

## HEPATITIS

About five years ago, a woman came to see me. She thought she had hepatitis. She wanted to know how serious it was, and if there was any treatment for it. I asked why she thought she had it. She said she was having flu-like symptoms. In a few days, she began to turn yellow. She had been exposed to someone with hepatitis about three months ago. I explained that a very rare case of hepatitis could be fatal, but the vast majority recovered.

### What You Can Do:

1. Take 15,000 mg. of Vitamin C daily for two weeks.
2. Take NO ENEMA INTESTINAL CLEANSER three times daily. See Bowel Cleanser.
3. Take 1 tsp. of Echinacea twice daily.
4. Take Pau D'Arco - 10 capsules daily.
5. Blend 10 garlic bulbs and freeze. Take one tsp. twice daily.
6. Take 20 drops of tincture of Oregon Grape Root twice daily.

1. Drink three cups of Peach Leaf tea daily.

1. Take 1 Tbs of fresh Aloe Vera gel at each meal.

9. Mix the following:

Barberry Root - 1 Tbs.

Wild Yam - 1 Tbs.

Dandelion - 1 Tbs.

Licorice Root - 1 Tbs.

Milk Thistle - 1 Tbs.

Shittake Mushrooms - 1 Tbs.

Licorice root should be used carefully because it can have significant side effects, including high blood pressure, salt and water retention, and potassium loss. It also can have potentially dangerous interactions with medications such as diuretics, certain heart medications, and corticosteroids.

Mix the above herbs and place one ounce in one pint of water to make tea. Let simmer for ten minutes. Strain. Drink three ounces three times daily.

### Diet Consideration:

1. Eat raw vegetables and fruits for two to four weeks. Especially organic berries and other juicy fruits.

2. Drink green drinks (like greens, parsley etc.), carrot juice and beet juice and especially Butternut Squash. Start this diet with a cleansing fast, using the NO ENEMA  
INTESTINAL CLEANSER

3. Avoid all fats, alcohol, sugar, highly processed foods, eating meats (no animal protein), and no dairy products.

4. Use chlorophyll enemas, three times weekly. Use one pint and retain for fifteen minutes.

5. Eat plenty of Artichokes, 3-5 times per week. You can take a dried herbal type preparation for increased potency if available to you.

Never mix fruits and vegetables at the same meal time. Never drink with meals. You should get plenty of exercise and fresh air.

### **No Enema Bowel Cleanser**

Psyllium 1 lb.

Alfalfa 1/3 lb.

Slippery Elm 1/3 lb.

Apple Pectin 1/3 lb.

Mandrake 3 Tbsp.

Agar Agar 1/3 lb.

Mix together and take one Tbsp. in 4 oz. of juice. Shake up five times and drink right down.

### **Recommended Therapies**

Douches over the Liver

Hot Foot Bath

Fever Bath

Cold Mitten Friction

Salt Glow

Wet Sheet Wrap

Hot Foot Bath w/Fomentations to the Back/Spine & Chest/Liver

Disclaimer: These lifestyle principles are for guidance, not diagnosis or treatment and comes with no guarantees but can be used to maintain body functions and prevent degeneration.