

# HEALTH REFORMER

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## **DISEASES IN THE END TIME, AN OUNCE OF PREVENTION & NATURAL ANTIVIRAL PLANTS & FOODS**

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**10 Kingdoms of the Club of Rome**



**Why Is It Important to be Healthy in these Last Days?**

1. We have come into this world for two purposes: to serve God and man. To accomplish these two things, our first duty is self development. We cannot afford to dwarf or cripple any function of body and mind, as only one lease of life is granted to us.

2. God desires us to reach perfection. In order to be perfect, we should cooperate with God in restoring health to the body as well as to the soul. We have an obligation to present to him clean, pure, and healthy bodies.

3. God is the owner of our body by creation and by redemption. As a "tenant," man has no right to do as he pleases with someone else's property. God watches how our bodies are treated and will demand an account.

4. There are divinely appointed rules which if observed will keep human beings from disease and premature death. A failure to care for the living machinery is an insult to the Creator. The children of God cannot glorify Him with sickly bodies or dwarfed minds.

5. God is as truly the author of physical laws as He is the author of the moral law. His law is written with His own finger upon every nerve, every muscle, and every faculty which has been entrusted to man. Any abuse put upon the Lord's wonderful mechanism, by disregarding His

specified laws in the human habitation, is a violation of God's law. It is a sin to needlessly expend vitality or to becloud the brain. Due to neglect, if we die six years earlier than the lifespan God gave to us, we break the 6th Commandment: "Thou shalt not kill."

6. It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai.

7. God formed laws which govern our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is affixed a penalty, which must sooner or later be realized. The majority of diseases which the human family have been and still are suffering under, they have created by ignorance of their own organic laws. They seem indifferent in regard to the matter of health, and work perseveringly to tear themselves to pieces, and when broken down and debilitated in body and mind, send for the doctor and drug themselves to death.

8. Our bodies should be an offering without blemish; a living sacrifice to Him, not a dead or a dying sacrifice. Will it be pleasing to God to accept a

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When Jesus' Second coming takes place, there will be ten kings ruling, denoted by the ten toes of the statue in Nebuchadnezzar's dream. The ten kings are the ten presidents of the ten regions UN has divided the world into. The Treaty of Rome says that in case of a national disaster, all Presidents and Prime ministers will be dismissed and the ten Union Presidents under Rome will rule. When Rome comes to power, they will do unlimited experiments on the people to kill them. Our health will be our only safety then.

**10 KINGDOMS OF THE CLUB OF ROME**

- 1 NAU - North American Union
- 2 EU
- 3 Japan, Pacific Islands
- 4 Australia, New Zealand, South Africa
- 5 Eastern Europe, Russia, Siberia, Mongolia, Korea
- 6 Central America (including Mexico, South America, Carribean Islands
- 7 Arab League countries
- 8 AU
- 9 Saarc countries - India
- 10 China

human offering that is filled with disease and corruption? Our body is the temple of the Holy Ghost; and He requires us to take care of this temple, that it may be a fit habitation for His Spirit. We have a sacred obligation to maintain this dwelling in an optimum condition.

9. Knowledge must be gained in regard to how to eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health. If we are sick, we impose a weary tax upon our friends, and unfit ourselves for discharging our duties to our families and to our neighbors. And when premature death is the result of our violation of nature's law, we bring sorrow and suffering to others; we deprive our neighbors of the help we ought to render them in living; we rob our families of the comfort, and help we might render them, and rob God of the service He claims of us to advance His glory. Then, are we not in the worst sense, transgressors of God's law?

10. God does not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health. Many, as their last resort, request prayers. God does not see fit to answer prayers offered in behalf of such, for He knows that if they

should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite.

11. Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies, and conform to them. Ignorance in these things is sin.

12. The body, with the mind and its central nervous system, is the only medium through which God communicates with human beings. Satan strives to pollute, defile and destroy both. That is why we have a sacred duty to prevent this from happening.

13. We have before us, life and death, good and evil. One who chooses good will attain immortality in the future. On the other hand, one who chooses evil has evil habits, lack of self-control, is disobedient both to the laws of God, and to the laws of health. Appetite conquers him. It is easy for Satan to drag him backward. Dissipation, disease and death follow. This is the history of many lives that might have been useful in the cause of God and humanity as they chose death, instead of life.

14. We are accountable for every ray of light in regard to our physical being, and that our every habit is open to the inspection of God. Physical life is not to be treated in a haphazard manner. Every organ, every fiber of the being, is to be sacredly guarded from harmful practices.

15. We should question ourselves every day: "Am I practicing true tem-

perance in all things?" If we cannot answer in the affirmative, we stand condemned before God, for He will hold us responsible for the light which has shown upon our path. The time of ignorance God winked at, but as fast as light shines upon us, He requires us to change our health-destroying habits, and place ourselves in a right relation to physical laws.

16. Health is a treasure. It is a terrible sin to abuse the health that God has given us, which enfeebles us for life and makes us losers. A careful conformity to the laws God has implanted in our being, will ensure health, and there will not be a breaking down of the constitution.

17. Adam lost Eden on the question of appetite. Those who wish to go to heaven should overcome appetite.

18. A clear mind and a strong body will help us to go through persecution.

19. Under the New World Order, the present day medications, antibiotics and antiviral vaccines have been prepared to depopulate the world, not to save lives. Antiviral vaccines have unclean animal body parts which are infecting, spreading the virus, and are killing more people than the disease itself.

20. "Pharmacy" comes from the word "Pharmacopia" which means "magic charm, poison, drug" and has

origins in witch craft. Those preparing to go to heaven will have nothing to do with Satan, witch craft, nor his drugs, a reason why they should be healthy and avoid drugs. When sick, use natural remedies for healing.

21. It is likely that the Mark of the Beast may come through the health care system. Obama health care bill has National Patient ID Card with GPS chip in it. Students of prophecy know well that America will enforce the Mark on all the nations. If God's children eat natural foods which give resistance to viruses, and trust in God, no disease will come near them.

22. Seventh-day Adventists are handling momentous truths. They should be leaders in temperance. These peculiar people whom God is purifying unto Himself, to be translated to heaven without seeing death, should not be behind others in good works. If they humble themselves before God, **HE WILL HEAR THEIR PRAYERS IN BEHALF OF THE SICK, AND WILL BLESS IN THE USE OF HIS REMEDIES FOR DISEASE**. The health reform is a branch of the special work of God for the benefit of His people. I also saw that God designed the health reform and Health Institute to prepare the way for the prayer of faith to be fully answered. – *EGW & Ellen Ω*

To make charcoal poultice, you will need psyllium or flax seed. These will bind the charcoal powder and will give healing by themselves. Those with piles and constipation problems may make a drink with psyllium seeds. It gives free motion. Roasted ground flaxseed could be added to your bread or chapathis or eaten by itself.

## God's Four Severe Judgments

*"And if ye walk contrary unto me, and will not hearken unto me; I will bring seven times more PLAGUES upon you according to your sins. I will also send WILD BEASTS among you...I will bring a SWORD upon you. I will send the PESTILENCE among you." Leviticus 26.*

*"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live." Deut. 30:19. "He has showed you, O man, what is good, And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Micah 6:8.*

*"When the Lamb opened the fourth seal, I heard the voice of the fourth living creature say, 'Come!' I looked, and there before me was a pale horse! Its rider was named Death, and Hades was following close behind him. They were given power over A FOURTH OF THE EARTH TO KILL BY SWORD, FAMINE, PLAGUE AND BY THE WILD BEASTS OF THE EARTH." Revelation 6:7-8.*

The Bible declares that God is love. It also tells us that Jesus has wrath, and in times past, His wrath broke out upon individuals (Korah), cities (Sodom), nations (Philistines) and even the world (Flood). His wrath always came in the form of four Judgments: SFPW (sword, famine, plague and wild beasts). God has kept before this world, life and good, and death and evil. Deut. 30:15. But if the world consistently chooses evil, and reaches a point of no return, the result will be, the four types of judgments: SFPW. It happened before and it will happen again.

The final warnings to the world are mentioned in Ezekiel 14:12-21; 33:1-19; and 34:1-17, as the same four judgments. The fourth seal of Rev. 6 tells that one fourth of the 7.5 billion people, i.e., 2 billion people, will die as a result of SFPW; that is, one out of every four. By the time the seven trumpet judgments finish, close to 1/

3rd or 2.5 billion people will die. Today, the world has reached a point of no return and the sword, famine, plague and wild beasts are about to fall on the earth.

**Sword** is war. The present day Israel, Philistine and Iran situation is about to blow into a Third World War and the nations are getting ready for war. There will be a great war in the end time when all the countries will be drawn into it.

**Famine.** As God's mercy is being withdrawn from this earth, in its place, God's curse is resting on this earth. As a result, the herb of every field will wither, and the land will not produce because of the wickedness of the people. There will be no safety in storing food because it will be grabbed by the wicked. During famine, God will provide food and water for His saints. He will open streams in the desert and in the mountains.

**Plague.** The Dictionary meaning of plague is: 1. a contagious bacterial disease characterized by fever and delirium, typically with the formation of buboes (see bubonic plague) and sometimes infection of the lungs (pneumonic plague). 2. an unusually large number of insects or animals infesting a place and causing damage.

Pestilence is a plague or disease. Diseases are usually considered plagues when they are widespread and contain a high mortality rate. The Medical Dictionary defines pestilence as "A highly infectious, usually fatal,

epidemic disease; a pestilence." If bio-weapons are used, then pestilence will be widespread. Old diseases like dengue and flu and new mystery diseases are killing people. Swine flu spreading in India today is just the beginning. Worse days are ahead when a thousand and ten thousand will die all around us. The ten plagues on Egypt, which touched every family in Egypt, will repeat in the end time.

**Wild beasts.** As God's hand is being lifted up, animals are losing fear of man. Wild animals are acting strangely and animal attacks have increased in the world. Ω

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## There Will be No Safety in Eating Meat or Any Animal Products in the End Time

*"How long will the land mourn, and the grass of every field wither? For the wickedness of those who dwell in it the beasts and the birds are swept away." Jeremiah 12:4. RSV. "Hear the word of the Lord, ye children of Israel: for the Lord hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land. By swearing and lying, and killing, and stealing, and committing adultery, they break out, and blood toucheth blood. Therefore shall the land mourn, and every one that dwelleth therein shall languish, with the beasts of the field, and with the fowls of heaven; yea, the fishes of the sea also shall be taken away. My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee." Hosea 4:1-6.*

*"The Spirit of God, insulted, refused, abused, is being withdrawn from the earth. When the angel of mercy folds her wings and departs, Satan will do the evil deeds. Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude... Again and again I have been shown that God is trying to lead us back, step by step, to His original design--that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet." — Ellen G. White.*

## The Original Diet

God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods should be prepared in as simple and natural a manner as possible.

## A Call to Return

The Israelites were brought back to the original diet before entering Canaan. Likewise, God's children in these last days will return to God's original diet and will give up meat eating before entering Heavenly Canaan.

The animals have been created for man's happiness. Animals are teachers of children. Caring for the ani-

mals teaches us spiritual lessons. Each animal ministers to some other life. God's law requires due regard for the animals. They hear, see, love, fear and suffer. They never eat some mixtures humans often put in their stomachs; but make faithful use of their organs. They display intelligence; show sympathy and tenderness for other suffering animals; but have inability to tell of their want and suffering. From reading Apocrypha, I learned that the animals' mouths were closed when man sinned; and I believe that they will speak again in heaven. One thought: In heaven, if the animals ask us why we killed them to eat them, what will we tell them?

After the flood, God put fear of man on the animals but in the end time, because of man's sin, they will lose that fear and will attack man, which is happening these days. Ω

## FLESH FOODS

From the Index to the Writings of Ellen G. White

*"There is no safety in the eating of the flesh of dead animals, and in a short time the milk of the cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation." EGW, CD, 411.*

It was never God's plan that dead carcasses should be served on the table. When children get sick as a result of eating meat, if we pray, God will not hear it. Israel were forbidden to eat meat. However, this advise was never taken, and the majority cried for flesh. And so God gave a concession and allowed them to eat clean meats, which concession

He will remove from those awaiting to go to heaven before Christ's coming. There will be no death, sorrow, nor flesh in heaven. Killing animals for food is cruelty to animals and is unnatural.

## Ill Effects of Flesh Foods (Mental)

Brain's sensitive nerves benumbed; development of mental powers hin-

dered; intellectual activity diminished; irritable disposition; mental faculties injured and vigor of thought enfeebled.

## Ill Effects of Flesh Foods (Moral and Spiritual)

Development of moral and spiritual powers hindered; eater robbed of love and sympathy he owes to others; insubordination; lustful propensities stimulated; morals deteriorated; spiritual health endangered and weakened; animal nature and appetite strengthened; animal passions excited and cultivated; appetite perverted; blood contaminated; children harmed; blood filled with cancerous and scrofulous humors; body deteriorated; bone in unwholesome condition; cancers; cholera; constitution undermined; convulsions; cramps; fatal diseases; fainting spells; fevers; filled with cancerous germs; flesh of poor quality; grossness of body; human system degenerated; humors of worst kind introduced into body; inflammatory diseases; liability to disease increased; life and health sacrificed; lower passions given control over higher powers; nerves excited and irritated; people subsisting largely on flesh foods partake of animal nature; physical health endangered; physical powers depreciated; poison of worst kind taken into system; pulmonary diseases; relish for plain, wholesome, and nutritious diet destroyed; scrofula; scrofulous humors in system; secret vice encouraged in children; seeds of disease planted in system; stomach deranged; system

filled with disease; system in state of inflammation; and sudden death.

## Other Ill Effects of Flesh Foods

Flesh food is always a curse to humanity; fasting and prayer necessary to overcome craving for flesh foods; body needs can be better supplied without; condemnation of flesh food as unfit for use; in tropical countries, swine eating causes leprosy; decays in the stomach; difficult to determine amount of disease caused by flesh foods; discard it; blood directly receives fluids of diseased flesh food; doubly objectionable now; vegetarians can endure more labour than; people die from flesh food without knowing the cause; God's people will discard it; good blood cannot be made from; greatest breeder of disease; children's vital organs worn out by highly seasoned flesh food; feverish state of system produced by highly seasoned flesh food; man's original diet did not include; many people half converted on question of flesh food will go from God's people; ministers should not animalize their natures by eating or must not make light of or oppose message of reform; should not be served in SDA sanitarium; not an ounce of flesh food should enter stomach; not proper food for God's people; people beside SDA will discard it; people preparing for society of angels and who are waiting for Christ's coming should discard it; flesh food was given to shorten men's lives; consequences are awaiting persistent eater of flesh food; persons discarding it should supply its place

with fruits and vegetables; physicians should not prescribe it; seeds of disease taken into tissue and blood; resist temptation to eat it; will cease to form part of SDA diet. "Flesh was never the best food; but its use is now doubly objectional, since disease in animals is so rapidly increasing. There will soon be no safety in the possession of flocks or herds. The Spirit of God is being withdrawn. The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs." EGW

### Swine's Flesh (pork): Ill Effects of

Blood impure; cancerous humors; contagious diseases; deadly humor activated; disease of various kinds; intense suffering to human race; leprosy; life shortened; system filled with corrupting humors; forbidden because it injures eater; God forbids use of; persons freely eating of, cannot but be diseased; unclean food; unfit for food; is composed of what swine eat; never to be eaten under any circumstances. Ω

## Clean and Unclean Animals

Leviticus 11 and Deuteronomy 14

### Leviticus 11:1-47

11 And the Lord spake unto Moses and to Aaron, saying unto them,

2 Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth.

3 Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat.

4 Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

5 And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

6 And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

7 And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

8 Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.

9 These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.

10 And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you:

11 They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination.

12 Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.

13 And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray,

14 And the vulture, and the kite after his kind;

15 Every raven after his kind;

16 And the owl, and the night hawk, and the cuckow, and the hawk after his kind,

17 And the little owl, and the cormorant, and the great owl,

18 And the swan, and the pelican, and the gier eagle,

19 And the stork, the heron after her kind, and the lapwing, and the bat.

20 All fowls that creep, going upon all four, shall be an abomination unto you.

21 Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth;

22 Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind.

23 But all other flying creeping things, which have four feet, shall be an abomination unto you.

24 And for these ye shall be unclean: whosoever toucheth the carcase of them shall be unclean until the even.

25 And whosoever beareth ought of the carcase of them shall wash his clothes, and be unclean until the even.

26 The carcasses of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean.

27 And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even.

28 And he that beareth the carcase of them shall wash his clothes, and be unclean until the even: they are unclean unto you.

29 These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind,

30 And the ferret, and the chameleon, and the lizard, and the snail, and the mole.

31 These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even.

32 And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it must be put into water, and it shall be unclean until the even; so it shall be cleansed.

33 And every earthen vessel, whereinto any of them falleth, what-

soever is in it shall be unclean; and ye shall break it.

34 Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean.

35 And every thing whereupon any part of their carcase falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean and shall be unclean unto you.

36 Nevertheless a fountain or pit, wherein there is plenty of water, shall be clean: but that which toucheth their carcase shall be unclean.

37 And if any part of their carcase fall upon any sowing seed which is to be sown, it shall be clean.

38 But if any water be put upon the seed, and any part of their carcase fall thereon, it shall be unclean unto you.

39 And if any beast, of which ye may eat, die; he that toucheth the carcase thereof shall be unclean until the even.

40 And he that eateth of the carcase of it shall wash his clothes, and be unclean until the even: he also that beareth the carcase of it shall wash his clothes, and be unclean until the even.

41 And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten.

42 Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination.

43 Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be defiled thereby.

44 For I am the Lord your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth.

45 For I am the Lord that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy.

46 This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth:

47 To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten. (KJV) ☉

## Clean and Unclean Meat Explained

### Land Animals

chew cud  
split hooves

### Sea Life

fins  
scales

### Birds and Fowl

Birds that eat seeds  
No birds of prey  
No Scavenger birds  
No flying insects

*“For behold, the Lord will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. For by fire and by his sword will the Lord plead with all flesh: and the slain of (by) the Lord shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine’s flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord. Isaiah 66:15-17. KJV.*

The Bible meat guidelines are easy to understand. For land animals to be considered clean, they must both chew the cud and have a divided or cloven hoof. Some animals chew the cud but do not have a cloven hoof. Others have a cloven hoof but do not chew the cud. These are considered unclean. Sea life must have both scales and fins. Birds that forage are clean whereas birds of prey and scavengers like vultures are not. Only the wise Designer-Creator knows the benefits of his dietary commandments. Many unclean animals are scavengers and predators, whereas a clean animal is an herbivore. Originally, every green herb was the diet for animals. Green herbs provide nutrients to form muscle and flesh in these species. If we choose to eat meat, it makes sense to eat meat formed directly from plant life.

Other unclean animals are scavengers. Their function is to remove putrefying carcasses and filth from our lands and waters. These animals are often parasite ridden. In the case of pork and swine, the parasites can be

killed by thoroughly cooking the meat, but that is not a consolation. The problem is more than parasites. The problem lies within the very constitution of the meat. If we are what we eat, then so are scavengers. Not only should we not eat them, we should not even touch the dead carcase. *They shall be an abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination.* Lev. 11:11.

Ellen White said: “The tissues of the swine swarm with parasites. This command was given because swine’s flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element and when it feeds upon every detestable thing. God never created the swine to be eaten under any circumstances.”

“God prohibited the Hebrews the use of swine’s flesh because it was hurt-

Rothschild’s London Estate is a Sovereign state. Right in the middle of London, the Rothschilds cannot be controlled by the English law. Likewise, Rockefellers are on a foreign land in Washington, D.C., which is separate from the states and not under the laws of the US Constitution or the States Constitution.

**Herbs growing in your yard are always more potent than herbs found in bottles.**



ful. It would fill the system with humors, and in warm climate often produced leprosy. Its influence upon the system in that climate was far more injurious than in a colder climate.”

“The heathen used pork as an article of food, and American people have used pork freely as an important article of diet. Swine’s flesh would not be palatable to the taste in its natural state. It is made agreeable to the appetite by highly seasoning, which makes a bad thing worse. Swine’s flesh, above all other flesh-meats, produces a bad state of the blood. Those who eat freely of pork can not but be diseased.”

“You know that the use of swine’s flesh is contrary to His express command, given not because He wished to show His authority, but because it would be injurious to those who should eat it. Its use would cause the blood to become impure, so that scrofula and other humors would corrupt the system, and the whole organism would suffer.”—Quotes by EGW.

## De facto Unclean Meat

Many beef producers add growth hormones to cattle feed. Those hormones are passed along directly to the consumer’s body. Some have even mingled manure and unusable carcass portions of cattle back into the feed to reduce costs and increase profits. These acts against nature make unclean animals from clean. Imagine a cow eating its kind. Such detestable practices are generally considered to be the cause of Bovine Spongiform Encephalopathy, or BSE (mad cow’s disease). There is strong evidence that the outbreak was because of feeding ground cow meat and bone meal to young calves.

The point is that only eating meat deemed to be clean in Leviticus 11 is not enough. God gave us the power of discernment. In the last days, as God’s mercy is being withdrawn, His wrath rests upon the earth; and it first touches the animal kingdom and they will be diseased. The cow in our backyard which eats good grass will also be touched; and its milk, butter, curd, ghee, or flesh will not be safe.Ω

## “Unclean Animals are Flu Factories”— Doctors

### Meat Indicted

Dean Ornish, M.D. the foremost advocate of vegetarianism in the USA., gives the following reasons for his vegetarian stance:

- Even severely blocked arteries began to unclog in the majority of heart patients when they stopped eating animal products and made other

simple lifestyle changes.

- The more red meat and animal fat women ate, the more likely they were to get colon cancer. The optimum amount of red meat you should eat is zero.
- The more meat they ate, the more likely they were to die prematurely from coronary heart disease, colon

cancer, breast cancer, prostate cancer, and lung cancer, among others.

- Many athletes are foregoing the pre-game steak for foods high in complex carbohydrates because they find that eating less meat often increases their endurance.

- Most beef is still very high in fat and cholesterol; and raises the risk of cancer and heart disease.

• The swine is called unclean, which means it is contagious and will bring harm to those who eat its flesh or touch its carcass. The pig likes to scavenge and eats just anything, such as rotting carcasses, dead insects and worms, garbage and dung including its own and that of other pigs. Input produces output. Input rotting carcasses and dung; output a pork piece made of rotting carcasses and dung.

• In Dr. Machtet’s research (of John Hopkins University), all unclean creatures measured toxic with the pig ranking extremely toxic at the same level as the rat and groundhog. Human body is ill equipped to handle unclean meats. Unclean meats digest in three hours while clean meats digest in up to 18 hours.

• Dr. Widmer of LLU said: “Pork consumption is now associated with coronary heart disease, cancer and certain communicable diseases. Pigs are noteworthy as hosts for the intestinal trichina roundworm, trichinella spiralis, a disease the doctors often attribute to intestinal flu, pneumonia or rheumatism.

- First symptoms of trichinosis infection are diarrhea, vomiting, fa-

tigue, fever and abdominal discomfort; followed by headaches, fevers, chills, cough, eye swelling, aching joints, muscle pains, and itchy skin; and in severe cases: difficulty coordinating movements, have heart and breathing problems, and death.

• Tapeworms are another problem eating pork poses. The adult tapeworm can reach a length of 10 feet, can live for several decades in the small intestine; can stimulate brain tumor, epilepsy, or other neurological or psychiatric disorder.

• Pork is also implicated in breast cancer, prostate cancer and cancer of the colon.

### Swine have the following viruses:

♦ YE - Foodborne pathogen from pigs; 20,000 deaths per year in the USA.

♦ Campylobacteriosis (called C), spread by undercooked pork and poultry. Quarter of a million infected.

♦ Scientists have detected antibiotic-resistant bacteria in pork and in some veterinarians. These superbugs could infect farmworkers and those who eat it. 18,650 deaths a year in the USA due to antibiotic-resistant bacteria.

♦ Heterocyclin amines is formed when pork is cooked at high temperatures. If you cook meat that is loaded with pesticides and hormones at high temperatures, you’re asking for trouble. Undercooked pork causes trichinosis.

♦ Staphylococcus aureus bacteria is caused from pre-cooked canned hams.



- ◆ Chitterlings, a dish made of boiled pig intestines causes diabetics and those with weak immune system to become seriously ill with enteritis necroticans, a life-threatening intestinal infection.
- ◆ PRRS (Porcine Reproductive and Respiratory Syndrome) or swine mystery disease, transmitted via semen, saliva and blood and is now airborne.
- ◆ The Nipah virus, contracted from infected animals, leads to deadly encephalitis (inflammation of your brain).
- ◆ Hepatitis E (HEV) - pork is a reservoir of cases of acute hepatitis.
- ◆ Porcine Endogenous Retrovirus (PERV) is received by people who receive pig organ transplants. PERV strains infect human cells. PERV genes are scattered throughout pigs' genetic material, and researchers have found that pig heart, spleen and kidney cells release various strains of the virus.
- ◆ Menangle virus - this new virus infecting pigs is able to jump to humans.
- ◆ Pasture-raised pigs carry *Trichinella spiralis* infection.
- ◆ *Yersinia enterocolitica* bacteria - 100,000 affected per year in America; comes from ground pork mixed with fecal contamination.

### **Pork Parasites can Cause Brain Problems**

Brain parasites are a major cause for epilepsy worldwide. Tapeworms enter the body through pork or beef. The

larvae use hook-like teeth to tear tiny holes in the intestines and sometimes travel to the brain. Brain parasite neurocysticercosis cases are increasing in CA. They infect 50 million people globally. The worms are originally tiny: about the size of peas. They come from eating contaminated pork, and fight their way into the small intestines and cling to the flesh there while draining nutrients from their host. They can grow to be 20 feet long and can make tens of thousands of eggs a day, which ride through the bloodstream through the whole body.

### **Vicious Tapeworm Infestations Growing Worldwide**

Once you consume them, they can move throughout your body—your eyes, your tissues and most commonly your brain. They leave doctors puzzled. “Very few things move in the brain, but it had moved from one side of the brain to the other,” said a doctor about a British man found to have a tapeworm moving inside his brain in 2013.

In three books of the Bible, eating the flesh of pigs is prohibited. Carcasses of unclean animals were specifically prohibited from being touched. In 2006, problems started happening involving workers at a Minnesota pork-processing plant, as NY Times reported:

### **A Medical Mystery in Minnesota**

Three patients had fatigue, pain, weakness, numbness and tingling in the legs and feet, and heavy legs.

They all worked at Quality Pork Processors. Disorders involved nerve damage. The first patient's job was to extract the brains from swine heads. He was severely affected neurologically, with weakness in his legs and loss of function in the lower part of his body. His spinal cord was inflamed. Doctors could not figure out why it happened.

After months, he went back to his job, and he became ill again. Once more, he recovered after a few months and went back to his job, only to get sick again. This time, 12 were sick. Doctors and the plant owner realized that they had an outbreak on their hands and called the Department of Health. Did not the Bible say not to touch the carcass of the pig?

The Bible says: “Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you. Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” 2 Cor. 6,7.

“And I heard another voice from heaven saying, “Come out of her, my people, lest you share in her sins, and lest you receive of her plagues.” Rev. 18:4.

### **Pig Farms may be Flu Factories**

An article in *Scientific American* says: “Our pig monitoring is pretty bad. So bad that American pigs farms are virtually “flu factories.” In 2012, scientists reported that human beings were “genetically-programmed” to dislike the smell of male pork.” If you find the smell of pork revolting, it

could be because that's how you're genetically programmed to perceive it. Scientists found that there is a gene responsible for how a compound in pork smells to humans. Male swine is normally castrated in Western countries, so this reduces the otherwise more objectional smell.

### **Poultry Indicted**

Watch “60 Minutes,” CBS News telecast on Salmonella poisoning from eating chicken/poultry products, entitled: “One out of Three.”

### **Fish Indicted**

Based on a six-month investigation of fresh fish and shellfish:

- 29% of samples purchased in stores were already spoiled.
- With regard to infection from fecal coliform bacteria, 15% were “potentially hazardous,” 7% raised “cause for alarm,” and 22% were judged to be “contaminated.” 43% of salmon contained PCBs, a potential carcinogen and reproductive hazard.
- 90% of swordfish contained heavy metal mercury contamination, which may harm nervous system; 25% contained PCBs.
- Catfish were found to contain residues of pesticides DDT, DDE, and DDD, which can affect reproduction in mammals.
- Clams are high in lead, which can impair behavioral development in young children.
- Unclean fish like catfish, prawns, shell fish are scavengers. They tend to be bottom-feeders that eat scum; dead flesh; and are toxin collectors.

They have high iodine content. Shellfish are one of the most severely allergic foods that humans tend to consume. The white patches on catfish is cancer. Many fish for crabs with the most rotten baits.

- Fish tape worms known as diphylobothriasis, echinococcosis, fill human lungs and livers with cysts that can crush blood vessels or kill if they rupture. Ω

## Section II

# The New World Order and Its Depopulation Programs

The Germans eat a lot of unclean meat. In addition, Germans love war; there are 15 evil Nazis who killed over 500,000 Jews; caused World War I and II; and are the most oppressive people according to the Bible. Papacy of Germany forced pork eating on Jews and Christians and killed thousands who refused. Papacy changed God's laws and festivals; killed His saints; and now established the new world order to control, manipulate, and kill millions and will hand over this earth to Satan who will appear claiming to be Christ, just before Jesus comes the second time. The NWO's goal is "One World, One Government, and One God, Satan." When the world will become one global entity, then it becomes easier for Satan to push his agenda.

The Germans are a mixture of Ashkenaz (of Japeth), Edomite, Hittite and Canaanite ancestry but disguise themselves as Jews or Assyrians (both of Shem, a brown race and not a white race) as the Germans had occupied Asshur's land. I state these with no offence to my German friends as I know that there are God's children among the Ger-

mans, and my favourite reformer, Martin Luther, is a German; but the new world order that some wicked Germans have established is the most dangerous system in the world. The arch enemy of Jehovah is Satan. Jehovah wants us to eat natural wholesome foods and be healthy so that we are fit for heaven, and to use natural remedies when we get sick. But Satan wants us to violate God's health laws so that we will be sick and die soon.

If you are able to access the internet, please look up the "New World Order Organizational Chart" at [www.bibliotecapleyades.net](http://www.bibliotecapleyades.net). The list of organizations they run is at the website: [www.mfa.is/international-relations/organizations-list](http://www.mfa.is/international-relations/organizations-list). New World Order pyramid chart is at [www.one-evil.org/content/entities](http://www.one-evil.org/content/entities). This topic is vast, but I will make it simple.

## The pyramid of the new world order

Here is the pyramid of the new world order: Satan - Pope (HQs Vatican) - Jesuits - 300 Illuminati families which narrows down to 13 elite families: the Rockefellers of the USA, Bilderbergers of Europe; and

Rothschilds of UK who control the kings, PMs, and Presidents and - Pope's NWO organizations: UN, World Bank, IMF, WHO, International Court for Justice, etc. WHO is United Nation's public health arm.

The elite of the NWO own financial, political, military and industrial entities in the entire world. Their one goal is to reduce the population of this world from 7 billion to one billion so that only their so called superior race will survive and the rest of the useless eaters are terminated. How then is it possible for the World Health Organization to preserve the health of the world when its secret plan is to depopulate the world?

## The Pharmaceutical Racket

by [www.educate-yourself.org/nwo](http://www.educate-yourself.org/nwo)

The Rockefellers of America drill crude oil for the Gulf countries. They give 60 percent to the Gulf nations and the 40 percent, they invest in America, in the public school system where they teach evolution; public colleges where they ruin the minds of the youth; have established foundations and give awards for the wrong research they do; have established pharmaceutical companies, which is a multi-billion dollar business, where they create viruses; which they give to our doctors with an extra pay to experiment on people; and when the strange disease comes to the print media, they now publicly give the vaccinations with government approval to further infect and kill people; as a result of which, in one case, whereas 7,000 have died

Friends, could you please think?

These run a shadow government which is more powerful than all the countries in the world. They own all the petrol companies, newspapers (print media), TV channels (news media); federal banks; pharmaceutical companies which fund chosen universities to breed deadly viruses in their laboratories to depopulate the world, which they call research; which are then distributed to the nations through their pharma companies based in the local countries; who then give to the local doctors the drugs to test on people. Let us look at the pharmaceutical racket. Ω

of a vaccine 4,000 have died of the disease. In America, donations made to the charities will be returned by the Income Tax department. That way, by spending on charities, the Rockefellers get to keep their money.

The Rockefellers organized a coup on the medical research establishments, hospitals and universities by sponsoring research and donating money to US Universities and medical schools where research was drug based and extended this policy to foreign medical establishments via their international education board. They are the largest drug manufactures in the world.

These companies now control the vast majority of health care and set the standards for the practice of medi-

cine in all developed countries. Doctors are no longer free to choose the most reliable and safe forms of therapy available but are at the mercy of their financial reliance on sponsoring (bribing) drug companies. Once out of drug-company sponsored medical school, doctors work overtime dispensing the pharmaceutical drugs that they have learned. The sheer volume of literature received from the drug sales representatives resulted in the present situation of giving chemicals and unclean animal body parts as vaccines to the patients. The Pharma companies rely upon ill health in the population to survive and reap their profits. No drug company has interest in curing disease; but in maintaining ill-health, creating disease and manufacturing chemicals. In the US in 1978, 1.5 million people were hospitalised because of medication side-effects alone. In 1991, in the US, 72,000 people were killed due to iatrogenic—that is, doctor-induced causes while 24,073 died of victims of firearms shootings, which makes doctors nearly three times more lethal than guns!

The drug industry has managed to sell to the majority of the world the idea that disease is an inevitable part of life, especially during the later years. Through its front-line representatives—the medical system—it has effectively reduced the range of choices of health care to which the public has access. Through funding and educational control it has seen to it that natural forms of treatment are

largely ignored and grossly under-researched. Those organizations which reveal the true causes of disease and promote effective disease prevention, such as nutritional medicine and naturopathy, are regularly attacked in the mass media and publicly labelled as quacks by pharmaceutically-sponsored de-bunking organizations such as the Campaign Against Health Fraud, now called Healthwatch (which I call a deathwatch.)

They have also sold to us the idea that natural remedies and cures which have been successfully employed for centuries are ‘alternatives’ and to be treated with great scepticism and caution. Frequently, we are told of how one or two people have been injured or killed through the misapplication of a herbal remedy by dubious alternative practitioners but are not told at the same time of the thousands who are damaged by the conventional drugs which are handed out like sweets by our doctors.

In college, the young doctors are repeatedly informed by their superiors that therapies which are alternative to classic western medicine are fraudulent and quackish, and no scientific evidence.

At the apex of the pyramid of medicine lie the controllers; not doctors, but the multinational pharmaceutical companies; and behind them, the sinister organization of global secret societies by the Illuminati. As an example of the fraud perpetuated by the pharmaceutical companies, the next section will take a close look at the AIDS scandal, which tells how these

companies have infiltrated every area of the healthcare system and are willing to endanger people, allowing them to be killed, for profit via the industry’s tool of corruption and front organization, our own medical system.

### What is AIDS?

Nearly 500 scientists world-wide, including eminent doctors, are now convinced that AIDS is not caused by HIV. The facts do not add up. There are many people with AIDS but without HIV and vast number of people who are HIV positive are not developing AIDS. The tests for the presence of retrovirus HIV are inaccurate due to many diseases such as malnutrition, multiple infections, multiple sclerosis, TB, leprosy, etc. This inaccurate testing has accounted for many people being incorrectly diagnosed

as HIV positive in Africa. Once diagnosed, patients are then initiated into highly toxic drugs such as AZT, DDI and Septrin, many of the side effects of which are the self same symptoms as those of AIDS.

AZT is a random killer of infected and non-infected cells. It kills T-cells, B-cells, red cells, it kills all cells. AZT is a chain terminator of DNA synthesis of all cells—no exceptions. It wipes out everything. In the long run it can only lead to death of the organism—and the cemetery. AZT is

a certain killer! Who will be responsible for the death of patients, some 200,000 now being treated with AZT and countless thousands who have already died from it in the past decade? AZT therapy is pharmacological homicide!

Major causes of death by AIDS-related diseases is the inability of the body to fight off the manifested disease because the body has been weakened by the very drugs given to suppress the disease. Effective treatments for AIDS are cessation of conventional drugs in favour of uncon-

ventional natural therapies such as Essiac herbal tea, and other natural remedies. However, these natural remedies have all been suppressed or withdrawn by the pharmaceutical industry.

### Wellcome to Hell

Wellcome pharmaceutical company has links to Rockefeller empire and is the largest funders of medical research in Europe. It manufactures anti-virals, animal healthcare, genetic engineering and biotechnology. AZT, manufactured by Wellcome as Retrovir to treat cancer, proved to be highly toxic and so it is now used for AIDS patients. It gives long-term side-effects. AZT brought £1132 profits in 4 years. Sale of home testing kits was banned in the UK, thus ensuring Wellcome’s complete monopoly in all aspects of

**“International bribery and corruption, fraud in the testing of drugs, criminal negligence in the unsafe manufacturing of drugs—the pharmaceutical industry has a worse record of law-breaking than any other industry.” - Dr. John Braithwaite, in his expose, Corporate Crime in the Pharmaceutical Industry.**

AIDS treatment and diagnosis. AZT, to be administered at 1000 mg per day, twice the dose recommended by the USFDA, causes serious side-effects such as muscle wasting, anemia and impotence.

Martin, a staff nurse who treated AIDS patients at Newcastle General Hospital with these drugs said: "Foscarnet, a commonly used drug, which is given directly into the heart or eyes of a patient, when dropped on a nurse's tights dissolved them on contact. He noticed side effects of this drug as epilepsy, blindness and dementia; and frequently said: "I'm poisoning people for a living," but if he refused to give the drugs, he would lose his job. He asked the doctors to give him even just one example of anyone whom they have cured of AIDS or significantly improved the quality of life. Not one of them has been able to give such an example. As more and more evidence mounts against the HIV theory, it seems that the only way to survive AIDS is to steer clear of the medical profession and its terrible drugs. AIDS is a huge money spinner, providing millions of pounds of profit per day through its offshoot market of condom sales. Wellcome also has links with the London Rubber Company. The elite via chemo-pharmaceutical companies and food and water production services penetrate all areas of health care and use it to promote and execute their policies of population control, mind control and 'divide and rule', while making vast sums of money into the bargain, while making animal experiments on the mankind.

## Natural Products cannot be Patented

FDA approves only drugs with limited benefit and will reject drugs that are more effective, such as a leaf from a tree, because it cannot be patented, and is easily available. Alternative medicine is a legitimate option. However, in order to make money, and to patent the natural products, many cancer drugs are purified from natural sources such as Taxol (yew tree), vincristine (periwinkle), and etoposide (may apple). The pharma companies tell people that it is unwise for any patient to self-treat by eating these plants lest they lose sales. Hear the following questions and answers in a Supreme Court:

Justice Ginsburg: Isolating or extracting natural products, that has long been considered patentable, e.g., aspirin and whooping cough vaccine. How is this different from natural products?

Mr. Hansen: If we simply pick the leaf off the tree and swallow it and it has some additional value, then it is not patentable.

Justice Alito: It's not just the case of taking the leaf off the tree and chewing it. Let's say if you do that, you'd have to eat a whole forest to get the value of this. But it's extracted and reduced to a concentrated form. Isn't that patent eligible? Pharmaceutical companies use 40% natural products and 60% chemicals in their drugs. There is a conspiracy theory about cancer cure. The drugs for cancer are never made to cure but to keep the cancer patients alive. Ω

## Swine Flu, Ebola, AIDS Manufactured by Western Pharmaceuticals

While United Nations' Food and Agriculture department, headquartered in Rome, manufactures GMO seeds to destroy crops, and cause famine in the world; its Defence Department manufactures GMO diseases to infect the world. Scientists allege deadly diseases such as Swine flu, Ebola and AIDs are bio weapons being tested on Africans and Asians to reduce population. Swine flu is due to a virus from the pig. Only the pig makes the antibodies. These are harvested from the pig and injected into humans. A clean animal will not make the antibodies. Many people have died because of immunizations.

### What is Bioterrorism?

Biological warfare, also called bio-terrorism or germ warfare, is the intentional use of micro-organisms, and toxins, generally of microbial, plant or animal origin to produce disease and death in humans, livestock and crops.

### Swine Flu or H1N1 Virus

Swine flu virus was no random creation of Mother Nature—it was man-made by professor Yoshihiro Kawaoka at University of Wisconsin-Madison, which he argues is a part of valuable scientific research. Not only was a form of H5N1 behind the 1918 outbreak, but its variants have started to emerge over the past 10 years, and are collectively known as 'bird flu.' The idea that scientists create deadly flu viruses, es-

entially to see how deadly they are, caused outrage in the scientific community and the world at large. Professor Kawaoka and his team created new forms of H5N1, then study how they function and how easily they can spread. The experiments are carried out in extremely secure conditions. All procedures must be carried out inside a closed biological safety cabinet, into which scientists insert their hands and arms cased in latex gloves. Respirators must be worn, and all staff are medically screened, and immunised when possible. A senior scientist at the US Centre for Arms Control stated that 42 institutions were working with any number of three potentially deadly disease-causing substances—small pox, the SARS virus, and H5N1, etc. They are aware that militant Islamists might break into laboratories to release the strains. In 2011, the US National Science Advisory Board called for scientific papers on H5N1 to be censored, which caused fierce debate among scientists. "One day, someone will walk out of the 42 laboratories, feeling under the weather. If that happens, then we must hope and pray that those scientists find a cure—before millions die," says a report.

### Treatment For Swine Flu - Tamiflu

After infecting people with Swine flu virus, the US Centers for Disease Control and Prevention (disease control or population control center?)

were ready with a killer anti-viral drug, oseltamivir (Tamiflu), which many nations are stocking. Tamiflu caused delirium, hallucinations, delusions, convulsions, disturbed consciousness and abnormal behavior, nausea, vomiting, diarrhea, bronchitis, stomach pain, dizziness and headache. Three people on the drug committed suicide.

### Tamiflu has a Cocktail of chemicals, linked to bizarre Behavior

A 75 mg. Tamiflu capsule contains:

Oseltamivir phosphate  
 Black iron oxide  
 Croscarmellose Sodium  
 FD&C Blue 2 - a synthetic dye  
 Gelatin - made with animal byproducts (viruses from pig, monkey, cow, horse, etc.)  
 Shellac - plastic from female lac insect  
 Sodium Stearyl Fumarate Talc - linked to pulmonary issues, lung cancer, skin cancer and ovarian cancer  
 Titanium dioxide, Yellow iron oxide  
 Oseltamivir

### Drugs Which were Passed as Safe and the Damage they Caused

Accutane (acne) - caused deafness and kidney destruction.  
 Atromid S (cholesterol) - caused deaths from cancer, liver, gallbladder and intestinal disease.  
 Clioquinol (diarrhoea) - caused blindness, paralysis and death.  
 Chloromycetin (typhoid) - caused leukaemia, cardiovascular collapse and death.  
 Cyclophosphamide (cancer) - caused liver and lung damage.  
 DES (prevent miscarriage) - caused birth defects and cancer.  
 Eraldin (for heart disease) - Corneal damage including blindness.  
 Flamamil (rheumatism) - caused loss of consciousness.  
 Isoniazid (tuberculosis) - caused liver destruction.  
 MEL/29 (anti-hypertensive) - caused cataracts.  
 Methotrexate (leukaemia) - caused intestinal haemorrhage, severe anaemia.  
 Nembutal (insomnia) - caused insomnia.  
 Orabilex - caused kidney damages with fatal outcome.  
 Paracetamol (painkiller) - 1,500 were hospitalized in UK.  
 Phenolphthalein (laxative) - caused kidney damage, delirium and death.  
 Stilboestrol (prostate cancer) - caused cancer in young women.  
 Thalidomide (tranquilliser) - caused 10,000 malformed children.  
 Trilergan (anti-allergic) - caused viral hepatitis.  
 Valium (tranquilliser) - addictive in moderate doses.

—Taken from Vivisection: Science or Sham by Dr. Roy Kupsinel, and Naked Empress by Hans Reusch.

Saccharin sodium - a chemical sweetener linked to cancer  
 Sodium benzoate - When combined with ascorbic acid (vitamin C), can form benzene, a carcinogen  
 Sodium dihydrogen citrate  
 Sorbitol - a sugar substitute that can cause gastrointestinal problems  
 Titanium dioxide  
 Tutti Frutti flavor  
 Maltodextrins (maize)  
 Propylene glycol - a food-grade antifreeze which promotes cancer  
 Arabic gum  
 Natural identical flavoring (mainly banana, pineapple, peach)  
 Xanthan gum  
 Star Anise (the only good thing), and  
 Other things which are kept secret.

Tamiflu is causing some people to go crazy and leap from tall buildings. Roche, the manufacturer of Tamiflu, made billions of pounds on this drug, but does not release its clinical data. WHO has made Tamiflu one of the essential drugs. Governments worldwide have stockpiled it on the advice of WHO. Politicians have ignored the problem and have not demanded accountability from their own decision makers, regulators and from industry.

### Can People Receiving Live Virus Vaccines Transmit Virus to Others?

Public health officials used to say that unvaccinated children pose a big danger to those around. But today, some parents of unvaccinated children are asking the opposite question: Could my unvaccinated or immune

compromised child get sick from coming in contact with a recently vaccinated person? When it comes to live virus vaccines, the answer is: Yes. Viruses are shed and transmitted through coughing, sneezing, exchange of saliva (kissing, sharing drinking cups), skin-to-skin contact (touching), breast milk, exposure to blood, urine or feces (changing a baby's diapers) semen or other body fluids.

Common methods of creating a vaccine is by passing a virus through a living cell culture or host (such as chicken embryo, monkey or dog kidney cells, human fetal lung cells) over and over until there is a reduced risk the weakened virus will make a person seriously ill but is still capable of stimulating a strong enough inflammatory response in the body to produce vaccine acquired antibodies.

The live virus vaccines currently given are: measles/mumps/rubella (MMR), varicella (chickenpox), influenza (nasal spray), rotavirus and herpes zoster (shingles) vaccines; adenovirus, yellow fever, smallpox, typhoid and oral polio vaccines.

Recently children who received polio drops are shedding polio viruses and are passively vaccinating or spreading viruses to other people. Those who are thus vaccinated could develop complications and become paralyzed. For this reason, in 1999, US public health officials abandoned OPV (oral polio vaccination) and switched back to inactivated, injectable polio vaccine (IPV) to avoid vaccine strain polio paralysis in the

US. But in India, till today, from the President of India, to the bottom, give OPV. Why? Don't they care about their people? Today, even immune compromised persons like HIV, cancer, anemia, are being given live vaccines. 69 doses of 16 vaccines are now recommended.

- Dryvax (Wyeth Laboratories)-calf lymph vaccine is grown in African green monkey kidney. On the box it is written: severe vaccinal skin infections, blindness and fetal death; severe disability, permanent brain damage and death.
- Eczema vaccinatum from Vaccinia Virus gives body rash and open lesions like chickenpox.
- In 1970, there were 68 deaths from smallpox vaccination in the US, a reason why this vaccination is banned in the US.
- Vaccinia virus is a 200 year old manmade animal-human hybrid virus that now includes cowpox and monkeypox viruses. Now cowpox infections are increasing in Europe.
- Oral Polio vaccine has chicken egg embryos, dog kidney cells, insect cells and monkey kidney cells for production from chimpanzees or African green monkeys infected with simian immunodeficiency virus (SIV). As a result, monkeypox cases are reported in humans. HIV-1 now circulating among humans is a hybrid monkey-human virus. HIV could be monkey virus. Some researchers said: "There is a risk in using primary monkey kidney cells for preparing vaccines because monkey cells

can be infected with SV40 (and with other monkey viruses) and it may be to eliminate or detect this contamination. Monkey virus could cause cancerous tumors. After this discovery, vaccine manufacturers switched to using African green monkey kidney cells.

- In 1998, medical literature warned that SV40 was being detected in human brain, bone and lung tumors in children and adults in more than 40 different laboratories and the institute of medicine published that SV40 exposure from the polio vaccines is related to SV40 infection in humans. In 2008, there were 8 polio cases as a result of oral polio vaccination. There are continuing gaps in scientific knowledge about poliovirus. OPV vaccinated children and adults can still be infected, shed and transmit wild-type polio virus.
- Genetically modified poliovirus was used to make experimental HIV vaccines.
- In early 2014, WHO pronounced India "free" of polio. This controversial declaration comes at a time when India has been experiencing a huge increase in reported cases of non-polio acute flaccid paralysis (NPAFP), 53,563 cases in 2012. Two pediatricians in India discovered a link between the increase in OPV and the increasing cases of NPAFP among children.
- FluMist, a live virus vaccine spray, manufactured by a British pharmaceutical company, has four viruses using chicken egg embryos

for production. This company is not sure how FluMist protects, but those around the person using FluMist are getting infected.

- Merck's genetically engineered Rotavirus has five live viruses using cow, human, two pig virus DNA in their live virus, which is known to cause lethal wasting disease in baby piglets. A 30-month old healthy boy who had never received rotavirus vaccine was infected with the vaccine strain rovarisus and ended in an emergency room for 10 days after his healthy two-month old brother was given a dose of Merck's Rota Teq. vaccine.
- Scientists are using a genetically modified vaccinia virus to create other experimental vaccines, such as vaccines for hepatitis B, HIV, herpesvirus, Ebola vaccines, bird flu vaccines.
- Shingles vaccine can cause varicella-like lesions.
- Chickenpox vaccine can cause vaccine strain infection. Persons receiving chickenpox vaccine are advised to avoid close contact for 6 weeks because others are susceptible to chicken pox from them. (What kind of treatment is this, infecting healthy people with chickenpox vaccine so that they and others could get chickenpox?)
- Unlike bacteria, viruses are microbes that cannot multiply on their own but need a human, animal or other living host to replicate. Viruses mutate and are shed in body fluids

and waste products of animals and humans. –*The Emerging Risks of Live Virus & Virus Vected Vaccines* from the National Vaccine Information Center is a good article to read.

## **Ebola**

Fort Detrick, "the Ebola Building" in Frederick, Maryland, is an American Military-Medical-Industry that conducts biological weapons tests under the guise of administering vaccinations to control diseases and improve the health of "black Africans overseas." Ebola testing has been secretly taking place in African countries.

The organizations that have been implicated in this mass vaccinations are:

- the World Health Organization (WHO) and several other UN agencies such as
- the US Army Medical Research Institute of Infectious Diseases (USAMRIID), a well-known bio-war research located at Frederick, MD.
- Tuliane University in New Orleans, USA, winner of research grants,
- the US Center for Disease Control (CDC)
- Doctors Without Borders,
- Tekmira, a Canadian pharmaceutical company,
- the UK's GlaxoSmithKline; and
- the Kenema Government Hospital in Kenema, Sierra Leone.

US Department of Defence (DoD) funded Ebola trials on humans just weeks before the Ebola outbreak in Guinea and Sierra Leone. DoD gave

a contract worth \$140 million dollars to Tekmira, a Canadian pharmaceutical company, to conduct Ebola research. This research work involved injecting and infusing healthy humans with the deadly Ebola virus. Hence, the DoD is listed as a collaborator in a "First in Human" Ebola clinical trial which started in Jan. 2014. US government has a viral fever bioterrorism research laboratory in Kenema, a town at the epicentre of the Ebola outbreak in West Africa.

The US, Canada, France, and the UK are all implicated in the detestable and devilish deeds that these Ebola tests are. There is the need to pursue criminal and civil redress for damages from these countries; but who will do when the International Court for Justice and the WHO themselves are the arm of the NWO whose plan is to depopulate the world?

After injecting African people with Ebola virus, the Western nations gave false reports saying that someone in Africa ate a fruit bat, which caused Ebola.

### Types of Bioterrorism

1. There are 216 infectious diseases listed in the Wikipedia. Bacteria, viruses or germs from these are used for bioterrorism.
2. Chemical weapons; Choking agents such as phosgene cause death; blood agents such as cyanide-based compounds are more lethal than choking agents.
3. Smallpox virus has long been used as a lethal weapon in biological warfare. Invading Americans gifted to

American Indian population, blankets of smallpox patients as gifts and decimated them. USA and Russia still have the small-pox virus and WHO refuses to destroy it, which means that smallpox may be used again as germ warfare.

5. Institution of food security is a subtle form of economic and surrogate biological warfare.
6. They attack shared water resources.
7. Deliberately contaminate food with herbicide, pesticide or heavy metal residues.
8. Recommend to grow ornamental plants and cut flowers to cause famine.
9. Supply GMO seeds to the farmers which make even the neighbor's land impotent.
10. The deliberate release of harmful and pathogenic organisms that kill cash crops and destroy the reserves of an enemy.
11. Anticrop warfare, involving biological agents and herbicides resulting in debilitating famines, and malnutrition.
12. Using late blight of potatoes, anthrax, yellow and black wheat rusts and insect infestations with Colorado beetle, the rapeseed beetle, and the corn beetle in World War I & II have been documented.
13. Defoliants were used as anticrop warfare in Vietnam.
14. Cash crops targeted in anticrop warfare are sweet potatoes, soy-

beans, sugar beets, cotton, wheat and rice.

15. Wheat smut, caused by the fungus *Tilletia caries* has been used as a biowarfare weapon to destroy national economies.
16. Flammable trimethylamine gas produced by the pathogen Species of the fungus *Fusarium*.
17. Food borne infections. Six foodborne pathogens such as *Salmonella* caused 33 million illnesses and 9000 deaths.
19. Bacterial, fungal and viral diseases.
20. The use of genetic engineering, the most dangerous potential.
21. Psychotic substances to contaminate food.
22. Toxins and poisons in political assassinations.
23. Raids with crude biological cloud bombs.
24. Use of dried viral preparations in spray powders.
25. Low-flying cruise missiles adding destruction and havoc with genetically engineered micro-organisms.
26. Drugs and vaccines are developed as bioweapons.
27. Planting eucalyptus trees instead of cash crops; and giving farmers' lands to the MNCs to set up their companies could be bioterrorism.
28. Contamination of salad bars in 1984 with *Salmonella*, an intestinal parasite, was bioterrorism.

29. Genetically engineered micro-organisms contributing to the emergence of new infections cannot be ignored.

30. Polluting wells and other sources of water of the opposing army.

31. Infecting with tests so that victims of infectious diseases themselves could become weapons themselves, like in the case of Swine flu, Ebola and AIDS virus. These testers exploit entry mechanisms such as inhalation, ingestion, use of vectors, and contamination of natural water supplies and food stocks.

32. Ships carrying plague-infected refugees (possibly rats).

33. During WWI, Germany shipped horses and cattle inoculated with disease-producing bacteria such as anthrax, glanders to USA; shipped infected Romanian sheep to Russia; attempted to spread cholera in Italy; and plague in St. Petersburg in Russia. The League of Nations (now the UN), found no hard evidence. (Obviously, they are one and the same!)

34. During WWII, Japan used experimental vaccinations on 10,000 prisoners, causing gas, gangrene, anthrax, meningococcal infection, cholera, dysentery or plague, and killed them.

35. The Japanese military developed plague as a biological weapon by allowing laboratory fleas to feed on plague infected rats and released the fleas from aircraft over Chinese cities to initiate plague epidemics. In



the process, 1,700 Japanese themselves died.

36. German medical researchers infected prisoners with disease-producing organisms.

37. The British introduced yellow fever into India by importing infected mosquitoes from West Africa.

38. In late 1960s, US military had developed a biological arsenal with biological pathogens, toxins, and fungal plant pathogens to induce crop failure and famine.

39. In the name of studying climatic conditions, stimulants were released in the air over NY city, San Francisco, and other sites where outbreaks of urinary tract infections appeared.

40. UK used biological weapons in Oman. US used them on peasants in Colombia and Bolivia; USA caused cholera in Hong Kong in 1961, and in Iraq in 1966. Iraq used it on its people many times.

41. In addition to state-sponsored biowarfare program, private groups are using biowarfare.

I have provided an exhaustive list to show the biological warfare that is going on all around us—on our farm lands; on us humans through drugs and through ready-made junk food; through our water which is being used to make coke which dissolves our bones; etc. When WWII begins, all these will be used by various countries simultaneously. Psalm 91 gives a clue that this will happen and that thousands will die as a result. Ω

## Psalm 91 (KJV)

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

14 Because he hath set his love upon me, therefore will I deliver him: I will

set him on high, because he hath known my name.

15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

16 With long life will I satisfy him, and shew him my salvation. Ω

## Natural Remedies for Swine Flu/H1N1 Virus

by Mike Adams, Editor of Natural News

- When it comes to H1N1 influenza (Swine flu), all the “authority” institutions in America agree on one thing: “Keep the American people ignorant! Don’t allow them to learn the truth about the anti-viral properties of herbs, superfoods and dietary supplements.”
- Knowledge of natural anti-viral products is a huge threat to the profits of Big Pharma industry, which just received one billion dollars to make useless swine flu vaccines, which will infect the people with swine flu.
- They want to cleanse the minds of the public from any knowledge of medicinal herbs. This “information cleansing” is like ethnic cleansing, except they just wait for the influenza to kill you.
- In the next great pandemic, which may be only months away, people will die from ignorance. They will die from misplaced trust in western medicine and government health authorities. They will die while waiting for Tamiflu to arrive, and from that dose itself.
- Mother nature is quietly manufacturing the natural antiviral medicines that can save lives and end suffering, in your own back yards.
- **Things that can kill you are:** (1) Arsenic in drinking well water; (2) Antibiotics as they wipe out the friendly flora that have been scientifically proven to boost the body’s defenses against influenza. Do not take antibiotics when you get Swine flu. (3) Lack of sleep. Getting less than 6 hours of sleep increases your risk of contracting colds such as influenza by 300 percent. (4) Lack of Vitamin D. Exposure to morning sunshine kills viruses. Do not believe that sunshine causes you cancer. *Journal of the National Inst. of Cancer* published that sunlight exposure reduces the risk of skin cancer. (5) Antacid drugs. These lead to your death by increasing the risk of deadly pneumonia.

### Natural Anti-Virals

Plants manufacture their own antiviral medicines. In fact, there is no such thing as a plant that does not contain anti-viral medicine. EVERY

plant manufactures at least one anti-viral medicine in its own cell to protect it from constant attack by viruses, without which it will not survive. This is especially true with plant roots, which are immersed in soil that is rich with both bacteria and viruses. If those roots do not possess anti-viral and anti-bacterial defenses, they will quickly be consumed and destroyed, killing the plant. Thus, in all plants, the manufacture of anti-viral

medicines is the most natural thing in the world. Simply eating grass or juicing grass is an act of medicinal self treatment. All grass contains anti-viral compounds, chlorophyll, vitamins, minerals and hundreds of other health-enhancing phytochemicals. Do not use grass treated with pesticides. Use Dandelions or other weeds (Dandelions are weeds with yellow flowers). Wild foods offer the strongest anti-viral medicine. Ω

## **An Ounce of Prevention—Swine Flu, Ebola, Pandemic Influenza (and Other Viral Diseases)**

by John Clark, M.D.

When Lord Palmerston, Premier of England, was petitioned by the Scottish clergy to appoint a day of fasting and prayer to avert the cholera, he replied, in effect, “Cleanse and disinfect your streets and houses, promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor will the Lord hear your prayers, while these, his preventives, remain unheeded.”

In this treatment of infectious viral diseases we are going to use the influenza as a model. If talking of its symptoms, pathology and treatment one should see envisioned the approach to be taken with any of its viral relatives, including, but not limited to swine flu, bird flu, pandemic influenza, Ebola, SARS, etc.

### **Incidence:**

What can we expect on the incidence of pandemics in future scenarios? To guide us in this we need to consult a source which has been accurate at predicting such universal events in the past, the Bible. In Luke 21:10,11 we read Jesus saying, “Nation shall rise against nation, and kingdom against kingdom: And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven.” A few verses later (v 27) we find the time period of these occurrences, “And then shall they see the Son of man coming in a cloud with power and great glory.” As the returning of Jesus to the earth draws near we can expect more “Pestilences”.

Do we have any advice guiding *us in how we can avoid* becoming a statistic in these outbreaks? God promises

in Exodus 15:26, “If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” Included in the “diligently hearkening unto the voice of the LORD” is observing the laws of health He has set us for our physical wellbeing. With this in mind we will now approach viral disease with pandemic flue as the model.

How is a viral disease spread? Airborne droplets that reach the eyes, nose or mouth primarily spread influenza virus. It can also spread by touching contaminated surfaces and then touching one’s face. Any contaminated body fluid can harbor the disease initiating microbe. The more viruses you are exposed to, the higher your risk of contracting the flu, etc. Environmental precautions and personal protective equipment are designed to reduce the number of viruses to which you are exposed.

Rupert Blue, MD, surgeon general during 1918 flu suggested: avoid needless crowding; smother your coughs and sneezes; your nose not your mouth was made to breath through; remember the 3 Cs, clean mouth, clean skin, and clean clothes; food will win the war, help by choosing and chewing your food well, wash your hands before eating, don’t let the waste products of digestion accumulate; avoid tight clothing, tight

shoes, tight gloves; seek to make nature your ally not your prisoner, and when the air is pure, breathe all of it you can—breathe deeply.

Will a mask protect me? For health care workers exposed to infected patients, N95 respirators are recommended. For infected patients surgical masks are recommended to help reduce viral spread.

Once a pandemic has begun quarantine is not likely to be effective, efforts may focus on “social distancing.” Social distancing includes measures to increase distance between individuals (6ft), staying home when ill unless seeking medical care, avoiding large gatherings, telecommuting, and closing schools.

Once a pandemic influenza virus has been identified, it will likely take 4-6 months to develop, test, and begin producing a vaccine. The supply of pandemic vaccine will be limited, particularly in the early stages of a pandemic. Vaccine is not a substitute for a good immune system.

Reports from China indicate that current antivirals are not as effective as once hoped. In the absence of vaccines and effective medications for influenza, what are we going to do? “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.” It is in practicing these health virtues that a strong immune system is developed and disease is averted.

To start with we need to look at how the body fights off an influenza ex-

## Natural Anti-Viral Plants & Herbs

### Make Your Own Anti-Viral Kit

- Aloe Vera (dhrut kumari)
- Camomile (chemanthi in Telugu)
- Dhania (Coriander)
- Echinacea (red sunflower)
- Garlic
- Gelsemium, bark (yellow jasmin creeper)
- Ginger
- Goose berry (amla)
- Grape seed extract (eat grape seeds)
- Honeysuckle (wild jasmin plants on the road side)
- Hyssop (good during a plague. Is available in the market)
- Indian sage (also known as bone-set)
- Jeera (cummin seeds)
- Licorice root (Yashti madhu)
- Marigold (Calendula)
- Morning Glory, pink - leaves & flowers
- Milk thistle (milk weed with purple flowers) - above ground parts
- Neem, leaves - make tea
- Pudina (mint)
- Safforin (Goldenseal)
- Star Anise, the star shaped flower spice we use in pulao, is a strong anti-viral and a good hope during the plague. The French use it in their liquor. This is the only good thing used in Tamiflu.
- St. John's Wort (chinnadaavare gida in Kannada)
- Tulasi (basil) Ω

### Anti-Viral Foods and Fruits

Aloe Vera	Cauliflower	Honey	Spirulina
Apple	Chilli peppers	Kale	Soyabeans
Barley	Corn	Onions	Strawberry
Berries	Garlic	Pineapple	Turnips
Carrot	Ginger	Red grapes	a hot lemon drink Ω

### Things that Weaken Immune System

Antibiotics	Lack of sleep
Arguing, stress, anger	Maida (white flour)
Chemical food additives	Recreational drugs: cigarettes, alcohol
Dairy foods: milk, cream, butter, ghee	Stimulants: coffee, tea
Electronics (tv, cellphone, wireless signals)	Sugar
GMO foods	Sugary processed foods
	Sugary soda drinks <span style="float: right;">Ω</span>

posure. When the influenza virus reaches the lungs there is an initial exponential growth in number of viruses. Natural killer cells are the first line of defense. When they go to war, as evidenced by a rise in interferon, the viral numbers drop off exponentially, but not to extinction. Before the infection is completely licked and the patient is out of the woods, B-cells must act their part, which is to produce viral specific IgA. If the immune system is strong and the parts are all working as they should, the infection can be overcome. It should be our study then to determine what lifestyle factors influence the immune system.

### Fresh Air

The negative air ions found in fresh air activate natural killer cells and significantly reduce the number of disease causing microbes in the air.

It has been said "...there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting."

It is of interest to note that pine cone extracts have been shown to suppress the growth of influenza virus in cells.

Some people even use pine as essence oil. Citrus has been shown to inhibit influenza A viruses. Citrus essence oil has been recommended by some to reduce viruses in the air.

Air quality can have an effect on your susceptibility to disease. Influenza and pneumonia are significantly increased in people who live in cities with high levels of ozone or sulfur

dioxide pollution. In one study, office workers showed significant declines in number and function of natural killer cells after their office was remodeled exposing them to formaldehyde, phenol and organic chlorohydrocarbons. What's more, mold exposure in water-damaged buildings reduces natural killer cells and initiates lung damaging inflammatory processes. Living in a home with mold problems increases the risk of respiratory symptoms and infections.

### Sunlight

In one study, exposure to natural sunlight one hour a day for 12 days, significantly increased circulating immune cells. The effect lasted for up to two weeks after the end of the experiment. It has also been found that influenza viruses can suppress interferon production. Sunlight helps disable the influenza viruses' ability to suppress the production of interferon. Sunlight's ultraviolet light is known to kill pathogens and it also kills influenza viruses.

### Abstemiousness

Abstemiousness or temperance involves the avoidance of things harmful and the moderate use of things that are considered good. Smokers are at 1-1/2 times the risk of catching the flu and are 70% more likely to miss work because of the flu. Chronic alcohol consumption has been shown to suppress the activity of natural killer cells. What's more, alcohol or tobacco, when combined

even in small amounts, significantly suppress natural killer cell activity.

Intemperance can involve both the amount and quality of food we eat. Obesity and over eating impair natural killer cells activity. Caloric restriction—eating less—has been shown to restore immune responsiveness in overweight individuals. Dietary restriction to 60% of usual increases natural killer numbers four-fold and their activity twofold. Increasing age is also associated with a predictable decline in immune function. Caloric restriction, while still maintaining nutrition, restores natural killer activity to that found in younger individuals.

### Rest

Studies reveal that people who sleep well have significantly better immune function than people with insomnia. To illustrate the effects of missing your sleep, one study showed mice who got the flu vaccine but were sleep deprived contracted the flu as though they had never been immunized. With the practice of good lifestyle habits your immune system is better prepared to protect you from disease.

Rest and relaxation also encompass mental and spiritual rejuvenation. According to researchers at the University of Wisconsin, meditation improves the immune response to Influenza vaccination. Among those who observe the weekly rest according to the Bible, Seventh-day Adventists had higher plasma levels of the immune stimulating antioxidants. Among Seventh-day Adven-

tists, consumption of a vegetarian diet was associated with an even higher increase in immune stimulating antioxidants.

### Exercise

As individuals age, their immune systems decline. Being physically fit helps attenuate this decline. Natural killer cells respond positively to moderate exercise in both number and function. Over fatigue increases the risk of upper respiratory tract infection, while regular moderate physical activity reduces the risk. In one study moderate exercise was associated with a significant reduction in the risk of upper respiratory tract infection.

If one is to exercise in cold weather, proper clothing is essential. Sufficiently protecting the arms and legs from cold helps prevent inflammation and congestion of lungs and brain thus helping prevent influenza. The clothing should fit comfortably without obstructing the circulation of the blood or natural respiration of the lungs. Clad in this way, we can take exercise in the open air, even in the dew of morning or evening, or after a fall of rain or snow, without fear of taking cold.

### Proper Diet

God gave us wonderful immune systems. One of our first considerations will be to avoid any food that could compromise this first line of defense.

In a study of dietary fat, eating the usual American dietary fat was associated with a 50% reduction in natural killer cell activity, a high fat

diet reduced natural killer activity by 79%, and a low fat diet showed no reduction in natural killer cell activity. Not all fats were created equal. For instance, a high cholesterol diet depresses natural killer cells to ¼ their usual activity. Fish oil has been observed to impair immune function and delays the clearance of viruses from the lungs.

Milk, the baby food of cows, has drawbacks for the prevention of influenza. Increased milk drinking results in decreased natural killer cell activity. What's more, tripling your milk protein intake can triple your risk of contracting cancer.

Many people complain of a "sweet tooth". This may not be the trait of an influenza survivor. Mice fed a diet containing sucrose (table sugar) had significantly lower immune cell responsiveness. Sugar consumption weakens the ability of immune system to destroy pathogens. If a person eats no refined sugar or carbohydrate for 12 hours, each white blood cell can destroy 14 bacteria. When 24 teaspoons of sugar are consumed in a day, the white blood cells are so compromised that they can only destroy one bacterium each. High protein diets have also been shown to compromise the immune system. A diet comprised of 25% protein hampered natural killer cell function whereas a diet with only 5% of the calories coming from protein enhanced natural killer activity. Soybeans are an excellent source of protein. Soy has strong antioxidant properties and is a potent immune stimu-

lant that has shown benefits not only for influenza, but also for cancer.

I had a friend in high school that put himself on a fresh fruit and vegetable diet. I talked to him not long ago and asked him about his diet. He said that in the last 25 years since being on this diet he has not had a cold or flu once. Science has born this out; fresh fruit and vegetables have been shown to be antibiotic, antiallergic, tumor-protective, anti-inflammatory and stimulating to the immune system. What's more, people on plant based diets have been shown to have significantly higher intakes of antioxidants than omnivores: 305% of vitamin C, 247% of vitamin A, 313% of vitamin E, 120% of copper. Compared with the omnivores, people on a plant based diet have significantly higher blood concentrations of: Beta-carotene, vitamin C, and vitamin E and vegetarian's natural killer cell activity has been found to be twice that of omnivores.

Remember the old saying, "An apple a day keeps the doctor away"? Five or more apples per week actually improves lung function and apples contain phytochemicals which inhibit influenza viruses. One of these phytochemicals is quercetin. Quercetin has been shown to protect the lungs from damage by the influenza. Quercetin is also found in, onions, green leafy vegetables and beans.

Garlic has long been recognized as a potent immune stimulator. In one study garlic reduced respiratory tract infections by 63%. It is reported that during the 1918 flu epidemic, 20

people in one area ate raw garlic daily with their meals. None of the 20 contracted the flu. It has been suggested that 3 to 5 cloves be eaten per day.

Grapes possess a phytochemical (resveratrol) that strongly inhibits the replication of influenza virus within cells and significantly improved survival of influenza infected mice.

A deficient diet with only 50% of the USRDA of vitamins has been shown to significantly depress natural killer activity. Vitamin A deficiency reduces natural killer cell number and function especially in older adults.

Vitamin A deficiency also results in a loss of IgA producing cells. Remember that IgA is critical for the eradication of influenza from the lungs. Vitamin A pills have not proven as helpful as just eating good food. Foods high in vitamin A are paprika, cayenne, sweet potato, carrots, kale, spinach, winter squash, cantaloupe and broccoli. Vitamin E is effective in helping the body reduce the number of influenza viruses in the lungs. It also helps prevent the loss of appetite and weight loss associated with being sick with the flu. What's more, vitamin E helps lower the damaging inflammation in the lungs caused by tumor necrosis factor alpha. It is usually the inflammation that starts the downward spiral that ends in death for some influenza sufferers.

Vitamin E pills have not proven as helpful as just eating good food. Foods high in vitamin E include sunflower seeds, almonds, flaxseed oil,

wheat germ, olive oil, pine nuts, peanut butter, and ground cloves, just to name a few. Vitamin C, popularized by Linus Pauline, is also helpful in influenza prevention. Vitamin C actually increases lung macrophage function and helps reduce the number of viruses running around in the lungs. Taken before or after the appearance of cold and flu symptoms it can relieve or even prevent them.

Vitamin C is also a potent antioxidant that helps reduce damage in infected lungs preserving vital lung tissue. Vitamin C is also best taken in the form of food. Foods high in vitamin C include strawberries, bell peppers, chives, red cabbage, broccoli, pineapple, oranges, lemons, kale, cauliflower, and peas. I like to juice half a lemon into my first morning glass of water, this should give me about 500mg of vitamin C.

Severe Folate deficiency is associated with a 60% reduction in lymphocyte counts and significantly impaired natural killer function in one study. Dietary changes or supplementation, but not both could reverse this effect. If a person was already on a Folate sufficient diet, taking Folate pills only decreased their immune systems function. Foods high in Folate include arrowroot, wheat germ, peanuts, sunflower seeds, spinach, lentils, pinto beans, and parsley.

Selenium increases natural killer activity by 70% while protecting the lung tissues from inflammation. Selenium is very important for recovery from the flu—infected lung tissues recover more quickly if you

aren't deficient in this element. Foods high in selenium include brazil nuts, mixed nuts, sesame seeds, wheat, sunflower seeds, and wheat germ.

Another nutrient necessary for both natural killer cell numbers and function is zinc. Foods high in zinc include wheat germ, pumpkin seeds, sesame seeds, wheat bran, pine nuts, maple sugar, wild rice, and cashews.

Any one have a penny? Antibody titers and natural killer-cell cytotoxicity were markedly suppressed in animals fed a copper deficient diet. Copper is best obtained from Spirulina, seaweed, sesame seeds, soybeans, cashews, sunflower seeds and mixed nuts, but not pennies.

Magnesium-deficient animals exhibit dramatic elevations of inflammatory mediators that are responsible for the cytokine storm and hemorrhagic pneumonia from which people with the bird flu die. You can obtain your magnesium from rice bran, wheat bran, pumpkin seeds, soybeans, flaxseed, Brazil nuts, sesame seeds and cashews.

Turmeric is widely used in India for the treatment of inflammation. It inhibits several cytokines responsible for lung damage in viral pneumonia. It is also an antioxidant through modulation of glutathione levels in alveolar lung cells and it is a potent oxygen radical scavenger. It is also a good source of vitamin C.

Echinacea purpurea (red sunflower), a plant originally used by Native Americans to treat respiratory infections, has been shown to increase

natural killer cytotoxicity by nearly 100%.

Let's summarize the foods you may want to eat in preparation for the bird flu pandemic. Important vegetables to eat would include garlic, onions, carrots, kale, spinach, and Broccoli. Fruits I would concentrate on are: apples, strawberries, grapes, and citrus. Mixed nuts are very valuable; also make sure you get some Brazil and pine nuts. Seeds are also indispensable, have on had some sunflower, sesame, and pumpkin seeds. Nuts and seeds are best eaten raw rather than roasted and salted. Other foods to concentrate on include soybeans, wheat germ and even turmeric.

Now just think, what have we been describing? The Bible diet! "Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." "and you will eat the plants of the field." Genesis 1:29; 3:18 (NIV). God has said, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus 15:26.

### **The Use Of Water**

You cannot underestimate the value of proper hydration. Consequences of dehydration include constipation, urinary tract and respiratory infections, delirium, renal failure, electro-

lyte imbalance, hyperthermia, and longer time for wound healing just to name a few.

Other uses of water include bathing as well as hot and cold treatments. "Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold." Taking a cool bath (64°F) before going out in cold weather stimulates the immune system. It augments white blood cell response to cold exposure and increases natural killer cell activity. The way I practice this particular bit of scientific information is to do alternating hot and cold treatments. If I feel the onset of a cold or flu, I head for the shower. I set the faucet as hot as I can stand and shower until I feel my internal temperature rise. I learned to detect this rise by actually testing my temperature a couple of times till I could correlate the temperature with what I was feeling. When the desired small rise in body temperature is achieved, I then switch to cold, as cold as possible, for one minute. I then repeat the process one or two more times and then jump in bed for about one half hour. This is usually sufficient to stop dead in its tracks any intruder from the virus family—cold or flu. Ending every bath or shower with cold is an excellent preventative measure and is stimulating to the immune system.

Just an aside, another good measure at the very onset of a cold is the use of charcoal. Charcoal binds viruses.

Drink one to two tablespoons of activated charcoal powder in one glass of water. Sip it slowly and let it coat your throat. This can be repeated every two to four hours as symptoms persist.

### **Trust In Divine Power**

The relation between health and spirituality has only recently come to light. Religiosity or spirituality has been shown to increase the function of the immune system.

Trusting in Divine power leads to better mental health that helps boost the immune system. Depression is reliably associated with reduction of natural killer activity and a suppression of lymphocyte proliferation both of which could spell trouble in an influenza pandemic. Loneliness is also associated with poorer immune responses. People with high levels of loneliness and a small social network have the lowest immune activity. Loneliness is also associated with elevations in cortisol, an immunosuppressant hormone. Depression is a bad enough suppressor of the immune system by itself, add to that alcoholism and the two suppress natural killer function even further. One of the benefits of trusting God is that the problems of living that usually are the source of stress are now His problems. Increases in stress hormones result in decreased natural killer cell activity and IgA levels, consequently the number of respiratory infections increases with increasing psychological stress. Stress that we hang on to ourselves usually drives us to exasperation and anger.

A single five-minute experience of anger can significantly reduce IgA levels for up to five hours. A lack of a sense of humor, worrying about daily problems and experience negative emotions can also significantly decrease IgA levels.

Trusting in Divine power will lead one to a life of service to others. In a study of individuals who serve others, mortality was significantly reduced for those who provided support to friends, relatives, neighbors, and their spouse. Receiving support had no effect on mortality. In one study, people who volunteered more had 63% less mortality than those who volunteered the least. Any amount of volunteering reduced mortality by 60% even among weekly attendees at religious services. We've always

known that it was, "It is more blessed to give than to receive." Acts 20:35

### **Summary**

Use sanitary precautions to reduce exposure to the bird flu virus. Be prepared in case of national shortages of essential supplies and services. Vaccines and antivirals may be of limited supply and efficacy. Do all you can to boost your immune system. Eat a nutritious balanced diet. Be sure to eat a variety of nutritious foods, including plenty of vegetables, fruits, beans, nuts, seeds and whole grain products. Go easy on salt, sugar, alcohol, cholesterol, and saturated fat. Drink lots of water. Exercise on a regular basis in the open air and sunshine. Get plenty of rest. And by all means, keep the communication open with your heavenly Father. Ω

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### *Editorial* - **Good Food, Natural Remedies and God, our only Safety!**

A few years ago, there was an outbreak of chikungunya in our village with over 5,000 cases; and as a person who runs a NGO, I visited many homes and joined the local government doctor in holding awareness meetings. And I did not get chikungunya. My diet was good then.

In 2009, I visited the USA for 3 months. There, since my family did not eat the simple food I cooked, I adjusted to their meat and junk diet and hoped to catch up with my health in India after my return; but unfortunately, on the plane back, I caught chikungunya, which made me bedridden for three months in India. If my constitution was strong, would I

have got chikungunya? If we do not eat good food, our immunity will be low and we will catch diseases quickly. After this experience, I quickly changed my diet. I changed to red rice. Per month, I used to buy 3 kgs. each of maida and sugar to make sweets. I stopped buying these two. I first hand experienced that: Not only not eating good food will cause ill health; but eating junk food will give you pains and arthritis. When the doctor said that I seem to be getting arthritis, I researched to find why arthritis comes, and found that it is caused by excess uric acid in the body. All the meat gave me excess waste material in the body. I knew

that charcoal will remove the waste material and when I took one spoon of charcoal in water; in 15 minutes, my joints loosened and the aches disappeared. I recovered by changing my diet. My diet today includes unpolished rice; multi-grain whole wheat flour; no meat, no milk, no maida, no sugar; lots of vegetables and fruits; and soya, cooked with rice and also ground into wheat flour. Even my dogs get red rice cooked with soya beans. And all my pains disappeared.

We are made of what we eat. If we repent and turn, our body will restore and we will enjoy good health as I do now. I haven't had a cold since 2009. If we obey God's diet and His health laws, He said that none of the diseases will come to us. Even if a thousand and ten thousand fall sick around us, nothing will touch us. I often go into my garden, pluck a handful of leaves of various trees, and make tea. If you have aches and pains, change your diet and see why your body cannot become whole. We found that clean animals will be diseased in the last days. If then, how diseased can the unclean animals be in the last days? When God said not

to touch swine; how could we take Swine's live viruses into our mouths as vaccines? We need to take charge of our health. After I started this health magazine, I threw all medications out. Yesterday a former colleague told me that her one wish is that she never goes to a hospital till her death. I wish the same for me, too. The so called civilized countries are doing dangerous experiments on human beings through allopathy. There is no safety in going to the hospitals. Friends, India has rich knowledge about herbs. It is time we learn about the natural remedies which cleanse and heal the system. It is God's wish that we are in good health. The living saints are being sealed now. When the death angel passes our homes, who will he strike, but the disobedient? So, let us give up animal food. If we eat God's original diet: fruits, nuts, grains and vegetables, none of the diseases will come to us—not even Swine flu nor Ebola. We need to make sure that we don't go to the hospital and get these diseases through vaccinations or oral capsules. If you do get infected, please follow the advise Dr. John Clark gave. – Ellen Ω

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