

Kale Smoothies Improve Eyesight and Hearing



Kale improves my Eyesight and Hearing - A Case Report

by Conrad LeBeau

This report is about me - the author of this journal. As I reached my 81st birthday last August, I have had to deal with slightly declining eyesight and hearing in the past two years. I have had a gradual loss of focus in reading small print and have used reading glasses with a low magnification for some time. I have also taken Lutein and Zeaxanthin in capsule form on and off for several years and believe it has helped my eyesight. (1)

Increasingly, I have shifted away from using pills to the use of healthy foods as my source of vitamins, minerals, antioxidants and other valuable nutrients.

Ref: 1. **myfooddata.com** is an excellent source of information on the nutrient content of most foods.

Lutein & Zeaxanthin Health Benefits

Multiple scientific articles have been written about an antioxidant called "Lutein" that protects and helps rebuilds healthy cells in the retina of the eyes. A search at PUBMED using the terms [lutein eye health] resulted in 416 articles at the National Library of Medicine. A quick review of the titles alone found no published study refuting the health benefits of Lutein and Zeaxanthin for supporting the retina of the eye.

While I have periodically taken supplements with Lutein in them for years, I thought I would try to find out what effect eating a food rich in Lutein would do for me without taking the pills.

My past experience with supplements has been that the best health benefits come from consuming healthy wholesome foods and not from man-made dietary supplements and/or drugs. It is easy to be deceived by looking at numbers of nutrients on a bottle's label. Whole foods are complex sources with many nutrients that benefit your health. You should not judge the value of natural foods by one ingredient..

While there are some drugs and artificial vitamins that are beneficial, other pills in these categories may do nothing or do more harm than good. If anyone believes that they can continue eating whatever their worst impulses draw them to and yet stay healthy with a one a day vitamin pill, and their health insurance policy, they are very naive.

In my search for a natural food source of Lutein and Zeaxanthin, I chose Kale among many dark green leafy vegetables that are high in Lutein. The edible parts are the soft green leaves along the stem. Kale is a dark green cruciferous vegetable and is preferred over spinach for daily use as Kale is very low in oxalic acid and will not cause kidney stones. While spinach is high in lutein, it also is high in oxalic acid, and should be limited for people who develop kidney stones.

My Kale Smoothie Recipe

I tried eating chopped Kale as part of a salad but found that the stems are high in fiber and tuff to chew. While a bag of pre-chopped Kale is cheap, its leaves may start turning yellow after more than 3 days in the refrigerator so I place the Kale in a one-gallon plastic bag and store it in the freezer.

If you buy a few fresh Kale leaves I first chop them in 1 inch pieces crosswise, and then store them in the freezer. When I am ready to make a

smoothie, I take it directly from the freezer and place the kale in the blender.

I found a pleasant solution to consuming Kale with just two ingredients - Kale fresh or frozen and apple juice. Here is my recipe.

Ingredients you need"

1. Raw Kale fresh or frozen. (2 cups chopped)

2. Apple juice (preferred is Organic) (1 cup.)

You also will need a blender.

3. Place the Kale (Use 2 cups or fill the average blender about 1/2 full). Add the apple juice or other fruit juice.

4. Blend for about 1 minute at high speed.

5. You can either drink it straight from the blender with all the fiber in it, or pour it through a strainer into a pan to remove the coarse fiber pieces. Drink this once a day as a liquid salad for 10 or more days and observe what benefits you experience.

The Kale Smoothie Eyesight benefits noticed after 10 days

1. Slight cloudiness in one eye is gone

2. Visual acuity improved in both eyes

3. Eye floaters have vanished

4. I can now read a daily newspaper without using reading glasses if lighting is adequate.

The biggest Surprise of all- my hearing also improved

After using the Kale Smoothie for 10 days straight, I noticed another unexpected result - my hearing improved along with my eyesight. After using the kale smoothie for 10 days, I noticed that the volume on my TV set seemed louder.

Prior to taking the Kale Smoothie, I usually set the volume on my TV to 20 on a scale of 1 to 63. Since I sit in my recliner about 5 feet from my TV set, the louder volume could not be attributed to moving closer to the TV.

I decided to use my remote control to lower the volume. I found I could comfortably hear the TV at a volume 25% lower than before. At that point, realizing my eyesight had improved and there were no other changes in my life that could explain my improved hearing, it must be that the kale smoothie had improved my hearing along with my eyesight.

Since I wanted my eyesight to improve more, I continued taking the Kale Smoothie 4 or 5 times a week. Now in the 3rd week, I have been able to listen comfortably to the TV by reducing the volume down to 12. As I am writing this article I decided to pause and do a search at PubMed (the National Library of Medicine) using search terms like (lutein hearing) and (Kale Hearing) to see if anything shows up. Here it what I found:

An Overview on the Effects of Some Carotenoids on Health: Lutein and Zeaxanthin

by Nevin Sanlier 1, Elif Yildiz 2, Ebru Ozler. Curr Nutr Rep. 2024 Dec;13(4):828-844

Abstract

"Green leafy vegetables like kale, Swiss chard, spinach, collard greens, turnip greens, parsley, and other vegetables, broccoli are high in lutein and zeaxanthin. Squash, pumpkin, pastured egg yolks are also rich in lutein and zeaxanthin."

The article in Current Nutritional Report also states:

"Lutein and zeaxanthin have potential health effects by preventing free radical formation, exhibiting protective properties against oxidative damage and reducing oxidative stress."

*"These compounds have **neuroprotective, cardioprotective, ophthalmological, antioxidant, anti-inflammatory, anti-cancer, anti-osteoporosis, anti-diabetic, anti-obesity, and antimicrobial** effects. The preventive properties of lutein and zeaxanthin against numerous diseases have attracted attention recently."*

The above list of 10 benefits cover a range of most of the major diseases of civilization including issues with damaged or inflamed nerves (neuropathy, nerve pain, Parkinson, epilepsy, and multiple sclerosis to name a few). In addition protects the heart and the eyes. Name one drug or dietary supplement with all these health benefits and no side effects.

What about hearing? Nerves are involved in carrying sound waves from your eardrum to your brain. In a search at PubMed is a brief article on how the ear works to bring sound to the brain. The following is an excerpt from the website informedhealth.org:

In brief: How does the ear work?

The ear picks up sound waves and transforms them into electrical signals that travel along nerves to the brain. The signals are interpreted by the brain and connected to other impressions and experiences – the sound is then perceived as loud or quiet, speech, music or a message such as “the phone is ringing.”

There is no such thing as a standard dosing schedule for everyone for every condition. People have different conditions and their age varies. When in doubt ask a health care practitioner if there are any concerns from eating kale daily either for your health condition.

Some people with blood sugar issues may want to reduce the amount of apple juice to 1/2 cup and then add 1/2 cup of water to make this elixir. So what do you have to lose? Give it a try. Better yet, have a positive attitude and think about what you might gain.

2024-My Newsletter on Pope Leo XIII

My last newsletter was written and mailed out in May of 2024. In this newsletter I wrote about the vision of Pope Leo 13th on Oct 13, 1884. The Pope had a vision at the end of the mass on where he saw St Michael gather and place demons in the eternal prison call Hell.

I also wrote that I expected 3 days of darkness might encompass over the whole earth and that this might occur on the 140th year since 1884 which date would have been Oct 13, 2024.

This did not happen but another event did happen in 2024 on the 13th of July - the attempted assassination of the presidential candidate Donald J Trump at a rally in Butler, PA. Trump later stated that he believes God turned his head to spare his life at the very moment of this attempted assassination.

I had originally planned to write a second newsletter but after reading monthly messages of the Immaculate Conception whose monthly messages at Medjugorje are given on the 25th of each month to the visionary, Marija, I realized that the 3 days of darkness would not occur on Oct 13, 2024, or it would have been announced to the world in advance from Medjugorje.

In December 2024, my computer with all my mailing lists locked up and I was unable to access them. My backups were on floppy discs and I hadn't updated them for over one year.

By February of 2025, with the help of a computer expert, I obtained a newer used computer. The missing names were restored from the box of letters during 2023 and 2024.

The following monthly message was given by the Gospa to the seer Marija on May 25, 2025 -

"Dear children, in this time of grace, I am calling you to be people of hope, peace and joy, so that every person may be a peacemaker and a lover of life. Pray, little children, to the Holy Spirit to fill you with the strength of His own Holy Spirit of courage and surrender. And this time for you will be a gift and a walk in holiness towards eternal life. I am with you and I love you. Thank you for having responded to my call."

The Selection of Pope Leo XIV

With the passing of Pope Francis on April 21, 2025, at the age of 88, a conclave of Cardinals met on May 7th to select a new leader for the Catholic Church. On May 8th, white smoke rose from the Sistine Chapel and signaled to the world that the Cardinals had chosen a new Pope who would pick the name of Leo XIV.

According to vaticannews.va -

"The new Bishop of Rome was born on September 14, 1955, in Chicago, Illinois, to Louis Marius Prevost, of French and Italian descent, and Mildred Martínez, of Spanish descent. He has two brothers, Louis Martín and John Joseph."

"He spent his childhood and adolescence with his family and studied first at the Minor Seminary of the Augustinian Fathers and then at Villanova University in Pennsylvania, where in 1977 he earned a Degree in Mathematics and also studied Philosophy."

When will the 3 Days of Darkness arrive?

I feel that when the 3 days of darkness arrive, so will St Michael, who will be accompanied by a legion of angel that will descend on the earth to capture and bind Satan and all his demonic followers and return them to the eternal prison known as Hell for the next 1000 years. This is prophesized at the beginning of Chapter 20 in the Book of Revelations.

I believe this will likely happen under the tenure of Pope Leo XIV whose name succeeds Pope Leo the XIII. Instructions will given to the world in advance from Medjugorje on what to do and not do during these 3 eventful days.

PAU D'ARCO TEA CASE REPORTS OF CANCER HEALED

Cedarburg WI.

My older brother, Jim LeBeau, has lived in Cedarburg for over 20 years. About 10 years ago, he told me that one-day he went to a local barber to get a hair cut and the barber told him an interesting story about how his father recovered from lung cancer drinking Pau D'Arco tea every day.

According to Jim, the barber told him that his father had terminal lung cancer and was offered chemotherapy, which he rejected. Someone told him that Pau D'Arco would help. He bought some of the bulk tea from a local Health Food Store and made the tea by adding it to hot water. He began to drink 3 or 4 cups a day. This went on for about 3 months, but he noticed he was feeling better every day he drank the tea.

When he returned to his doctor a few months later, his doctor told him that he could no longer find any traces of his lung cancer.

Note: Having not received this report directly from the original source, there are some details likely missing; like dietary changes he made.

Pau D'Arco for 30 health conditions

An article by Louise Tenny published in the Cancer News Journal lists the following conditions that improve or are sometimes cured by the drinking of Pau D'Arco tea also called Taheebo Tea. These conditions include -

AIDS-HIV
Anemia
Arthritis
Asthma
Breast Cancer
Bronchitis
Cancers
Candida
Colitis
Diabetes
Diverticulitis
Eczema
Fungus
Gastritis
Gonorrhea
Gout
Impotence

Infections
Leukemia
Lupus
Prostates
Pyorrhea
Rheumatism
Ringworm
Ulcers
Viruses
Yeast infections

According to Louise Tenny, author of a book called Today's Herbal Health, Pau D'Arco is also called Lapacho, Taheebo, and other names like Ipe Roxo. In Brazil. Its healing properties are remarkable for so many health conditions, "that they call it the Divine Tree."

In this article, Louise Tenny told of man in Florida who had suffered from Prostate cancer for over one year. After drinking the tea for thirteen days, he felt a sense of well being, but he improved much faster when he stopped eating white sugar products while continuing to drink the Pau D'Arco tea.

A Local Report from Richfield, WI

A few weeks ago, I received a booklet on Pau D'Arco tea from Agnes Weix who lives on a small farm in Richfield, WI. At 85 years of age, she is as talkative as a radio news reporter and has the energy of someone half her age. I visited her a few years ago after I was invited to attend one of her monthly health get together meetings where friends and visitors share their life experiences and health research.

The booklet she mailed me was published by the Taheebo Tea club from Woodland Hills CA. The booklet has a long list of case reports and recipes for making the tea at home and one recipe adds gourmet ingredients added like slices of an orange, cinnamon and cloves.

Over the past few months, I contacted Agnes by phone and she told me of the tea being used on a neighbor's 16 year small white dog that had 3 fatty tumors growing on its back. The neighbor told Agnes that she added the tea to the dog's dry food and the dog ate it. She also applied the tea directly to the fatty tumors.

After two weeks of using the tea, she said the tumors were shrinking in size and the small

white dog that had previously been scratching at the tumors stopped scratching and was now acting like a young friendly puppy and ran into Agnes's arms when she last visited her neighbor. This is a heart-warming report.

In my phone call with her a few days ago, she told me that many case reports have been placed on YouTube with one of a man being cured of brain cancer and another person being cured of lung cancer using Pau D'Arco tea. Agnes Weix gave me permission to share her phone number in this article, it is 262-628-2441. She is in Wisconsin, so if you call her CST time, I would call her during the day as she is busy on the weekends.

Diet soda, ice cream and salad dressings containing artificial sweeteners or corn syrup sold in your local grocery store are damaging to your health. There are thousands of these sweetened junk food products on the market and they will damage your immune system over time and lessen your chances for recovery.

Brands of Pau D'Arco

I have used Pau D'Arco tea off and on for several years and I found that when I reduced my consumption of junk food products with corn syrup or white sugar in them, the Lapacho or Pau D'Arco tea was more beneficial to improving my digestive and immune health.

Agnes uses Pau D'Arco that comes through the Taheebo Tea Club. Ph# 818-610-8088. Other brands sold in health food stores include Traditional Medicinals and Now Foods. More brands can be found online.

Several years ago, my favorite Pau D'Arco tea was called Purple Lapacho. It was made by Wisdom of the Ages. I don't see it around anymore. However, the inner bark has a pinkish color so any quality product made by a reputable company should give good results. For convenience, I buy it in tea bags.

With all herbal teas I make at home, I add one cup of very hot (even boiling water) and let it set for 15 to 20 minutes before squeezing the tea bag and tasting it. Sometimes, I sweeten it slightly with honey or maple syrup. I would not buy Pau D'Arco extracts or in pill form. You will not get your money's worth and the effective dose would not be known.

Aspartame Linked to Seizures

C.E LeBeau. I recall that about 25 years ago, after making a trip to Custer, Wisconsin and purchasing a pellet stove, I drank several cans of diet soda on the return trip home. It was a hot summer day in August. The diet soda was sweetened with aspartame, also known as Nutri-Sweet, and never before did I have a problem with it. Upon returning home, I began to have strange feeling in my arms and legs and cramps set in spreading throughout my body.

I soon found myself crawling on the kitchen floor and considered dialing 911. Although I had no chest pains, I thought I was having a heart attack, so I reached for a bottle of cayenne capsules and swallowed 3 of them with water. I also immediately took one tablespoon of blackstrap molasses for the potassium, magnesium and mineral content.

Within a few minutes, the cramping began to slow down and in 10 minutes, it completely stopped. I remembered having read an article that aspartame had been linked to seizures in several cases. I then decided not to put my health at risk and have completely avoided all soda and foods with added artificial sweeteners. In the past 25 years I also never had a scary experience like this again.

About 10 years ago I knew a person (Hector) who periodically had severe seizures. I asked him if he ever drank diet soda and he said - yes - every day. I told him about my experience and published reports and he stopped drinking diet soda. He reports he no longer has seizures.

Scientific Reports on Aspartame

In July 2025 I did a search at PubMed at the US National Library of Medicine using the terms "Aspartame and Seizures." The result was 36 links to published reports on Aspartame and seizures. A review of these published studies found that a majority of the doctors indicated they found that Aspartame may cause seizures in some people but not everyone is affected. They listed other side effects including insomnia.

Note: pages 6, 7 and 8 are about my efforts to restore an honest money system. P.6 is my letter to Rep Chip Roy, P.7 is an interview done by Mark Anderson. P 8 is my Ad in Newsmag being published in Sep. 2025 reaching 151,000 readers.

Conrad LeBeau
PO Box 270041
West Allis WI 53227
414-231-9817

Letter proposes to increase revenues to the US Treasury by \$200 billion dollars a year without raising taxes or the federal debt ceiling

Rep. Chip Roy

This morning I watched your interview with Stephen K Bannon and I thank you for your hard work to reduce wasteful government spending. One area of wasteful spending is the sale of about \$200 Billion dollars of currency for the cost of printing to the privately owned Federal Reserve Banks. The cost of printing \$200 Billion dollars of currency is about \$1 Billion dollars while the legal tender value of this same currency is about 200 times greater or \$200 Billion.

The sale of currency is due to the 8th privilege granted to the privately owned Federal Reserve Banks in 1913, This "fire sale" to the privately owned banks needs to stop. It has resulted in the loss of about 10 Trillion dollars in revenue in the last 110 years at a cost of about \$40,000 for every adult person in the US. This loss of revenue can be undone by adding an amendment to the upcoming budget bill to repeal the 8th privilege in the Federal Reserve Act and substitute the following language in its place.

Proposed language revision to the 8th privilege:

"1. All Federal Reserve banks and their member banks including Credit Unions, and state chartered banks may purchase currency in any denomination for 95% of the face value of the currency with a form of payment made payable to the United States Treasury. Coins may be purchased at their face value. When the government is fully funded or has a surplus of more than \$100 Billion in its account, the Secretary of the U.S. Treasury shall stop sales of currency a but resume them when the balance in its bank account falls below 50 Billion dollars.

2. The special orders for this currency are to be placed with the U.S. Dept. of the Treasury - payable with a check, money order or other form of payment approved by the Secretary. These currency purchases shall be delivered in armored trucks from the Bureau of Engraving to the bank or credit union of the buyer's bank account. The U.S. Treasury shall pay for the cost of minting and engraving the coins and currency and deliver such purchases at the government's expense to the bank account of the buyer.

3. Sales to the Public: In addition to Parts 1 and 2, the Secretary of the Treasury may authorize the sale of blocks of \$10,000 dollars of newly printed currency in a pre- authorized mix of denominations at a 5% discount for \$9,500 and limited to one purchase every month for all U.S. citizens, and non-profit organizations in the U.S.A.

Note: The plan will increase funds in the U.S. Treasury by \$9500 with each sale and the buyer will get \$500 of free currency as an incentive to make a purchase. The plan will likely raise enough money that no further increases in the national debt ceiling may be needed. This plan will result in no new debts and no interest rates, as no taxpayer money is used.

To review all my research on reforming the Federal Reserve and the banking system, read the attached infomercial currently published in the American Free Press and soon to be published in the Sept issue of Newsmax magazine. You can also download (for free) my complete 68-page report on the Federal Reserve at **lebeaubooks.com**. I have also mailed a printed copy of this report to Rep. Marjorie Taylor Green.

Conrad E LeBeau

Update: I have received no reply from either member of Congress.

Author: 'Fed Throttling the Economy'

By Mark Anderson

President Donald Trump is at odds with the Seep State in several respects. His growing list of presidential orders early in his second term promptly addresses a wide spectrum of issues—in a manner the Powers That Be would rather avoid.

According to noted monetary reform author and activist Conrad LeBeau, however, when it comes to the Deep State's ultimate stronghold—the commercial banking system, with the privately owned and controlled Federal Reserve central bank sitting at the top—Trump's actions, so far, are sorely lacking.

A Michigan native, LeBeau, now residing in Wisconsin, recently authored *A Critical View of the Federal Reserve Act* and spelled out his chief concerns in detailed letters to Reps. Chip Roy (R-Texas) and Marjorie Taylor Greene (R-Ga.). He also sent them copies of his book.

In the interest of getting the Trump administration involved, LeBeau also sent a copy of that book to Trump's Mar Lago, Fla. residence. As with the Congress members, LeBeau only received a thank you note for taking the time to share his work.

Trump would be wise to consider what LeBeau told Roy:

I thank you for your hard work to reduce wasteful government spending. One area of wasteful spending is the sale of about \$200 billion of currency for the cost of printing to the privately owned Federal Reserve Banks.

LeBeau explained to AFP that the

seemingly innocuous but longtime devious practice of the Fed subletting the U.S. Bureau of Printing and Engraving to print Federal Reserve notes at lowball prices well below face value—regardless of the denomination of the notes—and then loan money back to the government at interest, has cost the United States citizen dearly.

For example, the Fed spends less than 1%, or about \$740, to get 1,000 \$100 bills, or \$100,000, to issue as debt.

LeBeau told this writer that each \$1 bill costs the Fed 17¢, and \$5, \$10, \$20 and \$50 notes each cost progressively a bit more per note, but, in all cases, the United States is swindled.

This is why he informed Roy and Greene and wants the Trump administration to clearly understand the following:

The [Fed's] cost of printing \$200 billion of currency is about \$1 billion, while the legal-tender [face] value of this same currency is about 200 times greater.

[This] sale of currency is due to the "8th privilege" granted to the privately owned Federal Reserve Banks in 1913 [via the Federal Reserve Act].

This "fire sale" to the privately owned banks needs to stop. It has resulted in the loss of about \$10 trillion in revenue in the last 110 years.

This loss of revenue can be undone by adding an amendment to the upcoming budget bill to repeal the 8th privilege in the Federal Reserve Act and substitute a less generous privilege for the bankers.

LeBeau titled his letter to Roy "A Proposal to Increase Revenues to the U.S. Treasury by \$200 Billion a Year Without Raising Taxes or Borrowing."

He proposed a language revision to the Fed's 8th privilege that calls for all Federal Reserve Banks and their member banks, also including credit unions and any state-chartered banks that are not Federal Reserve System members, to purchase coins and currency in any denomination desired for 95% of the face value of the currency and coins, with a check made payable to the U.S. Treasury. The Treasury would limit the overall amount of money sold to any bank.

The letter to Greene called for a major probe by Congress into the Fed obtaining what amounts to this "free cash spigot for the bankers," along with the piratical way that the Fed "double dips" when it handles government bonds.

Of course, ultimately, the government—considering the Constitution was never amended to authorize Congress to delegate its constitutional money-creation duties to a private bank in the first place—would cut the Fed out of the picture altogether and simply print government currency debt- and interest-free and spend it into the economy. That could, and should, be done in quantities that harmonize with productive output and import inventories.

Meanwhile, Trump has already indicated that he may support anti-trust lawsuits against Google and other monopolistic Big Tech companies. But what about the Fed?

While the Fed always demands its own "independence" from politics—that is independence from proper regulation and scrutiny—the central bank has no problem influencing politics, though it's done in a subtle manner.



CONRAD LEBEAU
Prolific author, researcher.

LeBeau explained:

The Fed should have lowered interest rates last month, but the Fed is just sitting on its hands and letting the economy slump and sink, risking a severe recession by 2026 for which Trump would be blamed.

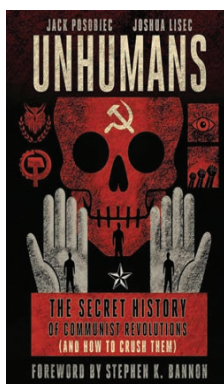
The Fed's high rates are throttling the economy. Private debt in the United States is in the tens of trillions, and the official public debt is \$36 trillion-plus. We're headed for a debt default.

He feels the United States should simply cancel paying on the bonds that are the Fed's and the commercial banks' parts of the debt.

Readers are encouraged to contact their congressmen and senators, as well as the White House, to urge decisive action against the Fed.

(LeBeau's book is available at LeBeaubooks.com. See his book ad on page 5 of this issue of AFP.) ★

Mark Anderson is a roving writer for AFP. He invites your thoughtful comments and story ideas at truthhound2@yahoo.com. Mark's radio show "Stop the Presses!" runs at www.republicbroadcasting.org, Wednesdays from 2 to 3 p.m. EDT.



Unhumans: The Secret History of Communist Revolutions (and How to Crush Them)

By Jack Posobiec and Joshua Lisee. If you don't understand communist revolutions, you aren't ready for what's coming. The old order rules are over. Accusations are evidence. Activism means bigotry and hate. Criminals are allowed to roam free. Citizens are locked up. An appetite for vengeance is unleashed—to deplatform, debank, destroy. None of this is new. Patterns from the past foretell a potentially terrifying future. For nearly 250 years, far-left uprisings have followed the same battle plans—from the first call for change to the last innocent executed, from denial a revolution is even happening to declaration of the new order. *Unhumans* takes readers on a shocking journey through history to share the untold stories of radical takeovers missing from textbooks. Conclusion? We're in a new revolution now. But *Unhumans* reveals that communism, socialism, Marxism, and all other radical "isms" are not philosophies but tactics—tactics that are designed to unleash terror and revoke human rights. Hardback, 272 pages, \$33 plus \$8 S&H inside the U.S. from AMERICAN FREE PRESS, 117 La Grange Avenue, La Plata, MD 20646. Call 1-888-699-6397 toll free to charge, Mon.-Thu. 8-4 ET. See also at AmericanFreePress.net.

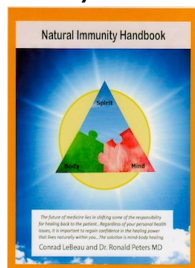
Alternatives to Big Pharma & Big Banks

by Conrad LeBeau and Dr. Ronald Peters MD

Why not "Freedom of Choice in Medicine" and an "Honest Money System"? - Where is Congress?

Natural Immunity Handbook

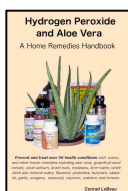
by C. LeBeau and Dr. Ronald Peters MD



Updated 2025. 30 years of research – 27 chapters. Indexed with 300 topics. Self-help remedies, diagnostics, immune system basics, detox formulas, diet, herbs, nutrition, immune function. candidiasis, cancer, hepatitis, pH balancing, digestive health, sleep, adrenal, and thyroid function., 262 pages 8.5x11 \$27.95

Hydrogen Peroxide and Aloe Vera A Home Remedies Handbook

by C. LeBeau – over 180,000 sold



Topics: 10 home remedies for infections - hydrogen peroxide, ozone, oregano, garlic, apple cider vinegar, grapefruit seed extract, golden seal, honey, coral calcium, lime-water, flaxseed oil, brazil nuts, garlic, oregano, cayenne, wakame, and lemons in mitigating over 50 health conditions. 64 pages \$7.95

Remedies for Intestinal Health

by C.E. LeBeau



My personal story for restoring intestinal health. A self-help guide for improving colon health using fiber, whole foods and probiotics. Topics: acid-reflux, candidiasis, colitis, constipation, crohn's, diarrhea, food sensitivities, gall stones, indigestion, IBS, leaky gut, and more. 5.5"x8.5" 64 pages \$7.95

Hazards of 5G Wireless Radiation



C E LeBeau. Updated. The FCC is not protecting you from the health hazards of 5G. Microwave radiation from Cell Phones can damage your brain, cause insomnia, high blood pressure, cancer, hearing loss, bone loss, cataracts, fatigue, impaired vision, and memory loss. 64 pages \$7.95

Money Creation



From the Knight's Templars to Wall St Bankers. 64 pages covers 1000 years of banking history and trade secrets. Explains why most bankers are multi-millionaires. Included is a **Petition** to Congress on a 5 part-plan to reduce public and private debts & balance the budget. \$7.95

A Critical Review of the Federal Reserve Act of 1913



C. E. LeBeau. The history of money creation and bankers. Decodes a secret cash trove hidden in the 8th privilege granted to the bankers in this Act. Proves with exhibits why the Federal Reserve and its member banks are stealing Billions of dollars and getting paid twice for the same bonds. 68 pages Coil bound - 8.5X11 - \$20 a set includes a copy of the "Money Creation" book as a Bonus.

Report 161 - Therapeutic Baths

C. LeBeau. My personal story on how I used H2O2, Epsom salt, ACV in bath water for relief of sore muscles, aching joints - restores circulation in legs, arms & feet. 8 pages \$4

Report 163-Vitamin D3 Risks

C LeBeau. How high doses of synthetic D3 landed me in the hospital. Learn the dangers of vitamin D3 (cholecalciferol), a rodenticide (rat poison), that may calcify arteries, and cause strokes. Vitamin K2, Cod liver oil & Sunlight have safe beneficial effects. 8 pages \$4

Report 165 - Covid-19 update 2025

C. LeBeau. Why Covid-19 is an airborne form of AIDS and the Covid vaccine is an injectable form. Home remedies are discussed and medical doctor referrals provided. \$4

Report 167 - Memory Loss & ALZ

Scientific research on the causes of memory loss and Dementia - fungus found in the brains of Alzheimer's patients; the role of corn syrup, sugar and stress. Case report of an elderly lady who recovered from ALZ. \$4

❑ **Natural Immunity Handbook** - \$27.95

❑ **Hydrogen Peroxide, Ozone and Aloe** \$7.95

❑ **Remedies for Intestinal Health** \$7.95

❑ **5G - Hazards of Cell Phone** \$7.95

❑ **A Review of the Federal Reserve Act*** \$20
(*Includes a free copy of the Money Creation book)

❑ **Money Creation book** \$7.95 a copy

❑ **Report 161 -Therapeutic Baths** \$4

❑ **Report 163 - Vitamin D3 Risks** \$4

❑ **Report 165 - Covid-19 updated info.** \$4

❑ **Report 167 -Memory loss & Dementia** \$4

❑ **Shipping** Add \$3 for Orders under \$10 and \$6

for Orders over \$10. - Wis. add 5% sales tax.

Mail CK/MO & Order with phone # to -

Conrad LeBeau, PO Box 270041, West Allis WI 53227

or call **414-231-9817** or visit **lebeaubooks.com**

Cards accepted MC/Visa/Dis/AMX