

# MIQDASH BETHEL COVENANT INSTITUTION

Pearl River, Louisiana | miqdashbethel.org  
985-250-9060 | 402-218-9530 | miqdashbethel@gmail.com

## COVENANT HEALTH INVESTIGATION PARKINSON'S DISEASE: MECHANISM, CAUSES, AND THE PATH TOWARD REMEDY

Issued by: Elder Kepha Arcemont, Founder | Miqdash Bethel Covenant Institution | May 2026

*Research Standard: Devarim (Deuteronomy) 19:15 — Multiple Witnesses Required*

### I. WHAT IS PARKINSON'S DISEASE — THE MECHANISM

Parkinson's Disease (PD) is a progressive neurodegenerative disorder rooted in the **destruction of dopamine-producing neurons** in the *substantia nigra* — Latin for "the black substance," named for the dark neuromelanin coating these cells. Dopamine is the neurotransmitter governing smooth, controlled movement. As these neurons die, the body loses its capacity to modulate movement, producing the hallmark symptoms.

MOTOR SYMPTOMS	NON-MOTOR SYMPTOMS
Resting tremor (shaking at rest)	Cognitive decline and memory impairment
Bradykinesia — slowness of movement	Sleep disruption and REM behavior disorder
Rigidity — muscle stiffness	Depression and anxiety
Postural instability — balance loss	Gut dysfunction (often precedes motor symptoms by years)
Freezing of gait	Loss of smell (anosmia) — an early warning sign

The protein **alpha-synuclein** misfolds and clumps into structures called **Lewy bodies**, which spread through the nervous system in a predictable pattern. Critically, current research has confirmed these clumps **often begin in the gut** — specifically in the enteric nervous system — and travel up the vagus nerve to the brain. This is not a minor finding. It means Parkinson's Disease is, in many cases, a **disease that begins with what we eat and the condition of our intestinal environment**.

## II. THE TANAKH WITNESS — DISEASE AND THE COVENANT BODY

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The Tanakh was never against medicine — **Shemot (Exodus) 15:26** establishes **Yahweh** as *Yahweh Ropheka* — "**Yahweh** your Healer." The dietary covenant encoded in **Vayikra (Leviticus) 11** was not arbitrary ritual. It functioned as protective covenant medicine, separating the people from biological hazards that our modern science is only now fully documenting. **Devarim (Deuteronomy) 28:61** warns explicitly that "also every sickness and every plague which is not written in the book of this Torah, **Yahweh** will bring them upon you until you are destroyed." The inverse principle: covenant obedience — including dietary obedience — was itself a health covenant.

Three specific Torah prohibitions align with what science now knows about Parkinson's causation:

TORAH PROHIBITION	VAYIKRA REFERENCE	MODERN SCIENTIFIC CORRELATION
Scavenger animals and bottom-feeders — swine, shellfish, catfish	Vayikra 11:7–12	These animals concentrate toxins, heavy metals, and PFAS in tissue due to their biological role as environmental filters — the exact toxin class linked to PD neurodegeneration
Blood consumption forbidden	Vayikra 17:14; Devarim 12:23	Blood is the primary vehicle by which fat-soluble neurotoxins

		(organochlorines, heavy metals, PCBs) circulate and bioaccumulate in fatty tissues including the brain
Fat of animals (chelev) forbidden	Vayikra 7:23	Processed animal fats today carry the highest concentrations of lipophilic pesticides, PCBs, and PFAS — precisely the compounds now most strongly linked to PD onset

**COVENANT WITNESS DECLARATION**

The dietary covenant of **Yahweh** in the Torah was protective covenant medicine — a hedge against the biological hazards of unclean food. Modern industrial civilization has compounded the original covenant violation with a second assault: the industrial contamination of formerly clean foods with pesticides, plastics, and synthetic chemicals. The body — created as a covenant vessel — was never designed to process either category of assault. The result, borne out in the Parkinson's epidemic, is the fruit of a world that abandoned covenant order.

### III. THE MODERN ASSAULT — ENVIRONMENTAL CAUSATION

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#### A. PESTICIDES — THE LEADING CULPRIT

A landmark review published in *The Lancet Neurology* (November 2025), led by researchers at the University of Rochester Medical Center, identified three classes of environmental toxicants as primary PD causes: **pesticides, dry cleaning and degreasing chemicals, and air pollution**. Because these are human-introduced pollutants, the authors argue Parkinson's disease "could be thus largely preventable."

A 2025 study in *Nature's npj Parkinson's Disease* found that the pesticide **rotenone** triggers lasting alterations in brain gene activity and epigenetic markers in the *substantia nigra*. Even weeks after exposure stopped, this "molecular memory" persisted — suggesting environmental toxins **prime the brain for disease years before symptoms appear**.

France recognized PD as an occupational disease among agricultural workers in 2012. In March 2024, **Germany formally adopted a new occupational disease category: "Parkinson's Disease caused by pesticides"**, abandoning the term "idiopathic" (unknown cause) PD entirely. The science has moved from suspicion to institutional recognition.

## **B. PLASTICS, PFAS, AND HEAVY METALS**

PD is now **the fastest-growing neurological condition in the world**. University of Wollongong researchers (2025–2026) are actively investigating the connection between nanoplastics and PFAS "forever chemicals" in the environment and Parkinson's risk. A review in *npj Parkinson's Disease* confirmed that exposure to pesticides, solvents, heavy metals, microplastics, and air pollution is at least partially responsible for the rapid growth in PD prevalence — and called current international toxin screening procedures "inadequate."

## **C. AGENT ORANGE — A VETERAN FAMILY CONNECTION**

Agent Orange, the powerful defoliant used extensively throughout the Vietnam War era, contains the herbicide **2,4-D**, which is directly linked to elevated PD risk in peer-reviewed literature (Johns Hopkins Medicine). This establishes a documentable pathway for neurological disease in veteran families exposed to this chemical during military service.

## **D. THE GUT AS GROUND ZERO**

Perhaps the most important recent discovery in PD research is the **gut-brain axis** — the bidirectional communication pathway between the enteric nervous system and the central nervous system via the vagus nerve.

Disturbance in the gut microbiota (*dysbiosis*) provokes pro-inflammatory conditions in the gut that send alarm signals through the vagus nerve to the brain. These neuroinflammatory conditions cause accumulation of alpha-synuclein, progressively developing PD. Research published in *npj Parkinson's Disease* (2024) from UCLA confirmed that higher dietary fiber intake is associated with increased anti-inflammatory butyrate-producing bacteria, while **higher added sugar intake is associated with increased pro-inflammatory bacteria** — directly worsening PD trajectory. The PD microbiome mirrors the Western diet microbiome. This is the scientific vindication of the covenant dietary principle.

FOODS LINKED TO FASTER PD PROGRESSION	FOODS LINKED TO SLOWER PD PROGRESSION
Canned fruits and vegetables	Fresh whole vegetables and leafy greens
Soda and sugary drinks	Olive oil and Mediterranean fats
Fried foods	Legumes (beans, lentils, chickpeas)
Conventional beef and processed meat	Fermented foods — kimchi, sauerkraut, kefir
Ice cream and processed dairy	Berries and polyphenol-rich fruits
Cheese (processed and conventional)	Nuts, seeds, whole grains

#### IV. THE COVENANT FOOD STANDARD — NATURAL WHOLE FOODS AND THE GROCERY STORE DECEPTION

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The average American grocery store is not a food source. It is a **chemical delivery system disguised as a food source**. The overwhelming majority of products on its shelves are ultra-processed formulations — engineered combinations of refined ingredients, synthetic preservatives, artificial colorants, flavor enhancers, emulsifiers, and stabilizers that bear no meaningful resemblance to food as **Yahweh** created it. A peer-reviewed study published in *Archives of Disease in Childhood* (Imperial College London, 2024) confirmed that artificial colorants, benzoate preservatives, non-caloric sweeteners, and emulsifiers in processed foods are associated with increased risks of mental health disorders, cardiovascular disease, metabolic syndrome, and carcinogenic effects. A February 2026 systematic review in *Foods* (University

Polytechnic of Marche) confirmed that the Western diet is directly associated with increased risk and progression of Parkinson's Disease, while plant-based whole food diets consistently show neuroprotective effects.

**The grocery store sells convenience. It does not sell health.** The covenant standard for the body that **Yahweh** created is not found in a package with a barcode. It is found in the earth itself — in whole fruits, whole vegetables, whole grains, seeds, legumes, herbs, and clean water. Every additive, every preservative, every artificial colorant is a foreign chemical substance the covenant body was never designed to process. When the body cannot process a substance, it stores it — in fat tissue, in organs, in the brain. This accumulated burden is precisely the toxic load the cleanse protocol is designed to clear. But if new toxins are continuously ingested through processed food while cleansing, the vessel is being poisoned faster than it can be cleaned.

### THE HALL OF SHAME — FOOD ADDITIVES LINKED TO NEUROLOGICAL HARM

The following additives are among the most common in grocery store products and the most documented for neurological and systemic harm. Yuka flags these as high-risk. They must be treated as incompatible with a covenant healing protocol.

ADDITIVE / CHEMICAL	FOUND IN	DOCUMENTED HARM
BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene)	Chips, crackers, cereals, preserved meats, baked goods, chewing gum	IARC classifies BHA as a possible human carcinogen. Both are endocrine disruptors that accumulate in body fat. Linked to neurological disruption in animal studies. Accumulate in the same fatty brain tissue affected by PD.
Sodium Nitrite / Sodium Nitrate	All processed and cured meats — hot dogs, bacon, deli meats, sausage, pepperoni	Converts to nitrosamines in the digestive tract — potent carcinogens. Studies link nitrosamine exposure to

		neurotoxicity and increased neurodegenerative disease risk. These compounds form in the same gut environment where alpha-synuclein aggregation begins.
Artificial Food Dyes (Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2)	Candy, sodas, sports drinks, cereals, snack foods, processed cheese, medications	Red 40 causes DNA damage, colonic inflammation, and microbiome disruption (peer-reviewed, 2023). Multiple dyes carry documented neurotoxic, cytotoxic, and genotoxic properties. Derived from petroleum. The FDA is only now beginning to phase out some petroleum-derived dyes.
Aspartame (NutraSweet, Equal)	Diet sodas, sugar-free products, chewing gum, protein bars, medications	Classified as possibly carcinogenic to humans by WHO/IARC (2023). Converts to methanol, formaldehyde, and aspartic acid in the body. Directly disrupts gut microbiome. Associated with neurological symptoms and cognitive disruption.
Carrageenan	Dairy products, plant milks, deli meats, infant formula, salad dressings	Derived from red seaweed but triggers intestinal inflammation in human intestinal cells. Directly damages the gut lining — the same environment where alpha-synuclein aggregation begins in

		Parkinson's. Flagged red by Yuka.
Monosodium Glutamate (MSG) and Yeast Extract	Restaurant food, chips, canned soups, seasoning mixes, fast food, frozen meals	An excitotoxin — overstimulates neuronal receptors to the point of cell death. Multiple laboratory studies link glutamate excitotoxicity to dopaminergic neuron vulnerability — directly relevant to PD pathology. Yeast extract is a hidden MSG source.
High Fructose Corn Syrup (HFCS)	Sodas, breads, condiments, fruit juices, breakfast cereals, canned foods	Directly feeds pro-inflammatory gut bacteria linked to PD microbiome dysbiosis (UCLA, 2024). Drives insulin resistance in the brain. Contains trace mercury from the chloralkali processing method used in its manufacture.
Titanium Dioxide (TiO2)	Candy, white-coated gum, baked goods, medications, salad dressings	IARC: possibly carcinogenic. Disrupts gut microbiome integrity; animal studies show intestinal DNA damage. Banned as a food additive in the EU since 2022. Still legal in the United States.
Sodium Benzoate / Benzoic Acid	Soft drinks, fruit juices, condiments, pickles, salad dressings	Combines with vitamin C in beverages to form benzene — a confirmed human carcinogen. Disrupts mitochondrial function — the same

		mitochondrial pathway compromised in Parkinson's Disease.
Potassium Bromate	Commercial breads, flour, baked goods	IARC Group 2B carcinogen. Banned in the EU, UK, Canada, and most of the world. Still legal in the US. Damages DNA and disrupts thyroid function.
Artificial Flavors ('Natural and Artificial Flavors')	Nearly everything packaged	A legal catch-all for hundreds of undisclosed synthetic chemical compounds. Manufacturers are not required to identify specific chemicals under this label. Processed through the same liver detoxification pathways already overburdened in PD.

## THE YUKA APP — YOUR COVENANT FOOD SCANNER

Until the entire food supply is clean, the people of the covenant need a tool for navigating the grocery store battlefield. **Yuka** (free on iOS and Android at [yuka.io](https://yuka.io)) is a barcode-scanning application that instantly analyzes the ingredient and additive profile of any packaged food or cosmetic product and delivers a plain-language health assessment with embedded scientific references. It was founded in France in 2017 and has grown into the most powerful independent food transparency tool available to consumers anywhere in the world.

YUKA — KEY FACTS (2025)

WHY IT MATTERS

6 million referenced products — 4M food, 2M cosmetic	Covers virtually everything sold in US and international grocery stores — near-complete database coverage
750 million users worldwide; 240 million scans per month	The largest consumer food intelligence movement in history — 90 product scans per second globally
Scoring: 60% nutritional quality, 30% additive risk, 10% organic status	Holistic assessment — evaluates both what IS in the food and what SHOULD NOT be in it
Color scale: Green (80+) / Orange (50–79) / Red (below 50)	Instant covenant food judgment. Red = put it back. No exceptions on a healing protocol.
Flags BHA, BHT, carrageenan, nitrites, artificial dyes, aspartame, MSG, titanium dioxide	Every additive documented for neurological harm in the Hall of Shame above is flagged with scientific references embedded in the app
Suggests healthier alternatives for every red-flagged product	Not just a warning system — actively guides toward covenant-aligned clean substitutes
Callout feature launched 2024 — users email brands demanding reformulation	Over 1 million callouts sent. French supermarket Intermarché removed 142 additives from 1,100 products in direct response to Yuka user pressure. Covenant consumer action producing systemic food system change.
Scientific references embedded for each additive flag	Per Devarim 19:15 — every red flag is sourced and independently verifiable, not opinion
Free to download — Apple App Store and Google Play	Accessible to every covenant household. No cost barrier. Download it before the next grocery store visit.

Every person applying the covenant health protocol in this study should have Yuka on their phone **before they enter a grocery store**. The governing rule is simple: if Yuka scores it red, it does not enter the covenant body. Orange — investigate the specific flagged additives. Green is not a guarantee of covenant purity but removes the worst offenders. The only truly safe food is food that requires no barcode: whole fruits, whole vegetables, whole grains, legumes, nuts, seeds, clean eggs, clean meats, herbs, and filtered water. **If it came from the earth as Yahweh made it, it needs no barcode. If it needs a barcode, it needs Yuka first. Keep in mind there are other apps similar to Yuka for scanning food and**

cosmetics include Bobby Approved (focuses on strict ingredient quality), EWG Healthy Living (detailed toxicity ratings), Think Dirty (cosmetic focus), and Trash Panda (identifying added sugars/bad oils). These apps help identify non-toxic, healthy products by scanning barcodes. We are not endorsing Yuka but we find it a good app for overall information on food that you buy.

## THE COVENANT FOOD STANDARD — WHAT TO EAT

FOOD CATEGORY	COVENANT-APPROVED SOURCES	PD-SPECIFIC BENEFIT
Vegetables — eat abundantly, raw and lightly cooked	All leafy greens (spinach, kale, collards, arugula); cruciferous (broccoli, cauliflower, cabbage, Brussels sprouts); beets, sweet potato, carrots; garlic, purple onion, leeks	Cruciferous vegetables activate the Nrf2 neuroprotective pathway. Beets support liver detox and brain circulation. Leafy greens supply folate and magnesium critical for neurological function.
Fruits — whole, in season	Berries (blueberry, blackberry, strawberry, elderberry); citrus; papaya, pomegranate, avocado, apple with skin	Polyphenols in berries cross the blood-brain barrier — documented dopaminergic neuroprotection. Papaya contains antiparasitic proteolytic enzymes. Avocado provides glutathione precursors and brain-healthy fats.
Legumes — dried and home-cooked	Lentils, chickpeas, black beans, kidney beans, mung beans; Mucuna pruriens (therapeutic dose, physician supervised)	Highest dietary fiber category — directly feeds SCFA-producing anti-inflammatory gut bacteria. Mucuna pruriens provides natural L-dopa alongside neuroprotective compounds.

Whole Grains — minimally processed	Brown rice, quinoa, millet, buckwheat, whole rolled oats, amaranth	Sustained fiber for gut microbiome; B vitamins for neurological function; slow glucose release prevents sugar spikes that feed parasites and pro-inflammatory bacteria.
Clean Proteins	Pasture-raised eggs; wild-caught small fish (sardines, mackerel, wild salmon — lowest mercury); organic free-range poultry	Cold-water fish provide DHA — the primary structural fat of dopaminergic neurons. Avoid farmed fish (pesticide feed) and large fish (mercury concentration). No factory-farm sourcing.
Nuts and Seeds — raw, unsalted	Walnuts, almonds, Brazil nuts (2/day for selenium), pumpkin seeds, ground flaxseed, hemp seeds, chia seeds	Brazil nuts provide selenium for glutathione production. Pumpkin seeds are antiparasitic. Ground flaxseed provides omega-3s and fiber. Walnuts show documented brain health support.
Herbs and Spices — use daily and liberally	Turmeric + black pepper; raw garlic; ginger; rosemary; oregano; thyme; clove; cayenne; cinnamon; parsley; cilantro	This is the covenant food tonic in daily meal form. Use them abundantly in every meal — they are not garnishes, they are medicine. The daily tonic protocol in concentrated form.
Healthy Fats	Cold-pressed extra virgin olive oil; organic coconut oil; avocado oil (cooking); whole avocado; raw nuts and seeds	Olive oil polyphenols (oleocanthal) carry anti-inflammatory potency comparable to low-dose ibuprofen in laboratory comparison. Brain tissue is primarily fat — quality fat

		determines neuronal membrane integrity.
Fermented Foods — raw and unpasteurized	Raw sauerkraut, kimchi, unpasteurized miso, low-sugar kombucha, coconut yogurt (unsweetened), kefir if dairy tolerated	Live probiotic cultures directly restore gut microbiome. Non-negotiable post-cleanse maintenance to sustain the anti-dysbiosis environment that is the foundation of PD management.
Beverages — clean only	Reverse osmosis or quality spring water; herbal teas (nettle, dandelion root, ginger, green tea, tulsi); fresh-pressed vegetable juice; whole coconut water	Green tea EGCG crosses the blood-brain barrier with documented dopaminergic neuroprotection. Filtered water eliminates PFAS, chlorine, fluoride, and heavy metals — ongoing sources of neurological burden if unaddressed.

### THE COVENANT NON-NEGOTIABLES — PERMANENTLY REMOVED

**These items are permanently removed from the covenant healing protocol — not reduced, not treated as occasional exceptions:**All swine products (pork, bacon, ham, lard, gelatin from pork sources) — Vayikra 11:7; confirmed neurotoxin concentratorsAll shellfish and bottom-feeding fish — Vayikra 11:9-12; confirmed heavy metal and PFAS accumulatorsAll sodas, diet or regular — artificial sweeteners, HFCS, phosphoric acid, caramel coloring (Class IV carcinogen)All processed meats — BHA, sodium nitrite, artificial flavors, factory-farm sourcingAll fast food — seed oils oxidized at high heat, synthetic flavor packages, preservative loadsAll artificial sweeteners — aspartame, sucralose, saccharin, acesulfame-KAll seed oils in processed forms — canola, soybean, corn, cottonseed, sunflower (oxidized omega-6 neuroinflammation drivers)All products with artificial colorants — Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2All tap water without filtration — chlorine, fluoride, PFAS, pharmaceutical residues, heavy metals**RULE: If**

**Yahweh did not make it in the earth, the covenant body does not receive it. If it has a barcode — scan it with Yuka before it crosses the threshold.**

## V. CANNABIS — WHAT THE RESEARCH ACTUALLY SHOWS

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The widespread anecdotal reports — including those visible in documentary footage and online video — of Parkinson's tremors dramatically reducing when patients smoke or consume cannabis are **not placebo and not imagined**. There is now a substantive body of peer-reviewed research supporting this observation.

A comprehensive meta-analysis published in *MDPI* (February 2026), screening 975 research items and including six meta-analyses of randomized controlled trials, found that pure **CBD (cannabidiol) or synthetic THC significantly improved PD symptoms** (SMD = -0.41, statistically significant). A February 2025 case series in *Frontiers in Human Neuroscience* confirmed that cannabinoids reduce both motor and non-motor symptoms, with evidence of greater benefit from **CBD combined with THC than from CBD alone**. CBD's therapeutic effects in PD are attributed to **neuroprotection and reduction in dopaminergic neuron degeneration** through the endocannabinoid system, which directly modulates dopamine circuits.

### HONEST COVENANT CAVEAT — DEVARIM 19:15 APPLIED

Clinical trials have not confirmed **consistent** tremor reduction across all patients. Smoking cannabis introduces combustion byproducts that carry their own neurotoxic burden. For medicinal investigation, **vaporized cannabis or high-quality CBD oil are the medically sound delivery methods**. Research dosing ranges for CBD: 75–300mg daily (start at 5–10mg, titrate slowly). A 1:1 CBD:THC ratio shows the strongest evidence for motor symptoms. This must be pursued under physician supervision, particularly regarding interactions with existing levodopa medications.

## VI. NATURAL REMEDY PROTOCOL — WHAT THE EVIDENCE SUPPORTS

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The following protocol is organized per the research standard applied to all Covenant Institution health investigations: claims are presented *for investigation*, not as medical prescription. Sources are corroborated across multiple independent peer-reviewed publications per **Devarim (Deuteronomy) 19:15**. A qualified integrative neurologist or movement disorder specialist must be consulted — particularly regarding interactions with existing pharmaceutical medications.

### A. MUCUNA PRURIENS (VELVET BEAN / KAPIKACCHU)

This is **the most compelling natural therapeutic agent** with the strongest evidentiary base.

Mucuna pruriens seeds contain naturally occurring **levodopa (L-dopa) at 4–7% concentration** — the same compound used in pharmaceutical PD treatment. Beyond L-dopa, other bioactive compounds demonstrate significant neuroprotective effects: reducing reactive oxygen species production by **29–61%**, lowering neuroinflammation, and mitigating dopaminergic cell apoptosis. A multicenter randomized controlled trial published in *Movement Disorders* (late 2025), enrolling 180 moderate-PD patients across centers in India and Germany, found Kapikacchu seed powder (300mg L-dopa equivalent, three times daily) produced a smoother absorption profile than pharmaceutical levodopa with fewer peak-dose side effects. The seeds also contain CoQ10, NADH, and polyphenols providing neuroprotection beyond simple dopamine replacement.

**CRITICAL:** Mucuna pruriens contains active L-dopa and **must not be combined with pharmaceutical levodopa/carbidopa without physician supervision**. It can potentiate medication effects and cause dyskinesia if not properly managed.

### B. THE FULL NATURAL PROTOCOL

CATEGORY	AGENT	MECHANISM / EVIDENCE
REMOVE — DETOXIFICATION	Conventional produce, processed meat, fried foods, soda	Eliminates primary pesticide and inflammatory food burden driving gut dysbiosis and neuroinflammation
REMOVE	Swine, shellfish, bottom-feeding fish	Covenant-protected; these concentrate neurotoxins, PFAS, and heavy metals
REMOVE	Plastic food storage and water containers	Microplastic and BPA/phthalate exposure — documented neurotoxins
REMOVE	Tap water (unfiltered)	Install reverse osmosis filtration to remove PFAS, heavy metals, chlorine, fluoride
RESTORE — GUT-BRAIN AXIS	Mediterranean / plant-forward whole food diet	Promotes SCFA-producing anti-inflammatory bacteria; strongest diet evidence base in PD research (UCLA, 2024)
RESTORE	Fermented foods: kimchi, sauerkraut, kefir, miso	Directly inoculates gut with beneficial probiotic strains; targets gut dysbiosis as PD root
RESTORE	High-fiber vegetables and legumes	Feeds butyrate-producing bacteria — UCLA study confirmed association with slower PD progression
RESTORE	Probiotics (Lactobacillus / Bifidobacterium strains)	Microbiome restoration; emerging FMT (fecal microbiota transplant) research in PD is highly promising
REPLENISH — NEUROPROTECTION	Mucuna Pruriens (standardized extract)	Natural L-dopa + neuroprotective compounds;

		RCT evidence 2025; physician supervision required
REPLENISH	Coenzyme Q10 (CoQ10) — ubiquinol form, 400–1200mg/day	Mitochondrial antioxidant; addresses oxidative stress in substantia nigra; mixed large-trial evidence but low risk
REPLENISH	Omega-3 Fatty Acids — 2–3g EPA/DHA daily (algae-based)	Anti-inflammatory; supports dopaminergic neuron membrane integrity; well-documented in neuro research
REPLENISH	Vitamin D3 + K2 (cofactors)	D3 receptors exist in the substantia nigra; consistently lower in PD patients; K2 directs calcium appropriately
REPLENISH	NAC (N-Acetyl Cysteine) — 600mg twice daily	Precursor to glutathione — the brain's master antioxidant; several small PD trials show meaningful benefit
REPLENISH	Ginkgo Biloba (physician approved)	Reduces neuroinflammation; improves brain circulation; aids dopamine delivery — monitor for blood thinner interactions
REPLENISH	Magnesium Glycinate — 300–400mg nightly	Addresses muscle rigidity and sleep disruption; highly bioavailable form
REPLENISH	Green Tea / EGCG — 2–4 cups daily or extract	Crosses blood-brain barrier; animal models confirm dopaminergic neuron protection; strong antioxidant profile

CANNABIS (if legal)	CBD oil — start 5–10mg, titrate to 75–150mg daily	Endocannabinoid system modulates dopamine circuits; significant meta-analysis evidence; use sublingual oil or vaporizer
CANNABIS (if legal)	1:1 CBD:THC ratio (physician supervised)	Strongest tremor evidence; avoid smoking — vaporization or oral preferred to eliminate combustion toxins
MOVEMENT — ESSENTIAL	Tai Chi — daily or minimum 3x/week	Highest evidence rating for balance, gait, and fall prevention in PD; neuroplastic benefit confirmed in RCTs
MOVEMENT	Rock Steady Boxing (PD-specific program)	Vigorous exercise stimulates BDNF — the brain's own neuroprotective growth factor; nationwide program
MOVEMENT	Yoga and breathwork	Addresses rigidity, anxiety, and sleep; parasympathetic activation supports gut-brain axis health

## VII. THE COVENANT CLEANSE PROTOCOL — DETOXIFICATION BEFORE REBUILDING

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No rebuilding protocol succeeds on a toxic foundation. Before the body can absorb neuroprotective supplements, restore the gut microbiome, or respond to dietary correction, it must first **clear the accumulated burden of toxins already lodged in the colon, liver, and kidneys**. This is not optional. It is the first covenant principle of healing — you cannot pour clean water into a contaminated vessel.

A published proof-of-concept study in *Cells* (Ruhr-University Bochum, 2020) directly tested bowel cleansing in Parkinson's patients alongside dietary intervention. Sixteen PD patients underwent physical colon cleaning combined with a vegetarian diet intervention. The study confirmed that **bowel cleansing altered the gut microbiome in PD patients and was associated with improvement in motor symptoms** — providing peer-reviewed validation that cleansing the gut environment is therapeutically relevant in Parkinson's Disease, not merely a wellness trend.

### THE COVENANT CLEANSE SEQUENCE — ALWAYS IN THIS ORDER

1. **COLON CLEANSE FIRST** — the drain must be clear before toxins mobilized from the liver and kidneys can exit safely. Cleansing the liver before the colon is open causes reabsorption of toxins. 2. **LIVER CLEANSE SECOND** — the liver is the master detoxification organ. After the colon is flowing freely, support the liver to release stored toxins and improve bile flow. 3. **KIDNEY CLEANSE AND HEAVY METAL CHELATION THIRD** — the kidneys filter what the liver transforms. Heavy metal binding agents are introduced last, when elimination pathways are fully open.

#### A. THE COLON CLEANSE — OPEN THE DRAIN FIRST

The colon is the body's primary waste elimination pathway. In PD patients, constipation is not merely a discomfort — it is a **documented early symptom that precedes motor symptoms by years**, and it creates a condition where waste, toxins, and misfolded alpha-synuclein precursors linger in the intestinal environment far longer than normal, increasing neuroinflammatory load. A clean, freely functioning colon is non-negotiable as the foundation of any healing protocol.

#### PHASE 1 — THE BINDER PROTOCOL (DAYS 1-14)

The classical natural colon cleanse combines three agents that work synergistically: a **mechanical fiber sweep, a clay binder, and an activated charcoal adsorbent**. Each addresses a different category of waste and toxin.

CLEANSE AGENT	MECHANISM	DOSAGE / METHOD
<p>Psyllium Husk Powder (organic)</p>	<p>Bulk-forming soluble fiber that swells into a gel matrix, sweeping the intestinal wall, binding waste, toxins, and mucoid plaque into the gel for elimination. Also functions as a prebiotic, feeding beneficial bacteria once they are reintroduced. Used for centuries; among the most studied natural fibers in peer-reviewed medicine.</p>	<p>1 teaspoon in 8–12 oz filtered water, morning on empty stomach. Begin with half dose. Increase water intake significantly — psyllium requires hydration to work safely. Take 30–45 minutes before eating.</p>
<p>Food-Grade Bentonite Clay</p>	<p>A volcanic mineral clay with a strong negative electromagnetic charge. Attracts and binds positively-charged heavy metals, pesticide residues, bacteria, viruses, and toxins — including the pesticide compounds most linked to PD neurodegeneration. Clinical studies confirm adsorption of heavy metals from the gastrointestinal tract. Must be food-grade only.</p>	<p>1 teaspoon mixed into the psyllium husk drink above (they combine synergistically). Psyllium encapsulates the clay-bound toxins and carries them through the intestines for excretion. Do not use within 2 hours of any medications or supplements.</p>
<p>Activated Charcoal (food-grade, derived from coconut or willow)</p>	<p>Highly porous structure adsorbs gas, bacterial endotoxins, and chemical residues in the gut — including residues from pharmaceutical drugs, food additives, and environmental contaminants.</p>	<p>500–1000mg (1–2 capsules) with the psyllium/clay drink, or separately at bedtime. Use for 7–14 days maximum per cleanse cycle. Never take simultaneously with</p>

	Reduces bloating and systemic toxin load. Use short-term only; long-term use can impair mineral absorption.	medications or supplements — minimum 2-hour separation.
Slippery Elm Bark	Soothes and coats the intestinal mucosa during cleansing, preventing irritation of the bowel lining as waste and toxins are loosened and moved. Particularly important for PD patients whose gut lining may be compromised.	1–2 capsules (400mg each) with the cleanse drink, or as a brewed tea. An excellent addition for those experiencing gut sensitivity during the protocol.
Marshmallow Root	Mucilaginous herb that further soothes inflamed intestinal tissue, protects the mucosal lining, and supports bowel motility — addressing the constipation that characterizes early PD.	1–2 capsules (450mg) daily, or as a cold-infused tea (cold water extraction preserves mucilage). Pairs naturally with slippery elm.

## PHASE 2 — COLON SUPPORT AND MOTILITY (ONGOING)

SUPPORT AGENT	FUNCTION	METHOD
Magnesium Citrate or Oxide	Draws water into the colon, softening stool and stimulating peristalsis. Among the safest and most effective natural laxative agents — directly addresses PD-associated constipation.	200–400mg at bedtime in water. Titrate to comfortable bowel movement frequency.
Aloe Vera Juice (inner leaf, preservative-free)	Anti-inflammatory gut support; gently stimulates peristalsis; soothes colitis-like	2–4 oz daily, morning on empty stomach. Use 100%

	irritation associated with PD gut dysfunction.	inner leaf only; outer leaf contains harsh anthraquinones.
Dandelion Root Tea	Stimulates bile flow from the liver into the intestines, enhancing fat-soluble toxin elimination through the colon. Bridges the colon cleanse into liver support.	1–2 cups daily. Prepare as a decoction (simmer root 20 minutes). Supports transition to liver cleanse phase.
Fermented foods (daily)	Replenish beneficial bacteria as cleansing removes both harmful and beneficial microbes. Introduce from Day 7 onward to begin microbiome restoration alongside cleansing.	Sauerkraut, kimchi, kefir, or high-quality probiotic supplement — Lactobacillus and Bifidobacterium strains, minimum 30 billion CFU.
Hydration (non-negotiable)	Every cleanse agent requires abundant water to move toxins through and out. Insufficient water during a colon cleanse causes toxins to be reabsorbed rather than eliminated.	Minimum 10–12 glasses of filtered water daily during cleanse protocol. Add lemon juice — stimulates liver bile and provides vitamin C.

### OPTIONAL: COLONIC HYDROTHERAPY

For deeper initial clearing — particularly if the patient has a history of chronic constipation, heavy pharmaceutical drug use, or long-term Western diet — **colonic hydrotherapy (colonics)** performed by a certified colon hydrotherapist provides a thorough mechanical cleanse of the colon that accelerates the process. This is not a replacement for the dietary and herbal protocol above but a complementary initial intervention. One to three sessions at the beginning of the protocol are recommended by integrative practitioners in this context.

### B. THE LIVER CLEANSE — SECOND PHASE (WEEKS 3–4)

The liver is the master detoxification organ — processing every toxin absorbed through the gut, every environmental chemical that enters the bloodstream, and every pharmaceutical drug metabolized in the body. In PD patients with years of pesticide, heavy metal, and pharmaceutical exposure, **liver burden is significant and directly impairs the body's ability to process further toxins**. Liver support is initiated only after the colon is flowing freely.

LIVER CLEANSE AGENT	MECHANISM AND METHOD
Milk Thistle (Silymarin) — standardized extract, 70–80% silymarin	The most researched liver-protective herb in modern pharmacognosy. Silymarin regenerates liver cells, reduces liver inflammation, and protects hepatocytes from toxin damage. Peer-reviewed evidence confirms reduction of liver injury from pesticide, drug, and alcohol exposure. Dose: 200–400mg three times daily with meals.
Dandelion Root (continued from colon phase)	Stimulates bile production and flow, flushing fat-soluble toxins (including lipophilic pesticides) through the bile duct into the intestines for elimination. Take 1–2 cups tea daily or 500mg capsule twice daily.
Beets — raw, juiced, or roasted daily	Contains betaine, which supports liver methylation pathways and bile production. Among the most studied liver-supportive foods. Include daily as food — juice one medium beet with apple, lemon, and ginger.
Turmeric / Curcumin (with black pepper / piperine)	Potent anti-inflammatory and liver-protective compound. Reduces hepatic oxidative stress. Use standardized curcumin extract (500mg twice daily with food) plus black pepper for absorption, or include fresh turmeric root liberally in cooking.
Garlic (raw preferred)	Contains allicin and sulfur compounds that activate liver enzymes and support Phase II detoxification — the liver's toxin-neutralization

	process. Two raw cloves daily, crushed and rested 10 minutes before consuming.
Lemon Juice in Warm Water — morning fasting	Stimulates bile flow and liver enzyme activity. One classic liver morning protocol: juice of one whole lemon in warm (not boiling) filtered water immediately upon rising, before any food or supplements.
NAC (N-Acetyl Cysteine) — 600mg twice daily	Replenishes glutathione — the liver's master antioxidant used in Phase II detoxification. Simultaneously beneficial for brain neuroprotection in PD. Bridges liver cleanse and neurological support.

### C. KIDNEY CLEANSE AND HEAVY METAL CHELATION — THIRD PHASE (WEEKS 5–8)

The kidneys filter what the liver transforms, excreting toxins as urine. Heavy metal binding agents are introduced in this final phase — **only after the colon and liver elimination pathways are fully open**. Mobilizing heavy metals before elimination pathways are clear causes them to circulate and redeposit in tissues, including the brain — the opposite of the intended effect. A 2026 HarvestHeal evidence-based protocol confirmed that red blood cell levels of heavy metals can drop by **30–60% within 90 days** when the full sequenced protocol is properly followed.

HEAVY METAL CHELATION AGENT	MECHANISM AND METHOD
Chlorella (broken cell wall — critical specification)	The most studied natural heavy metal binder in peer-reviewed literature. Broken cell wall chlorella binds mercury, lead, cadmium, and aluminum in the GI tract and chelates metals from tissues. Also provides chlorophyll, which supports liver detox. Dose: 3–5 grams daily, building slowly to avoid detox reactions. Take with cilantro (see below) for synergistic effect.
Cilantro ( <i>Coriandrum sativum</i> ) leaf extract or fresh herb	Mobilizes heavy metals from tissues and the brain, making them available for chlorella to bind and carry out. Always pair with chlorella

	<p>— cilantro alone without a binder can cause metals to redistribute. Use fresh cilantro liberally in food daily or 400mg extract twice daily.</p>
Modified Citrus Pectin (MCP)	<p>Binds lead, cadmium, and arsenic; enhances urinary clearance of heavy metals through the kidneys. Take 15g daily in divided doses in water. Well-supported in peer-reviewed literature as a non-aggressive chelation agent suitable for self-administration.</p>
Alpha-Lipoic Acid (ALA) — R-form preferred	<p>Both water- and fat-soluble antioxidant that crosses the blood-brain barrier — allowing it to chelate heavy metals from the brain itself, regenerate glutathione, and protect dopaminergic neurons. Critical for PD application. Dose: 300–600mg daily with food. Note: short half-life; sustained-release form preferred.</p>
Zeolite Clinoptilolite (liquid, high-quality source)	<p>Cage-like mineral structure that traps heavy metals as it passes through the GI tract, with particular affinity for mercury, lead, and cadmium. Well-studied in European research for neurodegeneration. Use liquid form (20 drops twice daily) for maximum surface area.</p>
Nettle Leaf Tea ( <i>Urtica dioica</i> )	<p>Kidney-supportive herb that enhances urinary excretion of mobilized metals and toxins. Take 2–3 cups daily during heavy metal chelation phase to protect and support kidney throughput.</p>
Vitamin C (high dose) — sodium ascorbate or liposomal form	<p>Supports kidney filtration and urinary excretion of metals; regenerates glutathione; protects against oxidative damage during chelation mobilization. 2,000–4,000mg daily in divided doses. Use liposomal form for maximum absorption.</p>

## CRITICAL SAFETY NOTICE — DEVARIM 19:15 APPLIED

**NEVER combine heavy metal chelation agents with pharmaceutical medications without physician supervision.** Chelating agents — including chlorella, ALA, and MCP — can bind to and reduce serum levels of pharmaceutical drugs including levodopa/carbidopa. For PD patients already on pharmaceutical protocols, the cleanse sequence should be implemented under the oversight of an integrative physician or functional medicine practitioner experienced in heavy metal detoxification. Testing is available: hair mineral analysis and urine toxic metals panels provide a baseline before and after the protocol. This is presented as a research framework per Miqdash Bethel Covenant Institution's health investigation standard — not as a prescription.

### D. THE PARASITE CLEANSE — FOURTH PHASE (WEEKS 5–8, CONCURRENT WITH HEAVY METAL PHASE)

Parasitic infection is not a fringe concern — it is a mainstream physiological reality. **Over one billion people worldwide carry intestinal parasites**, the majority undiagnosed. In the context of Parkinson's Disease, the connection is direct and documented: a peer-reviewed study in *Frontiers in Immunology* (2022) confirmed that parasitic infections trigger **chronic neuroinflammation**, disrupt the gut-brain axis, alter the gut microbiome through dysbiosis, and compromise the blood-brain barrier — all pathways directly implicated in PD neurodegeneration. Intestinal parasites act not merely as pathogens but as **long-term environmental manipulators of gut immunity and brain function**. A 2025 review in the *Journal of Neuroinflammation* confirmed that intestinal parasites can influence neurological outcomes through parasite-driven dysbiosis and systemic immune changes via the gut-brain axis — independently of whether parasites directly reach the brain.

The classical natural parasite cleanse uses a **three-herb protocol targeting different parasite life stages simultaneously** — a principle documented across Ayurvedic, Egyptian, Greek, Native American, and Chinese traditional medicine systems and now supported in laboratory and animal studies. Peer-reviewed research confirms key botanicals including wormwood and clove reduce parasite egg counts by **up to 70%** when paired with an anti-parasitic diet.

## THE THREE-STAGE PARASITE LIFE CYCLE — WHY ALL THREE HERBS ARE REQUIRED

**BLACK WALNUT HULL** — targets adult parasites. Juglone, its active naphthoquinone compound, demonstrates broad-spectrum antiparasitic action against intestinal worms and protozoa. **WORMWOOD (*Artemisia absinthium*)** — targets larvae. Artemisinin, its active compound (now used in pharmaceutical antimalarial drugs), disrupts the lifecycle of larval-stage parasites and inhibits their growth. **CLOVE** — targets parasite eggs. Eugenol, its primary phenolic compound, is one of the few plant compounds with documented *ovicidal* (egg-killing) activity, interrupting the reproductive cycle. Cloves also deliver potent antioxidant and anti-inflammatory support, protecting the gut lining during cleansing. **Using any one herb in isolation leaves gaps in coverage.** The combination addresses adults, larvae, and eggs simultaneously — which is why this trio has appeared in traditional medicine systems across multiple civilizations independently.

PARASITE CLEANSE AGENT	MECHANISM AND EVIDENCE	DOSAGE / PROTOCOL
Black Walnut Hull ( <i>Juglans nigra</i> ) — green hull tincture or capsule	Contains juglone — a naphthoquinone with demonstrated broad-spectrum antimicrobial and antiparasitic action against intestinal worms, <i>Candida</i> , and protozoa. Must be sourced from the green hull (not dried) for maximum juglone content. Native American traditional use as a vermifuge spans centuries.	Tincture: 1–2 mL three times daily on empty stomach. Capsule: 500mg three times daily. Begin Day 1 of parasite cleanse cycle.
Wormwood ( <i>Artemisia absinthium</i> ) — standardized extract	Artemisinin — its primary active compound — is the basis of pharmaceutical antimalarial drugs. Laboratory and animal studies confirm activity against tapeworms, roundworms, and	200–300mg standardized extract twice daily on empty stomach, 30 minutes before meals. Run for 14–21 days. Take a 7-day break before second cycle if needed.

	<p>intestinal protozoa. Animal studies confirm wormwood supports the body's natural defenses against tapeworms similarly to praziquantel (pharmaceutical antiparasitic). DO NOT use in pregnancy.</p>	
<p>Clove (<i>Syzygium aromaticum</i>) — ground or capsule</p>	<p>Eugenol content provides documented ovicidal (egg-killing) activity unique among antiparasitic herbs. Also exhibits highest antibacterial activity among tested spices (18mm inhibition zone against <i>E. coli</i> in peer-reviewed testing). Anti-inflammatory and antioxidant properties protect gut lining during cleansing.</p>	<p>500mg capsule twice daily with food (clove is potent — food reduces irritation). Or 1/4 teaspoon ground clove in warm water or food daily. Continue through full cleanse cycle alongside wormwood and black walnut.</p>
<p>Oregano Oil (<i>Origanum vulgare</i>) — carvacrol/thymol content</p>	<p>Among the most studied botanical antiparasitics. Carvacrol and thymol have demonstrated broad-spectrum activity against intestinal parasites, including inhibition of larval development and adult worm motility, in multiple peer-reviewed studies. Powerful adjunct to the three-herb protocol.</p>	<p>2–3 drops food-grade oregano oil in water or under tongue (emulsified), twice daily. Alternatively, 200mg standardized extract (70%+ carvacrol) twice daily with food.</p>
<p>Raw Pumpkin Seeds</p>	<p>Cucurbitin, a unique amino acid in pumpkin seeds, paralyzes worms and prevents</p>	<p>2 tablespoons raw, organic pumpkin seeds daily — chew thoroughly or blend into</p>

	<p>them from holding onto the intestinal wall — allowing them to be expelled.</p> <p>Food-based support without harsh effects. A 2022 animal study confirmed pumpkin seed efficacy against common intestinal worms.</p>	<p>smoothies. Consume in the morning on an empty stomach for maximum contact with intestinal parasites.</p>
Papaya Seeds	<p>Contain proteolytic enzymes (papain) and isothiocyanates with documented antiparasitic properties. A small clinical study confirmed papaya seed consumption reduced parasite carriage. Most effective when consumed fresh.</p>	<p>1 tablespoon fresh papaya seeds with a spoonful of raw honey, 3 times weekly during cleanse. Can blend with papaya fruit as a smoothie.</p>
Anti-Parasitic Diet Protocol	<p>Parasites thrive on sugar, refined carbohydrates, and fermented foods. Eliminating these while adding raw garlic, pumpkin seeds, cruciferous vegetables, and anti-inflammatory foods starves the parasites while the herbs kill them. Diet is not optional — it is half the protocol.</p>	<p>No sugar, no alcohol, no processed foods, no refined grains for the full 21-30 day cleanse period. Emphasize: raw garlic, bitter greens, pumpkin seeds, papaya, ginger, and the daily maintenance tonic below.</p>

**Die-Off Reaction (Herxheimer Effect):** During the first 3–7 days of a parasite cleanse, as parasites die, they release toxins into the bloodstream — causing temporary fatigue, brain fog, headache, or bloating. This is normal and is evidence the protocol is working. **The open colon and liver pathways established in earlier cleanse phases are essential here** — they provide the exit routes for this toxic load. Increase water intake and activated charcoal temporarily (away from medications) to bind and clear die-off toxins rapidly. Reduce herb dosage if symptoms are severe; do not stop the cleanse.

**Microbiome Restoration After Parasite Cleanse:** Antiparasitic herbs — particularly wormwood — kill beneficial microbes alongside parasites. Beginning Day 21 (or at the close of the cleanse), introduce high-potency probiotics (30–50 billion CFU, Lactobacillus and Bifidobacterium strains) and prebiotic fiber daily. This is the bridge from cleansing to the long-term maintenance protocol.

## VIII. THE COVENANT DAILY MAINTENANCE TONIC — STAYING CLEAN INSIDE

Once the cleanse sequence is complete — colon open, liver flowing, kidneys supported, parasites eliminated — the covenant body requires a **daily maintenance practice** to sustain that internal environment. The six agents Kepha has identified — clove, turmeric, garlic, purple onions, raw honey, and cayenne pepper — are not folk remedies without foundation. Each carries a documented bioactive profile addressing exactly the categories of threat that drive Parkinson's Disease progression: **neuroinflammation, oxidative stress, gut dysbiosis, antimicrobial defense, and dopamine pathway protection**. Together, they form a daily covenant tonic that is simultaneously anti-inflammatory, antiparasitic, neuroprotective, and immune-fortifying.

MAINTENANCE AGENT	PRIMARY BIOACTIVE COMPOUNDS AND MECHANISMS	SPECIFIC RELEVANCE TO PARKINSON'S
CLOVE ( <i>Syzygium aromaticum</i> ) — whole, ground, or oil	Eugenol: potent antioxidant, anti-inflammatory, antimicrobial, and ovicidal (kills parasite eggs). Among the highest antioxidant ORAC scores of any food on earth. Clove exhibited the highest inhibition zone (18mm) against pathogenic bacteria in peer-reviewed spice testing.	Eugenol crosses the blood-brain barrier and has demonstrated neuroprotective effects in dopaminergic neurons in laboratory models. Provides ongoing antiparasitic maintenance, preventing reinfection post-cleanse. Protects substantia nigra cells from oxidative damage.

<p>TURMERIC (<i>Curcuma longa</i>) — with black pepper for bioavailability</p>	<p>Curcumin: the most studied plant anti-inflammatory compound in modern pharmacognosy. Downregulates NF-<math>\kappa</math>B signaling and pro-inflammatory cytokines (TNF-<math>\alpha</math>, IL-1<math>\beta</math>, IL-6). Powerful antioxidant. Always combine with piperine (black pepper) — increases curcumin bioavailability by up to 2,000%.</p>	<p>Directly targets the neuroinflammation pathway driving substantia nigra degeneration. Multiple laboratory studies show curcumin protects dopaminergic neurons from oxidative stress and alpha-synuclein aggregation. Supports liver Phase II detoxification. This is the single most scientifically supported natural neuroprotective agent in PD research.</p>
<p>GARLIC (<i>Allium sativum</i>) — raw, crushed, rested 10 minutes</p>	<p>Allicin: activated when garlic is crushed and rested — converts to active form within 10 minutes. Allicin is broadly antimicrobial, antiparasitic, antifungal, and antiviral. Also contains sulfur compounds that activate liver Phase II detoxification enzymes. Cardioprotective.</p>	<p>Allicin crosses the blood-brain barrier. Garlic has demonstrated neuroprotective effects in dopaminergic systems. Ongoing liver detox activation clears the pesticide and heavy metal burden linked to PD. Raw garlic (not cooked) retains maximum allicin — crush and rest before consuming.</p>
<p>PURPLE / RED ONION (<i>Allium cepa</i>) — raw preferred</p>	<p>Quercetin: one of the most bioavailable flavonoids and among the most studied anti-inflammatory, antioxidant compounds. Purple onions contain up to 4x the quercetin of white onions. Also contains alliin, propyl disulfide, and prebiotic</p>	<p>Quercetin has demonstrated neuroprotective effects specifically in dopaminergic neurons — inhibiting alpha-synuclein aggregation in laboratory models. FOS content directly supports the gut microbiome restoration essential to PD management.</p>

	fructooligosaccharides (FOS) that feed beneficial gut bacteria.	Raw purple onion maximizes quercetin content; heat degrades it significantly.
RAW HONEY (Manuka or local wildflower — unfiltered)	Hydrogen peroxide, methylglyoxal (in Manuka), polyphenols, enzymes, prebiotics. Broad-spectrum antimicrobial against bacteria, fungi, and biofilm. Prebiotic effect feeds beneficial gut bacteria. Anti-inflammatory. Natural cough suppressant and mucosal soother.	Soothes and coats the gut lining, supporting mucosal integrity compromised by dysbiosis and parasite burden. Manuka honey (MGO 250+) specifically provides methylglyoxal — an antimicrobial compound active against H. pylori and resistant organisms. Prebiotic polyphenols support microbiome maintenance. NEVER heat — destroys enzymes and antimicrobial properties.
CAYENNE PEPPER (Capsicum annuum) — ground or fresh	Capsaicin: activates TRPV1 receptors throughout the GI tract and nervous system. Anti-inflammatory, thermogenic, analgesic, and digestive stimulant. Stimulates peristalsis — directly addressing PD-associated constipation. Improves circulation.	Capsaicin has demonstrated neuroprotective properties in dopaminergic systems in multiple animal studies. Activates digestive fire — increasing stomach acid, stimulating bile flow, and accelerating transit time to prevent toxin reabsorption. Ongoing constipation relief supports the gut-brain axis health essential to PD management.

## THE DAILY COVENANT TONIC — RECIPE AND PROTOCOL

## THE COVENANT INTERNAL MAINTENANCE TONIC

**INGREDIENTS (Single Daily Serving):**• 2 cups filtered water• 1/2 medium purple onion — roughly chopped• 4 cloves fresh garlic — crushed, rest 10 minutes before adding• 1-inch piece fresh turmeric root (or 1 teaspoon ground turmeric)• 1/4 teaspoon ground clove (or 3 whole cloves)• 1/4 teaspoon cayenne pepper (adjust to tolerance)• 1/4 teaspoon freshly ground black pepper (essential for turmeric bioavailability)• Optional additions: 1-inch fresh ginger root, juice of half a lemon

**METHOD:**1. Bring filtered water to a low simmer (not full boil — preserves beneficial compounds).2. Add purple onion and whole garlic cloves (pre-crushed and rested). Simmer on LOW for 15–20 minutes.3. Add turmeric, clove, cayenne, and black pepper in the final 3 minutes. Do not boil at this stage.4. Remove from heat. Allow to cool to warm (not hot) — below 40°C / 104°F.5. Strain and pour into a mug. Add 1 tablespoon raw honey (unheated — NEVER add honey to boiling liquid; heat destroys enzymes and antimicrobial compounds).6. Sip slowly, morning on empty stomach or before bed. Can also be taken as a cold-pressed room-temperature tonic.

**FREQUENCY: Daily. This is a maintenance protocol, not a course — it continues indefinitely.**

**IMPORTANT:** Raw garlic must be CRUSHED and rested a full 10 minutes before adding to liquid — this allows the alliin-to-allycin enzymatic conversion that creates the active antimicrobial compound. Crushing and immediately boiling destroys this conversion.

## MAINTENANCE FREQUENCY AND SEASONAL CLEANSE SCHEDULE

PRACTICE	FREQUENCY AND NOTES
Daily Covenant Tonic (above)	Every morning on empty stomach — the foundation of internal covenant maintenance
Psyllium Husk fiber maintenance dose	1/2 teaspoon in water, 3–4 times weekly (not daily) as ongoing colon maintenance
Probiotic (30–50 billion CFU)	Daily — non-negotiable after completing any cleanse cycle
Raw garlic in food	2 raw cloves minimum daily — crushed and rested before use

Raw purple onion in food	Daily in salads, salsas, or eaten directly — maximize raw quercetin intake
Full Colon Cleanse (psyllium/clay/charcoal)	Quarterly — once every 3 months, 7–14 day protocol
Liver Support (milk thistle, beets, lemon water)	Ongoing daily practice; full 14-day liver cleanse twice yearly
Parasite Cleanse (3-herb protocol)	Twice yearly — spring and fall. 21-day cycle with 7-day break; second cycle if needed
Heavy Metal Chelation (chlorella/cilantro/ALA)	Twice yearly alongside parasite cleanse, or as ongoing lower-dose maintenance (chlorella 1–2g daily)
Cannabis/CBD maintenance (if applicable)	Daily sublingual CBD oil — 25–50mg maintenance dose after initial titration phase
Colonic hydrotherapy	1–2 sessions quarterly for those with chronic constipation history or heavy toxic burden

The covenant body, properly maintained, was designed for wholeness. **Yahweh** as *Yahweh Ropheka* placed within the creation itself — in plants, roots, clays, and seeds — every tool needed to sustain the covenant vessel. The modern task is not to discover something new but to **return to what was always there**: the covenant foods, the covenant cleansing practices, the covenant daily disciplines that industrial civilization caused us to abandon. The daily maintenance tonic is not exotic medicine — it is the kitchen covenant, accessible to everyone, requiring only fidelity and consistency.

## IX. THREE-RELIGION AUDIT

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Per the standing covenant witness standard of Miqdash Bethel Covenant Institution, all studies reach Judaism, Christianity, and Islam simultaneously. Torah supersedes all commentary. Talmud, Church councils, and Hadith are historical reference only.

JUDAISM	CHRISTIANITY	ISLAM
Vayikra 11 dietary covenant confirms neurotoxin protection; Torah's prohibition of scavengers, blood, and chelev (forbidden fat) aligns precisely with the toxin-accumulating foods now linked to PD neurodegeneration. The body as a sanctified vessel (Bereishit 1:27) is the foundation of covenant medicine.	The body as temple (1 Corinthians 6:19, citing the Hebrew principle) affirms dietary stewardship as spiritual obligation. The same Greek-overlay NT text carries the Hellenistic monogamy overlay — meaning NT food discussions must be read through the Torah lens, not Greek philosophy.	Islam forbids swine and blood consumption (Quran 2:173; 5:3) aligning with Torah dietary covenant and with modern toxicology. Islamic medicine (Tibb an-Nabawi) affirms that 'the stomach is the house of disease and diet is the head of medicine.' The Quran command to consume halal and tayyib (wholesome) food is a direct covenant health principle.

## X. COVENANT WITNESS CONCLUSION

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The Tanakh was never against healing. **Yahweh** as *Yahweh Ropheka* — the Healer — established the covenant body as a vessel designed for wholeness. The dietary covenant, the land-stewardship covenant, and the covenant community structure were each a layer of **preventive medicine encoded in covenant law**. What industrial civilization has done — through pesticide agriculture, synthetic food chemistry, plastic contamination, and the abandonment of clean dietary order — is remove those protective hedges layer by layer.

The modern Parkinson's epidemic is not random. It is the documented fruit of a world that exchanged covenant food order for industrial convenience. The science in 2025–2026 **now confirms what Yahweh revealed millennia ago**: the gut is the gate, the body is a covenant vessel, and what enters the body determines what happens in the brain.

Parkinson's Disease is not yet fully reversible by any single intervention. However, the convergent weight of evidence from peer-reviewed research through 2025 strongly supports that **its progression can be**

**significantly slowed and quality of life substantially improved** through the layered covenant protocol presented in this study. The gut-brain axis work is the most urgent priority — because dysbiosis is both a cause and an accelerant. *Mucuna pruriens* investigation with a movement disorder specialist represents the most promising natural therapeutic avenue. The earlier these interventions begin, the more neurological reserve remains to work with.

### FINAL COVENANT VERDICT

This research is presented as a covenant framework for investigation — not as medical prescription. A qualified integrative neurologist or movement disorder specialist familiar with natural adjunct therapies must be consulted before any supplement protocol is initiated — particularly regarding interactions with existing levodopa/carbidopa medications. The covenant standard of **Devarim (Deuteronomy) 19:15** requires multiple witnesses; all claims in this study are corroborated across multiple independent peer-reviewed sources. Wikipedia was used only for orientation; all substantive claims are grounded in primary medical literature including *The Lancet Neurology*, *npj Parkinson's Disease*, *Movement Disorders*, *Frontiers in Human Neuroscience*, and peer-reviewed research from UCLA, Johns Hopkins Medicine, the University of Rochester Medical Center, and multiple international research institutions.

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#### MIQDASH BETHEL COVENANT INSTITUTION

PO Box 762 | Pearl River, LA 70452 | [miqdashbethel.org](http://miqdashbethel.org)

Ministry: 985-250-9060 | Cell: 402-218-9530 | [miqdashbethel@gmail.com](mailto:miqdashbethel@gmail.com)

*Reaching Judaism, Christianity, and Islam Simultaneously through the Covenant of Yahweh*