

4. Available Diets and Supplements to Counteract Life Style Diseases.

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Abstract

<English> As an overview of environmental medicine, a brief description of the four fundamental environments is given, including their most common dis-balanced states. A basic understanding of the core functions and the nutritional needs of the immune system is given, with an overview of how the dis-balances of the four environments cause an interruption of the uptake and processing of essential vitamins, minerals and complex organic molecules. A framework of healthy diet is suggested as a preventive measure. For the case of meta-stable disorders, a list of supplements and protocols is referred to in the form of a review of literature and products, which have been developed to counteract these dis-balances and to reverse the damage and suffering associated to autoimmune diseases, candida, morgellons and other liver-related conditions, Lyme disease, cancer, degenerative old-age diseases as well as the entire autism spectrum.

<Deutsch> Als Übersicht über die Erkenntnisse der Milieumedizin wird eine kurze Beschreibung der vier grundlegenden Milieus gegeben, mit ihren am häufigsten auftretenden biochemischen Fehl-Ordnungen. Vor dem Hintergrund eines Grundverständnisses der Nährstoff-Basis des Immunsystems wird dargelegt, wie die Fehlordnung der vier Hauptsysteme die Aufnahme und Weiterverarbeitung der für das Immunsystem essenziellen Vitamine, Minerale und organischen Komplexe behindert. Ein ernährungs-bezogenes Rahmenprogramm wird als prophylaktische Maßnahme vorgeschlagen. Für den Fall metastabiler Fehlordnungen wird in Form einer Literaturrecherche eine Liste von Nahrungsergänzungsmitteln und Medikamenten vorgestellt, die speziell dafür entwickelt worden sind diese Ungleichgewichte zu beheben, und damit zur unterstützenden Behandlung von Autoimmunerkrankungen, Candida, Borreliose, Morgellons, und anderen Leber-bezogene Krankheiten, degenerativen Alterserkrankungen, Krebs sowie des gesamten Autismus-Spektrums geeignet sind.

**<Environmental medicine> <Milieumedizin> <Parkinson> <Alzheimer> <ALS> <Dementia> <Demenz>
<Morgellons> <Candida> <Lyme disease> <Borreliose> <prophylactic diet> <supplements>
<Nahrungsergänzungsmittel>**

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Please also regard the other publications of this series:

ENVIRONMENTAL MEDICINE'S APPROACH TO GEOENGINEERING-INDUCED DISEASE

- 1. Do Autism-related Rope-Worms and Morgellon-Fruiting Bodies Display the Same Biotechnological Signature?**
- 2. Fiber Disease, Intestinal Pseudo-Parasites, Delusional Parasitosis & Autism. The Multiple Facets of the Morgellon Condition Explained.**

Including a guideline for diagnosis and a therapeutic protocol.
- 3. TSE & Creutzfeldt Jakob as a Result of Airborn Piezoelectric Nanocrystals, Organo-Phosphates, Heavy Metal Poisoning and Malnutrition.**
- 4. Available Diets and Supplements to Counteract Life Style Diseases.**

1. Introduction

In many ways modern western medicine seems to be a relic of wartimes, with the attempt to fix symptoms and enable the patient to return to the battlefield as quick as possible. Apparently, the profit-orientation of pharmaceutical companies has contributed to this culture, and little effort was put into understanding long-term correlations between malnutrition, environmental poisons and the development of medical conditions. Just as a proof of principle one might regard, that veterinary clinical practice is ahead of human clinical practice in understanding the interrelations of disease and malnutritionⁱ. Also, when a single symptom is treated with pharmaceuticals, this mostly adds to the distortion of the biochemical environment. In many cases the disruption of a medical condition, that actually was acquired by the body as a helper to detox and rebalance health, can lead to a secondary disease that tries to achieve the same goal on a different, more severe level. From a profit-oriented point of view there was never much concern about a secondary disease developing as a side-effect of a cure – as long as the causality was not visible to inspire people to charge the companies for the damage and suffering caused. To give a simplified understanding of the pathogenesis of most of the lifestyle diseases, the following text will focus on how malnutrition and poisoning affects the immune system as well as the nervous system. From this basic understanding a nutritional framework can be deduced that contains the essential vitamins, minerals and organic compounds that the body needs to function. As a secondary step, a review of literature and nutritional products is given, that are related to the treatment of chronic diseases of the four environments.

2. Method

Exceptional healing methods for diseases commonly classified as incurable were analyzed to identify the key components of the immune system and of the nervous system. By doing this, a metaphoric visual approach to the field of research suggested itself that regards the human immune system as a house with normal regulatory systems, standing for the innate immune system, and a fire extinguisher-network, standing for the adaptive immune system.

In this metaphor it becomes obvious that a life with a running fire extinguisher might put out fires, but still ruins the carpets. Against the background of this metaphor traditional and extraordinary therapeutic concept could be reevaluated, which revealed a common approach in a number of treatments that were coherent to this metaphor and at the same time could proof in practice that disease thought to be incurable actually were curable. By analyzing these approaches, the biochemical key components of a functioning immune response without collateral damage could be identified.

From there on, standard literature was used to identify the biochemical pathways for the assembly of these key components and to identify the basic nutritional values and foods that deliver these values to project a framework of a healthy diet. With the understanding of the biochemical pathways through the four fundamental environments, secondary methods were reviewed that are promising to crack stabilized imbalances of the four fundamental environments.

ⁱ Lecture by Dr. Joel D. Wallach: "Dead Doctors Don't Lie". 1993.

3. Results

4. The four fundamental environments

Environmental medicine focuses on four different semi-independent environments within the human body:

- the intestinal environment (inside the intestines)
- the extracellular environment (blood and lymphatic liquids)
- the interstitial environment (fluids of the connective tissue)
- the intracellular environment (muscles, nerves & brain)

Each environment knows a variety of natural human diseases, which are as a control system helping to rebalance a healthy bio-chemical status quo. Just as an example: The infection of the lower intestines with cholera-bacteria that are not supposed to be there causes diarrhea. Once the uninvited guest is expelled, things return to normality again. If this system of self-regulatory mechanisms fails in any of the environments, it eventually shifts into a chronic unhealthy mode, which again, is self-stabilizing. This pattern of having several, overlapping self-stabilizing and therefore often metastable orders is typical for every self-organized (nonlinear system). This is an essential message to contemporary medical science that hardly ever thinks in the logic of regulatory system. When such a misbalanced state is reached for example in the liver, the other main environments become affected and reshape their order that expresses itself in a different gene expression and different biochemical pathways. With this type of stabilized imbalance the function of detoxing might be shifted from the liver to the kidneys, or to the skin.

To map the four fundamental environments, we followed the path of nutrients through the body, to see what can go wrong at the four different levels.

There are three main harmful mechanisms that might damage the **intestinal environment**.

1. The intestines work like cheesecloth, designed to let only water and small, fully digested molecules pass. With every single meal, the type of gluten found in wheat, rye and barley causes initial tears in the linings of the gut wall. As long as the food is not broken down to single molecules, macromolecules pass the gut wall and enter the bloodstream. Especially alphasgliadine, one of the remaining macro-molecules with a length of 33 proteins, activates the adaptive immune system that regards it as an invasive structure. The problem is that this protein has a similarity to proteins of the body itself, so as long as there is an input of alphasgliadine, the body also attacks its own cells, mostly in the thyroid, but also in the brain. When the diet contains gluten on daily basis, at a certain point a line is crossed and it comes to a loss of oral tolerance, and even with a single meal that contains gluten the memory B-cells kick-start the adaptive immune response that then fights the body's own cells independent of the presence of alphasgliadine for a period of 3-6 months. This mechanism or similar mechanisms with other macro-molecules have been identified as the source of a number of autoimmune diseasesⁱⁱ. One important irritant from this list is milk

ⁱⁱ OBrian, Tom: Gluten Thyroid Autoimmune Connection, The 2016 Thyroid Connection Summit, 24th - 30th Oct 2016, day 3-4. Online November 23rd 2017 at https://www.youtube.com/watch?v=sOdt0iipK5U&ab_channel=IndigoEyes

- and milk products from A1-cows, especially when homogenized.
2. The intestinal environment can suffer from the intake of poisons like glyphosateⁱⁱⁱ and from heavy metals that are taken up from the food chain or are re-circulated from the liver. As a reaction to a poisonous environment, the intestines have the ability to produce a mucous layer that stops the uptake of both poisons and nutrients, which absorbs the poisons, and waits to be flushed out once the source of poison is gone. If this is never the case, the intestines sometimes establish this mucous film, i.e. biofilm, as a chronic state, that as a side effect partly blocks the uptake of nutrients. Also, the biological order of microbes in the gut can be distorted; glyphosate for example kills both lacto bacteria and coli bacteria except of one pathogenic form. The biofilm then hosts and self-stabilizes this dis-balanced biochemical environment.
 3. As an additional effect, the presence of heavy metals turns the intestines into an antenna, and especially microwaves are enabled by these metal clusters to penetrate the tissue to a depth of up to 30 cm. Resonant microwaves^{iv} disrupt the choline function and thus further inhibit the uptake of nutrients, which is limiting the detox capacities of the body, adding to the toxic ballast in the intestines. Choline is partly responsible for the transport of nutrients through the gut walls by connecting to the molecules via its hydrogen bond. This bond is disabled by resonant microwaves.

The **extracellular environment** is described in more details in the paper on Morgellons disease^v. It covers the blood and lymphatic liquids, with the liver as the main organ responsible for the self-regulatory mechanisms of the biochemical order of both liquids. A chronic disbalance of the extracellular environment displays a balance between pathogenic candida forms, some of them hosted by emptied red blood cells, which produce hormones that signal the liver to shut down its internal lymphatic flow^{vi}. Once the liver's lymph-system is inactive the liver stops cleansing itself and the extracellular environment over-acidifies and intoxicates with heavy metals; this is a condition the pathogenic candida forms like and flourish on. A liver mal-function of this type activates secondary detoxing mechanisms that act via the skin and the mucous tissue, causing dermatitis, hay fever and asthma to enforce a detoxification via the skin and mucous membranes. Candida produces mycotoxins, which are up-concentrated and externalized by herpes viruses.

The toxins the body does not manage to expel also up-concentrate in the **interstitial liquids**. Again, the presence of heavy metals increases the field-density of electromagnetic fields inside the body, which 10folds^{vii} the reproduction of spirochetes (Lyme disease), who mostly live and prosper in the interstitial liquids. Spirochetes deplete magnesium and add further toxins to the already existing toxic load.

ⁱⁱⁱ active compound in Roundup, world most used herbicide produced by Monsanto, mandatorily used in the cultivation of GMOs.

^{iv} Molecules often act like springs, i.e. have a resonance frequency, on which they resonate and thus accumulate energy. Just like in the world of mechanics it can come to resonance-catastrophies leading to the breaking of the molecule bond. Also, the resorption of radiant energy is depending on the frequency.

^v Kautz, Harald: Fiber Disease, Intestinal Pseudo-Parasites, Delusional Parasitosis & Autism. The Multiple Facets of the Morgellon Condition Explained. Including a guideline for diagnosis and a therapeutic protocol. ENVIRONMENTAL MEDICINES APPROACH TO GEOENGINEERING-INDUCED DISEASE. Gumtow 2016.

^{vi} Ekkehard Sirian Scheller: Candidalismus - Getarnte Systeme erkannt, Gefahr gebannt. Ursache unendlich vieler Krankheiten und eine "infopathische" Lösung. 7th edition. Jim Humble Verlag 2015.

^{vii} ElectroSmog. Posted By Arihzona Center for Advanced Medicine || 26-Jun-2013 online November 23rd 2016 at <http://www.arizonaadvancedmedicine.com/Articles/2013/June/ElectroSmog.aspx>

The **intracellular environment** is the next system that might be flooded with those toxins. The intracellular system displays a high molecular order that spreads initially from the DNA, to RNA, to proteins synthesized and further to the surrounding cell water-clusters. In a healthy mode this water shows a resolution of order that goes down to the single water molecule, creating cell water-plasma with a density of approx. $1.1\text{g}/\text{cm}^3$, i.e. water in its "forth stage" that is 10% denser than dwell-water forming quasi crystalline or Bose-Einstein-like macro-clusters, that can include more than 1.2 million H_2O -units in perfect order. The main sources of disorder in these highly organized biochemical "nano-machines" are toxins, extrinsic DNA and RNA as well as – again – resonant microwave radiation distorting the cluster-order of water molecules by the destruction and following mal-assembly of hydrogen bonds and/or the destruction of proteins due to thermal effects at the membranes. Most of the research done states that an increase of 2-3 degrees in temperature does not harm the cells, a statement that ignores the fact that this is an average rise in temperature. According to frequency, the transformation of radiation into heat can be either occur in water molecules spot on 2.45 GHz, which is the main WLAN and smart-meter frequency, or it might occur at the proteins, RNA and DNA in a broad field of resonance frequencies ranging from the kHz to the MHz bands^{viii}. When according to frequency heating occurs mostly at them membranes, a rise in temperature by 2-3 deg C might reflect on a much higher rise at the membrane itself.

The term microbiome^{ix}, was introduced to describe the close collaboration of fungi, spirochetes, bacteria, viruses and retro-viruses with the human body. They all carry DNA/RNA and thus have both the ability to communicate with the human DNA via biophotons as well as the potential to influence the order in the cells from the highest possible level of self-organization. This is what gene-expression is about. The mechanism both human, fungal, bacterial and viral genes express themselves is regulated by methylation. At times, the trigger for explosive reproduction of viruses, bacteria and fungi seems to be sent with the "intent" to cause inflammation as an immune stimulant and/or to enforce detoxification, like for example with herpes to excrete mycotoxins via the skin. So far this is a natural reaction of the environments on a biochemical challenge. To put it in a simple relation: intoxication is the cause of the diseases, the virus or bacterium that is activated morphogenetically shapes the response of the body by gene expression, i.e the microbes shape the visible symptom, in a way that is supportive for the overall organism. This is how human diseases contribute to health.

However, there exists a new class of retro-viruses that are suspected to be originating from cross-lab contaminations during vaccine production, derived from viruses originally carried by lab-mice with a genetic immune suppression, that got airborne and infected human cell cultures where they mutated or interbred with human viruses to become what today is cataloged as XMRV retro viruses^x. These viruses are related to chronic fatigue syndrome, autism, Lou Gehrig's disease, treatment resistant Lyme disease, and Parkinson's disease. The infection rate with this type of new viruses in the US is at 6-8 percent. The problem with these new pathogens is that they can be activated due to elaborated levels of toxins, which looks like a remain of a supportive biological

^{viii} Irena Cosic, Drasko Cosic and Katarina Lazar: Is it possible to predict electromagnetic resonances in proteins, DNA and RNA? EPJ Nonlinear Biomedical Physics 2015 3:5 DOI: 10.1140/epjnbp/s40366-015-0020-6

^{ix} <http://www.hmpdacc.org/>

^x John P. Thomas: Vaccines and Retroviruses: A Whistleblower Reveals What the Government is Hiding. Health Impact News. Online November 25th 2016 at: <https://healthimpactnews.com/2015/vaccines-and-retroviruses-a-whistleblower-reveals-what-the-government-is-hiding/>

function, however due to their artificial genesis in humans the viruses do not “shape” the symptoms in a way that solves the problem of intoxication. Thus they create devastating effects that manifest as chronic and eventually lethal conditions.

Cancer, that also follows this pathogenesis, is still representing a natural disease. Cancer, which can have multiple causes, on an abstract level could be regarded as the final stage of a loss of order in cells. Cancer is also correlated to the growth of certain microbes, apparently with the genetic/morphogenetic function to disconnect the cell from the overall order. Normally, such a cell is then destroyed by the immune system. When this is not happening or not happening fast enough, the cells create their own order on macro scale, independent from the human morphogenesis, which expresses itself in tumor growth. As a supporting evidence for this hypothesis we might regard that tumors cause the healthy tissue to grow supportive blood-vessels into the direction of the tumor. The tumor is apparently overriding the morphogenesis of the body with its own morphogenesis to serve its own demands. Against the background of this understanding we face the possibility to slow down cancer growth by reducing the toxic burden of the cell giving the immune system a chance to catch up, while a real cure, i.e. the transformation of the tumor cells back into normal cells, can be accomplished by killing the microbes that “marked” the cell to be too toxic to be accepted as part of the body.

In the context of this article the intracellular environment is of highest importance when analyzing the function of the immune system and – to be discussed later – of the nervous system.

The human immune system is split into the innate immune system and the adaptive immune system. The innate immune system carries the genetically acquired “database” about correct order and known pathogens. The adaptive one is designed to learn to deal with new, unknown pathogens. The innate one is always active and it should be fully active to maintain good health. The adaptive immune is a self-learning principle activated when a new pathogen appears in the body, and it should – if not needed – be inactive to maintain good health, because every activity comes along with the risk of collateral damage. This is the main lesson internalized by the metaphor mentioned earlier.

The main mechanisms of any immune reaction are: mark, kill, share information, clean and repair.

The mark and kill mechanism is accomplished by four entities, the macrophages (bigger type of white blood cells), GCmaf (the macrophages activating factor), the t-cells (smaller white blood cells that clean membrane surfaces) and the memory B-cells. The memory B-cells deliver the intel and mark cells to enable the body to take care of similar problems. One type of T-cells transforms GC-protein into GCmaf to activate immune response, and other forms clean the membranes. The macrophages swallow and disassemble active and bound-pathogens. Once the place is cleared, cell division or activation of available stem cells can fix the damage. These are only some of the main functions, the real biochemistry is a complex interaction of thousands of different molecules and cell-types. It seems impossible to make “absolutely true” statements about these biochemical mechanisms, it is only possible to pick out aspects that seem to be essential.

The last mechanism that interferes with immune response is the balance between oxidative stress and antioxidants. To understand this balance we need to look at the function of the mitochondria. The role of the mitochondria is the energy supply of the

body. This is accomplished by processing ATP. In this process some electrons always get lost and expose the tissue to oxidative stress. As a countermeasure to balance the biochemistry the body produces glutathione that is highly antioxidant and neutralizes free radicals causing oxidative stress. For the glutathione build-up and recycling the body needs acetyl-cysteine. Both molecules are essential for the methylation, responsible for correct gene expression. Glutathione is also responsible for the T-cells of the immune system, as well as for the protection of vitamin B12, which is depleted by toxins without glutathione. Among other duties B12 is essential for the nervous system. Oxidative stress lowers the energy production to avoid a further release of oxygen, directly expressing itself as chronic fatigue, causing chronic inflammations and suppressing many biochemical reactions important to cellular development and immune response. To proceed with the train of thought in this article it is not so essential to memorize the complex biochemistry, it is only essential to memorize which molecules play the key roles.

For neurodegenerative diseases we need to look into the intracellular environment. We can roughly observe three steps of degeneration.

- The destruction of the tubulin by mercury and other toxic metals like cadmium and lead.
- The malfunction that results when receptors that are responsible for receiving neurotransmitters are occupied by glyphosate, glutamate, dioxin, mercury, titanate and/or aluminum. This is an effect that can be observed immediately after glutamate, Hg- and Al-containing vaccinations are given, leading to spontaneous neurologic conditions up to full-scale autism.
- When the immune system fails, the leftovers, i.e. cysteine-bound poisons and heavy metals as well as depleted proteins, are deposited leading to the type of neurodegeneration as observed with degenerative old age disease, in which the tissue deposits plaque and/or assembles transhumanistic technologies as described in the article TSE & Creutzfeldt Jakob as a Result of Airborn Piezoelectric Nanocrystals, Heavy Metal Poisoning and Malnutrition.

3.2. Exceptional therapies

To be able to say without doubt which biochemical pathways within the overall biochemical environment are essential, we need to find out which types of therapy actually help. There are a number of therapies that according to patients and practitioners show results with medical conditions that were regarded to be not curable.

- With degenerative autoimmune disease this is Gcmaf treatment^{xi} for the activation of the immune system,

^{xi} Professor Yamamoto discovered that cancer cells and some viruses, but not normal cells, secrete an enzyme called alpha-N-acetyl-galactosaminidase (Nagalase). This enzyme is able to block the production of a protein that activates macrophages to attack the cancer cells. He named this Gc-protein-derived Macrophage Activating Factor — GcMAF for short. Certain immune cells – T and B lymphocytes – make GcMAF from its precursor, vitamin D-binding protein (Gc protein). This protein has three sugars attached to the 420th amino acid along its 458 amino acid chain. The removal of two of these sugars by enzymes produced by the lymphocytes turns Gc protein into GcMAF. The enzyme released by cancer cells and some viruses, nagalase, removes all the sugars from Gc protein, thereby preventing its conversion to GcMAF — and rendering the patient's immune system deficient. The sugar-removing process is called deglycosylation. Cancer's ability to block macrophages by nagalase can be bypassed by injecting GcMAF. The treatment restores normal immunity and the body is then able to attack tumor cells. (Source, online November 26th 2016 at: <http://www.cancerdefeated.com/a-promising-new-cancer-therapy-thats-under-attack/3290/>)

- the DMSO-chlorine dioxide protocol by R. Webster Kehr^{xii} as well as the Kalcker protocol for a support of the immune system with chlorine dioxide,
- and the Trevor Marshall protocol^{xiii} for an activation of the innate intracellular immune system utilizing the mechanisms of the vitamin D axis.
- For autism it was the Kerri Rivera protocol with a combination of treatments including the Kalcker protocol.

While studying these protocols, it became clear that all of them target similar nutritional and biochemical axes related to the immune system. By learning from these protocols, the following nutritional molecules could be determined as essential:

- acetyl-cysteine (that can be derived for **N-Acetyl-cysteine**),
- **Gluthatione** (also derived from cysteine/homocystein in the liver that is derived from methionine and serine in the intestines.
- both methionine and natural fermentation consume **sulfur** that can be derived from certain foods or as a supplement from MSM.
- **choline** (fermentation product),
- **GCmaf**, derived from GC protein (fermentation product).
- Most of the biochemical pathways need at certain point **vitamin C** as a fuel for their biochemical reactions.

^{xii} Chlorine Dioxide when activated with acids enters the blood stream and formes highly oxidant molecules. These molecule are stable in an alkaline environment, and discharge the oxygen plus two electrons when touching an surface embedded in an acidic environment. This makes them "intelligent", leading to an oxidation of pathogens while body cells are not affected. DMSO is an extraordinary solvent that solutes both polar and nonpolar substances, kind of doing the job of both water and alcohol. Due to this quality DMSO has the ability to dissolve anmost all substances and help them cross membranes. The basic idea of R. Webser Kehr is to utilise this ability of DMSO to introduce Chlorine dioxide into the cells, i.e. into the intracellular system.

^{xiii} Proal A. D., Albert P. J., Marshall T. G.: Inflammatory disease and the human microbiome. *Discov Med*. 2014 May;17(95):257-65. Online November 24th 2016 at: <https://www.ncbi.nlm.nih.gov/pubmed/24882717>
Intracellular pathogens long associated with inflammatory disease are able to slow the innate immune response by dysregulating activity of the VDR nuclear receptor. This facilitates the ability of other species to gradually accumulate in tissue and blood, where they generate proteins and metabolites that significantly interfere with the body's metabolic processes. The mechnaism was discovered by Prof. Yamamoto. See: <http://www.cancerdefeated.com/a-promising-new-cancer-therapy-thats-under-attack/3290/> Further research was done by Marco Ruggiero, who could proof that GCmaf also can be administered orally. See also: Marco Ruggiero, Heinz Reinwald, Stefania Pacini: Is chondroitin sulfate responsible for the biological effects attributed to the GC protein-derived Macrophage Activating Factor (GcMAF)? *Medical hypothesis*, September 2016. Volume 94, Pages 126–131. Online November 25th at: [http://www.medical-hypotheses.com/article/S0306-9877\(16\)30151-7/abstract](http://www.medical-hypotheses.com/article/S0306-9877(16)30151-7/abstract): We hypothesize that a plasma glycosaminoglycan, chondroitin sulfate, may be responsible for the biological and clinical effects attributed to the Gc protein-derived Macrophage Activating Factor (GcMAF), a protein that is extracted from human blood. Thus, Gc protein binds chondroitin sulfate on the cell surface and such an interaction may occur also in blood, colostrum and milk. This interpretation would solve the inconsistencies encountered in explaining the effects of GcMAF *in vitro* and *in vivo*. According to our model, the Gc protein or the GcMAF bind to chondroitin sulfate both on the cell surface and in bodily fluids, and the resulting multimolecular complexes, under the form of oligomers trigger a transmembrane signal or, alternatively, are internalized and convey the signal directly to the nucleus thus eliciting the diverse biological effects observed for both GcMAF and chondroitin sulfate.

3.3. Natural foods

In terms of nutrition we can summarize that there are two basic nutrients without a specific function that are needed as a precursor for the molecular assembly of the main pathways. This is sulfur and vitamin C. Apart from sulfur that is delivered by *eggs, garlic, ginger, curcuma and broccoli sprouts* or as a chemical supplement by MSM, and ascorbate, that should be taken in high dose according to the stage of intoxication, a number of other elements are essential for the vitality of the immune system: they are zinc, selenium, magnesium, vitamin-b₆, vitamin-e, vitamin-k, omega 3 fatty acids. It is of little value to look into the biochemistry, the list is based on experimental evidence collected both by deficiency syndromes and the positive effects of supplementation. The biggest precursor of glutathione able to pass the gut is as mentioned above N-Acetyl Cysteine which can either be created by natural fermentation of proteins or given as a chemical supplement.

With this basic understanding, it is possible to suggest a diet-based concept to remove the underlying malnutrition that contributed to the development of the class of diseases connected to neuro-degeneration and immune failure.

To gather a must-eat list of foods we now will focus both on missing nutrients and on foods known to have the ability to remove toxins, taken from standard literature. The line of thoughts is focusing on the very bases of the nutritional chains and poisons. The *italic-set* ingredients are the ones that will need to be part of the food.

- Organo-phosphate, glyphosate & dioxin detoxing requires *oregano-, thyme- and lemon-oil*
- Basic sulfur supply to enable fermentation and cysteine production for heavy metal detoxing (*delivered by eggs, garlic, curcuma, ginger, broccoli-sprouts or MSM as a supplement*), as well as Vitamin B (*mache/oysters/chicken stock*) and E (*spelt grain sprouts, avocado, pepper*) that are needed for the assembly and recycling of the glutathione.
- natural ferments of proteins delivering GC protein for GCmaf production (*effective microorganisms produced by the company EMIKO or products created with EM, like Manju/or products derived from a microbe mixture specially designed to optimize GCmaf, traded as BRAVO-products*)
- supply with the basic vitamins and *Mg, Zn, Se & Omega3 (Nuts, nut-oil, curcuma, chili, black pepper, palm-oil)*, as a supplement well dosed (Mg, Ca, Zn, Se)-ascorbate might be a choice.
- knowing that healthy nutrition also mobilizes stored acids, it is important to protect the joints and bones from being sacrificed to neutralize acids. Optional, this can be accomplished by glucosaminsulphat and/or chondroitin, available from *seafood (oysters, shrimps with carapace)* or *chicken (bone) soup* for phosphor/calcium supply. Baking soda might be considered as a supplement, however, at times the body can expel acids easiest when in solution, especially when crystalline deposits are removed. Then, baking soda might be contraindicated.
- at the same time the uptake of irritant gluten and dairy-products is contraindicated, to make sure that the adaptive immune system is not triggered by macro-molecules. Refined sugar is contraindicated because it boosts candida.

Nutrition and detoxing can be done in a rhythm, one day intake, one day excretion. After a brief review of nutrients-content it was possible to reduce the concept to a "must-eat" framework that includes a continuous intake of fermented vegetables with living cultures during every main dish, and an alternating intake of spicy meals containing

palm-oil, curcuma and chili/red and black pepper to mobilize toxins, and pestos containing oregano, thyme, walnuts, paranuts, pine-seeds, flax-oil, avocado-oil to enforce detoxification through the skin. The fermentation can easily be done at home with the help of effective microorganisms or BRAVO cultures using MSM (2%) as a fermentation-help, thus delivering the sulfur that then is turned by fermentation into bioavailable organic complexes.

Mostly forgotten although being essential is the uptake of high quality water, best to start with 0,5 l as first thing in the morning. Cluster structure is essential; tap water is in an order that consists of 3D-Makroclusters, which consume time and energy to be converted into cell water; while dwell water is consisting of short straight cluster-chains optimal for the body. 3 liters a day are a healthy measure.

A similar approach was conducted by the Bulgarian Prof Hristo Mermerski, who suggests to prepare a fermented dish made of lemons (partly with skin), honey, sprouted green wheat, garlic and walnuts. Different sources report that thousands of people cured their cancer with this food. Please regard the sprouted green wheat grains (Vitamin E), the lemon oil from whole lemons (to expel organophosphates), the fermentation-process taking place during the advised storage time (GCmaf). The possibility to guarantee a probiotic fermentation-process with the help of honey is known from traditional preservation methods.

To double-check if everything was thought of, we might compare these suggestions with the work of Tom OBryan^{xiv}, who also suggests a diet & treatment to revive the gut to counteract lifestyle disease. His suggestions are based on his research of the development of autoimmune diseases. He suggests a combination of prebiotics, of probiotics, especially in form of fermented vegetables with living cultures, glutamine, curcuma, vitamin D (essential to open and close the gates controlling the transit on nutrients by the gut wall), fish oil and colostrum (almost casein-free quality delivered by GS Immuno Restore). Apparently, he does not regard the possibility of an established biofilm. Still, his concept resembles the diet suggested in this paper. One additional compound not thought of before is colostrum, the most important ingredient of the first milk. Colostrum has the function to activate the genes responsible for a fully functioning digestive system. It might be of great help especially with patients who were not breastfed directly after birth. Glutamine is an amino-acid essential for many body functions. It is produced in the liver from glutamine-acid. The natural source is meat, fish, milk-products, wheat, oak and legumes. This is something we should consider for the diet, especially when it is vegan for other reasons, having oak and legumes on daily bases as a plant protein and glutamine supply; or taking glutamine as a supplement.

Actually, the described diet is nothing else than our original food, rich in bitter herbs, seeds, roots, oils and probiotic living ferments. The diet should be ecologically grown and exclude gluten, meat, dairy, refined sugar, coffee and alcohol, and be as antioxidant (*garlic*^{xv}) and alkaline (*green tea, broccoli*) as possible. To fill in the days around this framework of necessary nutrients please check Tys Conscious Kitchen^{xvi} with its electric, alkaline dishes.

^{xiv} OBrian, Tom: Gluten Thyroid Autoimmune Connection, The 2016 Thyroid Connection Summit, 24th - 30th Oct 2016, day 3-4. Online November 23rd 2017 at https://www.youtube.com/watch?v=sOdt0iipK5U&ab_channel=IndigoEyes

^{xv} Garlic contains a number of toxins that are controversially discussed. However, the problem can be easily solved by mashing the garlic and exposing it to air for 3-5 minutes, a procedure that oxidizes these toxins.

^{xvi} <http://www.tysconsciouskitchen.com/>

Please regard that there is a difference between the need of foods and an addiction to foods. Sugar, coffee and alcohol are known to be addictive. But we also experience an addiction to meat, mainly to the glutamate that is developed at high temperatures when grilled or fried. Also, we do have a healthy instinct to eat meat before we starve. With the nutrient-free industrial crops, the body has no other chance than developing a hunger for meat. All we need to realize is, that this is not because we need meat, but because the vegetarian food is depleted. The ratio of nutritional values of ecologically grown food against industrial food is in average 1:10^{xvii}. Once the diet is of high nutritional value, in most cases the hunger for meat disappears on its own. Please regard that meat from industrial agriculture contains glyphosate, antibiotics and stress hormones. Many disease and shortened lifespans are statistically related to the consumption of this meat, as well as aggressive behavior. Ecologically raised animals cannot be regarded as toxic, unless we interrupt the digestion process that should last for 48 hours. If it is interrupted after 6 hours by a new meal, the gut bacteria might shift to digesting vegetables and leave the meat to rot in an unhealthy way.

3.4. Supplements

Food supplements and protocols become important when damage caused by malnutrition and intoxication does not disappear when the diet is put right and the intoxication is avoided. This happens if the disorder self-stabilizes, i.e. maintains itself due to some kind of vicious cycle, or scientifically spoken by the recursive functions typical for self-organized cybernetic systems. Each environment has the possibility to build up such a vicious cycle, and the cycles can interact.

As described in the beginning of this article, as a repetition and to sizzle out the quality of recursion:

- When wheat, rye and barley are part of the daily diet damaging the lining of the gut walls and/or when out of a lack of cysteine the proton pump of the stomach is disabled (for example due to a lack of cysteine) and the stomach does not accumulate enough acidity to break down proteins, then bigger molecular clusters unknown to the body enter the blood stream which activates the adaptive immune system, which always has a limited ability to identify its target, causing collateral damage. Also homogenized milk products (small fat-droplets) easily pass a leaky gut, leading to a chronic activation of the adaptive immune system that might lead to a chronic inflammation of the intestines, causing more lesions letting more macromolecules in.
- The intestines can build up a biofilm blocking the uptake of nutrients. It is not easy to get rid of this film once it is established, because due to blockage of the uptake of nutrients every possible diet to put things right is just a waste of effort.
- Blood candida can disable the liver and stabilize a heavy metal polluted and over-acidified environment, that in return makes the candida prosper.
- Candida can signal the liver to shut down its lymphatic flow, which makes the toxins up-concentrate in both blood and lymph, supporting the growth of the same candida.
- Mercury overloads can lower the energy level of cells and disable its detox-abilities to a degree where it becomes impossible to detox these organic neurotoxins and even the mercury itself.
- The liver needs Zn and Mg to function, if the intestines are blocked, it's a lost

^{xvii} <http://www.gesundheitlicheaufklaerung.de/obst-gemuese-verlieren-a-naehrstoffen>

case.

- Mercury, herpes viruses and nagalase produced by cancer cell can occupy the vitamin D receptors dimming down the innate immune system, which in return adds to the presence of these agents.

To fight one-self free from these interactions and vicious cycles, there are a number of supplements and therapies that make it possible to temporarily disable these interrelations.

If there is time, the order of healing should always start from the diet, to the intestines, to the liver, to the interstitial liquids, to the cells.

The intestines can be treated with:

- repeated cleansing with bitter salt according to Andreas Moritz
- according to the Andreas Kalcker protocol with chlorine dioxide (MMS/CDS)-enemas (NaClO₃, activated in acid, used as a intelligent immune support to kill pathogens) and a list of supplements described in detail within the protocol
- 3 days dry fasting, followed by 9 days water fasting with urine therapy from day 6-12
- if legal (according to country), by ayuhavaska or frog poison (kambo) applications.
- by Coffee enemas
- self-made BRAVO yogurt (orally) or suppository. BRAVO is a probiotic designed to produce high amounts of GCmaf
- mechanically with zeolite & psyllium
- diatomaceous earth as a mechanical antibiotic
- Chlorella and cilantro to reduce heavy metal loads.

After the intestines have been revived it is advised to cleanse the kidneys, possible with the tea developed and advised on by Andreas Moritz.

The liver can be supported with

- a combination of SuperZeo (zeolite based liver/candida rebalancing with imprinted radionics) and quinteXsence (heavy metal detoxing, available from Januar 2017), both traded by biopure.eu, developed by the timeloopsolution consortium. Core, traded by biopure.eu, can be added in case of a given cryptopyroluria.
- afterwards liver cleansing according to Andreas Moritz is advised. Without, especially elder people might face colics. Please regard that it is important to fully accomplish the liver cleansing according to Andreas Moritz. If it is interrupted after a few treatments it might mobilize toxins and stones without expelling them, which might lead to serious complications.

The interstitial environment mainly needs low emf-exposure to stop spirochetes multiplying, and a reset of the underlying extracellular system, mainly a candida treatment as described above to reduce acidity and intoxication.

The intracellular environment can be treated by the following measures:

- The system needs to be brought into an alkaline state, possibly with a candida-treatment to remove the source of acidification. A higher pH is creating an environment that is unfriendly for microbes.
- The Trevor Marshall protocol suggests activating the innate intracellular immune system with Olmesartan, an agent that removes Vitamin D from the vitamin-D nuclear receptors (VDR) activating intracellular innate immune

response. It was also developed with a focus on so called autoimmune disease, which might be regarded as a historical term. As referred above, the original target of the adaptive immune system was evolutionary new pathogens. It is also activated by non-complete digestion coming from a leaky gut, as well as heavy organic-metal-compounds the body failed to expel, and of biochemical product created by excess sugar due to elevated blood sugar levels. The damage created by these non-compliant molecules is collateral damage done by the chronically activated adaptive immune system.

- with a combination of juVenilum (GCmaf-rich antioxydant based on Manju, with radionic immune stimulation) and quinteXsence (humic-acid based heavy metal detoxing with a radionics program to reset all four environments), traded by biopure.eu, developed by the timeloopsolution consortium, juvenilum available from December 2016, quinteXsence from January 2017.
- application of GCmaf in case there is an unsolvable problem with the gut.
- if legal (according to country), by hemp oil application (Rick Simpson). Hemp oil raises melatonin levels with a broad influence on immune response, especially with cancer.

As for autism please check the Kerri Rivera protocol for details. As one of the many measures she suggests chlorine dioxide to reduce the load on the immune system.

As for cancer please check the Webster Kehr Protocol^{xviii}.

The products developed by the timeloopsolution consortium include radionics. Radionics utilize the imprinting of information-fields that according to the theory can directly be read by DNA/RNA, changing its gene expression. Thus radionics also can be meant to set as a trigger to shift from one "order" to another. These orders could be roughly divided in living-mode, survival mode, dying mode. A body in living mode mainly utilizes the liver and the kidneys to detox. A body in survival mode utilizes secondary detox mechanisms to lower the pressure on the main detoxing organs. A body in dying mode does not detox anymore, but deposits toxins at places where they cause least harm. All these modes do have a meta-stable character. Radionics can be designed to shift from dying into survival mode, or from survival into living mode, and by this alter gene expression sending biochemistry onto completely different pathways.

5. Discussion

A German saying used among healing practitioners is: "no matter how tough the problem is, the solution is always enchanting". With disease in general we face a couple of these moments. The first one is to realize that there are hardly any environmental diseases, that all we experience as being uncomfortable, actually is the best option of the body to regain health, stability and develop. Children's disease catalyze mental development-steps, infections catalyze detoxing, naturally occurring tumors are side effects of dissolving traumata and disappear on their own once the trauma is healed. A little fever here or there kills cancer cells. In most of the cases we should actually welcome our disease as acts of self-organization.

^{xviii} DMSO - Chlorine Dioxide Protocol For Cancer (Overnight Cure For Cancer - Version 7) by R. Webster Kehr. Independent Cancer Research Foundation. Online November 24th 2016 at: http://www.new-cancer-treatments.org/Cancer/DMSO_CD.html

The second thing to realize is that the disease we are experiencing nowadays are rather related to malnutrition, intoxication by pharmaceuticals and environmental poisons, and transhumanistic technologies as a very special category of poisons. Luckily, these technologies only prosper when the body is undernourished and poisoned. While bringing it all down to nutrition another of these enchanting moments manifests itself, when one realizes that – after analyzing all these complex biochemical interactions – the optimal super-foods capable of reviving the immune system are actually identical with the diet we had a couple of thousands of years ago when still being part of nature: containing seeds, roots and herbs. We had that diet until we started eating grass-seed, i.e. we decided to “bite into the grass”, which is a literal translation of a German saying that means to die.

In this sense it would be beneficiary if medical research would focus on

- primary causes of disease
- the different regulatory functions of the body
- cheap & easy solutions that work.

6. Acknowledgements

I want to thank all the people who never gave up on themselves or their loved ones and by this gathered the experience the pharmaceutical industry never looked at – finding solutions that are cheap, easy to prepare and most of all – really contribute to health, instead of suppressing symptoms only.

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