

## WCF Mountain Cleansing:

### 1. **Bone Marrow Soup - Kidney Cleanse:**

1. Cracked Organic Beef Bone (Knuckles) with Marrow Exposed
2. Seaweed (Hijiki or Nori) (Minerals), Garlic,
3. Added Vegetables, Carrots, Onions, Zucchini, Celery, Burdock Root, Daikon

### 2. **Kidney Tonic:**

1. Cranberry Juice (Unsweetened) & Half Purified Water

### 3. **Liver Cleanse (Spring):**

1. Beets & Beet Greens, Sprouts, Kale, Romaine Lettuce, Celery

### 4. **Ear (Cleaning) Candles Instructions:**

Have a bowl of water close, scissors matches (or a lighter), a toothpick, and a paper plate, or metal pie tin.

1. Place the subject in a **comfortable position on their side**.
2. Cut a dime-size hole in the paper plate, or pie tin, (This will serve to catch any wax, should some drip from the outside of the candle).
3. Insert the candle through the hole in the plate. Light the large end of the candle, and place the small end firmly seated in the ear canal. If smoke is escaping from the small end, please set the candle again. During process, please hold the candle at a slight angle from perpendicular (20 degrees). This will keep any melting wax that runs down the inside of the candle from depositing in the ear. Any melting wax will harden before it reaches the tip. This will also slow the small end of the candle from becoming stopped with Wax, and residue, during the procedure, providing maximum benefit.
4. After the first 2 minutes, remove the candle from the ear, and clean out the tip with a toothpick. This will keep smoke flowing into the ear canal. If it is more comfortable, you may hold candle in a straight up and down position. Remove the candle from the ear about every 3 minutes. Check to see that the tip is open, & trim off the burned portion of the candle into the bowl of water with a sharp pair of scissors. Do not trim away so much that the flame is extinguished. Let the candle burn down to no closer than 3" from the end. Extinguish the burning end in the bowl of water and dispose of it in a safe manner.

### 5. **Ionized Water Directions:** Boil water for 15 to 20 minutes and pour it into a thermos. Stainless steel thermoses are fine. The thermos keeps the water hot and ionized throughout the day. Take one or two sips every half hour all day long, and drink it as hot as you would sip tea. You may use this method anytime you do not feel well, have the need for decongesting, keeping the blood thin, or simply want to feel more energetic and clear. Some people drink ionized water for a certain duration, such as 3 to 4 weeks; others do it ongoing. The oxygen ions are generated through the bubbling effect of boiling water, similar to water falling on the ground in a waterfall or breaking against the seashore. In the thermos, the water will stay ionized for up to 12 hours or for as long as it remains hot. The total amount of water you need to boil to give you enough hot, ionized water for one day would be about 20 to 24 ounces. This specially prepared water should not substitute for normal drinking water. It doesn't hydrate the cells like normal water does; the body uses it to only cleanse the tissues.

### 6. **Kidney Cleanse Tea:**

**Ingredients:** Marjoram (1 oz), Cat's Claw (1 oz), Comfrey Root (1 oz), Fennel Seed (2 oz), Chicory Herb (2 oz.)  
Uva Ursi (2 oz), Hydrangea Root (2 oz), Gravel Root (2 oz), Marshmallow Root (2 oz), Golden Rod (2 oz.)

#### **Directions:**

1. Take 1 ounce each of the first three herbs and 2 ounces each of the rest of the herbs, and thoroughly mix them together. Keep them in an airtight container. You may put them in the refrigerator. Before bedtime, soak 3 tablespoons of the mixture in 2 cups of water, cover it, and leave it covered overnight. The following morning, bring the concoction to a boil; then strain it. If you forget to soak the herbs in the evening, boil the mixture in the morning, and let it simmer for 5 to 10 minutes before straining.
2. Drink a few sips at a time in 6 to 8 portions throughout the day. This tea does not need to be taken warm or hot, but do not refrigerate it. Also, **do not add sugar or sweeteners**. Leave at least one hour after eating before taking your next sips.
3. Repeat this procedure for twenty days. If you experience discomfort or stiffness in the area of the lower back, this is because mineral crystals from kidney stones are passing through the urethra ducts of the urinary system. Any strong smell and darkening of the urine at the beginning of or during the kidney cleanse indicates a major release of toxins from the kidneys. Normally, the release is gradual and does not significantly change the color or texture of the urine. **Important:** Support the kidneys during the cleanse by drinking extra amounts of water, a minimum of six to eight glasses per day, unless the color of the urine is dark yellow (in which case you will need to drink more than that 1 amount).
4. During the cleanse, try to avoid consuming animal products, including meat, dairy foods (except butter), fish, eggs, tea, coffee, alcohol, carbonated beverages, chocolate, and any other foods or drinks that contain preservatives, artificial sweeteners, coloring agents, and the like. In addition to drinking this kidney tea each day, if convenient, you may also chew on a small piece of rind from an organic lemon on

the left side of your mouth and a small piece of carrot on the right side of your mouth 30 to 40 times each. This stimulates kidney functions. Be sure to allow at least half an hour between chewing cycles. If you are doing liver cleanses, make certain that you do a kidney cleanse after every three or four liver cleanses.

5. Those suffering from large kidney stones may benefit from drinking the juice of one to two lemons (diluted with water) per day for about 10 to 14 days. After that, drink the juice of half a lemon per day indefinitely.

### 7. Liver & Gallbladder Flush:

<b>Ingredients:</b> Epsom salts	4 tablespoons
Olive Oil (cold pressed)	½ cup
Fresh Pink Grapefruit	2/3 to 3/4 cup of freshly squeezed juice
Ornithine	4 to 8 to be sure you can sleep..
Large plastic straw & Pint jar with lid	To help drink potion

#### Preparation:

**Drink 32 oz. of Packaged Apple Juice per day for a period of six days before Flush.** The *malic acid* in the apple juice softens the gallstones and makes their passage through the bile ducts smooth and easy and has a strong cleansing effect. If you have diarrhea much of it is actually stagnant bile, released by the liver and gallbladder. The fermenting effect of the juice helps widen the bile ducts. You can dilute the apple juice with any amount of water, or use other options described later. Drink the apple juice slowly throughout the day, between meals (avoid drinking the juice during, just before, and in the first two hours after meals, and in the evening). Use organic apple juice, concentrate, or apple cider.

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney and liver herbs, too, the day before. Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves & honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

**2:00 pm** Do not eat or drink after 2:00 pm. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water and pour this into a jar. This makes 4 servings, 3/4 c. each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**6:00 pm** Drink 1 serving (3/4 c.) of the Epsom salts. If you did not prepare this ahead of time, mix 1 tbsp. in ¾ c. water now. You may add ½ tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out to warm up.

**8:00 pm** Repeat by drinking another 3/4 c of the Epsom salts. You haven't eaten since 2:00, but you won't feel hungry. Get your chores done. The timing is critical for success; don't be 10 min. early or late.

**9:45 pm** Pour ½ C. (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork and you should have at least ½ C., more (up to ¾ C is best). Add this to the olive oil. Close the jar lid tightly & shake hard until watery (only fresh grapefruit does it).

**10:00 pm** Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. Take it to your bedside, but drink standing up within 5 min.

**Lie down immediately.** You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 min. You may feel a train of stones traveling along the bile ducts. There is no pain because the bile duct valves are open (the Epsom salts). Go to sleep right away.

**Next morning.** Upon awakening take your 3<sup>rd</sup> dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking Epsom salts. Go back to bed. **Don't take this potion before 6 am.**

**2 hours later.** Take your 4<sup>th</sup> dose of Epsom salts. Drink ¾ C of the mixture. You may go back to bed.

**After 2 more hours.** You may eat. Start with fruit juice. Half an hour later eat fruit. 1 hour later you may eat regular food but keep it light. By supper you should feel recovered.

*Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but the gallstones float because of the cholesterol inside. Count them all roughly (tan and green). You will need to total 2,000 stones before the liver is clean enough to rid you of allergies or upper hack pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat densest at 2 weeks intervals. Never cleanse when you are ill.*

### 8. Liver & Blood Purifier & Rejuvenator Tea:

These herbs can be made into a concoction and are best taken as a tea for 10 days during each change of season or at times of acute illness. While many herbs will help liver function and assist in maintaining clean blood, the following are among the most prominent ones:

**Ingredients:** Dandelion Root (1 oz), Comfrey Root (½ oz), Licorice Root (1 oz), Agrimony (1 oz), Wild Yam Root (1 oz), Barberry bark (1 oz), Bearsfoot (1 oz), Tanners Oak Bark (1 oz), Milk Thistle Herb (1 oz)

For maximum effectiveness, it is best to use all these herbs, in combination, if possible. To do this, mix them together in equal parts (except for comfrey root at half the amount), and add 2 tablespoons of this mixture to 24 ounces of water. Let it sit for 6 hours or overnight; then bring the mixture to a boil, letting it simmer for 5 to 10 minutes before straining. If you forget to prepare this tea the night before, bring the mixture to a boil in the morning, let it simmer as indicated above, and strain it. Drink 2 cups of this "herbal tea" per

day on an empty stomach, if possible. Also taken on its own, tea made from the bark of the **Red Lapacho Tree**, also known as Pau d'Arco, Ipe Roxa, and Taheebo, has powerful effects on the liver and the immune system and the Native American herb called **Chaparral**, although it tastes very bitter, is also an excellent liver and blood purifier.

**9. Seawater Cleanse:** (5-10 Days)

1. **6:00am Drink** 1 Gallon of Heated Seawater
2. **9:00am Drink** 1 Quart of Vegetable Juice (Shake)
3. **12:00pm Drink** 1 Quart of Fruit Juice (Shake)
4. **5:00pm Drink** 2 Bowls of Vegetable Broth
5. (Final 2 Days) **6:00am Drink** 1 Gallon of Heated Seawater  
(Eat normally with Fruits and Vegetables then eat more Starches and Proteins (Animal Products) gradually).

**10. Colon (LI, SI & Lungs) & Cellular Cleanse:**

Cell Cleansing Drink: (Eat nothing for **7-14 days** – Can drink Herbal Teas or Veggie Broths)  
(2 Drinks mixed separately-Drink in succession 5x/day)

- 1st Drink:**(Place in Jar - **Shake (15sec)** Drink quickly)  
2 oz. **Apple Juice** or other Fruit Juice (Lennon or Lime) for flavor  
8 oz. Pure Water (**Mixture thickens**)  
1-Tablespoon Clay Water (**Bentonite**)  
1-Teaspoon Intestinal Cleanser (**Psyllium**)
- 2nd Drink:** (Place in Pint Jar - Drink quickly)  
10 oz. **Pure Water**  
1-Tablespoon **Apple Cider Vinegar** or other Vinegar  
1-Teaspoon **Honey** or Pure Maple Syrup

(Separate Cleansing Drinks & 4 Supplements by 1.5 Hours (7:00am Drink-8:30am Supplements)

<b>Supplements:</b>	<b>(4x per Day)</b>		<b>or</b>		<b>Juices</b>
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3-7</b>		
<b>Chlorophyll</b>	12	18	24		<b>Lemon Grass</b>
<b>Vitamin C</b>	200mg	200mg	800mg		<b>Orange</b>
<b>Pancreatic</b>	6	6	6		<b>Green Papaya</b>
<b>Beet Tablets</b>	2	2	2		<b>Pineapple</b>
<b>Dulse Tablets</b>	1	1	1		<b>Seaweed</b>
<b>Fasting Plus</b>	2	2	2		<b>Herbal Tea</b>
<b>Niacin</b>	50mg	100mg	100mg		<b>Niacin</b>
<b>Wheat Germ</b>	1	1	1		<b>Wheat Germ</b>

**Supplies:** Pint Jar, Apple Juice, Apple Cider Vinegar, Honey, Bentonite, Psyllium, Supplements Rectal Tip, Colonic Board, Pads, Bucket, Washes, Tablespoon, Teaspoon (**Do 2-4x per Year**)

**11. Self Operating Colonic System:**

1. Set **Colonic Board Hood** on Toilet & Board on Stool or **Use a Professional Colonic Specialist.**
2. **Hook up Tubing** to Bucket filling it with warm Water & Rinse-Check Water release. **Insert Rectal Tip** into Tube in Board Hood. Place **Pad on Board**-Lay upright on Board with Buttock on Hood.
3. Insert **Rectal Tip in Anus** after applying **Rectal Gel.**
4. Relax-**Release Tube Clamp**-Allow Water to flow freely.
5. Start massaging upward on Left Side (**Descending Colon**) - Work through any Tender Spots continue up towards Ribs, across Ribs (**Transverse Colon**), down Right Side (**Ascending Colon**).
6. When it becomes necessary to evacuate, **relieve Bowel by expelling Water** - Feces will bypass Tip without removing it for normal Bowel Action.
7. Continue Procedure until **Bucket is empty (45min)**. Do not flush Toilet during entire Colonic – Look what comes out (**Black Green Feces comes out**).
8. **Finish-Clap Tube**-Slip out from Board & Tip-Wash Board-Sit on Toilet defecate-Clean yourself.
9. **Collect Energy** at Navel (Do 2 Colonics/Day for 7 Days or 1 Colonic every other day for 2 weeks).

**Rinses** - Placed in Bucket for cleansing Colon

1. **Chlorophyll:** 1/2 cup of squeezed **Green Grass.**
2. **Coffee:** Boil 2 tbs of **Ground Coffee** in 1qt of Water-Simmer 15 minutes - Strain - Mix in Bucket.
3. **Garlic:** Blend and strain **3 Cloves** into Bucket.
4. **Lemon Juice:** 1/4 cup strained into Bucket.
5. **Saline:** 1 tbs of sun **Dried Sea Salt** into Bucket.
6. **Epsom Salts:** 1tbs dissolved into Bucket.
7. **Glycothymoline:** 8oz per 5 Gallons of Water.

(**Break Cleanse** - 2 Days Whole Fruits or Vegetables -Take **Acidophilus Solution** 2x/day for 2 weeks)

Colonic Therapists:

1. Billy Martin (10/12/56)

(06/13/80-11/19/93)

2. Kay Slick (06/12/50) (P) Troublemaker – Tiger

(05/13/06-09/19/13)

12. **Skin (LI, SI & Lungs) Cleanse:**

**Dry Skin Brushing:** (Total process takes about 3 min).

(Use **Boar Bristle Brush** or **Loofa**- Brush before Morning Bath & before Bed at Night- Gently brush with **Strokes** from **Outer Points of the body to Center**- Skin glows Pink Color not Red.)

1. **Do Inner Smile**- Start brushing from Sole of **Foot** up entire **Leg** (Right Side 1st) (Use short, quick Strokes or long sweeping **Strokes toward Heart**).
2. Brush **Buttocks, Hips, and Lower Back & Abdomen** area in **circular motion** completely.
3. Put Left Arm out - **Brush Hand**, down length of **Arm & Shoulder** then circle Left Breast Area -Then Right Side (**Put pressure upwards towards Heart**).
4. Brush across **Upper Back** then down **Front & Back of Torso** (Cover entire **Skin Surface** once).
5. **Face:** (Softer Brush) Begin in Face Center-Stroke outwardly-Brush down Sides of **Face & Neck**.
6. **Finish - Jump into Shower** - Feel a light & tingling sensation over Body
7. Clean and Dry Body - **Collect Energy** at Navel.

13. **Solar Bathing:** (Expose entire **Body to Open Air** absorb Vitamin D)

1. **Smile Down**-Lay down in excluded area absorbing **Air & Sun's Rays** for 10 min on both Sides.
2. Work up to 30 min on each Side by adding 5 min/Day.
3. **Collect Energy** at Navel - **Do Six Healing Sounds**.

14. **Spleen/Stomach Oil Mouth Cleanse:**

Oil Therapy (**Swishing Oil in the Mouth**) is a simple, yet astoundingly effective, method of cleansing the blood. It is effective for numerous disorders, including blood diseases, lung & liver disorders, tooth & gum diseases, headaches, skin diseases, gastric ulcers, intestinal problems, poor appetite, heart/kidney ailments, encephalitis, nervous conditions, poor memory, female disorders, swollen face, and bags under eyes.

**Ingredients:** Cold-Pressed, Unrefined Sunflower, Sesame, or Olive Oil - 1 tablespoon (do not swallow)  
Baking Soda or Unrefined Sea Salt or Real Salt - ½ tablespoon (do not swallow)

Slowly swish the oil in your mouth, chew it, and draw it through your teeth for **3 to 4 Minutes**. This thoroughly mixes the oil with saliva and activates the released enzymes. The enzymes draw toxins out of the blood. For this reason, it is important to spit out the oil after no more than 3 to 4 minutes. You do not want any of the released toxins to be reabsorbed. You will find that the oil takes on a milky white or yellowish color as it becomes saturated with toxins and with billions of destructive bacteria. For best results, repeat this process two more times. Then rinse out your mouth with ½ **Teaspoon of Baking Soda**, or ½ **Teaspoon of Unrefined Sea Salt or Real Salt**, dissolved in a small amount of water). This solution will remove all remnants of the oil and toxins. Additionally, you may want to brush your teeth to make sure your mouth is clean. Tongue scraping is also advised. Some of the visible effects of oil swishing include the elimination of gum bleeding and the whitening of teeth. During times of illness, this procedure can be repeated 3 times per day, but only on an empty stomach. Oil therapy greatly relieves and supports liver functions, as it takes toxins out of the blood that the liver has not been able to remove or detoxify. This benefits the entire organism.

15. **Stomach Acid Cleanse:**

**Ingredients:** Baking Soda (Sodium Bicarbonate)- 1 tablespoon in Warm Water (8 ounces)

Slowly swish solution in your mouth, chew it, and draw it through your teeth for **3 to 4 Minutes** then swallow it.

This neutralizes and balances your stomach of over acidity from eating acid forming foods.

16. **Sugar Control Diet to Eliminate Candida (Fungus) grow in the Body:**

**Proteins:** Each meal should include a minimum of 4-6 ounces of protein, but you can have as much as you desire. Meat, poultry, fish, eggs are unlimited, if no sensitivity exists.

**Vegetables:** Eat as much as you desire. You cannot eat too much. Focus on dark, leafy greens and a variety of colors. No potatoes, yams, or other starchy vegetables.

**Fruits:** Careful here - only to be eaten alone between meals as a snack. Leave the sweeter fruits such as bananas, mangos, persimmons, papayas, dried fruits, etc. alone. One or two pieces of fruit per day is plenty.

**Grains:** No wheat including breads, rolls, muffins, and pasta. No beans or legumes. The only grain allowed is rice, and only at the evening meal. All rice should be roasted first before cooking (this cooks off some of the starch). You place dry rice in pan and brown. Some of the kernels will pop. Then cook as normal.

**Nuts:** Raw or slow-roasted nuts make a great snack.

**Dairy:** No dairy is allowed. •

**Fats:** No artificial or hydrogenated fats allowed, such as margarine or shortening.

**Sweeteners:** No sweeteners of any kind.

You must eat every two hours of the waking day. You need not eat a large volume of food at these meals - just a fistful of nuts or a piece of fruit, etc. **No processed or packaged foods allowed. Eat only those foods found in nature.** Eat some raw vegetables every day unless otherwise advised. Organic is best. Avoid antibiotic-treated, hormonally-raised animal foods, and foods treated with pesticides and insecticides.

17. **Urine Therapy-Internal Use:**

1. **Collect Midstream Urine in a Clean Cup or Container**

A dean glass or clear plastic container is best for collecting the urine. In the research studies, urine is usually collected by means of a "clean catch" in which the genital area is cleansed before collecting the urine. This is important for women in particular when using

urine therapy internally and can be done by simply washing with a little soap and water. Collect the midstream urine only. You can take along pre-packaged clean catch kits which include a sterile cup and antiseptic paper towelettes for convenience during travel or whenever unsanitary living conditions or contaminated water are a problem.

## **2. Always Use Fresh Urine Immediately Upon Collection**

Urine breaks down quickly outside the body so use it internally as soon as you collect it. If you are going to use it for external use only, this isn't as important, as you can use either fresh or old urine for most external applications.

## **3. Begin With Oral Drops Then Increase Dosage As Needed**

Start by taking a only few drops each day in order to let your body adjust gradually. Fill a clean medicine dropper from the cup of urine and place one or two drops under your tongue. This method lets you get used to the taste slowly and will still give you health benefits. You can slowly increase and adjust the amount later when you've determined what amount is right for your condition.

1. Start by taking 1-5 drops of morning urine on the first day.
2. The second day, take 5-10 drops in the morning.
3. Third day, take 5-10 drops in the morning, and same amount in the evening before you go to bed.

Once you feel accustomed to the therapy, gradually increase the amount as needed for obtaining results for your condition. As you use the therapy, you will learn to adjust the amount you need by observing your reactions to the therapy.

## **4. External Use: Skin Applications:**

Applying urine to the skin is an excellent treatment for every imaginable type of skin disorder including all rashes, eczema, psoriasis, acne, etc. The urea in urine, as the research studies demonstrated, is also excellent for cosmetic use as an overall skin beautifier and moisturizer.

1. Use either fresh or old urine for skin applications, although old urine has a higher ammonia content and has been found to be more effective in treating many stubborn skin disorders such as eczema or psoriasis.
2. When treating skin disorders such as eczema, psoriasis, rashes, etc. pour a small amount of urine onto a cotton ball or pad and pat or massage it lightly onto the affected area, making sure that it is well saturated.
3. Discard the pad and saturate another clean pad with fresh urine and reapply, lightly patting and soaking the affected area. Continue reapplying in this manner for 5-10 minutes or as many times as desired - the more that the affected area is treated, the better.
4. Secure a clean soaked pad to the affected area with a gauze or cotton wrap and leave secured for several hours for additional healing. These urine packs are also incredibly effective for any type of insect sting, bite or poison oak or ivy. (See Urine Packs and Compresses).
5. Another method is to pour old or fresh urine into clean, plastic spray bottle and spray the rash, eczema, etc.

## **5. Skin Massages:**

Always augment your use of oral urine therapy with skin massages particularly on the face, neck and feet John Armstrong recommended this practice especially when fasting for an acute condition, and people who use it, swear by it. These massages have a tonifying, refreshing, relaxing effect and are said to allow for gradual absorption of urine nutrients through the skin. Pour either old or fresh urine into a wide, shallow container and dip your hands into the liquid. Shake off excess, then vigorously massage into a small area of skin anywhere on the body until hands and skin are dry. Rewet hands and begin massaging another area until dry; repeat this step until all skin areas have been well massaged. Rinse with warm water. Do not attempt these massages on extremely elderly or infirm individuals. Also, make certain that you use normal urine for massages. If your own urine is dark, turbid or abnormal looking, wait until you have used the urine internally over the course of two or three days, at which time the urine usually appears clear and can then be used for massages. Urine from a normal healthy person other than yourself may also be used for your external massage. If you are a heavy smoker, or are taking therapeutic or recreational drugs, do not use your own urine externally or internally (or use only extremely small amounts).

## **6. Cosmetic Applications:**

1. For cosmetic use or moisturizing, pour a very small amount of normal fresh urine which has been stored, for a day or two into your hand and massage lightly into the skin until dry; then pour additional urine into your hand, massage it into another area of the skin until dry and so on.
2. Rinse well with warm water when completed without soap. Your skin is naturally slightly acid, & this natural acidity is usually destroyed by soaps which are alkaline & diminish skin's natural protective acid mantle.
3. You can apply a moisturizer after the massage, but make sure that it's a simple, natural one that doesn't contain lot of drying alcohol or other chemicals. Also, you can add a few drops of urine to a small amount of your moisturizing cream each time you apply the cream. As the research studies show, urea replenishes the water content of the skin because it binds hydrogen and attracts moisture to the skin in a way that no mineral oil or glycerin-based lotions or creams can. You will be absolutely amazed at the softness and beauty of your skin after even one treatment with a urine massage. Old dead skin immediately flakes away, and your skin becomes wonderfully soft, rosy and with time, even wrinkles will disappear. Urine massages have also been reported to eliminate varicose veins and cysts.

## **7. Urine Packs and Compresses:**

### **1. Skin Disorders:**

Urine packs give added healing to skin disorders such as eczema, psoriasis, athlete's foot, ringworm, poison ivy and oak, etc. in addition to urine massages and soaks;

1. Soak gauze bandages or cotton balls in fresh or old urine and place them over the affected areas.

2. Cover the urine pack with light plastic (like Saran-wrap) and tie in place with gauze strips.
3. Try to keep the pack on as long as possible, especially with more, severe conditions.  
Add additional urine to the pack with a medicine dropper every few hours to keep the pack wet.

**2. Bites and Stings:**

Urine packs are tremendously useful and effective for relieving the discomfort of all insect bites and stings.

When I first moved to Arizona, I was stung on the foot by a scorpion. My foot immediately swelled to almost double its size and was unbelievably painful. I dragged myself into the house, applied a soaked urine pack and tied it in place. Within 15 minutes, the pain had disappeared and the swelling had lessened considerably. I kept the pack on overnight, and when I removed it in the morning, the swelling and redness had completely disappeared. The pain & irritation of bee stings and mosquito bites is also wonderfully relieved by this method.

**3. Snake Bites:**

Urine packs should also be used immediately for poisonous snakebites. Follow emergency first-aid instructions to incised the wound and remove venom, if possible. Then apply fresh normal urine to the wound and secure a well-soaked urine pack over it. Keep pack wet until medical help can be obtained.

**4. Growths and Tumors:**

Armstrong reported in great length on the remarkable effects of urine compresses in reducing and eradicating a wide variety of internal and external tumors, cysts and abnormal growths.

1. Compresses should be used in combination with internal urine therapy for treating any abnormal growth.
2. In preparing a compress, use a thick pad of clean white folded cotton material (such as an old T-shirt).
3. Soak the pad in a container of fresh or old urine. Warm the urine by pouring it into a glass container, then place the jar in a container of hot water. While lying down, place wet compress over the affected area and cover with a clean folded towel. Keep the compress applied for as long as possible, reapplying warm urine as needed to Keep the compress wet. Urine compresses have also been reported to be effective for many internal disturbances and for arthritic and rheumatic pains.

**8. Wounds, Burns and Abrasions:**

As so many research and clinical studies have shown, urea is a tremendously effective anti-bacterial agent and an excellent healing treatment for wounds & burns of all types. Use fresh, normal urine for open wounds.

1. Saturate a thick gauze bandage or cotton pad with fresh urine, place it over the wound or bum and secure it with additional gauze; cover with plastic or soft towel to prevent leakage.
2. Reapply fresh urine with clean medicine dropper directly onto the existing inside compress. Reapply fresh compress as often as possible. Urine is also known to prevent scarring, so keep the urine pack applied as long or as often as possible until healing is complete. Many people have applied urine compresses to burns and cuts with amazing results. The pain is quickly relieved and the burn or wound heals rapidly without scarring.

**9. Eye and Nose Drops:**

There are reports from people who have used urine drops for both eye and nose drops, for relief of eye itching or inflammation, or for nasal congestion. In both cases, make certain that you are using fresh, clear, normal urine only and that the acidity factor of the urine is normal (see previous section on Monitoring Your pH in this chapter). Also, make certain that the eye-dropper you use for the eye drops is sterilized. A compress of fresh normal urine is also excellent for external eye inflammations such as sties.

**18. The Professor's 9 Opening 6 month Cleanse**

5/5/09

**Cell Cleansing Drink:** (Eat nothing for 14 days)(2 Drinks-Drunken in succession 5x/day)

**1<sup>st</sup> Drink:** (Place in Jar - **Shake (15 sec)** Drink quickly) **Irons** (800) 544-8147

Squeezed **Lime** for flavor - 8 oz. Pure **Water** - 1 Tbsp **Bentonite** - 1 Tsp **Phylum**

**2<sup>nd</sup> Drink:** (Place in Pint Jar - **Shake (15 sec)** - Drink quickly)

10 oz. Pure **Water** - 1 Tablespoon **Apple Cider Vinegar** - 1 Tsp Pure **Maple Syrup**

**2 Separate Cleansing Drinks & Supplements by 1.5 Hours (7:00 am Drink-8:30 am Supplements)**

**Supplements:**

	<b>(4x per Day)</b>		<b>or</b>	<b>Juices</b>	
	<b>Day 1</b>	<b>Day 2</b>		<b>Day 3-7</b>	
<b>B. Jenson's</b> (800) 755-4047	Day 1	Day 2		Day 3-7	
<b>Chlorophyll</b> (250c)	12	18		24	<b>Lemon Grass</b>
<b>Vitamin C</b> (300c)	200mg	200mg		800mg	<b>Orange</b>
<b>Pancreatic</b> N/A	6	6		6	<b>Green Papaya</b>
<b>Beet Tablets</b> (100c)	2	2		2	<b>Pineapple</b>
<b>Dulse Tablets</b> (100c)	1	1		1	<b>Seaweed</b>
<b>Enzymatic</b> (100c)	2	2		2	<b>Herbal Tea</b>
<b>Niacin</b> (120c)	50mg	100mg		100mg	<b>Niacin</b>
<b>Cod Liver Oil</b> (100c)	1	1		1	<b>Wheat Germ</b>

**Colonics:** (Do Every other day with Colonist or Self-Colonic- 7 over 2 weeks)

(Flush 1<sup>st</sup> then use thumper while releasing finally have an implant & hold) **Kay Slick** (503) 234-5675

**Implants:** Coffee; Coffee & Garlic; Garlic & Epsom Salts; **Acidophilus** (Final Day Implant)

**Ear Candling:** (Ear Openings) Use 2 Candles per ear with an assistant during cleanse.

**Mouth Flush:** (Mouth Opening) Gargle with Hydrogen Peroxide, Baking Soda & Olive Oil separately.

**Nasal Flush:** (Nose Openings) Use Real Salt in warm water to douche nasal cavities during cleanse.

**Eye Flush:** (Eye Openings) Use Lemon or Apple Cider in warm water to douche eyes during cleanse.

**Solar Bathing:** Expose Body to Open Air & Sun & Eye Sunning.

**Dry Skin Brushing:** (Skin Pours)

(Use **Boar Bristle Brush** - Brush before Morning Bath & before Bed at Night during cleanse.)

**Liver/Gallbladder Flush:** (Do flush the day before last colonic so it cleans everything out)

**Ingredients:** Epsom Salts (4 tbsp), Olive Oil (½C), Squeezed Pink Grapefruit (¾C), 8 Ornithine

**Preparation:** Drink 32 oz. of Packaged **Apple Juice** the day before Flush.

**2:00 pm** Do not eat or drink after 2:00 pm. Get your Epsom salts ready. Mix 4 tbsp. in 3 cups water for 4 servings (¾c each). Set jar in refrigerator to get ice cold for taste only.

**6:00 pm** Drink 1 serving (¾c) of the Epsom salts.

**8:00 pm** Repeat by drinking another ¾ c of the Epsom salts.

**9:45 pm** Pour ½C olive oil (Garlic Marinated Overnight) into pint jar with ¾ C of grapefruit. **10:00 pm** Shake & drink with straw. Take 8 ornithine capsules with the 1<sup>st</sup> sips to sleep.

**Lie down immediately.** The sooner you lie down the more stones you will get out. Try to keep perfectly still for at least 20 min. Go to sleep right away.

**6 am (Next Morning)** Take your 3<sup>rd</sup> dose of Epsom salts. Go back to bed.

**8 am** Take your 4<sup>th</sup> dose of Epsom salts. You may go back to bed.

**10 am** You may eat. Expect diarrhea in the morning passing tan & green gallstones.

**11 am** Take final colonic with acidophilus implant.

**Breaking Cleanse:** (Add Parsley & Garlic to Asparagus)

**Kidney Flush:** Steam Asparagus (5 Bunches)(3 meals over 1.5 days) & drink Cranberry Juice (1 qt).

**19. Diet: Rules for maintaining Weight at 155lbs (1 Day at a Time)**

- 1) Eat on an Empty Stomach or Drink Water (Green or Lemon/Cayenne)
- 2) Never Eat after 6:00pm (Drink Herb Tea)
- 3) Eat Small 2-3 Meals per Day (10am-6pm) No Big Meals (Save for Next Meal or Day)
- 4) Never Eat Free Candy, Cakes, Cereals- Hot Dogs or Pizza (Look the Other Way)
- 5) Never Drink Soda Pop or Ice Coffee (Chew on Ice in Lemon/Cayenne Water)
- 6) Never Eat Breads, Potatoes, Ice Cream
- 7) Eat Raw Salad (4-5 Celery, Onion, Lemon, Peppers, Romaine, Tomato, Cabbage)
- 8) Eat Steamed Greens (2-3 Broccoli, Kale, Cabbage, Beet Tops, Spinach, Chard )
- 9) Eat Steamed Tubers (1-2 Yam, Beets, Carrots, Rutabagas, Coconut/Olive Oil)
- 10) Eat Meat (Chicken/Fish)-Starches (Tubers) Separately as Condiment in Salads & Soups
- 11) Eat Legume Soups (2-3 Beans, Lentils, Garlic, Salt, Pepper, Olive Oil)
- 12) Eat Whole Grain Cereals (2-3 Rye, Rice, Oats, Soak Fruits, Seeds, Nuts, Cinnamon)
- 13) Fast on Mondays (Water) Tues-Weigh In
- 14) No Cigars or Gum use Plastic Picks
- 15) Never Eat Laying Down (Sit Up Straight)
- 16) Never Eat When Tried or Upset (At Peace)

**20. Childhood Diet:**

**Breakfast: Cereals** (Kellogg's Corn Flakes (90%), Rice Crispy, Wheaties, Cooked Oakmeal, Cream of Wheat, Cheerios (CJW) & Kicks with fruits - Bananas or Berries (1%), Pet Milk (Half & Half) & White Sugar), **Eggs** & Ham or Bacon (1%) with Toast & Margarine (Oven Broiled) (1% French Toast or Pancakes) every **Sunday** when my mother cooked. We always drink Water, Orange Juice (1%) or Boxed Slim Milk Mix (1%)

**Lunch: Sandwiches (2-HS)** (Cheese, Onion & Mustard; Liverwurst & Mustard; Baloney, Mayonnaise & Salad; Baloney & Mustard, Turkey & Mayonnaise, Roast Beef, Salad & Mayonnaise; Raspberry Jam & Crunchy Peanut Butter on white dead bread) with Chips or French Flies, Piece of Fruit (Apple, Banana or Orange & Carton of School Bought Milk (.05) (School Lunches & at home we ate whatever we could find.)

**Dinner: Meat** (My mother only cooked dinner & she could fry anything that was not moving which meant fried Hamburgers, Meat Patties with Onions, Pork & Lamb Chops, Chicken (fried then baked) Steaks, Liver, Fish (Trout & Smelt caught by my uncle), Ham & Baked Turkey then she boiled Hot Dogs & Eggs.)

**Potatoes** (Boiled (65%), Baked, Fried (Slices, Squares & Spreaded-20%), Smashed with Margarine, Salt & Black Pepper. **Canned Boiled Vegetables** (Carrots & Peas, Beets, Broccoli, String Beans, Corn, Spinach, Cabbage, Corn on the Cobb, Beef Stew (Carrots, Celery, Potatoes), Asparagus) **Salads** (Iceberg Salad with French Dressing (95%) with Celery & Green Peppers but her best dish was **Potato Salad** (Cooled Boiled Potatoes & Eggs, Celery, Salt, Onions, Mustard, Mayonnaises & Pickle Juice). **Deserts** (Canned or Fresh Fruit, Watermelon, Cantaloupe, Ice Cream (Vanilla, Strawberry Ripple & White House Cherry), Oatmeal Cookies (Hard as Rock). (**My mother could not bake cakes, cookies or pies but she could fry anything.**)

Phase 1 (1<sup>st</sup> 30 Days) Permanent Weight - Consumption Directions Daily (As Directed on Bottles)

**1) 11 Supplements: (Take Daily)**

**1) ½ Gallon of Water with Coral Calcium**

**2) Three Lac Twice per day**

**3) Probiotics**

**4) Krill Oil**

**5) Food Supplements**

**6) Acety-L Carnitive**

**7) Digestive Enzymes**

**8) Chelation**

**9) Vitamin E Oil**

**10) Flax Seed Oil**

**11) High Fiber Supplement**

**2) 4 Teas with Stevia Drops (Take Daily)**

**1) Cup of Organic Wu Long (Green) Tea**

**2) Cup of Organic Eleotin Tea**

**3) Cup of Organic Yerba Mate Tea**

**4) Cup of Organic Chamomile Tea**

**3) 6 Meals Daily – Eat Nothing after 6:00-6:30pm Except Protein before Bed**

**1) 2 Organic Apples Daily**

**2) 2 Organic Grapefruits Daily**

**3) Organic Salad with Organic Coconut Oil & Organic Apple Cider Vinegar**

**4) 100 Grams of Organic Protein before Bed (Egg, Fish or Meat)**

**Phase 2 (2<sup>nd</sup> 30 Days)**

Phase 2 is the exact Simeons "Weight Loss Cure Protocol" as outlined in the manuscript *Pounds and Inches: A New Approach to Obesity*. It is the exact protocol being used by medical doctors around the world with spectacular results. This phase is designed to stimulate the hypothalamus to release the secure fat deposits in the problem areas at an accelerated rate. This phase must be done for a minimum of three weeks and a maximum of six weeks. During this phase you should lose approximately one pound per day. You will be losing the secured abnormal fat reserves. You should notice a dramatic reshaping and re-sculpting of your body. Energy levels will be high; hunger and appetite low, and many people see an improvement of other medical conditions and symptoms.

Things you **Must Do**:

- Be supervised and under the care of a **Licensed Physician & Weigh Yourself Daily (Take Before Pictures)**
- Take **Daily Injections of hCG** as directed by your doctor or **½ of a Cup of your Own Urine Twice Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**

If you cannot or do not want to do the **hCG and 500 Calorie Diet Simeons Protocol**, replace that protocol with the **Turbo Protein Diet** as explained in the book by **Dieter Market (www.almased.com)** & will be your **Phase 2**.

**Phase 3 (3<sup>rd</sup> 30 Days)**

Phase 3 lasts three weeks. This phase should be done immediately upon completing Phase 2. This, combined with Phase 2, is the original Simeons "weight loss cure protocol." This phase is designed to reset the hypothalamus and bodyweight set point. This is an important phase that keeps the weight off permanently. Successful execution and completion of this phase resets your metabolism higher, resets your hunger lower, and resets your hypothalamus so that in the future it does not store fat in the abnormal problem area secure fat reserves\*This phase helps guarantee that your body is corrected from the abnormal condition which caused the obesity.

Things you **Must Do**;

- **Weigh Yourself Daily & Take Threelac Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**

**Phase 4 (4<sup>th</sup> Last 30 Days)**

Phase 4: This phase is for the rest of your life. It contains the simple, easy to follow dos and don'ts that make sure that the hypothalamus does not get overtaxed and go back to the abnormal state, creating low metabolism, high hunger, food cravings, and the abnormal storing of fat in the problem area fat reserves leading to a return of the weight and the obesity condition.

Things you **Must Do**;

- **Weigh Yourself Daily & Take Threelac Daily**
- **Same Procedure as Phase 1 for Must Do, Strongly Recommended, Must Not Do & Strongly Suggested**
- Do a **LifeForce Candida Cleanse**
- Do a **Liver & Parasite Cleanse**
- Do a **Colon Cleanse**
- Take a **Heavy Metal Cleanse Product, or get Chelation**