

10 Alternative Remedies For Viral Infections

Including flu, SARS, Epstein-Barr, Kaposi-Sarcoma, papilloma virus and hundreds of others

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What Is A Virus?

A virus has been wittily described as a piece of bad news, wrapped up in protein! The word “virus” is from the Latin: *virus* means toxin or poison (virulent is the same word). No question they are toxic and some are very dangerous indeed.

Viruses are, typically, about 1/100th the size of bacteria (10- 300 nanometres).

The odd thing is that viruses aren’t really “alive” in the fullest sense of the word; they don’t have all the characteristics of living things that you learned at school. They are little more than a package of DNA, lacking a reproductive capability without help.

Viruses need the mechanisms of real living cells, which they hijack and turn to their own malevolent needs. What happens basically is that a virus will get into a cell nucleus and force the cell to produce virus DNA, instead of its own. The cell dies and releases more virusparticles.

The new viruses get into other cells and make them also replicate their DNA, and so the cycle goes on. This powerful expansion process has given rise to the word “viral”, meaning rapidly multiplying.

[Some viruses don’t even have DNA but related RNA. They don’t need to enter the cell but can force the cell cytoplasm to produce more of their RNA.]

Rickettsia

There is another group of organisms which are too big to be considered viruses but too small and uncharacteristic to be called bacteria. Like viruses, they too can only grow inside living cells. Members of the group come and go, as scientists try to make sense out of their form and behavior. Some have been reclassified (scrub typhus and Q fever).

Rickettsia diseases vary from mild to fulminating and life-threatening.

Rocky Mountain spotted fever, typhus and Boutonneuse fever are some of the diseases caused by Rickettsia organisms. Cat scratch fever (caused by *Bartonella henselae* was formerly classified with this group but is no longer here).

Unlike viruses, Rickettsia generally respond to antibiotics, such as tetracycline, erythromycin or chloramphenicol. Of course resistant strains are emerging all the time (see “How To Survive In A World Without Antibiotics”).

What Are Prions?

Prions are smaller and even weirder than viruses. To date, all the ones that have been found work by folding protein in a destructive manner. It's more of a process than a "thing"!

Prion diseases or transmissible spongiform encephalopathies (TSEs) are a family of rare progressive neurodegenerative disorders that affect both humans and animals. They are distinguished by long incubation periods, characteristic spongiform changes associated with neuronal loss, and a failure to induce inflammatory response.

We know little about how they grow or spread, because these are very rare diseases indeed.

The ones we recognize today are:

- Alpers' disease
- Fatal Familial Insomnia
- Gerstmann-Sträussler-Scheinkersyndrome
- Kuru
- Variant Creutzfeldt-Jakob disease

Prion diseases are usually rapidly progressive, and always fatal. If you or someone close to you is unlucky enough to contract prion disease, there may be some hope in the natural remedies in this report. Remember, it's not about "killing prions" but strengthening the body's own defences, so that there might be a chance to fight it off.

Types of Virus

Classification of viruses has proved difficult, owing to their strangeness and diversity. But certain "families" have emerged (such as the herpes group).

Here are some clinically important viruses:

- **Poxviruses:** smallpox, chickenpox, cowpox, molluscum contagiosum virus
Picornaviruses: coxsackie, hepatitis A, poliovirus
- **Herpesviruses:** Epstein-barr, herpes simplex types 1 and 2, varicella-zoster (chickenpox and shingles), cytomegalovirus
- **Hepadnaviruses:** hepatitis B
- **Flaviviruses:** hepatitis C, yellow fever, dengue, West Nile virus
Retroviruses: HIV
- **Orthomyxoviruses:** influenza

- **Adenoviruses:** common cold, croup, bronchitis, pneumonia Paramyxoviruses: measles, mumps, parainfluenza, respiratory syncytial virus Papillomaviruses: papillomavirus
- **Rhabdoviruses:** rabies Togaviruses: rubella
- **Rotaviruses:** cause of endemic diarrhea and vomiting Filoviruses: Ebola, Marburg

You will learn about a special type of virus, called bacteriophages in the main volume: "How To Survive In A World Without Antibiotics".

Cancer

Viruses are an established cause of cancer in humans and other species. It's not that cancer is infectious disease exactly but that the presence of the virus increases the risk that cells in the body will become cancerous.

The main viruses associated with human cancers are human papillomavirus, hepatitis B virus, Epstein-Barr virus, and human T-lymphotropic virus. Hepatitis viruses can induce a chronic viral infection that leads to liver cancer. Infection by human T-lymphotropic virus can lead to T-cell leukemia. Human papillomaviruses are an established cause of cancers of cervix, skin, anus, and penis.

Within the Herpesviridae, Kaposi's sarcoma-associated herpesvirus causes Kaposi's sarcoma and body cavity lymphoma, and Epstein-Barr virus causes Burkitt's lymphoma, Hodgkin's lymphoma, B lymphoproliferative disorder and nasopharyngeal carcinoma.

Diseases

It is not proposed to describe individual diseases in this report. Most people will be familiar with the symptoms of at least the common human viral conditions.

The obvious ones are: colds, influenza, mumps, measles, German measles (rubella), glandular fever, hepatitis, chickenpox, genital herpes, shingles and cytomegalovirus (CMV). Less familiar are dengue and West Nile fever but these potentially fatal conditions are very much on the rise (yes, I'm ignoring the controversy over whether there even is such a thing as the human immunodeficient virus).

Just know that there are hundreds of other, much less familiar, virus diseases, with some very odd names, such as Crimean-Congo hemorrhagic fever, progressive multifocal leukoencephalopathy (PML), slapcheek syndrome and the once mysterious hantavirus pulmonary syndrome.

There are a number of killer viruses. Indeed any virus can be a killer, if the victim's immune system cannot respond adequately. In previous centuries whole populations, such as the Polynesian islanders have been decimated by measles and other diseases that we take in our stride.

Many doctors (me included) worry that by no longer having measles endemic in our world, because of extensive vaccinations, will lead to a global population which is susceptible to a catastrophic upsurge in measles-like virus (measles virus is already morphed because of the vaccination program).

Smallpox is an example of what would happen if a real killer virus ever got loose. (I have a slight connection with this disease, in that my first mother-in-law was one of the last people in the UK to contract smallpox, though it left her unscarred and fortunately with her sight intact). Smallpox is believed to have emerged in human populations about 10,000 BC.

The disease killed an estimated 400,000 Europeans each year during the 18th century (including five reigning monarchs), and was responsible for a third of all blindness. Of all those infected, up to 60% of adults and over 80% of infected children, died from the disease (remember smallpox is still here on Earth, in jars in laboratories, guarded only by crackpot scientists, who should never have kept it in the firstplace).

But the truly deadly viruses, like Ebola (up to 90% fatal), Marburg (90-100% fatal), and Nipah virus (75% fatal) are something to fear. The lesson we have learned since the first Marburg outbreak is that new and very hostile viruses can emerge anywhere at any time. Nipah virus only emerged in 1999, in Malaysia. What else is out there, waiting?

These deadly viruses lead to killer outbreaks, not just because they are fast, but because we have no natural inbuilt immunity. We are like the Polynesian islanders. Because a virus is new, it is potentially threatening. I am concerned that with mass vaccination we are setting the stage for older viruses to adapt and become dangerous.

For a good documentary book, read "The Hot Zone" by Richard Preston. He tells the terrifying story of how gruesome Ebola nearly broke out in Washington DC.

Spread And Vectors

Viruses spread in many ways. Direct contact is common. Viruses can live in a surface for months, without food or water. When touched by a potential host and swallowed from the fingers, they activate and begin the whole take-over process.

On the other hand, influenza viruses are spread by coughing and sneezing, and others are transmitted by the infamous faecal-oral route. Rotaviruses are often spread by direct contact with infected children. Herpes and papilloma viruses are among several viruses that are transmitted through sexual contact.

Smoldering Viruses

Just one other topic to cover before I introduce treatments: stealth viruses or, as we used to call them in the UK, smoldering viruses. This is a very different picture from the flaming, obvious outbreak of "disease", with florid symptoms, maybe a rash and other unmistak-

able signs that a virus has taken hold in the body.

Rather the stealth virus slips in quietly, not announcing it has arrived, and sets up home somewhere (or everywhere) in the victim's body. These pathogens get under the immune radar and can exist there for years without drawing attention to themselves, no characteristic symptoms, perhaps no immune response (as measured by antibodies).

Yet they cause havoc and ultimately undermine the body in the form of some chronic breakdown conditions, such as neuropathies and chronic fatigue syndrome. They "smolder", like rust and decay!

Star examples are the herpes viruses but CMV, Coxsackie and Epstein-Barr also compete in this niche. There are non-virus organisms too: *Candida albicans*, *Mycoplasma fermentans* and *Chlamydia pneumoniae*.

I wrote the following back in the 1980s and, although there is much to add, what I said then was not wrong, rather it has been added to.

Stealth-adapted viruses have been recovered from the blood, cerebrospinal fluid, urine, throat swabs, breast milk, brain biopsies and tumor samples from patients with various neurological, psychiatric, auto-immune, allergic and neoplastic diseases.

It is now known that the stealth viruses can infect many organs, but that the brain is especially prone to manifest the effects of even limited localized cellular damage. The varying manifestations of a stealth virus encephalopathy is probably heavily influenced by the timing of infection, regions of the brain that are mostly involved, genetic predisposition to particular symptoms and the additive pathology of any superimposed auto-immune component triggered by the viral induced cellular damage.

Examples of neurological illnesses are autism, attention deficit and behavioral disorders in children; depression, schizophrenia, amyotrophic lateral sclerosis, multiple sclerosis, chronic fatigue and fibromyalgia in adults; and neurodegenerative illnesses in the elderly.

Cancer can now be added to the list of potential stealth virus-associated diseases. Positive stealth virus cultures have been seen in virtually all multiple myeloma patients tested, and in several patients presenting with other types of tumors. A previous history of a fatiguing illness and clinical indications of impairments in normal brain functions are suggestive of an underlying stealth adapted virus infection in a cancer patient.

Therapy For Viruses.

Orthodox medicine has been somewhat helpless with virus infections. Because they live inside the host cells they can't just be blasted with something like an antibiotic, though there are certain drugs said to limit viral growth, such as azidothymidine and Acyclovir.

Otherwise medical treatment is what we call "symptomatic", that is—treating the symp-

toms, not eradicating the cause of the disease: sponging, aspirin or paracetamol, soothing lotions for rashes etc).

That's why vaccination is so important in fighting viruses (I'm not going to enter into the vaccination debate at this point, beyond saying we DID get rid of smallpox!)

The only real defence against viruses is the host's own immune system (complement, IgG and interferon are not "drugs" but naturally-based substances, which just create a short-cut to the patient's own fight mechanisms).

Unfortunately, it takes a week to 10 days for the body to respond. For a rapidly fatal disease like smallpox, by the time antibodies are formed and the lymphocytes get busy, it may be too late. The patient is already dead!

Fortunately, we are not limited to the orthodox medicine view and this short report will share with you a number of remedies that will help outstandingly in overcoming virus infections. There are many more, trust me.

First, consider avoiding infections:

Wash your hands thoroughly (often one of the best ways to avoid catching a cold).

Shaking hands with someone who has a cold is risky, so avoid rubbing your eyes or nose afterwards.

Avoid mosquito bites as much as possible (West Nile virus, dengue fever):

- use mosquitorepellant,
- eliminate standing water, where mosquitoes can layeggs,
- install or repair window and doorscreens,
- support community-based mosquito controlprograms

Treat linen, towels and bed sheets from infected person as very contagious. Wash them immediately.

Regard crockery and cutlery used by infected persons as very contagious and wash immediately in hot water, in separate sink if possible, NOT in the dishwasher.

Vegetables and meat must be stored separately and prepared on separate chopping boards.

Commercial meat should preferably be served well-done.

Remember that food with these invisible organisms does not necessarily smell bad.

Some organisms are killed as the food is cooked, but they can still leave toxic substances that may cause diarrhea and vomiting.

The use of condoms during sexual intercourse reduces the likelihood of spreading sexually transmitted viral diseases.

Iodine

Tincture of iodine is often found in emergency survival kits, used both to disinfect wounds and to sanitize surface water for drinking.

When an alcohol solution is not desirable, Lugol's iodine, an aqueous solution of iodine in potassium iodide solution, or povidone iodine (Betadine), a PVPI solution, can be used.

When using free iodine to sanitize surface water, it should be left to sit for 30 minutes before drinking, allowing time for all viruses and bacteria to be killed. If the water temperature is less than 20 °C (68 °F), sitting time should be extended to several hours. To purify 1 L (34 oz) of water, 0.3 mL (0.01 oz) of 2% tincture should be used. Cold or cloudy water should be given 2.4 mL (0.08 oz) of 2% iodine, and should be left to sit for several hours.

Following disinfection, the iodine odor and taste can be removed by adding powdered vitamin C, which converts the iodine to iodide. A similar reaction also removes chlorine from chlorinated water.

Iodine used to sanitize water is also available in tablet or crystal form.

On the following pages are some suggestions what to do for a severe viral infection.

Remember, antibiotics have no effect whatever on viruses.

#1. Without Doubt, Is Vitamin C

I'll start with this, since it's the one everybody knows about. However, there are a lot of things you may NOT know about vitamin C therapy for severe viral conditions.

Ever wondered why animals don't get colds, flu and sniffles? The answer is they can make their own vitamin C (except guinea pigs, which makes them ideal laboratory animals for studying human infectious diseases and allergies). Lacking vitamin C we have what is essentially a compromised immune response.

Linus Pauling famously said that if we take 2 grams a day of ascorbic acid we shall not catch colds and other viral illnesses. Be sure to follow his recommendation in the event of a flu or other viral epidemic.

But decades ago Frederick R. Klenner pioneered the use of very high doses of vitamin C intravenously. By that I mean doses in the 100 grams/day range. When the plasma is loaded with these high levels of ascorbate, it proves strongly viricidal, without harming the body. It has brought many patients close to death through a severe crisis.

No question, if polio, West Nile fever, dengue or Ebola strikes, you want an IV line as fast as is humanly possible into the sick person. As Klenner said, 100 grams of IV vitamin C should be run into the patient as fast as a 20-gauge (wide bore) needle will allow, while the doctor ponders the diagnosis!

Here's a brief note from Klenner's own paper:



We have found that doses must range from 350 mg to 1200 mg per Kg body weight. Under 400 mg per Kg of body weight the injection can be made with a syringe provided the vitamin is buffered with sodium bicarbonate with Sodium Bisulfite added. Above 400 mg doses per Kg body weight, and a particular ampule described in this summary, the vitamin must be diluted to at least 18 c.c. of 5 per cent dextrose in water, saline in water or Ringer's solution. Many times Adenosine 5-Monophosphate, 25 mg in children and 50 to 100 mg in adults, given intramuscularly, is necessary to achieve results.

The trouble is getting doctors to accept this pioneer work; it's so far outside their purview that, as usual, doctors deride this research and claim it can't possibly help (and they worry about sodium levels from the ascorbate, while the patient lies dying in a terional fever!)

[Journal of Applied Nutrition Vol. 23, No's 3 & 4, Winter 1971, Observations On the Dose

and Administration of Ascorbic Acid When Employed Beyond the Range Of A Vitamin In Human Pathology, Frederick R. Klenner, M.D., F.C.C.P].

The trouble is that it's impossible to meet similar levels taking ascorbate orally. But there is nothing to stop you trying in a crisis!

Try to get to 25 grams a day. You may be limited by diarrhea (the so-called "fill and flush" effect). Either endure the cramps and diarrhea or just cut back till you can tolerate the dose.

Here is a summary of all of by Dr Lendon H. Smith [<http://www.MRSAHotline.com/KlennerReport.pdf>]. Do you and yourself a favor, print out Dr. Smith's summary and share it with your doctor. It might save your life. But be forewarned, your doctor might be resistant to the information.

Let's stay with Klenner for the next remedy, which may be better tolerated than ascorbate.

Ancient History and Homespun Vitamin C Therapies

Folklore of past civilizations report that for every disease afflicting man there is an herb or its equivalent that will effect a cure. In Puerto Rico the story has long been told "that to have the health tree Acerola in one's back yard would keep colds out of the front door." The ascorbic acid content of this cherry-like fruit is thirty times that found in oranges.

In Pennsylvania, U.S.A., it was, and for many still is, Boneset, scientifically called *Eupatorium perfoliatum*. Although it is now rarely prescribed by physicians, Boneset was the most commonly used medicinal plant of eastern United States.

#2. Eupatorium perfoliatum

Eupatorium perfoliatum or (Common) Boneset is a common perennial plant native to the Eastern United States and Canada, with a range from Nova Scotia to Florida, as well as from Louisiana and Texas through North Dakota. It is also called "agueweed", "feverwort" or "sweating-plant". It was introduced to American colonists by Indians who used the plant for breaking fevers by means of heavysweating.

Most farmsteads had a bundle of dried Boneset in the attic or woodshed from which a most bitter tea would be brewed for the unfortunate victim of a cold or fever.

Having lived in that section of the country Klenner says he qualified many times for this particular drink. The Flu of 1918 stands out very forcefully in that the Klenners survived when scores about were dying. Although bitter it was curative and most of the time the cure was overnight.

Several years ago his curiosity led him to assay this "herbal medicine" and to his surprise and delight he found that they had been taking from ten to thirty grams of natural vitamin C at one time.

Dosage: Beware overdosing; Klenner reports that even then it was given by body weight. Children one cupful; adults two to three cupfuls. Cups those days held eight ounces.

Twentieth century man seemingly forgets that his ancestors made crude drugs from various plants and roots, and that these decoctions, infusions, juices, powders, pills and ointments served his purpose.

#3. Peroxide and Other Oxygen Therapies

This has been somewhat controversial. As usual, controversy means ignorance. There is no argument: **our body naturally uses hydrogen peroxide as an antimicrobial; our white cells produce it routinely to destroy pathogens, including viruses, bacteria, yeasts and molds.** So what's the big deal if we help out our own immune system with a free lunch?

Arguments that hydrogen peroxide therapy is dangerous are plain stupid. Aspirin is terribly dangerous and can kill—but only if used wrongly! Same with hydrogen peroxide. In fact it is safer than aspirin because hypersensitivity to salicylate could mean a fatal reaction, even at levels totally safe for the rest of us.

However it's important for safety to use the right grade of hydrogen peroxide (35% food grade only and NOT pharmaceutical grade). Even then this substance is deadly and must be diluted 1 to 12, to give a 3% solution. Use rubber gloves to handle the concentrated liquid and dilute it into an eyedropper bottle from the pharmacist.

Take only a few drops at a time, starting at 3 drops, 3 times a day, increasing by 1 drop each day (4 drops, 3 times a day; 5 drops, 3 times a day; maximum 25 drops daily).

Do that and you'll be quite safe.

The drops are mixed with either 6 to 8 ounces of filtered water, juice, milk or even aloe vera juice or gel. Don't use chlorinated tap water to dilute the peroxide, the chlorine will simply neutralize the peroxide!

If you feel nauseated (usual side effect), reduce the dose. This is NOT recommending peroxide for any other use than an acute crisis of infectious disease.

Fuller notes on using hydrogen peroxide are given in the major eBook: "How To Survive In A World Without Antibiotics".

#4. Chlorine Dioxide Protocol

Sometimes also known as Miracle Minerals Solution (MMS), though there are no minerals in it. The value of MMS was first discovered by Jim Humble, when it sensationally cured a colleague with life-threatening malaria. Since then it has gone on to prove itself effective against a wide range of pathogens, including viruses.

The active substance is chlorine dioxide, another oxidizing zapper (like hydrogen peroxide) but if anything more vicious in dealing with pathogens. When it meets a pathological substance (typically low pH with spare electrons), it rips off the electrons in the equivalent of a small chemical explosion in the tissues. No more MMS molecule but the pathogen encountered is history!

Yet healthy tissues, which are alkaline (higher pH) and ready to receive electrons, remain unharmed.

Chlorine dioxide is prepared on the spot, just before ingestion. The MMS is activated by diluting one drop of it with 5 drops with an activator. Citric acid (10%) is best but a pinch lemon juice or lime juice, which are citric acid fruits, will work just as well.

This is left to stand 3 minutes till it turns green and smells evil! Water can be added and then the mixture is swallowed. It takes an act of faith to believe this is medicine, not some poisonous drain cleaning concoction, but all reports of its use show it can be very effective yet quite safe!

Start with 3 drops (diluted with 15 drops citric acid etc.), unless you are pretty ill, in which case start with 5 drops (diluted with 25 drops of citric acid etc.). You can increase the dosage every day but to a maximum of 15 drops, DO NOT EXCEED THIS DOSE.

In a real crisis, you can use repeated doses of 5 + 15 drops, every few hours.

MMS is fast. If it is going to succeed, the patient will usually feel better in a few hours at most. Recoveries can be very dramatic.

Once again, I have given comprehensive instruction on this remedy in my eBook: "How To Survive In A World Without Antibiotics".

#5 - Avazzialife

Energy Healing Techniques

I want to share with you a little bit of information on the electrical model of health and being. I've seen some astonishing recoveries over the last 30 years, using electrical energy healing techniques. Microcurrent therapy, MCT, is important because it addresses body and brain function **at the biological level**, meaning the currents and energies are similar to those the body uses (millivolts and milliamps, even microamps).

Yet the changes can be dramatic indeed.

It's all about the fact that life is mainly electrical in nature. We are NOT just a bag full of chemicals, thinking and acting! Life is energy, not stuff! What changes is information and energy, not biochemical reactions.

The crazy view that life and consciousness are about a couple of sodium or potassium atoms getting together and saying, "Let's think about lunch," is totally ludicrous. Atoms cannot initiate thinking or function. Particles don't think. We are not a brain.

We are an energy machine that translates information into function. That's the true nature of the universe. As readers of my amazing *Medicine Beyond* will know, I have quoted Nobel laureate Carlo Rubbia as saying, "Only one billionth of the universe is matter; the rest is energy and information."

That means medicine which uses chemical "stuff" is only going to be effective one billionth of the time! That just about sums up Western drug-based medicine. Nothing is cured; only symptoms suppressed. It's as wise and useful as dropping a bomb on a town and then saying, "No more complaints from down there!"

About a year ago I used a micro-current therapy (MCT) instrument called the **Avazzialife** on a friend of mine. While we talked, I set the device on her abdomen and chose a setting that works very well for fibromyalgia and other causes of cognitive decline.



Avazzia Pro-Sport MCT device

It's true to say that we were ALL surprised, when she went from a tired, mumbling speech mode—resting for several seconds after the effort of each sentence—to almost normal speech, in just 15 minutes! She was more animated and definitely more connected with the conversation.

This raises several very crucial healing principles, not the least of which is this: if she can be normal at any time, she can be normal all the time. It means she does NOT have dementia, etc. no tumor, no stealth pathogen, no bits missing or dead, nothing degenerative.

Let me tell you a little more about my favorite MCT instrument...

Avazzialife are the world leaders in non-invasive pain resolution. Differing from other companies that only offer "Pain Management", this new micro current high voltage bio-feedback technology is an easy alternative to NSAIDs, COX Inhibitors and harmful narcotic drugs.

Whatever you have read about the brilliant SCENAR can apply equally well to the US-made Avazzialife.

It's a brilliant hand-held device, capable of rapidly healing sports injuries, back pains, fractures, toothache, headaches and irritable bowel disease (as well as pre-menstrual tension, scalds, burns and post-surgical complications).

Discover More and Watch My Webinar

Watch a comprehensive webinar in which I interview world-class microcurrent therapy (MCT) practitioners. You'll see images of healings that are just stunning to believe, which totally justify my description for this healing modality as "medicine's greatest revolution" (after anesthetics and antibiotics)

Click Here: <https://keith-scottmumby.wistia.com/medias/nejwp54poe>

#6. Homeopathy

Homeopathy Successful In 1918 Epidemic

One of the most devastating outbreaks of disease in history was the 1918 Flu Pandemic. Over a billion people - half the world's population at the time - fell ill as the dreaded "Spanish Flu" swept the globe. Nobody knows the exact death toll but estimates put it around 40 – 50 million (some estimates go as high as 100 million).

While the mortality rate of people treated with traditional medicine and drugs was 28%, those treated by homeopathic physicians had mortality rate of 1%. Of the fifteen hundred cases reported at the Homeopathic Medical Society of the District of Columbia there were only fifteen deaths. Recoveries in the National Homeopathic Hospital were 100%. In Ohio, of 1,000 cases of influenza, Dr. T. A. McCann, MD, Dayton, Ohio reported NO DEATHS.

Medical reports state that homeopathy was 98% successful in treating the 1918 epidemic. Ohio reported that 24,000 cases of flu treated allopathically had a mortality rate of 28.2% while 26,000 cases of flu treated homeopathically had a mortality rate of 1.05%. That a 29X reduction in deaths!

Connecticut, 6,602 cases were reported, with 55 deaths; less than 1%. Dr. Roberts, a physician on a troop ship during WWI, treated 81 cases of flu on the crossing to Europe. He reported, "All recovered and were landed. Every man received homeopathic treatment."

The homeopathics used were Gelsemium and Bryonia. Dr. Frank Wieland, MD, of Chicago, wrote "(With) 8,000 workers we had only one death. Gelsemium was practically the only remedy used. We used no aspirin and no vaccines."

This will not be a lesson in homeopathy, which is a complex and subtle healing speciality. Suffice it to say it works and works well, when in the right hands and the right remedy is used.

The trick is to get a remedy which matches the symptom list as closely as possible; "like cures like" is the core principle of this approach, hence homeopathy—*homo*, the same as.

For simple virus illnesses, like colds and flu, I would use the following, as part of the first line of treatment:

Oscillococcinum (also called *Anas barbariae*): This one is generally regarded to be the number one homeopathic flu remedy. Take it at the first sign of symptoms.

Aconite. Good for sudden onset of flu or colds after a shock or upset, especially when you have a bitter taste in the mouth.

Belladonna, for a hot, dry burning fever and a sore throat.

Allium cepa (onion) is often prescribed when your runny nose feels as though it burns, your eyes water constantly, and you sneeze often. It is the recommended remedy if your cold makes you feel even worse than you do when you are chopping a strong onion.

Nat mur if you feel hot, dry and headachy at the front, especially if there are cold sores around the mouth.

Bryonia is indicated when the cold has moved into the chest and has become largely a cough. Dangerous flu form.

Eupatorium 12x or 6c is indicated when you have a severe aching deep in the bones and a feeling of being sore all over (it's country name is boneset, see #2 above).

Take all as 12X (12D in Europe and elsewhere), repeated every 2 hours for 4- 5 doses. Don't take more because, unlike allopathic medicine, more is not better. Once the homeopathic message is implanted, it works anyway (or doesn't work, in which case try another remedy which more closely matches the symptoms).

Ferrum phosphoricum is often taken to prevent a cold. Take one dose (6x) every morning during cold season,

Nosodes

This is a special subdivision of homeopathic prescribing. It means to make a homeopathic preparation from actual disease tissue or pathogen. Thus you can get "Carcinominum", made from cancer tissue; Tuberculinum, from TB; and, of course, various viral preparations, like Morbillinum (measles), Parotidinum (mumps) and Varicella (chicken pox).

Some diseases need a sideways knowledge, for example papilloma virus would be best treated with Thuja (used for warts and excrescences).

Nosodes are not in any way infections, and can be used in the same way as vaccines, that is, to prevent viral infection. Like vaccines, nosodes sensitize the body to a particular virus, so the immune system can react quickly and effectively to natural exposure. Nosodes are at least as effective as vaccines, and in some cases have been shown to be significantly more effective than vaccines in preventing infection.

The biggest advantage of nosodes over vaccines is the fact that they are completely safe. There are no risks or side-effects whatever. And they can be safely given to puppies and kittens much earlier than vaccines can. In fact, the mother can be treated before she gives birth, giving the puppies or kittens protection from the moment they are born.

6a. Complex Homeopathy

Again this is a subtle speciality. It gets its name from the fact that it uses mixtures of remedies, unlike classic homeopathy (above), which seeks to match the exact right remedy to the symptoms. You may also hear it called homotoxicology.

Sometimes the mixtures are named for the intended purpose, such as “grippe” mix (grippe is the French word for flu). This preparation would have different strains of flu at different homeopathic strengths, called potencies.

I can recommend gripp-HEEL from either HEEL Europe or Biological Homeopathic Industries, now HEEL USA (HEEL is the German mother company name).

Engystol N (HEEL) is great for boosting defence mechanisms and increasing resistance to infections of all kinds, especially viral infections. Good for pneumonia, bronchitis, rhinitis and hepatitis. It’s also good after vaccinations, to prevent adverse after effects.

Deseret Biologicals of Sandy, Utah, do a good immune support protocol and also an active disease protocol for flu. For all these remedies you need a prescription from your practitioner but goods can be drop shipped to your home.

Contacts:

Deseret Biologicals in Sandy, Utah.

Deseret Biologicals are now working with Bruce Shelton MD, former US advisor to HEEL.
469 West Parkland Drive, Sandy, UT 84070-6403 phone: 801-563-7448 fax: 801-563-7455

HEEL have distributors and outlets in many parts for the world, from Colombia to Bielorussia! For the UK and several other centers, contact my good friend Roger Wilson via his website, www.biopathica.co.uk(or biopathica.com).

HEEL’s headquarters are in Germany:

Dr.-Reckeweg-Str. 2-4, D-76532 Baden-Baden or

P.O. Box 100349, D-76484 Baden-Baden Phone: +49 72 21 50 10 0

E-Mail: info@heel.de Web: www.heel.de

HEEL USA (www.heelusa.com) is related by the Reckeweg range of products but is a separate corporate entity to the original HEEL.

#7. Vitamin D

There's a surprise! But it works! Although vitamin D3 (the most active form) is not directly viricidal, it's a precursor of a substance called cathelicidin, without which our immune response to viruses is severely compromised. You cannot afford to be cathelicidin deficient in a crisis.

Cathelicidin is considered to be a part of our innate immune response. Humans and mice have only one cathelicidin gene, whereas domesticated mammals such as the pig, cow, horse and rabbit have multiple cathelicidin genes. This may be another reason why animals don't catch colds! (see note above under vitamin C).

Decreased cathelicidin expression in humans and mice has been associated with increased susceptibility to infection [Ong, P. Y., Ohtake, T., Brandt, C., Strickland, I., Boguniewicz, M., Ganz, T., Gallo, R. L. & Leung, D. Y. (2002) N. Engl. J. Med. 347 , 1151-1160.]

This paper showed direct antiviral activity against adenovirus and Herpes: Invest Ophthalmol Vis Sci 2004;45: E-Abstract 2256.

AgainstHIV:AbstrIntersciConfAntimicrobAgentsChemotherIntersciConfAntimicrob AgentsChemother.1999Sep26-29;39:319(abstractno.935)

We can infer other general antiviral properties from papers like these.

The conclusion is take adequate vitamin D. Ignore the criminally absurd recommendations of US official sources. You need 2,000 IU daily. You could raise that to 5,000 with good effect during a viral crisis.

#8. Oregano Oil

Essential oils were the best antimicrobials we had at the start of the 20th century. Oregano was probably the star among these. Oregano oil has been tested against a variety of pathogenic microorganisms and is found to exert a high degree of anti-fungal, anti-parasitic, anti-viral and antibacterial actions. Oregano is such a potent anti fungal agent that it is capable of destroying even resistant fungal forms.

Laboratory studies have also shown that the oil can inhibit viruses such as the influenza virus, including the avian type, and in both lab tests and animal studies oregano oil has inhibited Candida growth. Oregano oil has been found to be effective against the hepatitis C virus, with preliminary results indicating that 80 per cent of patients taking the oil experienced a decrease in viral load.

Only *Origanum vulgare*, the Mediterranean strain counts. Look for preparations with at least 70% carvacrol.

Dose: Start with 2 drops twice a day in water or juice, gradually increase dose to 5 drops twice a day or as directed by a health care professional. Do not exceed the recommended amount.

For more severe infections you could try:

5 drops every hour for 24 hours. Then 10 drops every 3 hours, for 48 hours. Then 10 drops 3 times a day for 2 more days.

Remember! this is a powerful antibiotic and could mess up your bowel flora. You need to correct this by taking probiotics.

#9. Licorice (*Glycyrrhiza glabra*)

For smoldering (latent) viruses, hidden under the immune radar but still working subtle mischief, a compound found in licorice, glycyrrhizic acid (GA), is probably a key tool.

Appearing in the March 1 print edition of the *Journal of Clinical Investigation*, Ornella Flore and colleagues from New York University School of Medicine show, for the first time, that it is possible to interfere with herpesvirus latency by inhibiting the expression of Kaposi sarcoma–associated herpes virus (KSHV) latent genes. KSHV is the virus that is associated with Kaposi sarcoma, a disease characterized by tumors in tissues below the surface of the skin, often found in patients with immunodeficiencies like HIV and AIDS.

But herpesvirus isn't the only target. Glycyrrhizic acid inhibits growth and cytopathology of several unrelated DNA and RNA viruses, including Epstein-Barr virus, herpes viruses, HIV, and the SARS coronavirus. GA also reduces morbidity and mortality in lab animals infected with lethal doses of influenza virus. It should therefore be good for swine and avian flu. It irreversibly inactivates herpes simplex viral particles.

Glycyrrhizic acid is now routinely used throughout Japan for the treatment and control of chronic viral hepatitis, and its transaminase-lowering effect is clinically well recognized [*Journal of Clinical Investigation*, Vol. 115, Issue 3 (March 1, 2005) 115(3): 642-652 (2005)].

Many clinical studies have depended on IV administration. However when taken orally, GA is mostly hydrolyzed to glycyrrhetic acid by bacteria in the gastro-intestinal and studies show this to be several times more powerful than the parent compound GA.

Licorice is widely available – but limit your intake. Low quantities of glycyrrhizin can build up over days or weeks (it's not all converted to glycyrrhetic acid) and cause elevations in blood pressure, fluid retention, and alteration in potassium levels. Don't take licorice if you are pregnant – it has been associated with premature births.

Dosage: Crushed Licorice Root: 5 to 15 grams (about 1-1/2 to 5 teaspoonfuls). Licorice Extract (more concentrated, care needed): 0.5 to 1 grams.

Licorice Tea: 1 cup after each meal

#10. White Tea Extract

Another surprise! Not Green tea!

Green tea is produced from the leaves of the evergreen plant *Camellia sinensis*. The major active ingredients of green tea are polyphenolic compounds, known as catechins. Most famous of the is epigallocatechin gallate (EGCG), which makes up about 50% of the total amounts of catechins in green tea but there are several others that are powerful antivirals.

But white tea extract seems to be even more powerful, according to a 2004 study conducted at Pace University. Researchers found that White Tea Extract (WTE) may have prophylactic applications in retarding growth of bacteria, viruses and fungi. Their findings were presented at the 104th General Meeting of the American Society for Microbiology.

The anti-viral and anti-bacterial effect of white tea (Stash and Templar brands) is greater than that of green tea.

Moreover, the anti-viral and anti-bacterial effect of several toothpastes including Aim, Aquafresh, Colgate, Crest and Orajel was enhanced by the addition of white tea extract.

“Past studies have shown that green tea stimulates the immune system to fight disease,” says Milton Schiffenbauer, Ph.D., a microbiologist and professor in the Department of Biology at Pace University’s Dyson College of Arts & Sciences and primary author of the research. “Our research shows White Tea Extract can actually destroy in vitro the organisms that cause disease. Study after study with tea extract proves that it has many healing properties. This is not an old wives tale, it’s a fact.”

White tea was more effective than green tea at inactivating bacterial viruses. Results obtained with the bacterial virus, a model system; suggest that WTE may have an anti-viral effect on human pathogenic viruses.

Tea leaves destined to be sold as white tea undergo even less processing than green tea leaves. Instead of air-drying, the unwithered leaves are merely steamed. This results in a pale tea with a delicate gentle flavor. People who have tried both note that white tea lacks the “grassy” aftertaste so often associated with green tea. Less processing means that white tea contains more polyphenols than any other type of tea.

Dosage: Go at your own pace. Put the kettle on!

And finally, talking of tea...

Elder Tea For Viral Fevers

This is not a viricidal but a comforter.

For a good “fever tea,” combine equal parts of elder (*Sambucus nigra*), peppermint (*Mentha piperita*), and yarrow (*Achillea millefolium*), about 1 ounce each, and steep 1 to 2 tsp of the mixture in 1 cup hot water. Take it hot just before going to bed. This will induce a sweat, and if the fever is caught early enough, may stop it altogether. Even if it is too late for this it will still be very useful.

This tea can reduce a fever dramatically and reduce achiness, congestion, and inflammation. They may be taken with a pinch of mixed spice and a little honey to soothe a painful throat.

Other herbs that may be added to the infusion include:

- Cayenne (*Capsicum minimum*): a favorite North American Indian remedy: use 1.25 ml (1/4 tsp) of the powder to really stimulate the circulation.
- Cinnamon (*Cinnamomum zeylanicum*): use a cinnamon stick, and break it into the mixture of herbs, for a gentle, warming and sweat-inducing effect.
- Ginger (*Zingiber officinalis*): grate a small piece of fresh root ginger into the mixture for extra heat.

And finally (it’s tragic to have to do this)...

What To Do You If You Are Forced To Take An Unwanted And Potentially Dangerous Vaccination

Remember the immune adjuvants (squaline etc) are the real danger and thought by some to be the cause of Gulf War Syndrome, caused by subjecting GIs to a medley of vaccination, all in a rush, just before they embarked for the Middle East. They create essentially an autoimmune response, causing the body to attack itself by producing antibodies against its own squalene.

What Can You Do

Follow the advice of Russell Blaylock MD: take a cold pack with you and slap it to the site of the injection as soon as possible after the shot. What that does is it helps block the immune reaction. The immune reaction in the face of a cold compress is significantly reduced.

We can recognize that from other examples of inflammation (immune response): cool it down and it recovers! Continue this as long as possible after you get home. Change it regularly throughout the day and if you continue to have immune reactions the following day cold showers, continued cold pack is important.

Also, take lots of omega-3 fish oils (eicosapentanoic acid or EPA). I mean lots (5- 10 grams starting before the shot). That's a real immune suppressor. This is one situation where you want to reduce the immune response! Well, in the case of an immune adjuvant reaction you want to reduce it and the studies show that if they use an EPAoil given one hour before injecting a very powerful adjuvant called lipopolysacceride, LPS, it would completely block the ability that LPS to produce severe braininflammation.

Also try to get your hands on a homeopathic formula called "Engystol" by HEEL Germany (or from HEEL usa (www.heelusa.com)). That's a powerful defense remedy from a speciality called homotoxicology. It's basis is clearing toxins, including vaccines, from the intracellular fluid.

If you can find a practitioner with knowledge in this field, any "drainage remedy" will help (he or she will know what you mean).

If all else fails, get Traumeel® from your local health food store or pharmacy. It will help.

Schuessler Salts: Fer. Phos. 6D (6X) will also help dampen inflammation.

Autoimmune blocker Halofuginone

In desperation (and these are desperate times), I would try to get blue evergreen Hydrangea root (*Hydrangeastrigosa*), a Chinese medicinal herb called *Tu Chang Shan*. It contains a compound called halofuginone, which research showed was capable of halting the progression of an autoimmune disorder in laboratory mice and human cells. That's what we want, to prevent an autoimmune response to the adjuvants.

What makes halofuginone so useful is that it slowed progression of the disease without suppressing normal immune system functioning, research has shown.

Previous research has implicated Th17 cells in a variety of autoimmune disorders, including inflammatory bowel disease, rheumatoid arthritis, multiple sclerosis, type 1 diabetes, eczema and psoriasis—all types of autoimmune disease.

In the new study, researchers gave halofuginone to mice with experimental autoimmune encephalitis (EAE), an artificially induced immune disease that resembles multiple sclerosis in humans. [Science, June 5, 2009,]

Researchers from the Program in Cellular and Molecular Medicine and the Immune Disease Institute at Children's Hospital Boston, along with the Harvard School of Dental Medicine, found that low-doses of halofuginone inhibited the development of Th17 cells in the mice but did not alter other kinds of T cells important for normal immune function.

Tests in human cells in the lab showed a similar inhibition of Th17 cell formation.

Halofuginone is currently used to treat scleroderma, an autoimmune disease of the connective tissue. But because the compound is now in the public domain, the pharmaceutical industry has not shown interest in further developing it therapeutically (usually story).

But halofuginone could potentially be used to address any autoimmune or inflammatory disease related to toxic vaccinations. I'm backing it.

You'll need to find a sympathetic MD to prescribe it, off label (FDA approval is only for scleroderma). And for goodness sake: DON'T TELL ANYBODY WHAT YOU ARE DOING!

You could face action as an antisocial criminal. I mean it!

Archie Kalokerinos MD.

Finally, do not forget the work of this brilliant doctor. Archie showed that the many cases of sudden death after vaccination in Australian aboriginal infants was caused by a sub-clinical lack of vitamin C. Even if vitamin C status is "adequate" sudden extra demands of a vaccination, which after all is a (supposedly) mild clinical infection, will push a tiny individual into severe deficiency.

His classic and simple experiment, giving kids vitamin C before they were vaccinated,

dropped the death rate to virtually zero. He was hailed as a saviour by the aboriginal population of his region.

The authorities, of course, paid no attention whatever but went on vaccinating kids at risk in what Kalokerinos claims was "genocide" against the native aboriginals.

We can be forewarned and forearmed by Archie's findings. Make sure you take at least 10 grams of vitamin C just before any forced mass vaccination. Repeat at a lower level (2- 6 grams) for up to a week afterwards.

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