

Recovering Health Post SARS-CoV-2 Infection, Variant and or Vax & Booster:

[illegible]

SomaVeda Integrated Traditional Therapies®

**Recovering Health Post SARS-CoV-2 Infection, Variant and or Vax & Booster:
Dealing with and Protecting from Adverse reactions to Gene Modification (mRNA)-
delivery systems with Informed Healing, Protection and Recovery Advice**

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Health defense is Self Defense!

Balanced Health is your Right!

Health Choice and Sovereignty is a Human Right!

The is No freedom without Health Freedom.

There is no Health Freedom without informed, voluntary choice.

There is NO Health Freedom without voluntary consent.

*There is no informed, voluntary choice or consent without education and
transparency of the truth, as well as disclosure of all risk.*

*There is no Health Freedom without disclosure of alternative treatment
options, and the right to pursue them.*

*There is no health Freedom without the right to REFUSE medical
treatment.*

*There is no Freedom without the right to make the informed choice for
yourself, your family, your children and to take meaningful action based
upon your choice.*

*The US Constitution and the constitutions of all the states...
affirm these immutable Human Rights.*

We have information, education and authorization to enable you to take charge of your health and wellness for yourself, your family and your community.

Please pass it on! Now more important than ever! SomaVeda College of Natural Medicine. For information on SCNM College Degrees (<https://somaveda.org>) For information on SomaVeda® Thai Yoga & Ayurveda Certificate programs and retreats go to (<https://ThaiYogaCenter.com>) If you can't get to a live class check out our online professional certification and or college degree programs.



Important Information you will find inside this book.

1. How to boost immunity naturally and effectively
2. How to prevent COVID and other infections
3. How to equip your immune system to ward off any infection
4. There is no time to waste and why?
5. Learn Which eating profile and nutrients will help boost your immune system and protect you from invading pernicious influences
6. Learn what protocols safely and effectively detox or remove harmful toxins, heavy metals from both old and new Vaccines/ mRNA delivery systems
7. No matter where you stand how to find hope
8. Healing protocols to support health and recovery while ensuring your independence and health freedom.
9. Bioterrorism is real and is seen in the mRNA/ Vaccines and their Mechanism of Destruction
10. How to reduce or prevent cardiac arrest and or acute coronary syndrome after boosters.
11. Auto-immune answers are the most important today. The immune system is real.
12. Most so-called harmful effects of COVID are autoimmune disease and therefore preventable- treatable... mostly at home with little or NO Risk of Death
13. Be convinced that there is hope!
14. How to overcome medical tyranny and corruption
15. Steps you can begin today to prevent and or recover from injury from autoimmune disease and or the Jab- Boosters
16. How to help your loved ones and community effectively by sharing this information
17. Learn to solve the "low energy" feeling
18. We are reversing disease at the cellular level
19. If Natural Medicine ever cured anything it still works today, in spite of conspiracy to discredit
20. Prayer works!
21. Sustainable Eating to support all health and wellness issues
22. Learn how to organize your eating to support your health and freedom
23. Learn the uses and roles of energy and frequency therapies and medicine
24. What are the known (declared) harmful effects of vaccines and boosters?
25. Learn what nutrients and or supplements are being used effectively and safely to heal and prevent further damage/ injury
26. Learn the supplements now recommended by many fine researchers and clinicians solving both the injury equation and to support health recovery and future life
27. Learn how important the mind is to your recovery and health self defense
28. The very same infection, Vax/ Booster strategy will also reduce your pain
29. The very same infection, Vax/ Booster strategy will also reduce your chronic inflammation
30. The very same infection, Vax/ Booster strategy will also reduce your mental and

emotional illness

31. The very same infection, Vax/ Booster strategy will also increase your Oxygen saturation
32. The very same infection, Vax/ Booster strategy will also reduce your flexibility and range of motion
33. The very same infection, Vax/ Booster strategy will also speed your injury recovery time and downtime from trauma and injury
34. Where to go for more credible, trustworthy and reliable information
35. Where to go for quality and genuine professional education, training, college degrees and certifications in True Medicine.
36. mRNA Experimental Gene editing "Therapy"
37. Covid-19 and Long Haul Covid Recovery Protocols and Strategies from many sources and perspectives.

In this paper we are not going to revisit or argue various opinions as to whether or not the "*Cervesa Bug*" is isolated to a "Gold Standard" or unique or not. Although there is a great deal of discussion regarding scientific evidence that it may not be genuine, or whether it is real, it can be considered dangerous by any objective and or scientific metric. Save these considerations for other discussions.

Some of the patients who have been diagnosed as positive cases (new definition of infectious) using now discredited PCR test (See CDC) have some difficulty completely overcoming various associated symptoms such as fatigue, brain fog and or heart pain. Various "medical" sources have termed this aftermath as "Long Covid". The interesting thing about this syndrome or aggregate of symptoms is that many persons are complaining of these symptoms post COVID vaccinations!

Allegedly this is because of the "spike protein" (exosomes) that remain in the body after actual infection, vaccination or both! I am not going to go into the "What are Spiked Proteins" here. Descriptions of these little critters are easily found now almost anywhere you care to look.

What are Adverse remaining Symptoms of Post Infection, Post Vaccination and or “Booster” (1st., 2nd., 3rd., 4th., infinite)?

What are symptoms of adverse reactions, abreactions to mRNA experimental delivery systems: Jab, Pill, Gel, Patch and the various so-called “boosters” as well as the “Shedding” issue? Well, it’s not perfectly clear and it is determined by who you’re listening to. The “official” sources are not in agreement. The pharmaceutical companies among themselves are also not in agreement. Many physicians and clinicians’ mainstream, or alternative differ widely in what they are seeing, and describing as the post infections and “treatment” regimens.

How Safe and Effective are the Vaccine and their respective “Boosters”?



National Vaccine Information Center
Your Health. Your Family. Your Choice.

MedAlerts.org




Search Results

From the 5/27/2022 release of VAERS data:

Found 1,287,595 cases where Vaccine is COVID19

Government Disclaimer on use of this data

Table

|  Event Outcome |  Count |  Percent |
|---|---|---|
| Death | 28,532 | 2.22% |
| Permanent Disability | 53,200 | 4.13% |
| Office Visit | 194,156 | 15.08% |
| Emergency Room | 119 | 0.01% |
| Emergency Doctor/Room | 129,771 | 10.08% |
| Hospitalized | 160,313 | 12.45% |
| Hospitalized, Prolonged | 388 | 0.03% |
| Recovered | 343,142 | 26.65% |
| Birth Defect | 1,090 | 0.08% |
| Life Threatening | 31,855 | 2.47% |
| Not Serious | 585,928 | 45.51% |
| TOTAL | † 1,528,494 | † 118.71% |

† Because some cases have multiple vaccinations and symptoms, a single case can account for multiple entries in this table. This is the reason why the Total Count is greater than 1287595 (the number of cases found), and the Total Percentage is greater than 100.

Case Details

This is page 1 out of 128,760

The worst abreactions (Side Effects) according to VAERS seem to be:

- Sudden Death
- Myocarditis
- Micro-vascular Injury, Blood Clotting Disorder
- Neurologic disorder causing rapid onset of permanent paraplegia, quadriplegia etc.
- Damage the lung cells (including the pulmonary alveoli and pulmonary endothelial cells)
- Damage the mitochondria and DNA structures
- Damage cardiovascular cells
- Increase the risk of blood clots
- Damage brain cells
- Promote inflammation
- Suppress immunity
- Increase the risk of cancer
- Birth Defects

According to the CDC: “Any vaccine can cause side effects. For the most part these are minor (for example, a sore arm or low-grade fever) and go away within a few days. Listed below are vaccines licensed in the United States and side effects that have been associated with each of them. This information is copied directly from CDC’s Vaccine Information Statements (VISs), which in turn are derived from the Advisory Committee on Immunization Practices (ACIP) recommendations for each vaccine.”

As found on the CDC provided 05/ 13/2022 Release of VAERS data (Vaccine Adverse Event Reporting System) National Vaccine Information Center: 1,268,008 adverse events have been reported since the mRNA Vaxx roll out in 2020.

(<https://www.medalerts.org/vaersdb/findfield.php?TABLE=ON&GROUP1=CAT&EVENTS=ON&VAX=COVID19>). The reported numbers listed include to date 28,141 deaths as well as 52,299 “permanent disability” following injection for these safe and effective vaccines.

According to “Mayo Clinic”: (<https://www.mayoclinic.org/coronavirus-covid-19/vaccine-side-effects>) side effects can be:

Pain, redness or swelling where the shot was given
Fever
Fatigue
Headache
Muscle pain
Chills
Joint pain
Nausea and vomiting
Swollen lymph nodes
Feeling unwell

According to HHS.Gov. (Health and Human Services):
(<https://www.hhs.gov/immunization/basics/safety/side-effects/index.html>)... “The most common side effects after vaccination are mild.

Abreaction/ Adverse reactions known to include:

- Pain, swelling, or redness where the shot was given
- Mild fever
- Chills
- Feeling tired
- Headache
- Muscle and joint aches

Fainting can also happen after any medical procedure, including vaccinations. Keep in mind that most common side effects are a sign that your body is starting to build immunity (protection) against a disease. Learn more about how vaccines provide immunity.

What about serious side effects?

Serious side effects from vaccines are extremely rare. For example, if 1 million doses of a vaccine are given, 1 to 2 people may have a severe allergic reaction.

Other issues or Signs of a severe allergic reaction can include:

- Sudden Death
- Miscarriage
- Difficulty breathing: Air hunger due to difficulty perfusing cells at the proper cellular level with oxygen.
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness
- Constant full body burning vascular pain
- Brain Fog and reduced cognitive endurance. Difficulty focusing on simple tasks
- Elevated resting heart rate, reduced heart rate variability and dysautonomia... especially in the absence of any history of chronic hypertension and or heart disease.
- Exercise intolerance
- Malaise
- Headaches
- Bad Memory
- Insomnia
- Joint Pain

Notice there is NO mention of the 28k+ Deaths and or 52k+ “permanently disabled”.

The WHO: states “common” side effects, including mild and severe. However, does not actually list any of these and or reference the frequency and statistical probabilities or actual numbers of individuals harmed to any certainty. Based on the US reporting alone, if accurate, we can assume the numbers worldwide are more or higher and in my mind shockingly so.

What are we to do?

Let's recommend doing everything! Emphasize traditional reasoning and judgment which has always been favorable to the least offensive and most functional health outcomes. Consider it from the point of view of the life of humanity, this is not our first health crisis. As a humanity, we would not be here at all had we not always had effective solutions for pandemics and such.

Anything that improves the health of the patient's Spirit, Mind and Body. Anything that reduces toxic burden, inflammation, solves malnutrition, protects from direct adverse effects, reduces harm or injury to the heart, reduces microvascular blood clotting, reduces nerve damage / neurologic system trauma or injury, damage or immunosuppression from exposure to harmful EMF/ ELF Radiation will help.

Anything that improves mental health and reduces mental illness, depression, anxiety, fears, phobia and or Old Unresolved Negative Emotional Issues and or Attitudes will make available greater personal or inner healing faculties to come online to the forefront to direct and to generate their own unique healing properties.

Pillars of Health Strategy



One: Establish and or deepen a relationship with God and Spirit.

All Healing comes from God. Both as Native American, Indigenous and Tribal people and as Christians we believe that all healing comes from and is a manifestation of God and Great Spirit's love for us and the life we are living. Therefore, this is ALWAYS the default first resource for True Medicine, treatment, recovery and healing no matter how you want to define or name it. This is literally why we formed the Native American Indigenous Church Tribal Organization from day one and it is today still our avowed mission.

Ask your church and or another religious group to pray for you! It is a scientific fact that prayer improves health and healing outcomes.

See: NAIC Mission (<https://somaveda.com/about-naic/>)

NAIC is also the source for our Tribal Organization Church Members to request exemptions from Mandatory Experimental Medical Procedures including Vaccines, Boosters, Masks etc. for those who agree with us that these non-consensual mandates violate our religious practices and beliefs.

You are born with God-given rights protected by the United States Constitution.

Join NAIC and then GET YOUR PERSONALIZED LETTERS "NAIC ATTESTATION OF FAITH" (<http://www.somaveda.com/naic-personalized-attestation-of-faith-exemption-letter/>) for more information on our LOAF Affidavit Packet program .

Two: STOP being an Experimental Medical Subject!

Accepting medical practices that obviously and immediately in many cases cause you and your family, your clients and the general public harm. Stop accepting the pseudo-science and social experimental Gene Modification programs and political agenda which are NOT based on genuine science or medicine. Reject being mandated to be a guinea pig for human experimentation with risk of death without your educated, voluntary and informed consent. Now, if you were subjected to these experimental medical procedures and are still alive, then all hope is not lost!

Begin your work towards understanding and recovery today. The best and shortest road to NOT being harmed by mRNA Jab- Booster injury is to NOT allow yourself and family to be subject to them. However, if harm is already being experienced, apply the positive and functional solutions presented here as most appropriate to yourself, family and practice situations.

Stop Wearing a Mask!

Reduce or eliminate the use of “masquerading” clothing-based virtue signaling accessories. These “Hide Your Face” so called PPE or Protective equipment cause harm in a great many ways, from metabolic issues, suppression of the immune system, reduction of Oxygen, increased re-inhalation of Carbon Dioxide, psychological/ mental harms and more. “**Mindless Mask Mandates Likely Do More Harm Than Good**” Downloadable PDF:

(<https://thaiyogacenter.com/wp-content/uploads/2022/06/Mindless-Mask-Mandates-Likely-Do-More-Harm-Than-Good.pdf>)

STOP: Exacerbating Pre and or Co-morbidities.

A Pre or Co-Morbidity is ANYTHING that puts your health or life at greater risk, serious risk, just because you have it. These precursors could prematurely end or complicate your life and health even if you're not infected by a Covid, Jab or Booster.

For a detailed article on complications pre and or co-morbidities including those created or exacerbated by chemical, pharmaceutical drugs read this! “*SomaVeda® Uncomplicating Corona, The Good News and The Bad!*” (“<https://thaiyogacenter.com/somaveda-uncomplicating-corona-the-good-news-and-the-bad/>)

- These include but are not limited to: Obesity, Severely Overweight, Metabolic X syndrome, Cancer, Diabetes, Heart Disease,
- Any immune disorder or disease that reduces your immune system function, COPD- Chronic Respiratory disease, Hypertension,
- Clinical Infections such as Sepsis, MRSA etc. bacteremia, and septic shock
- Tropical Infections such as: malaria, leishmaniasis, schistosomiasis, onchocerciasis, lymphatic filariasis, Chagas disease, African trypanosomiasis, chikungunya and dengue,
- Subclinical Chronic Infections be they Bacterial, Viral or Fungal: UTI, Candidiasis,
- Emotional, Psychological and or Mental Health disorders
- Medical Malpractice i.e., Iatrogenic or Physician caused Mortality or Death. Yes, this is still an issue!
- Add to this list pharmaceutical or drug related deaths such as: Drugs that cause side effects that can exacerbate mortality... and Drugs that either are known to cause or to increase risk of induced Pulmonary Disease such as Antibiotics, Chemotherapy, Heart medicines, OTC NSAIDS.

For a more and complete detailed list of dangerous Pharmaceuticals and Chemical drugs go to: <https://thaiyogacenter.com/somaveda-uncomplicating-corona-the-good-news-and-the-bad/>

Three: SomaVeda® Thai Yoga Therapeutic Day Protocol

(Minimum Seven day/ Seven Session Therapeutic Protocol): Many benefits!



General Benefits of Integrative Indigenous and Traditional Therapies Treatment adjuncts: Thai Yoga Therapy and or Thai Massage

Please note: When we say “Traditional Thai Yoga or a style such as [SomaVeda® Thai Yoga](#)” we mean styles or traditional, indigenous Ayurveda based systems, primarily from South and South East Asia: Thailand, India, Burma (Myanmar) and Tibet which incorporate the full gamut of traditional remedies including but not limited to: Spiritual, Mental, Emotional and physical with emphasis on all areas of life such as Mindfulness and Puja, Sacred Nutrition and eating strategies for medicinal food and balancing diets, use of all medicinal herbs and conjunctive strategies using foods, herbs, aromatics, minerals, salts, water & juices accompanied with both facilitated and self-meditation, Yoga (*Thai Reusi Dottan*: “[Amazing Thai Yoga for the Hands: Reusi Dottan Based Restorative and Regenerative Yoga for Hands, Shoulders and Heart](#)”) and hands on techniques. One good example of a complex traditional therapy is “*Nuat Prakhop Samun Prai*” or Thai Herbal Poultice or Herb Balls conjunctive with Thai Yoga Chirothesia (Laying on Hands) (Ayurveda Marma Acupressure) (<https://www.somaveda.org/chirothesia-hands-healing/>).

The list of benefits for [SomaVeda® Therapy Protocols](#) included below is not comprehensive and is growing daily as new scientific research comes to light.

There is great importance in experiencing and sharing the documented traditional outcomes and benefits of the practice. Developed for thousands of years in the ancient traditional Buddhist and Ayurveda healing centers of Thailand and Southeast Asia, Thai Traditional Medicine: Thai Traditional Massage and Thai Ayurveda continues to develop as an elegant, evolving internationally recognized traditional medicine.

The primary benefits traditionally were understood to be of spiritual, psychological and emotional nature. They are based on what the Thai people refer to as “*Promiwiihan Sii*” or Four Boundless/ unlimited States of Mind, those being: Love, Compassion, Joy and Equanimity. The secondary benefits of learning, sharing and practicing Thai Yoga as an expert are physical/ structural, practical, healing and medical; they are almost too many to list! Traditional Thai Yoga, a true alternative medicine, is a better option than massage therapy and or allopathic medicine in most instances.

Benefits of [SomaVeda Thai Yoga Therapy](#), Ayurveda and Natural Medicine Protocol:

1. Anyone can do it.
2. Helps with weight management (stimulates metabolic processes) ([1](#), [2](#))
3. Does not require special equipment
4. Can be done virtually anywhere in any clinical or home environment
5. Is a great way to patients to be more active and engaged in an active lifestyle. ([1](#), [2](#))
6. As good for the practitioner as it is for the receiver
7. Practically expresses loving kindness (Thai Lang: "*PromiiwihanSii*")
8. The practice can be an expression of compassion
9. Reduces symptoms of anxiety, stress and depression ([1](#),[2](#),[3](#),[4](#),[5](#))
10. Enhances the function of the parasympathetic nervous system and other stress-related variables ([1](#))
11. Beneficial effect on Autistic Children's behavior([1](#),[2](#))
12. Low impact exercise ([1](#), [2](#))
13. Lowers low-density lipoprotein (LDL) cholesterol ("bad" cholesterol)
14. Raises high-density lipoprotein (HDL) cholesterol (the "Good" cholesterol)
15. Helps normalize blood sugar levels ([1](#),[2](#),[3](#),)
16. Boosts immune system, helps increase resistance to infection ([1](#),[2](#),[3](#),)
17. Lupus, autoimmune syndrome support and adjunct treatment and improves immune function ([1](#), [2](#))
18. Lowers blood pressure (Reduces muscle tension)([1](#),[2](#),[3](#),[4](#),)
19. Increases range of motion and reduces resistance to motion (PNF Reflex Principle)
20. May reduce risk of some cancers (Static Lymph and or site toxic)
21. TTM: Traditional Herbal remedies proven to kill Head and Neck Cancer ([1](#),[2](#))
22. Improves cellular immunity in Colorectal cancer patients receiving chemotherapy ([1](#))
23. Assist in management of type2 diabetes([1](#))
24. Significantly reduces Peripheral Neuropathy in Diabetic Patients([1](#),[2](#))
25. Significantly reduces Chronic Pain([1](#),[2](#),[3](#),[4](#),[5](#),[6](#),[7](#),[8](#),[9](#),[10](#),[11](#),[12](#))
26. Increase bone density, resorption, formation by stressing connective tissue and "bending the bones" ([1](#), [2](#), [3](#))
27. Practice causes NO harm to world ecosystem
28. Increases lean muscle mass (Load bearing exercise: Isotonic)
29. Flow practice improve cardiovascular fitness
30. Activates experience of Joy
31. Integrates mind, body and spirit
32. Reduces risk of heart attack
33. Supports community
34. Increases tendon and connective tissue density and elasticity ([1](#), [2](#))
35. Virtual cure for many soft tissue/ connective tissue disorder (Fibromyalgia,

- Carpal Tunnel Syndrome)([1](#), [2](#), [3](#), [4](#), [5](#))
36. Reduces, improves hand mobility for [Scleroderma](#) patients([1](#))
 37. Effective in reducing Migraine Headache severity([1](#),[2](#))
 38. Promotes health related fitness, bone formation and quality of life in menopausal women ([1](#), [2](#), [3](#))
 39. Increases tendon and connective tissue extensibility. Strengthens extensor and support ligaments in breast tissue thus correcting sedentary/ non-ambulatory based atrophy and decrepitude.
 40. Reduces and or eliminates active / latent Trigger Points and equalize/ reduce areas of low oxygen, chronic inflammation and high neurologic activity. ([1](#), [2](#), [3](#), [4](#))
 41. Can be done “Hands-Free”
 42. Can be done in groups and or in less than private surroundings
 43. Improves physical fitness and performance in athletes([1](#),[2](#),[3](#),[4](#))
 44. Increases relaxation and decreases anxiety and pain in [Scapulocostal Syndrome](#) patients ([1](#),[2](#))
 45. Equally helpful for infants, geriatrics([1](#),[2](#))
 46. Decreases Spasticity and aids in rehabilitation in elderly stroke patients([1](#),[2](#),[3](#))
 47. Addresses nutritional and food issues and increase nutrient motility([1](#),[2](#),[3](#),[4](#),)
 48. May alleviate oxidative stress and improve antioxidant system([1](#),[2](#))
 49. Effective treatment for Repetitive Stress Disorders([1](#),[2](#),[3](#),[4](#),[5](#))
 50. Can address and support treatment for infertility
 51. May improve mental and emotional/ psychological/ neuro-emotional issues([1](#),[2](#),[3](#),[4](#))
 52. Facilitates Birth and Delivery, May reduce Postpartum hemorrhage after vaginal delivery ([1](#), [2](#))
 53. May reduce Post-Partum Depression([1](#),[2](#),[3](#))
 54. Can facilitate, assist release of post-delivery after birth([1](#))
 55. Reduces pain, particularly soft tissue, joint, back, low back and neck pain([1](#),[2](#),[3](#),[4](#))
 56. Integrates and supports proper alignment of all structural parts of the body without ballistics or force. (Non-ballistic, non- specific, facilitated, passive assisted, natural range of motion supporting nominal osseous structural alignment)
 57. Sharing facilitates nurturing and community values.
 58. Effective lymphatic Drainage modality, reducing and or eliminating static lymph, lymphedema.
 59. (Acts as a Complex Decongestive Therapy: CDT is especially beneficial post-surgery)
 60. Reduces and or eliminates cystic and or fibrotic syndromes and corresponding nodules
 61. Reduces toxicity and stagnation in breast tissue and surrounding areas.
 62. Effective in treating TMJ(Temporal, Mandibular Cranial and Jaw Dysfunction)([1](#),[2](#),[3](#))
 63. Helpful in reducing dependence and or eliminating psychiatric medications for various disorders.
 64. Increases happiness and a general sense of wellbeing for receivers and therapist/ counselors alike.
 65. More effective than OTC in symptomatic treatment of Osteoarthritis pain([1](#),[2](#),[3](#),[4](#))

66. May improve activities of daily living, mood and sleep patterns, and pain intensity of stroke patients over time. (1)
67. Can be performed on a Portable Massage Chair(1,2,3)
68. Based on genuine Indigenous, Traditional, Native, Tribal, Familial and or Natural spiritual and vitality-based medicine systems and philosophies. (Native American (North and South American), Traditional Thai Medicine, Classical Ayurveda, Traditional Chinese Medicine, Indian Naturopathy/ Homeopathy.
69. Reduces Pain of Chronic Tension Headaches(1)
70. Well-tolerated light intensity exercise stimulus and could be prescribed as an exercise program for obese older adults (1, 2)
71. Is by definition a form of Chirothesia / Laying on of Hands health care(1)
72. Religious Practitioners May be legal to practice without a Medical and or Massage License (1, 2, 3,)
73. Mostly anecdotal however, new scientific research supports the knowledge, wisdom and practical solutions for suffering, injury, disease and the promotion and maintenance of wellbeing passed down directly to our practitioners and ministers directly through our elders through hundreds of generations.

For more information on educational materials by this author see the bookstore at (<http://www.BeardedMedia.Com>) If you think your friends would benefit from this information, please have them subscribe to our newsletter!

For information on SomaVeda® Thai Yoga Practitioner Certification Program [ClickHere!](#)

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Disclaimer:

All Information is provided for educational purposes only and not intended to be used for any therapeutic purpose, neither is it intended to diagnose, prevent, treat or cure any disease.

Please consult a health care professional for diagnosis and treatment of medical conditions.

While all attempts have been made to ensure the accuracy of this information. The author and SomaVeda.org does not accept any responsibility for any errors or omissions.

Four: Sacred Nutrition

**ONE) Basic healthy Nutrition and Sustainable Eating strategy:
Sustainable Eating Equals Sustainable Health**

If not before now? Get on it!

(Based on original transcription from a live talk at the Florida Sustainable Living and Permaculture Conference, Plant City Florida, March 26, 2011). Updated 05/2022

- 1) Sustainable Eating Equals Sustainable Health
- 2) Our common survival is linked
- 3) What are the principles of sustainable living?
- 4) I am connected to the global paradigm of life
- 5) Not being sustainable is counter-intuitive to you own survival
- 6) Planetary die-off cycles of humanity?
- 7) An amazing possibility is occurring right now!
- 8) What's the core issue with sustainability?
- 9) Whatever it takes to live a long and happy life!
- 10) Stay away from the dominant cultures medical system
- 11) The current system has failed. Where is the outrage?
- 12) It gets worse
- 13) There are no side effects!
- 14) A chemical doesn't know what a side-effect is
- 15) The source of your primary health care has to be your eating habits
- 16) Health is a fluid balance between toxicity and deficiency
- 17) We are children of the soil
- 18) What is my path in life?
- 19) We are not that special
- 20) Food and eating strategies need to be based on non-violence
- 21) If it's not right we fix it, we do not kill it
- 22) Do you want to know how to get connected to the earth?
- 23) Get down on the food chain
- 24) Get your hands dirty
- 25) Change your definition of what is "edible"
- 26) Oil, tar and coal and their derivatives are not edible
- 27) Edible should mean organic, fresh, whole, non-GMO food
- 28) Edible should mean the reduction of adulterated food consumption
- 29) Edible should be local
- 30) Edible should also mean to buy local
- 31) A clear conscience makes the food taste better!
- 32) it's Not About Meat versus Vegan
- 33) KETO Solution: Contamination and Insulin Resistance
- 34) Eat the widest variety of foods you can manage
- 35) For everyone's sake grow something!
- 36) I'm serious, grow something to eat!
- 37) Permaculture experience in Thailand
- 38) Reasoned eating means Seasonal Eating
- 39) Edible should mean, to eat only foods that you know you're not allergic to!
- 40) Consider your overall attitude towards eating new food in general, if it has a label, READ IT.

- 41) Don't waste food- compost food waste
- 42) Make the best possible food choices according to your understanding
- 43) Make your food beyond interesting and nutritious

Welcome! I am so happy that you all have come to share this valuable information with us and explore what sustainability is. There is clearly a lot of passion in this group about what sustainability is and what a sustainable life means. I've been going around and talking to lots of beautiful people with really succinct, clear and dynamic visions about what they are trying to achieve. These are big goals!

I am a licensed Monastic/ Pastoral medical doctor, naturopathic physician, oriental medical doctor, and a board-certified Vidya (Classical Indian Ayurvedic Physician/ Ayurveda Doctor). I am what you think of when you hear about alternative medicine or complementary medicine. What you think of when you hear about wacky medicine that actually has a conscience. I am one of those people and I'm proud to be one of those people. I teach medicine, alternative medicine, holistic health, yoga, and everything to do with what it means to try and survive in this world as a healthy balanced person.

1) Sustainable Eating Equals Sustainable Health

In order to balance and achieve optimal health we have to go to the origin of the symptoms of our dysfunction. There are a lot of causes, and some of them are kind of big! There is such a thing as geo-pathic stress, economic stress, social stress, ecological stress, interpersonal stress, toxins, poisons, bacteria, viruses, chemicals and especially radiation. Add to that mix of external stress the internal truth that we can be our own worst enemies. Whew!

All these things are contributing to whether or not you feel happy and well right now. How are we going to achieve or sustain that? That's a complicated issue. But we have to start somewhere. I have taken some insight from some of the other presentations here and I may not be able to remember the individual names of the presenters because I was so tied up in the really beautiful messages that they speak. I want to always pay respect that I learn from other people, that's basically how I got here. I've been fortunate to have really good role models for sustainable ideas about personal health, wellness and balance and that's what I'm trying to perpetuate.

2) Our common survival is linked

I am Dr. Anthony James and I live here. This is my home; this is my classroom, and this is where I teach every day. I want to welcome you to share our space and to bring your energy and contributions on a personal level because I think one of the core concepts that we have to focus on in sustainability is that while we get caught up in the environment, ecology, the external landscape issues, the bottom line is that we are people, and we are concerned with ourselves and each other. One of our primary motivations to try and find sustainable solutions to the

questions that the world is giving us right now is so we can survive! I think one of the most important ideas that we have for sustainability is that we keep reaching toward connectivity with each other and not let issues separate and fracture us and to go off in our own little survival corners with our own little survival strategies. Our survival as a species or as individuals is absolutely connected to us remaining connected to each other. No matter the kinds of strategies we're working with, we've got to hang!

Our survival is dependent on one another. No matter what else I say it's always going to be in the context of community. On many simultaneous levels I am completely dependent on my community for survival. No matter what our individual strategy of sustainability we have to keep bringing it back to our family, to our friends, to our community.

In this community I know we have some people in our midst that are hardcore sustainable educators and permaculture educators. But we also have a few people here who don't really know what the word means.

3) What are the principles of sustainable living?

- Whatever it takes to live a long, healthy, and happy life while respecting and caring for the community of life in which we live.

- Working to improve the quality of our life, enabling human beings to realize their full potential for life expression. Building self-confidence and leading lives of dignity that are in and of themselves fulfilling.

- Living in such a way as not to be a burden by creating suffering for ourselves or others while seeking health, education, a decent living, political freedom of expression, human rights, and freedom from violence. Sustainable means stepping away consciously from the origin cycle of the creation of suffering for ourselves and for others.

Some of you might recognize that last phrase. It is the last statement in the "Metta Sutra (Thai Lang)" Buddhist mantra that is considered to be the most perfect example of *Bodhicitta* or generating of a perfect thought. An example of the most perfect thought a person can have in their head is, "May all beings be happy, may all beings be free from suffering." Regardless of high, low or middle status, may they be free from suffering. The last sentence in the Metta Sutra says, "May I no longer participate in the origination cycle for the creation of suffering for myself and for other beings." Essentially those are the principles of sustainable living!

We have the technologies, ideals and philosophies of sustainable living, but how do we get there? How do I no longer participate in the creation cycle of suffering for myself and for other beings, and then how do I explore, experience, and receive the effect of that philosophy? This is where we get into our green technologies. We get into our democratic social imperatives, our holistic medical paradigms, and we get into our geologic viewpoint of "think global, act local." These are technologies to actually implement the imperatives.

4) I am connected to the global paradigm of life

I want to say no to pain, suffering, disorganization, disease, manipulation and coercive ideologies. How do I do that in real terms for myself, family, friends, neighborhood, community, town, county, state, country, nation, ocean, sky, world? Is there a way that I can be functional on all those hierarchies? It is possible. Simultaneously within the context of my humanity and expression of physiology and DNA that I am energetically, physically, emotionally, and mentally connected to the global paradigm of life, I am part of the thin veil or film on the surface of mother earth that we call organic life. On some level, we all serve a function and we're all interconnected in that way. There is a way to live within the framework of internal and external natural equilibriums and sustainability is the key. There is a way to conserve the earth's vital resources and diversity while promoting our own for ourselves, friends and families, children and children's children. As the Native Americans say, "we work for the life of seven generations."

5) Not being sustainable is counter-intuitive to you own survival

The main reason to be sustainable is that it's crazy not to be! Not to be sustainable is counterintuitive to your survival. Thoughts, actions and deeds that are counterintuitive to yours and everyone else's survival are crazy! I don't want to be crazy and that's one reason I want to be sustainable.

6) Planetary die-off cycles of humanity?

12,000 years in the past there was proliferation, anthropologically speaking... there were millions of humans in our geographic region (Florida). Then they just kind of went away and there was a period of time where they weren't here. Several thousand years later we start to see a continuation but it's not too good. The technologies aren't too good and it's like they lost something. Then they kind of pick it up and get going again and the arrowheads get a little sharper and a little more precise - and then, they go away for a couple thousand years. Then they come back again.

My understanding is that we are at the precipice of one of those cycles right now and we are arrogant to ignore that these cycles exist. They have been repeated several times in the last 12,000 or 15,000 years. We will be subject to the consequences if we ignore our external environment and internal environment. Anthropologists say that the disappearance and resurgence of the population is a result of conflict over harvesting of food and inappropriately harvesting of food that led to massive die offs. Spreading of disease without containment strategy also led to massive die-offs. Not understanding the impending doom by noticing the changing planetary conditions led to planetary die off.

Guess what folks? We have all of these things happening right now. The only difference between us and our paleo brothers and sisters is that we have the internet so we have more of

a real-time communication network that allows us to address these issues a little bit faster whereas our paleo brothers and sisters were dependent on the “telephone game” to communicate this information. They were subject to that problem. We have the possibility of hope because we have a greater ability to communicate. It’s not necessarily technology, but the possibility of simultaneous global communication.

7) An amazing possibility is occurring right now!

Right now, this second, there are groups just like the group in this room who are having the exact same conversation about exactly the same topics in about a hundred different locations around the planet! Right now, this minute! That’s never happened before, so that’s our possibility of hope. But what are we going to do with it? That’s the question.

It’s one thing to philosophically get it and it’s another thing to have practical solutions. I’m going to go through some practical solutions. I believe that there is hope that we can come out of this and we can survive in a good way. That is what I work for.

8) What’s the core issue with sustainability?

I believe the number one issue is food. I have all these doctor technologies and no matter what I learn I keep coming back to food as the number one issue. It’s the one issue above all others that we actually have the capacity to substantially control. Because we have the ability to have some input in relation to what we eat, where it comes from and what its impact is on ourselves and our environment, it’s one of the places where we can add our influence internally and externally. That’s why I choose to focus on food.

9) Whatever it takes to live a long and happy life!

Hippocrates is credited with saying “let thy food be thy medicine and thy medicine be thy food.” There are a lot of misconceptions about what medicine is. The definition of medicine is the same as the definition of sustainable living! There’s a source of conflict and confusion right there. We compartmentalize and create distinctions and say, “medicine is over here, and food is over there.” There is some crossover, but it is a misconception and a misperception that medicine and food are unrelated. Let’s go back to the definition of sustainable living: “Whatever it takes to live a long healthy and happy life, while respecting and caring for the community of life in which we live.” Well guess what? That’s the definition of medicine too: whatever it takes to live a long and happy life. Let food be your medicine, let food be part of your strategy of whatever it takes. Let whatever it takes to be happy be your food, so let’s stop eating things that don’t make us happy. That’s a really simple way to say it.

10) Stay away from the dominant cultures medical system

Statistically speaking, other than changing your eating habits the number one thing you can do to prolong your life and guarantee that you’ll have a long healthy life in this country (I’m not

necessarily talking about the whole world) is to do whatever it takes to stay out of hospitals and to stay out of the conventional medical system.

11) The current system has failed. Where is the outrage?

I'm a pastoral medical doctor. I get copies of the different journals that are published under the banner of JAMA and other medical societies. According to these journals and other sources, give or take, some 780,000 people a year die directly from medical malpractice. I think this is a conservative estimate because it might be a little self-incriminating.

Let's have a look at some epidemiological statistics compiled from various sources...

Table of Iatrogenic Deaths in The United States

(Deaths induced inadvertently by a physician or surgeon or by medical treatment or diagnostic procedures)

| Condition | Deaths | Cost Billion \$s | Author |
|-------------------------------|----------------|---------------------|--|
| Adverse Drug Reactions | 106,000 | 12 | <u>Lazarou</u> (1) <u>Suh</u> (49) |
| Medical error | 98,000 | 2 | IOM (6) |
| Bedsore | 115,000 | 55 | <u>Xakellis</u> (7) <u>Barczak</u> (8) |
| Infection | 88,000 | 5 | Weinstein (9) MMWR (10) |
| Malnutrition | 108,800 | — | Nurses Coalition (11) |
| Outpatients | 199,000 | 77 | Starfield (12) <u>Weingart</u> (1, 12) |
| Unnecessary Procedures | 37,136 | 122 | HCUP(3, 13) |
| Surgery-Related | 32,000 | 9 | AHRQ(8,5) |
| TOTAL | 783,936 | | 282 |

We could have an even higher death rate by using Dr. Lucien Leape's 1997 medical and drug error rate of 3 million. (14) Multiplied by the fatality rate of 14% (that Leape used in 1994 (16) we arrive at an annual death rate of 420,000 for drug errors and medical errors combined. If we put this number in place of Lazarou's 106,000 drug errors and the Institute of Medicine's (IOM) 98,000 medical errors, we could add another 216,000 deaths making a total of 999,936 deaths annually.

| | | | |
|----------------------|---------|---------------|-----------------------|
| ADR/med error | 420,000 | \$200 billion | <u>Leape</u> 1997(14) |
| TOTAL | | | 999,936 |

Unnecessary Intervention



| Projected Ten-Year Statistics | | |
|-------------------------------|--------------------|-------------------|
| Unnecessary Events | 10-Year Number | Iatrogenic Events |
| Hospitalization | 89 million | 17 million |
| Procedures | 75 million | 13 million |
| TOTAL | 164 million | 30 million |



These projected figures show that a total of 164 million people, approximately 56% of the population of the United States, have been treated unnecessarily by the medical industry — in other words, nearly 50,000 people per day.

These numbers are conservative and will be updated. Once we add the increase in mortality (iatrogenic) due directly and or indirectly to opiate prescriptions for pain primarily, the projections show an increase expected across the board.

We drive down the highway and see billboards of the sheriff with reflective glasses and the words “drive drunk and pay the price.” We see MADD billboards with the cameo of the teenage son or daughter who will not live a long and happy life because of an incursion due to drunk driving. Virtually every city in the country has federal, state and local funding of millions of dollars for the formation of DUI task forces, random roadblocks, and breathalyzers. There have been 12,000 constructed expansions of prisons in the US just to take the additional prisoner loads of DUI’s into the jail system and the legal system. There are about 48,000 deaths a year on average as a result of drunk driving.

Annual Unnecessary Medical Events

| Unnecessary Events | People Affected (Millions) | Iatrogenic Events (Millions) |
|--------------------|----------------------------|------------------------------|
| Hospitalization | 8.9 (4) | 1.78 (16) |
| Procedures | 7.5 (3) | 1.3 (40) |
| TOTAL | 16.4 | 3.08 |

The enumerating of unnecessary medical events is very important in our analysis. Any medical procedure that is invasive and not necessary must be considered as part of the larger iatrogenic picture. Unfortunately, cause and effect go unmonitored. The figures on unnecessary events represent people ("patients") who are thrust into a dangerous health care system. They are helpless victims. Each one of these 16.4 million lives is being affected in a way that could have a fatal consequence. Simply entering a hospital could result in the following (out of 16.4 million people):

- 2.1% chance of a serious adverse drug reaction (186,000) (1)
- 5% to 6% chance of acquiring a nosocomial [hospital] infection (489,500) (9)
- 4% to 36% chance of having an iatrogenic injury in hospital (medical error and adverse drug reactions) (1.78 million) (16)
- 17% chance of a procedure error (1.3 million) (40)

All the statistics above represent a one-year time span. Imagine the numbers over a 10-year period. Working with the most conservative figures from our statistics we project the following 10-year death rates.

12) It gets worse

Compare the drunk driving statistics of 48,000 deaths a year to the 780,000 deaths a year (avg.) due to either unnecessary medical procedures and or medical malpractice.

According to these medical statistics, another 400,000 die simply from unsuccessful procedures that were properly applied. In other words, it wasn't malpractice. They did exactly what was the standard medical practice according to standard medical disciplines, according to standard medical procedures. 400,000 people died from operations that were considered a complete success. They did everything right and the patient died. These numbers are per year, not in the last 100 years, but the annual numbers! 400,000 people died from side effects.

Medical Intervention

Projected Ten-Year Death Rates

| Condition | 10-Year Deaths |
|------------------------|--------------------------------|
| Adverse Drug Reaction | 1.06 million |
| Medical error | 0.98 million |
| Bedsore | 1.15 million |
| Nosocomial Infection | 0.88 million |
| Malnutrition | 1.09 million |
| Outpatients | 1.99 million |
| Unnecessary Procedures | 371,360 |
| Surgery-related | 320,000 |
| TOTAL | 7,841,360 (7.8 million) |

Our projected statistic of 7.8 million iatrogenic deaths is more than all the casualties from wars that America has fought in its entire history.

Our projected figures for unnecessary medical events occurring over a 10-year period are also dramatic.

13) There are no side effects!

There is no such thing as a side effect! You have been misled and that is a programming and propaganda issue because there are actually NO SIDE EFFECTS of any known prescription drug or procedure. There are abreactions, adverse reactions and or **secondary effects that we don't want**, which are less popular. You can get a copy of a Merck Manual or the Physician's Desk Reference to Drugs and for every single drug there will be the primary benefit listed and immediately there will be up to 92 different abreactions/ secondary adverse effects. For marketing, they are referred to as "side effects" as if they are optional. The concept of saying that a harmful result which occurs when you take or are given a pharmaceutical chemical drug is a side effect is Public Relations. It is "Spin". It is damage control to protect sales. It is not a genuine scientific or actual medical concept.

14) A chemical doesn't know what a side-effect is

A relative of mine has an advanced degree in pharmacology. He would say that it is all chemistry- you ingest the chemical and get the effect. The chemical doesn't know primary from secondary. The chemical doesn't know what a side effect is, it just does what it does. For many of these drugs there are up to 92 side effects, and I've even seen a drug that has more than that. Generally, there are between 70 and 90 secondary effects and quite a few of them are fatal. That's how you get these 400,000 deaths. We need to be logical.

15) The source of your primary health care has to be your eating habits

What is the alternative? If we are not going to rely on the conventional medical system as our primary health care, then "let food be your medicine and medicine be your food." The source of your primary health care has to be your eating habits. You have no choice. There is no other alternative.

16) Health is a fluid balance between toxicity and deficiency

Traditional Chinese Medicine theory postulates that health is a dynamic equilibrium between internal and external pernicious influences. Health is a constant balancing act. This could be anything that reduces our capacity to live the full natural possibility of life or whatever life as a human being on this planet could be. That includes everything from the environment and landscape, both internal and external. Internal pernicious influences are what take place when harmful influences bridge the world-skin barrier and become part of us causing changes within us. This includes mental and emotional psychology, the ecology of our inner world and how we handle toxins, viruses, bacteria, and cancers. The external landscape is everything outside of your skin that has the ability to affect your longevity, health and wellbeing.

We can also talk about the 5 elements because we have fire, earth, metal, water, and wood, or in Chinese medicine and Ayurveda we have ether, air, fire, water and earth. Any way you slice it, whatever is out there is part of us and then we have this really funny philosophy that says that

we are also part of everything that's out there.

17) We are children of the soil

Health is about managing this equilibrium between the internal and external landscapes-environments. Sometimes as first concretely stated by philosopher scientist Rudolph Steiner we use the word soil. I know permaculture people really want to talk about the soil a lot; in fact, that's one reason I love them! The first book I ever read on the soil was *Secrets of the Soil* (Peter Tompkins & Christopher Bird) and I developed this whole different idea about the ground and what the nature of the soil was. I learned that it was alive and there was energy in it and that it was communicating to me.

Of course, I knew from my bible lessons as a child that eventually I would become the soil. I thought, "Whoa! Dirt to dirt!" So, what you're saying is that "I'm actually a child of the soil and that I am soil in a flesh bag walking around for a while and then I go back to my origin which is the soil?" Somewhere I had lost the connection or the conscious knowledge that I was really just a bag of dirt walking around. What is my function then, as mobile dirt?

I realized that part of the reason why we are so unhealthy is because we have been separated from our proper relationship to our mother ecology, which of course is the soil. Now that we are ego-encapsulated soil flesh bags we think that we are separate and somehow isolated from the total environment that surrounds us. We pretend and we act, and we create structures that are based on this false idea that we are somehow separate from the soil. We no longer rely on the soil as our nutrient base, and we no longer honor the fact that it's part of our lifestyle to sustain the soil.

18) What is my path in life?

When we say, "Oh, I'm looking for my path," we are really wondering, "What is the purpose of a human being?" A human being is a mobile expression of the vital life of the planet. There are probably lots of purposes for human beings but part of the reason why we were given legs in the first place was to act as landscapers, caretakers, moderators and enhancers of the vital communication capacity of the earth that is expressed in the life of the soil. It is the proper time to rejoin the community of other sentient beings and the earth which all return their essence to the dirt. You might say, "Oh my god, that's just crazy!" You know what? If you start to think about it like that for a minute, I think some things might come clear.

Here is another perspective of always "looking for your path"? There are plenty of both individuals and or "agencies" that would happily fill this void in your life! They see it as an opportunity to take advantage of you for their own agenda and purpose. You and your life are seen as commodities to be exploited. Given that there is a percentage of the population at any time that is technically lost and or confused about who they are and what their purpose is in life. Well, these are the "sheeple" and the "easily misled". The only way to avoid being misled is to have your own moral and ethical compass. I say strongly that this compass is found only in the

place where spirit and God exist. "God has a plan for your life" is not a cliché, it is natural law and fact since time began. Find God's plan for your life before someone else finds a plan for your life without your permission and or consent. God's/ Spirit- "Creator Sets Free" way or Tyranny you get to choose.

19) We are not that special

Like indigenous people and Native Americans say, "What is a human being?" A human being is an "upright two-legged being." No different than any other! No different than the four-legged, no different from the ones with wings, no different than the ones that swim. No different than the ones who crawl through the earth and no different than the microbes. Microbes are sentient. Bacteria are sentient, viruses are sentient. Like the Dalai Lama says, "*ALL LIVING BEINGS ARE SENTIENT.*" We pray for all sentient beings, so when we are praying for all sentient beings, we pray for the virus and the bacteria.

20) Food and eating strategies need to be based on non-violence

We are utterly and completely dependent on the viruses and the bacteria in the soil for our life. Somehow, we lost that connection and so when we begin to experience them (bacteria/ living organisms) in our body, we think that they are foreign invaders and so we have to cut, kill and burn them. We think we have to destroy them. We do the same thing as when we apply pesticide to the soil outside, we try to kill them! The soil then is no longer able to sustain the biodiversity that life is dependent upon, monoculture prevails, and diversity dies. Inevitably, there is a dissolution of life and a cascading domino effect on other ecologies and eventually everybody draws the same picture: if we continue to create monoculture, the world is going to be unsuitable for human existence at a definite point in time.

If we do the same inside of our body, we come to the same conclusion. We don't need to kill the bacteria in our body, we don't need to kill the viruses in our body; they have ALWAYS been with us. They serve a natural function in the ecosystem and the body milieu. We need to learn how to be one with the ecosystem within ourselves. We need to learn how to communicate and sustain that environment in a wholesome and balanced way. Consider the idea of Nonviolent Communication, it applies to your body's internal ecology.

I am not trying to kill the virus or the bacteria in my body; I am negotiating an existence that is least invasive, compatible, mutual, in accordance with natural law, and supportive. That's what my food strategies are about.

21) If it's not "right" we fix it, not kill it

People will ask, "Well, what about infection?" What do you do when the soil PH is not right? Or if you look at the soil and the mycology and bacterial structure of the soil is not right? Do you then kill it?

You AMEND it. You actually bring in plants and structures that out of their life cycle will create the balance that you want. Why? Because that is sustainable. If you dump chemicals on it, it will chemically give you a balance on a test and then you will have the imbalance that will be the consequence of the chemically induced state which isn't sustainable.

The longer you do harm to the soil and force it to produce, it will eventually look like desertification. You will kill it and reduce its ability to sustain life at the microbial level to a point to where it is no longer possible for any life to be sustained. The soil will turn to sand and rock, no longer able to sustain life. We are going to end up doing the same thing to ourselves because we don't eat right or have productive eating strategies. We need to bring the same sustainable strategies to eating that we would to the soil, inner soil and outer soil.

22) Do you want to know how to get connected to the earth?

The easiest way to reestablish and revitalize your connection to the earth is to bring consciousness to what you eat. It's simple and you don't have to get all big and spiritual about it, "Oh mother earth...O sacred this and that blah, blah, blah." I can say this because I am an adopted Native American, a proud member of the Crow tribe Apsaalooke ("Apsalaaga"- Crow Lang.) a pipe carrier, a member of the medicine clan and the Whistling Water ("Billigushae") clan and people, so I say it tongue in cheek. My late, adopted father Chief Floyd Real Bird would have said it the same way. He would have said, "I don't give a damn about ritual and external ceremony, the only thing mother earth cares about is how you live!

Mother earth doesn't care if you do a smudge, you light some sage or you whip a "sacred" pipe around in the air. Mother earth doesn't care! Mother earth is all about how gentle you walk on her; how compatible you are with her other children." It is more important who you are than what you do. You want to get in touch with the planet? You want to get in touch with your roots? You want to get in touch with your most fundamental spiritual essence? You want to get in touch with the source of life?

Bring consciousness to your food. It's the easiest way.

The easiest way I can make all these universal connections is to bring consciousness to what I eat. Just by doing that not only do I get to live healthier and happier and be more functioning, but my family does too. Just by doing that alone, I lost 50 lbs. in 2 years. I haven't been on a diet; I eat like a horse because I love to eat! I have just brought consciousness to my food and my body. Soil harmonized, equalized, balanced. It looks like me 50 lbs. lighter.

23) Get down on the food chain

Consider eating lower on the food chain. Ever hear the justification of “the little things eat the bigger things and then it goes on until we’re at the top of the food chain eating every damn thing else?” When you start thinking of sentient beings in the company of other sentient beings, that’s not going to work. It is not sustainable if we consume everything else. We need to eat a little bit lower down. On the food chain we are about where the herbivores are. Eating much above that doesn’t work and looks like destroying the planet. We have the whole food chain thing wrong; we need to get further down on the chain. As a permaculture person would say it, we need to get our hands dirty!

24) Get your hands dirty

What do you have to do if you want to know what is going on with the soil?

The finest, most sophisticated technological instrument ever created for agriculture is the finger! I think that’s why we have them. Some people say it’s for tools. Maybe if the tool is a hoe, but that’s not the only reason we have fingers. We have fingers so we can point at each other and say “Hey! You aint’ doing’ the right thing!” We have fingers so we can put them in the dirt and know what’s happening. That’s how we make our connection. Want to develop superpowers? Spend more time with your fingers in the dirt. In yoga we call them Siddhas. If you want to develop Siddhas and become a Reishi Yogi, a magnificent supernatural superman or woman, get your fingers dirty. Get your hands dirty and it will change your life.

25) Change your definition of what is “edible”

Consider changing your definition of “edible.” Bring consciousness to your definition of the word edible, it may be enlightening and very helpful. In that context I have a corollary, and I want you to be crystal clear about this: “Substantially the same as food,” does NOT equal food. Whenever you see something that’s labeled, marked or promoted as “substantially equivalent to food,” that means it is not food. Food is food, anything that’s not food is something else!

26) Oil, tar, coal and their derivatives are not edible

Most likely the “substantially equivalent” is chemical, usually a derivative of crude oil. 99% of products described as “substantially the equivalent of food,” are derivatives of oil, and as a species we were never meant to consume oil or oil byproducts.

We evolved as a species over billions of years from plankton to human beings or if you take the creationist biblical perspective it has only been 6 or 7 thousand years. However, you calculate the history, the entire time we have been here, it is only in the last hundred, hundred and fifty years that we have been commonly exposed to by-products of carbon and oil because they

were underground. There were a few sources of natural tars and natural oils but 99% of humanity didn't have access to them. Biologically in our DNA we do not have the ability to metabolize crude oil in any form, derivative or solvent. Oil is one of the primary ecologic contributors that has contaminated our food supply. One of the biggest things we can do is be clear that "substantially the same as food," does not equal food.

27) Edible should mean organic, fresh, whole, non-GMO food

If it is not organic, we should automatically question whether or not it is adulterated and to what degree. Remember that there are no known safe levels for any chemical in the human body. It is not a true or scientific statement to say that the amount of contamination with XYZ chemicals has been deemed to be safe for humans. Don't take my word for it, research it yourself and you will find that scientifically, there are no known safe levels of any chemical substance in the human body. If anybody says otherwise, then they haven't looked at the science.

28) Edible should mean the reduction of adulterated food consumption

Adulterated food includes foods that on the surface are advertised as "natural" or "real" but have been adulterated by the manufacturing process and include things such as trans fats, hydrogenated fats and oils, high fructose corn syrup, refined sugar, aspartame, etc. Though these foods are advertised and promoted as natural or as derivatives of natural substances, they are not! From a marketing standpoint all additives, chemicals and constituents that are derived from oil are technically derived from natural substances because oil is natural. All of them are equally harmful, even baby oil! Just because it says "baby" doesn't mean that it is healthy for you, baby oil contains Benzene. Benzene is considered to be one of the most deadly, dangerous, immune disruptors that man has made. Plutonium is the most dangerous man-made substance however, Benzene completely, immediately and instantaneously disrupts your immune system. It's in many products as a primary ingredient including body products, lip balm and others.

29) Literally, define edible as local

Weigh and measure what you eat based on how far it travels to get in your mouth. The further from you the origin of your food is the higher the carbon footprint. That means more oil in the air. Your carbon footprint is your contribution to environmental toxicity, contamination of water, support of the fossil fuel industry, oppression of native peoples due to deforestation, etc. All of this eventually comes back around to increase your own toxic exposure. That's the way it works.

It has been a challenge for me to reduce the amount of food that comes from foreign countries; herbs, spices, the kind of rice that I prefer, etc. I'm still working on it. It all represents an investment, when I start to think about the economics of it, I see an argument for local

30) Edible should also mean to buy local

Besides the lowered impact on the environment, another reason to buy local is to support your local community. Support them, they are up to good things, they are helping us to have a longer, healthier, happier life and by God, if I'm going to support anybody in the world, before I send 100 bucks to the American Red Cross, I'm going to send 100 bucks to my local CSA (Community Supported Agriculture) and buy some food with it. I need them and they need me. Buy local, make it personal. If you don't know someone you can buy food from, cure that by getting out and meeting somebody who grows food.

31) A clear conscience makes the food taste better!

These choices to bring consciousness to what and how we eat need to be personal and emotional. That is conscience, and we need conscience. Edible means to eat food with a clear conscience. My definition of conscience is an emotional realization of the truth. So, it's very important to have conscience about what I eat and emotionally know that I am doing the best that I can. If I don't know that and I consume it anyway, then I am acquiescing to the possibility that the food may cause harm to me and to somebody else. That's tough, I know.

32) It's not about Meat vs. Vegan! 🖐️

It's not so much about what you eat or not as it is to eat in such a way as to support a healthy life, maintain health and reduce disease processes. Reducing disease processes means to see the relationships between your eating habits and your pre and or co-morbidities such as Diabetes, Cancer and Heart disease and all the rest.

Edible means now to eat in such a way as to support your life by reducing the number 1 contributor to metabolic disorders i.e., Insulin & Blood Sugar. Research from many sources suggests that we should not be eating any refined sugars. Research from many sources suggests that we should be eating more fat and the right types of fat. Research suggests that plant-based carbs are absolutely necessary for good health and immune function... but only the right types of carbs and in a proper proportion of total calories. We call a nutrition or eating plan based on these concepts a modified Keto and or Ketogenic diet.

Research also suggest that it may be more important when you eat, and or snack and when you choose to not eat or snack. We call this ***Intermittent Fasting (IF)***. I will discuss this important aspect of healthy nutrition in more depth, in another section.

That's just science, it's nothing personal. If you want to live happier, healthier, longer lives, support the soil on the inside and out, support the ecology and reduce global warming, have more support for democracy in the world, then be less of a medical dependent. Whatever foods you do eat, make sure that they are from local farmers, is organic, grass fed, free range, chemical free, antibiotic free, etc.

Don't expect to change overnight! I have now used the Ketogenic based nutrition plan now for several years. It is unrealistic to expect everyone to become personally knowledgeable about how, what and when to eat immediately. We have several decades of "social- corporate-political" agenda regarding healthy and proper diet and the role of nutrition (or not) in our health and mortality to overcome. We're not going to be able to turn on a dime. Vegetarians and vegans, get off the backs of your meat-eating/ carnivore and or non-vegan friends because there is little science that actually proves categorically that you will live one day longer as a vegan versus not. If you want people to change the way they eat then do it by example. Make the most nutritious, happy, fun-filled, exciting food that you can share with them, so that they feel like it would be crazy not to eat your delicious food. That will make it easier.

👉 **Please note! Important Exception!** If you are reasonably healthy and have not seen significant benefits from the plant-based diet, then I am going to recommend that you consider either a Ketogenic based nutrition plan or a mixed Paleo-Keto style of eating. For specific nutritional recommendations for you personally consult with a care provider, or someone who can nutritionally assess your personal needs and circumstances. Clinically, the jury is still out for definitive recommendations. There needs to be more research and studies in actual clinics and medical situations. (<https://www.frontiersin.org/articles/10.3389/fnut.2021.702802/full>)

33) KETO Solution: Contamination and Insulin Resistance

When I recommend Ketogenic eating programs, I am especially saying to only eat CLEAN, UNCONTAMINATED, NON-GMO foods with as little or no processing, additives or sugars of any kind as constituents of those foods.

Aside from the morality question of cruelty to animals from factory production of animal-based foods, animal food factories are the single largest users of antibiotics. 70% of all manufactured antibiotics go to animal food production. There's been an epidemic increase in antibiotic-resistant methicillin, staph and other bacterial infections. 70% of the antibiotics are not being used on human patients but are going to the cows that people eat. They also go from their urine and feces into the water supply. Then from aquifers into the water supplies of the hospitals where it is then recycled into the bodies of people with deficient immune systems, who are especially susceptible to antibiotic resistant bacteria. Additionally, over 30-40 thousand people a year are admitted to emergency rooms around the country with e-coli and or salmonella bacterial poisoning from vegetables! The answer is not simply to not eat meat! It's the circle of life. Closer to "the answer" is to eat less contaminated foods and food products. Prefer a clean balanced, mostly Keto based diet. Link For Plant Based Ketogenic Diet: Dr. Berg: <https://www.drberg.com/>, and <https://drjockers.com/plant-based-ketogenic-diet/> and or [Mercola.com](https://mercola.com)

What is Keto? As simply as I can describe it... What is "Ketosis"? Ketosis describes the facilitation of a metabolic process of substituting alternate energy sources from sugar- glucose to that of fat burning. Stimulating the adaptation of Ketosis over glucose modifies, balances and or reduces insulin and insulin production in the blood and liver especially. A "ketogenic" diet is

designed to facilitate Ketosis, primarily burning fat for the bodies fuel and the conversion of stored sugar fuel into a fat-based fuel. It does this by reducing carbs, increasing protein and fats in the eating habits, coupled with IF- Intermittent Fasting. Regulating Insulin is paramount as Insulin is involved with virtually all metabolic processes such as lowering blood sugar, feeding cells, preventing the Liver from producing glucose (glyconeogenesis), converting glucose into usable fats. Excess Insulin prevents fat burning, prevents Glycogen from being used as fuel, prevents or interferes with autophagy and the absorption of Amino Acids, Trace minerals and key vitamins. Keto is not about Plant vs. Meat diet or percentages.

Helpful Beginner Resources: <https://www.drberg.com/resources>

👉 **Important Note!** The nutritional guidelines included here are targeted at the average American- Westerner who is obese, over-weight, hyper-tensive, cancerous, fatigued, immune-compromised, slow to heal, pre-maturely aged, chronically infected, ridden with Candida fungus, allergic, sensitive, bowel compromised or IBS, arthritic, inflamed, Long Covid, multi-vaxxed or “Boosted” with any of the adverse effects and conditions listed previously etc. If your perfectly healthy with none of the above? Then up to you! Eat however, you feel and or like.

34) Eat the widest variety of foods you can manage

Why? That’s the way foods naturally grow in the world, in a healthy ecosystem, and it is also the way they are supposed to come into our system, in great variety and in season, helping you live a full healthy and happy life. Give every good thing in nature the possibility of sharing its life enhancing qualities with you. Variety and diversity strengthen your immune system and make your taste buds happy. Research suggests that rotating your foods and diet can reduce allergies and play a role in productive strategies for mental and emotional health. Orthomolecular Medicine has research specialized in this field. Try more variety!

35) For everyone's sake, grow something!

Grow a good permaculture-based garden. In a little square foot of land- you should be able to grow 6-10 different kinds of plants. If you don’t have that little plot then invest in a pot and put an edible plant, vegetable, herb, or flower in it. Practice becoming a more conscious person by nurturing and caring for it until it matures and then eat it! Everyone can and should grow something. No reason why not.

36) I’m serious, grow something to eat!

ANYTHING! Everybody here should be growing one food item. It’s about elevating your consciousness and bringing energy, attention, consciousness, breath and pressure to changing your environment. GROW SOMETHING.

37) Permaculture experience in Thailand

Go to Thailand. Once there, arrange to leave the city and visit the countryside.

In Thailand you'll see farms that you would never know were farms because they look like an overgrown jungle. You say, "What do you mean, this is a farm?" And they say, "This is a multigenerational farm! We've been farming here for years." You say, "But we're on a trail in the jungle!" And they say, "No, no, you're on a trail through the farm!" The guy reaches out and plucks a leaf off a bush and says "Put this in your mouth." You take a bite of it- its green tea! "Whoa! Oh! There are tea plants here!" He says, "No, there are ten thousand! This is a tea plantation." This all happened to me, and I thought I was in a jungle. I said "Well, what are all these other weeds and under-growth around the base here?" He says, "Oh, that's edible morning glories, and these are coffee."

Did you know coffee and tea grow together? They can! You don't have to monoculture either coffee or tea! I said "Oh, well what is this kind of viny thing here that looks like it's choking the life out of these plants?" "Oh," he says, "that's edible morning glory." Turns out to be one of my most favorite edible green foods on the whole planet.

38) Reasoned eating means seasonal eating

Edible means to eat seasonally for your region of the country. A billion years of survival data in our DNA tells us that the most appropriate foods for us to eat at any given time are the foods that are ripe and ready for harvest right this moment. That's what we are supposed to be eating right now. If you don't know what that is, that shows the measure of separation from the environment that you are currently suffering from. The proper treatment is education and experience.

Talk to a friend and say, "Hey! It's the end of March, what is in season? What foods are in season in my geographic area?" Seek them out as your primary foods. It will change! The foods you eat are supposed to rotate, just like in nature. The soil isn't always the same. The variety that you see in the natural ecology in December is not the same as you see in March. There will still be an equally great diversity, but it will just be different. "Same, same but different" as the Thai's say "*Munkan mai munkan*" (Thai Lang)."

39) Edible should mean to eat only foods that you know you're not allergic to!

Stop eating that which inflames you! I'd bet that everyone in this room knows or suspects something that they eat that they are allergic to. When you eat foods that are allergens, they cause a histamine reaction in your brain. This triggers an inflammatory response in your tissue, which triggers edema. Inflammation and edema are the hotbeds of disease. One of the ways to prevent disease through your eating habits is to stop eating the foods that you already know you're allergic to. That means stop eating any food that when you eat it regularly makes you feel bad. It's really easy, but we're so out of touch with our inner ecology that we don't know this.

40) Consider your overall attitude towards eating new food in general, if it has a label, READ IT.

Don't buy it until you actually read the label. You will be surprised how many times you will put something back that you were 99% sure you were going to buy after you read the label.

41) Don't waste food. Compost food waste

Composting is one of the very best ways to justify our existence on this planet. It's one of the proven simple technologies that actually feeds the earth. As a practice it runs contrary to the trends overwhelming the ecosystems and environment with harmful waste. Composting keeps the useful biomass out of the land fill and on the soil where it belongs. Keep in mind the "circle of life." Using your own compost to enhance the soil of your garden, will help insure more vital and amazing foods. These foods have more minerals and bioavailable nutrients and healthy bacteria. Composting supports the process of these foods becoming our essential medicines. Everyone should compost.

42) Make the best possible food choices according to your understanding

Before shopping, make a list- if it is not on your list, it is probably not edible. Involve your family, friends, church, social network or group in a food project, or join one. Edible should be part of that.

43) Make your food beyond interesting and nutritious

How did I go from a raging carnivore to a mostly plant-based diet? Julie and I, we craft in the secret dark recesses of our attic with our candles and our sigils on the floor and our sacred tomes of secret knowledge (I mean favorite recipe books) and we flip the pages and we recite the ancient magic incantations of holistic, organic, local, fresh, seasonal ingredients and we put them (boil, boil, toil and trouble) into our cauldron (our safe "crockery") and we put our own energy and our own sacred essence in to that boiling cauldron of magic elixir and we call it to allure, we call it to glamor, and healing affirmation and we call it to create life and we call it to manifest our vision for the world as we see the swirl of the world inside that pot and then we serve that on the table and it's an irresistible force.

People are drawn to it, "OOOOHHH! What is that?" And Julie says, "Dinner!" Then they eat. a You can see them trying to adjust, trying to adapt, to encapsulate the idea that the tastiest thing that's ever crossed this inner and outer brain barrier, has no meat! And it's tasty, it's medicine! They start to make little adjustments. "Hey, do you have a recipe? What are the ingredients? Is it hard to make?" "Nah," we say, "you just throw some healthy ingredients, veggies, herbs, grains, herbs, minerals in a bowl and stir it up! It's easy!" And then they start to do it and next thing you know, you've saved a soul, you've got another person who is going to live a longer, healthier, happier life.

Four: Sacred Nutrition Continued...

TWO) Deal with Toxicity: Reduce and or eliminate know toxins from Diet and environment:

Sugar, Artificial Sweeteners, GMO, pesticides, contaminants. Pharmaceutical Drugs: Reduce or eliminate the use of immunosuppressive and or compromising drugs whether prescribed or OTC. How?

A) Water: Dehydration and Bio-energized Water, Vortex Water, Hydrogen Water...

B) Kidney Issues/ Renal because of retention-absorption issue:

Cranberry juice or cranberry tablets, improve urinary output. It removes toxins and infections from the kidneys. We use it to reverse UTIs all the time. You can get it in a supplement form, or you can take unsweetened, organic cranberry juice and dilute it 50% in water, the dose is 1 cup.

Drink 1 cup in the morning, 1 in the evening. The second thing you need to supplement is phosphoric acid. If someone's struggling with water retention, they need to take 20 to 30 drops of phosphoric acid in water or put it in cranberry juice and drink that morning and night.

Of course, consult a practitioner in your area before beginning specific regimens, they can also order products for you. A company called Standard Process creates a product, called A-C Carbamide. A-C is an abbreviation for Vitamin A and C. The supplement composition is called Carbamide. Dosage: take 3 in the morning, 3 in the evening, on an empty stomach.

C) General Infection Protocol: Bob C. Beck Infection and Toxicity Protocol: (See [SOTA](#) Link)

1. Colloidal Silver (Best Home Made! We recommend the "[Silver Edge](#)")
2. Blood Purification: Blood Electrification
3. Ozonated Water
4. PEMF: Pulsed Electromagnetic Therapy

Use ALL of the above Beck Protocol elements and adjuncts, daily until you're symptom free for at least ten days. (<https://www.bobbeck.com/>)

THREE) Use Supplements: Super dense targeted Sacred Nutrition:

Please note! If you're unsure as to the best "combo" for you personally? Consult with your personal minister and or health care professional. These recommended solutions and foods are generally helpful but might NOT be appropriate for everyone.

Extraordinary dense nutrition to target Vax related toxicities and/ or deficiencies:

A) Fulvic-Humic liquid supplement (Trace Minerals... all 92)

B) Nascent Iodine: "Lugol's Iodine" (2%)

C) Pre-Probiotics: Sacro-flora Pro 10

There is a wide range of symptoms listed as included in "post covid" or "long covid" recovery that it is far better to target systems for recovery support than chasing individual symptoms. One very common occurrence is the high incidence of gut dysbiosis or digestive tract imbalance of the oral and digestive microbiome. The simplest and most direct way to target or regain balance in these pre and probiotic issues is to start a multi-strain probiotic approach.

D) Vitamins: Use the best quality you can afford!

C: Ester C, Liposomal Vitamin C Tablets (IV if severe), A-C Carbamide

D

Zinc

Quercetin

Magnesium

E) Digestive Enzymes: proteolytic enzymes, bromelain, papain, protease, serrapeptase: (With Meals and multi-strain probiotics).

F) MSM: MSM is a natural compound that contains the mineral sulfur. It's found in small quantities in fresh fruit and vegetables, tea, coffee, meat and dairy foods, cereals and grains. MSM can be seen on ingredients lists on food, supplements and skincare products. Sometimes MSM is included under other chemical names, including dimethyl sulfone, methyl sulfone, sulfonylbismethane, organic sulfur, or crystalline dimethyl sulfoxide.

G) Methylene Blue

H) Heart Supplements: These listed are known to have many additional health and recovery benefits.

A) Cardio-Miracle: Is a supplement designed to enhance and support Nitric Oxide production and especially Heart Health. It is a complex synergistic blend that facilitates Heart Health, Vascular Health, Blood Pressure, Inflammation Management, Anti-Aging, Brain Health, Detoxing, Immune Support, Thyroid Support, Skin Care & Metabolism Improvement. Cardio Miracle is a scientifically formulated, ratio-balanced drink based on research that won the 1998 Nobel Prize for Medicine. Our formula contains 50+ ingredients including L-Arginine AKG, L-Citrulline, Ornithine, Carnitine, Taurine, Ribose, Vitamin D, Antioxidants, Organic Beet Root Powder, Hawthorn Berry, Watermelon Extract, and Astrigin - all absorbed through our unmatched, proprietary Dual Pathway delivery system. Current research indicates that these ingredients in the proper ratios create a powerful health supplement.

<https://cardiomiracle.myshopify.com/NAIC>

B) NAC: (N-Acetyl Cysteine). Also, anti-parasitic: You can get it at any health food store. Recommended if you're having extreme fatigue.

I) Bentonite Clay: for Detox (Adjuvants in Jab), take a quarter of a teaspoon of bentonite clay powder, mix it in water and drink.

J) Disease Reducing- Prevention Cocktail: (Dr. Brian Ardis):

“Four things: Vitamin C, the dosage 5,000 milligrams and there's two versions everyone should consider, either straight ascorbic acid or what's called sodium ascorbate. Those are the 2 forms of Vitamin C that are the best, I think. So, use those. 5,000 milligrams a day at minimum, I recommend anywhere between 5,000 and 10,000. If you start with 5,000 milligrams for a week, increase it to 6,000 for a week every day, and then go up to 7,000 for a week and you want to go to what's called bowel tolerance. 90% of our immune system lives in your gut lining. So, as you put Vitamin C in, the immune system's going to know.

If there's a virus or a bacterium in your body it's trying to defend against and needs to protect against oxidative stress, the gut knows how much Vitamin C it needs. How do you figure that out? You keep putting more in until you get diarrhea. When you get diarrhea, the gut knows I don't need this much Vitamin C, so it spits out the remaining. Then you go back to the dose that was not causing diarrhea and you stay there. So, if you've got 5,000 milligrams for a week and then you go up to 6,000 for a week, no diarrhea, you get to 7,000 milligrams and you start having diarrhea, go back to the 6,000 and just stay there. Zinc. Magnesium Chloride and or magnesium orotate (If there is spasm), Olive Leaf Extract (Cold Processed).”

K) Herbs for Detox:

Western: wormwood, cloves, ginger, ginger root, turmeric, maybe even burdock root, black walnut hulls.

World Council For Health: Recommendations

(<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>)

IMPORTANT: Please do not undertake a spike protein detox without supervision from your trusted health practitioner.

Some “Protein Binding Inhibitors” inhibit the binding of the spike protein to human cells and will neutralize the spike protein so that it can no longer cause damage to human cells.

Spike Protein Inhibitors: Prunella vulgaris, pine needles, emodin, neem, dandelion leaf extract, ivermectin.

Spike Protein Neutralizers: N-acetylcysteine (NAC), glutathione, fennel tea, star anise tea, pine needle tea, St. John's wort, comfrey leaf, vitamin C

Ivermectin has been shown to bind to the spike protein, potentially rendering it ineffective in binding to the cell membrane.

Several plants found in nature, including pine needles, fennel, star anise, St. John's wort, and comfrey leaf, contain a substance called shikimic acid, which may help to neutralize the spike protein. Shikimic acid may help to reduce several possible damaging effects of the spike protein and is believed to counteract blood clot formation.

Regular oral doses of vitamin C are useful in neutralizing any toxin.

Pine needle tea has powerful antioxidant effects and contains high concentrations of vitamin C.

Natto kinase (see Table 1), an enzyme derived from the Japanese soybean dish 'Natto', is a natural substance whose properties may help to reduce the occurrence of blood clots.

Substances that naturally protect the ACE2 receptors:

Ivermectin

Hydroxychloroquine (with zinc)

Quercetin (with zinc)

[Fisetin](#)

Evidence suggests the binding of ivermectin to the ACE2 receptor prevents the spike protein from binding with it instead.

The following lists of natural substances, including several basic anti-inflammatory food supplements, can be used to prevent the adverse effects of IL-6 by inhibiting its action.

IL-6 Inhibitors (anti-inflammatories): Boswellia serrata (frankincense) and dandelion leaf extract.

Other IL-6 inhibitors: Black cumin (Nigella sativa), curcumin, fish oil and other fatty acids, cinnamon, fisetin (flavonoid), apigenin, quercetin (flavonoid), resveratrol, luteolin, vitamin D3 (with vitamin K2), zinc, magnesium, jasmine tea, spices, bay leaves, black pepper, nutmeg, and sage

Several natural, plant-based substances are used in antiviral therapy. The plant pigment quercetin has been shown to display a broad range of anti-inflammatory and antiviral effects.

Zinc has been shown to work as a potent antioxidant, which protects the body from oxidative stress, a process associated with DNA damage, excess inflammation, and other damaging effects.

Visit the World Council For Health Website for more specific recommendations and dosages for each recommended remedy: (<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>)

FLCCC Alliance: Frontline Covid-19 Critical Care Alliance: Prevention & Treatment Protocols for Covid-19.

I-MASK+

PROPHYLAXIS & EARLY OUTPATIENT
TREATMENT PROTOCOL FOR COVID-19

MATH+

HOSPITAL TREATMENT PROTOCOL
FOR COVID-19

I-RECOVER

MANAGEMENT PROTOCOL FOR
LONG HAUL COVID-19 SYNDROME

Developed and updated by Paul Marik, MD, FCP (SA), FRCP (C), FCCP, FCCM
for the [Front Line COVID-19 Critical Care Alliance \(FLCCC\)](#)

This is our recommended approach to COVID-19 based on the best (and most recent) literature. This is a highly dynamic topic; therefore, we will be updating the guidelines as new information emerges.

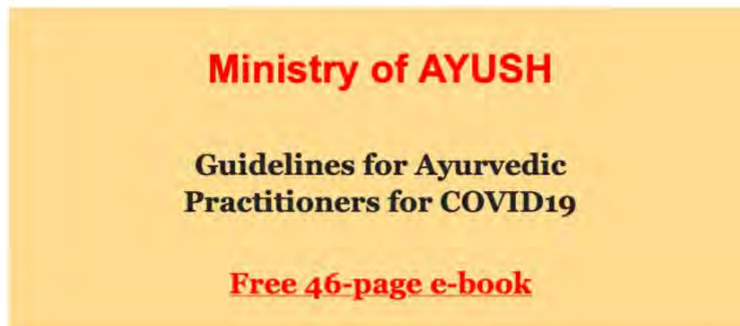
Please check on the FLCCC Alliance website (<https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/>) for updated versions of this protocol.

Disclaimer: The information in this document is provided as guidance to physicians worldwide on the prevention and treatment of COVID-19. Our guidance should only be used by medical professionals in formulating their approach to COVID-19. Patients should always consult with their physician before starting any medical treatment. The FLCCC Alliance™ is registered as a 501(c)(3) non-profit organization.

Indigenous Traditional Medicine Therapeutic Approaches

AYUSH Ayurveda Tips for Post Covid Recovery:

- 1) **Post Recovery:** After recovering from an infection, your body, especially your digestive strength is low. Eating heavy foods can lead to digestive issues such as constipation and bloating. Incorporate soups, semisolid food, and then solid food taking your appetite and bowel movements as indicators. If you're not hungry for solid food practice the intermittent fasting protocol.



Recently AYUSH has issued GUIDELINES for AYURVEDA PRACTITIONERS for COVID 19. This runs into 46 pages. It is circulated with this newsletter for interested persons. Among other things it has re-circulated following formulations for Immunity Enhancers:

- **CHYAWANPRASHAVA LEHAM** - 6 - 10 - 12 gm / 1 Spoon
- **DRAKSHAVA LEHAM** - 10 - 12 gm / 1 Spoon
- **INDUKANTAM GRUTHAM** - 10 - 12 gm twice daily before food
- **ARAVIND ASAVA** - 15 - 20 ml with an equal quantity of warm water after food
- **BALACHATUR BHADRA CHURNAM** - 1 - 2 gm with honey
- **HARIDRA KHAND** - 3 - 5 gm intermittently with honey/ warm water

“Official Guidelines for Ayurveda Practitioners for Covid 19” (Downloadable PDF):

[https://aiia.gov.in/wp-content/uploads/2020/06/ayurveda.pdf?ct=t\(EMAIL_CAMPAIGN_2020_08_17_KottakkalUSA_g lance\)&mc_cid=a1a1b1b9f6&mc_eid=eb7f0e29f4](https://aiia.gov.in/wp-content/uploads/2020/06/ayurveda.pdf?ct=t(EMAIL_CAMPAIGN_2020_08_17_KottakkalUSA_g lance)&mc_cid=a1a1b1b9f6&mc_eid=eb7f0e29f4)

SomaVeda® Thai Yoga and Ayurveda Solutions for Corona Issues: Detailed Article with comprehensive recommendation's based on National Government of India: Dept. AYUSH and our SomaVeda® system recommendations: <https://thaiyogacenter.com/somaveda-thai-yoga-and-ayurveda-solutions-for-corona-issues/>

2) Emphasize:

Meals: “*Laja saktu*”: rice soup, Thai rice soup “*Kao Tom*”, Chinese style “*Jok*”, Congee, mung bean soup, glass noodle soup, vegetable soup, “Bone Broth” soup and or other lean meat soup. Once the appetite is restored, cook rice with the below vegetables. Greek style “*Avgolegomo Soup*” would work as well.

Vegetables: Bottle gourd, ridge gourd, squash, pumpkin, karela and okra.

Drinks: Warm water, ginger tea, tulsi & turmeric tea, Indian Chai.

Fruits: Pomegranate, grapes, apples, custard apple

Exercise: Mild exercise like slow walking or seated Yoga postures.

Breathing/ Pranayama: 5 sets of Alternate nostril breathing & 10 sets of deep breaths.

3) Avoid: Follow these for at least one week post infection

Heavy foods- dairy, yogurt, red meat & eggs.

Inflammatory foods- Anything you know you're allergic to.

Brisk walking and or strenuous exercise

Sex

Coldwater

Ice cold fruit or cold juices

Heavy cheese, sugar, sugary foods.

4) Ayurveda Herbs: that are known to assist in boosting immunity and vigor post infection.

Drakshavaleha: 1-2 tsp, one hour before food.

Chyawanprash: 1-2 tsp before breakfast with warm water.

Amla powder: 1.5 tsp before food, twice a day.

Disclaimer: Please check with your provider, Ayurveda consultant for any contra-indications or possible complicating issues.

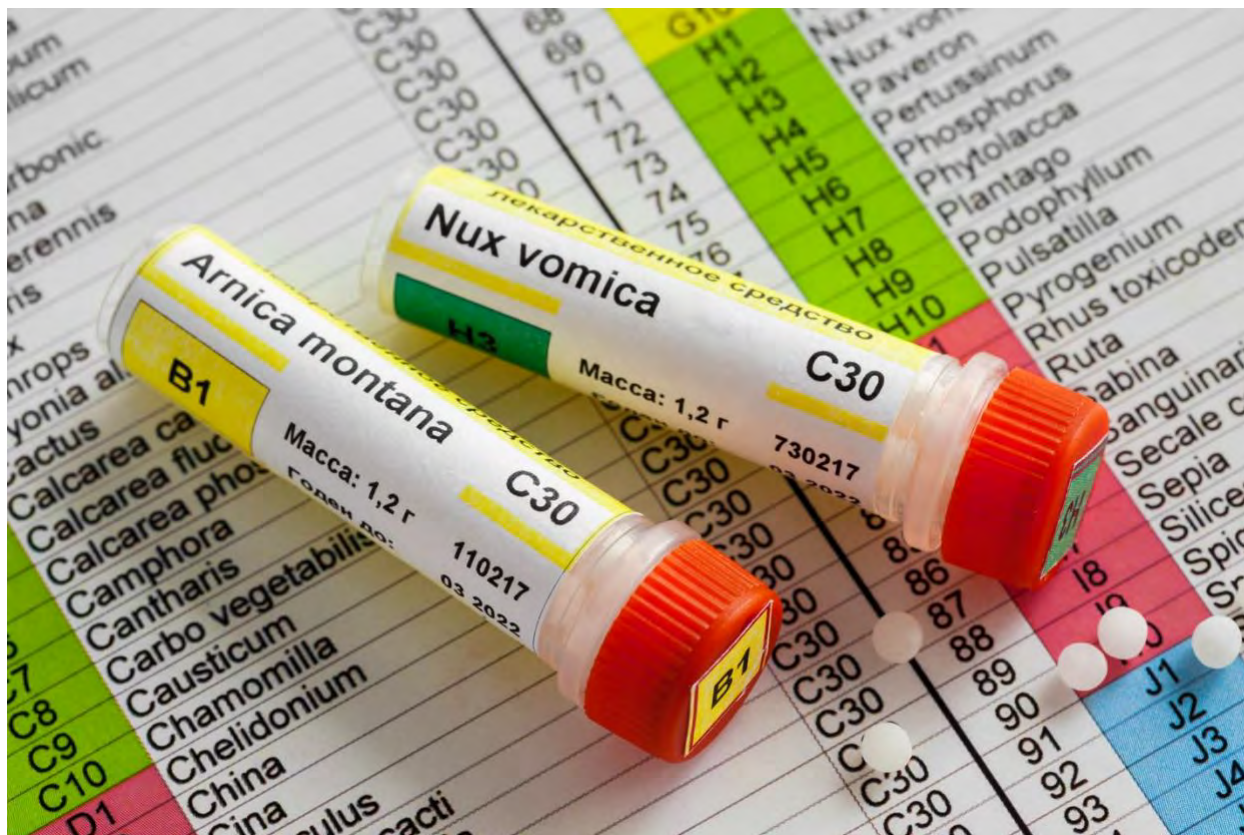
Traditional Chinese Medicine- TCM:

According to a scientific paper published by Prof. Lin Zhixiu, Chinese University of Hong Kong “Many different types of TCM have been proposed to treat COVID-19, of which the most famous are “three medicines and three formulae”: “*Jinhua Qinggan*” Granule, “*Lianhua Qingwen*” Capsule/Granule, “*Xuebijing*” Injection; Lung Cleansing and Detoxifying Decoction, “*HuaShiBaiDu*” Formula and “*XuanFeiBaiDu*” Formula, which are mainly used for active COVID cases of different severity. Clinical and pharmacological studies have suggested their efficacy, safety and possible mechanisms in treating different stages of COVID-19, either used along with conventional treatment or independently.

For residual symptoms seen in COVID recovered patients, such as fatigue, dyspnea and insomnia, there are also studies suggesting that TCM may be helpful. Some studies show that using Chinese medicine interventions together with conventional treatment is more effective than using the conventional treatment alone in treating chronic fatigue syndrome.

“*Quing Ho*” (*Artemisia Annua*: “Sweet Annie”) in pill or infusion as a loose whole plant tea. “*Liu Jun Zi*” Decoction (LJZD) and “*Shashen Maidong*” Decoction (SSMID) are classic Chinese medicine formulae that have been used in China for hundreds of years. Their combination is proposed as the intervention of this trial because, from the perspective of Chinese medicine, the residual symptoms of COVID-19 can often be seen as the manifestation of “lung-spleen qi deficiency” or “qi and yin deficiency”. Modified LJZD and SSMID are the two most frequently recommended formulae versions in the recovery stage of COVID-19. This study is to evaluate the efficacy of using COVID Rehab Formula “CRF ”(LJZD and SSMDD with variations) on the residue symptoms of COVID-19 recovered subjects. COVID-19 recovered patients will be randomly assigned to TCM group or placebo group for study treatment for 8 weeks and followed by post-treatment visits at week 12. “ For the complete paper Go To:

<https://www.clinicaltrials.gov/ct2/show/NCT04924881>



Homeopathy/ Naturopathy/ Radionics/ Rife Frequency Protocols:

Homeopathy is not only for consideration for Post Vaccine and or Long Covid type symptoms, but also documented clinically to be a helpful adjunct therapy in severe infection cases.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8678262/>)

Homeopathic medicines can be used to manage Post Vaccine and or Post Covid/ Long Covid syndrome symptoms including chronic fatigue (weakness), loose stool (diarrhea), nausea, disturbed sleep, sleeplessness, muscle pain, joint pain, depression, anxiety, brain fog, difficulty in concentrating and dizziness. Following are some of the medicines that can be helpful for it as per the symptom indication. It is strictly advised to consult a homeopathic physician before considering use of any of the following medicines and self-prescription should not be done. Only a trained Homeopathic practitioner or Homeopathic Physician can judge and guide about the appropriate medicine, its dosage and repetition that is needed for a given case after complete case analysis.

The terrific news about Homeopathic treatment in general is if it works it will do so without causing harm or death! Normally, the remedy works or not... either way no harm is done.

There are two types of Homeopathic remedies I am recommending. The first is a traditional remedy either pre-made or made to order for you by a Homeopath. The second type of

Homeopathic remedy, we are seeing amazing and consistent results from are “Frequency Based” remedies assessed and made via Electro-Radionic process, using a device generally termed a “Simulator”. There are many such devices, and the specifics will vary from one practitioner to another.

1) Arsenicum Album: To Manage Fatigue, Anxiety Issues, Vomiting

This medicine can be used for managing fatigue, weakness. Its use is indicated where a person feels weak, tired from doing even a slight exertion. There is a desire to lie down with this. They feel exhausted most of the time at night. This is also an important medicine to manage anxiety issues. With anxiety restlessness is marked. Apart from above it is a good remedy for managing diarrhea (loose stool) and vomiting. There are some references to cases where Arsenicum Album was the only medication used and patients experienced a full recovery within 12 days. (Also known as Arsenious Acid, Arsenic, Arsenicum, Ars. Alb, Ars Alb, Arsenic alb, Ars.)

2) Gelsemium: For Managing Dizziness, Weakness, Brain Fog

This medicine is prepared from the bark of the root of the plant Gelsemium Sempervirens commonly known as yellow jasmine. This plant belongs to the family Loganiaceae. This medicine is useful to manage complaints of dizziness and weakness. It is one of the well indicated medicines to manage fatigue after viral infections. Persons who need it have marked drowsiness and dullness along with weakness and dizziness. Muscle ache and muscle weakness are present too. It also helps to manage brain fog and concentration issues, problems with fixing attention present along with dullness of mind. Gelsemium is a long tried and true adjunct for treatment and management of traditional flu like symptoms (Other Covid). (Also known as Yellow Jasmine, Gelsemium Sempiverens, Gels, Gelsemium, Gels.)

3) Senega: This medicine treats Catarrhal symptoms (Term formerly applied to inflammation of mucous membranes, esp. of the head and throat.)

Catarrhal symptoms, especially of the respiratory tract, and distinct eye symptoms of a paralytic type, are most characteristic. Circumscribed spots in chest left after inflammations. Gelsemium is typically a complement to Senega. (Also known as Snake Wort, Senega Officinalis, Polygala Senega, Seneg.)

4) Kali Phos: For Marked Weakness on Mental and Physical Sphere, Irritability, Exhaustion

It is to be considered where a person complains of marked weakness on both mental and physical spheres. Other than this it may be used in cases of sleep disturbances (sleeplessness and restlessness during sleep). Next, it is indicated for managing brain fog, depression and anxiety issues. (Also known as Phosphate Of Potassium, Kali Phos, Kali-phos, kalium phosphoricum, Schuessler Tissue Salt, Cell Salts, Tissue Salts, Biochemic Tissue / Cell Salt Number # 6 / six, Kali-p.).

5) Phosphoricum Acidum: For Managing Fatigue, Brain Fog, Headache, Confusion, Mental Fatigue

A significant medicine which is used in convalescence when recovering from an illness. It helps to manage fatigue felt since a debilitating acute illness. This medicine also helps in cases of brain fog and concentration problems. Memory weakness and dullness of mind is present with this. (Also known as Phosphoric Acid, Phos acid, Acid Phos, Phos ac, Phos-ac, Phos. ac, Acidum phosphoricum, Ph-ac.)

6) Rhus Tox: To Manage Muscle Pain, Joint Pain, Better Motion-mobility, Poison Ivy

In homeopathy Rhus Tox is a leading medicine for managing muscle pain and joint pains. This medicine helps in relieving the pain as well as stiffness in the joints and muscles. Most persons who need it feel that their pain worsens from rest and gets better by movement. They may also have redness and swelling in the joints. (Also known as Toxicodendron Radicans, Poison-ivy, Rhus, Rhus tox, Rhus Toxicodendron, Rhus Toxicodendron, Rhus-t.)

7) Conium Maculatum: To Manage Complaint of Lightheadedness, Dizziness, Sensitivity to light

It is a very effective medicine for managing complaints of dizziness. Indicated when the dizziness worsens by lying down, turning in bed, or from moving the head or eyes even slightly. Other than this it is also indicated for managing weakness and concentration difficulty. In most cases needing it, a great weakness is felt in the morning in bed. (Also known as Poison Hemlock, Conium, Coninum, Conium Mac)

8) Chinchona “China” Officinalis: For Debility, Diarrhea, Chills, Exhaustion, Fever, Weakness

It is a natural medicine prepared from dried bark of the plant Cinchona Officinalis also known as Peruvian bark. This plant belongs to the family rubiaceae. In homeopathy it is a very beneficial medicine for managing complaints of diarrhea and the attending weakness. The main indications for using it are brownish loose stools passed with excessive gas. It is usually painless. The stool may have undigested food particles in it. It may have a foul odor. The stool is very weak. Abdominal bloating may be present along with above symptoms. (Also known as China, Peruvian Bark, Cinchona, China Officinalis, Cinchona Officinalis , Chin.)

9) Ipecacuanha: To Manage Complaint of Nausea, Difficult Expectorations, Vomiting, Wheezing

This medicine is prepared from the dried root of Cephalus ipecacuanha belonging to the family rubiaceae. It is indicated when there is distressing nausea. With this there is excessive accumulation of saliva in the mouth. The nausea may be constant. Weakness can attend to the

complaint of nausea. Empty burping may occur with this. Abdominal distension may also be present. Sometimes vomiting of white, glairy mucus arises. Spasmodic hemorrhages. (Also known as Ipecac-root, Ipecac, Ipec, Ipeca, Ip.)

10) Ignatia Amara: To Manage Depression Symptoms, Grief, Sadness, Anger, Worry, Indecision, Sleeplessness

A top-grade medicine in homeopathy when it comes to managing depression symptoms. This medicine is prepared from plant Ignatia Amara commonly known as St. Ignatius Bean. This plant belongs to the family loganiaceae. People who require it remain sad, melancholic and weep frequently. They remain irritable and desire loneliness. They also have mental dullness. Sometimes they have mood swings from sadness to happiness and crying to laughing. They feel worse from consolation. (Also known as St. Ignatius Bean, Ignat, Ignatia, lamara, Ign.)

10) Aconitum Napellus: To Manage Fear and Anxiety issues of Mind and Body, Mental Restlessness, Acute invasion with fever

Aconite is another well indicated medicine for managing anxiety issues like medicine Arsenic Album. Aconite is prepared from the plant Aconitum Napellus commonly known as monkshood. This plant belongs to the family ranunculaceae. Aconite is of great help when it comes to managing anxiety issues. Persons needing it feel restless with internal anxiety. They have a desire to move or change their position frequently. They do everything in great haste. They may have panic attacks with anxiety, palpitations and trembling of body. Appropriate for acute inflammatory conditions only and discontinued after acute phase wanes. (Also known as Aconitum, Aconite, Aconitum, Monkshood, Aconit napel, Acon.)

11) Coffea Cruda: For Managing Sleeplessness, Irritability, Toothache, Neuralgia

Just like medicine Kali Phos, Coffea Cruda offers great help in cases of sleeplessness. Persons needing it remain restless in bed and tosses from side to side. They have constant thoughts in mind and many ideas crowding the mind. It is well indicated for managing complaints of sleeplessness after acute diseases. (Also known as Coffee, Unroasted Coffee, Coffea, Coffea crud, Coff.)

African / Madagascar:

Artemisia Annua: Sweet Annie

In use for thousands of years in both Traditional Chinese Medicine (QUING HO) and in Traditional African/ Madagascar/ Malagasy Traditional Medicine. Used effectively for the treatment of serious illnesses such as Malaria and the first SARS-CoV. It is used to reduce inflammation. It can keep the body from producing an overabundance of defensive cytokines, avoiding potentially life-threatening “cytokine storms.” It is anti-inflammatory, antibacterial and anti-depressant, supports proper cardiovascular and or heart health and may reduce incidence of microvascular blood clotting damage to the heart. Is used as a diuretic for conditions that contribute to bladder infections. Effective for eliminating and or reducing all kinds of fevers such as from Malaria and SARS etc. So will help to remediate colds and flu and long covid type of intermittent and or low-grade persistent fevers.

The most effective way to take or to administer is in an infusion (tea). This increases its total bio availability!

“Madagascar’s Malagasy Institute of Applied Research, [IMRA] was formed many years ago, to integrate traditional herbal knowledge with modern medicine. The Institute has collected a large database over the years, containing thousands of traditional African herbs. With all of the world’s focus on novel viruses this year, IMRA was determined to see what could be developed to aid the Malagasy people right now.

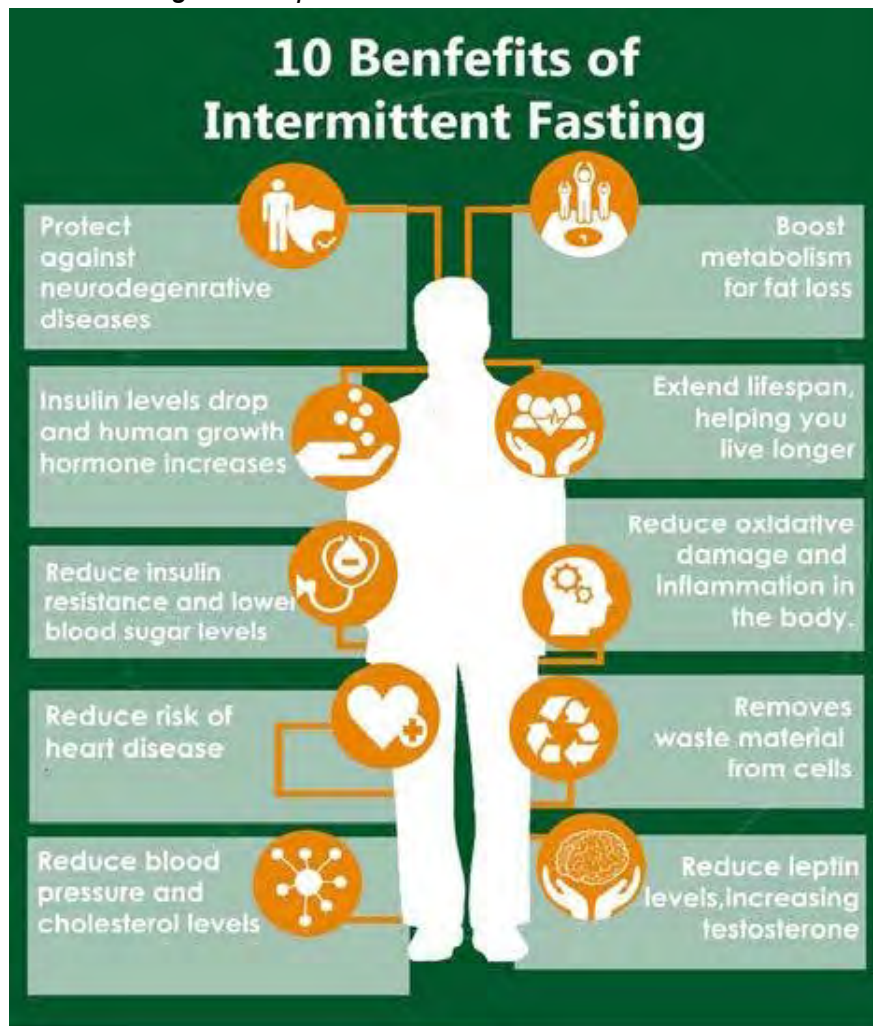
The resulting Covid-Organic tea, a proprietary herbal blend featuring artemisia annua, was produced and made available to the population. Happily, many people taking the tea experienced relief from incapacitating symptoms. It is a natural herbal tea, the ingredients of which have all been used successfully for millennia. It is even safe for children and the elderly.

Easy to find and readily available online.

Those who choose to drink this immune enhancing remedy have both a preventative and a treatment for the viral threat.” (<https://www.enchantedspicebox.com/artemisia-annua-benefits-anti-viral-herb/>)

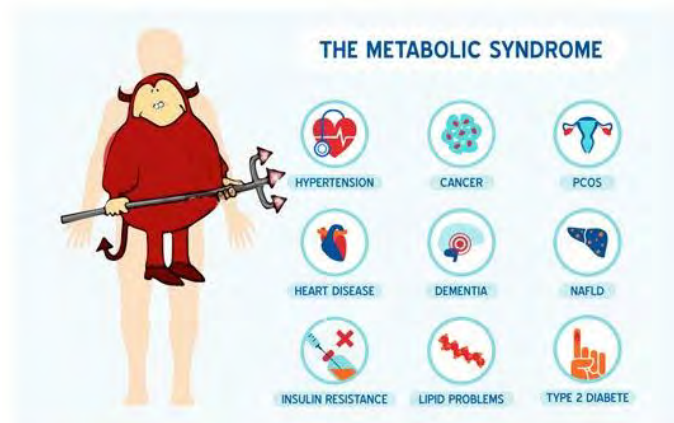
Five: Intermittent Fasting

Addressing the “Elephant in the room”!



Metabolic issues complicate recovery not just from Covid and Long Covid but all infections and chronic disease. This may well be the #1 risk factor associated with “adverse” outcomes and failure of long-term treatment. Fasting and Intermittent Fasting (IF) is an integral and important part of or aspect of a “Ketogenic” diet or eating plan. It is the “Secret Sauce”.

“Overeating leads to Risk Factors which are traits, conditions, or habits that increase your chance of developing a disease. It is called ‘Metabolic Syndrome’ and was discovered more than twenty--five years ago by Stanford University Professor and researcher Gerald Reaven, MD. In 1988, he first presented the results of twenty years of study that showed the effect of an array of changes stemming from a then-- little known disorder called Insulin Resistance. The real significance of Dr. Reaven’s work was to establish, for the first time, the link between insulin resistance by muscle tissue and insulin dysregulation of lipolysis in adipose tissue, aka fat accumulation, and the resultant disorders of this syndrome (the deadly quartet).



The “yo--yo diets”, dieting that causes a cycle of weight loss and weight gain, often producing long--term negative health consequences, had already become self--evident [The Grapefruit Diet, The Cabbage Soup, The 3--Day Diet, The 3--Hour Diet, Liquid Diets, The Sacred Heart Diet, Lemonade Diet, The Hollywood Diet, The Beverly Hills Diet, etc.].

Dr. Reaven reasoned that insulin’s first function will always be to mediate glucose uptake by the muscles, a key to burning off excess glucose from overeating. If glucose levels remain elevated (due to the muscles’ insulin resistance), the pancreas will continue to produce even more insulin in an attempt to control the high blood sugar, and starts a vicious cycle of pre-- diabetes, and over time, the chronic diabetic in need of control by medications.

Complications then appear over time because many of the other tissues/organs still retain their sensitivity to insulin and dysregulation begins and becomes chronic. Along with insulin resistance comes high blood pressure, high cholesterol, and weight gain. One thus cannot eat their way out of metabolic syndrome, there is no dietary cure or ‘magic bullet’ as history proves. Abstinence from food must rule.”

If you want to lose weight, Intermittent Fasting (- minus) Intolerant Foods! Experts will tell you, the only way to lose weight is to eat less. There is no magic pill or food that reduces weight to normalcy and maintains it. Bottom line, eat less and live longer! In addition, there are certain foods that are intolerant, they not only promote weight gain, but actually become addictive, causing weight gain in the first place. The most notable are dairy products from cow’s milk and gluten from wheat to make breads, pastas, pastries, snacks and confectionery.

In Short: Wheat and dairy products contain opioid peptides influencing endorphin receptors in the brain. These peptides are physically addictive, causing not only food cravings, but contributing to obesity, diabetes, high cholesterol and hypertension.

Tips

- Alter your diet so as to reduce consumption of pro-inflammatory food items. A low histamine diet is recommended. Avoid processed foods and GMOs.
- The food items found in Table 1 may also be incorporated into daily diets prior to contracting Covid-19 or receiving a Covid-19 jab, if you still choose to do so.
- Intermittent fasting: The practice of intermittent fasting involves implementing meal timing schedules that switch back and forth between periods of voluntary fasting and non-fasting. Commonly, those who practice intermittent fasting consume all of their daily calories within 6-8 hours each day. This method of dieting is used to induce autophagy, which is essentially a recycling process that takes place in human cells, where cells degrade and recycle components. Autophagy is used by the body to eliminate damaged cell proteins and can destroy harmful viruses and bacteria post-infection.
- Daily consumption of a multivitamin is advised. It provides a basic supply of vitamin A, vitamin E, iodine, selenium, trace elements, and more in addition to [vitamin C](#) and vitamin D3.
- Heat therapy, such as taking saunas and hot baths, are considered a good way of detoxing spike protein.

The two most important aspects of an Intermittent Fasting meal plan are:

- 1) Intermittent fasting** (IF you want to lose weight and regain control of your metabolic imbalances).
- 2) Eliminating intolerant foods** (IFs).

We say IF because you must have the spiritual desire and willpower to eat less. The good news is, it's the cheapest, scientifically proven method to lose weight, reduce cholesterol and blood pressure, without any drugs, while reducing your grocery budget. Save money, save your health, no ifs - and - or buts about it. Many health practitioners can easily test for your intolerant foods, not only bread and cheese, but also for nightshades (arthritis), soya, corn, and sugar.

Use your body's natural ability to make 'glucagon' that counteracts 'insulin' to ward off diabetes, high cholesterol, high blood pressure, and burn fat. This is nature's cheapest treatment for weight loss, scientifically proven. Glucagon helps you burn fat!

Intermittent fasting is eating no food between 8 pm and 12 pm the next day and should be practiced as many days of the week as possible. 3 days minimum, 6 days maximum. Eat regularly on Saturday or Sunday. Remember, on intermittent fasting days, in the morning, no snacks, no cream in your coffee, not a pinch of sugar in your tea, NOTHING but black coffee, tea, or water. ***"IFY Diet, IF You Want Weight Loss"*** Download PDF:

(<https://thaiyogacenter.com/wp-content/uploads/2022/06/IF-You-Want-Weight-LossR.pdf>)

Six: Rest:

1) Sleep: Dark, Melatonin, Exercise during the day.

2) Time off! Convalescence time before going or getting "back at it". We have a saying that "it takes time to heal". If you take that time, and don't push the recovery your overall time to recovery will be shorter. I recommend you ask the question, "What if I am sick or unable to work or be fully functional for a week, a day, a month?". Make plans for everything from home care options and consumer-based therapies and devices to prepping a pantry with extra food in case you're unable to get out to shop. Let at least one person know if you're not well and to check in on you at least once a week or more frequently depending on how you're doing in recovery.

Seven: Handle Stress

Many of the recommendations for healing and therapy outlined in the paper will also have remedial and therapeutic impact in many other areas of life as well.

- 1) **Exercise:** Swimming, Walking, Load Bearing and Aerobic etc. This includes exercises that strengthen the autonomic nervous system such as breath work, Yoga, Tai Chi. Please also include regular use of exercise and movement devices and machines: Stationary Bicycle, Stationary Vibration Table, Sun Ancon Japanese SoQi-Chi- Machine (Chi- Machine). I also highly recommend Martial Arts training. The self-defense aspects alone are worth it... But the truth is Martial Arts are the oldest forms of organized exercise and fitness. I recommend you do your due diligence as all schools and or teachers are not equal. However, the closest school or decent teacher will be the best. It is important to practice at least two to three times a week for fitness in general.
- 2) **Stress Therapy:** SomaVeda® BET/ EFT Tapping based Therapy protocol. Usually included in the SomaVeda® Thai Yoga Therapeutic Day Protocol. SomaVeda® Tapping Therapy is an energy balancing-based protocol that helps address and resolve Old Unresolved Negative Emotions, Fears, Phobia and or compulsive maladaptive mental, emotional or psychological illnesses. Considering the increased risk of poor outcomes as a result of psychiatric medications and drugs... Having Nondrug alternative to reduce mental, emotional and or psychological stress may be lifesaving.
- 3) Additionally, I recommend: Neurocognitive Therapy: “Brain Tuner”, Bio Magnetic therapy: Static Pole & PEMF, TMS, Therapeutic “Stone Mats” with Far-infrared and PEMF.
- 4) **Deal with Negative Emotions and Attitudes:** Old Unresolved Negative Emotions (NEMO's): BET/ EFT Energy Psychology Protocols.
- 5) **Magnetic therapy:** Bio-magnetic Therapy, Static Pole Magnets, and PEMF
- 6) **Color Light Therapy:**
- 7) Glasses, Far Infrared Sauna, Zepter Bioptron Hyper-polarized Light Therapy
- 8) **6) Multi-modality Chakra Mat:** Stones, crystals, light and PEMF
- 9) **7) What you already know helps you!** Music, Beautiful nature, Fishing, Canoeing, Painting and other crafts and art expression. Literally anything that genuinely gives you peace, relaxation, and a mindfulness experience will give therapeutic benefit.

Eight: ELF/ EMF + 5G electro-pollution



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**HOMEOPATHICALLY
TUNED AND BLESSED
BY
DR. ANTHONY B. JAMES**

1) Protect yourself and reduce the harmful effects of being exposed to ELF/ EMF Radiation from Computers, Cell Phones, Cell Phone Towers and other sources. QSRs Devices: Pendants, Shields, Phone and electronic shield and protection: Bracelets, ADR, Faraday Cages on meters, Schumann Resonance emitters, Anion Producing devices. For more information on EMF Dangers and possible solutions? Go To: <https://thaiyogacenter.com/somaveda-quantum->

Nine: Low pressure Oxygen Therapy

Portable O2 Concentrator use and therapy: With or without aerobic exercise... Used with stationary Bike, Vibration Table and or Tread Mill/ Climber etc.

FLCCA: Front Line Covid -19 Critical Care Alliance:
Prevention & Treatment Protocols for COVID-19.

I-RECOVER™ Treatment Protocol

<https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/>

See above and download PDF for sane, practical and proven protocols currently being used in medical practices around the world, including in the US. Many of the suggestions I have already covered in some forms are in this document. However, do have a look and see what they are. As these Doc's are currently running and working daily in clinics, I highly recommend their protocols.

Ten: Enhance the Body's Positive Energy

We are back to Step # 1 in the Pillars of Health Strategy.

“One: Establish and or deepen a relationship with God and Spirit.” Adjust your thoughts, mindset or spiritual intention to repair DNA, and remove genetic toxicity. It is more than a feeling to say that in our thoughts and attitudes we have the power to change our inner being of Spirit, Mind and Body. We have the inner power, through crafted intention to literally rewrite our DNA. Since one of the issues, we are dealing with is the “Spike Proteins”, mRNA, and damaged DNA and all of these components within us respond to energy... then by changing the frequencies, energy, we are feeding them, change will occur. If we can adjust the conscious intention by the process of practicing mindfulness, energy cultivation, inner peace, positive thinking, and reducing the impact of Old Unresolved Negative Emotions to improve the human biofield, it will naturally enhance our overall healing ability, including the ability of DNA self-repair, so as to overcome the damage caused by spike proteins.

We can also use standing exercises and meditation to adjust the body's energy field and cleanse the body of harmful substances in a deeper and holistic way, so that the body can recover faster. There are different detoxification methods for different levels, and we can use them selectively according to our specific situation, so that we can restore our body to health.

Appendix One: Resource Links

SomaVeda College of Natural Medicine: College degrees in Natural Medicine, Ayurveda, Traditional and Indigenous Medicine: <https://www.somaveda.com/naic-personalized-attestation-of-faith-exemption-letter/>

The Thai Yoga Center: Professional Certificate Programs in SomaVeda Integrated Traditional Therapies® Thai Yoga <https://thaiyogacenter.com>

Learn Thai Yoga Online CE Courses: <https://learnthaiyoga.teachable.com>

Mindless Mask Mandates Likely Do More Harm Than Good.pdf (Download link)

FLCCC-Protocols—A-Guide-to-the-Management-of-COVID-19

Cardio Miracle: Link: <https://cardiomiracle.myshopify.com/NAIC> , Cardio Miracle Study CMstudy_PhcgRes12117-851622_233922.pdf

AYUSH: Covid Guidelines for Ayurveda.pdf (Download link)

Ayurveda: MOST PREFERRED KOTTAKKAL PRODUCTS DURING PANDEMIC.pdf (Download link)

[BeardedMedia.com](https://beardedmedia.com): Official NAIC: Seminary SCNM/ Thai Yoga Center Bookstore. Source for books, DVD's and practice aids and equipment. Genuine Thai Mats, QSRS Devices, recommended supplements and more.

AO Scan Body Frequency Analysis/ Analyzer: <https://thaiyogacenter.com/ao-scan-digital-frequency-body-analyzer/>

Homeopathy Acute Treatment: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8678262/>

Online Source for Homeopathic Remedies: Please consult your practitioner first!
<https://abchomeopathy.com/>

Bob C. Beck Protocol: <https://www.bobbeck.com/> and [ThaiYogaCenter.com](https://thaiyogacenter.com) General Store: <https://thaiyogacenter.com/store/>

FLCCA: Front Line Covid -19 Critical Care Alliance: I-RECOVER™ Treatment Protocol
<https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/>

Artemisia Annua: Sweet Annie: <https://www.theafricareport.com/27203/coronavirus-madagascars-covid-organics-born-from-local-tradition/> &
<https://malariaworld.org/blog/artemisia-against-malaria-efficient-banished> (This is a bit of a long

read, but explains how the pharmaceutical industry realized the power of artemisia, tried to dismiss any use of the whole herb, some good history... very interesting, if you have the time to read the whole article)

<http://www.nhc.gov.cn/xcs/fkdt/202002/f12a62d10c2a48c6895cedf2faea6e1f.shtml> (For info about TCM, scan down to the following timestamps: 2020-02-17 15:40:04; 2020-02-17 16:02:01... it is in Chinese, but I used a translator to find the relevant sections by date and time.) <https://allafrica.com/stories/202006250291.html>.
<https://www.thebody.com/article/artemisia-annua-work>

COVID Jab Spike Remains in Body, Affects DNA: 1 Holistic Way to Repair DNA and Reduce Spike Damage: https://www.theepochtimes.com/covid-jab-spike-remains-in-body-affects-dna-1-holistic-way-to-repair-dna-and-reduce-spike-damage_4510827.html

Appendix Two: Vaccine Information Resources

- 1) NAIC About Vaccines: <http://www.somaveda.com/naic-tribal-organization-vaccine-doctrine-and-position/>
- 2) <https://nojabforme.info/>
- 3) *The Healthy American*, with many links [Click here](#)
- 4) *Stand for Health Freedom*, with many links [Click here](#)
- 5) **Vaccine Fraud**: <http://www.vaccinefraud.com/>
- 6) **National Vaccine Information Center** [Click here](#)
- 7) **Physicians for Informed Consent** [Click here](#)
- 8) **Vaccine Liberation Army** [Click Here](#)
- 9) **National Health Federation – Vaccine Refusal Form** [Click here](#)

Appendix Three: Sustainable Eating

Sources for Iatrogenic statistics...

- 1) Table of Iatrogenic Deaths in the USA:
<https://www.ourcivilisation.com/medicine/usamed/deaths.htm>
- 2) Iatrogenesis: Wikipedia: <https://en.wikipedia.org/wiki/Iatrogenesis>
- 3) Iatrogenic Disease: The 3rd Most Fatal Disease in the USA (Part 1 &2):
<http://www.yourmedicaldetective.com/public/335.cfm>
- 4) Death from Iatrogenic Causes: Journal Bioenergetic Medicine published in JAMA:

https://alternativedoctor.com/specials/Dr_%20Barbara_Starfield.htm

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- 26) Death by Medicine: Dr. Gary Null: <http://www.webdc.com/pdfs/deathbymedicine.pdf>