

DETOXIFICATION

I did not really understand the importance of a detox until about the early 2000's. My energy level was lower and my speaking voice was becoming weaker. Thankfully, I was not asked to preach much by that time anyway. I had been painting for several years and began to suspect that maybe that had something to do with my problem. Also, I had received almost every type of vaccination a few years before when I had gone to India for 3 months to be the first teacher at a newly formed Bible School.

Although I had developed an interest in nutrition in the early 1970's, I had neglected to understand the importance of a physical detox (removing poisons and impurities from our body.) By the early 2000's I began going to a spa that had an infrared sauna, which helps draw toxins out of the deeper tissues under our skin. I had discovered that one of my problems was that I never sweat. This is God's natural way of cleansing us as we do physical labor or exercise. (Today, many people live and work in air conditioned places and do not get exercise enough in order to sweat).

I began using a sauna for 1/2 hour sessions at 120-130 degrees F. Some times I would hardly sweat and other times only after about 25 minutes I would perspire down my back. About that time I heard John Hagee tell a story of a painter who went to a sauna and when he came out and leaned against a wall, the paint started coming off the wall due to the toxic residues from his body. That drew my attention! Later I heard health and nutrition advocate Jordan Rubin say that we should not put anything on our skin that we would not put in our mouth for it is absorbed into our body. When I had started painting nearly a decade before, it was more common to use oil paints and I would use paint thinner to get it off of skin, (now I use olive oil).

Recently I watched an 8 part series on You Tube on the subject of the corrupted medical system, the vaccine cult, toxins in vaccines and our environment and the natural remedies God has given us. One could watch it free so I did not buy the DVD's but did take some notes. Ty and Charlene Bollinger have produced other health series DVD's which I had previously purchased.

- **THE TRUTH ABOUT CANCER**

This series gives the history of our corrupted medical system and the suppression of successful natural remedies by Big Pharma.

- **EASTERN MEDICINE / JOURNEY THROUGH ASIA** 7 countries in 7 days.

Modern medicine too often fails to learn from the healing wisdom that comes from cultures that have used plants and herbs from nature for centuries

As a Christian who has encountered many different religions and belief systems, I have done quite a bit of research on cults and how they operate. You will find more info in the DARK KINGDOMS section at jesusreigns.net.

Cults brainwash people and seek to seclude them from other points of view.

Brainwashed people no longer think for themselves but merely repeat the views of the cult leader (who is a lover of money, power, self and takes advantage of people's hurts, vulnerabilities and the longing for something to believe in and someone to follow who 'seems' to have the answer to life.)

The CDC and health experts acted more like cult leaders when they dissed Frontline Doctors who had good success with patients with Covid using alternative methods. The media shunned them since they get much of their advertising dollars from the drug companies. There is no doubt that the excessive and concentrated vaccine schedules for young children have brought increased neurological and immune disorders and now the Covid-19 vaccine is on the child schedule for vaccines. In 1986 the drug companies got a law passed that excluded them from any liability for any injuries or harm due to their vaccines, which gave them free reign to push more untested vaccines onto the unsuspecting public.

Young children have strong immune systems for various viruses but they cannot cope with chemical poisons given in vaccines such as aluminum, mercury, formaldehyde etc. (these ingredients have never been examined singly or in combination through double blind studies and placebos). Since the early 1990's there has been a large increase in autism among children. Much praise should be given to Robert Kennedy, Jr. for being a voice of sanity and truth on such matters. The deep state hates him, which should be a badge of honor.

The Covid-19 biological weapon falsely labeled a vaccine has and will continue to kill multitudes with myocarditis, blood clots, sudden death (healthy athletes). Each shot or booster weakens a person's immune system even further resulting in more Covid, cancer or heart issues etc.

In March of 2020 when Dr. Fauci stood by President Trump and downplayed Ivermectin as a possible Covid-19 treatment. I thought right then that he was compromised and was not being honest.

"Few, if any, other drugs can rival ivermectin for its beneficial impact on human health and welfare," wrote Andy Crump [in The Journal of Antibiotics in 2017](#). Crump worked with Satoshi Ōmura, the Japanese microbiologist responsible for discovering ivermectin, for decades. Ivermectin is one of the safest drugs known. It is on the World Health Organization's list of essential medicines, has been given over 4 billion times around the globe, and won the Nobel Prize for its global and historic impacts in eradicating endemic parasitic infections in many parts of the world. **flccc.net**

(African nations suffered much less from Covid without the shots as they already were taking either ivermectin or hydroxychloroquine and thus were protected. The largest state in India had very few cases of Covid as they gave the above protocol to everyone.)

flccc.net good website for info, nutritional and detox protocols eg. Covid

DETOX PROTOCOLS

- **Fasting** intermittent / reduce time of eating daily food
- **Sweating** you can buy a portable infrared sauna for a few hundred dollars which also has an opening so you can have your head outside of the sauna, I read or watch TV while using it a couple of times of week. Some people use one daily

- **Chelation** I first heard of this in the 90's but I began using a liquid one (Cardio Renew) in 2004 when I had some scary heart symptoms and had no insurance. I had noticeable relief from taking up to 20 drops in some water 5 times the day before. I continued this for a few months. In 2016 I had 15 IV Chelation treatments which required 2-3 hours per session. Since then I have used a more economical method which is also very effective and efficient, as one takes it just before bedtime as a suppository. The body detoxes better while we are sleeping. Most everyone would benefit from such a detox at least once a year. Here is the product: **Detoxamin** detoxamin.com
- **Note:** When doing chelation it is important to replenish your body with minerals

The FDA goes after such products as they call it a drug. The FDA is a just a revolving door for former employees of Big Pharma. The drug lords do not want viable inexpensive treatments to be available to 'we the people'. They poison us with heavy metals and then seek to prevent us from wanting to detoxify through natural means.

- **Cilantro and Chlorella** Both are good chelators but are even better together. I find the liquid form is efficient and affordable. [Cilantro Metal Detox with Chlorella](#) by Source Naturals (Vitacost is a good source of health supplements). This is a product that most anyone could benefit from on a daily basis as we are exposed to so many pollutants.
- **Activated Charcoal** This comes in capsules or in a powder. Add to glass of water and it helps remove toxins. You can look up its various uses on the internet.
- **Detox Bath** - Daniel Nuzum D.O.
2 cups Epsom Salts, 2 cups Baking Soda, 2 cups Hydrogen Peroxide in bath or one can get some benefit just soaking feet in a pan of water using lesser amounts.

There are many other ways to detox, but the above is a good sample. As we wrote in the past years, according to Raymond Francis:

There is **one disease, malfunctioning cells** and **two causes** of them:

- **Toxicity**
- **Deficiency of Nutrients**

This message has only covered the physical realm, but in other areas of life the same concept can be seen such as in the church body and in spiritual, mental, social and financial realms. Remove the harmful things and add those things that bring life and success.

When Jesus returns to earth, the whole planet will get the ultimate detox as He makes all things new. In the meantime, we as Christians are here to bring hope and healing to a lost world. We will have more opportunity to do it if we are healthy and vibrant.

What we have shared here is not medical advice but information you can evaluate for yourself in light of your current health situation. To your good health! - August 2023

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