oil (1/8th ts to 1/4ts) & preferably weight bearing exercise immediately after before their insulin kicks in & makes them sleepy. The body will use all of the increased blood sugar for the exercise & it will reverse diabetes II & help the person stay in ketosis, where they don't get carb cravings.

People don't want to exercise & crave more food because they aren't getting enough protein- 1g for each 1lb targeted weight per day. If someone wants to be 175lbs, 175g of protein daily. Then eating carbs at the end of a meal with MCT oil helps to lift much higher weights & do much greater exercise. For the first time in their lives people are able to use carbs & fat ketones for energy at the same time.

So people go from not having any energy to lift weights to having a seeming unlimited amount of energy where they want to exercise to get rid of all the extra energy! Carbs at the end of a meal with MCT oil is often the most energy people have felt in their lives!

If not taking a whole meal before working out, drinking a half glass of water then eating an organic apple can raise blood sugar enough for working out, especially if MCT oil is taken under the tongue as

well.\

An organic brown rice dish eaten as the carbs before exercise works great, but brown rice needs to be soaked for up to 12 hours then boiled for 10 minutes with a lot of water, drained, then boiled again or pressure cooked in order to reduce arsenic over 80%.

MCT oil

Cooking with water & adding MCT oil before serving in place of other oils causes weight loss & energy boost all day, when added before serving instead of cooking with requires a lot less oil for the same fatty taste

Glycine

Glycine or magnesium glycinate may help reduce carb cravings from prediabetes insulin insensitivity as well as increase deep sleep & next day productivity. Eating more ruminant animal meat till slightly stuffed like beef reduces food cravings.

Chromium

Taking chromium can help reduce muscle loss when eating less calories.

Adding foods to the ketogenic diet

On the ketogenic diet, once physical & mental health benefits are noted, if there are no digestive issues then one at a time for three meals two days in a row people can add organic grains like whole grain brown rice, then organic natto (fermented soy), then organic corn or organic spelt at end of meal if they exercise right after

Adding the food being tested for health three times for two days will show whether it causes hidden problems if just eaten once. If not then it can be added to the list of safe foods.

Weight bearing exercise, even walking up stairs (2 hands on railings) helps to increase fat loss after muscle replaces fat because muscle burns a lot more energy at rest than does fat.

Get a glucose meter or continuous glucose monitor to know what foods spike blood sugar & when blood sugar rises to walk/exercise & reverse diabetes quickly

Get a ketone meter to stay between 1-3mmol/L ketone level, 5-8 if fasting

Alpha lipoic acid

Alpha lipoic acid- 600mg on wakeup & after every meal for improving blood sugar levels & visceral fat loss, more if needed for migraine (1 hr reversal), sciatica (1 day reversal), neuropathy (Mayo clinic recommends), pain & inflammation- if more than 3g a day sustained release vitamin B complex (like from NOW foods) after first meal

Also berberine 500mg 2x a day before meals to reduce diabetes II, heart disease, cancer, depression, anxiety, addiction, fatty liver & help fasting & weight loss.

alienherbalist.com/berberine/

More for lowering blood sugar & weight is fenugreek, cinnamon, ginger & prescription metformin (traditional better than extended release) before each meal to reduce blood sugar & help visceral fat loss

Daily fasting

Daily fasting of 12-18hrs a day can be achieved by going a half hour longer each morning before eating. Taking 1/8-1/4 ts MCT oil every four hours for energy reduces hunger. If occasional hunger is strong, people add butter & a prebiotic that often helps them lose &

keep off those last 50 lbs that are harder than the rest.

Sleep

If insomnia- taking magnesium glycinate (500mg), CBD oil (under tongue in morning), inositol (vitB8) 500mg-18g, the amino acids GABA (500mg) &/or theanine (200mg) appear to increase deep sleep & improving next day performance & visceral fat loss in studies.

MCT oil (lots of extra physical & mental energy)

Taking 1/4 ts or more of MCT oil (from coconut oil) under the tongue every four hours or with food at serving temperature (low heat only if cooked) every four hours for a lot of extra energy all day long & then increasing slowly as desired. Using MCT oil in place of all other oils appears to increase exercise & fat loss.

All other fats make us sleepy. MCT oil is the only fat easier to burn as energy than store as fat & cause weight loss. It puts people much faster into ketosis- a fat burning energy state- even after eating carbohydrates & when used with carbohydrates can provide more energy for exercise than ever experience before.

Onions, mustard, hot peppers

Eating onions, mustard & hot peppers increases metabolism. No calorie mustard is negative calorie food that can be added to every meal to lose visceral fat by increasing metabolism & adding no calories to the meal.

Conjugated linoleic acid (CLA)

CLA fatty acids in animal products help to lose fat & increase muscle & help insulin sensitivity. It is a good part why people eating the carnivore diet or lion diet lose so much weight so quickly, & usually keep it off for good.

draxe.com/nutrition/conjugated-linoleic-acid/

Chromium

Chromium is a mineral that appears to & improve insulin sensitivity & reduce muscle loss when dieting.

Cardamom

The spice cardamom appears to increase metabolism & energy expenditure while also reducing visceral fat in studies.

mdpi.com/1422-0067/24/4/3909

Flaxseeds

One tablespoon (TB) organic frozen or freshly ground flaxseeds (with a touch of sweetener) 10 min before eating & not with medications (uncooked, added at serving temp for weight loss, cancer, diabetes, heart disease) appears to help reduce hunger & cancer. Flaxseeds not only have the most ALA- an essential omega3 fatty acid -but the most fiber of all but one other substance to slow digestion & blood sugar rise.

healthline.com/nutrition/benefits-of-flaxseeds#TOC_TITLE_HDR_2

DLPA, tyrosine, mucuna, selegiline (prescription under the tongue)

If over 30 our dopamine levels start to drop, reducing physical ability & activity. DLPA phenylalamine or LPA or DPA or L-tyrosine or macuna dopa or prescription selegiline can help keep dopamine levels up for fuller physical functioning

Adaptogens

Taking an adaptogen mix- ashwaganda, cordyceps, ginsengs, rhodiola, maca, reishi all improve athletic performance when desired &/or reduce stress (cortisol) levels when needed for increased muscle strength & reduces visceral fat.

Guarana

Guarana (has caffeine) may improve energy & visceral fat loss.

Green tea (EGCG)

Green tea (EGCG) (has caffeine) appears to increase energy & reduce visceral fat.

Li F, Gao C, Yan P, Zhang M, Wang Y, Hu Y, Wu X, Wang X and Sheng J (2018) EGCG Reduces Obesity and White Adipose Tissue Gain Partly Through AMPK Activation in Mice. Front. Pharmacol. 9:1366. doi: 10.3389/fphar.2018.01366

frontiersin.org/articles/10.3389/fphar.2018.01366/full

Garcinia

Garcinia (hydroxycitric acid, HCA) may lower the amount of carbs converted into fat & help dissolve kidney stones.

Onakpoya I, Hung SK, Perry R, Wider B, Ernst E. The Use of Garcinia Extract (Hydroxycitric Acid) as a Weight loss Supplement: A Systematic Review and Meta-Analysis of Randomised Clinical Trials. *J Obes.* 2011;2011:509038. doi: 10.1155/2011/509038. Epub 2010 Dec 14. PMID: 21197150; PMCID: PMC3010674.

ncbi.nlm.nih.gov/pmc/articles/PMC3010674/

*Chung J, Granja I, Taylor M, Mpourmpakis G, Asplin J (2016). "Molecular modifiers reveal a mechanism of pathological crystal growth inhibition". [Nature](#). **536** (7617): 446–450. [Bibcode: 2016Natur.536..446C](#). [doi:10.1038/nature19062](#). [PMID 27501150](#). [S2CID 4452431](#)*

White kidney bean extract (Phase 2)

White kidney bean extract appears to reduce carbohydrate absorption, cravings & help visceral fat loss.

supplementsinreview.com/brand/phase-2/

7-Keto (7K)

Taking 100mg 7K 2x or 3x per day doubles fat loss for people trying to lose weight by increasing metabolism & energy. Dieting decreases the resting metabolic rate, 7K increases the resting metabolic rate.

T2 thyroid

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T2 thyroid OTC supplement appears to increase energy & fat loss by up to 10lbs a month, retain muscle, & reduce diabetic symptoms.

pubmed.ncbi.nlm.nih.gov/?term=%223%2C5-diiodo-L-thyronine%22+Fat

Adipotide

Adipotide is a peptidomimetic that appears to reduce almost exclusively white abdominal fat (by starving it) within one month more than any other substance, & increases insulin sensitivity to reverse diabetes II symptoms. People usually hydrate extra & use it

for two weeks then cycle off for two weeks to give the kidneys a rest from processing the lost fat. It appears to reduce the amount of white abdominal fat cells (the hardest fat to lose) and help weight loss even after discontinued without reducing muscle mass.

This site suggests two 25mcg (thats 1/40th of one milligram-1mg) injections 2x a day for two to four weeks then off for two to four weeks for the kidneys to get rid of the dead fat cells.

aliterarycocktail.com/adipotide-dosage/

Other sites suggest near 1mg / day for a person at 200 lbs. I would go with the lower amount (I prefer trying it under the tongue first) in case it works as well so would be far cheaper & safer.

peptidesciences.com/adipotide-ftpp-10mg?cmid=dFJQdDYrUm8vM3M9&afid=NHFweUx6R25Pc3c9&ats=

Food for visceral fat loss

Right after cooking- natto spores on black or garbonzo or soy beans or organic soy natto (has nattokinase & vitK2) or nattokinase on empty stomach or vitamin K2 all for bone building, calcium lowering, diabetes, heart disease, cancer.

Organic kale or baby greens

Sweet potato for vitamin A (gourmet is cooking then mashing with regular potato, best of both)

Hydrogen water from machine or boiling bottle in water w magnesium rod in & add 1/4ts ascorbic or citrus acid (if 16oz bottle) in metal funnel then pour boiling water & close “brewing” bottle

Carbonated water has a lot of anti-inflammatory benefits, home units available

Organic medicinal mushroom mix cooked (has savory flavor)

Organic frozen or freshly ground flaxseeds (tablespoon) eaten w/a little sweetener before meal

Raw honey or allulose/stevia/monk fruit mix (Ketosweet), as honey doesn't cause diabetes or weight gain & no calorie allulose LOWERS blood sugar

Real salt, Celtic or Himalayan salt for the essential trace minerals

One Brazil nut for selenium

Making organic taste gourmet & better than restaurant food

Pressure cooking stops lectins & phytates & other things that complicate digestion & food sensitivities, speeds & simplifies cooking & retains 90% of vitamins (keep the liquid). Adding a bitter (like black pepper), Celtic/Real/Himalayan salt, sour (apple cider vinegar/lemon), sweet (raw honey, maple syrup, molasses or noncaloric allulose/stevia/monk fruit), savory/umami (cooked mushrooms, tomato paste) & a fat with every meal along with a ~~organic multiple spice blend not only extends life but can make your~~

home cooking taste so much better than restaurant food & cheaper even when organic than eating out.

Restaurant food is cooked in oils (soy, corn, canola) that have a lot of polyunsaturated fat that turns to the poison formaldehyde, or also like canola have a toxin that another toxin is used to remove, leaving traces of two toxins & the poly turned to formaldehyde. Your food can not only taste better, digest better, but be far healthier & make you feel better for days.

Cold, energy & increase sprinting distance 200% & muscle strength

Benefits from Wif Hof (Dutch Iceman) breathing.

Whenever cold or at least once early in morning (easiest after eating carbs) breathing in fast for 30 breaths then letting all the of air out of the lungs & holding our “empty” breath as long as possible while doing high intensity exercise (pushups on floor safest) done multiple times for a lot of energy & significantly reducing discomfort in cold & heat. Cold becomes pleasurable by third time & by seventh time with maintenance every hour can endure many hours at 20 degrees colder than previously comfortable, including temps down to -50 fahrenheit.

Fast version- take one deeper breath then let all air out of lungs & hold empty breathe.

Winter- let all air out of lungs, stick face out until cheeks cold, once back hold empty breath as long as possible then put on clothing for outdoors, body's heat engine will be revved up by time go outside

If forget & already have outdoor gear on then just do empty breath hold & cheeks in cold, then blow hair dryer inside back of coat until pocket of warmth around whole body before going out.

Some bathrooms have hot hand dryer to blow up jacket to warm up if outside & very cold.

Strongest nootropic in the oxygenation then increased mental & physical energy as well as give a lot of energy for any exercise. After doing it over 30x so much anaerobic (no oxygen) energy capacity increase that it doubles high intensity exercise endurance.

Daily in order of importance:

VitD3 1.25mg/50K daily under tongue or with a fatty meal w/cup of organic kale & baby greens mix or natto or 0.5mg/500 mcg vitamin K2 (to move increased calcium absorbed from high vitD3 to bones & teeth) to stop 95% autoimmune disorders like MS & most people with autism if blood levels over 150ng/ml, 80% of man cancers, 90% of viral infections, almost all bodily functions improved greatly, etc.

Alpha lipoic acid (ALA) 600mg wakeup & before or after every meal until pain, migraine (1 hour), sciatica (1 day), neuropathy gone, 1 mo diabetes II, 3 mos heart disease, immediate cancer, diabetic dementia, all neurological problems (regrows neurons), if take more than 3g/day vitB7 biotin after meal or better vitB sustained release complex after breakfast

Organic spirulina 500mg-8g with a vegetable (essential for digesting) for heavy metal chelation, improves mood & cognition, heart disease, liver health & is the source of EPA/DHA omega3 fatty acids in fish oil

Lithium orotate or chloride 0.1-40mg best for neural growth/protection/recovery/calmness not 2000 mg prescription lithium carbonate with heavy adverse side effects, 40mg to treat active manic/bipolar episode

Sustained release (methyl) vitamin B complex after first meal

Magnesium glycinate 500mg for sleep or magnesium threonate for cognition or magnesium malate for energy

Lecithin liposomal vitamin C (5-10x more vitamin C in cells than regular) 500mg, more if sick (every hour if in opiate withdrawal or viral infection)

C60 (helps everything, especially cancer, sleep & lack of energy)

Organic MCT oil 1/4ts every four hours in food or under tongue for unlimited energy, reduced hunger

Lecithin liposomal EDTA may remove post shot heart blockages along with heavy metals

If need more anti-inflammatory/painkilling

Turmeric w/black pepper or ginger for pain/inflammation, viral infections, diabetes II, heart disease, cancer, & mood

Organic noni capsules if still pain after ALA works like nonaddictive opiate

Wild lettuce

Astaxanthin- antiinflammatory/painkiller prevents radiation/sunburn if take enough, best xanthine eye protection

Berberine 500mg 2x a day before meals for diabetes II, heart disease, cancer, inflammation, viral infections

Daily either sauna/steamroom/whirlpool (SSW) then outside (if winter) or cold shower until too cold then back in SSW live much longer recovery from injury much faster

When not in sun-

100-150 watt red/infrared light 2 min on either side of head then 2 hrs later 2 min on front & back of head for brain rejuvenation/recovery from brain injury/dementia or on any injured body part

Addiction:

Glutamine appears to help cravings (alcohol)

The amino acid N-acetyl cysteine (NAC) appears to help cravings

Taking sustained release vitamin B100s after the first meal of the day may help craving & concentration

Taking lecithin liposomal C every hour may reduce cravings to zero (opiates)

Taking 600mg of alpha lipoic acid upon awakening & before/after ever meal then only taking opiates if in pain/withdrawal pains can help people wean off opiates with little symptoms, can add in order noni/wild lettuce/turmeric w/black pepper or ginger/astaxanthin

Taking under the tongue magnesium glycinate 500-1000mg & vitB8 inositol 500mg-18g & GABA 500mg theanine 100-200mg all deepen

sleep & improve next day productivity

Taking low dose naltrexone 3-5mg at bedtime appears to reduce chronic pain & opiate cravings, autism, autoimmune, cancer etc.

Taking 50mg naltrexone before drinking once a week appears after four months to let almost 80% of people addicted to end drinking (completely or rarely but only after a naltrexone), also DHM/kudzu/kava mix (with valerian & chamomille & lemongrass & hops)

1/8th to 1/4th teaspoon MCT oil in food or every four hours under tongue gives cognitive & physical energy, especially with some people addicted to alcohol for a long time

Tabex taken before smoking helps people also quit alcohol, works faster & need less if under tongue/gums

Lobellia in place of tobacco helps quitting smoking & helps lung function if COPD

Only with the most trusted companies who verify their chemicals added, GB found 95% drop in health problems & costs from smoking when people switch to vaping (opposite of what told here in US)

Cancer

C60- two or more dropperfuls, strongest known against cancer, also greater energy, deeper sleep, topically for burns & wounds 2x faster healing

600mg alpha lipoic acid on wakeup then before during or after every meal (lasts for 14 hours) reduce cancer up to 2/3rds, also migraines 1 hour, sciatica 1 day, neuropathy 3 days, pain & inflammation, diabetic dementia 1 week, diabetes one month, heart disease/high blood pressure/congestive heart failure 3 months

1.25mg/50K vitamin D3 under tongue daily until levels above 80ng/m (many cancers reduced 80%) & organic natto or 500mg/vitamin K2 (puts extra calcium in bone, reduces diabetes, heart disease & cancer)

Lecithin liposomal C 500-750mg every 2 hours, 5-10x more effective than regular

Organic medicinal mushroom mix (on ebay, 14 org mushroom mix) cooked with food

Teaspoon organic flaxseed w/water before vegetable dish or MSM (Celeg/Buddig protocol)

If respiratory illness:

Elderberry 4 capsules 500mg w/50-100mg zinc every 8 hours or until no symptoms

Iodine (molecular best, Lugol's next best) at 1% nasal spray every hour if sick or daily at night or after seeing people may be near 100% prevention

Peroxide 1% (food grade best) nasal spray may be almost as effective as iodine

Melatonin at night extended release or under tongue 3mg+ (higher better, some go over 100mg) stronger anti-inflammatory than steroids, add 50-100mg zinc if viral infection

Prescription ivermectin w/50-100mg zinc

Foods- all organic or Aldi brands (not name brands) as have no MSG or FD&C food coloring-yellow#red#blue# with mercury & lead as nonorganic foods have chronic illness causing chemicals added, worst is Nutrasweet/aspartame/Equal/Neotame all neurological including blindness, FD&C food colorings, MSG may cause brain damage, migraines, seizures, massive weight gain & is unlabeled in a lot of foods

Pressure cooking & using the liquid retains 90% of vitamins (slow cooking destroys more than 50%), kills lectins that people can be sensitive to & makes lots of foods like beans & rice much more digestible

Organic kale & baby greens have vitK1 body makes into vitK2, magnesium, zinc, boron

Organic sweet potatoes or pumpkin, carrots, butternut squash for highest beta carotene/vitamin A (delicious if baked & blended with white potatoes)

Organic freshly ground/frozen flaxseeds before a meal best may stop most cancers if eat vegetables or take MSM after

Organic raw honey for no weight gain or diabetes, better in stopping coughing than dextromethorphan in a study, helps sleep without making sleepy

If no calorie then only organic stevia, monk fruit & allulose (doesn't raise blood sugar)

Eat as much as this sweet treat as want to reverse heart disease & stop coughing better than even codeine- Organic fair trade chocolate/cocoa (not Dutched/alkalized) with raw honey (best combo to stop coughing) if use water measure exact amounts, cocoa can be mixed cold with hand blender & drank all day long. Baker's chocolate that has no sugar melt in pan in hot water (double boiler not under flame to avoid burning) add raw honey or no calorie allulose/stevia/monk fruit blend then put in small ice cube molds use straight out of freezer for slower ingestion, will supplant many less healthy sweet treats

Organic brewers yeast for high vitamin B amounts, very high protein, & high chromium (helps retain muscle during weight loss)

Organic broccoli sprouts (soak 2 hrs) then five days daily rinse & 12hrs later turn for 100x more glucoraphanin->sulforaphane for cancer, neuroprotection, autism [healthline.com/nutrition/broccoli-sprouts#benefits](https://www.healthline.com/nutrition/broccoli-sprouts#benefits), vit C & vitE

If eat meat, organic grassfed (not Roundup/glyphosate GMO corn & soy), organic eggs, unpasteurized nonhomogenized raw milk (w/iodine or silver solution or another antibacterial agent)/butter/ghee

Only cook with organic unrefined coconut oil or organic grassfed butter/ghee (or lard if eat animals) all other oils have polyunsaturated fats that turn to formaldehyde when heated & even if not heated if refined are already heated & mercury added

Organic olives (not California black), uncooked, 4x more effective against heart disease than often contaminated olive oil

Organic avocados, uncooked, in lieu of avocado oil (vitamin E)

Best to use real olives, avocados, flaxseed in lieu & cheaper than processed oils

A little fat with every meal/snack for digestion & satiety, preferably MCT oil 1/8th to 1/4 ts

Celtic or Himalayan salt for minerals

Iodine (molecular like Iorinse best or Lugol's) also in seaweed & spirulina

Organic sunflower seeds 50% RDA, almonds 50% for vitamin E, butternut squash, kiwi, broccoli

Spices-

Organic garlic, onions & leek (antiviral, antifungal)

Organic Italian seasonings- oregano, parsley, sage, rosemary, thyme (antibacterial)

Slope sleeping

Sleep on a slope at least torso & least six inches propped by pillows or added blocks under legs at head of bed (much easier digestion & prevents pneumonia when sick & may stop overnight/morning heart attacks from lack of fluid flow)

Water

Hydrogen water or carbonated water (can buy home units) both are anti-inflammatory & provide dozens of studied health & life extension benefits & (hydrogen water may stop hair graying). Hydrogen water can be made with a machine or glass water bottles, a magnesium rod, & citric or ascorbic acid (1/4ts for 16 oz bottle).

Death

Does cremation cause difficulty transitioning in afterlife?

I believe burial appears to help transition.

Farming

A copper (brass has copper) wire up a stick may increase yields (magnetic) greatly

Infopathy (lookup growing) treated water may significantly increase yields.

Leelaq quantum treated seeds may significantly increase yields.

Roof shingles

A 10inch copper strip on top of roof (both sides) interacting with the sun & rain may increase asphalt shingle life up to 50 years

theepochtimes.com/bright/how-to-make-your-asphalt-shingles-last-50-years-5474112?

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Parenting

When talking with someone about a behavior we want changed, using the template: I feel, when you do Because I want/need, I want you to do this (specific behavior substitution)

Active Parenting, Michael Popkin

90 hz

“>

Category

1. Uncategorized

Date Created

September 2022

Author

biggs

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