

## **Improving Your Immune System and Your Overall Health**

**Try to implement the simple ideas first, then add on the others gradually. Some of these tinctures are used by midwives to help expectant mothers.**

**When you plant a portion of ground you have a field. A field is captured nature. In the field of medicine doctors have captured the nature of healing the sick. They are not trained to keep you in excellent health. When asked the typical response is: "Just eat a balanced diet." There are people who capture the nature of trying to maintain excellent health as their field. Their ideas are not promulgated on the national news. The few following ideas come from this field of endeavor.**

**You are what you eat that you can digest. The primary strategy is to avoid white flour and white or brown sugar - at least this is a start.**

**A second strategy when shopping is to avoid the candy, soda, & cereal isles. Bread slicing machines were invented in the USA. Additives are added to the dough because the bread spoils faster. Over time these additives are harmful. Avoid most of baking isle, processed foods and hard alcohol – not wine. Hard alcohol may be used for medicines.**

**A third strategy for some is to buy meat, fish or fowl basing the decision on Leviticus 11, Deuteronomy 14 in Scripture and later in 1Timothy 4:4-5. This 3,300 year-old advice is for Spiritual separateness, but buying bugs, worms and critters in wet markets has obvious implications on global health.**

**Yellow dye is in every pickle at Walmart, 1,000 of gallons of Gatorade, which are drunk by the strength of our youth, candy – even some chocolate! –yellow dye or tartrazine is manufactured from petroleum & fractured in a refinery to [benzene](#) as a [starting stock](#). Tartrazine is a synthetic yellow food dye & may cause allergic reactions, neurotoxicity, and cancer risk in humans and animals. Learn about the symptoms, sources, and alternatives of tartrazine, and how to avoid it in your diet. Amazing what is approved by the FDA. There are 8 other dyes made from petroleum, which are in soft drinks and food coloring.**

**The following ideas take time to implement, but they can add years to your life.**

- 1. Eat one Brazil nut per day and children eat 1/2 a nut. Why? These nuts contain seven times the amount of selenium a body needs per day. Since it is a natural form, you will not overdose. (Pregnant women should NOT eat these nuts.) Selenium prevents a cell from allowing a virus to enter. Paste the following into the search bar, an article will explain how.**

**file:///C:/Users/Bill/Downloads/12548-Article%20Text-23248-1-10-20181115%20(2).pdf.**

- 2. Vitamin levels must be at their proper levels. Every hospital and health plan has different recommended vitamin levels. Find out what by doctors for the Rich and Famous in Hollywood recommend.**

- 3. Eat one packet of Immunocal per day. It costs about \$2.50 to \$5 per packet depending on your source on the internet. See [www.immunotec.com](http://www.immunotec.com) for more information.**

**For a much lower price, TEXT (only to Rox (210) 789-5312) - mention my name. She will not answer calls from people she does not know. Or call Terry in Mexico at: 52 447 380 2472 or (404) 640-0477**

**In Canada a product is not allowed to have the word immune on its label unless it has been proven to work. Immunocal was invented to help people with AIDS 40 years ago. Around 2009 the company was allowed to use the name Immunocal. Each packet has about 1 gallon's worth of whey in it along with molecules of cysteine, which have been coated. The whey is digested in the stomach, but the molecules of cysteine are absorbed into the blood in the intestine. The immune system runs on protein and this is a pure protein. Cysteine serves two biological functions: a site of redox reactions (which is the gain of electrons - hence its importance for the avoidance of cellular oxidation) and a mechanical linkage that allows proteins to retain their three-dimensional structure. Those with cancer, diabetes 2, skin problems and other concerns should investigate this product.**

**4. Buy elecampane herb (a helpful, but nasty tasting root, which will need lots of honey). Sawmillherbfarms.com for the recipe.**

**You can use fresh or dry herbs to make an alcohol tincture, though one of the benefits of using fresh herbs is that the alcohol preserves the fresh medicine, some of which may be lost in dry herbs. When using fresh herbs fill a jar all the way with plant matter, cut into small pieces and cover with alcohol. You want to use either 80 or 100 proof alcohol. Half the proof is equal to the percent of alcohol, so 80 proof is made up of 40% alcohol (and 60% water). Cover the tincture and let sit for at least 4-6 weeks. Store in a cool, dry place and shake the tincture a shake every day or so to keep the plant matter thoroughly mixed in with the alcohol. Make sure to label the jar with the name and date.**

**Dry herbs are more concentrated, therefore you can use half the quantity of fresh herbs. It is best to cut up the herbs to increase surface area so more medicine is extracted from the plant matter. In case you do not want to use alcohol, use glycerine. It is a vegetable fat extraction but it is very sweet. It is made in the same way as alcohol. Dilute the glycerine with water, either 50:50 or 75:25 (glycerine to water). If not diluted, it can be very sweet.**

**When the tincture or glycerine is ready, strain it in a strainer, cheesecloth, muslin or tincture press to get rid of the plant matter. Pour the liquid into a clean jar. Squeeze out as much out of the plant matter as possible.**

**Label the medicine.**

**Dropper bottles are excellent for tinctures as they give you a sense of dosage and are easy to use. Take one eye dropper per day or as your recipe suggests.**

**5. Buy reishi mushroom,**

**<https://blog.mountainroseherbs.com/mushroom-double-extraction>.**

**Ingredients**

**80 proof or higher alcohol (I use cheap vodka)**

**Organic dried mushrooms such as reishi, maitake, chaga, or shiitake**

**Pure water**

**DIY Supplies sells a hand-pouring-extraction through-funnel device.**

**Directions:**

**Fill a quart-sized glass jar halfway with dried mushrooms.**

**Fill jar with alcohol, making sure that it completely covers the mushrooms, but leave about a 1/2 inch space at the top of the jar. Secure lid.**

**Let it sit for a month. Shake daily.**

**After a month, strain mushroom-infused alcohol into another jar and set aside.**

**Next, make a water extract by bringing a half gallon of water to a simmer in a stock pot.**

**Add the mushrooms from the alcohol extract to the simmering water.**

**Simmer the mushrooms for about 2 hours, until the water has reduced to approximately 8 to 16 ounces. Make sure to keep an eye on the water level, as you don't want it to completely evaporate. You may need to add water to the stock pot throughout the process.**

**Let it cool.**

**Strain and compost the mushrooms using a funnel and cheesecloth, keeping the mushroom-infused water.**

**Combine the water extract with the alcohol extract.**

**The alcohol percentage should be somewhere between 25% and 35%, making it shelf stable.**

**Take one eye dropper per day or as your recipe suggests.**

**6. Buy elderberry syrup or make it. Use dried elderberries, honey and herbs for an immune boosting, delicious.**

**Ingredients:**

**3½ cups water**

**2/3 cup dried elderberries (or 1 1/3 cups fresh or frozen)**

**2 TBSP ginger (grated)**

**1 tsp cinnamon**

**½ tsp ground cloves**

**1 cup raw honey**

**Instructions**

**Pour the water into a medium saucepan and add the elderberries, ginger, cinnamon, and cloves.**

**Bring to a boil and then cover and reduce to a simmer for about 45 minutes to 1 hour until the liquid has reduced by almost half.**

**Remove from heat and let cool until it is cool enough to be handled.**

**Mash the berries carefully using a spoon or other flat utensil.**

**Pour through a strainer into a glass jar or bowl.**

**Discard the elderberries and let the liquid cool to lukewarm.**

**When it is no longer hot, add the honey and stir well.**

**When the honey is well mixed into the elderberry mixture, pour the syrup into a mason jar or 16 ounce glass bottle of some kind.**

**Store it in the refrigerator.**

**Standard dose per day is ½ - 1 teaspoon for kids and ½ - 1 tablespoon for adults, but increase when sick.**

**7. Buy Lypo-Spheric vitamin C - The body does not produce vitamin C. This product stores vitamin C in the fat tissue in your body so it is not urinated out like other forms of vitamin C, so 1 dose per day suffices. Cost Plus Nutrition carries this product, and it costs about \$1 per day. For pills: Now Brand, Liposomal Vitamin C.**

**Or, if you eat some of the white part (pith) on the orange or grapefruit, it will help your body utilize vitamin C. Do not peel all of the pith off the fruit. (This is research from my dad who worked at Merck during WW II with Vitamin C & helped to develop the mass production of Penicillin & Streptomycin. Ironically, he was allergic to Penicillin.)**

**8. Suggested: Bio-D-Mulsion Forte by Biotics - lasts me about 1 1/2 years. Put a drop on the upper digit of you finger, lick it & put the little plastic bottle back into the refrigerator. Emulsified Vitamin D allows for better absorption, is a safe amount and costs about \$1.50 per month or less.**

**9. Consider a Berkey water purification system. The upper filter lasts from 8 to 10 years and takes out about 200 different pollutants - from progesterone to farm chemicals. The lower filter lasts from 6 to 9 months and reduces heavy metals like arsenic, lead (very efficient) and removes petroleum products. Everyone should have the cleanest water that is possible. No water filter is perfect. It takes more work to use some systems, but when you are healthy you will probably live way longer to make up for any inconvenience. Other systems are less expensive and have good qualities too.**

**10. Research essential oils that can be used for your own special problems. Search the internet for your problem plus essential oils and prepare the recipes that are suggested.**

**11. Aloe Vera cactus is often used on burns. If a loved one has a sore throat, is not allergic to Aloe Vera, (Put some on the skin of your arm and wait for 20 minutes to see if there is a reaction.) then gargle with Aloe Vera juice several times, swallow it and the soreness dissipates very quickly. The taste, to some people is unpleasant, so develop the habit by giving family members a little taste for 21 days. The habit will be established before sickness occurs. Trader Joe's, HEB and Walmart have the juice too. Check for other ingredients that you may prefer not to ingest.**

#### **How to prepare beans:**

- 1) Get big pots with lids.**
- 2) Soak beans - 2 bags of each kind to make a lot for freezing.**
- 3) After 4-5 hours place the beans in large colanders over large pans.**
- 4) Water the beans 3 times per day in a warm place for 3 days.**
- 5) Wash off the gooey, outer coating, and acid underneath the coating, which causes nasty flatus, will go away. Then rinse with purified water.**
- 6) Put the beans in big pots, bring filtered water to a boil & then simmer the beans for 45 minutes to an hour. Put some in a spoon, cool them off and see if they are soft enough for you. Some beans must boil for 37 minutes. Boil in a separate pot.**
- 7) Pour the water into a big colander.**
- 8) Let cool; place in plastic containers; freeze; thaw when needed.**

## 9) Overall time for 3 days - it takes about 2.5 hours

### How to prepare vegetables

- 1) (A suggestion) Buy organically grown, fresh or frozen vegetables, for your blood type. There are many free websites on the internet for Blood Type Diet advise. Always modify “diets” for yourself and your family. Wash off and cut up vegetables



- 1) Buy a steaming baskets.
- 2) Add a little water to the pot underneath the baskets & bring water to a boil.
- 3) Put in vegetables & let them simmer until the texture is good for you. Add a little water now and then to make sure nothing burns - 25 to 45 minutes.
- 4) When the pot has cooled off use a spoon with holes in it to place the vegetables in plastic containers and freeze them.
- 5) About 4 1/2 hours of work

The above ideas enable me to have beans and vegetables for 2 to 2.5 months.

Don't be in a hurry when doing this work.

Some people generously pour on Extra Virgin Olive to a bowl of fish, with beans and vegetables. Those who use Extra Virgin Olive oil have been known to live longer lives.

We are what we eat - that we can digest.

## Can you eat chocolate?

Search for Blood Type Diet - chocolate.

It says, “Yes” - Dark chocolate, but remember cancer feeds on sugar. So you need to make your own chocolate.

- 1) Put a small frying pan on the stove.
- 2) Fill it about 1/4 inch or more with pure water. I want my chocolate to be like a thick soup because it is easier to apply to the banana, strawberries, fresh pineapple and blueberries for breakfast.
- 3) Break up the unsweetened chocolate bar, from the baking isle, into the pan.
- 4) When boiling starts, turn off the heat.
- 5) Gently stir until the chocolate melts.

- 6) Add quality, expensive honey (not stuff from Russia) into the pan AFTER the temperature goes down past 110 degrees. Otherwise, the honey will turn into sugar, & you will lose the benefit. To hasten the process place the pan on a pot holder; put it in the freezer for a few minutes; take the temperature with a food thermometer. When it is cooled - pour some honey over the chocolate to taste; scrape it into a small container; put in the refrigerator; put an alarm on it to keep the kids away. Or, make more than one bar at a time.**

**Ladies, most men are too busy, lazy or skeptical to look into the above suggestions. If you protect your family with some or all of the above products, you will save money in the future. These products are NOT FDA approved because they are not drugs with harmful side effects. As with any new product, try a little bit and see how your body reacts before taking a full dose.**

**Humans often think that sweet things are good, bitter is bad and avoiding what is hard to do - is good! Sometimes what is good is bitter and takes patience to prepare. Invent! Disguise the natural medicines to keep family members healthy and happy. Do the hard work now and you will free-up much more time later.**

**Doctors are needed, but, obviously, they treat sick people, not the healthy. Drug companies make drugs that allow people to keep on living, but drugs will NOT bring people back to vibrant health. Quarantines are a valuable tool that have been used for 1,000's of years, but they don't deal with the core problem.**

**A minute virus, which is .00008 or eight one hundred thousandth of an inch long goes through a mask and travels through a store's air ventilation system with ease.**

**Protect yourself from the inside out.**

**Get to know naturopaths, health food store employees, people who are healthy and learn from their experience and understanding. Write down your goals and stick with them.**

**When you set goals, people will come into your life to help you achieve them. Yours, Bill**

**My daughter taught me most of the above information – thank you.**

**Please add any ideas you may have.**