

Natural Treatments and Cures for *Toxoplasma gondii* Infection

How to Restore Your Health Even If Your Doctor Has
Given Up on You

© 2022 by Jennifer Shipp & Lydian Shipp

Published and distributed in the United States by: Breadcrumb Trail Publishing.

Cover design: Lydian Shipp

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This book contains information about disease treatments along with the authors' opinions about said treatments, but this book is not meant to be used as medical advice. It is not intended as a substitute for an individual diagnosis and treatment by a qualified medical professional.

Before beginning any treatment described in this book, the reader should first consult with a qualified health care provider who will make recommendations for treatment based upon each reader's medical history and current medical condition.

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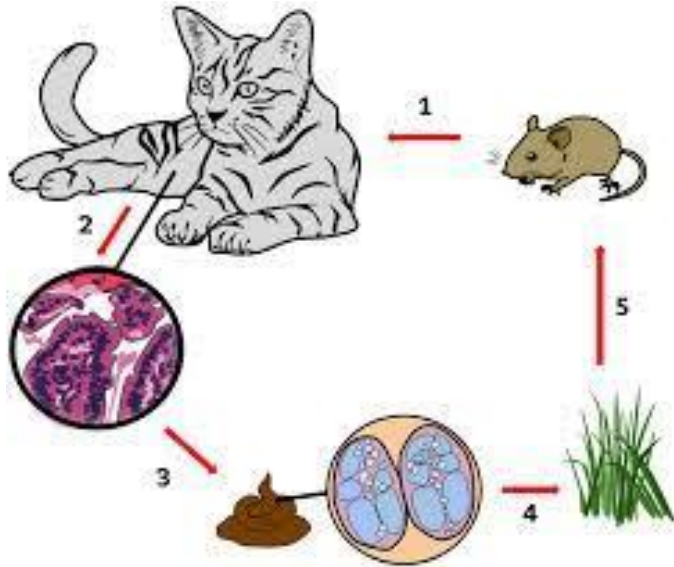
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Part I: Toxoplasmosis Overview

Chapter 1: What is Toxoplasmosis gondii?



Toxoplasma gondii is a protozoan parasite that causes a disease known as toxoplasmosis. It is found throughout the world, but cats are a common host for the disease. Actually, though cats are a host for toxoplasmosis, many people catch the disease from food and water exposures.

In the scientific research, Toxoplasmosis protozoa have demonstrated the ability to manipulate the behavior of its hosts to

create a more favorable situation for its own reproduction. The severity of the behavioral changes correspond to the number of *Toxoplasmosis* cysts. The number of *Toxoplasma* cysts indirectly indicate the level of brain inflammation in the host.

Scientists have speculated that *Toxoplasmosis* protozoa are able to manipulate host behavior by altering the immune system, but in animal studies, rats develop more exploratory behavior when they're infected with *Toxoplasmosis*. Exploratory behavior is associated with dopamine levels in the brain, which are probably altered by the *Toxoplasmosis* protozoa as well. Nonetheless, scientists have shown that neurons can be remodeled by this parasite to cause hypomethylation of arginine vasopressin-related genes (arginine vasopressin is also known as Anti-Diuretic Hormone or Argipressin). Methylation issues can lead to various diseases including autism. Interestingly, organophosphate exposure and the resultant vitamin K2 deficiency can also cause methylation issues.

[Read more about methylation, vitamin K2, and organophosphate exposure here.](#)

Arginine Vasopressin / Antidiuretic Hormone plays some important roles in the body. It increases how much water is reabsorbed back into the blood supply by the kidneys. And it also causes the arteries to constrict in order to increase peripheral vascular resistance, raising blood pressure levels. Vascular resistance can cause problems like high blood pressure, of course, but it also plays a role in diverting blood toward the digestive system to ensure that food is properly digested and absorbed. So the role of Arginine Vasopressin on vascular resistance is important in that this substance alters which organs are supplied with more or less blood. Studies have also shown that Arginine Vasopressin is released into the brain where it plays a role in social behavior, bonding in couples, sexual motivation / libido, as well as how mothers respond to stress. And finally, Arginine Vasopressin also induces differentiation of heart muscle cells to help promote a healthy heart.

In those with a *Toxoplasmosis gondii* infection, Arginine Vasopressin is altered in the brain, which means that people with this disease can develop changes in the following:

- Social behavior
- Relationship behavior
- Sexual motivation and libido
- Maternal stress responses and behaviors.

What Is Toxo Positive? Toxoplasmosis Exposure and Resistance

In humans, exposure to toxoplasmosis is frequent with exposure rates ranging between 30 to 35%. But while both exposure and infection to the disease is common, most of those who are actually infected with the disease don't have symptoms because the immune system prevents the protozoa from actually causing illness.

This fact is vital to an understanding of how to cure this disease. One of the most important strategies that can help patients is to work hard to restore the immune system to health. Using Lugol's iodine, vitamin B17, and enzyme therapies as supplements that can help the body's immune system become strong again is a good place to start.

Those with a chronic infection that isn't accompanied by symptoms are said to have latent Toxoplasmosis. Those who have recurrent symptoms of Toxoplasmosis are said to have chronic Toxoplasmosis. While the popular notion has been that Toxoplasmosis is rare in the United States and Europe, this conflicts with scientific research that says that Toxoplasmosis infection is a *global* threat that, according to some seroprevalence studies, affects up to 100% of the population of the world. Indeed, seroprevalence in the United States specifically has been shown to include at least 25% of individuals. In Europe, the rate of infection ranges between 10-60% and in some regions it may be as high as 90%.

Scientific studies indicate that eating habits and health practices impact whether or not *Toxoplasmosis* infection takes hold and actually causes disease in a given individual, but our view is that immune system function is really the major player here. If the immune system is suppressed or not functioning properly due to toxic exposure to things like bromide / bromine or organophosphates, which are nearly ubiquitous in the United States and certain other developed countries in the world, people become vulnerable to this disease.

[Read more here about organophosphates and bromide-containing insecticides that make populations of certain countries vulnerable to diseases like Toxoplasmosis.](#)

Toxoplasmosis, Low Immunity, and Autoimmune Infection

Those with weakened immunity may experience the full-blown version of a *Toxoplasmosis* infection which can be fatal. So it's important to work to raise and modulate immune system function in individuals who develop this disease. Stem cell transplantation and the immune

suppression that goes along with this kind of procedure has been known to cause *Toxoplasmosis* infection. Co-infection with HIV / AIDs can lead to serious, life-threatening illness. Anyone with a weakened immune system and/or a *Toxoplasmosis* infection should [read this article by Dr. Metharem Haresh about how he cures HIV / AIDs using a substance known as Tetrasilver Tetroxide](#).

Toxoplasmosis is a pathogen that is found in most humans but it doesn't always cause a full-blown infection. The link between diminished immune system function and *Toxoplasmosis* infection is noteworthy and important. If *Toxoplasmosis* is only a problem in those who are immunocompromised, then we need to focus on building the immune system in order to cure this disease.

Also worth noting is the fact that autoimmunity and cancer are, according to the latest scientific research, two sides of the same coin. Most autoimmune diseases involve a specific cancer corollary. And most cancers are also associated with autoimmune disease. This cancer-autoimmunity connection is described using the word "paraneoplastic" and we expand in depth on how and why Lugol's iodine 2% can be used to treat both. Indeed, exposure to bromide-containing insecticides or organophosphates may be an important factor in determining who expresses symptoms of *Toxoplasmosis* and who does not. [Read more here about paraneoplastic diseases and why Lugol's iodine can be used to cure autoimmune diseases and cancer](#).

Toxoplasmosis and Mental Illness

The *Toxoplasmosis* protozoa contains two enzymes that directly affect the production of dopamine and serotonin in the brain, two neurotransmitters that can cause different types of mental illness if they become imbalanced. In the scientific literature, *Toxoplasmosis* has some interesting associations with the following mental illnesses:

- Schizophrenia
- Bipolar Disorder
- Depression
- Learning Disabilities
- Anxiety
- Autism
- Attention Deficit Hyperactivity Disorder (ADHD)
- Obsessive Compulsive Disorder (OCD)
- Anti-social Personality Disorder
- Panic Disorder
- Suicidal Behavior

The long list of psychiatric problems that are caused by a *Toxoplasmosis* infection brings to mind 3 things:

1) Lithium Orotate –

Lithium Orotate is a natural salt that is non-toxic (as opposed to Lithium Carbonate, the toxic, synthetic pharmaceutical used to treat bipolar disorder). Lithium orotate is often found in the water supply and in areas of the world where it is naturally found at higher levels, people experience fewer psychological problems.

2) Organophosphate Toxicity -

Organophosphate poisoning can cause problems like autism or ADHD via its effects on the shikimate pathway, vitamin K2 levels, and iodine levels in the body. [Read more about how organophosphate insecticides cause psychiatric illness here.](#)

3) Bromism / Bromine Toxicity -

Bromism and bromine toxicity was once a well-known cause of up to 10% of all psychiatric hospital admissions. Bromism or bromine toxicity occurs when someone is exposed to bromine via the air, water, food, or pharmaceuticals that contain bromine. Though bromine has been outlawed in most countries, it has not been outlawed by the U.S. government and is, in fact, present in a variety of medications, foods, and in insecticides that are present in the air and in the water. [Read more about the problem of bromine exposure here.](#)

It's common for patients who have immune system disorders to be more prone to experiencing mental illness or mood disorders due to the *Toxoplasmosis* parasite living in the brain. Patients with HIV / AIDs as well as patients with autoimmune disease are more likely to develop neurological issues related to *Toxoplasmosis*.

Given the facts regarding the prevalence of *Toxoplasmosis* infection, one might wonder whether the problem is truly a *Toxoplasmosis* infection or if the problem should be reframed into a problem of toxicity and/or low immunity due to toxins in the environment.

It's significant to note that scientists have seen a number of instances where patients, for example, are diagnosed with a major mental disorder like schizophrenia or bipolar disorder when in fact, the patient has a treatable *Toxoplasmosis gondii* infection. So *Toxoplasmosis* and schizophrenia might, at least in some cases, be the same disease. The same is true for *Toxoplasmosis* and bipolar disorder. And because lithium orotate can have such miraculous effects on most mental disorders, especially bipolar disorder, daily supplementation with lithium orotate is worth considering. As an alkalizing agent that can be used to do high pH therapy as a treatment for major diseases like cancer, lithium orotate may be able to reduce symptoms of *Toxoplasmosis* naturally while simultaneously giving the immune system a boost to cure *Toxoplasma gondii*. [Read more about lithium orotate as a cure for neurological disease here.](#)

[Read more about how to do high pH therapy to cure major disease here.](#)

We've also written about misdiagnosis of other types of parasite infection as they relate to [ADHD](#) as well as [epilepsy](#). Specifically, children and adults with ADHD may have a pinworm infection, but studies have also shown that *Toxoplasma* infection can cause ADHD symptoms. Indeed, while doctors in Asian countries are mostly aware of the fact that [epilepsy is misdiagnosed about 30% of the time and about 1/3 of patients who are diagnosed with epilepsy may spontaneously recover if the tapeworm cysts in the brain that are causing the disease suddenly die and leave the body](#), doctors in the U.S. still resist the idea that tapeworm cysts could cause a disease like epilepsy. New research, however, has shown that Toxoplasmosis is another common cause of seizures that can easily be misdiagnosed as epilepsy.

In terms of mental illness, patients who have received a grim diagnosis should consider the high rates of misdiagnosis when deciding on an action plan for treatment. Below are some of the cures for *Toxoplasmosis* that can be used by patients at home to see if they experience a lessening of mental health issues.

- [Quinine / Cinchona officinalis Bark \(herbal cure for Toxoplasmosis\)](#)
- [Andrographis paniculata \(herbal cure for Toxoplasmosis\)](#)
- [Terminalia chebula \(herbal cure for Toxoplasmosis\)](#)
- [Chlorine Dioxide Solution / Miracle Mineral Supplement](#)

Some experts believe that *Toxoplasmosis* infection can trigger the development of mental illness while other experts believe that Toxoplasmosis may be responsible for psychotic symptoms and other symptoms of mental illness. In other words, in some patients, symptoms of schizophrenia or other types of mental illness may be directly caused by a Toxoplasmosis infection. In other patients, Toxoplasmosis may trigger the development of mental illness even though it isn't directly responsible for the symptoms. Again, it seems that *Toxoplasmosis* may be an infection that's present in everyone's body, but it may only affect those with weak immune systems or a high toxic load.

Ocular Toxoplasmosis

Toxoplasmosis is a common cause of uveitis and one of the most common causes of infectious posterior uveitis in people who are in normal, average health. The other common cause of uveitis in immunocompromised patients with HIV / AIDs is cytomegalovirus.

The symptoms associated with ocular toxoplasmosis vary depending on the patient's age, their location in the world, and the size and severity of retinochoroiditis. Symptoms of ocular toxoplasmosis include:

- Floaters
- Blurry vision

- Decreased visual acuity (indicating macular involvement)
- Vitreous inflammation of the eye
- Retinal blood vessel inflammation
- Active lesions in the eye
- Retinochoroidal Necrosis
- Optic neuritis

As with neurological manifestations of *Toxoplasmosis*, recurrent retinochoroiditis adjacent to a scar can be confused or misdiagnosed as serpiginous choroiditis. Necrotizing retinitis due to any of the following can also be misdiagnosed as Toxoplasmic Necrotizing retinitis:

- White Dot Syndromes
- Cytomegalovirus
- Herpes Zoster Virus
- Herpes Simplex Virus
- Septic Retinitis
- Tuberculosis
- Sarcoidosis
- Fungal Retinitis (caused by *Candida* or blastomycosis)
- Ocular Toxocariasis
- Syphilis

If you wish to cure ocular toxoplasmosis, look into Chlorine Dioxide Solution / Miracle Mineral Solution. [To cure ocular toxoplasmosis, you'll want to follow both a systemic protocol like Protocol 1000 as well as the Eye Protocol to cure the disease.](#)

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Chapter 2: Reframing Toxoplasmosis



Toxoplasmosis can masquerade as a variety of different diseases. Below are some of the diseases that are regularly associated with *Toxoplasmosis*.

- Lyme Disease
- Parkinson's Disease
- Autism
- Mood Disorders
- Mental Health Problems
- Cancer
- Glioma
- Neurodegenerative Disease

In the scientific literature, there are a number of health problems that are so heavily correlated with *Toxoplasmosis* that it challenges basic assumptions about how these dis-ease works and how it should be treated.

Toxoplasmosis is a potentially fatal complication in bone marrow stem cell transplantation that is frequently reported in the scientific literature, a thought-provoking fact that deserves a bit more attention. In most cases, *Toxoplasmosis* is regarded as a disease of the brain and nervous system, but the fact that bone marrow stem cell transplants can trigger a *Toxoplasmosis* infection brings to mind some thoughts regarding toxic exposures that negatively impact the nervous system and the bone marrow tissues.

Recently when Lydian and I started researching organophosphate exposure, bone marrow became the focal point of our investigation because these toxic insecticides take up residence in bone tissues, disrupting the normal crystalline structure of the bone to cause a specific type of bone weakness and a predisposition to bone marrow diseases including lymphoma, leukemia, myeloma, and other types of bone and blood cancers.

Vitamin K2 deficiency makes people especially vulnerable to organophosphate poisoning and unfortunately, vitamin K2 deficiency is nearly ubiquitous in the developed world due to the rise of GMOs. Indeed, organophosphate herbicides like glyphosate / RoundUp were specifically developed to kill plants that produce vitamin K2, vitamin B9 (folate), and the various amino acids that are essential for the production of thyroid hormones and neurotransmitters like dopamine, noradrenaline, adrenaline, serotonin, and melatonin. It is this mechanism of action that makes glyphosate / RoundUp work as an herbicide.

GMO plants themselves have been developed from normal, natural plants that produce nutrient substances like vitamin K2, vitamin B9, and the amino acids that are essential for brain, bone, and blood health into plants that do not produce these nutrient substances anymore. This has led to an explosion of health issues like cancer, autoimmunity, and susceptibility to certain types of infection like Lyme disease, *Toxoplasmosis*, and yes, COVID-19 because the people eating these GMOs (like soy, corn, and wheat—all staple food products) are now deficient in nutrients that were common in the diet before.

Where the Shikimate Pathway Ends, Disease Begins

The shikimate pathway is known as the “metabolic tree with many branches”. The basic shikimate pathway is a biochemical process that plants and certain microorganisms go through to produce vitamin K2, vitamin B9, tryptophan, tyrosine, phenylalanine, shikimic acid, and more. Though humans aren’t able to naturally produce vitamin K2, vitamin B9 or the above listed amino acids or shikimic acid via the shikimate pathway, plants and certain microorganisms can.

Normally, humans consume plant products that contain vitamin K2, but these days, GMOs have replaced those natural plant products to reduce access to this vital nutrient. And on top of that, herbicides like RoundUp / glyphosate, halt the shikimate pathway in the beneficial intestinal microorganisms that normally live inside our bodies.

When people eat GMO grains or produce, these plants don’t contain the vital nutrients that the body needs in order to fight infection effectively. But when people eat grains or produce that

have been sprayed with RoundUp / glyphosate, even if those food items are not GMOs themselves, 54% of the healthy gut flora is killed, leaving behind gut flora that doesn't produce nutrient substances and leaving a vacuum where unhealthy toxic pathogens like *Toxoplasmosis* can easily become infectious. They say that the majority of the body's immune system lives in the gut as beneficial bacteria, so the destruction of more than half of these beneficial bacteria would certainly lead to immune system dysfunctions.

[Read more about RoundUp / Glyphosate and how insecticides and herbicides contribute to Toxoplasmosis infection and other serious diseases in our book, *Root Cause*.](#)

Too Little Calcium in Bones, Too Much Calcium in the Blood

Vitamin K2 is the nutrient that ensures that calcium that is ushered into the blood supply by vitamin D makes it into the bone tissues. Without vitamin D (which is produced naturally in the body when the skin is exposed to sunlight without sunscreen to block the full-spectrum light), calcium is not absorbed from the intestines into the blood supply. But without vitamin K2, bones become calcium deficient (no matter how much calcium a person eats) and the blood supply, meanwhile, is flooded with calcium. Eventually, all that calcium in the blood supply starts to cause big problems in the body.

First and foremost, calcium in the blood supply inhibits the absorption of iodine. So, a person who is deficient in vitamin K2 but who takes a daily dose of vitamin D will have high levels of calcium in the blood supply or in soft tissues, but low levels of calcium in bone tissues and in teeth where the calcium belongs. And this person will inevitably be deficient in iodine as well as in vitamin K2 because high calcium levels in the blood supply inhibit absorption of iodine into the reproductive organs and thyroid gland. Iodine and vitamin K2 are like the immune system watchdogs. Iodine ensures that the blood and the organs are protected from pathogens while vitamin K2 ensures that bone, bone marrow, and the lymph cells and blood cells produced in the bone marrow are healthy and protected from pathogens as well.

If vitamin K2 isn't present to take calcium out of the blood and put it into the bones, iodine won't be able to get absorbed properly by the body. Essentially, a person then becomes susceptible to a number of diseases that can affect nearly any system in the body. The bone marrow becomes a hiding place for pathogens. The gallbladder and the liver also become hiding places for pathogens.

An Important Theory of Cancer to Help Us Understand Toxoplasmosis Infection Better

Dr. Virginia Livingston-Wheeler was a famous physician who developed a cure for cancer based off of a theory that cancer is caused by an "infective agent" that is naturally present in a dormant state in all human cells. The cancer-causing mycobacterium can be activated and then it can hybridize with the host's own DNA if the body is in a weakened state. Chronic irritation, extreme stress, toxin exposure, highly acidic pH for prolonged periods of time, poor nutrient-diet, or the

presence of another pathogen in the body can all cause cancer to develop by activating this pathogen that is naturally present in all human cells.

[Read more about Dr. Livingston-Wheeler's cure for cancer here.](#)

Dr. Livingston-Wheeler was not the only doctor to espouse this view of cancer. In fact, Dr. Keith Brewer was a microbiologist who also developed one of the most powerful cures for cancer known as [High pH Therapy](#). He didn't even know about or read about Dr. Livingston-Wheeler's theories about cancer, yet he made the same observations about the behavior of cancer cells in the body. High pH therapy involves a cycle of increasing the body's pH to above 7.0 and keeping it above this level for 3 weeks with 1 week off before resuming the cycle. High pH Therapy is a powerful cure for cancer that works very quickly. It typically takes away the pain of cancer within 24 to 48 hours. My personal experience with High pH Therapy has been exceedingly positive such that, in my opinion, it should be a foundation treatment for all diseases, including *Toxoplasmosis*. There are several ways to alkalize the body to increase pH. We talk about these methods briefly below.

High pH Therapies to Cure Toxoplasmosis Naturally

High pH therapy can change the entire biological terrain inside the body to holistically restore health when someone has a *Toxoplasmosis* infection. People with a number of different diseases including *Toxoplasmosis* have benefited greatly from increasing saliva pH from between 7.0 to 8.0. Using pH as a medicinal therapy, it is possible to kill pathogens like *Toxoplasmosis* and the Lyme pathogen at the same time along with cancer cells. [Read more about how to do High pH Therapy here.](#)

If you don't have access to Cesium, Lithium Orotate, or Ionic Rubidium, you can also use Baking Soda Therapy as an alternative type of high pH Therapy. [Read more about how to do Baking Soda Therapy here.](#)

A third option for alkalizing the body is Kangen Water, also known as the Bob Wright Protocol. [Read more about Kangen Therapy here.](#)

Dr. Livingston-Wheeler and Dr. Keith Brewer both believed that the cancer-causing mycobacterium known as *Progenitor cryptocides* was present in all human cells, but that it was not *expressed* in every person's body as an infection that we refer to as "cancer". The interesting thing about this view of cancer is that a number of experts believe that the *Toxoplasmosis* pathogen is present in all human cells too. If this is true, then this pathogen would need to be activated in order for it to express the symptoms of *Toxoplasmosis*.

Activating Toxoplasmosis

Cancer is a disease that is activated by stress, by low pH levels in the body, poor diet, toxic exposure, and nutrient deficiency. One of the most important nutrient deficiencies that can

cause cancer is a deficiency of amygdalin or vitamin B17. [We talk about amygdalin / vitamin B17 and how and why this nutrient can be used as a natural cure for Toxoplasmosis here.](#)

The same doctor, Dr. Sugiura, who developed chemotherapy at Sloan Kettering Memorial Cancer Treatment Hospital, later discovered amygdalin, which he dubbed as a vitamin because of its ability to cure cancer in 100% of lab rats. While toxic chemotherapy medications were heavily promoted by Sloan Kettering, this doctor's research into amygdalin / vitamin B17, was covered up. In humans, vitamin B17 / amygdalin has an 80-90% cancer cure rate and this vitamin can be taken to prevent cancer too. Dr. Sugiura believed that vitamin B17, when it was present in the diet (or as a supplement) was able to prevent degeneration of the body and all degenerative diseases like cancer. Vitamin B17 / amygdalin is present in high quantities in seeds. Dr. Livingston-Wheeler, without any knowledge of Dr. Sugiura and vice versa, developed a special "abscisin-based diet". The abscisins in Dr. Livingston-Wheeler's model of cancer share a lot of interesting similarities with what Dr. Sugiura called amygdalin or "vitamin B17".

According to Dr. Livingston-Wheeler, abscisins were substances that had healing effects against cancer and degenerative diseases which, by the way, include opportunistic infection that develop in people with low immunity or poor resistance to disease. Abscisins are substances in plants that tell the plant when to flower, when to go into dormancy, when the leaves should turn color in the autumn, and more. Abscisins are especially high in sprouted seedlings that are not more than 9 days old. Dr. Sugiura observed that amygdalin was a substance that was present in many seeds, particularly almond-shaped seeds as well.

Dr. Livingston-Wheeler was also able to achieve a 90% cancer cure rate through her work with dietary seedlings and abscisins. [Read more about how to do Dr. Livingston-Wheeler's Abscisin-Based Diet here.](#)

[Read more about Dr. Sugiura's theories regarding vitamin B17 / amygdalin here.](#)

It seems likely that Dr. Livingston-Wheeler and Dr. Sugiura were observing the same nutrient deficiency when they developed their theories about how cancer is cured. In any case, both Dr. Livingston-Wheeler and Dr. Sugiura were able to achieve 90% cancer cure rates using this nutrient-based treatment approach for a disease that has only a 2-3% cure rate in those who are given chemotherapy as a stand-alone medication.

Nonetheless, a diet that's low in fresh, raw seedlings and seeds can lead to a deficiency of this substance known as amygdalin / vitamin B17 / abscisins that can cure cancer or prevent cancer. But now, let's consider the possibility that *Toxoplasma gondii*, like the cancer-causing *Progenitor cryptocides* mycobacterium, is also a pathogen that is present in all human cells from birth. *Toxoplasma gondii* may not be expressed or activated unless something happens in the body that weakens the body or the cells in a specific way. Exposure to toxins like mercury (through mercury amalgam dental fillings, for example), organophosphate insecticides, bromide-containing pesticides, and other poisons may activate the *Toxoplasmosis* pathogen.

Extreme stress might also play a role in activating the pathogen via changes in breath which lead to lower, more acidic pH levels in the body. Poor diet or exposure to certain drugs that contain bromide / bromine or organophosphates could also activate the *Toxoplasmosis* infection.

[Read more about common over-the-counter medications that contain toxic bromide here.](#)

The Somatid Theory of Disease

It has been my experience that there are definitely infections that are contagious that can be spread through contact with other people. But I also believe that there are “infections” that come from within us. In fact, we have four basic theories of disease that Lydi and I have absorbed from great thinkers who have found cures for supposedly incurable diseases:

- 1) Germ Theory
- 2) Somatid Theory and a Modified Version of Terrain Theory
- 3) Remote Bacterial Colonization of the Liver / Gallbladder / Bone Marrow / Spinal Fluids, etc. to Hijack Health
- 4) The Biomagnetic Pair Theory (which is related to Terrain Theory)

According to these three theories, an “infection” or symptoms of disease can happen as a result of pathogens that come from within us or from pathogens that come from outside of us. And because antibiotic medications that are prescribed by doctors are immediately broken down by the liver during first pass metabolism, pathogens are able to take up long-term residence in the liver, in the gallbladder, in bone marrow, and sometimes in spinal fluids or the brain. These pathogens, which would normally cause an infection and symptoms like *strep throat*, as one example, instead cause symptoms of autoimmune disease.

Somatid Theory and the Modified Terrain Theory that I use sometimes to describe and understand infections like *Toxoplasmosis* that tend to be present in the body along with other pathogenic co-infections, requires a very open mind and out-of-the-box thinking at first. Not everyone can buy into Somatid Theory, but for those who are ready to be challenged with new models of medicine, somatids make a lot of sense, actually. According to Somatid Theory and Terrain Theory, there are tiny pin-dots of light in the blood that can only be seen using Live Blood Analysis or Dark Field Microscopy. These pin-dots of light are called “somatids” and when a person has an alkaline tissue / saliva pH, these somatids regularly change into 4-6 different shapes that resemble infectious bacteria. These shapes activate the immune system to keep it working smoothly.

In contrast, when the body has an acidic pH below a pH of 7.0, the somatids go through an entirely different cycle of 64 or more pathogenic “shapes”. The somatids can turn into bacteria, viruses, or parasites and they can take more than one shape in the body at any given time depending on varying pH levels in different parts of the body.

According to the doctrine of biomagnetism and biomagnetic pairs, any infectious pathogen in the body requires a second pathogen of an opposite polarity to support its presence in the body. Essentially, the location where pathogens take up residence in the body depends on pH levels that flow along specific channels that are roughly equivalent to the meridians used by acupuncturists. This doctrine helps explain why certain infections like Lyme disease or *Toxoplasmosis* become co-infections. Getting rid of one infectious pathogen means that the environment conducive to the presence of the other pathogen is significantly diminished. Biomagnetism is a type of therapy that can diagnose the presence of two different pathogens that are supporting each other in the body and also treat those infections using magnets.

Toxoplasmosis appears to be an example of a disease that comes from within and that coexists with other pathogens. It's a disease that's triggered by low immunity, poor diet / poor nutrient profile, stress, toxins, or all of the above. It develops when human cells become vulnerable and weak which means that it may not exist in solitude in the body. Rather, *Toxoplasmosis* is often a co-infection with *Borrelia burgdorferi*, the bacteria that causes Lyme disease. It is also often a co-infection with *Helicobacter pylori*, the bacteria that causes stomach ulcers and gastroesophageal reflux disease (GERD). The fact that *Toxoplasmosis* exists with these other infectious agents should give us pause because it lends credibility to these other models of medicine and how *Toxoplasmosis* becomes infective inside the human body. Though it may not be uncommon for a person to get an infection like *influenza* or the common cold, it should be viewed as abnormal when someone has more than one type of chronic infectious pathogen in the body, especially when doctors aren't able to effectively treat any of them. What's going on here? And can we do a paradigm shift to better understand this problem and solve it?

Review Summary

Using these other models of medicine gives us new avenues to consider in terms of treatments and cures for *Toxoplasmosis*. In this chapter, we've discussed several of the most important *Toxoplasmosis* cures that should be used as a starting block for those with this disease. Let's review them below:

1) Vitamin B17 / Amygdalin / Abscisin / Seeds and Legume plants of the *Fabaceae* Family

Amygdalin / vitamin B17 should be administered topically to the skin in the form of either cold-pressed, organic grape seed oil or hexane-free, cold-pressed apricot kernel oil. Cover the entire body with these oils daily. If the patient is not taking a prescription medication the oils should be administered over the entire body as ½ cup with 20 drops of Dimethylsulfoxide (DMSO), a substance that we talk about briefly in our [discussion about using Chlorine Dioxide Solution as a cure for *Toxoplasmosis* here](#).

Vitamin B17 / amygdalin should also be administered by mouth either as raw, bitter, organic apricot kernels taken in doses of 4-5 at one time for 10 total doses per day or as

an apricot kernel extract. Some amygdalin preparations also exist. We talk more in depth about vitamin B17 / amygdalin later.

[Read more about the medicinal properties of DMSO, a tree-derived, FDA-approved medication here.](#)

[Be sure to read about how to use DMSO safely as a natural treatment for *Toxoplasmosis* here.](#)

[Download the Chlorine Dioxide Solution \(CDS\) and the CDS Complementary Medicines books here \(which detail everything you need to know about how to use these medicines to cure *Toxoplasmosis* here\).](#)

2) Vitamin K2

We talk extensively about vitamin K2 as an antidote to protect people from organophosphate bioaccumulation in our book called [*Root Cause*](#) which gives a detailed account of how insecticide exposure and bioaccumulation leads to the development of diseases like *Toxoplasmosis*. [Read more here about how vitamin K2 and iodine deficiencies have been programmed into the food supply and how these deficiencies lead to specific vulnerabilities that the government can then exploit.](#)

Note that vitamin D supplements should **never** be taken without a vitamin K2 supplement to balance its effects in the body. Instead of taking vitamin D, consider getting rid of your toxic sunscreen and spending 30 minutes in the sunlight every day drinking a Budwig Diet Smoothie. [Read more here about how certain fatty acids have been shown to kill *Toxoplasmosis* in part through their healing effects on human cell membranes and how the Budwig Smoothie and sunlight can literally cure *Toxoplasma gondii* infection.](#)

Note that the Budwig Smoothie, when it was developed years ago by Dr. Johanna Budwig, contained vitamin K2 and the recommended cottage cheese used in the smoothies did not contain organophosphate residues. Today, patients would do best to seek out a type of milk like coconut milk that does not contain toxic additives or insecticide residues and add that to the Budwig Smoothie in place of dairy products. Vitamin K2 supplementation in addition to the Budwig Smoothie and sunlight exposure is essential.

[Read more about the dangers of supplementing with vitamin D if you are not also supplementing with vitamin K2 here.](#)

3) Lugol's Iodine 2%

We talk in-depth about how to use Lugol's iodine as a cure for *Toxoplasmosis* infection. Citizens of the U.S. especially and of other countries that have not yet outlawed the use of bromine / bromine who don't religiously take Lugol's iodine 2% at a dose of at least 50 mg per day will have a hard time overcoming *Toxoplasmosis* infection. [Read more about how to use Lugol's iodine 2% here.](#)

Final Thoughts

Toxoplasmosis and *Borrelia burgdorferi* (the Lyme pathogen) as well as other parasitic infections like *Babesia* are correlated with herbicide and insecticide exposure. Organophosphate insecticides and herbicides halt the shikimate pathway. GMO plants do not go through the normal shikimate pathway which makes them toxic to the body. And plant materials that are coated with these toxic anti-shikimate pathway chemicals kill gut flora that produce shikimate pathway metabolites like vitamin K2, folate, and amino acids that are used by our bodies to produce neurotransmitters that keep the brain tissues healthy and strong and our moods balanced. Without these amino acids, infectious pathogens like *Toxoplasmosis* and *Borrelia burgdorferi* find it easier to infect the brain and nervous system tissues.

Organophosphates and bromide-containing insecticides that make vitamin K2 and iodine deficiencies much worse can cause the body to become vulnerable to disease like *Toxoplasmosis*. Vitamin B17 / amygdalin deficiency promotes the premature degeneration of the immune system function and tissues in the body. We'll talk more later about how a number of the plants that contain vitamin B17 / amygdalin also contain high levels of the amino acids that are used by the body to produce neurotransmitters that *must be present* in order for *Toxoplasmosis* sufferers and Lyme disease sufferers to rebalance the autonomic nervous system. If these amino acids aren't present, even if the infectious pathogens are killed or restored back to dormancy, the body will continue to behave in an imbalanced manner as though it is "sick". This is one of the reasons why Lyme disease sufferers experience relief using Bee Venom Therapy, which restores balance to the autonomic nervous system. [Read more about Bee Venom Therapy here.](#)

In this discussion, we argue that certain, specific cancer cures can also be cures for *Toxoplasmosis*. We also argue that insecticide exposure and other toxins can exploit vitamin K2 and iodine deficiencies. Correcting these two deficiencies makes people less vulnerable to insecticide exposures which strengthens their body against all types of infection, cancer, and autoimmunity. [In another article about autism](#), Long COVID, and post-vaccine syndromes, we talk about how the shikimate pathway metabolite deficiencies lead to diseases involving neuroinflammation and how to correct this problem.

In the next section of this book, we'll talk about herbs that can be used to cure *Toxoplasmosis* by restoring proper human cell function, by killing activated *Toxoplasmosis* pathogens by releasing Reactive Oxygen Species, by alkalizing the body, or by causing the *Toxoplasma gondii* parasite to go back into a harmless dormant state.

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Part II : Herbs for Toxoplasmosis Infection

Chapter 3: *Terminalia chebula* Herbal Cure for Toxoplasmosis Infection



Terminalia chebula is a large deciduous tree found in India, Nepal, Sri Lanka, Malaysia, and other Southeast Asian countries, and Southwestern China, that is also known by the following names:

- Harad (Hindi / Urdu)
- Kadukkai (Tamil)
- Hirada (Marathi)
- Hilikha (Assamese)
- Horitoky (Bengali)

Terminalia chebula is one of the main ingredients in the famous Ayurvedic formula known as *Triphala*. *Triphala* is used for digestive problems as well as kidney and liver dysfunction. The dried fruit of the *Terminalia chebula* tree has the following general medicinal effects on the body:

- Anti-tussive - It can be used to treat cough.
- Cardiotonic - It can be used to strengthen the heart muscle.

- Homeostatic - It can be used to balance the general physical state of the body.
- Diuretic - It can be used to detoxify the body and to treat edema and inflammation by encouraging the body to release fluids.
- Laxative - It can be used to encourage regular bowel movements to detoxify the body.
- Anti-oxidant - It protects the body against damaging free-radicals
- Anti-microbial - It has the ability to kill different types of pathogens.
- Hepatoprotective - It protects the liver from harm.
- Anti-inflammatory - It keeps swelling to a minimum.
- Anti-mutagenic - It protects the body from developing cancer as a result of mutations.
- Anti-proliferative - It keeps cells from proliferating out of control.
- Radio-protective - It protects the body from radiation.
- Anti-arthritis - It is an herbal treatment for arthritis.
- Anti-caries - It keeps teeth from developing cavities.
- Promotes normal gastro-intestinal motility and the normal movement of food through the digestive system.
- Wound healing activity.
- Improved Cognition - It helps promote cognitive function by boosting short-term and long-term memory as well as learning retention. It works by enhancing brain oxygenation.
- Reduces Constipation - By reducing constipation, this herb promotes detoxification.
- Eye Infection Treatment - A solution of *Terminalia chebula* can be used in combination with water to get rid of eye infections.
- Immunomodulatory - *Terminalia chebula* kills bacteria that can disrupt the immune system to cause autoimmune disease.

Terminalia chebula is known as the “King of Medicine” in Tibet and it is always listed at the top of the most important herbs in the Ayurvedic Materia Medica because it has notable powers to heal many diseases.

Below is a list of some of the diseases that have been cured using *Terminalia chebula*:

- [Asthma](#)
- Vomiting
- Sore Throat
- Hiccough / Hiccups
- Diarrhea
- Dysentery
- Ulcers
- Bleeding Hemorrhoids
- [Gout](#)
- Bladder disease
- Heart disease
- Diabetes

- [Candida infections of various types](#)
- Fungal infections
- [Autoimmune Disease \(it kills underlying bacterial infections causing the autoimmune symptoms\)](#)
- ***Toxoplasmosis gondii***
- [Lyme Disease / Bartonella](#)

Combining Terminalia chebula and Dimethylsulfoxide

It is theoretically possible to combine *Terminalia chebula* aqueous extract with [Dimethylsulfoxide \(DMSO\)](#) to increase its penetration rate in the body, but we haven't been able to find scientific studies on humans or animals documenting the safety of doing so. A patient who uses *Terminalia chebula* by itself with some success might be able to administer this herbal treatment with DMSO to enhance its medicinal effects against *Toxoplasmosis gondii*. As a reader, if you decide to try working with *Terminalia chebula* and DMSO together, do so at your own risk and with moderation in terms of initial dosing strategy.

DMSO is a substance that's derived from trees. It is an FDA-approved, over-the-counter medication that has the broadest medicinal action of any drug currently on the market. It's broad spectrum of action has largely been covered up by Big Pharma even though DMSO is a powerful solvent that can combine with almost anything, including with antibiotics. When combined with antibiotics, DMSO decreases the dosage of the antibiotics needed to treat disease by providing a seek-and-destroy, targeted and precision treatment of bacteria with easy access through tissues and membranes, making the antibiotics much stronger at these lower doses. DMSO can also be combined with herbs and even vitamins like vitamin B12 to permit these substances to be applied through the skin. But before you attempt to combine *Terminalia chebula* with DMSO, [be sure to read about how to use this substance safely](#). DMSO is a non-toxic medicine *by itself*, but it is a powerful solvent that combined with anything from the varnish on your tabletop to the toxic fragrances in your skin lotion.

WARNING: Do not use DMSO if you are currently on prescription medications because it can increase their potency.

Also note that if you decide to experiment with using *Terminalia chebula* and DMSO together, start with tiny doses of *Terminalia chebula* and increase the dose slowly while observing your reaction to this medicinal combination treatment.

If you suffer from Lyme Disease with joint symptoms, consider putting DMSO and *Terminalia chebula* on your joint tissues. DMSO has the ability to penetrate membranes easily and can allow access to areas of the body that are normally off-limits to other medications.

Terminalia chebula as a Natural Treatment for Toxoplasmosis

Studies at the Shahrekord University of Medical Sciences in Iran have examined the use of *Terminalia chebula* Retz in hydroalcoholic extract as a treatment for Toxo. These studies showed that as a natural treatment for *Toxoplasmosis*, *Terminalia chebula* was at least as effective as the drug pyrimethamine. But *Terminalia chebula* carries none of the same risks as pyrimethamine.

Pyrimethamine inhibits the production of folate and it causes bone marrow suppression. It is, in other words, much like other pharmaceuticals for disease. It can cause the very symptoms that it is attempting to suppress.

Terminalia chebula had the following observable medicinal effects on *Toxoplasmosis*-infected mice.

- Decreased the number of intraperitoneal tachyzoite
- Increased the survival rate of mice
- Reduced levels of serum MDA
- Reduced tissue inflammation
- Increased serum antioxidant capacity

Terminalia chebula as an Eye Infection Treatment for Ocular Toxoplasmosis

Terminalia chebula can be used to treat eye infections including conjunctivitis, sty, eye dryness, and for other types of eye infections as well.

Use the *Terminalia chebula* fruit juice extract and use it as an eye irrigant. Or boil the dried *Terminalia chebula* fruit like a tea and then let it cool. Use it as an eye irrigant.

Terminalia chebula Dosage:

The recommended dosage of [*Terminalia chebula*](#) is 100 mg/kg body weight for 7 to 14 days.

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Chapter 4: *Andrographis paniculata*: Herbal Remedy for Leptospirosis, Leukemia, and Toxoplasmosis in Humans



What is *Andrographis paniculata*?

Andrographis paniculata is a bitter herb that grows in Asia. It is also known as:

- Green Chiretta
- Creat
- *Chuan Xin Lian*
- Kalmegh
- Indian Echinacea
- “The King of Bitters”.

Andrographis paniculata is particularly useful as an anti-parasitic, anti-protozoan, and as an herbal remedy for *Borrelia burgdorferi* infection and Toxoplasmosis as well as Weil's Disease / Leptospirosis and *Helicobacter pylori*. Note that *Borrelia*, *Leptospirosis*, and *Helicobacter* bacteria are all spiral-shaped bacteria. *Helicobacter* bacteria have been studied the most extensively and

these bacteria possess some interesting properties that might be used to explain the trajectory of Lyme disease and Weil's Disease. Because Lyme disease and Weil's disease have not been studied as well, readers will need to decide whether they want to make the analogy between these various spiral-shaped bacteria or not, but it's worth stating that people with Toxoplasmosis infection are likely to experience a worsened case of their disease if they have a co-infection with *Helicobacter pylori*. Luckily, *Andrographis paniculata* is an herb that can treat all of these diseases at the same time.

Bitter herbs are particularly useful against parasite infections and digestive upsets. But *Andrographis paniculata* has also proven to be extremely useful as healer of the immune system and can be used as a treatment for autoimmune disease as well. Its usefulness as a natural treatment for autoimmune disease might be explained best by its ability to kill *Helicobacter pylori*, a bacteria with shape-changing abilities that make this pathogen resistant to synthetic pharmaceuticals. By changing shape from a spirochete to a coccoid / sphere, this bacteria is able to evade synthetic pharmaceuticals that have been specifically formulated to only be able to kill one form of the pathogen (the spirochete).

There are a number of experts on alternative cancer cures who have used dark-field microscopy to observe that mycobacterium causes cancer via infection of human cells. Interestingly, a

number of these experts including Dr. Livingston-Wheeler, Dr. Isaac Goiz, Dr. Gaston Naessons, and Dr. Royal Rife have all observed this mycobacterium and they also report that these cancer-causing pathogens change shape on the basis of pH levels in the tissues.

H. pylori, in fact, changes shape as it passes from the acidic outer layer of tissues in the stomach to the inner, more alkaline tissues underneath.

What are the medicinal benefits of *Andrographis paniculata*?

Though in this article, we're primarily focusing on just a few medicinal benefits, *Andrographis paniculata* actually has an extremely broad spectrum of action as far as herbs go. When we look at herbal cures for disease at AlivenHealthy, we view each plant as a conscious entity and we look at how it treats the body as a "personality profile" for the herb. *Andrographis paniculata* is an herb that appears to work with shape-changing pathogens while it protects the liver and lymphatic system from new colonizations by autoimmune-causing bacteria. Through its lymphatic system function and its ability to pass the blood-brain barrier, *Andrographis paniculata* is able to treat nearly every organ and system in the body that might be infected with colonies of bacteria, mycobacteria, viruses, and protozoa.

Below is the incredibly long list of diseases that can be treated using *Andrographis paniculata*:

- Cancer
 - Leukemia
 - Kidney Cancer
 - Pancreatic Cancer
 - Colon Cancer
 - Melanoma
 - Glioblastoma multiforme
 - Lung Cancer
 - Brain Cancer
 - Breast Cancer
- Leprosy / Hansen's Disease
- Digestive Diseases
 - Inflammatory Bowel Diseases (Crohn's Disease, Ulcerative Colitis)
 - Colitis
 - Diarrhea
 - Gas
- Hypertension / High Blood Pressure
- Multiple Sclerosis
- Diabetes
- Arthritis / Joint Inflammation
- Skin Diseases
 - Eczema

- Skin Ulcers
- Bacterial Infections
 - Borrelia infection / Lyme Disease / Bartonella
 - Weil's Disease / Leptospirosis
 - *Pseudomonas aeruginosa* infection
 - Pneumonia
 - *Helicobacter pylori*
- Parasite Infections
 - Leishmaniasis
 - Toxoplasmosis
 - Malaria
- Viral Infections
 - Mumps
 - Chickenpox
 - Dengue
 - Influenza
 - Common Cold
 - COVID-19
- Fever
- Pain Control
- Ear Infection
- Inflammatory Diseases
- High Blood Pressure
- Canker Sores
- Metabolic Disease
- Tonsillitis
- Kidney Disease
 - Kidney Stones
- Lung Disease
 - Bronchitis
- *Toxoplasma gondii*
- Insect Stings (topical)
- Snakebites
- Sepsis / Blood Infection
- Low Immunity / Immune Suppression
- Autoimmunity
 - Vitiligo
 - Autoimmune Hepatitis
 - Fibromyalgia
 - Diabetes
- Liver Congestion
- Headache
- Liver Damage
- Jaundice

- Abscess
- Urinary Tract Infection (UTI)
- Hepatitis
 - Viral Hepatitis
- Heart Disease
 - Heart Attack Prevention
- Gonorrhea
- Sexual Dysfunction / Low Libido
 - Low Testosterone Levels
 - Erectile Dysfunction
 - Menstrual Cramps

Andrographis paniculata and Siberian Ginseng (*Eleutherococcus senticosus*)

Andrographis paniculata is often combined with Siberian Ginseng and if you're looking into herbal remedies for toxoplasmosis, Lyme Disease, Leptospirosis, or Autoimmune Disease, consider combining *Andrographis paniculata* with Siberian Ginseng to improve its immune boosting effects.

Detoxification Symptoms Associated with Taking *Andrographis paniculata* as an Herbal Remedy for Toxoplasmosis

Andrographis paniculata can cause a variety of detox symptoms as it clears the body of disease. In other words, you might feel worse before you feel better, but give this herb time to work in the body and reduce the dosage by half if you experience a detox reaction. Continue taking it nonetheless. Resume the higher dosage when detox symptoms go away.

Below are detoxification symptoms to expect while taking *Andrographis paniculata* as an herbal remedy for Toxoplasmosis:

- Constipation
- Gastric upsets (in very high doses)

Who Should Avoid Taking *Andrographis paniculata*?

Do not take *A. paniculata* if you are pregnant because it inhibits the production of progesterone, which can cause miscarriage or stillbirth. It is a contraceptive herb and an abortifacient.

Andrographis paniculata can also reduce sperm production in men. After treatment, however, sperm production returns to normal.

Andrographis paniculata may increase the potency of isoniazid, a drug used to treat tuberculosis. *A. paniculata* and isoniazid should not be used together.

Andrographis paniculata as a Natural Treatment for Toxoplasmosis

Andrographis paniculata is one of several herbal remedies for Toxoplasmosis, malaria, and other types of protozoa infections. It has also been used as a cure for Lyme disease. This plant has a broad spectrum of action and it works in part by releasing antioxidants as well as medicinal [Reactive Oxygen Species](#) such as [Hydrogen Peroxide](#) and superoxide anions along with nitric oxide into the body. There are other powerful herbal remedies for parasite infection that release Reactive Oxygen Species like *Artemisia annua*. This particular mechanism of action resembles that of [Chlorine Dioxide Solution \(CDS\)](#) / [Miracle Mineral Supplement](#) and lends credibility to the idea that any of these Reactive Oxygen Species medicines could be valuable as treatments against Toxoplasmosis too.

But *Andrographis paniculata* may work through another mechanism of action. *Andrographis paniculata* is able to protect the liver / gallbladder, which are organs that are often colonized by certain types of bacteria that then lower resistance to other types of pathogens such as protozoans (i.e. Toxoplasmosis). It has an immunostimulating effect on the body, but it also modulates reproductive hormone levels, which play a key role in immune system function as well.

Below we talk about *Andrographis paniculata* as an herbal remedy for *H. pylori* infection. Note that co-infection of Toxoplasmosis with *H. pylori* can cause more severe symptoms, specifically neurological symptoms. Clearing up an *H. pylori* infection can help the body overcome a *Toxoplasmosis* infection.

Andrographis paniculata as an Herbal Remedy for *Helicobacter pylori*

Studies have shown that *Andrographis paniculata* is able to inhibit the growth of *Helicobacter pylori*, a bacteria that lives in the stomach and that causes gastric ulcers as well as stomach cancer. Apparently, *Andrographis paniculata* inhibits the production of urease, a substance that enhances the survival of *Helicobacter pylori*. *A. paniculata* also has the ability to kill the bacteria itself. So it works through two mechanisms of action against *H. pylori*.

Helicobacter pylori is a spiral-shaped bacteria that has been studied extensively because it is present in many municipal water supplies and it must be managed in all nations throughout the world. Nonetheless, about 50% of the population of the world is infected with *H. pylori* at any given time. It's a difficult bacteria to kill because it has the ability to use its spiral shape to burrow into stomach tissues to escape from high acid levels and find more suitable, alkaline tissues below. *H. pylori* is also one of few bacteria that has been studied enough for scientists to observe its ability to change shape depending on the pH level of its surroundings.

Though the *Borrelia* bacteria and *Leptospira* bacteria have not been observed changing shape to escape drug treatment using synthetic pharmaceuticals, it's likely that they have these pleomorphic abilities too. Herbal treatments for shape-changing bacteria tend to be far more effective than drug treatments because the plants are calibrated to work with all the different shapes that a bacteria can take to get rid of them permanently.

Note that [autoimmune diseases like Lupus](#) can be exacerbated by bacteria like *Helicobacter pylori* but that there are a number of [cures for an *H. pylori* infection](#). Some of these cures may also be relevant to the other spiral-shaped bacteria in this article (*Borrelia* and Leptospirosis). Some might even argue that *H. pylori* and *Toxoplasmosis* as co-infections deserve a lot more attention given the shape-changing ability of *H. pylori*. *Toxoplasma* may, in fact, be a shape taken by *H. pylori* under very specific physiological conditions.

Andrographis paniculata Dosage:

It's important to find a product that contains a high concentration of andrographolides to ensure that the supplement is high-quality and that it will work, as promised to treat *Toxoplasmosis*. Look for somewhere between 10% and 30% concentration of andrographolides.

If you purchase a product with 10% andrographolides, take between 300 to 400 mg daily. If you purchase a product that contains a higher concentration of andrographolides, decrease the dose to reflect the higher concentration (30% concentration extracts would mean that you'd take 100 mg daily, for example).

If you use the actual dried plant, pound about 20 grams of the herb, mix it into water so that the herb is fully covered, let it sit overnight and then filter it and put the leftover water in the refrigerator. Administer 40 mL of this infusion by mouth, twice daily.

Resources:

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Chapter 5: Quinine and Cinchona Bark: Herbal Cure for Toxoplasmosis Infection



Quinine is a substance found in Cinchona Bark from the Cinchona tree. This world famous substance was responsible for eradicating the malaria protozoa from Europe and it is also an herbal remedy for Toxoplasmosis, another common protozoal infection.

Studies on quinine itself and on patent-able pharmaceuticals derived from quinine have shown that quinine-compounds have a strong anti-Toxoplasma action. This substance works by preventing tachyzoite proliferation. Quinine and quinine compounds are able to disrupt *Toxoplasma* mitochondrial membrane potential as well as adenosine triphosphate production (ATP—the main energy source for cells). It also produces a high number of Reactive Oxygen Species that are able to kill *Toxoplasmosis* protozoa. So quinine is a valuable medicine that works through more than one mechanism of action against *Toxoplasmosis*.

Research into Dihydroquinine, also known as Hydroquinone, a newly developed synthetic pharmaceutical that is derived from quinine, can be prescribed by doctors, but quinine or even the whole plant bark of the Cinchona tree may actually be *MORE* effective than either Dihydroquinine or Hydroquinine. Quinine and Cinchona bark are definitely more affordable than medicines you might get from your doctor, but if you would feel more comfortable getting a prescription medicine, consider showing your doctor [this scientific article](#) as proof that these substances are valid treatments for *Toxoplasmosis* infection.

Herbal Remedy for Toxoplasmosis #1: Quinine and Artemisinin

Quinine is a substance that's found in *Cinchona* Bark.

Artemisinin is a substance that's found in the plant known as *Artemisia annua*.

As such, if you'd prefer to use the whole plant materials, *Cinchona Bark* and *Artemisia annua*, rather than Quinine and Artemisinin, this would also work.

Artemisia annua releases hydrogen peroxide, a Reactive Oxygen Species medicine that's particularly powerful when the body is exposed to sunlight or full-spectrum light for 20-30 minutes after you take this herb. *Cinchona Bark* contains quinine and it works through a different mechanism of action, but combines well with *Artemisia annua*.

Dosage:

Administer [Artemisia annua](#) extract twice daily at 500 - 600 mg (15 drops). Administer the 10 mg / kg of the patient's body weight of the [Cinchona Officinalis Bark extract](#) 8 times daily in divided doses.

[In this scientific research article](#), the author talks about the use of QUININE against protozoan infections. The recommended dose is 10 mg per day given in DIVIDED DOSES **given every hour for 8 hours** over the course of 7 days. So you'd make a 10 mg master solution at the beginning of the day and then you'd administer 1/10 of this master solution each hour for 8 hours of the day. Combine this treatment with two doses (morning and night) of 500 mg of *Artemisia annua*. This treatment strategy of administering the quinine hourly is more effective than giving the quinine in bigger doses twice daily. Note that this consistent, hourly dosing is the same dosing strategy recommended for [Chlorine Dioxide Solution / Miracle Mineral Supplement](#). It is more effective to administer hourly doses of 1/8th of the quinine master solution 8 times per day than to administer 1/2 of the quinine master solution in the morning and 1/2 at night. So despite the fact that this dosing strategy is less convenient, consider doing it because it's more effective.

Note that both Quinine / *Cinchona Bark* and Artemisinin / *Artemisia annua* release Reactive Oxygen Species as medicinal agents that have the ability to kill *Toxoplasma gondii*.

Herbal Remedy for Toxoplasmosis #2: *Cinchona Bark* + *Sarsaparilla* + Potassium Iodide

Sarsaparilla (also known as *Smilax medica*) and *Cinchona Bark* are two herbs that work very well together. *Sarsaparilla* has a lot of medicinal functions that *Cinchona Bark* has, so these two herbs amplify each other's effects. *Sarsaparilla* is able to kill pathogens like protozoa and amoeba infections. It has the ability to purify the blood. And *sarsaparilla* does an excellent job of regulating digestion and getting rid of fevers.

But most importantly, this herb likes to work in partnership with other herbs like *Cinchona Bark* to kill *Toxoplasmosis gondii* by increasing the strength of quinoline, quinine, and some of the other alkaloids that have a medicinal action against *Toxoplasmosis*.

This article is [about the use of Cinchona Bark / Quinine, sarsaparilla, and potassium iodide as a cure for tuberculosis](#) but it is also relevant to the treatment of *Toxoplasmosis* infection. The *Cinchona Bark* (which contains quinine) is the main anti-protozoa agent while *Sarsaparilla* enhances the strength and absorption of the *Cinchona Bark*. Potassium Iodide, in contrast,

improves lung function and expectoration as well as general immune function. [Lugol's iodine Therapy](#) is another recommended natural treatment for Toxoplasmosis. [Read more here about how to use Lugol's iodine and vitamin K2 to overcome diseases of toxicity that are resistant to treatment](#).

Note that Cinchona Bark CONTAINS quinine as well as other alkaloids like quinonline. Quinoline also has a broad spectrum of medicinal action. Though you cannot currently buy Quinoline with the same ease with which you can buy Quinine, the whole plant material, *Cinchona Bark* contains both Quinine and Quinoline that work together with Sarsaparilla and iodine to cure *Toxoplasmosis*.

I recommend the whole herb material of Cinchona Bark to most people because it contains other medicinal substances other than just quinine that can all work together to cure Toxoplasmosis infection. Sarsaparilla contains saponins that enhance the effects of Cinchona by helping quinine and other medicinal substances in Cinchona Bark such a quinoline gain admittance to cells, but Sarsaparilla also has a medicinal action against protozoa infections like *Toxoplasmosis*.

Potassium Iodide is a component in [Lugol's iodine](#). Lugol's contains molecular iodine and potassium iodide so it feeds both the thyroid gland and the reproductive organs. Lugol's iodine was once the most widely prescribed medicine in the United States before the American Medical Association took over and began creating petroleum-based pharmaceuticals. [The story of iodine and how it has been removed from the food supply in the United States to the detriment of the entire population's health](#) is important in understanding how Lugol's iodine can be used to naturally treat Toxoplasmosis. [Lugol's iodine balances the immune system and also helps make the body resistant to all infectious diseases including Toxoplasmosis](#).

Dosage Information

Cinchona Bark and Sarsaparilla:

Administer these extracts together simultaneously according to the dosing instructions on the bottles.

Lugol's Iodine 2% Dosage:

Administer 2% Lugol's iodine at 20 drops to the wrist daily or put 20 drops in water and then drink the water. [Read more about Lugol's iodine here](#), to find out what to expect from this essential trace mineral that has the ability to get rid of *Toxoplasma gondii* and other serious diseases.

As an expectorant, potassium iodine is prescribed at a 300-600 mg dose taken 3-4 times daily in 8 ounces of water, juice, or milk as a secondary option. Remember though, Lugol's iodine already contains potassium iodide at a lower dose. Taking 20 drops of Lugol's iodine 2% may be enough to treat a disease like *Toxoplasma gondii* that doesn't involve a respiratory component like tuberculosis.

Herbal Remedy for Toxoplasmosis #3: Quinine + Dimethylsulfoxide (DMSO)

Dimethylsulfoxide (DMSO) is an FDA-approved medicine that's derived from trees. This over-the-counter medicine works a bit like Sarsaparilla in that it makes it easier for Quinine to gain admittance to the inside of cells. When quinine can pass through the membranes of cells to get inside them, it can kill protozoa that are living inside the cells. Indeed, having the ability to pass through cellular membranes makes it easier for the quinine to target the weakest internal parts of the *Toxoplasmosis* protozoa.

DMSO is a powerful, yet non-toxic solvent. Indeed, by itself, DMSO has a toxicity level similar to that of water. But in medicine, DMSO can be combined with other substances to make them more potent. The FDA has approved this medicine and though Big Pharma is well-aware of the fact that combining DMSO with antibiotics increases their strength in a manner that would allow certain "retired" antibiotics like penicillin to become useful again, DMSO is not used in this way in conventional medicine. You see, if DMSO were used in this way, Big Pharma would no longer be able to sell fear in the form of so-called "drug-resistant" microorganisms and they also wouldn't be able to charge astronomical prices for second and third (and fourth) generation antibiotics that were developed merely to ensure that when the patents and the profitability of "old" antibiotics run out that they can continue to make gigantic profits.

WARNING: Be aware that DMSO can potentiate other prescription medications, so don't take prescription meds with DMSO unless you talk to your doctor first.

Dosage of Quinine and DMSO:

Try the Cinchona Bark + Sarsaparilla + Potassium Iodide (or Lugol's Iodine) herbal remedy for Toxoplasmosis first. If you don't successfully get rid of *Toxoplasmosis* using this herbal remedy, you'll want to start with the 10 mg / kg of body weight as the Quinine Dose and add 1 drop of DMSO to the master solution and then observe how you tolerate it. On the second day of treatment, add 2 drops of DMSO to the master solution. Increase the dose of the DMSO slowly to ensure that you don't develop symptoms of toxicity to the Quinine because of the potentiating effects of the DMSO. Take the Quinine for up to 21 days and then take a break from the medicine for 1 week (try a different herb, such as *Andrographis paniculata* or *Terminalia chebula*, or Chlorine Dioxide Solution / Miracle Mineral Supplement during that week). When you return to Quinine, start with the final stopping dose of DMSO + 10 mg / kg of body weight and continue to observe yourself closely for signs of toxicity.

Resources:

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Chapter 6: Frankincense and DMSO



In our experience, frankincense essential oil combined with DMSO has proven to be one of the simplest yet most powerful treatments for disease, including for cancer (specifically brain and reproductive organ cancers), COVID-19 and other respiratory infections and diseases, autoimmune disease, and more. Because of the powerful healing abilities of each of these two medicines, we often consider them separately or in combination with each other when first exploring a health problem. For that reason, when we started writing about toxoplasmosis, we wondered if frankincense and DMSO could work together for this parasitic infection as well.

While the scientific evidence available in regard to the use of frankincense specifically for the treatment of toxoplasmosis is limited, there *are* multiple studies available illustrating the efficacy of this tree resin for the treatment of other parasite infections, including:

- [Leishmaniasis](#) (caused by *Leishmania* spp. parasites)
- [Giardiasis](#) (caused by *Giardia* spp. parasites)
- [Malaria](#) (caused by *Plasmodium* spp. parasites)
- [Schistosomiasis](#) (caused by *Schistosoma* spp. parasites, also known as liver flukes)
- [Blastocystis spp. parasite infection](#)

While it's worth noting that, indeed, frankincense *does* possess antiparasitic properties, it's particularly interesting that this medicine works as a treatment for malaria. Both *Toxoplasma* and *Plasmodium* parasites are what are known as "Apicomplexa" parasites. The Apicomplexa parasites are grouped together since they all have some specific attributes in common.

Specifically, these parasites possess a grouping of organelles known together as the “apical complex”; this organelle grouping is primarily responsible for facilitating the entry of the parasite into the host cell, but also plays a role in the metabolism of the parasite.

Some researchers have suggested that the apicoplasts inside of the apical complex may be an effective target for the prevention and treatment of malaria. It’s possible that apicoplasts inside of *Toxoplasma* parasites may also be a viable target for the treatment of toxoplasmosis.

Frankincense + DMSO for Brain Cancer

Frankincense combined with DMSO is a front-line natural treatment for brain cancer.

Toxoplasmosis has been correlated with the development or worsening of brain cancers, as well as sometimes being misdiagnosed as brain cancer in certain cases. Certain other cancers, such as myeloma, leukemia, and lymphoma, can also cause a dormant toxoplasmosis infection to “reactivate”. Because of this close connection between toxoplasmosis and cancer, frankincense is an important treatment to be aware of when it comes to developing a complete Healing Protocol for toxoplasmosis (and in this case, other related conditions).

Combine 10-20 drops of pure frankincense essential oil with 2 tablespoons of organic, unrefined coconut oil in a glass container with a lid (this way, you can keep the mixture for later). Apply the frankincense/coconut oil mixture to the area of the head closest to the cancer, or all over the head and neck. After applying the oils, then apply the DMSO to the same areas. Do not rinse. Repeat as many times a day as you feel is appropriate, keeping in mind that DMSO can sometimes dry the skin. If you start to experience any symptoms of skin dryness (itching, redness, peeling, uncomfortable sensations, etc.) stop applying the DMSO temporarily and continue on with the oil mixture, OR reduce the amount of DMSO you’re using either by applying less overall or administering the DMSO portion of the treatment fewer times per day.

Frankincense + DMSO for Autoimmune Disease

Certain autoimmune diseases have been known to sometimes be due to a dormant (or active) *Toxoplasma* infection. Among the autoimmune diseases that are correlated with toxoplasmosis are the following:

- [Rheumatoid arthritis](#)
- Systemic sclerosis
- Primary and secondary Antiphospholipid syndrome
- Primary biliary cirrhosis
- Pemphigus vulgaris
- Vasculitis
- Autoimmune thyroid diseases
- And more...

Frankincense is an antioxidant and anti-inflammatory medicine. The boswellic acids present in frankincense have been known to downregulate the production of multiple cytokines, including TNF-alpha, IL-6, IFN-gamma, IL-1, IL-2, and IL-4. These cytokines play a role in the chronic inflammation seen in most autoimmune diseases; often, these cytokines are produced by the body's immune system in response to an underlying infection. Frankincense not only reduces excessive inflammation but can also target these underlying pathogenic infections that are often present in autoimmune disease.

Frankincense + DMSO for Schizophrenia and Mental Illness

The first thing I think of as a treatment for schizophrenia is niacin (vitamin B3). While niacin is certainly one of the most important nutritional therapies for schizophrenia, there are other treatments, like frankincense, that may benefit schizophrenia patients. Most of us are taught that schizophrenia is incurable, but the reality is somewhat different; in "Niacin: The Real Story", Dr. Abram Hoffer (and coauthors) explains that people with schizophrenia may, for whatever reason, have a higher requirement for niacin than the average person. Once they're taking adequate amounts of this nutrient each day in addition to other supportive nutrients in lower doses, their symptoms almost invariably decrease significantly or disappear entirely.

Toxoplasmosis has been observed in some patients with schizophrenia, however, suggesting a link between *Toxoplasma* infection and mental illness. Various studies indicate that patients with schizophrenia are more likely to have *Toxoplasma* antibodies (which indicates the presence of infection), and that adult toxoplasmosis can sometimes bear a striking resemblance to schizophrenia in terms of symptomatology. Additionally, researchers have observed that certain especially effective antipsychotics also possess antiparasitic actions in the body; this means that, although these antipsychotics may work as *antipsychotics*, the reason why they may work better than other antipsychotics may lie in the fact that these particular, effective drugs target the actual *cause* of the schizophrenia.

Frankincense's anti-inflammatory properties (mentioned above) may help treat schizophrenia by reducing the levels of pro-inflammatory cytokines in the nervous system. This tree resin may also be able to help target a hidden *Toxoplasma* infection in patients with misdiagnosed schizophrenia.

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Chapter 7: Sweet Wormwood (*Artemisia annua*) / Wormwood (*Artemisia absinthium*): Herbal Remedy for Toxoplasmosis



Wormwood (*Artemisia annua*), a well-known antimalarial herb, is a key herbal medicine for treating any parasitic infection, including toxoplasmosis. In fact, one study indicated that wormwood not only *treats* toxoplasmosis, but that it also can *prevent* toxoplasmosis infection by up to 75%. In this study, the effectiveness of *Artemisia annua* infusions were compared to the effectiveness of sulfadiazine infusions in mice with toxoplasmosis. The researchers suggested that wormwood's primary mechanism of action against the *Toxoplasma* parasite may lie in artemisinin's ability to disrupt the calcium homeostasis in the parasite, but that other compounds present in wormwood may also have therapeutic benefits in the treatment of toxoplasmosis.

In addition to calcium homeostasis disruption in *Toxoplasma gondii* pathogens, *Artemisia* is also able to produce powerful Reactive Oxygen Species that act as powerful anti-Toxoplasma antimicrobials. Reactive Oxygen Species are released by Chlorine Dioxide Solution, another substance that has powerful effects against Toxoplasmosis. [Read more about Chlorine Dioxide Solution / Miracle Mineral Supplement here.](#)

[Read more about Reactive Oxygen Species medicines like *Artemisia* and Chlorine Dioxide Solution.](#)

Artemisia as a General Anti-Parasitic

In addition to being able to treat *Toxoplasma* infections and malaria, wormwood can also be used to kill other parasites, such as pinworms, roundworms, tapeworms, *Schistosoma* spp. parasites, *Enterobius* spp. parasites, and others.

[Read more about misdiagnosed tapeworm infections here.](#)

The compound present inside of wormwood known as artemisinin can also be effective in treating some (but not all) strains of *Toxoplasma* bacteria. For this reason, using the whole *Artemisia annua* plant is preferable in the treatment of toxoplasmosis since parasites and other pathogens are generally less likely to be or become resistant to whole plants like this. It's still worth keeping this fact in mind though, even if you use the whole plant, since some *Toxoplasma* may not be as potentially effective. Always create a comprehensive Healing Protocol for yourself, in most cases, it's best to not rely only on one medicine.

Artemisia annua may be taken as a tea, in capsules, or as a tincture/extract. Because the plant is quite bitter, most people prefer capsules or tinctures/extracts. For tinctures, administer 0.5-1.5mL of liquid in a glass of water, 3-4 times per day, ideally on an empty stomach. Children should take a significantly lower dose (ages 2-4 may take between 0.1-0.2mL per dose, ages 5-9 may take 0.1-0.5mL per dose, ages 10-14 may take 0.3-0.6mL per dose). For the treatment of malaria, some sources recommend dosing adults with 500mg of dried *A. annua* leaf twice daily over the course of 5 days.

Women who are pregnant should not take wormwood or *any Artemisia* species plant medicinally since these plants are abortifacients and may cause miscarriage. Individuals with an allergy to Asteraceae family plants should also avoid wormwood. The medicine should only be taken for 4-5 weeks at a time before taking a 1 week break.

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Chapter 8: Pau d'Arco (*Tabebuia impetiginosa* / *Handroanthus impetiginosus*)



Pau d'Arco is a plant medicine native to Brazil and other parts of the Amazonian rainforest, and today grows throughout Mexico, Central America, and South America. The tree was previously (and widely) known formally as *Tabebuia impetiginosa*, but was recently renamed as *Handroanthus impetiginosus*. This is an important detail, since it would be easy to get confused and wonder if these are actually two different plants, which is why I want to draw special attention to the fact that there are *two* commonly used Latin names for Pau d'Arco. Additionally, there are two varieties of Pau d'Arco: the purple-flowered plant and the yellow-flowered plant. Generally speaking, the purple-flowered Pau d'Arco variety supplied the most potent tree bark for medicinal uses, so it's important to look closely when purchasing a Pau d'Arco product to ensure that you're getting the correct variety.

In Brazil, Pau d'Arco is a well-known and appreciated medicine for all manners of health complaints, including (but by no means limited to):

- *Candida* spp. yeast infection
- Cancer
- *Helicobacter pylori* infection
- Chronic pain
- Gastrointestinal problems and diseases
- Diabetes
- Autoimmune disease
- Depression
- Prostatitis
- Snakebite
- Parkinson's disease, Lewy body disease, and other forms of dementia
- Amyotrophic lateral sclerosis (ALS)
- Burns and boils (when applied externally)
- Brucellosis
- Pathogenic infections with viruses, fungi, bacteria, etc.
- Parasitic infections
 - Toxoplasmosis
 - Schistosomiasis
 - Malaria
 - Trypanosomiasis
 - Ringworm
 - Leishmaniasis
 - Babesia
 - *Theileria* spp. infection
- And more...

The tree bark of *Tabebuia impetiginosa* is used medicinally as a blood-purifier, so the herb is good not only for removing parasites and other pathogens that may be in the blood, but also for relieving the symptoms of detoxification that frequently occur during the process of treating a parasitic infection.

Pau d'Arco contains lapachol, a compound categorized as a naphthoquinone. Naphthoquinones are a category of natural compounds and chemical pharmaceutical drugs that all target pathogens (including parasites) through similar mechanisms of action. Lapachol, as a naphthoquinone, works through its ability to block the parasites' ability to oxidize ubiquinol in the mitochondria, and ultimately leads to a collapse in mitochondrial membrane potential and a disruption in the synthesis of nucleic acids; ultimately, this makes it impossible for a parasite to survive and reproduce. Naphthoquinones like lapachol have been used to treat parasitic infections of all kinds, including those in the list above.

How to Take Pau d'Arco to Cure Toxoplasmosis

Pau d'Arco is available as a tincture or in capsulized form, but most experts agree that the best way to take Pau d'Arco medicinally is in the form of a tea made from the inner layer of the dried bark. Follow the instructions below to make and administer one dose of Pau d'Arco tea:

1. Bring 3 cups of clean, purified water to a boil. Once the water is boiling, reduce the heat to bring the water down to a simmer.
2. Once the water is only simmering, add 2 tablespoons of dried Pau d'Arco inner tree bark (it's important that the bark is from the *inner* portion of the bark, since this is where all of the medicinal components exist).
3. Let the tea simmer for 20 minutes. Set a timer to make sure you don't forget.
4. After 20 minutes, turn the heat off and let the tea cool to a temperature that's comfortable for you, and then drink all of the tea on the day that you make it. Ideally, sip the tea throughout the day for maximum benefit (if you'd like to rewarm it, that's fine, just don't bring it back to a boil... some people also prefer to take their tea cold after refrigerating it, either way is acceptable, just be sure to drink the tea when it's freshly made rather than making it in advance and storing it).

The recipe above is a complete daily dose of Pau d'Arco. Continue making and drinking this tea daily until you've recovered completely. Keep in mind that Pau d'Arco is an antioxidant, so it shouldn't be used in combination with oxidant medicines like CDS/MMS or *Artemisia* spp. since these medicines will cancel each other out. It can, however, be used with other complementary antioxidant medicines that heal toxoplasmosis, such as quinine, frankincense, the Budwig Diet, and vibrational therapies such as the Rife Machine.

If you'd prefer to take Pau d'Arco as an extract, take ½ teaspoon of the fluid extract in a glass of water, 2-3 times per day. Some people choose to take more doses than this in a day if they're suffering from particularly serious conditions and see clear benefit from the Pau d'Arco. Start with the lower dose of ½ teaspoon, 2-3 times daily and then assess your situation.

Individuals with blood clotting disorders or those who are taking blood-thinners/anticoagulants should avoid Pau d'Arco since this herbal medicine can cause blood clotting in these people. Women who are pregnant should also avoid Pau d'Arco since some research suggests that it may cause miscarriage or birth defects.

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Chapter 9: Other Herbal Medicines for Toxoplasmosis



Nutmeg (*Myristica fragrans*)

Nutmeg is an accessible and popular spice used frequently in cooking and baking. Besides being a major culinary spice, though, nutmeg also totes powerful medicinal benefits. One of the main active components in nutmeg, myristicin, has been thought to be one of the primary actors against *Toxoplasma gondii* when nutmeg is used medicinally to treat this condition. Researchers have observed that myristicin can significantly reduce parasite levels in tissues throughout the body, though especially so in the brain, and that it offers protection from death of up to 40% when administered to rats infected with *T. gondii*.

Besides being a treatment for toxoplasmosis, nutmeg has also been used medicinally to treat the following health conditions:

- Other parasitic infections
 - [*Anisakis simplex* / anisakiasis](#)
 - Leishmaniasis
 - Trypanosomiasis
 - Schistosomiasis

- Liver disease
- Fungal infection
- Cancer
- Viral infections
- Low libido/sexual dysfunction
- Rheumatism
- Diarrhea
- Asthma
- Atherosclerosis
- Gas/bloating

Nutmeg may be taken as an essential oil, in capsules, or as a tincture/extract. Women who are pregnant should not use nutmeg medicinally since it can stimulate uterine contractions and may be abortifacient (the compound myristicin, present in the essential oil of nutmeg, is oxytocic and can speed up labor). Follow the instructions on the medicinal product you get to get the correct dosing information. Do not exceed the indicated dose.

Thyme (*Thymus vulgaris*)

Thyme is another culinary herb that can also be used medicinally to treat a variety of health complaints; the herb is especially beneficial for the treatment of respiratory disease ([you can read more about thyme for respiratory health here](#)). Studies have shown that, in regard to *Toxoplasma* infections, *Thymus vulgaris* may be especially beneficial in treating (and even preventing) brain cysts that have developed as a result of toxoplasmosis.

In addition to treating toxoplasmosis, thyme has been studied in regard to its effects against the following parasitic infections:

- [Scabies](#)
- Lice and crabs
- [Trichinella spiralis](#)
- Trypanosomiasis / *Trypanosoma* spp.
- Trichomoniasis / *Trichomonas vaginalis*
- Giardia / Giardiasis / *Giardia lamblia*
- *Haemonchus* spp.
- Roundworms
 - *Caenorhabditis elegans*
 - *Trichostrongylus* spp.
 - *Chabertia* spp. (infects almost exclusively ruminants)
 - Oesophagostomiasis / *Oesophagostomum* spp.
- *Teladorsagia* spp.
- Echinococcosis / *Echinococcus* spp.
- Blastocytosis *Blastocystis hominis*
- Toxocariasis / *Toxocara vitulorum*

- *Eimeria stiedae*

In one review of various studies done on common herbal medicines for the treatment of parasite infections, thyme was among the most powerful of all the herbal medicines included, and had efficacy against the widest range of medicines. Thyme may be taken as a capsulized extract, as a tincture, or as a tea. To prepare a thyme tea, follow the instructions below:

1. Bring ½ liter of water to a boil, then add 2 tablespoons of dried thyme leaves.
2. Let the thyme boil for 10 minutes.
3. Turn off the heat, and let the tea steep until the water temperature is lukewarm.
4. Strain the tea and drink on an empty stomach.
 - a. NOTE: Do not add any sweeteners or other ingredients, drink this tea as-is.
5. Drink this amount of thyme tea daily for at least 1 week.

Follow the dosing indications on any tinctures or capsules of thyme. This is a very safe medicine and may be used in low to moderate doses over the long term. Pregnant and breastfeeding women may be able to use thyme in small amounts, but should be aware that higher doses of thyme have an emmenagogue effect, meaning that they stimulate menstrual flow. Children may also safely take thyme tea or other preparations with thyme.

Neem (*Azadirachta indica*)

Neem is another antimalarial herb with a long history of use that has also been used frequently in the treatment of trypanosomiasis and toxoplasmosis. In the treatment of toxoplasmosis specifically, studies have shown that neem can kill at least 70% of *Toxoplasma* parasites with very limited toxicity to human cells; in some cases, neem has even been able to kill 90% of *Toxoplasma* or more. In a different study, neem was combined with cinnamon and demonstrated similarly potent anti-*Toxoplasma* effects *in vitro*.

Neem has also been studied in regard to the treatment of chronic pain, as an antifungal medicine, antiviral, antibacterial, antidiabetic agent, as a treatment for gum disease, head lice, and more. It is a powerful anti-inflammatory. Keep in mind that neem is very bitter, and therefore, it tends to act well on the gastrointestinal system.

For toxoplasmosis prevention, a dose of 50mg of neem may be taken 3-4 times per day. To treat toxoplasmosis, on the other hand, a dose of 1000-5000mg per day of powdered herb (in capsulized form or powder may be used. Children should start with a smaller dosage, and women who are pregnant should avoid this herbal treatment entirely since it's an herbal contraceptive ([read more about neem's contraceptive powers here](#)) and a potential abortifacient.

[Read more about neem as an herbal treatment for malaria, dengue, West Nile, and more at this link.](#)

Bunium persicum

Bunium persicum is a relative of the cumin plant, and though it's a relatively obscure plant in most western nations, I thought it deserved special mention here because of its frequency of use in Indian cuisine and medicine. The essential oil of *Bunium persicum* has been shown to effectively combat *Toxoplasma* parasites in animals infected with the parasite. The mice given *B. persicum* in a 2015 study done on the effects of this plant on toxoplasmosis overall fared better than the mice who hadn't been given any treatments at all. They had lower mortality rates in addition to having lower numbers of parasites present after treatment.

Bunium persicum is also a powerful antibacterial medicine with therapeutic actions against *Listeria monocytogenes* and *Echerichia coli*.

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<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-022-03607-z>

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Tavakoli Kareshk, Amir, et. al. (2015). *Efficacy of the Bunium persicum (Boiss) Essential Oil Against Acute Toxoplasmosis in Mice Model*. Retrieved November 23, 2022 from:

<https://pubmed.ncbi.nlm.nih.gov/26811730/>

Part II: Reactive Oxygen Species Medicine

Chapter 10: Chlorine Dioxide Solution / Miracle Mineral Supplement as a Cure for Toxoplasmosis Infection



We work with a lot of people to overcome autoimmune disorders using [Chlorine Dioxide Solution](#) (CDS). I recommend that anyone who's interesting in a cure for Toxoplasmosis [read these books](#) which talk about how Chlorine Dioxide works, how to dose it properly for different diseases, and how to combine it with another substance known as Dimethylsulfoxide (DMSO) to treat the disease. [Chlorine Dioxide Solution, which is also known in some circles as Miracle Mineral Solution or Miracle Mineral Supplement](#) (MMS) works by releasing Reactive Oxygen Species which are basically tiny chemical entities that are extremely reactive with toxins, cancer cells, and pathogens in our bodies that are toxic.

Reactive Oxygen Species work against pathogens like *Toxoplasmosis* by seeking out anything that has a lower pH than our normal, healthy cells. The way Reactive Oxygen Species work inside the body literally involves a magnetic reaction to pathogens like *Toxoplasmosis gondii* which means that these medicines are extremely targeted and selective in terms of how they work inside the body.

A number of herbal cures for Toxoplasmosis also work by releasing Reactive Oxygen Species as a part of their medicinal action. Both [Cinchona officinalis](#) and [Artemisia annua](#) release [Reactive Oxygen Species as part of their mechanism of action against Toxoplasmosis infection](#). Note that Reactive Oxygen Species are extremely powerful in terms of their antimicrobial effects, but they are also delicate if patients take them with food or with other supplements. It is easy to accidentally neutralize the effects of Reactive Oxygen Species medicines by taking them with prescription drugs, nutritional supplements, or even foods so be sure to [read about how to use these substances](#) to ensure that you can successfully cure Toxoplasmosis using CDS / MMS.

DMSO: Using as a Stand-Alone Medicine and in Combination with CDS/MMS

[DMSO is an FDA approved substance that has a particularly positive effect on the brain and nervous system](#). It can be used to regrow nervous system tissues, including brain and spinal cord tissues, but DMSO can also be used in combination with CDS/MMS to strengthen the anti-protozoa effect of Chlorine Dioxide Solution.

WARNING: DO NOT USE DMSO WITH PRESCRIPTION MEDICATION BECAUSE IT ALSO STRENGTHENS THE EFFECTS OF PRESCRIPTION MEDICATION. [LEARN HOW TO USE DMSO](#) AND INCORPORATE INTO YOUR PROTOCOL AFTER YOU'RE ABLE TO GO OFF THE PRESCRIPTION MEDICATIONS, OR TALK TO YOUR DOCTOR ABOUT USING DMSO SAFELY WITH YOUR PRESCRIPTION MEDICATIONS.

[Read up about DMSO here](#) and then follow the links at the bottom of the page to learn more. It has an extremely broad spectrum of action. The most miraculous, perhaps, is its ability to heal severed spinal cord tissues, brain injured tissues, and even genetically impaired nervous system issues which is relevant to anyone who has a *Toxoplasmosis* infection.

Chlorine Dioxide Solution Protocols: How to Cure Toxoplasmosis

Chlorine Dioxide Solution / Miracle Mineral Supplement can be used to cure parasitic infections like *Toxoplasmosis*. It doesn't matter if you've been diagnosed with Toxoplasmosis or if you merely suspect that you have this disease, you can take Chlorine Dioxide Solution / Miracle Mineral Supplement. CDS / MMS often works to cure disease when other medicines fail.

To cure Toxoplasmosis, you need to use the right CDS / MMS Protocol. Begin with the [Starting Procedure for CDS / MMS](#) to avoid having an uncomfortable detox reaction. Then move on to [Protocol 1000](#) if you're taking prescription medications. If you're not taking prescription medications, use [Protocol 1000 PLUS](#) which incorporates the use of DMSO into the treatment strategy.

Chlorine Dioxide is especially useful as a cure for parasite infections and autoimmune diseases. In the scientific literature we've found that all of the autoimmune diseases are caused by colonizations of bacteria that are living in the liver and in the gallbladder though sometimes autoimmune disease is caused by parasite infections. This is why we wrote [The Gallbladder and Beyond book](#) because we end up focusing a lot on the liver and the gallbladder with clients who have autoimmune disease symptoms and parasite infection. These organs tend to be at the core of these issues and few people realize, in particular, how the gallbladder causes back, shoulder, and arm pain, headaches, nausea, and lower digestive issues like severe constipation as well as skin problems as a result of colonizing bacteria and parasites.

Note that Chlorine Dioxide is a delicate though powerful medicine and it must be used CORRECTLY or it simply won't work. It is a non-toxic medicine, but take the necessary time to [read about how to use it properly](#) so that you don't cancel it out by accident.

How to Cure Ocular Toxoplasmosis Using CDS / MMS

Toxoplasmosis can also affect the eyes. Though most instances of ocular toxoplasmosis are self-resolving, this disease can also cause severe eye pain and eventually blindness. Luckily, CDS / MMS can be used to cure Ocular Toxoplasmosis. Follow [Jim Humble's Eye Protocol](#) to get rid of Toxoplasmosis in the eyes.

Part III: Diet and Nutrition

Chapter 11: Connect the Nutrient Dots: Understand How Nutrient Deficiencies Underlie Toxoplasmosis Infection



[Let's start with Iodine.](#) Lugol's iodine was once the most prescribed medication in the U.S. prior to the creation of the American Medical Association (AMA) and Big Pharma. So we'll begin with iodine as a dot in the center of a series of other dots that will make more sense to you soon.

Lugol's Iodine

Lugol's iodine is a type of iodine that contains both molecular iodine and potassium iodide. Lugol's iodine is different from Povidone iodine which is the stuff you can buy at your local pharmacy. Whereas Povidone iodine is extremely useful as a wound cleaner and as a topical medicine for the skin, Lugol's iodine contains the essential minerals our body needs in order to function properly in a general way. You see, the type of iodine in Lugol's iodine is the only mineral that the body can use to make thyroid hormones (T3 and T4).

Without thyroid hormones and without sufficient iodine in the body, metabolic function becomes dysfunctional. In children, growth can be delayed and neurological problems develop. Adults can experience neurological issues also. Brain fog is common, but mood disorders and more

severe manifestations of iodine deficiency mixed with bromine toxicity can even lead to hallucinations. Bone health suffers too perhaps because of the synergy between vitamin K2 and iodine levels in the body. If you happen to have a vitamin K2 deficiency, it's likely that your body won't be able to properly absorb iodine in sufficient quantities to cure disease. [Read more about how insecticides can cause vitamin K2 deficiency and a corresponding iodine deficiency here.](#)

But that's not all...

Iodine deficiency also causes reproductive system dysfunction. Without proper levels of iodine, reproductive hormone levels go awry. Pregnant women and infants are particularly susceptible to severe problems as a result of low iodine levels, but both men and women can suffer from infertility, low libido, and sexual dysfunctions as a result of iodine deficiency. Obviously, reproductive hormone imbalance will lead to a lower quality of life for anyone suffering from an iodine deficiency.

But even beyond thyroid hormone imbalance, metabolism issues, and reproductive hormone imbalances, iodine deficiency can lead to other serious health problems. For example, in individuals who have both an iodine deficiency *and* a selenium deficiency, vitamin D activity level will be impaired. For those of you who are avid AlivenHealthy readers, you may be familiar with our [recent research on the gallbladder and the role of vitamin D](#), sunlight exposure (which is needed for our bodies to produce vitamin D naturally—also [regular sunlight exposure reduces the size and quantity of gallstones](#)), and fumaric acid production (which is another substance made by the skin naturally when it is exposed to sunlight; [fumaric acid has curative effects too against any disease that requires detoxification or low cellular energy.](#)

To really understand the importance of iodine, dear Reader, you need to go down the rabbit hole with me just for a few minutes first. Let's start down this intricately connected path by considering the fact that there are a number of [Sunlight and Seawater Treatment Facilities at the Dead Sea in the country of Jordan where people with psoriasis, an autoimmune disease, go to cure their disease, or at least to cause long-term remission](#) by merely exposing themselves to sunlight...and seawater. At first, it might be tempting for you to discount this fact as improbable, though indeed, it is true. I know someone, in fact, who experienced remission from psoriasis whenever he would go to the nearest beach in Guatemala to get a little sunlight and seawater himself. But then, you might feel tempted to say, **“But I don't have psoriasis! I have Toxoplasmosis...so this information isn't relevant to me.”** But then, I would have to tell you how sunlight and seawater could benefit anyone with a parasite infection like *Toxoplasmosis* via sunlight and seawater's effects on the gallbladder and liver.

The gallbladder? Who cares about the gallbladder? And how on earth does the sun affect an organ like the gallbladder that's buried so deep inside the body that it never receives any kind of direct interaction with the outside world, let alone sunlight? Maybe your gallbladder has even been removed. In that case, your liver will need extra love because the liver and the gallbladder are like an old married couple. Normally, they do practically everything together. But if you don't have a gallbladder anymore, your liver will have to work harder than it did before.

You see, vitamin D is rather like a hormone and it is intimately connected to things like calcium and cholesterol, so while you might be tempted to think about it like vitamin C, it is more like testosterone or estrogen. You should never EVER take vitamin D2 or vitamin D3 by themselves as a supplement. [Vitamin D needs to be taken with vitamin K2 ALWAYS](#). Vitamin K2 is a newly discovered vitamin. Most people know a couple of things about vitamin K1, but vitamin K1 is a very different nutrient from vitamin K2. So essentially, vitamin K2 is a substance that supports vitamin D. Vitamin D helps the body absorb calcium, but if vitamin K2 isn't there to help vitamin D do its work properly, vitamin D gets lazy and tosses calcium here, there, and anywhere except where it's supposed to go: into the bones and teeth. So basically, if you take vitamin D3 or vitamin D2 as solo supplements without vitamin K2, all the calcium you eat ends up in soft-tissues like the organs. Maybe your liver will calcify and turn hard because of all that vitamin D3 supplement that you take every day. Maybe, if you're a woman, you'll have [breast calcifications and abnormal mammograms](#) as a result. If that happens to you, be careful about agreeing to diagnostic procedures that may include toxic exposures that make the calcifications even worse. Another possibility is that you might be diagnosed with autoimmune hepatitis due to "inexplicable" liver swelling or even necrosis (caused by calcification of organ tissues). Or maybe you'll develop diabetes if your pancreas calcifies. Maybe you'll develop calcium deposits in your bladder that you'll experience as a nightmarish cystitis problem that never goes away. Chances are, you'll have gallbladder problems though because calcium and cholesterol levels and activity are both affected by vitamin D levels. Gallstones are made out of cholesterol and sometimes calcium, after all.

But you have to remember that the body produces vitamin D and fumaric acid when the skin is exposed to sunlight (without sunscreen). And you should also know that the Earth Smoke plant, which is also known as *Fumaria officinalis* is an herbal source of fumaric acid and that this plant specifically works on the liver and gallbladder. And its work with the gallbladder and liver would make perfect sense to you if you read a bit of the science around vitamin D, and sunlight, and how our bodies were built to be exposed to this full-spectrum, healing light from the sun. [Fumaria officinalis is a vital part of the cure for psoriasis and multiple sclerosis](#), but this herbal medicine can be used in various autoimmune disease situations as well as to cure Lyme disease and parasite infection via its work on the gallbladder. And the reason why fumaric acid, vitamin D, and sunlight are so important in curing these two autoimmune diseases is because a lot of bacteria, parasites, and viruses hide-out in the gallbladder and in the liver ducts. These pathogens then create mischief in a manner that befuddles conventional medicine doctors who have not been trained to identify what's really going on.

But before you run to your doctor's office to get your gallbladder removed as a twisted treatment for *Toxoplasmosis* you need to understand bile. Bile is like a soapy detergent for your gut. It literally creates a sudsing action to clean in and around all those little villi, which are kind of like shag carpet that lines the inside of your small intestine. Bile was designed to "clean" the gut while it breaks down fatty acids for absorption at the same time.

Bile is like dish soap that goes to work on fats and oils that have really stuck themselves to the inside of the intestines. It would be hard to clean fats and oils from a casserole dish without some high-quality dish-soap, right? So if your bile levels are low for one reason or another, you might end up with a lot of goopy fats and oils stuck to the shag-carpet-like-villi in your small intestine. This creates a great hiding place for certain types of pathogens and the only way to expose them is to use [Enzyme Therapy](#) while consuming healthy fats and oils. [You may also need to use herbs to get rid of gallstones naturally so that bile can flow freely again from the gallbladder and liver.](#)

If your gallbladder and liver aren't working properly for some reason (like colonization by pathogens, perhaps), bile production will be reduced. And when bile production is reduced, the gut can have a build up of biofilm, impactions, and other yucky stuff. It doesn't get a regular cleaning without the regular passage of bile through the intestines. In fact, the gallbladder normally provides a regular "drip" of bile-detergent through the digestive system to keep it clean and bug free. But if this "drip" stops or if you get really low on bile in a general way, your gut tissues are likely to be weakened.

It's hard to say which might come first...it's a chicken-or-the-egg scenario, but if bile production stops or slows, the liver and gallbladder become prime real estate for colonizing bacteria, parasites, viruses, protozoa, and other types of pathogens who find these two organs to be quite cozy, well-located, and endowed with a great view. The liver is the organ, after all, that neutralizes the antibiotics your doctor might prescribe to you. If the liver failed in its work, you would die hours after taking your first dose of antibiotics. But the liver neutralizes antibiotics so these medicines that your doctor prescribes *won't generally be able to kill pathogens that are living in the liver and gallbladder*. This fact is key to understanding why *Toxoplasmosis* infection is so hard to treat using conventional medicine. If there are places in the body for parasites like *Toxoplasmosis* to hide (such as the liver and the gallbladder), it can be impossible for antibiotics that are prescribed by the doctor to effectively treat the infection.

Luckily, there are natural substances called [Reactive Oxygen Species](#) that are released by tissues and by white blood cells that naturally pass through the liver, gallbladder, and all organs of the body by virtue of their simple chemical form. But remember, normally, bile is this disinfecting, cleaning solution that naturally keeps the liver, gallbladder, and small intestine super "clean" too. When your bile levels run low, bacteria, parasites, and other types of pathogens may be able to either grow completely unchecked and out of control or they may be only partially affected by bile when there's enough of it in the digestive system.

A partially digested streptococcal bacteria will end up as bits and pieces known as "peptidoglycans" in the small intestine. And let me tell you, peptidoglycans are terribly irritating on the tissues of the small intestine. So a lot of people who have peptidoglycans in their guts will end up with leaky gut syndrome. And, as you can imagine, this leaky gut problem is the beginning of something bigger and more difficult to treat. Indeed, peptidoglycans are so irritating to the body that they often cause inflammatory bowel diseases like Crohn's disease, ulcerative colitis, and even colorectal cancer. A lot of people with these autoimmune diseases are able to

get rid of their symptoms by using (you guessed it) [Reactive Oxygen Species medicines like Food Grade Hydrogen Peroxide](#) (which has become more famous than [Chlorine Dioxide Solution / Miracle Mineral Supplement](#) in the inflammatory bowel disease circuits, though both work very well) to kill those bacteria, parasites, viruses, and other colonizing pathogens.

Some poor souls end up with arthritis symptoms from those peptidoglycans which pass through inflamed irritated tissues of the leaky gut and go directly into the bloodstream. In these individuals, the peptidoglycans cause irritation in the joints and connective tissues. Other people end up developing psoriasis as the blood delivers peptidoglycans to skin tissues for prompt removal. Scientists find these nasty peptidoglycans in the skin tissues and painful plaques of psoriasis patients regularly, yet the American Medical Association ensures that doctors are not taught anything about these scientific studies or the real truth about colonies of pathogens living in the liver and the gallbladder. The science is there to prove it, but doctors don't have the time to learn about these studies on their own.

It might be beneficial for readers to take a detour here and explore the concept of Disease Family Trees, to fully appreciate [how psoriasis and other autoimmune diseases are related](#). [Disease family trees are a helpful way for those who are most familiar with conventional medicine to understand relationships between diseases better](#) so that they can find relevant science to back up why a particular medicine works as a cure.

But we have to remember that we began this article and all of this convoluted logic about *Toxoplasmosis* with a lack of sunlight. And a selenium deficiency.

A person with a selenium deficiency would have a hard time absorbing iodine. Which in turn would lead to a thyroid hormone and reproductive hormone dysfunction that affects everything from that patient's mental state during working hours to libido levels and immune system functioning during periods of rest and relaxation. The more deficient the patient becomes in terms of selenium, the less able his or her body would be in terms of processing things like vitamin D and iodine, which essentially creates a downward spiral of poor health that looks just a little bit different from one person to the next depending physically and physiologically on what defines each person's weaknesses.

...but we still haven't talked about sea water.

Sea Water Supplements

Sea water is naturally alkaline and the more alkaline the body becomes, the more powerful [Reactive Oxygen Species are as medicines](#) in the body. Reactive Oxygen Species are these chemical entities that are produced naturally in the body as a front-line defense against pathogenic invasion. They include things like hydroxyl ions and superoxide anions and other "entities" with confusing terms like these. But don't worry too much about the names of these Reactive Oxygen Species medicines. All you need to know is that these chemical entities are magnetically and electrically "charged". And they tend to react powerfully with acidic things like

pathogens or cancer cells or heavy metals and toxins that don't belong in the body. The more alkaline our natural cells become, the easier it is for Reactive Oxygen Species (both natural and external) to seek out unnatural, acidic things in the body. Indeed, the Reactive Oxygen Species are magnetically *attracted* to these acidic pathogens and toxins.

Bathing in sea water alkalizes your healthy human cells to make them more invisible to Reactive Oxygen Species while simultaneously making acidic toxins and pathogens more visible. And the minerals in seawater, which include things like iodine, selenium, boron, and more, are given special access to the interior of human cells. These minerals strengthen the cells through a variety of mechanisms of action, but one important way in which they work is by removing what doesn't belong inside the cell (toxins, pathogens, etc.). This is why [cystic fibrosis sufferers who are also surfers tend to be healthier than their non-surfing friends](#) with cystic fibrosis. Sea water alkalizes the body, inside and out.

[Shilajit / Humic Acid / Fulvic Acid is another mineral-rich substance that has an excellent reputation for being able to cure supposedly incurable diseases like HIV, cancer, and herpes.](#)

Again, don't be tempted to tune out in regard to Shilajit just because you don't have HIV, cancer, or herpes. Herpes is rather autoimmune in terms of how it behaves in the body, is it not?

Doctors accept that the herpes virus lives in the body long-term, but these same doctors will revolt against the idea that a person with autoimmune disease symptoms might have a colony of pathogens living in a remote area of the body like the liver or the gallbladder. And HIV is an iconic autoimmune disease, so it belongs with the others in the disease family tree. Those who are knowledgeable about [HIV know that Tetrasilver Tetroxide is a colloidal silver off-shoot that cures this disease](#) and that colloidal silver, once again, is a Reactive Oxygen Species medicine that works its magic by releasing reactive oxygen ions into the body. But I digress...The use of sea water supplements or shilajit / humic acid / fulvic acid with [Reactive Oxygen Species medicines](#) and the other vital supplements we talked about on our tour of this rabbit hole can provide most people with the raw materials they need to get started in curing *Toxoplasmosis*.

Why You Need Trace Minerals

Scientists estimate that about 90% of Americans have a mineral imbalance or deficiency. This is a serious problem because every nerve in your body, and every organ, relies on trace minerals, which are also known as "electrolytes" or sometimes "trace elements". Trace minerals generate minute electrical impulses that ultimately animate our bodies. Every muscle in the body, including the heart, depends on these trace minerals to function as tiny magnets that generate electricity by crossing membranes. If you have a deficiency of one or more of these trace minerals, you may develop serious diseases like fibromyalgia or chronic fatigue syndrome, to name just two examples.

Because soils throughout the world are becoming more and more nutrient deficient as a result of modern farming practices, you may need to add a seawater supplement to your drinking water, change from table salt to Himalayan sea salt, or you may need to take shilajit as a trace mineral supplement in order to get the necessary trace minerals that your diet is lacking.

What is a trace mineral?

Trace minerals are mineral nutrients that are needed in tiny amounts in order for the body to function normally. Minerals are elements that are typically most useful to the human body when they are ingested in the form of a salt. Salts are elements that have paired up in ionic bonds that are magnetic pairs. In electrolyte salts, the ions in the salt-mineral have a positive charge while the other ion in the pair has a negative charge. The magnetic nature of salts, which are made up of tiny elemental magnets known as “ions” in chemistry, make these substances easy to dissolve into water and therefore easy for the body to absorb and to use.

Our bodies need trace minerals in order for us to be healthy. These trace minerals are derived from the earth. Sometimes the trace minerals are present in the soils such that fruits and vegetables can absorb them. Then, we eat trace minerals in our diets via our fruits and veggies. Sometimes the trace minerals are present in our water though most of the drinking water in the world has been filtered, out of necessity, which means that it likely has either no trace minerals / electrolytes or it has an imbalance of trace minerals / electrolytes.

Many of the soils in the world are depleted of natural trace minerals that would make our diets more nutrient-rich. The water that most of us drink is also low in trace minerals and electrolytes, but there are some supplements that can help us replace these essential nutrients. We'll talk more about those nutrients below.

Trace minerals / electrolytes are inorganic. They're these essential nutrients that are made up of rocks and earth, in a sense. They explain, in some ways, why and how our bodies emit electricity. Many of these trace minerals / electrolytes are elemental metals.

Below is a list of essential trace minerals. Note that these trace minerals are all found in shilajit:

1. **Potassium** - Found in bananas, leafy greens, and potatoes, potassium regulates the heartbeat and nerve signaling.
2. **Sodium** - Sodium is found in pink salt and sea food as well as in table salt.
3. **Chlorine** - Chlorine is one of the most prolific and essential electrolytes in the body. It can be found in Himalayan sea salt as well as in table salt.
4. **Calcium** - Calcium regulates cellular function, bone health, and it is a component of enzymes and hormones. It is found primarily in dairy products, fish, and in leafy greens.
5. **Magnesium** - Magnesium is another essential trace mineral that regulates our cellular function, the synthesis of DNA, and a wide array of biochemical reactions in the body. It's found in leafy greens, and dark chocolate.
6. **Phosphorus** - Phosphorus is used to produce energy, metabolize fat, and synthesize DNA. It's found in eggs, dairy, and red meat.
7. **Iron** - Iron is an essential trace mineral that's needed for proper blood cell function, as well as for protein and enzyme synthesis. It's found in spinach, legumes, and meats.
8. **Zinc** - Zinc is required for proper immune system functioning, detoxification of the body, growth, development, and healing, as well as DNA synthesis. It's found in oysters, red meat, legumes, and dairy products.

9. **Manganese** - Manganese is needed for proper production of hormones and enzymes. It's found in ginger, nuts, and black tea.
10. **Copper** - Copper is necessary for an array of biochemical reactions in the body, proper blood cells functioning, and nutrient transport throughout the body. It's found in leafy greens, organ meats, and shellfish.
11. **Iodine** - Iodine is necessary for the synthesis of thyroid hormones and to maintain balanced metabolism levels. It is found in kelp, Himalayan sea salt, and eggs.
12. **Chromium** - Chromium helps regulate the metabolism and blood sugar levels in the body. It's found in asparagus, spices, and mushrooms.
13. **Molybdenum** - Molybdenum is needed for enzyme production, proper metabolism, and detoxification of the body. It's found in legumes, leafy greens, and garlic.
14. **Selenium** - Selenium is needed for healthy thyroid function, reproduction and fertility, DNA synthesis, and good immune system function. It's found in brazil nuts, sea food, and mushrooms.
15. **Cobalt** - Cobalt is an important nutrient for red blood cells and for proper nerve cell function. It also activates certain enzymes in the body. Cobalt is found in meat, dairy products, and algae.
16. **Nickel** - Nickel is found in all whole foods. It plays a role in fat metabolism, hormone activity, and the synthesis of urea.
17. **Boron** - Boron is necessary for hormone activation, nutrient absorption, and bone regeneration. It's found in legumes as well as in fresh fruits and veggies.
18. **Silicon** - Silicon is necessary for collagen formation, toned muscles, and for good bone health. It's found in beets, high fiber foods, and in legumes.
19. **Vanadium** - Vanadium is necessary for cholesterol production, hormone function, and sugar metabolism. Vanadium is found in olives, parsley, and nuts.
20. **Lithium** - Lithium is found in drinking water in some areas of the world. Lithium is necessary for a variety of biochemical reactions in the body, for the uptake of B complex vitamins, and for brain health.
21. **Germanium** - Germanium is found in garlic, green tea, and in certain herbs. It may help enhance bile production and immune function.
22. **Rubidium** - Rubidium is found in coffee, tea, asparagus, and raw fruits and vegetables. It has an alkalizing effect on the body that can be beneficial for cancer patients.

Trace minerals used to be abundant in fresh edible grains, fruits, and vegetables, but today, nutrient-depleted soil has led to widespread trace mineral deficiency in foods. Soils in the United States, in particular, have been depleted of its nutrients and their natural minerals by modern farming techniques and the use of synthetic fertilizers.

Trace Minerals and the Liver

Bile is a detoxifier. It helps in the excretion of material that the kidneys have not been able to excrete. Bile is produced by liver cells and it is mainly composed of the following elements:

1. Water
2. Electrolytes
3. Bile Acids
4. Bile Salts
5. Cholesterol
6. Bile Pigment
7. Bilirubin
8. Phospholipids
9. Other substances

Scientists have studied the presence of electrolytes in the liver and in bile, but they haven't been able to pin down the precise function of electrolytes in this context. But scientists do know that the absorption of trace minerals takes place primarily in the small intestine where bile is secreted and then re-absorbed into entero-hepatic circulation. And scientists have also shown that it's best when trace minerals are consumed in ionic form, or in other words, as a salt to ensure that the body can easily absorb them and use them.

Micronutrient intake of electrolytes / trace minerals is essential for a healthy heart and cardiovascular system. Unfortunately, because electrolytes are so important in terms of the human heart, Big Pharma has seized on the opportunity to skew the facts and mislead the public in regard to electrolytes. Though doctors have been taught to tell their heart patients to eat a low-sodium diet, the fact is, scientific research on sodium levels and its effects on the heart are contradictory. High sodium intake, for example, is associated with high blood pressure, but in reality, some scientific studies indicate that high sodium levels are associated with all causes of death due to disease while about the same number of scientific studies show that low sodium levels also increase the risk of death from all types of disease. So while the AMA and Big Pharma have decided to teach new doctors that high sodium levels lead to death due to heart disease, the truth is, low sodium levels can also lead to death from a variety of causes.

While the AMA and the medical curriculum that educates doctors focuses almost exclusively on the (supposed) role of high sodium levels in causing heart disease (despite the fact that scientific research has shown that low sodium levels are just as dangerous), studies have shown that potassium, magnesium, and calcium play a stronger role than sodium in controlling blood pressure and heart function.

Scientific studies into calcium levels have yielded similarly ambivalent results to sodium, but that makes sense given that most scientists are unaware of the role of vitamin K2 in transporting calcium to its proper location in the body for use. Calcium buildup in the blood vessels can lead to atherosclerosis, but [calcium buildup in the blood vessels doesn't happen if patients consume vitamin K2 or if they take a vitamin D3 / K2 supplement](#). Nonetheless, some scientists have summarized the data by saying that calcium supplementation is only beneficial for prevention of cardiovascular disease in people with a very low calcium intake.

Trace Minerals / Electrolytes and Mental Health

Studies have shown that in areas of the world where there is a slightly higher amount of natural lithium salts in the water supply, there are lower levels of suicide, homicide, violence, depression, and mental health issues in general. Low levels of lithium are found in seawater supplements as well as in Himalayan sea salt and in shilajit, but some individuals with mood disorders might choose to take a microdose of Lithium Orotate at 5 mg to ensure that they get the proper amount each day.

Trace Minerals in Liver and Gallbladder Health

Bile is manufactured by liver cells (hepatocytes) and it is secreted into the bile canaliculi where it then travels into larger and larger ducts, eventually ending up in the first section of the small intestine (the duodenum). Some of the bile that's manufactured in the liver ends up in the gallbladder for storage. The concentration of bile is determined by pressure in the liver ducts and by the action of the sphincter of Oddi.

Bacteria in the small intestine convert bile acids into substances that can be reabsorbed and reused by the liver. Excess bile that is not used in digestion is reabsorbed by the final segment of the small intestine (the ileum) for transport back to the liver.

The body secretes about 1 to 1.5L of bile daily. A proportion of bile is made up of electrolytes. After the bile is secreted into the duodenum, much of it is absorbed by the small intestine back into the bloodstream. Bile is then returned to the liver to go through the same cycle of secretion and absorption again. As such bile acids and bile components that are not excreted via a bowel movement, are recycled again and again in a process known as *enterohepatic circulation*.

Trace Mineral / Electrolyte Composition of Bile

Electrolytes (also known as trace minerals or trace elements) are an important component in the makeup of bile. The electrolyte composition of bile includes:

- 145 mEq/L sodium
- 5 mEq/L potassium
- 110 mEq/L chloride
- 40 mEq/L bicarbonate

Some scientists have speculated that certain electrolytes may be absorbed primarily through bile during entero-hepatic circulation.

Electrolyte Balance in Gastrointestinal Disease

When patients have a reduced dietary intake of trace minerals / electrolytes combined with gastric secretions that are lost due to gastrointestinal disease, a downward spiral ensues. If gastric contents are lost as a result of vomiting or diarrhea, chloride is often the first electrolyte that's lost in excessive quantities, but loss of sodium or potassium is also common. Stomach acids, for example, are composed of:

- Hydrochloric Acid
- Potassium Chloride
- Sodium Chloride

Note that potassium, chloride, and sodium are all electrolytes.

Small intestine obstruction leads to balanced losses of electrolytes wherein patients end up suffering from an all-around deficiency of trace minerals. The loss of trace minerals can lead to serious changes in pH levels that make the body vulnerable to diseases like cancer, autoimmunity, and infection. Diarrhea can cause the body to become excessively acidic. Potassium deficiency is common in those with diarrhea. Potassium is an important heart-rhythm regulator, so it's important to prioritize the replacement of potassium in individuals with chronic or prolonged diarrhea and in people with heart rhythm issues.

When fat excretion is increased to abnormal levels (steatorrhea) in the stools such that the patient experiences fat malabsorption, the loss of sodium, potassium, and chloride, as well as the loss of calcium and phosphorus can be extreme. Fat malabsorption and excretion commonly occurs in individuals with pancreatic insufficiency, celiac disease, or tropical sprue. Enzyme therapy can help ensure that fat malabsorption is not a problem. [Read more about how to do Enzyme Therapy here.](#)

The relationship between calcium and phosphate is an especially important consideration if you're trying to cure a disease that's resistant to treatment. [Read more about how calcium and phosphorus work together in terms of human health here.](#)

In individuals with chronic stomach ulcers, calcium levels can go too high if patients ingest large quantities of milk or over-the-counter calcium-containing drugs in order to alleviate symptoms of heartburn or GERD. The high calcium levels can then lead to the development of kidney stones and other health issues. Taking calcium as a supplement is also not recommended. Rather, to ensure that you have strong bones and teeth, take vitamin K2. [Read more about vitamin K2 and how it can cure atherosclerosis and naturally improve bone density here.](#)

3 Easy Ways to Supplement with Trace Minerals

Toxoplasmosis is an infection that is likely present in everybody's body in every nation throughout the world. And if that's true, then the question is, *why do some people get toxoplasmosis infection while others stay healthy?* While there are treatments that can kill *Toxoplasmosis* infection or reduce the virility of the pathogen, treatments like trace mineral therapy and enzyme therapy improve the body's ability to fight *Toxoplasmosis*.

Supplementing with trace minerals have a generally alkalizing effect on the body which is vital in the [treatment of a number of serious diseases including *Toxoplasmosis*](#). Shilajit is also an important part of [protocols designed to cure HIV and other autoimmune diseases](#).

Trace Mineral Supplement #1: Shilajit

Shilajit is an Ayurvedic medicine that's harvested in the Himalayan mountains as a black tar-like substance that's rich in trace minerals. [Shilajit is used to cure autoimmune disease as well as other ailments that are caused by trace mineral deficiency](#). As a natural *Toxoplasmosis* treatment, Shilajit helps improve each cell's electrical voltage and thus its ability to overcome infection.

Trace Mineral Supplement #2: Seawater Supplements

Seawater supplements are administered in drinking water. A lot of the soils in the world have been depleted by modern farming practices, but the trace minerals that would normally create nutrient-rich soils that would lead to nutrient-rich vegetables and fruits, flow into the ocean from the rivers and streams. The oceans contain proper proportions of trace minerals and since much of the water supply today must be filtered and left bereft of trace minerals and electrolytes, sea water supplements can be used to replenish them in drinking water. Add 1 teaspoon of sea water supplement to every 8 ounce glass of drinking water throughout the day for best results. One liter of sea water supplement typically lasts about 1 month for 2 people.

Trace Mineral Supplement #3: Himalayan Sea Salt

Replacing your table salt with Himalayan sea salt will increase your trace mineral consumption considerably. Himalayan sea salt contains balanced levels of trace minerals, though it may not contain the same range of trace minerals as the supplements noted above. Nonetheless, replacing your table salt with Himalayan sea salt can help you rebalance trace mineral levels in the body.

Chapter 12: Toxoplasmosis: How to Heal the Brain



Vitamin B17 / Amygdalin as a Cure for Toxoplasmosis

Vitamin B17, which is present in high levels in raw, bitter, organic apricot kernels, is one of just a few nutrients that release [Reactive Oxygen Species](#). The other noteworthy nutrient that releases Reactive Oxygen Species that act to protect the body from infection is vitamin K2. We mentioned vitamin K2 in the previous chapter as a better option for building healthy bones and teeth than

calcium supplements, but vitamin K2 also causes the cells to release superoxide anions that are some of the most powerful cancer cell and pathogen killers in the human diet. [Read more about vitamin K2 as a cure for leukemia here.](#)

Certain Reactive Oxygen Species, like those released by vitamin B17 (which is also known as amygdalin, nitrilosides, or sometimes “Laetrile”), function a lot like extremely broad spectrum anti-parasitics and antibiotic medicines. They can kill cancer cells just as easily as they kill infectious pathogens. The vast majority of Americans and citizens of other developed nations are deficient in vitamin B17 because this vitamin has been systematically removed from the food supply, making the population susceptible to degenerative diseases like parasite infection. Populations of people who are afflicted with degenerative diseases at a young age are less likely to question the government and they’re also less likely to question Big Pharma and the Medical Establishment. Young, sick people are incredibly profitable in fact to the medical establishment so Big Pharma and Big Food work together to ensure that iodine, vitamin B17 and vitamin K2 are mostly unavailable in the food supply. [Read more about these government-sponsored nutrient deficiencies here.](#)

So you’ve never heard of vitamin B17? That’s not surprising. After all, vitamin B17 is [one of the most powerful cancer cures on the planet](#). If it were common knowledge, after all, that vitamin B17 can prevent cancer naturally and cure cancer easily, the Cancer Industry that sells toxic “medicines” like repurposed mustard gas (e.g. cyclophosphamide and ifosfamide) and radiation treatments that actually *cause* cancer would go out of business, leaving a lot of rich individuals in a state of average wealth. But in addition to curing cancer, Vitamin B17 / Amygdalin / Laetrile is a vitamin that has an anti-degenerative-disease effect on the body.

How to Cure Toxoplasmosis Naturally Using Vitamin B17 / Amygdalin

In a previous article about autism, we discussed the facts around a theory that amygdalin actually impacts a brain structure known as the amygdala. [Read more about this theory here.](#) If you don't want to read the detailed discussion just yet, it's important that you know that vitamin B17 / amygdalin tends to occur in seeds that have an almond shape (especially apricot kernels). The brain structure known as the amygdala is also shaped like an almond which is likely a physical manifestation of the high levels of amygdalin in the amygdala.

Amygdalin-the-nutrient tends to be prolific in plants from the *Fabaceae* family. This is the plant family that contains things like soy, fava beans, *Mucuna pruriens*, and the powerful cancer cure known as *Trifolium pratense* (which is colloquially referred to as "red clover", a weed that, ironically, is often killed with toxic organophosphates or bromide-containing insecticides that cause cancer). These plants that can be used as herbal remedies for *Toxoplasmosis* infection, also contain high levels of certain amino acids that promote brain tissue and neuron regrowth. In other words, they are perfectly calibrated to get rid of the *Toxoplasma gondii* pathogen and to heal the brain after a *Toxoplasmosis* infection.

Amygdalin has been shunned by the scientific community because Big Pharma does not want to fund research into this vital nutrient that cures cancer. Nonetheless, if you wish to cure *Toxoplasmosis* infection naturally, note that you can find amygdalin in the following plants:

- *Rosaceae* family plants (particularly the *Prunus* genus)
- *Poaceae* family plants (particularly in grasses like non-GMO wheat)
- *Fabaceae* family plants (including legumes such as fava beans, non-GMO soy, *Mucuna pruriens*, *Pueraria mirifica*, and more)
- Apple seeds
- Grape seeds
- Watermelon seeds
- Flaxseed
- Manioc

Mental Health Problems and Toxoplasmosis Infection

In scientific studies, chronic infection with *Toxoplasma gondii* has been shown to establish itself in the brain and central nervous system tissues. Once the infection takes hold, the parasite is able to modulate the function of nerves and neurons. It can, essentially, take control of the brain to some extent. Chronic, untreated *Toxoplasmosis* infection can lead to the development of mental health problems that include the following:

- Schizophrenia
- Anxiety Disorders

- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Obsessive Compulsive Disorder (OCD)
- Antisocial Personality Disorder
- Learning Disability
- Autism

It's worth noting that a number of these mental health issues can be treated using the *Fabaceae* plants listed above as some of the herbs that contain amygdalin / vitamin B17. The *Fabaceae* plant family, in particular *Mucuna pruriens*, are a miracle cure for ADHD because these plants contain higher-than-average levels of a dopamine precursor that can heal dopamine receptors naturally. I've personally witnessed the miraculous effects of *Mucuna pruriens* as a cure for addiction, depression and anxiety, and ADHD. It works very well and it works very quickly.

[Read more about how to use *Mucuna pruriens* as a cure for ADHD here.](#)

[Read more about *Mucuna pruriens* as a natural cure for addiction here.](#)

[Read more about the use of *Mucuna pruriens* to cure depression here.](#)

So the same plants that contain high levels of a dopamine precursor that can heal the brain to treat a wide range of mental health issues like ADHD, depression, and addiction, can also be used to cure cancer because they also contain high levels of amygdalin. The combination of dopamine precursors and Reactive Oxygen Species medicines makes them ideal in the treatment of any serious disease because they literally offer patients the ability to feel hope again through their action on dopamine neurons. Indeed, dopamine is the precursor to noradrenaline, a neurotransmitter that regulates the autonomic nervous system which becomes dysregulated in most chronic disease or chronic pain situations. The *Fabaceae* plants can help reestablish balance in the autonomic nervous system to help patients make healing gains more quickly.

If our theory that amygdalin is correct and the brain structure known as the amygdala needs plenty of this substance in order to regulate how our brain and body processes emotions like fear and anger, then these plants should be among the first to incorporate into any natural treatment for *Toxoplasmosis*.

Mucuna pruriens is my favorite plant in the *Fabaceae* family that can be used to heal the brain and the body at the same time. I recommend it on a regular basis as a front-line treatment for a number of common diseases because *Mucuna* proves itself quickly. Remember, this is a plant-medicine that releases Reactive Oxygen Species that can kill the *Toxoplasmosis* parasite as well as a dopamine precursor that repairs brain tissues. It also contains amygdalin.

Apricot kernels contain the highest amount of amygdalin, but grape seeds or grape seed oils can also be used to strengthen the amygdala. In *Toxoplasmosis* patients, the emotions of fear

and anger are often dysregulated because the *Toxoplasma gondii* pathogen prefers to infect the amygdala and the cortex of the brain. Though fear and anger are not manufactured in the amygdala, this is the structure of the brain that modulates these emotions to tell our bodies how to respond to situations that involve fear or anger. Feeding the amygdala by taking daily doses of amygdalin can literally change the way *Toxoplasmosis* victims view the world.

Amygdalin / Vitamin B17 Dosage for *Toxoplasmosis*:

Not long ago, amygdalin and vitamin B17 were heavily guarded secrets and it was nearly impossible to get these substances in labeled packages in the U.S. and Europe. Today, it's a bit easier, but the political climate around vitamin B17 is regularly changing. Some of the best sources of amygdalin include:

- [Grape Seed Extract](#) capsules - Administer 2 capsules 4 times per day.
- [Raw, Bitter, Organic Apricot Kernels](#) - Administer by mouth as 4-5 kernels taken without food up to 10 times per day.
- [Trifolium pratense](#) - Take this tincture throughout the day.

Eat a diet rich in amygdalin / vitamin B17. There are about a lot of foods that contain small amounts of vitamin B17, but below are some of the most common foods that contain this nutrient:

- ***Mucuna pruriens* bean**
- **Fava bean**
- **Grape seeds or grapeseed oil**
- **Raw, bitter, organic apricot kernels**
- **Apple seeds**
- **Bitter almonds**
- **Strawberries**
- **Plums**
- **Bean sprouts**
- **Buckwheat flour**
- **Spinach**
- **Lima beans**
- **Raspberries**
- **Cranberries**
- **Macadamia nuts**
- **Bamboo shoots**
- **Barley**
- **Millet grain**

Topical Administration of Amygdalin:

Administer vitamin B17 / amygdalin topically by applying cold-pressed unrefined grape seed oil or apricot kernel oil to the skin with [Dimethylsulfoxide \(DMSO\)](#), an FDA-approved medicine that comes from trees and that makes pathogens like *Toxoplasmosis* more vulnerable to medication. Spread the ½ cup of apricot kernel oil combined with 50 drops of 99% pharmaceutical grade DMSO over the entire body up to 4 times daily.

Amygdalin Supporting Nutrients:

Be sure to take the following supportive nutrients to ensure that your body can absorb vitamin B17. Do NOT take vitamin B17 supplements or apricot kernels with food. It is best to separate vitamin B17 / amygdalin doses by at least 30 minutes before and after meals and snacks .

1. Take [vitamin B17 / amygdalin](#) twice daily at a time separate from other foods and supplements - 500 mg per dose (1000 mg total).
2. Take a [Moringa supplement](#) as a multivitamin once daily - 5000 mg
3. Take [vitamin C](#) twice daily at a time separate from vitamin B17 doses - 1000 mg (2000 mg total)
 1. Increase the dose of vitamin C up to 3000 mg twice daily after 2 weeks (6000 mg total)
4. Take [vitamin E](#) twice daily - 400 IU (800 mg total)
5. Do [Enzyme Therapy](#)
6. Take [Vitamin B15 / Pangamic Acid](#) three time per day- 100 mg (300 mg total)
7. Take [vitamin A / Pro-A-Mulsion](#) 5 drops once daily at 25,000 IU per drop

The Relationship between Toxoplasmosis and Parkinson's Disease

When we studied addiction many years ago to help a family member who was addicted to meth, we used Parkinson's disease as a model for methamphetamine addiction because meth addiction is said to be incurable and research into addiction is plagued by the same political funding issues as cancer and autoimmune disease. But Parkinson's disease and meth addiction are biologically very similar, so we learned about natural ways to cure Parkinson's disease to find ways to naturally cure addiction.

It was through our studies of Parkinson's disease that we discovered *Mucuna pruriens* as the most powerful natural cure for addiction that's able to relieve withdrawal symptoms involved in most types of addiction. As a cure for addiction, we've used *Mucuna* successfully for everything from sugar addiction or nicotine addiction to meth addiction and addiction to opiates. *Mucuna* works like a miracle to help people get past drug withdrawal and detox easily, but we discovered this fact by reading scientific research about the miracle of *Mucuna* in the treatment of Parkinson's disease.

In the scientific literature, scientists have noted a relationship between Parkinson's disease and *Toxoplasmosis* infection. So this is important because often, diseases like *Toxoplasmosis* can manifest as Parkinson's disease. In other words, doctors can misdiagnose a person with a (supposedly) incurable disease like Parkinson's disease when in fact, they have a curable infection like *Toxoplasmosis*. Some scientists believe, in fact, that Parkinson's disease is caused by *Toxoplasmosis* infection. While this relationship between Parkinson's and *Toxoplasmosis* may not sound like a hopeful fact, it is hopeful both for those with Parkinson's and for those with *Toxoplasmosis* as long as you look at the literature into *Mucuna pruriens* as a powerful treatment for Parkinson's disease. The use of *Mucuna pruriens* as a brain-healing herb that also contains substances that fight infection and cancer can be extremely beneficial for those with *Toxoplasmosis* infection.

Again, we generally recommend that patients with *Toxoplasmosis* use *Mucuna pruriens* as well as *Trifolium pratense* and/or cold-pressed, organic grape seed oil or cold-pressed, organic apricot kernel oil together as a natural treatment for *Toxoplasmosis*.

Mucuna pruriens Dosage:

The suggested dose of *Mucuna pruriens* for someone with *Toxoplasmosis* is between 6000 mg and 15000 mg per day. Take this dose throughout the day. For example, a 6000 mg dose should be taken as 4 doses of 1500 mg each.

If you are taking the higher 15000 mg dose of *Mucuna pruriens*, take 3500 mg four times daily with 100 mg of 5-HTP to reduce any nausea that might occur. If the patient is not taking an SSRI or MAOI, he/she could take 400 mg of 5-HTP (which improves serotonin levels in the brain) at each *Mucuna* dose throughout the day.

The anti-addiction strategy that we developed involving *Mucuna pruriens*, 5-HTP, and NAC is effective for a wide range of brain-related health problems. These supplements detoxify the brain and the body while also regrowing the neurons that have been damaged by infection or drug use. [Read more about the anti-addiction protocol here and consider using this same protocol as a natural treatment for *Toxoplasmosis*.](#)

The Relationship between *Toxoplasmosis* and Autism

Studies have shown that *Toxoplasmosis* infection is a risk factor for autism. However, as we've discussed in some of our other material, *Toxoplasmosis* is likely a ubiquitous infection. If everyone is infected with *Toxoplasmosis*, then the question is not about whether *Toxoplasmosis* infection is correlated with autism, but rather, what it is that activates *Toxoplasmosis* in the body such that it begins causing infection.

In a previous article, we talked in depth about the successful use of suramin as a cure for autism. Suramin is a substance that's been used medicinally for over 100 years so it is no longer under patent law, which makes it unlikely that it will be approved for use as a drug treatment for autism. Nonetheless, parents can obtain suramin in pine needle essential oils such as *Pinus strobus*. Scientists who are studying suramin believe that it works to cure autism because autism as a disease is caused by a flood of toxins or pathogens into the body that cause cells to shut down and go dormant. This cellular dormancy is what causes the symptoms of autism, but suramin is able to wake the cells back up. [Read more about Suramin for Autism here.](#)

A *Toxoplasmosis* infection could indeed cause a child's cells to go into a Cell Danger Response that's identical to autism. But if suramin is able to re-awaken the cells from a dormant state in autistic children, it's also possible that this substance could help those with *Toxoplasmosis* to fight the disease more effectively as well.

100% Pure Gum Spirits of Turpentine as a Cure for Toxoplasmosis

Pinus palustris or *Pinus elliottii* essential oils, also known as Pure Gum Spirits of Turpentine, can be used as a powerful cure for *Toxoplasmosis* in addition to the amygdalin, and the dopamine precursors found in the *Fabaceae* plant family. The 100% Pure Gum Spirits of Turpentine have been used for centuries to cure an array of different diseases with parasite infection being at the top of the list. And as we talk about above, pine needles from certain species of pine trees often contain suramin as well as shikimic acid, two substances that have helped people overcome serious issues like Post COVID Vaccine Syndrome, Long COVID, cancer, *Candida albicans* infection, and more.

100% Pure Gum Spirits of Turpentine Dosage:

100% Pure Gum Spirits of Turpentine can be administered as a cure for *Toxoplasmosis* at the following dosage:

Find 1 cm x 1 cm x 1 cm refined sugar cubes. Pour ¼ of a teaspoon of 100% Pure Gum Spirits of Turpentine over the cubes and allow the oils to soak through them. Then eat the cubes. Do this twice weekly.

Note that honey, stevia, and other sugar-replacers won't work as well as refined sugar. Normally, we wouldn't ever advise people to consume refined sugar, but in this case, refined sugar is able to gain access to the interior of human cells to kill things like the *Toxoplasmosis* pathogen. *Toxoplasmosis* lives inside human cells. Human cells love refined sugar such that they are willing to grant immediate access to things like pine needle essential oils that are attached to the sugar thus allowing the pine needle oil to get inside human cells to kill the *Toxoplasma gondii* pathogen.

Pine Needle Essential Oils / Suramin for Toxoplasmosis:

Note that pine needle essential oils should be administered at least 1 hour before or after taking amygdalin / vitamin B17 to avoid canceling out the beneficial effects of vitamin B17 / amygdalin.

The suramin that doctors prescribe is a synthetic version of this substance so it isn't as healthy or as effective as natural suramin found in pine needle tea. *Toxoplasmosis* sufferers should drink the Pine Needle Tea up to 4 times daily at a time separate from amygdalin / vitamin B17 treatment (to avoid canceling out the effects of vitamin B17 by the pine needle antioxidants).

How to prepare Pine Needle tea as a natural treatment for *Toxoplasmosis*:

1. Boil water.
2. Pour the water into a mug.
3. Put 3-5 drops of *Pinus strobus* essential oil in a cup of water.
4. Drink the tea 3-4 times throughout the day.

Lithium Orotate

In addition to herbs that contain dopamine precursors and amygdalin (apricot kernels or apricot kernel oil and *Mucuna pruriens* are my favorite combination of herbal remedies for *Toxoplasmosis*) and pine needle essential oils such as 100% Gum Spirits of Turpentine as a powerful anti-parasitic medicine that's able to gain access to human cells, Lithium Orotate can be used to alkalize the body and treat mental health issues by reducing neuroinflammation caused by the *Toxoplasmosis* infection. But this amazing, natural electrolyte also is able to regulate and promote immune system function.

Though Lithium Orotate has not been studied extensively for its role specifically in *Toxoplasmosis* infection in humans, it has shown promise in treating fish with a similar type of parasite infection. Lithium Orotate is not the same toxic pharmaceutical as Lithium Carbonate or Lithium Chloride which are both prescribed to treat bipolar disorder. Rather, Lithium Orotate is found naturally in drinking water that has not been filtered. While both Lithium Carbonate and Lithium Chloride are synthetic salts that are made in a lab and that are never found in nature, Lithium Orotate is found in sea water, in Himalayan sea salt, and in other natural substances that are regularly consumed by humans.

Lithium Orotate is a remarkable mood stabilizer that's regularly used successfully in the treatment of neurological disorders. It is known to affect immune cell function, particularly macrophages, chemokines, Tumor Necrosis Factor-alpha, and monocytes. But lithium has also been shown to regulate ions that are dysregulated, and to improve neurotransmitter signaling. Some scientists have found that lithium can improve symptoms of Alzheimer's disease naturally due to its varied activities in the brain and nervous system.

And finally, Lithium Orotate supplementation improves the effectiveness of Chlorine Dioxide Solution / Miracle Mineral Solution as an at-home treatment for *Toxoplasmosis* by making

pathogens like *Toxoplasmosis* easier for the Chlorine Dioxide Solution / Miracle Mineral Solution to “see”.

[Read more here about how to use Chlorine Dioxide Solution / Miracle Mineral Supplement as a cure for *Toxoplasmosis*.](#)

Lithium Orotate Dosage:

Administer 5 to 100 mg per day by mouth. Start with the low dose and slowly increase the dosage up to 100 mg per day in 3 divided doses.

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Chapter 13: The Budwig Diet as a Cure for Toxoplasmosis in Humans



With any major disease, diet is always an important factor. If you have *Toxoplasmosis* infection, this is no exception. But the diet that we recommend here is based on research that has specifically shown that certain fatty acids actually kill *Toxoplasmosis*. It isn't always possible to find research supporting the use of a particular dietary strategy to kill a specific infection, but if you've been diagnosed with *Toxoplasmosis* and you're ready to get rid of this infection, following this diet will help you for several reasons that we'll discuss below.

Specific Fatty Acids Kill *Toxoplasmosis gondii*

Scientific research has shown that *Toxoplasmosis* loves fat. As soon as it infects human cells, it goes to work scavenging fats from host cell membranes. Just like humans, the *Toxoplasmosis* protozoa store fats.

Certain types of fatty acids, like saturated fats (palmitate, stearate) neither stimulate growth nor slow *Toxoplasmosis* growth down. On the other hand, when UNsaturated fatty acids are present in human cells (because they're present in the patient's diet), they tend to build up inside the *Toxoplasmosis* pathogen and then impair the parasite's ability to replicate. These unsaturated

fatty acids include oleate, palmitoleate, and linoleate. Oleate, in particular, leads to irreversible damage to the *Toxoplasma* protozoa.

Healthy Cellular Membranes are Harder for *T. gondii* to Invade

In order for *Toxoplasmosis* to produce symptoms of infection and serious disease, it must be able to invade human cells. Human cell membranes are made out of fats known as phospholipids. When a person eats a diet high in toxic fat products like heated fats (example: fried foods), this damages the phospholipid membrane of human cells. A healthy fatty cell membrane is electrical and it has a high voltage and plenty of energy to communicate with other cells in the body to work synergistically with the body as a whole unit. But unhealthy cell membranes made from fats that are damaged by overheating can lead to poor cellular voltage and poor communication from one cell to the next which ultimately leaves these cells vulnerable to attack by pathogens like *Toxoplasmosis gondii*.

As a cure for Toxoplasmosis, patients can follow the Budwig Diet and consume several daily doses of the Budwig smoothie while sitting in the sunlight (without sunscreen) to fully activate the electricity of human cells as they take in the healthy fats and proteins. Over time, as your cells become more healthy through the consumption of healthy fats vs. unhealthy fats, they'll become more and more resistant to infection with *T. gondii*.

How the Budwig Diet Works to Cure Toxoplasmosis

The Budwig Smoothie which is made of flaxseed oil and a milk product such as cottage cheese. If you don't consume dairy products, substitute the milk product for a nut milk like almond milk or even coconut milk.

[At this link, you can find more information about how to make the Budwig Smoothie, which is also known as "Quark".](#)

The Budwig Smoothie is used to cure many diseases. It was created by Dr. Johanna Budwig, one of the world's most knowledgeable experts on fats and oils. She developed this diet to optimize the type of fats the body absorbs and one of the most important principles of her diet was that **patients should never eat heated oils.**

Heated oils, including trans fats, and processed oils, cause human cells to lose their natural electricity. When human cells become de-electrified, they lose their ability to communicate with other human cells. They become unable to fight infection. The cell basically falls apart if its ability to make electricity is too severely compromised. But when patients have a diet rich in cold-pressed, extra virgin olive oil and cold-pressed, unrefined flaxseed oils, the body can become electrified and energized again. Note that these cold-pressed oils should be stored in dark-colored glass bottles.

Individuals with Toxoplasmosis further benefit from the fact that the oleate, palmitoleate, and linoleate in the flaxseed oil is also able to actually kill *Toxoplasmosis* pathogens.

Using Sunlight Exposure to Kill Toxoplasmosis

Interestingly, the Budwig Smoothie should be eaten in the sun. That's right, take your Budwig Smoothie outside, don't put on sunscreen, and let your skin absorb as much sunlight as possible for about 15-30 minutes each time you drink a smoothie throughout the day. Try to drink 3-4 smoothies daily.

When you expose your body to the full-spectrum light of the sun, your body produces substances like vitamin D as well as fumaric acid. Studies have shown that vitamin D deficiency and *Toxoplasmosis* infection go hand-in-hand, but if you decide to supplement with vitamin D, make sure you choose a vitamin D3 + vitamin K2 product or else you may do your body more harm than good. [Read more about which vitamin D3 / K2 product would be best for you here.](#) The correlation between vitamin D deficiency and Toxoplasmosis is noteworthy given the fact that low cellular electricity may be a major cause of this disease. Vitamin D modulates calcium absorption (as does vitamin K2) and calcium plays an important role in cellular electricity too. If you don't get enough sunlight (without wearing sunscreen), your body won't produce vitamin D and thus, your body may not properly absorb calcium from food. Most people don't need calcium supplements because calcium can disrupt electrolyte balance in the body, but just note that there's a relationship between eating healthy fats and oils and sun exposure that relates to the electrification of human cells.

Having energetic cells is roughly equivalent to good health and one could argue that if you eat a lot of heated oils (fried foods, trans fats, etc.) and saturated fats and very little unsaturated fat in your diet, your cells may simply not be able to produce the energy necessary to fight off pathogens like *Toxoplasmosis*. Consuming the Budwig Smoothie while avoiding all heated and refined oils can help you kill Toxoplasmosis and make your body inhospitable to these kinds of infections. If you have Toxoplasmosis, consider taking 2-3 weeks to consume nothing but Budwig Smoothies in combination with fresh fruits to rebuild your cell's supplies of electrifying fats.

Resources:

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Chapter 14: Lugol's Iodine Therapy as a Cure for Toxoplasmosis



Lugol's Iodine

[Lugol's iodine](#) may not seem like the kind of thing that would cure Toxoplasmosis but when we talk with people about "Iodine Therapy", listeners often think we're talking about Povidone Iodine, the stuff you can buy at the pharmacy to clean a wound. Lugol's iodine is different though. While Povidone Iodine contains ingredients that make it so this substance will stay present on the skin for long-periods of time, Lugol's iodine contains molecular iodine and potassium iodide, a combination that can be taken *internally* by mouth to modulate immune system function from the inside.

Like [Vitamin B17 deficiency](#), iodine deficiency is a major problem in the world today, especially in the United States where substances like organophosphates, bromine and fluorine literally marinate the population, causing endocrine disruption that leads to autoimmune diseases, parasite infections, and other strange disorders

that would otherwise be very rare indeed. The obesity epidemic is a testament to the fact that Americans are iodine-deficient because having the right amount of *both* molecular iodine and potassium iodide feeds the thyroid gland, which modulates and controls metabolism. [Lugol's iodine is an important cure for obesity](#) because iodine deficiency can lead to thyroid dysfunction, metabolism issues, and weight gain (as well as inexplicable weight loss).

Iodine and the Immune System

If you have an iodine deficiency, chances are you struggle with a lot of infections, not just Toxoplasmosis infection. That's because the molecular iodine and potassium iodide in Lugol's iodine goes into the body and it's used in a variety of ways to prevent infection and to make people less susceptible to things like parasite infections. Iodine ends up in sweat glands and, as one expert put it, the iodine is secreted as sweat and in natural skin oils in tiny quantities to create a "forcefield" of protection against infection. [To read more about how Lugol's Iodine and Povidone Iodine can be used to prevent infection naturally, follow this link.](#)

Povidone Iodine is so effective against infection-causing germs that doctors lather up with it prior to surgery and nurses scrub patients down with the orange stuff prior to the patients being cut open. But while Povidone Iodine can NOT be absorbed through the skin, Lugol's Iodine CAN be absorbed through the skin. So while Povidone Iodine can be used to disinfect the skin and wounds, Lugol's iodine can be absorbed into the bloodstream via the skin or by taking it internally by mouth. Basically, both Povidone Iodine and Lugol's are still forms of iodine, so they both have these strong anti-infection properties that the body can use to disinfect itself naturally both on the inside and on the outside of the body. Those who are iodine-deficient lack that type of protection against infection which renders them much more susceptible to parasite infections like *Toxoplasmosis*.

Indeed, [iodine is a cure for breast cancer, reproductive organ cancers, thyroid cancer, and it can be used to reduce the likelihood of metastasis of cancer as well](#). Lugol's supports proper thyroid function. In fact, the thyroid can't function properly without it. And it also supports proper functioning of the reproductive organs and balance of the reproductive hormones. Thyroid hormones and reproductive hormones work together to balance *many other systems and organs in the body* which might explain why Lugol's iodine was the most prescribed medicine by doctors back in the early 1900's. It has a broad spectrum of action on the body, it fortifies general health, and it helps mucus flow more readily which means that toxins and pathogens are readily removed from the body via the lungs and digestive system rather than getting sticky. Sticky mucus that resists flowing out of the body can cause symptoms mimicking colds, influenza, food poisoning, or constipation.

Iodine deficiency was pretty common even in the early 1900s, before Big Food and Big Pharma were working together to create deficiency diseases that doctors aren't trained to identify as such. In the 1980's, just before the obesity epidemic began in the U.S., the iodine fortification of bread was halted and instead, bread manufacturers started adding bromine to bread products. Iodine fortification had been put in place because iodine deficiency is such a big problem throughout the world. And bread was an excellent carrier for iodine. But in the 1980's, iodine was removed from bread and put into salt. Bromine, which competes with iodine in the body for receptor sites, was put in iodine's place creating a situation that promotes morbid obesity, brain fog, and a wide array of weird health issues in otherwise healthy people. Salt is not a good carrier for iodine and it evaporates quickly once a salt container is opened. So, starting in the 1980's, the perfect metabolic storm was literally manufactured by a joint effort between Big Food and Big Pharma.

[Read more here about how organophosphates and bromide-containing insecticides create specific vulnerabilities that can lead to Toxoplasmosis infection.](#)

Iodine as a Natural Treatment for Autoimmune Disease

Iodine is able to cure autoimmune diseases by promoting thyroid health, reproductive system health, and liver/gallbladder health. When we talk about autoimmune disease, we often reference the gallbladder as this organ that sits right at the core of our bodies, just under our

ribcage, above the small and large intestines, but below the liver. The gallbladder and the liver are often host to colonizing bacteria, viruses, protozoa, parasites, and other types of pathogens that cause symptoms of autoimmune disease. The streptococcal bacteria are common offending pathogens, but a variety of microorganisms can cause autoimmune disease symptoms.

Iodine supports immune system function, but iodine has relationships with a number of nutrients that play a role in autoimmune disease. If you're iodine deficient, it will be impossible for you to overcome your autoimmune disease, but go slowly when you first start taking this substance. Iodine can cause detox reactions, especially if you don't take it with the companion nutrients listed later in this chapter under the dosage information.

Iodine as a Natural Treatment for Parasites

If your body is deficient in iodine, it will be more susceptible to Toxoplasmosis infection. As with a vitamin B17 deficiency, an iodine deficiency leads to deterioration in the body's ability to fend off pathogens naturally. When we are properly "charged" with iodine, our bodies secrete tiny amounts of iodine from the sweat glands to create a situation where skin oils are literally acting like disinfectants. Substances like bromine and fluorine disrupt iodine's work in the body, so be sure to work up to a higher dose of Lugol's (ideally 20 drops daily of Lugol's 2%).

Iodine Deficiency and Vitamin K2 Deficiency

Iodine deficiency is made worse by vitamin K2 deficiency. In order to absorb iodine, your body needs plenty of vitamin K2. And vitamin K2 is important in protecting the body against organophosphate insecticide poisoning as well. As a cure for osteoporosis and atherosclerosis, vitamin K2 is a nutrient that you should be taking every day. It is very scarce in the food supplies of developed nations.

[Read more about insecticide poisoning, iodine deficiency, and vitamin K2 deficiency here.](#)

Iodine Deficiency Symptoms

Iodine deficiency causes the following effects on the body:

- Iodine deficiency can cause **hypothyroidism (under active thyroid)** by causing a deficiency of thyroid hormone production.
- Iodine deficiency (which is compounded by bromine and fluorine exposure) can lead to cystitis or frequent urinary tract infections.
- Low adrenal function
- Thyroid cancer
- Iodine deficiency can cause men's health issues:
 - Prostate cancer
 - Prostate swelling
 - Low libido

- Erectile dysfunction
- Frequent respiratory infections and respiratory problems:
 - Asthma
 - Sinus infection
 - Chronic post-nasal drip
 - Allergies
- Iodine deficiency can cause a variety of women's health issues including:
 - Infertility
 - Benign and malignant tumors in the reproductive organs:
 - breast,
 - uterus,
 - ovaries,
 - cervix, etc.
 - Menstrual problems
 - Endometriosis
 - Menstrual irregularities
 - Premenstrual Syndrome (PMS)
 - Polycystic Ovarian Syndrome (PCOS)
 - Uterine fibroids
 - Heavy menstruation
 - Low libido
 - Fibrocystic breast disease
 - Fibrocystic ovaries
- Goiter
 - Difficulty swallowing
 - Throat swelling
 - Throat tenderness
- Skin problems:
 - Dry, coarse skin with a yellowish tinge
 - Darkening of the eyelids
 - Brittle fingernails
 - Brittle hair
 - Hair loss
 - Acne
- Mental Health Issues:
 - Depression
 - Mental fatigue
 - Apathy
 - Foggy Thinking
 - Mood swings
 - Memory loss (Alzheimer's, Lewy Body Dementia, Parkinson's Disease, etc.)
- Headaches
 - Migraines
 - Visual disturbances

- Eye protrusion
- Cardiovascular effects:
 - Intolerance to heat and cold (cold hands and feet)
 - Poor circulation (which can lead to health problems such as Erectile Dysfunction or low libido, noted above)
 - Raynaud's Syndrome
 - Heart Disease
- Digestive problems
 - Indigestion
 - Gas / flatulence
 - Constipation and irregular bowel movements
- Obesity and difficulty losing weight
 - Swelling of the face (Myxoedema)
 - Fluid retention
 - High LDL cholesterol
 - Increased triglyceride levels
- Shortness of breath on exertion and poor exercise tolerance which includes:
 - Fast pulse
 - Heart palpitations
 - Chest pain
 - Stiff joints
 - Muscle cramps
 - Excessive perspiration regardless of heat or exertion
- Fatigue, low energy, exhaustion, especially in the morning.
 - Low blood pressure
 - Sleep problems including the need for 12 or more hours of sleep
- Iodine deficiency can cause hyperthyroidism (over active thyroid). Many of these hyperthyroid conditions respond well to iodine supplementation without surgery or the use of radioactive iodine. These diseases include:
 - Hashimoto's Disease
 - Grave's Disease
 - Toxic Thyroid
- Iodine deficiency affects motor skills in a negative way
 - Iodine deficiency causes reaction time to get longer.
 - Iodine deficiency reduces manual dexterity, muscle strength, and overall coordination.
 - Iodine deficiency leads to lower IQ scores.
 - Iodine deficiency during pregnancy can cause ADD, ADHD, or developmental delays known as cretinism.

What to Expect When You Begin Supplementing with Iodine

Iodine supplementation can cause the following health-related effects on the body:

- Iodine causes mucus to be broken down in a manner similar to the mucolytic abilities of tN-Acetylcysteine (NAC). Thinning mucus can help the body detoxify and remove pathogens such as viruses, parasites, and bacteria from the body.
- At doses **above** 3 mg per day, Lugol's Iodine acts in the body as an antioxidant.
- At doses **above** 3 mg per day, Lugol's Iodine causes sick human cells to die. For example, cells that have been invaded by a pathogen such as Toxoplasmosis will be programmed by iodine to die rather than being allowed to reproduce.
- When Iodine is present in sufficient quantities above 3 mg per day, it is distributed throughout the tissues of the body and it is also found in body fluids.
 - Iodine in mucus works as a disinfectant that can prevent infection with a virus, bacteria, protozoa, or fungus.
 - Iodine is found in small quantities in the sweat and it works as a front-line defense against infectious organisms that come into contact with the skin.
- Initial use of Lugol's iodine may cause hyperthyroidism, especially if iodine deficiency has been a problem for a long period of time. Be sure to take companion nutrients with the iodine to prevent symptoms of hyperthyroidism.
 - Initial iodine supplementation may also cause sore throat and a slight swelling of the thyroid gland. The thyroid gland that has been starved for iodine may expand in effort to take in more iodine from the bloodstream during the initial phases of supplementation.
- Lugol's Iodine is a powerful antimicrobial:
 - Antiprotozoal
 - Antiparasitic
 - Antiviral
 - Antifungal
 - Antibacterial

How to Use Lugol's Iodine to Treat Toxoplasmosis

If you have *Toxoplasmosis*, you can use Lugol's iodine to make your body less habitable by pathogens while also removing heavy metals, and toxins. At the same time, Lugol's will help

strengthen your tissues, improve your immune system function, relieve mood problems and brain fog (via its effects on the metabolism and thyroid gland), and generally improve health.

Begin with a low dose of Lugol's iodine 2%. If you've been exposed to a lot of bromine and fluorine in your environment, you may go through a detoxification period. Be aware that you may break out in a rash if you have bromine in your body. This rash is called bromaderma but doctors are not trained to recognize it as such. They'll tell you that you're allergic to iodine, but the truth is, no one is allergic to iodine. Iodine is a mineral that everyone needs.

We talk more about bromine below.

Companion Nutrients That Will Help Your Body Absorb and Use Iodine:

Begin taking these companion nutrients at least 2 weeks prior to beginning to take iodine supplements. This will give your body time to detox slowly before you begin detoxification more quickly with iodine treatment.

- [Vitamin B2 - 400 mg daily](#)
- [Vitamin B3 - 500 mg daily](#)
- [Selenium - 200 mcg daily](#)
- [Magnesium - 300-1200 mg daily](#)
- [Zinc / Copper - 15 mg / 2 mg daily](#)
- [Vitamin C - 3,000 - 6000 mg daily](#)
- [Sea Water Supplement](#) - add 1 tsp to every 8 ounces of drinking water that you consume throughout the day.

Lugol's Iodine Dosage:

Start by putting 1 drop of Lugol's Iodine 2% on your skin or in a glass of drinking water. Take it in the morning because iodine is stimulating and improves wakefulness.

If you experience [detox symptoms](#), don't stop taking the iodine. Instead, add a Sea Water Supplement to your daily supplement ritual to hasten the detox.

Increase your dose by 1 drop every 3 days as long as you feel good and you aren't experiencing symptoms of detoxification. Increase the dose up to 20 drops daily of Lugol's iodine 2% (this is equivalent to 50 mg per day).

What You Need to Know about Bromine and Fluorine:

Bromine and fluorine are both in the same column as Iodine on the periodic table of the elements. And both bromine and fluorine can pretend to be iodine inside the body, blocking iodine receptors and wreaking havoc on human health. Fluorine is added to the water supply and in dental products under the mistaken notion that it is beneficial to human teeth. Bromine is found in a variety of places including:

- Bread products (as BVOs or Brominated Vegetable Oils)
- Sodas and Bottled Drinks (also as BVOs or Brominated Vegetable Oils)
- Children's pajamas (sprayed on fabrics as a fire deterrent)
- Furnishings (sprayed on fabrics as a fire deterrent)
- Insecticides (sprayed on fields as methyl-bromide)
- Swimming pools (as a toxic alternative to chlorine disinfectant)
- Some water supplies contain bromine

Once you are exposed to bromine, it takes 9 to 12 days for the body to eliminate it. It accumulates over time and doses as low as 0.5 mg per day can eventually lead to "bromism", a serious health condition characterized by some of the symptoms listed below:

- Neurologic Symptoms / Psychiatric Symptoms
 - Restlessness
 - Irritability
 - Confusion
 - Hallucinations
 - Psychosis (mimicking schizophrenia or dementia)
 - Weakness
 - Stupor
 - Coma
 - Lack of muscle coordination (mimicking Parkinson's Disease)
- Dermatological Symptoms
 - Cherry angiomas
 - Severe acne
 - Pustular or erythematous rashes
- Gastrointestinal Symptoms
 - Lack of appetite / anorexia
 - Constipation
 - Nausea
 - Vomiting

Symptoms of Bromine Detoxification include:

- Neurological impairment
- Fatigue

- Confusion
- Headache
- Auditory hallucinations
- Visual hallucinations
- Disorientation
- Loss of control of body movements
- Short-term memory loss
- Brain Fog
- Psychosis
- Seizures
- Gastrointestinal impairment
- Drooping eyelids (ptosis)
- Somnolence
- Eyelid twitching
- Disturbance of color perception
- Delirium
- Foot twitching
- Dark thoughts (e.g. “there is no reason to live”)
- Depression (e.g. “there is no reason to get out of bed”)
- Tingling in the extremities
- Mood issues such as anxiety or mood swings
- Dry mouth
- Metallic taste in the mouth
- Mouth and tongue sores and cuts, a sore mouth
- Odd swallowing sensation (also known as “swollen glottis” in the old medical literature)
- Body odor
- Bromide acne which is coniform (the use of zinc can help counteract bromide acne)
- Hair loss
- Brain fog
- Leg and hip ache that resembles arthritis
- Skin “cuts”
- Rash (bromoderma)
- Sinus pain
- Runny nose
- Cherry angiomas
- Sedation/lethargy
- Headache
- Unusual urine odor or color
- Urethral spasm and frequent urination (may be mistaken for a urinary tract infection)
- Diarrhea or constipation
- Vision changes
- Increased salivation
- Dream changes
- Impaired memory/concentration

- Irritability
- Tremor
- Hormone changes
- Kidney pain
- Breast tenderness (this transient symptom typically resolves quickly) [1][17]

As a treatment for Toxoplasmosis, iodine is one of the most powerful nutrients that will modify health for Toxoplasmosis sufferers.

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Chapter 15: Fumaric Acid: Natural Treatment for Diseases That Resist All Other Treatments



As we've already discussed earlier in this book, vitamin D is produced naturally by the skin when it is exposed to the full-spectrum, healing light of the sun. It is then partially activated in the liver and then fully activated in the kidneys so that it can actually be used by the body. But vitamin D isn't the only vital substance produced by the skin when we're exposed to healthy, natural sunlight (without garbling its healing effects by applying sunscreen). Another important substance produced by human skin after sun exposure is known as "fumaric acid".

Is Sunlight Really Good for You?

Many people are confused by the idea of exposing the skin to sunlight in order to heal the body. We've all been told that the sunlight will cause us to age more quickly, it'll cause us to get skin cancer, and that the sun will kill us. But what if the sun actually heals our bodies? What if this source of light was designed to interact with the skin to help us produce energy in a manner similar to how plants produce energy from the sun?

When my husband developed melanoma a number of years ago, I was lucky that I was studying cancer cures that exist outside of conventional medicine at the time. According to the Budwig Protocol, cancer patients need healthy, natural sunlight exposure without sunscreen. Doctor Budwig administered her flaxseed oil and milk smoothies plus sunlight exposure to patients with great success. She was able to cure many diseases using her diet-plus-sunlight exposure approach. So my husband spent a lot of time in the sun as part of the cure for melanoma. To this day, he still spends long hours in the sun without sunscreen and this has proven to be beneficial for his health.

Over the years, I've been fascinated with the idea that sunlight can cure disease. After discovering that psoriasis patients often experience a full remission from their symptoms after spending a few weeks bathing in sea water and tanning on the beaches at the Dead Sea, I really started to tune into the importance of sunlight in curing disease. Sunlight exposure causes our bodies to produce vitamin D, fumaric acid, and also a photosensitive substance known as Cytochrome C that reacts to sunlight. Our bodies were literally designed to interact with the sun. Hiding under sunscreen or staying indoors without getting lots of sunlight exposure on a regular basis can lead to serious diseases like multiple sclerosis, psoriasis, cancer, and more.

Fumaric Acid: Master Detoxifying Agent

In this discussion, we focus on fumaric acid as a substance that can be used to hyper-detoxify the body and to push past limitations in those who have serious diseases that are not responding to other treatments.

Fumaric acid, like vitamin D, must travel to the liver to become activated. In the liver, it partners closely with healthy *inorganic* phosphates to produce energy in the ADP-ATP cycle, a process that's otherwise known as the Krebs cycle. The Krebs cycle is a vital source of energy for our bodies. That's an understatement. It's really the primary source of energy for our bodies. And fumaric acid plays a crucial role in this cycle. And, if you don't get enough sunlight (*without* sunscreen getting in the way of catching a few rays), you likely aren't producing enough of it. You are also unlikely to get fumaric acid in your diet unless you happen to take Fumaric Acid supplements or *Fumaria officinalis* / Earth Smoke Plant supplements. [Read more about how natural fumaric acid is used to cure other autoimmune diseases like psoriasis and multiple sclerosis here.](#) And also [read more here about *Fumaria officinalis*, a plant that produces a natural form of fumaric acid that is identical to the fumaric acid produced by our bodies after exposure to sunlight.](#)

Fumaric acid has powerful anti-inflammatory effects on the nerves and brain which makes it ideally suited as a treatment for *Toxoplasmosis*. So it can be used by autism patients, for example, and by patients with spinal cord injuries or any type of nervous system disease to reduce neuroinflammation *naturally*. [Read more about fumaric acid and *Fumaria officinalis* to reduce neuroinflammation here.](#)

But besides its effects on neuroinflammation and inflammation in other areas of the body, *Fumaria officinalis* and natural, over-the-counter fumaric acid supplements can be administered to *upregulate DNA production in cells to significantly speed up detoxification of the body from organophosphate and bromide / bromine exposure*. In other words, if you have a major disease and you're trying to detoxify your body more quickly, sunlight exposure (at 30 minutes twice daily), fumaric acid supplements (which are available over-the-counter), or *Fumaria officinalis* / Earth Smoke Plant tinctures or teas (which contain fumaric acid) may be able to get you past the limitations you're facing.

[Read more about the relationship between organophosphates and bromine here.](#)

Sunlight exposure (without sunscreen) is a key part of detoxification in part because fumaric acid that's produced in the skin maximizes how quickly our bodies can detoxify after we're exposed to different types of toxins. The path that vitamin D takes after sunlight exposure starts with production of this nutrient in the skin tissues. From the skin, it goes to the liver and then on to the kidneys to become fully activated and bioavailable. Interestingly, the skin, liver, and kidneys are all considered to be the primary "organs of detoxification". If any of these organs (the skin, liver, or kidneys) are compromised, health problems inevitably develop due to the body's inability to get rid of toxins.

The use of sunlight, fumaric acid as a nutrient cure for myasthenia gravis or the use of *Fumaria officinalis* as an herbal myasthenia gravis treatment is a safe and natural alternative for patients who are taking drugs like Cellcept / Mycophenolate mofetil or Azathioprine because Cellcept / Mycophenolate and Azathioprine increase the body's sensitivity to the sun. Taking these drugs makes the skin sensitive to the sun such that melanoma and skin cancer risk is significantly heightened in these patients. Myasthenia gravis patients who are taking these drugs naturally avoid the sun which is unfortunate given that the sun is likely to have a healing effect on the progression of their disease. If, as a patient, you decide to continue taking these myasthenia gravis drugs or if you are slowly weaning yourself off Cellcept and you want to experience the benefits of fumaric acid as a natural cure for myasthenia gravis (given that myasthenia gravis is a common disease that can be caused by toxic exposure to organophosphates and bromine / bromide), consider taking fumaric acid supplements or *Fumaria officinalis* as either a tincture or as a tea. Start with half of the recommended daily dose of the product that you choose to take and increase the dose by ½ every 3 days or in tandem with reductions in your Cellcept / Mycophenolate or Azathioprine dose.

How to Take *Fumaria officinalis* / Earth Smoke Plant

Fumaria officinalis contains the natural form of fumaric acid. Because this herb is, of course, completely natural, this is the best way to increase your fumaric acid levels and use fumaric acid therapeutically if you are not going to spend time in the sunlight. The plant is available in dry herb form, from which a tea can be made and it is also available as a tincture/extract, or in capsulized form. To make a tea, add 1 tablespoon of dried *Fumaria officinalis* herb to 1 cup of boiling water, and let steep for 15 minutes before drinking. Drink this tea with each meal, or on an as-needed basis throughout the day. Follow the dosing instructions on the tincture/extract or *Fumaria* capsules that you receive.

Fumaria officinalis can be used to treat not only organophosphate poisoning, but also kidney problems, constipation, arthritis, eye infections and conjunctivitis, psoriasis, lupus, Lyme

disease, and rheumatism, among other health conditions. [You can read more about this herbal remedy in this article.](#)

Fumaria officinalis: Herbal Cure for Rare Diseases

A number of rare diseases can be cured using simple, natural substances. As a natural detoxifying nutrient that also promotes energy production in cells, *Fumaria officinalis* and fumaric acid supplements (as well as sunlight exposure) can sometimes be administered as a general tonic for rare diseases that are not responding to other types of treatment. Many of these rare diseases involve toxic buildup in the body and an inability to successfully detoxify as well as low cellular energy that doesn't permit the body to properly repair itself. Fumaric acid derived from sunlight, from a supplement, or from the Earth Smoke Plant / *Fumaria officinalis* can be used to both help the body detoxify more successfully and more quickly and also to help increase cellular energy and thus healing.

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Part IV: Vibrational Medicine in the Treatment of Toxoplasmosis

Chapter 16: Rife Therapy as a Cure for Toxoplasmosis Infection



Vibrational medicine is very sci-fi, but our bodies are naturally built to respond to sound, heat, resonant frequencies, vibrations, pulsed electromagnetic fields, and pure electricity. This field of medicine is one that doesn't get a lot of attention, which is unfortunate because it's possible to use most of these therapies with other therapeutic cures for Toxoplasmosis infection. Delicate medicines like [Chlorine Dioxide Solution](#) that can be destroyed easily by antioxidants are not so easily destroyed by vibrational medicine therapies. So vibrational therapies offer adjunct treatment options to target *Toxoplasmosis* pathogens from several different angles.

Below is a brief description of tried-and-true vibrational medicine therapies that have been in use for decades as a cure for parasite infections like *Toxoplasmosis gondii*, malaria (*Plasmodium falciparum* and other species), and more. We include Lyme disease in this chapter because Lyme disease is regarded in some circles as a parasite infection because the Lyme disease bacteria (*Borrelia burgdorferi*) may be able to infect other parasites like Toxoplasmosis and in this way, protect themselves from the body's immune system. Rife Therapy has been particularly useful as a Lyme disease cure because it has the ability to kill Lyme bacteria that are living inside organs like the liver or gallbladder as well as those bacteria that are living inside other parasites like Toxoplasmosis.

A number of Lyme disease co-infections have been noted by experts. These include:

- **Babesia Microti (also known as Babesiosis)**
- **Ehrlichia Chaffeensis (also known as Human Monocytic Ehrlichiosis)**
- **Bartonella Henselae / Quintana (also known as Cat-Scratch Disease, Carrion's Disease, and Trench Fever)**
- **Anaplasma Phagocytophilum (also known as Human Granulocytic Anaplasmosis)**
- **Q-Fever (also known as Coxiella Brunetii)**
- **Rickettsia Rickettsii (also known as Rocky Mountain Spotted Fever)**

- ***Toxoplasma gondii* (Toxoplasmosis)**

Most of these Lyme disease co-infections cannot be treated with a Rife Machine yet because the frequencies for these diseases haven't been discovered yet. *Toxoplasma gondii* is an exception to this rule. Nonetheless, Rife Therapy is able to treat a number of serious parasite infections that coexist with Lyme disease or that may even protect the *Borrelia burgdorferi* bacteria inside the body.

Rife Machine Therapy

Rife Therapy can be used to treat many, many diseases.

Rife Therapy works by administering sound frequencies to the body that correspond to specific "Mortal Oscillatory Rates" of pathogens living in the body. Patients who have parasite infections like Toxoplasmosis, Lyme Disease, Tapeworm infection / Neurocysticercosis, Liver Flukes, etc. can be treated using these resonant frequencies that cause the infecting pathogen to vibrate to the point of exploding. Cancer patients were some of the first Rife Therapy patients to be miraculously cured (in University settings under strict observation by scientists) using this type of therapy. Rife Therapy had a 90% cancer cure rate because of its ability to kill the offending mycobacterium that causes cancer in the majority of human cases.

A typical "dose" of Rife Therapy lasts about 3 minutes. Exposure to 3 minutes of resonant frequencies is all it takes to treat major diseases. Typically Dr. Rife recommended these short treatment bursts because longer treatment times led to more severe [detoxification reactions](#). A short, 3 minute treatment for every pathogen that is causing symptoms in a patient is enough to eventually eliminate the pathogens from the body and restore health. Most patients receive Rife Therapy treatments for 3 months to overcome their disease.

Using Rife Therapy with other alternative treatments for parasite infections is a wise strategy because Rife Therapy doesn't interfere with other, more traditional treatments like herbal therapies or Reactive Oxygen Species medicines.

I read about Dr. Royal Rife when I was in high school in the early 1990s. He was one of the first people to discover a cure for cancer. His Rife Machine was studied at the University of Southern California and doctors there confirmed that it did in fact work to cure cancer as well as other serious diseases including parasite infections. It works by creating vibrational frequencies that are tuned to resonate with specific pathogens. When a pathogen resonates with a particular Rife Frequency, the pathogen explodes and dies.

Not all parasite infections can be treated with Rife Therapy, but we've listed the ones below that have designated Rife frequencies. Note that these frequencies are not as powerful when they're played through your computer as they would be if you had the actual Spooky2 Rife Machine gear, but these frequencies will at least allow you to get started working on the disease using

vibrational medicine while you wait to receive your Spooky2 should you decide to order this machine.

Kill Toxoplasmosis Oocysts Using Rife Therapy

We've written quite a bit about [alternative treatments for Toxoplasmosis](#) and [herbal remedies for Toxoplasmosis](#) as well,, but if you're ready to get rid of this parasite for good, here's the [Rife Machine frequency that kills *Toxoplasmosis gondii* in the body](#). Again, please note that the Rife frequencies are much more powerful when they're applied using the actual machine to amplify them and then administer them to the body, but these online Rife frequencies will allow you to at least get started.

Get Rid of *Helicobacter pylori* Using Rife Therapy

A co-infection with *H. pylori* can make *Toxoplasmosis* symptoms worse. So it's important to note that you can also use a Rife Machine to treat *Helicobacter pylori* infection. [Here's a link to the *H. pylori* Rife Frequency that's used to kill this spiral-shaped bacterium](#).

Cure Lyme Disease using Rife Therapy

A lot of people report that Rife Therapy works well for them as an alternative treatment for Lyme disease. [Here's a link to the Rife Frequency for Lyme Disease](#). Lyme disease has been described as both an autoimmune disorder as well as a parasite infection. Indeed, some experts say that the Lyme disease bacteria, *Borrelia burgdorferi* is able to actually infect parasites, adding complexity to the treatment because the parasites would act like protectors of the Lyme bacteria. And perhaps one of the reasons why Rife Therapy works so well as a natural treatment for Lyme disease is because it has the ability to kill the Lyme bacteria inside the parasites. The resonant frequencies created by the Rife Machine are able to penetrate through both human tissues and through parasite membranes and tissues as well. So the *Borrelia burgdorferi* bacteria is no longer safe even if it hides out inside parasites if you use Rife Therapy as a treatment.

[Buy a Spooky2 Rife Machine Here.](#)

Again, note that these Rife frequencies won't work as well or as effectively if they aren't administered to the body in a manner that causes tissues to resonate with that frequency. A Rife Machine is designed to administer the frequency to the body in a manner that causes resonance that will kill *Toxoplasmosis gondii*. The machine comes with amplifiers as well as application methods to ensure that you receive optimal doses of the proper resonant frequency to cure your disease.

Back when I first read about Rife Therapy, I was captivated by the idea that a [cure for cancer](#) had ever existed. The U.S. Federal Government covered up this cure and Dr. Rife had to go into exile *because his invention cured cancer*. Morris Fishbein, editor at the *Journal of the American Medical Association* wanted to buy Rife's machine so that he could have control over it. This is a common strategy used by pharmaceutical companies. It's called "shelving", where Big Pharma buys rights to a medicine or a technology so that they can recommend to doctors *that it never be used*. Shelving also sometimes involved propaganda against the technology or medicine that cures disease. The Rife Machine was sadly one of the first technologies to be covered up in this way by the pharmaceutical industry.

Nonetheless, though Fishbein (who was later convicted of racketeering) offered to buy Rife's machine, Rife turned him away. So Fishbein went after Dr. Rife in a more personal way. One of Rife's labs mysteriously burned to the ground. And poor Dr. Rife was dragged through the U.S. court system on false charges. Doctors who had been using the Rife Beam Ray (as it was called back then), were forced by the FDA to abandon the technology or be blacklisted by major medical organizations such as the American Medical Association (much the way doctors are being politically burnt the stake today when they speak out against inhumane practices in conventional medicine).

For a period of time, the FDA confiscated Rife Machines if they found out someone had one. So Rife's machine became nothing but a legend until 2005 when one of them was found boarded up in a wall (or so the story goes). Scientists reverse engineered the machine to create modern, portable models of the Rife Machine that people can now order and use at home. I personally own a [Spooky2 Rife Machine](#) that I highly recommend as a cure for Toxoplasmosis as well as Lyme disease. Highly reputable no-chemo, no-radiation cancer cure facilities like Hope4Cancer in Mexico offer Rife Therapy as a part of their cancer treatment protocol. A lot of patients with Toxoplasmosis Lyme disease have used Rife Therapy as a stand-alone treatment method to regain their health.

Rife Therapy is extremely gentle and safe. It can be used as a [cure for all COVID variants](#) as well as to [cure cancer](#) and [psoriasis](#). But resonant frequencies exist to kill a wide array of pathogens and it's possible to set your machine to scan through all pathogens throughout the day. So you can treat yourself for disease without having to have an exact diagnosis. However, the bioscan function on modern Rife Machines makes it possible to diagnose the presence of certain pathogens in the body through heart rate variability analysis.

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