



## John Bolton is the Problem

(reprinted from

ronpaulinstitute.org)

by Douglas Macgregor May 9 2019

Thanks in large part to John Bolton, America, the global cop, is back on the beat. This time it's the Caribbean and the Persian Gulf in a near-simultaneous demonstration of resolve.

For Bolton, President's Trump national security adviser, Venezuela is an exceptionally appealing target. Juan Guaidó, the democratic socialist who is Washington's choice to lead Venezuela is dutifully following Bolton's script asking for US military intervention to install him and his followers in power.

Why not? Venezuela harbors a few hundred Russian Special Operations Soldiers and at least 2,000-3,000 Cubans. Crushing the pathetic Venezuelan Armed Forces would be another exercise in clubbing baby seals on the Iraq or Afghan model.

Venezuela might also be the last place on the planet where a carrier battle group can sit just offshore in support of a marine amphibious assault. Against any capable opponent these operations would end quickly, far out to sea, in volleys of precision guided missiles and submarine attacks, but Venezuela is naked in the face of US military power. At most, Venezuela offers the potential for a low-level civil war launched from the interior on the Afghan model.

True, Moscow could escalate horizontally meaning that Russian forces could provoke an incident in the Baltic Littoral, particularly in Estonia where large numbers of Russians legally reside. In Ukraine, Russian air and ground forces could move suddenly to seize Odessa and establish a Russian military presence on the Romanian border. Putin, after all, plays chess, not checkers. But that's not likely, is it?

Iran's economy is reportedly on the verge of collapse. Iran is in a deep recession and inflation is running at about 40 percent, yet Iran still presents a threat to its neighbors serious enough in Bolton's words to warrant 'maximum pressure' to suppress Iran's appetite for war — the USS Abraham Lincoln Carrier Strike Group and a bomber task force.

Why not? Iran's defensive capabilities are modest, though still robust enough to sink a few ships and damage a carrier. If provoked, Tehran may simply conclude it has nothing to lose, but it's not Iran's capabilities that worry US military planners.

Russia is very unlikely to tolerate an American military intervention against Iran. US forces already sit on Russia's borders and routinely sail close to Russia in the Baltic, the Black Sea and the North Pacific.

Iran may well be Putin's line in the sand. Moscow's space-based assets would share intelligence with Tehran. Russian ground, air defense and aerospace forces would move rapidly into northern Iran. Russian submarines would show up in short order in the Indian Ocean and the Mediterranean.

Beijing is equally unlikely to sit still given its dependence on Iran's role in developing China's 'One belt, One Road initiative.' It's already done so. The unmanned aircraft diverted to Iranian control did not find its way into Iranian hands without Chinese assistance.

How fascinating it would be to sit in the Oval Office when Bolton explains these unanticipated developments to President Trump, who ran on none of this? Senior advisers like Bolton who urge presidents to initiate military action always express confidence that the opponent, especially, a weak opponent, will back down, or, at most, put up weak resistance.

We've all seen this movie before in 1965, 2001 and 2003. The ability to employ military power, not the valid strategic need to do so, seduces presidents. In the history of the West, few

advisers acquired fame urging their sovereigns to go to war, but one stands out — Don Gaspar de Guzmán, Count Duke of Olivares - principal adviser to Spain's King Philip IV.

Like his King, in 1621 Olivares was an ardent Catholic determined to restore Spain's formerly uncontested military and political hegemony at any cost. Given that 40 percent of Spain's national income was annually diverted to service Spain's enormous national debt cost was not a small matter.

No matter, Olivares waged sporadic war against Britain, Holland and the north German Protestant states on and off for 20 years. Seeing Spain dissipate its military and economic power in the Americas and Europe, another ambitious minister in Paris named Richelieu decided in 1631 the timing was auspicious for France to ally with Sweden, Holland and Savoy against debt-ridden Spain and its overstretched army and navy.

Spain was suddenly in a two-front war that it could neither easily win nor afford. More important, at home, Olivares's appetite for war increased taxes, and fomented rebellions against the Spanish crown in Catalonia and Portugal. Spain's overseas military commitments meant that King Philip could not prevent Portugal's independence. Spain faced an existential crisis.

King Philip removed Olivares from office, but the proverbial die was cast. Within a decade, it was clear that Spain must surrender its military and economic dominance to France or face total collapse. Today, Olivares is forgotten, but King Philip IV is infamous in European history for leaving Spain in a state of financial, political and military exhaustion from which Spain never recovered.

If any of John Bolton's current military ventures trigger a confrontation with an alliance of Russian, Iranian, Chinese or even Turkish military power, on the Richelieu model President Donald Trump, not John Bolton, will be thrown under the bus. John Bolton will just shrug his shoulders as he did after the Iraq debacle and say, 'Intervention was still the right call.' He'll simply return to his old job at the American Enterprise Institute, Foundation

for the Defense of Democracy or another of the many neocon-friendly think tanks.

Donald Trump can't do that. He needs to stop and think. Does he want to be remembered like President Eisenhower as having cultivated peace, prosperity and strength? Or, would he prefer to be mentioned in the same breath with President George W. Bush? Dubya was the president who 'exported death and violence to the four corners of the earth' with disastrous consequences for the United States and its economy.

The choice is clear.

## **HOW 5G & EMF RADIATION IMPACT YOUR HEALTH**

Dr. Ron Peter MD

If you have a cell phone, you need to read this-  
by Nick Pineault "The EMF Guy"

<https://electrosmogrx.com/guide>

EMFs Are The New Smoking. Learn How to  
Protect Yourself. Don't believe it?

For decades, a group of cigarette companies referred to as 'Big Tobacco' financed bogus scientific studies claiming smoking was perfectly safe. This tricked doctors, scientists, politicians, and smokers into a false sense of security.

There were early warning signs that smoking was dangerous, but it took 50 years for the government to finally take action. Today we're facing an even bigger health threat... EMFs — the radiation emitted by cell phones, wifi routers and Bluetooth devices, just to name a few.

Even if many doctors, politicians and Big Wireless companies still claim that EMFs are perfectly safe, the early warning signs could not be clearer...

### **Facts Proving EMFs Are NOT Safe**

Many leading EMF scientists say EMFs should be classified as a "Class I" definite carcinogen (just like smoking and asbestos)(1)

The best functional medicine doctors in the world like Dr. Dietrich Klinghardt, MD, PhD have observed that EMFs are at the very root cause of many "Mystery" symptoms including insomnia, fatigue, depression, and digestive issues (2)

New technologies like the "5G" (fifth generation) networks are being rolled out at a

frantic pace, while exactly ZERO biological studies prove their safety (3).

EMF “safety” standards haven’t been updated since 1996 (4), and are based on short term exposure to ONE device. Growing children’s brains are especially at risk, as their head absorbs twice the radiation compared to adults (5).

Regardless of that fact, a 2014 survey showed that up to 75% of 4-year old children possess their own cell phone (6).

Quitting Smoking Is Doable... But What About 2nd-Hand EMF Pollution? You could choose not to smoke, or even avoid 2nd-hand smoking, but 2nd hand EMF radiation is literally everywhere.

Each time we jump from one generation of wireless technologies to another, the amount of EMFs we’re all being exposed to increases exponentially.

2G (1996)  
17,000 antennas (USA)<sup>7</sup>

3G (2006)  
195,613 antennas (USA)<sup>8</sup>

4G (2016)  
210,000+ antennas (USA)<sup>9</sup>

5G (2019 & Beyond)  
13,000,000+ antennas by 2025 (USA)<sup>10</sup>

## **Top Scientist Confirms Our Worst Fears - “The 5G Rollout Is Completely Insane.”**

Just in the few weeks prior to publishing this report, the cities of Brussels, Belgium,<sup>12</sup> and Geneva, Switzerland<sup>13</sup> have decided to stop installing the latest 5G (5th generation) technologies until more studies are conducted.

Why? In a recent letter sent to officials of the European Union, Dr. Martin Pall from the Washington State University explained that 5G is being rolled out without a single biological test to prove its safety on human beings, animals and nature.<sup>14</sup>

This is equivalent to making new drugs available to the public without a single test proving their safety and efficacy.

Dr. Pall is far from being alone. Hundreds of independent scientists<sup>15</sup> and tens of thousands of

concerned individuals worldwide have been sounding the alarm as well.<sup>16</sup>

To make matters worse, 5G will also require the installation of tens of millions of new “small cell” antennas in the US alone — we’re talking about every 3 to 12 homes in residential areas, and at every single block in downtown areas.

Dr. Pall doesn’t put it lightly: “Putting in tens of millions of 5G antennae without a single biological test of safety has got to be about the stupidest idea anyone has had in the history of the world.” The most concerning thing about 5G is that we simply do not know HOW it will affect our health!

Considering that thousands and thousands of peer-reviewed studies have already shown that 2G through 4G technologies are linked with insomnia, fatigue, brain fog and even cancer... it simply doesn’t make sense to choose to increase the EMF pollution we’re all being exposed to.

## **Good News: Reducing Your EMF Exposure Is Relatively Simple.**

Looking at the amount of EMF radiation that we’re being exposed to can be overwhelming. The good news is that there are ways to reduce your EMF exposure by 90%, and even reverse many negative health effects related to EMF exposure. It all comes down to following the 3 simple steps below.

Step #1: Learn How To Recognize The Top EMF Related Symptoms

Can’t sleep? Feeling more fatigued than you should? Always foggy or stuck with a headache that keeps coming back? Experiencing anxiety or depression?

Very credible medical agencies such as the Austrian Medical Association (ÖAK)<sup>17</sup> have found that these are all telltale signs that you might be overexposed to EMFs.

The reason most individuals and health professionals alike miss these EMF-related symptoms is that they vary greatly from person to person.

For example, while you might personally get a headache while talking on the phone, your spouse may simply be experiencing more stress or anxiety.

Just like some people are allergic to specific foods, Dr. Magda Havas from Trent University in Ontario explains that some people are known to

react to specific sources of EMFs, such as cell phones, wifi routers, or utility “smart” meters.19

### **Top 10 Most Common EMF-Related Symptoms**

1. Fatigue - weakness
2. Sleep disturbances/insomnia
3. Headaches/migraines
4. Brain fog/difficulty concentrating
5. Depression or anxiety
6. Memory loss
7. Visual disturbances
8. Skin problems
9. Heart palpitations
10. Dizziness

If you get headache while talking on the phone, your spouse may simply be experiencing more stress or anxiety.

Just like some people are allergic to specific foods, Dr. Magda Havas from Trent University in Ontario explains that some people are known to react to specific sources of EMFs, such as cell phones, wifi routers, or utility “smart” meters.19

### **ACTION STEPS**

**Step 1.** Start paying attention to how you feel in different environments — at home, at work, in the subway train, on vacation.

Try to identify if certain sources of EMFs (cell phones, wifi routers, etc.) seem to be triggering or worsening your symptoms and do your best to distance yourself from these sources, reduce your time of exposure, or even better — turn them off altogether.

**Step 2.** Learn the Basic Science — How EMFs Affect Each One Of Your Cells

Whether you’re a health professional or just someone looking to protect yourself and your family from EMFs, it’s important that you learn the basics of how EMFs affect each one of your cells.

#### **EMF’s activates sensors on the surface of cells to flood them with calcium**

Very recently, scientists have discovered that EMFs from cell phones, WiFi routers, and cell towers activate countless microscopic sensors that are found on the surface of every one of your cells.

When these “voltage sensors” are exposed to foreign EMF signals, your cells get tricked into

allowing large amounts of **calcium** to flow inside...

Normally, calcium is a healthy mineral — but too much calcium inside the cell is the equivalent of pouring gas on a fire, and triggers a slew of negative health effects.

**Put simply, EMFs are an added stress to every single cell in your body** — whether you personally feel EMF-related symptoms or not. Just like you probably opt to eat whole, natural foods as free of toxic pesticides as possible... aiming to minimize your personal EMF exposure is a great action step for your health.

Want more science? In his 2013 groundbreaking paper,20 Dr. Martin Pall has shown that extremely low levels of EMFs can activate the cells’ voltage gated calcium channels, leading to 14 distinct downstream biological effects such as oxidative stress, DNA breaks, melatonin depletion, infertility and cancer.

**Step 3:** Take The 5-Day Cell Phone EMF Challenge

You might be overwhelmed about where you should start when it comes to reducing your EMF exposure, considering that there are so many sources around you — including cellular towers that you have no control over.

The reality is that the worst EMF-emitting sources are the ones that are closest to your body, start with your own cell phone. This is why I’m challenging you to take what we call the “5-Day Cell Phone EMF Challenge”, and feel the countless benefits of minimizing EMF exposure.

### **The 5 day Test**

For the next 5 days, I want you to do these 3 simple things with your cell phone:

Put your phone on “Airplane Mode” when you carry it on your body.

Put your phone on “Airplane Mode” at night, or keep it outside your bedroom.

Always keep a 1 foot distance between you and your cell phone when you use it. Use speakerphone or earbuds (preferably a low-radiation “**Air Tube**” headset (21) if you need to talk on it. <http://nontinfoilemf.com/airtube>

Do all of these things for 5 days and pay attention to how you feel. Do you sleep more soundly?

Do you feel less tired at the end of the day?  
Do you experience less stress or anxiety?  
Please write to [hello@nontinfoilemf.com](mailto:hello@nontinfoilemf.com) — I'd love to hear your feedback!

**Important Note:** For extremely sensitive people, the cell phone challenge above will be a step in the right direction but will probably not be sufficient to alleviate symptoms. For those cases, a thorough home and work EMF assessment by a professional Geovital consultant(22) or Building Biologist (23) is highly recommended.

About The Author - Nick **“The EMF Guy”** Pineault is an Investigative Health Journalist and author of the #1 bestselling book **“The Non-Tinfoil Guide to EMFs”**.

His uncanny ability to connect the dots and distill huge amounts of information have rapidly made Nick one of the most sought-after experts on EMFs.

Nick's work has been endorsed by Dr. Tom O'Bryan, Ben Greenfield, Paul Chek, Dr. Ben Lynch and many more of the world's leading health authorities.

### Sources:

In 2011, radiofrequency EMFs (from cell phones, Bluetooth, wifi and cell towers) has been classified as a Class 2B “possible carcinogen” by the World Health Organization (WHO).

Several scientists who were on the international committee looking at the available science at the time (including Ronald Melnick, Dariusz Leszczynski, Anthony Miller, Lennart Hardell and many more) are now saying that using the exact same scientific criteria, EMFs should be re-classified as a Class 2A or 1 carcinogen. See this recent epidemiology update by Dr. Anthony Miller:

<https://www.sciencedirect.com/science/article/pii/S0013935118303475>

Even if mainstream medicine still claims that EMF-related symptoms are psychosomatic, this belief seems to be based on bogus provocation studies that hold little scientific value. See this critique of these provocation studies by Dariusz Leszczynski, PhD.

<https://betweenrockandhardplace.wordpress.com/2019/03/25>

This has been admitted by wireless companies during a December 2018 senate hearing:

<https://takebackyourpower.net/senate-hearing-wireless-industry-confesses-no-studies-showing-5g-safety/>  
[https://transition.fcc.gov/Bureaus/Engineering\\_Technology/Orders/1996/fcc96326.pdf](https://transition.fcc.gov/Bureaus/Engineering_Technology/Orders/1996/fcc96326.pdf)  
<https://www.ncbi.nlm.nih.gov/pubmed/21999884>  
<https://pediatrics.aappublications.org/content/136/6/1044>  
<https://www.nytimes.com/1996/05/27/business/wireless-systems-put-out-theirantennas.html>

CTIA, quoted in The World Almanac and Book of Facts 2009

<https://www.statisticbrain.com/cell-phone-tower-statistics/>

<https://www.smallcellforum.org/press-releases/market-status-apac-north-americalead-network-densification-2021/>

This is what Dr. Pall said in a 2018 presentation which was part of the “Health in Buildings Roundtable” sponsored by the NIH & co-organized by the US CDC and several other organizations. See

<https://www.youtube.com/watch?v=kBsUWbUB6PE>

<http://www.brusselstimes.com/brussels/14753/radiation-concerns-halt-brussels-5g-fornow>

<https://www.letemps.ch/suisse/geneve-adopte-une-motion-un-moratoire-5g>

<https://s3.amazonaws.com/media.electrosmogrx.com/dr-pall-5g-hazard-letter.pdf>

See <https://www.5gappeal.eu/>

See <https://www.5gspaceappeal.org/the-appeal>, which has now been signed by more © N&G Média Inc. 2019 support: [hello@nontinfoilemf.com](mailto:hello@nontinfoilemf.com) 9 than 60,000 people from 168 countries.

<https://s3.amazonaws.com/media.electrosmogrx.com/austrian-medical-associationemf.pdf>

Compilation of various studies gathered as I was creating Module 3 of the Electrosmog Rx EMF course. One such source includes the book Black on White: Voices and Witnesses about electro-hypersensitivity by Rigmor Granlund-Lind and John Lind, who share the top symptoms experienced by hundreds of Swedish sufferers of electro hypersensitivity (EHS).

An Interview between Dr. Magda Havas and Dr. Joseph Mercola, September 2018.

See <https://www.youtube.com/watch?v=hXzVhxPT17o>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3780531/>

An Air Tube headset is a low-radiation headset that will not conduct the radiofrequency EMF signal emitted by your phone. A great product we recommend is this headset by the company Defender Shield: <http://nontinfoilemf.com/airtube>

To find a Geovital consultant in your area, visit <https://en.geovital.com/consultations-inyour-area/>  
To find a Building Biologist in your area, visit <https://hbelc.org/find-an-expert>

## **Email to Nordic Naturals questions the safety of vitamin D3 made from Lichens**

May 6, 2019

To info@nordicnaturals.com

Hello,

I read your promotion of vegan vitamin D3 from lichens. However, if the molecular structure of D3 from lichens is identical as the molecular structure from irradiated lanolin from sheep's wool-

(1) Is there really no chemical difference between the two?

Also it is generally unknown that cholecalciferol (D3) is the active ingredient in **Terad3** and **D-Con**, common over the counter rodenticides. The method of killing mice and rats with Terad3 is calcification of the arteries and organs as described on their website. D-Con does not describe how it kills rodents on the product label.

(2) Would cholecalciferol from lichens also kill mice and rats when used in high enough dose?

(3) Has Nordic Naturals done any studies of lichen derived D3 on rodents to determine the upper safe dose that does not cause stiffening of the arteries that can lead to strokes and organ failure such as the kidneys?

(4) Have there been any such studies on humans?

(5) Does your research agree or disagree with the views of Dr. Stephanie Seneff published at the Weston A Price foundation? (De Seneff's states that sunlight interacts in the skin with cholesterol sulfate to produce a sulfated form of Vitamin D that is structurally different than in the non-sulfated form known as cholecalciferol?)

(6) Would you consider adding vitamin K2 to all your vitamin D products to protect against calcification of the arteries when high doses of vitamin D3 are used on a long-term basis?

(7) What studies exist that indicate the correct ratio of K2 to D3 for use in supplements to prevent calcification of the arteries?

(8) Could you email such studies to me at conradlebeau@gmail.com?

The consequence of ignoring these questions could be that thousands of people including some of your customers could die from strokes and kidney failure caused by long-term calcification of

their arteries from an overdose of synthetic vitamin D3. See my attached 8 page report on this subject.

Conrad E LeBeau

Update: No response from Nordic Naturals

(The following is quoted from People's Pharmacy)

### **Vitamin D3 supplements did not reduce volunteers' diabetes risk over two and a half years.**

Terry Graedon

June 13, 2019

Diabetes

People with very low levels of vitamin D are known to be at higher risk for developing type 2 diabetes. A study demonstrates that vitamin D supplements don't alter diabetes risk (New England Journal of Medicine, online June 7, 2019).

The trial included 2,423 volunteers with prediabetes. Some had fasting blood sugar between 100 and 125 mg/dL. Others had glycated hemoglobin, HbA1C, between 5.7% and 6.4%.

This is a marker of blood sugar over a period of several weeks. In addition, certain participants had blood sugar levels two hours after a 75-mg glucose load between 140 to 199 mg/dL. This put them at high diabetes risk, but they did not actually have diabetes. During the two and a half years of the study, the participants took either 4,000 IU of vitamin D3 or a placebo daily.

When the investigators counted how many had developed diabetes during the trial, the differences between the groups were not significant. There were 293 in the vitamin D group and 323 in the placebo group. These findings confirm those from previous studies of vitamin D supplementation on the risk of diabetes.

### **10 Reasons Why I Recently Unsubscribed from President Trumps Email List**

6/15/19 The following Email was sent –  
*To the White House:*

*I now longer wish to receive any further emails from the White House for all the following reasons.*  
*1. Pres. Trump keeps the two warmongers, John Bolton and Mike Pompeo in his cabinet and takes their advice on international bullying with an eye for military intervention and regime change in several countries.*

2. Trump didn't publicly reprimand the Crown Prince of Saudi Arabia whose hands are bloody with the butchering of the news reporter Jamal Khashoggi at the Saudi embassy in Turkey. He continues to do business as usual with Saudi Arabia.
3. He continues to support the brutal Saudi campaign in Yemen that has killed thousands of innocent civilians.
4. He listens to Benjamin Netanyahu of Israel about the "evil" Iran while the real enemies are ignored - radical Sunni extremists (Al-Qaeda and ISIS) supported by Saudi Arabia. [The Iranian Shiites are peaceful by comparison.]
5. He unnecessarily placed sanctions on Iran a country that upheld the nuclear agreement.
6. By imposing sanctions on Iran, Venezuela, and Cuba, he has created more human suffering and has no end game plan for peace except for regime change by provoking an unnecessary war sought by Bolton and Pompeo.
7. Recently, he has enraged millions of health conscious Americans who don't trust GMO foods, especially the cancer causing corn and soybeans from Monsanto, by signing an Executive Order to remove regulations that are already watered down on the safety of GMO plants and animals.
8. He has issued another Exec. Order promoting the widespread use of the G5 high frequency wireless transmissions without even a mention of the lack of long term safety studies, the role of microwaves in causing brain cancer by users of cell phones, and further supports violating the Constitutional rights of the people not to have this unproven technology forced down their throats.
9. Pres. Trumps recent public statement telling the public to get vaccinated did not go over well with millions of Americans. What happened to his commitment to Robert Kennedy Jr. to critically evaluate the link between vaccines and Autism?
10. His ill-fated long-term ongoing tariff war with China is causing nearly a hundred farmers a day to lose their farms.

For all the foregoing reasons, and as an independent voter, I will not support the re-election of President Trump in 2020.

Conrad LeBeau

## **"How to End the Autism Epidemic" by J.B. Handley**

In the last issue of this newsletter, we quoted several sources including J.B. Handley's article that aluminum additives in vaccines inflamed the immune response in the brain leading to impaired brain activity caused by chronic inflammation.

Specifically, aluminum additives in vaccines caused a permanent increase in the activity of interleukin 6 (IL-6), a TH2 cytokine that promotes antibody production. The inflammatory responses caused by aluminum additives in the brain caused an increasing number of small children with developing brains to become autistic.

In reviewing Handley's book, he documents the exploding epidemic of Autism using data for the Center for Disease Control (p. 16).

### **CDC Figures Cited for the Exploding Autism Epidemic**

1970 | in 10,000  
 1985 | in 2500  
 1995 | in 500  
 2001 | in 250  
 2004 | in 166  
 2009 | in 110  
 2012 | in 68  
 2016 | in 45  
 2018 | in 36

The research in his book is not only convincing, but also overwhelming. The Index cites over 900 sources for the information and research he quotes in his book. Handley cites an impressive list of health care professionals whose works he uses and cites in his book.

Robert F Kennedy Jr. states:

*"J.B. Handley is arguably the world's most thoughtful, sophisticated, knowledgeable, and indefatigable activist for children's health and safety. As a frontline leader for fifteen years, Handley has led the big fistfight against the Pharma Cartel to force the issue, broadcast the science, and expose the lies behind the vaccine policies that have created an epidemic of chronic disease among our children...please read this book and decide for yourself if you still believe that vaccines are safe and effective."*

From 1 in 10,000 in 1970 to 1 in 36 Autism cases in 2018 should send alarm bells throughout the nation, but the politicians and the establishment media remain silent while the drug companies make billions promoting defective products that are simply not safe by any scientific and objective standard.

### **A Simple Survey that could either prove or disprove the connection between vaccines and Autism**

The simple survey proposed here has never been done. Interview the 10,000 parents of children within the last 10 years between the ages of 3 and 10 who never had any vaccines and another 10,000 at random who received 90% of the FDA/CDC approved vaccines and then count the number who developed Autism and those who did not.

If the vaccines had nothing to do with Autism, then you would expect the number of Autism cases to be the same or comparable. If the number of those receiving the vaccines developed Autism at a rate 2 to 10 times more than the control, then it would prove by the statistical differences that the vaccines were involved as the likely cause of the increase in Autism.

### **Treatment and Recovery**

This section of the 289-page book by J.B. Handley covers only 7 pages.

1 thru 5 is from taken his book and the balance (6 thru 10) was modified by the editor.

1. Many **autistic children suffer from allergies** and should be tested by an Immunologist for both food and environmental allergies.
2. Many have recovered by **eliminating gluten, dairy, soy and sugar** from their diet.
3. **Candida**, a form of yeast is often active in the intestines of Autistic children.
4. **Cultured foods**, and probiotics are very helpful.
5. **Detoxification** – liver flush, infrared saunas, footbaths, magnetic clay.
6. **Vitamin D** (Natural sunlight and tanning beds are your safest choices). Avoid man-

made synthetic D3 – it is still rat poison – see a D-Con label.

7. **Silica** rich mineral water like Fiji or Vittel water. Oatmeal or Horsetail are rich sources of silica. Silica has anti-inflammatory effects and helps the body eliminate aluminum from the brain besides building healthy skin, connective tissue and nails.
8. **Selenium** – Use only plant based such as **Brazil Nuts**- the world's richest source of selenium. Selenium supports white blood cell defense against pathogenic fungus overgrowth. (Do not use synthetic selenium listed as l-seleno methionine, a complex made by Albion Labs)
9. **Use non-dairy milk** such as home made **walnut milk**. If dairy milk is used, use A2 milk as it is less allergenic.
10. See the **Immune Restoration Handbook 4<sup>th</sup> edition** for a list of substances that reduce inflammatory immune response such as IL-6.

See Hanley's' book for more info or go to earthclinic.com and search their databases and testimonials for more information.

Keep Hope Alive, PO Box 270041, West Allis, WI 53227 [keephopealive.org](http://keephopealive.org) 414-231-9817

Search 5 separate databases at [lebeaubooks.com](http://lebeaubooks.com) to find a local Naturopath, Doctor of Oriental Medicine or holistic remedies at who practices complementary and alternative therapies in your locality. For a link to the San Damiano Water, go to [keephopealive.org/dkhaads.html](http://keephopealive.org/dkhaads.html)