

Children's Health Defense PRESS CONFERENCE

CHD v FCC - Emergency Injunction Filed

Stopping OTARD - No 5G Antennas on Homes!

Join Our Press Conference Monday, 3/22/21 at 1 PM PDT / 4 PM EDT

Participants: Attorneys RFK Jr., Scott McCollough, Dafna Tachover

Register at www.childrenshealthdefense.org/otard-press-conference



CHD is leading the fight for FCC accountability!

Attorney Robert Kennedy Jr. and the Children's Defense Org have filed a Petition for an Emergency Injunction against the FCC to stop them from codifying a rule to allow Cellphone and other wireless 5G providers from nuking our neighborhoods with a blanket of high frequency radiation mounted randomly on house rooftops. High frequency 5G radiation (1 to 300 GHZ) has not been studied for long-term health effects in either rats or people.

Specifically, missing or ignored* are scientific studies on how 5G affects the life span of lab rats, cell phone tower radiation effects on glutathione, blood oxygen levels, oxidative stress, Interleukin 6, C reactive protein, melatonin, cortisol, natural killer cell function, and other measures of antibody or T cell immunity. *Studies that show adverse effects are usually glossed over or are ignored by the FCC.

By coincidence or accident, the rollout of 5G in Wuhan, China occurred 2 months before the Covid-19 virus escaped the Wuhan Virology Lab in China. In December 2019, Covid -19 began its worldwide rampage - an ongoing pandemic with no end in sight.

I encourage everyone with access to the Internet to sign up for the weekly updates from the Children's Defense org that was founded by Robert F Kennedy Jr.

Go to childrenshealthdefense.org for more information



CDC Director Dr. Rochelle Walensky MD 3/30/2021 Newsweek magazine reported Dr. Walensky fought back tears at the White House recently when she stated:

"I'm going to pause here, I'm going to lose the script, and I'm going to reflect on the recurring feeling I have of impending doom... ..We have so much to look forward to, so much promise and potential where we are, and so much reason for hope. But right now, I'm scared."

Covid-19 mutants vs. the Vaccines

As millions of people in the United States and around the world struggle to get inoculated with the Pfizer, Moderna, J and J, Sputnik and other vaccines, a disturbing development is occurring simultaneously around the planet - it is the emergence of variant or mutated versions of the original Covid-19 virus.

Mutations in viruses often weaken over a period of time but these current mutations are threatening as many are more easily transmitted and create more severe illness leading to more hospitalizations and death. The UK variant of Covid-19 called B.1.1.7 is now the most worrisome and active in the United States.

In a best-case scenario, the vaccines will maintain some effectiveness against the mutants. In a worse case scenario, the mutated Covid viruses may render the vaccines totally ineffective. Here is a short list of current mutants. This list is expected to grow.

The Center for Disease Control (cdc.gov) states that there are five variants of concern (VOCs) in the United States as of April 2nd 2021.

The five variants (mutated viruses) are:

B.1.1.7: This variant was first identified in the US in December 2020. It was initially detected in the UK.

B.1.351: This variant was first identified in the US at the end of January 2021. It was initially detected in South Africa in December 2020.

P.1: This variant was first detected in the US in January 2021. P.1 was initially identified in travelers from Brazil, who were tested during routine screening at an airport in Japan, in early January.

B.1.427 and B.1.429: These two variants were first identified in **California** in February 2021 and were classified as **VOCs** in March 2021.

Currently the EPA will update its List N if new testing finds that the cleaning agents listed for the original coronavirus lose their effectiveness. The current EPA list of cleaning agents that the EPA lists that kill the Covid-19 virus includes several brands of product made with **chlorine bleach, hydrogen peroxide** and a few with **thymol**, an ingredient added to Listerine and is derived from two common spices - **thyme** and/or **oregano**.

It should be noted that hydrogen peroxide is produced by a certain type of white blood cell known as granulocytes and is a primary defense against all viral, fungal and bacterial pathogens. OTC supplements containing thyme extracts are sold in health food stores and online. They include **Bronchial Clear**, by Terry's Naturals and **Fenugreek-Thyme** capsules by Natures Way.

Note: Recently President Nicholas Maduro of Venezuela tweeted that a product made from thyme was effective when taken orally for Covid-19. The censors at Twitter took it down but did not know that the EPA has approved Thymol for disinfecting surfaces that are contaminated with the Covid virus. Logic dictates that since thymol kills Covid contamination on doorknobs and countertops, why would it not also have the same effect inside the body - safely killing the Covid viruses including the mutants. Thymol is found in the common spices of thyme and oregano - also oregano oil.

Pray for CDC director Dr. Rochelle

Walensky MD. She speaks from her heart what many others have been thinking.

The censors at Twitter may be unaware that the EPA approves thymol as a disinfectant for killing viruses and germs. A list of over 200 types of disinfectants approved by the EPA is contained in List N and is available at epa.gov. This list includes numerous products that contain either hydrogen peroxide or chlorine as their main active ingredient.

Some of the EPA products approved for cleaning countertops and doorknobs are suitable for oral consumption when diluted and used in small doses. Here are 3 examples. 1. Chlorine 2. Hydrogen Peroxide, and 3. Thymol.

Comedians who drink Chlorine - the primary disinfectant in city tap water

Chlorine has been added to city drinking water as a disinfectant for over 100 years. Small amount of chlorine are contained in city tap water that comes out of the kitchen faucet. Millions of people can taste the flavor of small amounts of chlorine in city tap water everyday. So while only an idiot would take a gallon of chlorine bleach full strength and place it up to their mouth and take a swig, even televisions finest comedians like Stephen Colbert and Ellen DeGeneres consume small amounts of chlorine every time they drink a glass of city tap water.

If chlorine were not added to city tap water, tens of millions of people would have died in the past century of water born diseases like dysentery and cholera. Sometimes the dose makes the difference between a medicine and a poison. It has been said: "*One man's poison is another man's medicine.*" It is also true that, "*one man's medicine is another man's poison.*"

It is well known that hundreds of FDA approved drugs can kill you if you swallowed the whole bottle of them at one time. It is the dose that usually makes the difference, so never say "never."

Hydrogen Peroxide

Sixty percent of the immune systems white blood cells are called neutrophils and they are granulocytes that produce hydrogen peroxide as the body's first line of defense against all

pathogens including viruses. If your immune system is functioning properly, your white blood cells will produce hydrogen peroxide to kill viruses including coronaviruses. Hydrogen peroxide can be added to bath water and also taken in small amounts well diluted with water for eliminating internal viruses. (1, 2).

Thymol, Thyme and Oregano

Thymol is approved by the EPA for killing Covid-19 virus on surfaces and doorknobs. Thymol is derived from the spices Thyme and also Oregano. Thymol is also one of 4 active ingredients in Listerine, a common topical mouthwash. Thymol is contained in the spice thyme, so it is probably in your kitchen cupboard. Thyme is an herb with a bitter taste and is contained in some OTC herbal supplements found in some health food stores. One is "**Fenugreek Thyme**" capsules by Nature's Way. Adult Dose - 2 or 3 capsules taken 3 times a day with water or juice for 7 to 10 days or as advised by an integrative doctor). Another product is "**Bronchial Clear**" by Terry's Natural - Adult dose - 1 tsp. of the liquid 3 times a day or 2 tablets 3 times a day or as directed.

Cayenne pepper v. Covid induced vascular inflammation & blood clots

A report posted at Earthclinic.com on May 11 2020 that claimed cayenne worked miracles.

Posted by Tyler Vincent (Canyon BC)

Tyler Vincent wrote:

"Cayenne capsules are LIFE SAVERS, prevents covid19 induced stroke, heart attack, and blood clots; 70% of fatal cases had blood clot, 40% of ICU and severe home cases have blood clots. Canadian & US doctors prescribe blood thinners to even mild Covid patients, sent back home, to prevent blood clots."

"I've had corona, now day 78. I'm 36; I got worst-case corona cytokine storms, which have a 40% mortality rate. On day 58 I took two cayenne capsules, I was not prepared for what was about to happen. I felt the cayenne go into my lungs and completely clear them out. My lung pains and kidney pains are nearly totally gone now."

"Cayenne pills come in 350mg up to 500 mg depending on who you buy them from. You will need to take them with food if you have a weak stomach. Or, you can simply mix 1/2 teaspoon cayenne pepper powder in a cup of warm milk. The reason you are using milk is because dairy products are known to "take the heat out of hot peppers". Making it easier to consume. "

"If you decide to use pills, do NOT buy them from Walmart "Spring Valley" brand. I bought some and they had a yellow powder in them. I cracked one open to taste the powder and NO HEAT. I don't know what they were but it wasn't cayenne pepper. Found out later that Spring Valley is a Chinese owned company so there you go."

"Also, you may want to look into making garlic salve or oil to apply to your chest for congestion."

[Editor's note: Cayenne is an interleukin 6 (IL6) inhibitor. IL-6 is an inflammatory cytokine linked to heart disease and vascular injury.]

Two key supplements to fight Covid Hydrogen Peroxide and Cayenne

Hydrogen peroxide (H2O2) and cayenne pepper are the two most important substances to keep in your medicine cabinet to protect you from an assault from the Covid virus including the mutants or variants.

Hydrogen peroxide has been used to fight infections of all kinds since it was made publicly available in 1885. The EPA "N list" has over 30 products listed that kill coronaviruses with hydrogen peroxide.

Small amounts of hydrogen peroxide (H2O2) taken orally or absorbed through the feet have produced good results for a wide range of infections. For absorption through the feet, soak two socks each in 1/4 cup of 3% H2O2. Place on the feet and repeat this treatment twice a day about 8 hours apart.

For short term use of H2O2 for 5 to 7 days, and after consultation with your doctor, add 1 teaspoon of 3% H2O2 to an 8 ounce glass of water and drink this once every 2 hours up to 6 times a day. 3% H2O2 in a brown bottle is sold in drug stores and many grocery stores. Food grade quality H2O2 in higher concentrations is also available in health food stores and some pharmacies.

The dose will need to be reduced as the concentration increases. The following are equivalents: 1 teaspoon of 3% H₂O₂ equals 1/2 tsp. of 6% = 1/4 tsp. of 12% = 7 drops of 35 % H₂O₂ solution. These doses must always be diluted in water or fruit juice before being taken orally. For more information see the two referenced books below (1, 2).

1. Hydrogen Peroxide -Medical Miracle by Dr. William C Douglass MD.

2. Hydrogen Peroxide and Aloe Vera by Conrad LeBeau

Besides Hydrogen Peroxide, Cayenne is a lifesaver for anyone with Covid-19

Cayenne powder or capsules will both prevent and dissolve blood clots. However, with blood clots, it is both foolish and dangerous to wait until you have blood clot to begin taking it. Just one blood clot could leave you paralyzed or give you a stroke that kills you. Covid-19 and some of the vaccines currently being distributed have caused blood clots that have crippled or killed people. This is because the spike protein on the virus attaches to the ACE2 receptor in the blood vessels. Both hydrogen peroxide and cayenne will counter the adverse effects of both Covid-19 and the current vaccines being used.

If your doctor prescribes blood thinners, it is wise to consult with him about also taking cayenne as a blood thinner and remedy to prevent or dissolve newly formed blood clots. Most cayenne capsules contain around 500 mg which is the equivalent to 1/4 teaspoon of cayenne powder. One cayenne capsule taken with either food or a glass of water 3 times a day should be sufficient for most purposes.

If you take cayenne to prevent a blood clot from a vaccine, it is best to start doing this one day before the vaccination and to continue this for about 30 days, after which one cayenne capsule a day should be sufficient for preventive purposes.

For dietary advice and other suggestions, see my previous newsletters from the past 12 months.

Voluntary Adverse Events Reporting System or VAERS

VAERS is the CDC website stats on adverse events and fatalities voluntarily reported to the

CDC by doctors and patients. For the Pfizer, Moderna and Johnson vaccines, the following stats are reported as of April 2, 2021 by Megan Redshaw of Children's Health Defense. He reports:

"VAERS data released today showed 50,861 reports of adverse events following COVID vaccines, including 2,249 deaths and 7,726 serious injuries between Dec. 14, 2020 and March 26, 2021."

These numbers change daily. It is noteworthy that major media outlets including CNN, MSNBC, ABC, NBC, CBS and even Fox News, and major newspapers are not keeping track of or reporting these results on a daily basis. To access them directly go to the CDC website yourself and search their database.

Direct access to CDC database on vaccine adverse events blocked by some search engines including Google

I found in preparing this newsletter that access to this VAERS link was blocked by Google and may be blocked by some other search engines or social media outlets. If the following link is blocked, then go directly to the CDC website at **www.cdc.gov** and use their internal search link to find the VAERS database. Where it says **search**, type in the word **VAERS**.

The VAERS site has a form for reporting adverse events from any vaccine including the Covid vaccines. The site also has links with training instructions on how to access all the data. The don't make it easy for the public to either file a report of an adverse event or to search the database on reports filed by the public or even by doctors.

For starters go to the link. If you get stuck call a computer geek to help you. Don't use Google or you may get an OOPs or 404 message that denies you access.

Go to **<https://vaers.hhs.gov/index.html>**

Blood clots and heart attacks reported with Covid-19 infections and some vaccines

The blood vessel ACE2 receptors are why both Covid-19 infection and even the vaccines may cause blood clots in some people. If you do a search at PubMed, the NIH's website for published scientific reports and use these two

words [ACE2 Covid-19] without the brackets, you will retrieve links to over 3995 published studies where these two word are used together.

This shows the importance of the ACE2 blood vessel receptor in blood vessel inflammation that is linked directly to the angiotensin-converting enzyme 2 (ACE2) receptor in blood vessel walls. The ACE2 receptors in the blood vessels are injured by the spike protein of the coronavirus or could also be injured by the spike protein in the vaccines.

This is why the daily use of cayenne pepper or some equally effective blood thinner is critical when infected with Covid-19 or even when the vaccines are used. When you prevent blood clots from forming, you also prevent possible strokes, heart attacks and death.

In 2020, Vol 18 No 3, we reported on the use of aloe vera or aloe-emodin to prevent blood clot formation at the ACE2 receptor site.

The Whole Lemon Olive Oil drink with cayenne - a remedy for all

This recipe is time proven over several decades to provide incredible detoxification and health building properties. This drink will benefit anyone with heart disease, kidney disease, chronic fatigue, cancer, liver damage, covid-19 and other viral infections. Drink it once day for a month and experience for yourself what it does. Drink it once or twice a week forever and experience its amazing benefits. Here it is:

1/2 medium or large lemon (flesh, seeds, rind et al) or use one whole small lemon. 1 cup of organic apple juice 1 tablespoon Virgin Olive Oil 1/4 teaspoon of cayenne powder or take one cayenne capsule separately with the drink.
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Place all ingredients in a blender and run at high speed for one minute. Drink as is or pass through a strainer to remove pieces that did not blend properly. Enjoy!

COVID-19 cytokines, Spices and Inflammation

The Report on Spices for Covid-19. Feb 25, 2021 was written by Ajaikumar Kunnumakkara and ten other Indian doctors. Published by Life Sci. 2021 Feb 16: released by Elsevier corp.

Abstract on Spices for Covid

"Cytokine storm is the exaggerated immune response often observed in viral infections. It is also intimately linked with the progression of COVID-19 disease as well as associated complications and mortality. Therefore, targeting the cytokine storm might help in reducing COVID-19-associated health complications. The number of COVID-associated deaths as of January 15, 2021, in the USA is high.... as compared to countries like India is low...."

"Although the reason behind this is not clear, spices may have some role in explaining this difference. Spices and herbs are used in different traditional medicines, especially in countries such as India to treat various chronic diseases due to their potent antioxidant and anti-inflammatory properties."

"A detailed literature search has been conducted on PubMed for collecting information pertaining to the COVID-19; the history, origin, key structural features, and mechanism of infection of SARS-CoV-2; the repurposed drugs in use for the management of COVID-19 and the anti-inflammatory role of spices to combat COVID-19 associated cytokine storm."

The authors reported the following as regards to how the Coronavirus infects cells:

"Studies have reported that SARS-CoV and SARS-CoV-2 utilize the same human ACE2 (hACE2) receptor to attach themselves to the host cells [8]. The ACE2 receptor is significantly expressed in the type II alveolar, oral mucosal, and nasal epithelial cells [[59], [60], [61]]. The respiratory airways, cornea, heart, kidneys, etc., also express the ACE2 receptor [59]. These organs are highly vulnerable and most affected in COVID-19 [62]. "

Cytokines that trigger Inflammation

The Indian doctors cited research that on 43 COVID-19 patients they found elevated IL-6 levels were observed in severe cases and that they correlated to the severity of the disease. Other elevated inflammatory cytokines include IL-8, IL-10 and TNF-a. They also cited Indian studies that those who consume more spices have lower death rates from Covid-19 than the United States. Many of the spices consumed have both anti-viral and anti-inflammatory properties.

Blood testing also found decreases in CD3, CD4, CD8 and Natural Killer (NK) cells.

Decreases in CD4 and NK cells was also found in HIV/AIDS progression. NF-kB or Nuclear Factor kappa B and "tumor necrosis factor a" (TNF-a) are cited as major factors in triggering inflammation.

The report cites studies and research on the role of several repurposed drugs to treat Covid-19

Indian Researchers cite the anti-inflammatory effects of spices to reduce Covid-19 cytokine storms

Twelve of the most researched anti-inflammatory spices cited are the following:

Black Pepper (Piper Nigrum)
Black Seed (Nigella Sativa)
Bromelain (from pineapple core) - inhibits ACE2
Cayenne (p 19) (Capsicul annua L)
Celery Seed (Apium graveolens)
Cinnamon (Cinnamomum sp)
Fenugreek seeds (Trigonella foenum-graecum)
Garlic- (Allium sativum)
Ginger- (Zingiber oddicinale)
Long Pepper (Piper Longum L)
Onion (Allium cepa) - rich source of quercitin
Turmeric (Curcuma Longa)

Total scientific references listed are 454.

Antiviral Activity of Berberine

Ach Virol 2020; 165(9): 1935-1945 PMC7320912

The Springer Archives of Virology published this well researched article on the antiviral properties of berberine by Alicja Warowicka et al from Poland. Published research indicates that this plant extract contains powerful antiviral properties, strong anti-inflammatory effects and a wide range of other health issues linked to metabolic syndrome. PCOS symptom relief, weight loss,

Some health benefits from WebMD state that berberine will lower cholesterol, lower blood pressure, blood sugar control and help with weight loss.

A. Warowicka writes that - "*Berberine (BBR) is a natural isoquinoline alkaloid with low toxicity. It is present in several medicinal plants, such as Berberis vulgaris, Coptis chinensis, Hydrastis canadensis, Coptidis rhizoma, Xanthoriza simplicissima, Phellodendron amurense,*

and Chelidonium majus. Berberine exhibits unusual biochemical and pharmacological activities, including antidiabetic [1], hypolipidemic [2], antihypertensive [3], anti-inflammatory [4], antidiarrheal [5], hepatoprotective [6], antidepressant [7], anticancer [8], antibacterial [9], and antiviral [10] properties. BBR is capable of penetrating all cell lines, but the cumulative concentration is the highest in Hep G-2 cells [11]. It can cross the blood-brain barrier when it is administered systematically, and it has a protective effect on the central nervous system [12]. Due to its various properties, BBR is widely used as a dietary supplement. It has low toxicity and is well tolerated by the human body. "

She also states that "*strong antiviral activity against herpesviruses, influenza virus, and respiratory syncytial viruses has been scientifically documented.*"

She cites research that berberine is effective against herpes, hepatitis B and C, HPV, cmv, and hiv; also cancer

Natural plant sources of the yellow compound, berberine, are goldenseal root, turmeric, Oregon grape root, barberry, phellodendron, and goldthread. Berberine is sold online and in health food stores. The article cited as the Antiviral Activity of Berberine has 80 scientific citations at the end and will be reprinted in its entirety and posted at keephopealive.org.

Covid-19 Long Haulers

The symptoms were reported by Chris Cuomo on CNN a few weeks ago as brain fog, fatigue, depression, memory loss, and shortness of breath. According to Chris Cuomo whose brother is the governor of New York State, "*doctors don't what causes or how to help the Covid long haulers.*" Chris and his wife are public about their own encounter and recovery from Covid-19. There are now support groups that have formed or are forming in numerous states. Use your browser and search "support groups for covid-19" or use Facebook or other social media to ask how to connect with others. The following website was started by Dr. Francis Collins. He lists 10 top Symptoms for long haulers.

<https://directorsblog.nih.gov/tag/body-politic-covid-19-support-group>

Covid Long Hauler Symptoms

"Top 10 Symptoms: Respondents were asked to rank their most common symptoms and their relative severity. From highest to lowest, they were: mild shortness of breath, mild tightness of chest, moderate fatigue, mild fatigue, chills or sweats, mild body aches, dry cough, elevated temperature (98.8-100), mild headache, and brain fog/concentration challenges.

Highlighting the value of patient-led research, the team was able to assemble an initial list of 62 symptoms that long-haulers often discuss in support groups. The survey revealed common symptoms that have been greatly underreported in the media, such as neurological symptoms. These include brain fog, concentration challenges, and dizziness."

7 Helpful Remedies for persons living with Covid-19 or long haulers

1. **35% H2O2** Consider 7 drops of 35% H2O2 added to a glass of water and use this anytime you feel tightness in the chest area. Repeat once every 2 to 4 hours one to 3 days per week or as needed or directed.

2. **Cayenne**. Consider the daily use of **cayenne** and other spices listed by Indian research. 1 capsule 2 or 3 times a day with meals.

3. **Berberine** capsules - take as directed on label.

4. **Sugar free and wheat free** diet with lots of raw veggies.

5. **Garlic** - 1 clove with meals or gluten free whole grain crackers or bread.

6. **Aromatherapy** - 3 to 6 peeled raw **Garlic toes** poked with a fork and placed in a small clean sock - place near your mouth or nose while sleeping or resting indoors on a recliner or sofa. Inhale deeply. One garlic toe can be poked with a fork and held near the nostril while deeply inhaling for anti viral benefits. Other spices for aromatherapy include the spice **Cloves** and also **Lemon eucalyptus**. Buy a half pound of cloves and place in a thin cloth bag or bowl near the person who is ill. Lemon eucalyptus can also be sprayed on a small cloth and inhaled.

7. **Castor oil pack over the chest area**

with heat pad- This Edgar Casey remedy will work miracles in clearing the lungs of viruses and scar tissue.

To prepare a castor oil pack for your chest area, you need an electric heat pad with an adjustable temp control switch. Size should be about 12" x 12". Also buy one pint or quart of castor oil. One roll of aluminum foil. A pack of 12 X 12 terry cotton cloths.

Place heat pad on table and turn on heat. Tear off a 12 X 12 piece of aluminum foil and place on top of heat pad and place the cotton cloth on top. Pour 1/4 cup of castor oil on to the terry cloth. Also get a large bath towel. After 5 to 10 minutes of preheating, pick up the heat pad and while holding the layers together, place the castor oil soaked cotton cloth on your chest area and the wrap the bath towel all around your chest area and tuck in your back. Do this treatment for one hour and adjust the heat up or down to a comfortable level.

When done, massage any castor oil not absorbed into your chest. When you feel you are done rinse and wipe off your chest with soap and water or use a shower. Try to avoid getting the oil on the furniture; if you do, rub it off with warm soap and water and a new towel. It is advisable not to reuse the cotton terry cloth. You can buy a packet of them at a local hardware store so it is convenient to use them just once.

Water Pillow doubles my sleep time

Conrad LeBeau

In Feb 2020, I visited a local chiropractor and asked him about two products he stocked that especially interested me. One is called BioFreeze - a natural product used for joint pain, back pain and even nerve pain or neuropathy.

The other product is a pillow filled with water. If you buy this product you will need to take it home and fill it with water yourself. Both products are absolutely amazing. Biofreeze has been sold for over 20 years and no advertising is needed because it works.

I have used both items for over 1 year. The Water Pillow has doubled the number of sleep hours I have and increased their quality. It also reduces neck pain. For more info go to www.chiroflow.com or see your chiropractor.

Cancer Stopped with H2O2 and a sugar-free diet

Vietnam Veteran is given 6 months to live in 2020. In 2021, he tells the story of his recovery from prostate cancer

Vietnam: From March, 1966, to April 1967, Jack Pierce served in the United States Marine Corp. During his term of service, he saw combat and was exposed to agent orange, a defoliation chemical used to strip the leaves off of trees in the jungles of South Vietnam.

Mohawk NY. Upon returning home his first job was in shotgun design for Remington Arms. Later on, he started a company remodeling and building new homes. He built 5 homes valued at over \$350,000 each and had 12 employees by the year 2000 when he was diagnosed with prostate cancer by an oncologist and other doctors at the VA. The doctors at the VA told him his cancer was caused by his exposure to Agent Orange.

In my interview with him last month around 3/10/21, he told me he had surgery but the doctors could not get all the cancer out. He also said he had several radiation treatments. He said that after the surgery he came home and urinated blood for 3 days before it stopped. After his surgery, the doctors at the VA told him he needed to start chemotherapy and that if he didn't he had about 6 months to live as his cancer had now spread to his liver and kidneys. A little while later, they showed him x-rays of cancer nodules that had spread to his lungs.

Why treat Cancer with Hydrogen Peroxide and a Sugar Free Diet?

Jack's answer: *"I have a strong faith in God and prayed for direction; I decided against using chemo and started doing research on natural remedies for cancer. I thought there must be more to getting cancer than exposure to agent orange. The books I read lead me to make changes in my life. I gave up all sugar when I learned that refined sugar, corn syrup and refined carbs feed cancer and make it grow through a process known as fermentation. Fermentation is how yeast and fungus also grow in a low oxygen environment. Cancer cells need sugar to grow and also need a low oxygen environment."*

"In the process of dividing and growing cells, cancer cells do not mature to final differentiation. They just keep growing and growing. At the time I got

cancer, I ate for pleasure - not for health. I did not read labels."

Jack added: *"I searched and found a doctor who did intravenous hydrogen peroxide treatments. I met with him and he suggested I do one treatment a day for 5 days in a row. I told him I could not as I had 12 employees at the time. I asked him to do one treatment a week. He said it might help. I did this for one year."*

"I also stopped buying junk foods from the garbage store. I stopped all sweets, sugar, milk, donuts, ice cream, bread etc. I did buy milk and eggs from a local Amish farmer; his cows are 100% grass fed. (No GMO, no corn or soy, no herbicides etc) I also planted a large garden and grew my own food organically and froze or canned what I grew. I also own a few black Angus cows - 100% grass fed."

He told me he loved gardening and working outdoors. One thing significant is that Jack never stopped working or living because of his cancer diagnosis. In the interview he told me he ate **lots of raw vegetables every day** but not a lot of sweet fruit that could feed fermentation.

The result of his many visits to the VA and testing is that his blood cancer test numbers kept dropping. They went from 178 to zero. He wrote a list of over 30 health books he read including 6 on cancer. If you have questions, email him at jak325@hughes.net



Our Lady's Message to the world

"be humble and pray - the future is Gods"

"Dear children! Also, today I am with you to tell you: Little children who pray - do

not fear the future and do not lose hope. You are chosen to carry joy and peace, because you are mine. I have come here with the name 'Queen of Peace' because the devil wants to destroy peace with war, he seeks to fill your heart with fear of the future - but the future is God's. That is why, be humble and pray, and surrender everything into the hands of the Most High Who created you. Thank you for having responded to my call." 03/25/2021

The 40th anniversary of the apparitions is June 25, 2021
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