

## AT ALL TIMES

1. Avoid **caffeine** (coke, coffee, Red Bull etc.) and nicotine because of their vasco-constrictive action. Try to avoid coffee as much as possible or instead drink URA (vegetable coffee) – a pleasant substitute.
2. Avoid **sugar, honey, fruit juices and dried fruit**. If you crave sugar DO NOT give in to it! 2 fruits daily allowance. Avoid Aspartame (Canderel). Stevia and Xyletol are permissible. Snack on gherkins, pickled onions etc.
3. Do not consume **unpasteurized, or organic** milk, yoghurt, cheese etc..
4. Do not eat **raw** meat (biltong, dry wors), fish (sushi). You can microwave biltong for 18 sec. to destroy bacteria.
5. **Deep body massages** are not recommended.
6. All patients must be **de-wormed** and the same applies to the entire household including pets. Alternate **Zentel** (400mg at once) with **Vermox** (500mg at once) every six months.
7. Avoid **alcohol** as much as possible or reduce intake.
8. Do not remove ticks from animals with naked fingers. Do not handle **rats, mice, hamsters, snakes etc.** Exterminate rats and mice if present in the home. Keep away from stables, manure, ticks, lice etc.
9. **Dams, rivers and lagoons** are not usually Bilharzia-free. Bilharzia should be treated for approx., 5 years.
10. **Flu Vaccines and other vaccines; Gamma Globulin, Beriglobulin and Cortisone** are not recommended. Take cloves, Vit C, garlic and turmeric for the flu viral infection. If a vaccine is necessary please space them apart.
11. **Local anaesthetic** can be used as long as it does not contain **adrenalin**.
12. You can take supplements Vit B12 and Selenium. **Avoid Magnesium, Glutamate and Chromium. Do not take Vit A, D, E and K.**
13. Use a fan at night if suffering from tinnitus.
14. **Filter water** before you boil it as it contains heavy metals.
15. **No Colonic irrigation.**
16. Do not have **Amalgams** in teeth removed. Try to keep your wisdom teeth; they will help you in your middle-age.
17. If your cholesterol is elevated **Statins** are not recommended – Try **Rychol, or artichokes, eggplants, beans, peas, pumpkin, spinach and zucchini.**
18. **Nivaquine** – be careful of black spots before the eyes.
19. If you have an auto-immune disease, any **laser treatment** should be avoided.
20. **Try to fast with water for twenty four hours in a week.**
21. **Erythromycin** – not to be taken if you have had any cardiac problems.
22. **Nail varnish and hair colourant;** quality and in moderation.
23. Do not eat fat-free food. Eat butter rather than margarine. Eat eggs, fish and chicken rather than carbohydrates. A low gluten diet may help.
24. Try to have at least 20 mins sunlight per day.
25. Iron, zinc, chrome and copper (contraception) are all heavy metals.
26. Treat constipation with 2/3 spoons of pawpaw pips and 1 litre water over 15 mins.
27. **Hair Loss?** Use horse shampoo and spray daily with a mixture Bay Rum, Hair placenta and 2 units of Bergamot essence.
28. Please avoid using the Mirena contraception device in case of auto-immune disease.
29. Ozone therapy is recommended to aid recovery.
30. If taking a proton-pump inhibitor (PPI) e.g., nexiam, losec, pantoloc, please take Vit Bcomplex as well.
31. In the case of CFS a bout of flu is a sign of recovery.
32. Please check for Brucella, Toxoplasmosis and Qfever if you wish to fall pregnant.
33. If you have warts apply the milk of the fig tree daily for three or four days.

## **TRIGGERS FOR INFECTIONS OR A RELAPSE**

1. Operation
2. Trauma/Stress
3. Motor Vehicle accident
4. Traumatic fall
5. Sugar intake
6. Vaccines
7. Dental work (do not remove old fillings)
8. Change of seasons
9. Travel
10. New pets