
Sep. 22, 2021 - my personal 10 Day Encounter with Covid-19**The Delta Variant**

Conrad LeBeau

I believe my initial exposure to the first wave of Covid-19 was in February of 2020 at a time when there were no tests available for either the live virus or antibodies to it. In September 2020, after experiencing nasal congestion, I did a drive through nasal test for the active coronavirus and it was negative. Later in December of 2020, I took an antibody test with Lab Corp for Covid-19 it also came up negative. Neither test in 2020 indicated that I had been exposed to SARS-Cov-2 or had developed antibodies to it.

My second possible exposure to Covid occurred on Sept 22, 2021. This time the symptoms matched those published online for an active Covid infection. Data published in the Journal Sentinel indicated that Delta was the most active strain in Wisconsin at the time.

On Wednesday evening Sept 22nd, it began like a severe fall cold on the first day of autumn. It started with a severe runny nose, like a faucet that would not shut off. At first I thought it was my usual fall cold with an unusually high amount of nasal mucus. Initially, I blamed what I thought was a fall cold on a double dip ice cream cone I had devoured a few days earlier. I often react to ice cream with sinus congestion. Ice cream has long been a personal addiction of mine and I have tried to limit its use as much as possible.

However, by noon the next day I had developed a low-grade fever (100 to 101 degrees F). A fever is something that does not occur in me because of an ordinary cold and I suspected something else might be going on. Could I have Covid? As the day progressed Thursday, along with an intermittent fever, I could feel the cold moving from my nose to my chest.

I observed a feeling of growing discomfort and moving pains in my lungs like some kind of fluid was accumulating. It began with sensitivity to the touch and tenderness in parts of my chest

on all sides. I became alarmed with the growing discomfort in my chest, and decided to do a **hot bath with 2 quarts of 3% hydrogen peroxide** added to the bath water. I did this for 20 minutes and felt some improvement, but not a total clearance. My temperature fluctuated, going back to normal and then up again.

By Friday morning the next day, I still had a low-grade fever although I felt 60% improved. Later that day, I decided to do another bath for 20 minutes with 2 more quarts of 3% H₂O₂ added. By Friday evening, 2 days into this drama, I felt 80% improved but not 100%. I still had a low-grade fever and now I had developed diarrhea. I went to the local drug store and bought a bottle of Pepto-Bismol and took one dose. It did not sit well with my stomach.

It seemed to help but the discomfort in my stomach now alternated with discomfort in my lungs. I then went to a local health food store and bought a bottle of **Bronchial Clear** tablets. The thyme-based formula was developed by Terry's Naturals and also comes in a liquid. Published research indicates that **thyme** that contains **thymol**, would work against the common cold, the flu and Covid. Instead of taking 1 tablet 3 times a day as suggested on the label, I decided to double the dose to 2 tablets 3 times a day.

By noon Saturday I felt I had made more progress but I was actually disappointed that the two baths done on Thursday and Friday with the H₂O₂ added had not completely knocked out the infection. My reflection on my condition was that this is going to be a tough virus to beat. I was sure now that I had the Covid but decided that since I had more infection fighters in my kitchen cabinet than they had at the hospital, I did not see any point in going to the ER. I decided to try something different.

Sept. 26th. My sinuses were clear but my lungs did not feel right so I decided to try something different - **Epsom Salt and Apple Cider Vinegar (ACV) in bath water**. I still had a low grade fever and chest congestion that I wanted to clear up. I added 2 cups of ACV and I

cup of Epsom salt to a tub full of warm water and took a 20 to 25 minute soak. It felt really good. **Within an hour, the rest of the discomfort in my chest simply vanished. The low-grade fever stopped.** Wow, I thought - this is progress!

The ACV and Epsom Salt bath had accomplished what two baths with H₂O₂ alone could not accomplish. I was still taking my thyme tablets and my other routine of supplements that I won't list here. My breathing was normal, my sinuses were clear. The fever was now gone but I still had one problem - **diarrhea** - I thought - holy crap. "This virus can do a number on you from head to toe."

I recall that for some reason I had not used the grapefruit seed extract with the Artemisia Annua in it. I had set the bottle aside as I did not use this frequently and had forgotten about it. On Sunday I again used the ACV and Epsom salt bath and felt good enough to drive myself to the grocery store. My chest now felt fine. No fever, no runny nose. Just one problem that kept me close to home - **I still had the runs.**

Oct 2nd. The diarrhea came and went several times in the following week. Ten days had now passed since Sept 22nd and I decided to try an old home remedy for diarrhea that originated in Italy. You take a **clove of raw garlic** and with a sharp parry knife shape it into a bullet size piece, rub some olive oil on it as a lubricant and then insert into your rectum as a **suppository**. I did insert the garlic clove as a rectal suppository before bedtime. The next day, low and behold, I had normally formed stools. No more diarrhea! It has not returned since.

An Important note on diet.

It matters! I should note here that I followed a clean no refined sugar diet for those 10 days. That means, **no corn syrup, no ice cream and no soda** that often has corn syrup added. Corn syrup equals big trouble as it weakens the immune response against infections of all types. Corn syrup including the high fructose corn syrup will weaken your immune response against not only infections but cancer as well.

Diet does matter. Junk in and you will get junk out as your immune response. Refined white sugar is less damaging and is not as

addictive as corn syrup but should still be avoided or used in very small doses while an active infection exists.

I recently read an alternative doctors opinion online where he said if you suspect you have any of the Covid strains of the virus, start treating it immediately - then go to the doctor for an evaluation. SARS-Cov-2, the Covid-19 virus can hit you fast and hard that even waiting 24 hours before you start to treat it with an effective remedy might leave you breathless.

While precious time fritters away, drinking soda sweetened with lots of corn syrup and ice cream that is also loaded with corn syrup will weaken your immune response. Don't eat junk food and do get adequate sleep or you may walk into the Doctors office with a case of full-blown pneumonia.

Everyone needs to prepare a battle plan and be ready to deal with this virus if it knocks on your door. Congress has never ordered the NIH or CDC to do small clinical trials with low cost, food based, herbal or home remedies and these agencies seem to have no interest in testing existing natural remedies.

Too many politicians, regulatory control freaks, and mass media moguls take money from the big banks and drug companies and sing the praises of their patented vaccines and drugs. They are talking puppets on a string and a continuing fount of propaganda and disinformation.

Currently, the two most popular low cost off label remedies being used worldwide to treat Covid-19 are 1. **Ivermectin** usually combined with **Hydroxychloroquine (HCQ)** and the second one is **Sweet Wormwood** also known as **Artemisia Annua**. In Madagascar, Artemisia Annua is used as a tea to treat Covid-19 with a reported 99% recovery rate.

Note: I did not use Ivermectin or HCQ as I did not have sufficient time to find a doctor for either of these fine choices so I used what I had readily available in my own private stock of herbs and home remedy's and it worked!

For more information go to lebeaubooks.com or keephopealive.org. The revised updated second printing of the Covid-19 book is now available.

Nov 20, 2021

Updated info on my Antibody Test confirms I was exposed to SARS-Cov-2

Recently, one person questioned my self-diagnosis of having Covid-19 on Sept 22nd. To resolve the question of whether or not I had the common cold or Covid, I got a test for Covid antibodies on Nov 18th - 58 days after my initial infection on Sept 22nd. Since I had no previous positive test for either the Covid infection or antibodies since this epidemic started last year, and I never had a Covid vaccine shot, this test by Lab Corp would answer the question if I had been exposed to the SARS-CoV-2 virus.

The test results on Nov. 20th stated I had 258.8 u/ml antibodies for the Covid virus. This test confirms what I had believed all along. It was Covid I had on September 22nd. You don't get antibodies for Covid unless you had either a Covid vaccine jab or the real thing - exposure to the whole live virus.

To read a full reprint of the test results, go to lebeaubooks.com.

Timeline to the Covid-19 booklet

In May, I decided that before I sent out another newsletter, I needed to take whatever time was necessary to finish the first edition of the Covid-19 book and get it to the printers even if it delayed the next newsletter. I continued to work on the booklet and finally finished writing it around the middle of July. It has 64 pages - the same size as my other booklets. The copies of the first printing came off the press early in August. 2000 copies were sold in the following 3 months.

A second printing that was updated became available in November. Since my first newsletter in 2020 (Vol. 18, No 1), I have been searching for answers to the ever-present elephant in the living room - the SARS-Cov-2 virus that causes Covid-19. I believe the Covid-19 virus was genetically conceived in a scientific lab and is a cross between the HIV virus and the SARS coronavirus. The booklet presents both scientific and circumstantial evidence that support this hypothesis.

However, as more developments rapidly took place, I could hardly turn around then have to revise or add to what I had just inked yesterday.

The more you engage in this topic, you realize that the powers of evil and deception are running amuck all over our planet. A great battle for the ages between Christ and Satan is now underway.

**2021 - a year of Chaos
My Personal battle with AT&T**

This second newsletter for 2021 arrives more than 6 months late because of a series of obstructive events that have occurred throughout this year. To begin with, even before my first newsletter at the end of March was mailed out, I had a 6-week spat with ATT to transfer my landline phone service over to Spectrum. After two weeks in February following all the procedures to have it seamlessly transferred, I was told by a Spectrum employee that someone at ATT was deliberately blocking the transfer.

The employee told me that someone at ATT believed they could force me to remain with them by refusing to allow the transfer of my phone number (414-231-9817). I had used this number for more than a decade or longer. It was printed in many books I had published, so giving it up was not an option for me.

After four frustrating weeks of spending countless hours on the phone with ATT, and getting nowhere. I finally threatened to sue them, but with no satisfactory results. I finally went online at **fcc.gov** and filed a complaint against ATT on March 25th with the Federal Communications Commission (FCC). Under FCC rules, ATT is supposed to resolve the issue within 30 days.

Not surprisingly, on its website the FCC listed failure of the phone company to transfer a phone number to a new service provider as the No 1 topic of complaint by citizens. I later learned that if the number had been a cell phone number, I could have transferred it in a minute or less because cell phones have a different set of rules for making transfers of phone numbers.

After filing the complaint with the FCC I even got a phone call from someone in California named Patrick and who said he was from the office of the president of ATT and after explaining the situation to him, he said he would call the ATT service dept. and resolve the

matter. Several more days or weeks go by and nothing happens. More phone calls to Patrick and still no results. I finally concluded Patrick had a title and little or no power. Possibly, he was the janitor at the Office of President of ATT so his orders to the service department at ATT brought no response.

Eventually, I learned that there are secretive rules at ATT that require you to have an active working phone with them in order to have this "seamless" transfer of phone numbers to occur. By the way you also need an active phone with your new provider. In this case, it was Spectrum. So, for about 10 days, I had to pay for two phones working side by side before the transfer could occur. This is what a corporate bully can do and unless you have an attorney or know your legal rights, you are SOL. Finally, in the last week of the 30-day period of my complaint with the FCC; ATT relented and allowed my phone number to be transferred to Spectrum.

Note: I have no doubt there are many thousands of small businesses and individuals with landlines who have service with ATT and get this run around obstacle course and just give up and stay with ATT because of their bullying tactics. No one tells them of their right to file a complaint with the FCC against an intransigent phone company.

Also, I recently heard legendary news reporter Wolf Blitzer of CNN state a few months ago that ATT was now the parent company of CNN. To me that would be like hearing the news that Darth Vader or Satan had just taken over as your new employer. You can only imagine what kinds of memos the talking heads on TV get handed to them when the cameras turn away.

A July Surprise - My computer's Mailing list is damaged

I have used an older MS-DOS database program called Nutshell that was first introduced in 1985 and one of my main files crashed in June. Recently, I successfully reconstructed most of the mailing list from written order forms and letters I had received for the years 2019, 2020 and 2021. I have already printed the labels for this current newsletter and have made backup copies of the

mailing list files in the event this happens again. I also have an I-mac about 10 years old and have help to create a separate mailing with a newer database format for sales of the Covid- 19 and other books.

My Birthday - Aug 10th and Hurricane force winds arrive in the evening hours

It was a rainy day and storms were predicted. A few weeks earlier, I had installed an awning on the dormer of an adjoining one bedroom apt where I live. The awning was intended to keep rain out of the 2nd floor windowsill and thus out of my living room where I have had a persistent ceiling leak for the past two decades.

I watched the weather live on TV as a fast moving storm approached around 7:30 pm the evening of my birthday. I noticed that the weatherman reported winds in excess of 104 mph about 300 ft above the ground level on a small section of the storm that was approaching the area where I live in West Allis. More ominously, the Meteorologist also reported that the storm was gaining strength as it was moving eastbound. The path on the TV screen indicated it was coming in a direct path to where I live near 96th and W Roger Ave.

In about 5 minutes I saw first hand a wind that I estimated was probably in excess of 120 mph as the trees in front of the house were bending more than I had ever witnessed in the 25 years I have lived here. I could hear the wind howl and branches breaking but I decided it was too dangerous to get close to the window so I stayed in the center of my living room. Then I heard a large bang and I thought - there goes my awning.

At about this time, 7:30 pm, the electric power went out and I sought the protection of the Virgin Mary. A few more minutes went by and the winds began to slow down. About 5 more minutes, then the worst of the storm had passed. I looked in my yard and found a large branch from the neighbor's tree on the ground next to the house. I walked around the house and expected to see the awning gone, but to my surprise, it had withstood the ferocious winds.

The next day as I walked around the neighborhood, I counted at least 12 large trees, many were up to 100 feet tall that had toppled

over with roots pulled out of the ground. Many branches up to 18 inches in diameter had broken or snapped off. Sidewalks were heaved by roots from fallen trees. Surprisingly, no one was killed.

Wrap and Ship goes out of business - two weeks after my birthday.

As the saying goes - when it rains it pours. The last week of August brought another unexpected event - the private mail service I had used for my publishing business at 10240 W National Ave went out of business. At first I attempted to transfer the mail to my home address, but the USPS refused to forward business mail to a home address. They did allow me to transfer the mail to my US Post Office box at PO Box 270041, in West Allis, the same address I used for Keep Hope Alive.

The 3 Covid Vaccines - My Observations on Adverse Effects

The following 7 persons I either personally know or have met through acquaintances.

Jeff O - found deceased in his apartment in April 2021- 5 days after the J and J one shot.

Marcia - 70+ yrs old - had profuse bleeding 3 weeks after her second Moderna shot - now has the sudden emergence of a stomach cancer.

Pat - had a major heart attack 4 days after his second Pfizer shot - was rushed by ambulance at 2 am in the morning to St. Lukes Hospital in West Allis, WI. Remained hospitalized for over a week - had a stent put in. Doctors discovered 2 blood clots in his heart.

Earl - The Covid shots gave him large blood clots the size of a quarter on his right hand and arm and a painful genital yeast infection in his groin. He called and told me his daughter who was fully vaccinated for Covid now has Covid.

Chris - Milwaukee. A recent Covid Booster shot caused shortness of breath and the feeling of carrying a weight on his upper chest.

Christopher - West Allis. A neighbor who told me that after his second Pfizer shot he lost feeling and energy in both his legs and has no energy and strength left to cut his lawn.

Teena - an 80 yr old from New York called me to tell me that a Covid Booster shot caused her to develop chronic light-headedness and

dizziness that has persisted for over 2 months.

These observations did not mean I have a million friends from which to draw these reports of adverse vaccine effects. The 7 cases I just cited are from about 200 people I know or about 3% of my relatives, friends and acquaintances. I would estimate that about 1 out of every 33 fully vaccinated people are experiencing adverse effects similar to this or about 6 million in a vaccinated US population of over 200 million people.

In addition to these 6 million, there may be another 6 million or more fully vaccinated people who are walking around unaware of blood clots inside their body that will adversely affect the quality of their life in the future.

The more the 3 Covid vaccines are placed in arms, the more people will observe the following effects -

I take no satisfaction in predicting that the Covid vaccines and booster shots made by Pfizer, Moderna and J and J will accelerate adverse health effects. The mass media propaganda blitz will continue to give false hope to millions of Americans - they say just get the shot and everything will be OK. Sorry folks, but you will soon see vaccinated people crowding together in Emergency Rooms. Meanwhile more health care workers will quit the profession from burn out. The new variants will render the Covid vaccines less or not effective at all while the adverse effects add up including-

1. Vascular inflammation and chest pains.
2. Shortness of breath - lack of stamina.
3. Heart disease - more strokes, blood clots, & death.
4. Cancer- all types will erupt spontaneously
5. Short and long term memory loss
6. Dementia
7. Autoimmune diseases
8. Fungal and yeast infections
9. Adrenal fatigue - lower testosterone levels
10. Kidney damage

It is medical malpractice to tell the frail elderly population to take these unproven "vaccines" and then blame their emerging health problems and deaths on natural causes or preexisting conditions. It is also child abuse and criminal behavior to give these unsafe vaccines to minors.

Why the Covid Vaccines will Fail Th2 vs. Th1 - the dangers of unbalancing the immune response

Th2 is a B cell mediated antibody response that is most effective against viruses outside of cells while Th1 is a more complex T cell response to certain viruses, cancers and foreign proteins inside the cells.

In a Th1 reaction, the CD4 helper cells signals CD8 lymphocytes to eat and destroy cells infected with non-self proteins that includes certain types of viruses and cancer cells. Without a balance between Th1 (CD4 and CD8 responses) and Th2 (B cell) or antibody responses, the Covid vaccines will weaken natural immunity against cancer, intracellular infections and autoimmune diseases.

Th2 immunity that proliferates antibodies does-not work effectively for the common cold virus, nor the coronavirus, nor SARS and it never worked for HIV or for cancer or autoimmune diseases. The Covid "vaccines" are an experimental drug and millions of people trust them based on mass TV brainwashing. The volunteering public for these vaccines are actually human guinea pigs.

If the current Covid vaccines were removed from the hypodermic needles and placed in a nebulizer, and sprayed into peoples noses, this method on inoculation would requires no jabs and would be nearly 100% effective in eliminating all the bad effects from the injections. Eliminated would be Thrombocytopenia, the loss of functional platelets needed to prevent bleeding, no more blood clots, vascular inflammation or heart attacks or deaths from the Covid vaccines.

The nasal spray method of immunization would promote a wide of immune responses. The problem with the Covid vaccine injections is they only promote an antibody B cell response and not the balanced T cell responses needed for longer lasting immunity.

If they used a liquid nasal solution like General George Washington did when his troops were inoculated against smallpox, it would have a better chance at providing long-term immunity with fewer adverse effects. There were no injections* during the Revolutionary War as there were no hypodermic needles; they were first invented in 1840. *Wikipedia.org

The Importance of the Dendritic cells

In a nasal or skin infection by a virus, a type of white blood cell called the dendritic cell are the first sentries to observe an invading virus or pathogen. The **dendritic cells** and also macrophages will take a piece of the virus or the whole virus to the CD4 Helper cells for evaluation. The CD4 Helper cells are the generals and brains of the immune system. After analyzing the intruding virus, the CD4 cell may instruct Neutrophils to produce **hydrogen peroxide** to kill off the invading pathogens or it may direct CD8 cytotoxic lymphocytes to destroy the infected cells. The CD4 cells may also instruct the B cells to produce antibodies.

Two of the three three types of immune responses listed here require T cell immune responses. The vaccines only promote one type - directing the B cells to produce antibodies that have a short-term benefit.

..Deficiency of Glutathione as the Most Likely Cause of Serious Manifestations and Death in COVID-19 Patients

by Alexay Polonikov

Published on Pubmed by American Chemical Society Infectious Diseases Viewpoint

The following are excerpts:

"The aim of this Viewpoint is to justify (1) the crucial roles of glutathione in determining individual responsiveness to COVID-19 infection and disease pathogenesis and (2) the feasibility of using glutathione as a means for the treatment and prevention of COVID-19 illness."

"Several studies indicate that higher levels of glutathione may improve an individual's responsiveness to viral infections. In particular, glutathione is known to protect host immune cells through its antioxidant mechanism and is also responsible for optimal functioning of a variety of cells that are part of the immune system."

"It is important to note that there is evidence that glutathione inhibits replication of various viruses at different stages of the viral life cycle (Figure 1), and this antiviral property of GSH seems to prevent increased viral loads and the subsequent massive release of inflammatory cells into the lung ("cytokine storm")."

"The antiviral activity of glutathione was demonstrated in a study of De Flora et al.17 who showed that a 6 month preventive administration of N-acetylcysteine (NAC, gluta-thione precursor) significantly reduced the incidence of clinically apparent influenza and influenza-like episodes, especially in elderly high-risk individuals."

The full text of Alexay Polonikov can be searched using his name and downloaded from Pubmed.

Types of diagnostic immune tests not being routinely used or understood

Several diagnostic tests for immune function are published in Chapter 3 of the Immune Restoration Handbook 4th ed. Here are a few excerpts:

1. **Test for glutathione.** - very important **Glutathione levels** (Th1 – anti-inflammatory) This is an important test for an anti-oxidant that reduces inflammation and helps balance the immune system. Your doctor can arrange this test for you. If you have any chronic disease conditions, you want glutathione to be in the upper end of the reference range in the test results. Testing and retesting for glutathione levels will help you to determine if the diet, nutrients, and supplements you are taking are effective in increasing the glutathione levels.

Supplements: **N-Acetyl Cysteine** (NAC) will increase glutathione levels and improve natural immunity against cancer and many types of infections. Foods naturally high in **Sulfur** will increase glutathione levels. These also include **garlic** and **onions**. **Whey Protein** or **L cysteine** will also increase Glutathione, as does the herb **Silymarin**.

Selenium from fish and sea vegetables and nutritional yeast will also increase glutathione. **Brazil nuts** are the richest natural source of natural selenium and support higher levels of glutathione. Eat 4 to 8 Brazil nuts daily. 5 grams of **aged garlic** extract like **Kyolic** consumed daily has been found in a small study to increase Natural Killer Cell function.

2. **Test for the CD4 /CD8 ratio.** This ratio drops in the elderly, in Cancer, AIDS, Covid-19 and other chronic health conditions. More information is available in Chapter 3 of the Immune Restoration Handbook.

An excerpt from my Covid-19 book Why Government Regulatory Agencies should not always be trusted

While throughout history, vaccinations generally have saved more lives than they have lost; there are exceptions to this general statement. Sometimes, treatments will save more lives than vaccines will. Today, there are both media and government cover-ups of current adverse effects of Covid vaccines. These cover-ups are intentional and there is a long history of them.

First, the Hepatitis B Vaccine (HBV) was distributed to the gay community in the United States in the 1980s and, unknown to the recipients; this vaccine was contaminated with live HIV virus. The following is an excerpt from Positive Health News #10 in 1996: (1)

"Late in 1980, the first cases of GRID (Gay Related Immune Deficiency) appeared in New York City. At about the same time, Haiti had an outbreak of both African Swine Fever and AIDS (2). The Hepatitis B vaccination trials were in progress in the gay community. When an (HIV) infected donor's blood was used in the development of the Hepatitis B vaccine, this quickly spread the disease through major gay centers in the United States" ()*

At about the same time, the WHO distributed vaccines in Africa that were also contaminated with live HIV and millions of Africans were infected. There were reports (not all sourced here) at the time that the U.S government was involved in gain of function research with the African Swine Fever (ASF) virus at Ft Detrick in New Jersey. The ASF was combined with the HIV virus imported from Africa and then infected into Castro's swine population. Fidel Castro publicly blamed the CIA for germ warfare and he ordered the killing of 500,000 pigs to stop the ASF pandemic.

Haitians working in Cuba at the time were infected with either ASF or HIV or both and returned to Haiti, which became the focal point of the worldwide AIDS pandemic. Letters linking AIDS to ASFV also appeared in The Lancet (June 11, 1983) by St. John RK and a letter by Jane Teas in Ann NY Acad. Sci, 1984;437:270-2.

Another on "African Swine Fever and AIDS" in The Lancet, on Mar 8, 1986 by Beldekas and Teas.

The conclusion of this trail of information is that the origin of HIV as the start of the worldwide AIDS epidemic was not an accident of nature from Africa but may have been the result of gain of function research paid for by the U.S. government and done at Ft. Detrick, N.J.

*Positive Health News, Jan 14, 1996 from archives

Do It Yourself Dental Repair

This article on Dental Repair is about saving your teeth from endless drilling and filling, pulling and eventual replacement with dentures or implants. Most people cannot afford dental implants at \$2000 a tooth, it might cost you between \$30K to \$40,000 for a mouthful of this expensive remedy. You could pay for a brand new car or 6 first class funerals with that amount of money or take several round world tours on a cruise ship.

As time hurries on and the leaves that are green turn to brown - an excerpt from a song by Simon and Garfunkel, we mortals find that maintaining good health, as we grow older is an ever-challenging pursuit. For each decade or part thereof, you need not look for new health issues to arise because they make their presence known in multiple ways.

One way to measure your health's barometer, as you get older is how strong are your bones, and how healthy are your teeth? In the 1930's a dentist, Dr. Weston A Price, traveled the world in search of the secrets of aging people who had strong healthy teeth. Many of Dr. Preston's experience and wisdom are quoted in a book written by Ramiel Nagel titled: **Cure Tooth Decay - Remineralize your Cavities and Repair your Teeth naturally with Good food.** Ramiel Nagel has a website with more information at curetoothdecay.com.

In a Foreword to Nagel's book on tooth decay, Dr. Timothy Gallagher DDS who is president of the Holistic Dental Association in Sunnyvale CA stated:

"Your diet is the key to creating a healthy mouth. There is no other way about it. This is the key issue, and the critical theme of "Cure Tooth Decay". When people eat too many processed foods, especially sugar and flour products, they wreck havoc on the body.....When you eat too much sugar, the hormones that control tooth mineralization change

for the worse.....The nutritional approach to treating cavities works. It means people will need fewer fillings in their teeth, and they will walk away much happier from their dental visits."

Dr Price's lifetime of work and research has been available since 1952 through the Price-Pottenger Nutrition foundation. The website is www.ppnf.org. Dr. Mehet Oz who has a daily national television program has mentioned Dr. Weston Price's lifetime research on health that is the foundation of sound holistic dietary advice.

Silver Diamine Fluoride (SDF)

SDF is widely used in poorer third world countries to treat simple dental cavities. It is just a topical application that stops both tooth sensitivity and tooth decay. It be applied twice a year or anytime a tooth begins to bother a person - child or adult. It eliminates the need for continuous drilling and filling. It does temporarily blacken the area of the tooth where there is decay or soft enamel present.

I was able to buy a small bottle online made in India and I use a cotton Q tip to administer the solution to my teeth. I also brush my teeth and gums once a week with **Silver Nitrate** solution that has 100 PPM silver in it. This silver nitrate solution is made by completeminerals.com. It is sold in many health food stores.

To find local dentists who will administer **Silver Diamine Fluoride** send an email to igionta@elevateoralcare.com and give them your address and zip code. To buy a copy of the book on "Cure Tooth Decay" go to the website curetoothdecay.com.

You can help get the message out

Right now, I am waiting for a full page Ad to be published in NewsMax magazine this month that will reach 249,000 people. The AD is for the Covid-19 booklet I wrote and why readers should get a copy for themselves and their friends. Six copies at 50% off the list price is available at lebeaubooks.com.

Reprints of this newsletter are available for \$3 a copy. Write to: Keep Hope Alive
PO Box 270041, West Allis WI 53227
414-231-9817 or keephopealive.org

Merry Christmas to One and to ALL
Conrad LeBeau Dec. 25 2021