

“Always ask yourself: ‘What will happen if I say nothing?’”

- **Kamand Kojouri**

I always seem to find the right quote at the right time. There are several reasons this one really spoke to me, but there is one main reason it did. Every month, God puts on my heart what I should write about. While I sometimes struggle to come up with a topic, God always comes through at the right time. This month was no different. For those of you who have followed my work for all these years, you'll hopefully remember that I've written about things before they became *“mainstream.”* I've written about things that were often *“taboo”* and I received pushback from it. But I didn't care. From the day my dad died, my mission has been to save at least one person because of what happened to him. I want to wake people up to the lies being told to us by “mainstream medicine” and inspire others to not trust information at face value and to do their own research. I've said many times, *“Ask questions and demand answers.”* Doctors by no means know everything. But many don't even take the time to do their own research and instead, share propaganda put out by pharmaceutical companies. Look where we are. People are sicker than ever, heavier than ever and less informed than ever. I'm thrilled Bobby Kennedy is our new Secretary for Health and Human Services. He wants to end the childhood disease epidemic, which ultimately leads to unhealthy adults. I'm hopeful that he'll expose what's been going on in this country for decades (or longer) and change it. I intend to keep focusing on how to help people get well and stay well naturally. Honestly, since my dad died and I started spending countless hours researching, I've often asked myself, *“what will happen if I say nothing?”* Since I don't want to know the answer to that question, I'm going to continue to say something.

Yours in health,

Susan Monaco, Certified Health Coach
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

Are Cures Being Hidden?



By now, most of you hopefully know the answer to this question is a resounding YES. Have we been lied to? Yes! Has information been hidden from us? Yes! Has misinformation been provided to us? Yes! That's why it's important to get right into what I think is the truth, the whole truth and nothing but the truth. I've tried to provide you over the years with information on how to help your health. I will reiterate that I'm not a doctor and you should construe nothing I write about as medical advice. My job is to inspire you to do your own research before doing anything or putting anything into your body. Whether it's the information on 35% food grade hydrogen peroxide I provided years ago or DMSO I wrote about last month, I've been trying to show you that cures (and preventatives) are being hidden from us, but they are out there. I'll continue to do my best to introduce you to this information each month.

I can't really discuss this topic without starting with what happened during COVID. I'll say this: I'm still pretty salty that my son and millions of other high school kids were denied the opportunity to walk across the stage to be presented with their high-school diploma back in 2020. I know it's been five years, but the lies are still in the forefront of my mind because of what it did to our youth, to our country and to the world. I truly hope we can eventually recover from it, but we must first acknowledge we were manipulated and made to be fearful. We were convinced to believe lies. Think about it: now that we have hindsight, did any of it make sense? For me, the answer is a resounding NO. I questioned everything from the beginning. Here are just a few of the simple questions I asked back then:

- Why do I have to wear a mask to walk into a restaurant, but could take it off as soon as I sat down? Would the *“virus”* only attack me when I was standing? Turns out that not only do masks NOT work, but wearing them for long periods of time made people sicker. I STILL see people wearing a mask while driving alone in their cars.
- Why did I have to stand 6-feet away from someone while I was waiting to board a plane, but once seated on the flight, people were literally right next to me? Turns out the *“6-feet to stop the spread”* was made up.
- Why were masks forced on people when they only block particles that are at least 80 microns? Most viruses are less than one micron and even when they're on water vapor (like a sneeze) they're only about 60 microns in size. So how is a mask protecting me and preventing me from getting sick? It isn't.
- Why were early treatments such as hydroxychloroquine (“HCQ”) and Ivermectin kept from us when approved treatments such as Remdesivir were either killing people or causing severe kidney damage? Remdesivir is super expensive and HCQ and Ivermectin aren't. Do the math.

- Why was an untested “*vaccine*” being forced on people when no one knew what was in it or what the long-term effects were going to be? It was all about the money and keeping people sick.

None of it made sense to me at the time, but now it’s crystal clear. Unfortunately, I’ve written about a lot about how “*they*” want us sick because there’s no money in people being healthy. Now, finally, because the truth is always revealed, information is coming out about the horrific and long-term effects of that “*vaccine*.” People are dying. Health is deteriorating. Instances of infertility, myocarditis, pericarditis and blood clots, among other diseases, are increasing. The reality is, false information was put out that scared people into making bad decisions. FEAR (False Evidence Appearing Real) drove much of where we are today. But the good news is, the truth is finally being revealed and I’m going to focus this month on one big truth and cure that’s been hidden: Ivermectin.

This drug was literally vilified by the media (as was HCQ), but I’m going to provide you with some facts. Ivermectin has been around for more than 30 years. Its main purpose is to treat parasites. It’s so effective that two of the researchers involved in its development/discovery **won the Nobel Prize in 2015**. Does that sound like a dangerous drug to you? People who took it early had minimal effects of COVID, yet it was kept from the general public. During COVID, the media referred to it as “*horse paste*” and shamed anyone who took it. Joe Rogan was one such target of media hit pieces because he took it, along with a number of other things (including monoclonal antibodies and antibiotics), when he came down with COVID. But it worked and it woke him up to the medical mainstream lies.

About 2 years ago, I started taking liquid Ivermectin prophylactically once a week and I haven’t been sick since. When I travel for work, I take it before I leave and after I get back. I also take the pills with me in case I get sick while I’m away. If I ever start to feel as if I’m coming down with something, I double up on my dose until I feel back to normal, usually in a day or so. My boyfriend gives it to his son when he comes down with a cold and he improves quickly.

But here’s what’s really interesting and is finally coming to light: Ivermectin (in combination with another drug called fenbendazole and/or mebendazole) is curing all different types of cancer. No wonder “*they*” want to keep it from us. Since there is now some thought that cancer is caused by parasites, that’s likely why Ivermectin is successful treating it. Given that my dad died of an overdose of chemotherapy, a mere two weeks after his first treatment, this information is particularly important to me and why I want to share it.

I encourage everyone to check out Dr. William Makis ([@MakisMD](#)) on X. He’s a Canadian nuclear medicine radiologist and oncologist, who routinely posts success stories of his cancer patients treated with this protocol. He’s received hundreds of testimonials in just a few months. He’s been so successful that the Premier of Alberta, Canada has been trying to imprison him to stop him from talking about this cure and treating patients. The testimonials include people who have been cured of everything from Stage 4 gastric cancer to aggressive breast cancer to prostate cancer and more. Dr. Makis has stated, “*Drugs like Ivermectin, Hydroxychloroquine, Mebendazole have a tremendous impact on cancer and can treat some of these aggressive (turbo) cancers*”, which he thinks have been caused by the COVID-19 mRNA “*vaccines*.” On March 8, 2025, he testified at the National Citizens Inquiry (“NCI”) hearings regarding his concerns about the COVID-19 “*vaccines*”, vaccine mandates and the sudden deaths of Canadian doctors and children since the rollout of the mRNA vaccines.

Actor Mel Gibson, in a recent appearance on the Joe Rogan Podcast, stated that he has three friends who were successfully treated for cancer with Ivermectin and fenbendazole. What’s interesting is that he was clearly hesitant to state the two drugs his friends used, but Joe named them and Mel confirmed it.

Cancer surgeon Dr. Kathleen Ruddy recently stated: “*I was astonished as anyone might be that Ivermectin has potential as an anti-cancer agent.*” She has seen multiple cases in which patients with severe, late-stage cancer started improving after taking Ivermectin.

There’s an enormous amount of information out there. You may have to dig for it, but it’s definitely worth the time. If you or anyone you know has been given a cancer diagnosis, be sure to share this information. It’s another tool for your toolbox to get well and stay well. For me personally, I would try this as step one if God forbid, I ever received a cancer diagnosis. If it truly does kill the cancer “*stem*” cells, that’s the key to complete recovery. Chemo only kills the “*daughter*” cells, which is why cancer usually comes back. I’m a big believer in cures, not a temporary fix.

Some of you may recall that I wrote back in January 2016 about how I cured my own skin cancer using a natural paste made mainly from bloodroot. That too has been vilified. But now, it appears that the “*horse paste*” (aka Ivermectin) is also curing skin cancer. That’s huge and fantastic news! Imagine for a moment, a simple and inexpensive treatment for cancer! The patent on Ivermectin has expired, so it’s not in the interest of Big Pharma to promote its use. In fact, Pharma doesn’t want you to know about it or what it can do. Remember, during COVID, doctors were prohibited from prescribing it and pharmacies were forbidden from dispensing it. I can’t wait for the trials for Crimes Against Humanity to start.

Ivermectin works by targeting and killing specific parasites that contribute to different illnesses. Here is a list of just a few conditions that can potentially be helped by using Ivermectin:

Acne	Bronchitis	Crohn's disease
ADHD	Cancer	Depression
ALS (Lou Gehrig's disease)	Cataracts	Ear Infections
Asthma	Colds/flu	Fibromyalgia
Blood blisters and clots	Cold sores	

Before I close and because I'm a big believer in using food as medicine, I would be remiss to close out my discussion of Ivermectin and its treatment of parasites, by not at least mentioning that there are a number of foods that can also help to kill parasites. These foods include, but are not limited to, garlic, onions, pumpkin seeds, coconut, sunflower seeds, raw honey, fermented foods and berries.

Never forget that when you do the right thing, you will get the feeling of peace and serenity associated with it. Then do it again and again. That's exactly what I plan to do and I'll continue to inform you about hidden cures. I hope you found this helpful. Please reach out if you have any questions. Have a wonderful month.