

BIOLOGICAL TOXINS IN YOUR HOME

When you're in your home, you are in constant contact with floors, doors, cabinets, surfaces, and furniture. All of these household structures are home to varying levels of bacteria. In the kitchen, bacteria from raw meat can be transferred from one surface, object, or food to another, causing cross-contamination—a major cause of foodborne illnesses.

Organisms that can produce biotoxins you may encounter:

- Dust mites live in mattresses, pillows, upholstery, fabrics, and floors.
- Mold and mildew are found on bathroom walls, window sills, wallpaper, ceilings, fabrics, and in food.
- Bacteria and viruses live on kitchen surfaces, toilets, sinks, showers, food, and tap water. Most are harmless, but some can cause illness.
- Dander is found on pets, floors, clothes, curtains, beds, furniture, skin, and hair.
- Insect parts and excrement can create allergies in many people and are commonly found in attics, basements, closets, storage boxes, cabinets, and garages.
- Pollen also causes allergies in many people. It is found in anything that has come in contact with outdoors, including shoes, pets, hair, skin, and clothes.

CHEMICAL TOXINS IN YOUR HOME

The idea of chemical toxins probably stir up thoughts of a garage full of paint cans and other liquid waste. Chemicals are used to produce plastic and other synthetic materials used to build homes. Paint, carpet, and pressed wood are just a few items that can release health-disrupting chemicals long after they've been installed.

CHEMICALS AND THE PRODUCTS THAT MAY CONTAIN THEM

- Diethanolamine (DEA): shampoos, lotions, sunscreens, brake fluid, antifreeze
- Formaldehyde: nail polish/removers, air fresheners, cleaning products, paper towels
- Triclosan: hair products, shaving gels, deodorants, toothpastes
- Petroleum: detergents, fertilizer, synthetic fibers, vitamins, plastic, candles
- Butylated compounds (BHA, BHT): Hair products, makeup, deodorant, fragrances
- Polytetrafluoroethylene (PTFE): cosmetics, Teflon, water
- P-Phenylenediamine (PPD): hair dyes, cosmetics, henna tattoos
- Mica: makeup products, insulation, wallpaper, shingles, cement
- Dibutyl phthalate: plastics, adhesives, printing inks
- Sodium laureth sulphate: shampoos, toothpastes, mouthwashes, body wash, soaps, detergents
- Aluminum: antacids, cake mix, processed cheese, deodorants, baking soda, baking powder, soy based baby formulas
- Ammonia: fertilizers, cleaning solutions, plastics, fabrics, pesticides, dyes
- Chlorine: water, pesticides, synthetic rubbers, polymers, refrigerants
- Fluoride: non-organic or processed foods, toothpastes/mouthwashes, Teflon cookware, water
- Sodium hydroxide: soaps, rayon, paper, dyes, petroleum products, detergents, oven cleaners

VOCs

Volatile organic compounds (VOCs) are common chemical contaminants that can be found in indoor environments. These compounds contain carbon, can disperse through the air, and usually have an odor.

VOCs are released by many types of building materials, including:

- Sealants, caulks, and coatings
- Adhesives
- Paint and varnish
- Wall coverings
- Cleaning agents
- Air fresheners and other scented products
- Carpeting
- Vinyl flooring
- Upholsteries, fabrics, and furnishings
- Personal beauty and hygiene products

Fluoride is a dielectric blocker in water. If you're going to drink tea, steep it to get rid of the fluoride. Also fluoridated pharmaceutical drugs, especial MAOI inhibitors and the depression drugs do the same thing.

If nature makes it, you can take it.

The United States spends more on prescription drugs, per capita, than any other country, and those who are prescribed those quack medications remain the sickest people.

This is no coincidence, because their doctors will NOT tell them to cut out processed food, coagulating oils, meat, milk, gluten and other processed "food stuff" that causes blood clots, obesity, heart strain, organ dysfunction and eventually, strokes, heart attacks and dementia.

There are over 40 abnormal Dis-Eases that won't register on blood tests, urinalysis, PET Scan, X-ray, computerized tomography (CT) and magnetic resonance imaging (MRI).

This doesn't include the unseen emotional toxins such as anger, bitterness, stress, anxiety, unforgiveness, etc. that eventually lead to physical illness and can never be detected through means of medical diagnostic equipment.

Unfortunately, laboratory tests are only calibrated and limited to detecting chronic, severe crisis situations where it's often too late to take preventative measures.

Their advanced equipment can easily detect liver cirrhosis, hepatitis, strokes, kidney failure, heart attacks, rheumatoid arthritis, metastasized cancers, etc., but not the medical twilight zone of Dis-Ease caused by cellular toxicities and nutritional deficiencies.

If you have toxic residues accumulating in the intestines, liver, blood, tissue, and cells and nutritional building elements are not able to penetrate the cell membrane to regenerate the cells and remove metabolic waste, then metabolic efficiency, energy and hormone/ neurotransmitter synthesis is greatly reduced which will manifest symptoms of extreme lethargy, muscle weakness, gastric distention, aches and pains, depression, and memory and concentration problems.

These symptoms are God's intelligence to warn us of a deeper cellular malfunction. Remember, only after massive numbers of cells malfunction or die do you begin to notice symptoms of disease. In other words, you're already sick before you get sick.

Allopathic physicians are taught that if you can't see it in an x-ray, or detect it through lab assays, if you can't hear it in a stethoscope, or if you can't feel it in a palpitation, it's not there, even though the patient's whole body is in a state of stress or Dis-Ease.

Since medical students are not taught the subject of toxicology and the dangers of accumulated toxins that cause free radical damage to the cells or the necessities of nutrition to establish and maintain health, the entire sick-care industry can keep disease in the medical twilight zone, where no cures can be discovered and a medical monopoly of risky surgeries and lethal pharmaceuticals can go on, with these companies profiting hundreds of billions of dollars each year.

It is estimated that over 75% of all office visits to medical doctors are in the medical twilight zone category of neurological disorders, chronic fatigue, fibromyalgia, gastric disorders, immune-suppression, mental and auto-immune disorders, skin disorders, and acute bacterial, fungal and viral infections that are all caused by two things – cellular toxicity and nutritional deficiency.

The medical profession addresses neither yet, continues to thrive.

Typical of such twilight zone disorders are symptoms of headaches, dizziness, nervousness, severe fatigue, flatulence, constipation, diarrhea, insomnia, brain fog, joint aches, and a lost feeling of well-being, which are intelligent warning signals of a healing crisis.

These symptoms are the cells' cry or scream to the brain to warn you of a cellular malfunction in a certain organ or system.

These subjective symptoms cannot be revealed by laboratory analysis until they have reached chronic degenerative proportions or metabolic disease states, nor can palliative pharmaceutical agents treat them because these symptoms are indicative of nutritional deficiencies coupled with toxic cellular accumulation.

Pharmaceutical agents do nothing to remove toxic residues in and around the cells, nor fix nutritional deficiencies. In fact, they add more toxins and rob more nutrients from the body. Only natural, nontoxic treatment protocols can reverse the illness.

All medical twilight zone Dis-Eases are endogenous and are the body's built-in intrinsic wisdom instituted as a response to a healing crisis; a purging of toxins to prevent the chronic disease from settling in.

These built-in body-instituted symptoms of runny nose, mucous discharge, sweating, diarrhea, etc. are misinterpreted as disease, when in reality they are the body's effort to eliminate toxins or decaying morbid waste through the elimination pathways via skin, colon, urine or respiration.

To the medical establishment—fever, diarrhea, mucous secretions, coughing, nasal drippage, and excessive perspiring are looked at as unnecessary nuisances to attack or suppress, when, in fact, they are intelligent purging mechanisms to expel toxic debris from the blood and tissues that have overloaded the elimination and detoxification pathways.

In their ignorance, medical doctors are drugging the symptoms of toxicities and nutritional deficiencies at the cell level, or surgically removing organs based on these two conditions.

If they only knew that once the toxic waste residue is excreted, the cells will be allowed to absorb oxygen and intelligent nutrients again, and the body's organs and systems will self-heal and return to homeostasis, or balance and order.

Got atherosclerosis? That means you have decreased blood flow to your heart. Did you get COVID-jabbed? That means you could be experiencing a severe decrease in the flow of nutrients and oxygen in your blood due to tiny spike (snake) proteins clotting and clogging the arteries, veins and capillaries of your entire vascular system.

Got chest pain, shortness of breath, swelling, painful veins, rashes and constant itching? If you got clot shots for COVID, you may be experiencing prion diseases, also known as Spike Protein Syndrome, along with about 150 million other Americans.

Complete blockage can cause a stroke or heart attack. The most obvious early sign is myocarditis, which seems to be a pandemic of its own right now, thanks to the Fauci Flu gene therapy injections.

Every third American is overweight, and half of those heavier folks are obese! Their blood vessels are already clogged with animal fat and canola oil, and now most of them are getting stabbed with spike protein injections every 4 to 6 months.

The CDC has failed to even prove with science that the shots help with immunity at all. What a shame. Chronic inflammation drives more disease and disorder. It worsens it. Order food from almost any chain store or franchise (corporate) restaurant and the menu is overloaded with items that contain cheese, canola oil, processed meat, sugar and gluten.

Most grocery stores and supermarkets are chock full of these blood-clogging, cell-mutating choices (about 85% of all products). All of these blood-clogging foods, combined with spike protein injections, are compounding the blood flow problems for over 100 million Americans.

Switch as often as possible to whole, raw, unprocessed, organic food. Cut sources of unsaturated fat and trans-fat out and eat more plant-based meals.

Also, incorporate some form of exercise daily that you can enjoy. If you already got a clot shot or two for COVID, don't get any more. Avoid the "boosters" like the plague.

Redox power, which is the battery in your cell, should be around negative 400 millivolts in the mitochondria. Humans can usually live disease-free between negative 200 and negative 400 millivolts.

The problem is when you go below negative 200, that's when people get different diseases. The diseases get worse as the numbers get lower.

If you continue to eat deuterium-laden foods, and you live at the 45th latitude, and you do it 24/7 for two or three decades, you're going to have a big problem. And that big problem might turn out to be Hashimoto's or medullary cancer of the thyroid.

Energy production correlates with disease generation. Once you get your redox mitochondrial battery power up, diseases disappear. They don't need medication to go away. You just need to raise your battery power.

In school, we're taught that everything is about protein, carbohydrate and fat. But it turns out that when you open your biochemistry book, there's no mitochondrial input or output that says protein, carbohydrate or fat.

The input to the mitochondria is called the "electron chain transport." The output is electrons to oxygen. That's why you have to breathe. What spins the ATPase head, is light hydrogen.

That's why God put leptin in our subcutaneous fat. It's right below our skin is designed to be in the sun, powered by the photoelectric effect. That's another law of nature, Just like photosynthesis is.

Deuterium is tied to the photosynthetic cycle, so animal products have the lowest deuterium levels in them. Things that grow close to the equator have the highest levels of deuterium in them. Deuterium content is tied to the water.

In third grade we all learned about photosynthesis. CO₂ and water equals sugar. Your mitochondria reverse that process. The water from the water cycle on earth is tied to where you are on the planet.

The closer you get to the poles, the more deuterium depleted you are, because the sun is less powerful there. The closer you get to the equator, the more deuterium you can tolerate. Deuterium is a proton together with a neutron, so it has double the atomic mass.

We learned from Einstein that energy is equivalent to mass; the only difference is the light. So, any time you have more mass, you can't be as energy efficient.

We need to limit the amount of deuterium we put into our bad engines. That's the only way you can fix them. There are two change programs in our bodies, *autophagy* and *apoptosis*. Autophagy recycles the engines. Apoptosis says the engine is so bad, we have to replace it.

Autophagy is controlled by sleep, fasting and red light. Apoptosis is controlled by sleep and UV light. Those are the things that control it. That's why Vitamin D is a proxy for people who have a problem with apoptosis and sleep. Those people tend to get diseases like cancer. That's why vitamin D is always linked with people who tend to get cancer. Autophagy is tied to a different mechanism.

MELANOMA

If the sun causes skin cancer, how come in the dermatology literature, everyone who has low vitamin D levels gets skin cancer, and everyone who has a vitamin D level above 60 ng/dl can't get skin cancer? It's artificial light that causes skin cancer. It destroys your melatonin, which give you low vitamin D levels, and that's where you end up having the problem.

Melatonin and mitochondrial energy controls cell-mediated innate immunity. It controls the immune system. Cytotoxic T-cells need high levels of vitamin D to work to destroy cancer cells. Otherwise, they don't know what cancer to take out. So, they start taking out good cells. That's why people get autoimmunity. They have no red light or UV light in their lives.

Taking Vitamin D when you have skin cancer is like hiring someone to go to the gym and exercise for you, thinking you're going to benefit from it.

When you take something that your body makes, you uncouple the positive and negative feedback loops. The positive and negative feedback loops related to vitamin D are cortisol and melatonin.

Everyone who has skin cancer or epithelial cancer has lost apoptosis. In other words, they can't replace the bad engines.

So, you're constantly running on the bad engines. That's the reason you get cancer. We make vitamin D from 312 nm light, made from a cholesterol ester. The light that humans now live under causes the problem, and it gets blamed on the sun.

So, when you don't go in the sun and stay in blue light, guess what happens? If the sun causes cancer, why is it that the oak tree right outside my window doesn't have a big brain tumor?

Why is it that plants don't have cancer? Why is it that wild animals never get cancer? Because they're wild. They follow the laws of nature...