Cloves

Hydrochloric acid (HCL) in the stomach kills parasite eggs. If stomach acid is low, the eggs may survive. Cloves are known to kill:

- Parasite eggs
- Pseudomonas aeruginosa (a plant pathogen)
- Staphylococcus
- Streptococcus
- Malaria
- Tuberculosis
- Cholera
- Scabies
- Candida
- Shigella

Baking soda hydrochloric acid (HCL) test

1. Mix one quarter teaspoon of baking soda in eight ounces of cold water, first thing in the morning before eating or drinking anything.
2. Drink the baking soda solution.
3. Time how long it takes to belch and time for up to five minutes.
4. If you are producing adequate amounts of HCL, you will belch within two to three minutes (Note: Bob’s Red Mill baking soda is aluminum-free).
Black Walnut [Green] Hull Tincture

Kills adult parasites and developmental stages. The tincture’s brown stain contains organic iodine that has antiseptic properties. The green hull around the nut of the black walnut has anti-parasitic properties.

Note: Vitamin C is known as a reducing agent or “universal donor” (of electrons) in a chemical reaction known as oxidation-reduction. Reducing agents remove stains (if you spill black walnut hull tincture on your countertop).
Wormwood
(Artemesia absinthium)

Wormwood works to anesthetize a worm so that it loosens its grip on the intestines. It is most effective against roundworms, hookworms, whipworms and pinworms.
Thyme

Thyme kills hook-worms, roundworms, threadworms and skin parasites. Thyme also destroys Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella typhimurium, Staphylococcus aureas, and Escherichia coli.
Antiparasite Tea

Recipe (30 days, once-a-year)

2-3 Cups of Water
2-3 Tea Bags Black Tea
48 Drops of Black Walnut Hull Tincture
12 Drops of Wormwood Tincture
2 1/8 teaspoons of Ground Cloves (approximately)
2-3 Sprigs of Fresh Thyme

Other Teas (2 cups/day)

2-3 Cups of Water
1 Tablespoon of Herb

Spring water, HDPE Plastic

Cookware.com
1 Quart Sauce Pan
$13.99

Quadruple Strength Pancreatin
Boneset
Eucalyptus
Birch Bark
Burdock
Fennel

Fennel has been described as an antiparasite that ‘digests’ parasite eggs in the stomach and intoxicates larger parasites.
Epazote
Cardamom Pods
Reishi Mushroom
Turmeric

http://groups.yahoo.com/group/powerfulherbs
maryjofahey@tds.net
Brazil Nuts

Black & Decker Mini Chopper
Rose Hips

Rosehip, Ginseng & Brazil Nut Smoothie
6 Brazil Nuts, Ground
5 packets of Korean Ginseng
1 Tablespoon of Ground Rose Hips
2 Cups of Plain Whole Milk Yogurt
(Optional) 1/3 cup of Pineapple Juice

Notes:
1. Pre-soak Brazil nuts overnight in a Mason Jar filled with water and 1/4 teaspoon of sea salt.
2. Store extra nuts in Mason Jars or HDPE 4 ounce jars (refrigerate).
3. Sonicate foil packages of Korean Ginseng in a jewelry cleaner.
3. Sonicate Ground Rose Hips and Nuts in HDPE 4 ounce jars.
Korean Ginseng

Conair Jewelry Cleaner (Sonicator, Hulda Clark)
- Holds Two 4 oz HDPE bottles
- 20 oz. tank (for water)
- Kills bugs in 20 minutes
- Currently unavailable

Haier Jewelry Cleaner (Sonicator, Hulda Clark)
- 25 oz. tank (for water)
- Kills bugs in 20 minutes
- $29.99 at Amazon.com

Chest Freezer
- -20 degrees Fahrenheit
- Kills bugs in 24 hours
Food Storage

Each of us, whether sick or healthy, is full of heavy metals by the time we are old […]. Illness, including cancer, is a metal disease.

- Dr. Hulda Clark
Super Foods

Apple Cider Vinegar in water
Minerals Foods Leave Behind

Acid Forming

Chloride (hydrochloric acid)

Phosphorus (Phosphoric Acid)

Sulfur (Sulfuric Acid)

- Apple Cider Vinegar (strong)
- Peanut Butter (strong)
- Chocolate (strong)
- Meat (medium)
- Bread (medium)
- Eggs (medium)
- Black Tea (medium)
- Milk and Cheese (weak)

Alkaline Forming

Magnesium (Magnesium hydroxide)

Calcium (Calcium hydroxide)

Potassium (Potassium hydroxide)

- Citrus Fruit (strong)
- Green Vegetables (strong)
- Seaweed (strong)
- Green tea (strong)
- Sea Salt (medium)
- Coffee (medium)
- Wine (medium)
- Ginger (medium)
pH Neutral or Slightly Acidic

- Nature’s Plus Dream Quest Soap (Slightly Acidic)
- Goat Milk Soap: Capric and Caprylic Acids Reduce Alkalinity
- Glycerin Soap (pH neutral)
- Zum Bar: Scotch Hill Farm Zum

Acid Mantle
- Activation of the enzymes responsible for creating fat or lipid molecules in the skin’s outermost layer
- Creation of a critical bilayer lipid membrane that forms around skin cells
- Restoration of the skin following damage
Svante August Arrhenius (1859 – 1927), who is considered to be one of the founders of physical chemistry, developed the following definition of acids and bases:

An acid is a substance that increases the concentration of hydrogen ions (H+), which are carried as hydronium ions (H3O+) when dissolved in water, while bases are substances that increase the concentration of hydroxide ions (OH-).
Loss of Electrons = Death

Commercial Soap Mfg.
Add Nanoparticles to Soap (That Are Left Behind)

Nanoparticles Rob Electrons
- Aluminum
- Titanium
- Nickel
- Silver

Metals readily lose electrons to form positive ions (cations) that attract electrons with a negative charge.

Hulda Clack: Nickel and parasites are south-polarizing
Alkaline conditions (Dr. Alexander Beddoe for Dr. Carey Reams):
parasites, acne, arthritis, slow digestion, breakdown of discs in the back, body odor, demineralization of bones, dental decay, ear deterioration, fever, gall stones, lung problems, headache, heart stress, hot flashes, lower GI gas, mental confusion, moody/depression, muscle soreness, increase in skin pigmentation

Bacteria that lose electrons die
# Herbs & Nuts

## Basic Tea Recipe
- Cloves ✓
- Black Walnut Tincture ✓
- Wormwood Tincture ✓
- Thyme ✓

## Mild Enough to Add to Basic Recipe
- Reishi Mushroom ✓
- Cardamom Pods ✓

## Single Herb Teas
- Eucalyptus
- Boneset
- Birch Bark
- Fennel ✓
- Burdock ✓
- Epazote

## Used like salt in India
- Turmeric ✓

## Food for White Blood Cells (WBCs)
- Rose Hips
- Korean Ginseng
- Brazil Nuts

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### Other Sources, Janesville
- Korean Ginseng ($1.29/box)
  - Asian Grocery
  - 1905 Center Avenue
  - (Rte. 51)

### Other Sources, Madison
- Whole Foods
  - 3313 University Avenue
- Community Pharmacy
  - 341 State Street

### Other Source Online
- Jeansgreens.com