

## My Best Health Improvement Discoveries - 06/29/20

### “The Only Deficiency a Doctor Thinks You Can Have... Is a Drug Deficiency!”

I don't sell any products, but I do think people need to know this highly useful health information I've discovered that improved my health significantly. What MDs are doing to older folks is criminal. IMHO. Most are available on Amazon.

- 1. Low Dose Naltrexone (LDN)** 4.5 mg/night is a very cheap drug from the 1960's that **increases your Immunity 300% with no side effects**. Watch Research MDs on youtube discuss LDN. **It stops progression of MS, Parkinson, Alzheimer's, Arthritis and Cancer... and actually cures Cancer, per the research MDs !** An M.D. started me on it 7 years ago, immediately stopped severe hives I'd had for 8 years that M.D.s had no clue why or how to treat. Pensacola Apothecary Pharmacist, **“All three Anti-Aging MD's in Pensacola themselves use and prescribe LDN.”** LDN cost \$1.00/day via Skip's Pharmacy, Deerfield Beach, FL with a 6 month script. **“Nothing Else Like It”** says Skip who has MS. The 50 mg pill 50 mg pill can be diluted in 11 oz of distilled water last 11 days stored in the refrigerator. May be @ [www.alldaychemist.com](http://www.alldaychemist.com)
- 2. CDP Choline (best version), a B Vitamin, is deficient in those with Alzheimer's. Choline is labeled an ‘Essential Nutrition’ and creates 3 essential brain chemicals, one being essential for the firing between the brain synapses to communicate with each other.** Dosage 750 mg x 1-2 day and takes 7-14 days to see results for **Increased Mental Cognitive Functions**. Three different types are available in bulk cheaply. [www.healthsupplementwholesalers.com](http://www.healthsupplementwholesalers.com) or [www.purebulk.com](http://www.purebulk.com)
- 3. Methyl B-12** is bioavailable for immediate use by the body. **It helps with energy, increased mental cognitive functions**, etc. The Book **“Could It Be B12?: An Epidemic of Misdiagnoses”** by Sally M. Pacholok RN is excellent. Read the summary and reviews on Amazon. **Psychiatrist commented there that he often treats patients with Methyl B-12 instead of drugs.** Jarrow Formula's Brand is excellent, absorbed under the tongue to avoid stomach acids.
- 4. Magnesium Bicarbonate Water, a homemade Energy Drink per a Fibromyalgia M.D.,** Absorbed at 50% rate vs 5-30% of Mag pills. Magnesium is the chemical that makes energy in the body, 2<sup>nd</sup> most abundant mineral in the body, mostly stored in the heart & brain, moves calcium into the bones & is involved in 350+ body chemical functions. **Most are deficient in Magnesium. Do Not take this if you have poor kidneys.** Mix 3 tablespoons of plain Milk of Magnesium (GoodSense brand has least chemicals) in 1 Liter of Carbonated **“Soda Water or Mineral Water”**. Shake, let it settle till clear, keep it cold. Drink 1/3+ bottle/day = 500mg ..without food. **Epsom Salts is Magnesium (“Magnesium Sulfate”)**. Soak in a hot tub with 2+ cups for 35-40 minutes.
- 5. Adrenal Cocktail**, a homemade **Energy Drink replaces Sodium & Potassium in your Adrenal Glands**, per an Endocrinologist M.D. 4 oz of O.J., ¼ tsp of ground up sea salt & ¼ tsp Cream of Tartar (Potassium).
- 6. Boron is a mineral that helps Keep Calcium in the bones. Societies that consume 6 mg/day of Boron have almost No Arthritis.** Supplements are available in 3 mg pills. **Borax Laundry Booster is BORON TOO.** Many mix ¼ tsp in a quart of water and take 3-5 Tablespoons of this during the day for Arthritis Pain! **Google = “Borax + Arthritis”**.
- 7. Taurine is the most abundant amino acid in the heart.** It and Magnesium are required for proper firing of the heart, especially with a pacemaker. **Taurine, with the amino acid Arginine, and Magnesium help stop palpitations, muscle cramps and spasms.** [www.healthsupplementwholesalers.com](http://www.healthsupplementwholesalers.com) or [www.purebulk.com](http://www.purebulk.com) Amino Acids are basic protein partials.
- 8. D-Limonene oil from citrus peels, or Betaine HCL cures heartburn. Reflux medicine causes cancer**, as it lowers the digestive juice in the stomach which lowers your absorption of nutrition. Avoid **Reflux Medicines** with these cheap natural solutions. Stomach Hydrochloric Acid (HCL) is key to the Immunity System. Available on **Amazon**.
- 9. Vitalzym is a Systemic Enzyme used as a natural pain killer in Europe. Systemic Enzymes are involved in 3,000+ body functions as catalyst.** Vitalzym healed both my torn bicep tendons from weight lifting that the Andrews Sports MDs had no solution for after 3.5 years. In pain and down to one arm, I took 6 small bee wax coated pills @ 3-4x/day & healed them 90% in 90 days. **SE reduces inflammation in the arteries, lowers blood pressure and speeds up healing** – useful “AFTER” an operation or injury. Most are from plants. **Do NOT take blood thinners while taking Systemic Enzymes. Vitamins do NOT work without Minerals, and Neither work without Systemic Enzymes ! Search “Systemic Enzymes + Health Benefits”. Various SE available on Amazon.**
- 10. Sea Salt**, one of the most beneficial natural supplements, helps lower blood pressure, bone formation, digestion, etc. Search **“Sea Salt + Health Benefits”**. Take 1 teaspoon in water twice a day for medical issues. Table Salt is dead.

11. **Biotin & Folate** deficiencies are common and result in numerous medical issues. These are **Methyl Donors** essential for various body processes. **Some people have a defective DNA gene that prevents processing of Folate, 5-MTHF is best for them.** [www.methylpro.com/](http://www.methylpro.com/) Solgar Brand of Folate @ 800 mg otherwise. **Avoid artificial Folic Acid.**
12. **Milk Thistle Extract “Silymarin” is the only thing known to flush out the liver and stimulate healthy cell growth. Everything is filtered through the liver. Those using any drug or alcohol should take Milk Thistle Extract to protect the liver.** Jarrow Formulas brand is recommended. Small but powerful pills.
13. **Red Elemental Iodine** applied to the skin removes aged sun damaged skin, liver spots and pre-cancer cells. It will sting on those spots, but not on normal skin. Said to kill skin cancer 70% of the time. No bacteria or virus has yet has built an Iodine immunity. **Order for “Your Horse’s hooves or saddle sores” from Horse Supply websites - Hawthorne Products 16.5%.**
14. **Dilantin** is a very inexpensive drug from the 1930's used to **stop pain, spasms, depression, fear, etc... with over 70 different uses.** ***Mr Jack Dreyfus, a mutual fund manager, raised \$80 Million over 35 years initially promoting it's benefits,*** with no profit motive of it's sale either. Search “Dilantin + Dreyfus” to read his articles. 100-300mg/day is normal dosage. May be @ [www.alldaychemist.com](http://www.alldaychemist.com) or a M.D. It calms hypersensitive cell membranes.
15. **Gallium Nitrate 14%** @ George Eby Pharmacy @ [Galliumnitrate.com](http://Galliumnitrate.com) **stops the inflammation process & pain when rubbed on... It also kills fungus and bacteria when diluted and taken as a sinus wash, or orally.** The stronger 43% version is used on expensive lame thoroughbred horses, which are tough on knees. Bacteria cell walls uses Iron, and this interferes with it so they cannot grow.
16. **DMSO is a liquid, while MSM (Sulfur)** is an odorless powder refined from DMSO. **They help reduce arthritis pain, stiffness, and aids in joint collagen support. MSM helps with Asthma. Methylsulfonylmet, an organic bioavailable source of sulfur, an essential mineral found in all living organisms and every cell membrane in your body.** For results take 3,000 - 5,000 mg /day = 1 Tsp/day MSM in a shot of water. **Jarrow Formula brand taste the best.**
17. **Phenibut**, a Russian GABA Derivative Nootropic is used in space medical kits for Cosmonauts & now Astronauts to calm them down. The **best sleep aid** I used and without a sleepy drug hangover either. Use no more than twice a week, to avoid the body getting use to it. [www.purebulk.com](http://www.purebulk.com) or [www.healthsupplementwholesalers.com](http://www.healthsupplementwholesalers.com) **The brain has GABA Amino Acid Neurotransmitter Receptors that calms the mind to put you to sleep. GABA can be used by those on Prozac to calm them & wean them off Prozac.** Not that any MD would ever tell you.
18. **Vitamins K2, A & D3 complex works together for many benefits.** K2 builds bones, removes calcium from arteries to prevent hard arteries and build bones, helps Diabetics, removes skin wrinkles on faces ! Helps prevent cancer, kidney disease, and balances blood sugar even. **Dr. John Whitcomb Seminar - “Vitamin K2 - Super Vitamin, Hidden Before Our Eyes”** <https://www.youtube.com/watch?v=jPWCJxyHAq4> Cures cavities, helps make the myelin sheath on nerves to fight MS & ALZHEIMERS. K2 prevents excess calcium in the arteries. 20% of Plaque in arteries is Calcium ! **Rated in best quality & value = Life Extension Super K with Advanced K2 Complex,** Now Foods Vitamin K-2 (MK-4), Now Foods MK-7 Vitamin K-2, Jarrow Formulas MK-7.
19. **Gymnema Sylvestre Extract - 55% Gymnemic Acid - Successful Diabetics Tea Studied at Kansas State University.. India herb controls & avoids diabetics, controls sugar... lose weight... Drink 1/2 teaspoon of GSE twice a day in carbonate magnesium water.** Order at [www.pforlife.com](http://www.pforlife.com). 4 oz = \$16.95, 8 oz = \$26.95, 1 lb = \$56.95 It is BITTER! Info articles Science Daily <http://www.sciencedaily.com/releases/2013/09/130912131803.htm> , and from NIH <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2170951/>
20. **AVOID ALL WHEAT** for the best **WEIGHT LOSS PROGRAM WITHOUT HUNGER PAINS**, per MD author of **“UnDoctored” & “WHEAT BELLY”**. Wheat triggers insulin and hunger pain, causes inflammation and brain fog. Lose 27.6 lbs in 6 months.. Listen to the Audio Book or Read the most truthful and best health book, **“UnDoctored”** by a Heart M.D. Over 1 Million people follow him on his website. How many listen to your M.D.?
21. Checkout [www.GoodRx.com](http://www.GoodRx.com) a Free Discount Prescription Card that works.

If I may be of further assistance, please advise.

Regards,