***See your naturopath before treating any health problem with drugs or surgery!***

**THE ULTIMATE CLEANSE**

**by Walter Last**

Most diseases are caused or aided by microbes and parasites. Due to antibiotics, steroidal drugs and chemotherapy our natural intestinal bacteria have been damaged and pathogenic microbes, especially fungi and mycoplasmas, are out of control. Also microbes from childhood vaccinations may still be present, and there tend to be infection foci in root-canal treated teeth and possibly in scars from surgery. All of these greatly weaken our immune system and allow pathogenic microbes to invade the blood and internal organs. Now we become susceptible to frequent infections and immune disturbances such as autoimmune diseases, allergies, diabetes, heart disease and cancer.

You may have a chronic or recurring viral infection or the cause of the infection may not be known. The real question is: why is the immune system unable to overcome it? The answer is usually that there is on overgrowth of pathogenic microbes in your intestines and blood which greatly weaken the immune system. This ultimate cleanse is designed to rid our body of pathogenic microbes and parasites, and at the same time regenerate our immune system. The necessary steps are intestinal sanitation or re-establishing a healthy intestinal flora, followed by a longer period of systemic antimicrobial therapy.

**The Spit Test**

Start with a **Saliva Test** **for Candida** to see if you have a systemic fungus problem:

Immediately after rising before you eat or drink anything fill a clear glass with water at room temperature. Spit some saliva into it. Then check from time to time for up to an hour to see what happens. If Candida is present, you will see one of three things, or a combination of these.

1.     There may be strings like legs extending down into the water from the saliva floating on top

2.     Cloudy saliva will accumulate at the bottom of the glass

3.     Cloudy bits will remain suspended in the water.

The quicker and stronger the strings grow and the sooner the saliva sinks, the more Candida is in the sample. If there are no strings and the saliva is still floating after one hour, you probably do not have systemic Candida but may still have a localized problem in the intestines or the vagina, and you may still have dysbiosis and infestations of other pathogenic microbes.

Even after systemic Candidiasis has been eliminated the spit test may still remain positive because of fungi living within the mucous membranes of the mouth which may then re-grow in the night. This may be eliminated by repeatedly swishing MMS for several minutes in the mouth.

**INTESTINAL SANITATION**

The first step of the ultimate cleanse is re-establishing a healthy intestinal flora. For this we reduce the pathogenic microbes in the intestines with a suitable microbicide before immediately afterwards introducing probiotics or healthy lactobacteria. I prefer fresh, raw garlic which has powerful antimicrobial and especially fungicidal powers. To minimize unpleasant reactions, such as headaches, nausea and other gastro-intestinal discomfort it is preferable (but not essential) initially to take the garlic together with a strong laxative. This is called a flush. An effective flush is with a tablespoon of Epsom salts (magnesium sulfate) or magnesium chloride in a large glass of water. Drink some more water afterwards.

If you are constipated or overweight you may even take 2 tablespoons when using it for the first time to make sure that it quickly comes out at the other end. To make it taste less bitter you may refrigerate the dissolved magnesium salts overnight. In the morning you crush a large clove of garlic, mix and drink it with a small amount of water, and follow this with the refrigerated drink and some more water.

During the following mornings you may use less magnesium salts or take a milder laxative instead, such as psyllium. If you dislike garlic you may put the crushed or chopped garlic into gelatine capsules. If you seem to be allergic to garlic, then use another antimicrobial, such as 2 teaspoons of hydrogen peroxide, olive leaf extract, pau d’arco extract or wormwood. Similar if you can use garlic only during the weekend because of social restraints. Other laxatives that may be used for a flush are Glauber Salz or sodium sulfate, castor oil or senna. You may need to experiment with your chosen laxative to find the right amount to take with garlic so that it is effective within a few hours.

***Psyllium is excellent*** and most recommend for long-term use. If you are not overweight or constipated you may also start the Ultimate Cleanse this way instead of using magnesium salts. Psyllium is especially effective for removing endotoxins from the intestines and reducing allergic and autoimmune reactions.

In a large glass of water add a teaspoon of sodium bicarbonate and a heaped teaspoon of psyllium hulls, stir and drink immediately followed by more water. Do this at least until you start with the systemic antimicrobial therapy but preferably until you feel well again. If you suspect intestinal parasites later also add MMS, wormwood, gum turpentine or essential oils to the psyllium.

 ***Do this Intestinal Sanitation for a minimum of three days but preferably for two weeks before starting with the systemic therapy, and continue taking psyllium and sodium bicarbonate until you feel well again.***

**Probiotics**

This leads us to the next step: replacing the decimated pathogenic microbes with desirable lactobacilli. This must be done in a massive dose 30-60 minutes after each flush; otherwise the unwanted microbes may grow back to full strength after the next meal. Commonly probiotics contain acidophilus and bifidobacteria in addition to other lactobacteria.

These bacterial cultures are available from health food shops as powders or capsules that should be refrigerated. Preferably buy milk-free cultures, especially with Type 1 diabetes and allergies. High-potency cultures contain 10 to 25 Billion live bacteria per gram or per capsule.

However, these dried cultures are dormant and relatively inactive as compared to bacteria in fresh or live ferments. Therefore experiment with making your own ferment. Initially you may use dry cultures as starter or buy fresh ferments over the Internet (e.g. ([www.grainfieldsaustralia.com](http://www.grainfieldsaustralia.com/), use B.E. Wholegrain Liquid). Try to obtain a wide variety of different strains of lactobacteria that preferably have been grown on vegetables and grains.

Also genuine fermented sauerkraut is good and you can easily find recipes on the Internet. I do not recommend using commercial yogurt to sanitise the gastro-intestinal tract because of the high content of mucus-causing lactose and the limited strains of lactobacteria. Better for fermenting milk products are Kefir grains which can ferment at room temperature, see <http://users.chariot.net.au/~dna/kefirpage.html>.

You may ferment goats’ milk or even bee pollen. These ferments do not set as solid as cow’s milk because of the lower protein content, but that does not matter as the beneficial bacteria are in the liquid. You keep it warm for several hours, and it is ready to use when it tastes somewhat acid and starts frothing, keep refrigerated. Use a glassful of this liquid as a starter for the next batch. For individuals with Candida it is preferable to ferment in a yogurt maker close to 40°C as yeast fermentation increases at lower temperatures and can cause problems, this may also happen with sauerkraut.

Commonly these ferments are rather acidic and may upset sensitive individuals. In this case partly neutralise the acidity by adding some bicarbonate until it is only slightly sour, or you may let the ferment stand for a few hours with the addition of some dolomite powder and decant shortly before use.

Take a cupful of ferment after each flush, and possibly more before other meals. Continue taking either cultures or ferment daily during the intestinal cleanse and preferably during the systemic antimicrobial therapy. For more information see [www.health-science-spirit.com/HF2-5.html](http://www.health-science-spirit.com/HF2-5.html).

**Prebiotics**

Prebiotics or the food that we provide for our intestinal flora may be even more important than the probiotics that we can supply as supplements. These nutrients determine which microbial species will thrive and which ones will not do well. The easily digestible carbohydrates from sugar and grain products favour Candida and other yeasts but can also lead to overgrowth of various bacteria in the small intestines.

Commercially available soluble but indigestible fiber, called FOS or fructosoligosaccharides, helps to stimulate the growth of beneficial intestinal bacteria. This is the fiber in fruit without the sugar. FOS are mainly composed of several fructose molecules linked together. Some commercial FOS in processed foods are made by a fungus, and yeast sensitive individuals may react to it. The better type of FOS is produced by splitting the long fructose chains of inulin derived from vegetable sources.

Generally inulin powder is the better supplement to use for stimulating growth of bifidobacteria in the colon, and this is one of the more effective ways of keeping Candida in the colon under control. Inulin is a fine white powder with a slightly sweet taste and is more pleasant to eat and more beneficial than bran.

The recommended intake of inulin is from 5 to10 grams or 1 to 2 teaspoons daily, best divided. The amount should be increased gradually as it may cause loose bowel motions and increased wind or flatulence. This cannot be entirely avoided but experiment to keep it in acceptable limits.

Here are some data for the inulin content in foods: Chicory roots 15-20%, Jerusalem artichokes 14-19%, garlic 9-16%, dandelion leaves 12-15%, onions 2-6%, leeks 3-10%, artichoke leaves 3-10%, and bananas 0.3-0.7%

An excellent health food to sanitise the intestinal tract is to blend a handful of fresh green leaves at high speed in water, and drink this without straining. You may also add spirulina and other supplements. The fiber and chlorophyll of the leaves provides high-quality food for the resident bifidobacteria in the colon.

Legumes are high in a type of soluble fiber, raffinose, that is only broken down in the large intestines. It is another excellent food for bifidobacteria. Raffinose is a trisaccharide with the simple sugars galactose, fructose, and glucose joined together. It is a soluble fibre and can be found in legumes, members of the cabbage family, asparagus and other vegetables.

As a side-effect legumes tend to produce wind or flatulence which can be reduced by sprouting these legumes, or by soaking them overnight and replacing the water before cooking. This also greatly improves the absorption of minerals by reducing the amount of phytic acid in the seeds. Lentils, peas and chickpeas usually cause less problems than beans.

**SYSTEMIC ANTIMICROBIAL THERAPY**

Systemic antimicrobial therapy involves cleaning the bloodstream, lymph fluid, and internal organs of pathogenic microbes. From the wide range of available antimicrobials I have made a selection of remedies with a good track record in natural medicine especially in regard to antifungal properties. Unfortunately most of them are under attack by health authorities in various countries, and you just need to go with those that you can obtain.

Useful remedies include olive leaf extract, pau d’arco extract, wormwood, borax, MMS, kerosene, gum turpentine, hydrogen peroxide, coconut oil or monolaurin or undecylenic acid, colloidal silver, electronic blood purifier, propolis, extract of Neem leaves, and the oils of tea tree, Neem tree, cinnamon, eucalyptus, mustard, oregano, and thyme. Lavender oil is especially effective with topical applications for fungus problems of skin and nails. You may try using 1 to 2 drops of essential oil four times daily ingested or kept in the mouth. Also try direct treatment of affected areas, such as douching, gargling, enemas and skin applications.

Frequently, especially with Candidiasis, there is a die-off or Herxheimer reaction during intestinal sanitation or systemic therapy. You may feel weak and nauseous. In this case temporarily interrupt or reduce the intake of antimicrobials, but make special efforts to clean out your bowels. There is some anecdotal evidence that sipping a liter of water with the addition of half a teaspoon of salt may help eliminating headaches associated with a reaction.

It can be helpful to alternate between different remedies in cycles from daily to weekly and longer. With this rotation it is less likely that microbes will become treatment resistant. Also, if a strain of microbes is resistant to one of the remedies it may be eliminated with one of the others. Further, instead of using high doses of any one remedy you may try moderate amounts of several different remedies taken at different times at the same day, and you may also continue taking fresh raw garlic,

Depending on the severity of your symptoms you may continue this systemic therapy for one to two months, or until you feel that your Candida or microbe-related problems have disappeared or are under control. You may also use Live Blood Analysis or Hemaview to check the condition of your blood. Then continue for a much longer time with a reduced maintenance dose. If symptoms later come back, possibly caused by stressful conditions, hospitalization or unsuitable diet then just repeat the systemic program.

High doses of these remedies are not suitable during pregnancy, but neither is it good if the mother has Candidiasis as this causes problems for the baby. In this case consult a health professional. For an Internet source of some of the recommended remedies see [www.strideintohealth.com](http://www.strideintohealth.com/).

The following herbal dosages are for average body weight, overweight individuals may take more and underweight individuals or children less. Even if systemic infestations with Candida and other microbes are successfully eliminated there may still remain problems in isolated areas, such as in skin, vagina or under toenails. These should be intensively treated with local application of a wide range of remedies.

**Iodine Therapy**

Iodine is an excellent fungicide and has a special affinity for mucous membranes which are also an attractive hiding place for fungi. I prefer to start the systemic therapy with Lugol's solution or similar iodine remedies. However, due to pressure by health authorities it is now difficult to obtain this trusted remedy, and you may instead start with one of the other recommended antimicrobials. Those who can still obtain iodine may use the following guidelines.

Full-strength Lugol's solution, called a 5% iodine solution, contains 10% of potassium iodide and 5% iodine. Each drop contains 6.5 mg of iodine/iodide. If you have a 2% iodine solution then take 2.5 times more drops than for the standard 5% solution. Iodoral tablets available in the US have 13 mg iodine/iodide per tablet. Iosol, an iodine/ammonium iodide remedy has 1.8 mg of iodine/iodide per drop. Other names for Lugol’s solution are Aqueous Iodine Oral Solution BP or Strong Iodine Solution USP. Iodine Topical Solution (USP) contains 2% iodine and 2.4% potassium iodide. The following recommendations are for the standard 5% Lugol's solution, if you use another remedy then adjust the dose accordingly.

Presently iodine solutions with more than 2.2% elemental iodine are banned in the US as they may be used in the production of methamphetamine, although up to 30 ml of Lugol's solution are exempt from this regulation. Standard Lugol's solution is still available in Canada and Mexico. The TGA in Australia does no longer allow Lugol's and similar iodine solutions to be used as remedies. I do not recommend pharmaceutical iodine dissolved in alcohol.

Before starting take a drop of iodine in liquid other than just water to test for allergies. With the standard program you gradually increase up to 10 drops of Lugol's solution 3 times daily with food or drink. You may use more or less iodine according to body weight. Continue for 3 weeks with the full dose, but interrupt or reduce it during a reaction. After 3 weeks continue with 1 or 2 drops daily for much longer. Plenty of iodine helps to prevent and dissolve cysts of any kind and helps tissue to regenerate. When on thyroid medication, or with goitre or an overactive thyroid, it is usually beneficial to increase gradually to 1 or 2 drops daily but initially do not go any higher. Also see [Iodine: Bring Back the Universal Nutrient Medicine](http://www.health-science-spirit.com/iodine.html).

**Borax**

Borax and boric acid contain boron and are excellent fungicides with additional wide-ranging antimicrobial properties, and also chelating fluoride and heavy metals.

Dissolve a lightly rounded teaspoonful (5-6 grams) of borax in 1 litre of good quality water (no chlorine or fluoride).  This is your concentrated solution.  Keep this bottle out of reach of small children.

One 1 teaspoon (5 ml) of concentrate is the standard dose with 25 to 30 mg of borax and provides about 3 mg of boron. Start with one dose mixed with drink or food.  Gradually increase to the chosen maximum intake. The minimum effective dose when used as fungicide is about 100mg of borax.

For individuals with low to normal weight the recommended daily maximum amount is 500mg or 100 ml of the concentrated solution; drink spaced out during the day. Heavier individuals may use a maximum of 1 gram or 200 ml of concentrated solution. Take the maximum amounts for up to 1 month and then alternate with another microbicide. However, continue taking a maintenance amount of 2 or 3 doses daily.

Borax is rather alkaline and in higher concentrations has a soapy taste. You may disguise this with lemon juice, vinegar or ascorbic acid. Also see <http://www.health-science-spirit.com/borax.htm>.

**MMS – Sodium Chlorite**

Sodium chlorite (NaClO2) also known as Miracle Mineral Supplement or MMS, is very alkaline and stable in solution but when acidified it forms the unstable chlorous acid and the gas chlorine dioxide (ClO2) which are strong all-round antimicrobial and parasite remedies. MMS is recommended for an initial clean-out, and is most effective in high doses with acute and serious infections, but is not well suited for long-term treatment of Candida and mycoplasmas, except for local applications and when used in non-acidified form.

Start with 1 or 2 drops of MMS and gradually increase up to 15 drops daily. Mix the MMS with five times the number of drops of lemon or lime juice or vinegar but preferably with a more effective 10% solution of citric acid in water. You can make this yourself by dissolving 1 part of citric acid crystals in 9 parts of water.

Three minutes after adding the acids add half a glass of water, or possibly herb tea, or juice without added vitamin C, e.g. apple or grape juice but not orange juice. Do not take any antioxidant supplements close to MMS; generally keep them 3 or more hours apart.

You may also mix equal numbers of drops of MMS and 50% citric acid and dilute with water or juice 20 seconds after mixing. This produces a much higher concentration of chlorine dioxide with a very strong smell, and is especially effective with acute infections. You make the 50% citric acid solution by dissolving a level spoonful of citric acid crystals in a spoonful of water.

Acidified MMS acts strongest on an empty stomach but that also easily causes nausea. Generally it is better to have some food in the stomach and be able to take a higher dose. If nausea occurs temporarily reduce the dose. Commonly nausea, vomiting and diarrhoea may occur sooner or later and are beneficial for cleaning out but may be avoided or minimized with the preceding intestinal sanitation and other antimicrobial remedies.

With an acute and serious infection you may immediately use a high dose, such as 10 or 15 drops. You will vomit and be very uncomfortable for about a day but it may immediately overcome the infection. However, for chronic conditions and general health improvement it is best to increase by 1 drop each day until you feel some nausea.

Then cut back by 2 drops and stay at this level for several days until increasing again by 1 drop a day. In this way you gradually work your way higher, reducing and then increasing again to keep nausea under control. You may reduce problems by dividing the daily dose into a morning and a bedtime portion.

To quickly stop nausea you may take 1 gram or more of vitamin C, but this also stops the antimicrobial activity. To avoid or minimize oxidative damage I recommend taking MMS only in the morning and evening or only once a day and use a combination of antioxidants, including vitamin C, at lunchtime or several hours away from the MMS. To minimize unpleasant side effects try to alkalize the body before going on a course of MMS.

The main danger after a high dose of MMS is from low blood pressure and hypoglycemic shock due to fluid loss after vomiting and diarrhoea. If this should happen take immediately a high dose of vitamin C to stop the reaction, lie down, and drink lots of lightly salted and sweetened water. A general recommendation for rehydrating after vomiting and diarrhoea is a fluid made with 6 level teaspoons of sugar and 1/2 level teaspoon of salt dissolved in 1 liter of water, or alternatively use salted rice water. Also. Individuals with G6PD deficiency, an enzyme deficiency with a tendency to haemolytic anaemia, must avoid MMS and other oxidising substances.

If this MMS program causes problems or is too difficult then you may try instead oral or rectal absorption or non-acidified MMS as explained below.

**The oral absorption method** helps avoiding nausea and is also effective with smaller doses. To 1 part of MMS add 5 parts of 10% citric acid and after 3 minutes dilute with about 30 ml or a big mouthful of water, and finally add 5 to 6 parts of a 10% sodium bicarbonate solution to protect the teeth from acid attack. This will give a pH of about 5, and one can keep it in the mouth for 5 to 20 minutes before swallowing or spitting it out. You make the 10% bicarb solution by dissolving one level spoonful of bicarb in 9 spoonfuls of water.

6 drops of MMS is a strong dose for oral absorption. For an acute infection you may follow up with a second dose As a general cleanse you may use this or a lower or higher dose for 2 to 3 weeks, best at bedtime.

**The rectal absorption method** is good with problems in this area, such as rectal or prostate cancer, irritable bowel, and infections, cysts and cancers of the female organs. First have a bowel movement and an enema, and then try 2 activated drops in 250 ml of water. Hold for several minutes, then expel, clean again with an enema and finally insert 4 to 8 activated drops in 250 ml water and hold for a longer time or up to 30 minutes. As with oral absorption you may also add some bicarbonate to make it less acid. Protect the anus with some fat or Vaseline. There tends to be no direct discomfort, but for several hours afterwards energy may be low, and several cleanout bowel movements may follow. You may try this once a week with gradually increasing doses.

**Mouthwash:** Dilute a teaspoon of MMS in 500 ml of water. This is only slightly alkaline and tends to release small amounts of chlorine dioxide in contact with acid-forming bacteria. It is also commercially promoted as an effective method of removing bad breath or halitosis by oxidising smelly sulphur compounds to non-odorous sulphates. Swish a mouthful around for a short time, gargle, and spit out.

You may also combine the stronger antimicrobial effect of oral absorption with the convenience of a mouthwash: add a drop or two of lemon juice or citric acid to a teaspoonful of mouthwash solution and immediately start swishing this in the mouth for a minute or two before spitting it out. This has a relatively mild effect on the taste buds. One teaspoonful of mouthwash contains about one drop of MMS.

**Non-Acidified MMS:** Medical-type patents describe the use of stabilised sodium chlorite in oral, topical and intravenous applications for treating autoimmune diseases and chronic infections, also hepatitis and lymphoma. This also counteracts the neurotoxic effect of acetaldehyde produced by Candida as it oxidizes this to acetic acid or vinegar. This is also suitable for kidney and bladder infections. In these cases the solution is not acidified! This is much less damaging to antioxidants in the body than prolonged use of acidified MMS, and the incidence of nausea will be greatly reduced.

As an average dose try 5 to 10 drops (or half a ml) of MMS once a day after the evening meal or at bedtime in a drink. However, non-acidified sodium chlorite. just like acidified MMS, does react with glutathione in body cells. Therefore use it only for limited periods, e.g. for one week every other week, and limit this program to 6 to 10 weeks (3 to 5 cycles) before a longer break of one or more months. Alternatively use it 5 days a week for 3 to 5 weeks. During breaks use other antimicrobials instead. An occasional high dose of 20 drops can destroy the bio-film protection of Candida in the intestinal tract and cause large amounts of stringy slime to be expelled through vomiting and diarrhoea.

**Chlorine Dioxide Solution (CDS)** is now available over the Internet as a concentrated solution of the gas in water. It is easier to take than acidified MMS and does not seem to cause nausea. For instruction on how to make or use it see the Internet.

**Olive leaf**

Olive leafcan be used as tea or powder but more commonly as an extract. The active ingredient is oleuropein. Preferably use up to 1000 mg of oleuropein daily during the systemic program. Dried olive leaf has about 30 mg of oleuropein/gram.

As the tea is bitter you may use part of it as powder stirred in juice. Simmer 30 grams of dried leaves in 1 liter of water for 1 -2 hours, top up, strain and refrigerate, and drink 3-5 cups daily.

Preferably use extracts in powder form and stir half a teaspoon in water or other non-protein liquid two or three times daily and take before meals (oleuropein may be inactivated by high amino acid levels). The normal retail form is as 500mg capsules. In this case you may use 10 capsules daily. Commercial liquids commonly contain only 4 mg of oleuropein per ml. In powder form olive leaf extract has 200mg to 220mg/g.

Elenolic acid, one of the hydrolysis products of oleuropein, destroys or inhibits the growth of many kinds of roundworm, hookworm, tapeworm and flatworm parasites, in addition to bacteria, viruses and fungi. Olive leaf extract is also used with cancer, HIV and AIDS.

**Pau d’arco**

Pau d’arco (also called taheebo or lapacho) is a strong anti-microbial from the inner bark of a South American tree. It has the advantage of tasting reasonably pleasant. Either use extract or make tea: one tablespoon of bark or a heaped teaspoon of powder in a large cup of water. Bring to boil and let simmer or steep for 5 to 15 minutes; drink 3 cups a day. Powdered pau d’arco in capsules or cold water does not work but you may use the extract in capsules. Use 3 x 500 mg in capsules or half a teaspoon of extract powder 2 or 3 times daily.

**Wormwood**

Wormwood is effective against most microbes and parasites. Commonly used for Candida is Artemisia absinthium, but also Artemisia annua or Sweet Annie can be used. Both herbs have different active ingredients, and it may even be good to use a mixture of both. They should not be used during pregnancy.

To avoid the bitter taste of A. absinthium stir a rounded teaspoon of powder in some cold water or juice and drink immediately. Use a teaspoonful three times daily. However, the bitter qualities of wormwood tea stimulate the digestive system - stomach, pancreas, liver and gall bladder. It has been used as a folk remedy to cure jaundice.

 Therefore, in addition to taking it in cold water, frequently drink some as tea during or after a meal. Make wormwood tea by adding 1 heaped teaspoon of the herb (or 1 rounded teaspoon of the powder) to 1 cup of boiling water and allow to steep for ten to fifteen minutes. You may sweeten the tea with xylitol or stevia, and add some peppermint.

Generally, it is easiest to take by getting it down quickly and, before breathing again, drinking something pleasant afterwards. For children you may also use wormwood powder in capsules (3 to 5 capsules 3 times daily), or use only Sweet Annie.

**Kerosene**

Kerosene is surprisingly effective against Candida and mycoplasmas or cell-wall deficient microbes while not harming our normal gut bacteria. It may be easier to take than acidified MMS. Normal kerosene boils between 145 and 300°C, but the antimicrobial effect is strongest between 100 to 200°C. The lighter fractions are mainly absorbed in the stomach and go into the blood while those boiling above 200°C move mostly through the intestinal tract with a laxative effect.

Apart from a suitable boiling range good kerosene should also be low in aromatics, this is what 'low odour' means. To see if products from other companies or in other countries are suitable go to the website of the manufacturer and look up the Material Safety Data Sheet or MSDS. It may not be sold as kerosene but rather as naphtha petroleum, hydrocarbon solvent, white spirits or mineral turpentine. Look for petrochemical based aliphatic hydrocarbons, and not half-synthetic isoparaffins or special solvent mixtures available from art supplies as aromatics-free mineral turpentine.

A suitable variety of purified kerosene in Australia is Diggers Low Odour Kerosene available from hardware stores rather than supermarkets. Also, Diggers White Spirits and Diggers Mineral Turpentine are available as low-odour products with the same chemical composition as Diggers Low Odour Kerosene. The boiling range is from 149 to 194°C. With 190 to 230°C the boiling range of odourless kerosene is too high for purifying the blood but it could work for cleaning the large intestines.

Shell Chemicals has 2 suitable products free of aromatics: ShellSol D40, with a boiling range of 145 - 210°C, and the lower boiling SBP 100/140. BP White Spirits, low in aromatics, boils from 142 to 200°C. These products may be available in stores for building materials and paint supplies, larger hardware stores, or from the Internet. A suitable low-odour product in the US is Klean-Strip 1 Kerosene, see  <http://www.wmbarr.com/product.aspx?catid=35&prodid=7>; you can get it at Wal-Mart and various hardware stores. In Europe you can get Shell-Sol D40, SBP (Siedegrenzbenzin) 100/140 and Gum Turpentine (Balsam Terpentinoel) from <http://kremer-pigmente.de/en> (click on "Shop" and search for these products). Nevertheless, if a low-aromatic product is not available then even normal kerosene may be used. It is not more toxic but only has a stronger odour. The toxic benzene boils at 80°C and is not present in fractions boiling over 100°C.

Dosage and duration of a course are rather flexible. One may start with a few drops of half a teaspoon, then continue with one teaspoon for a week or two and gradually increase up to one tablespoon for a week or two until ending again with one teaspoonful for a total duration of about 6 weeks. The higher doses tend to cause diarrhoea and liver detoxification. While this is basically beneficial, it can cause unpleasant symptoms, in this case reduce or temporarily stop the intake. This may be repeated as needed or one teaspoonful may be used periodically.

It is best taken before breakfast or at bedtime, possibly with a small amount of molasses: lick some molasses to coat your tongue, then take a spoonful of kerosene and wash it down with a small amount of drink and food. For children it has been used as several drops on sugar.

**Turpentine:** Pure Gum Turpentine was a trusted antimicrobial remedy for thousands of years. It has been used as a teaspoon of turpentine mixed with a teaspoon of white sugar, but start with only a few drops and increase gradually. Initially it may be used daily for a week or two and then twice a week for several weeks longer or until the problem is fixed. When I tried it out I was surprised how pleasant it tasted, just like a pine-flavoured lolly. However, it can cause stronger reactions than kerosene. I now believe that instead of using sugar, it is better to take gum turpentine mixed with an equal amount or more of either paraffin oil or olive oil.

For more information see [Kerosene - A Universal Healer](http://www.health-science-spirit.com/kero.htm).

**Alkalizing**

Candida tends to cause overacidity which in turn increases inflammation and pain. This can be controlled with alkalizers such as potassium citrate, sodium bicarbonate and potassium bicarbonate. Use half to one teaspoon of bicarbonate in a glass of water on an empty stomach or 2-3 hours after meals once or twice daily. Bicarbonate solution is also effective in direct contact with fungi such as for rinsing the mouth, sinuses or vagina or as packs over sites of fungal infection and tumours. Potassium citrate may be used in drinks or directly mixed with food, use up to a level teaspoon 3 times daily.

**CONCLUSION**

While orthodox medicine uses specific drugs for specific microbes, in natural medicine broad-based remedies are used that may cover viruses, bacteria, fungi and parasites at the same time. Medical antibiotics tend to kill our friendly gut bacteria, which then allows Candida and mycoplasmas to invade the body and cause numerous health problems. This can be prevented by also taking fungicides in the form of natural remedies when using antibiotics.

Broad-based remedies are cheap and effective and ideally suited for self-healing. But this does not mean that they are harmless. While damaging side-effects are much less frequent than with drug medicine, problems can occur. This means, you need to use common sense, observe how your body reacts, and cut back or use another remedy if indicated. This is an experimental approach in which you need to be flexible and take responsibility for your health and your actions instead of just following the orders of a doctor.

Furthermore, most chronic diseases can be overcome and the body rejuvenated with a three-pronged approach based on:

1.     Eliminating microbial problems and strengthening the immune system

2.     Eliminating metabolic wastes with periodic raw-food cleansing

3.     Emotional healing, mind therapies, energy work and guided imagery.

The Ultimate Cleanse is a first step in this system of holistic healing.

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