

Furry Animal Health Tips:

Good Food for Pets:

To repel fleas and for dry, itching skin, add to feed:

- organic **cottage cheese** (calcium rich)
- unsweetened **yogurt** (calcium & vitamin K rich)
- fresh cut garlic cloves** (calcium & sulfur rich)
- brewer's yeast** (vitamin B, zinc, folic acid rich)
- cod-liver oil** (vitamin D rich)
- safflower oil** (vitamin E rich)
- organic **corn oil** (chromium rich)
- vegetable oils** (vitamin E rich)

To treat vaccine-induced seizures & diabetes, add to feed:

- ground **sunflower seeds** (zinc & iron rich)
- organic **eggs** (sulfur, choline, PABA & vitamin E rich)
- raw **wheat germ** (sulfur, choline & vitamin E rich)
- cooked **brown rice** (calcium & vitamin B & E rich)
- organic **liver** (biotin & vitamins A & B rich)
- organic **butter** (selenium & vitamin F rich)

To breed healthy offspring, add to mother's feed:

- wild **salmon** (magnesium, calcium & folic acid rich)
- brewer's yeast** (folic acid, zinc, vitamin B rich)

For ear mites: ear drops of raw garlic juice & olive oil.

For mange: soak black walnuts (with green hulls) in water with tea tree oil. Then (using gloves), soak pet in it.

For parasites: sprinkle cut raw garlic &/or crushed pumpkin seeds to animal food.

For allergies & skin problems: quit feeding corn products.
(*nearly all the feed corn in the U.S. is genetically engineered*)

Warnings:

Indoor animals that lick walls or blinds may have mineral deficiencies--get them a salt lick at the feed store.

Vitamin D3 deficiency (rickets) is caused by not getting enough sunlight. Animals (& people) need fresh air & daily sunshine (glass blocks vitamin D absorption). Get outdoors!

Never give an animal acetaminophen or chocolate (either could cause seizures or be fatal)

Recently vaccinated animals can be carriers— isolate them.

Water & Bathing:

It's better to vacuum & brush furry animals than to bathe them weekly—chlorinated water is drying to the skin-- body oils protect and keep them healthy.

Rolling in a pile of leaves (tannic acid) helps reduce allergens & offensive odor.

The suggestions in this booklet are just that—suggestions, **not medical advice**. I have **NO** medical credentials.

(*this is an original insight—just for you*)

12 useful things you can learn from your Body

1. **Take Dominion--like your Heart--** that saturates & cleanses the body with the blood.
2. **Be Responsible--like your Skin--** by covering the vulnerable parts, not letting wounds fester, covering them quickly for protection.
3. **Use Your Strength or Lose it--your Teeth do--** they use their hardness to break down food so the rest of the body can make the most of it.
4. **Be Faithful--like your Skeletal System--** that supports your weight, yet is still able to bend so that you have freedom of movement.
5. **Submit to the Head--like your Nerves--** which only respond *after* they obediently direct every impulse to the head and receive instructions on how (and whether) to react.
6. **Relinquish--like your Eliminative Organs--** that dump out whatever doesn't nourish life.
7. **Grow and Adapt--like your Glands--** which produce whatever chemicals it takes for the body to change, grow and adapt.
8. **Serve--like your Digestive System--** that processes whatever it receives & converts it into usable energy or stores it for future use.
9. **Unite With Others--like your Muscles--** which only pull, never push, and always work together. (It takes at least two muscles to move.)
10. **Persevere--like your Lymphatic System--** that recycles blood that has leaked out of the capillaries, purifying it—to be used again.
11. **Give & Receive--like your Lungs--** that breathe in oxygen & breathe out carbon dioxide.
12. **Let your imagination activate you, nurtured by your spoken words and WAIT patiently --like your Reproductive System must do --** whose organs, activated by sight & the spoken word, unite & then wait, prepare & travail to bring forth new life--that's how both natural & spiritual miracles are birthed.

If you understood how your body worked, you'd know how the Kingdom of God works!

Using Food as Medicine

(*gleaned from over 50 of the latest, most innovative, alternative medical newsletters, books & periodicals*)

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by Grandma Ginger

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<p>1) Skeletal/Dental Arthritis: Eat pineapple or papaya (<i>bromelain rich</i>), nuts, onions, tumeric, licorice, okra (<i>manganese</i>), yogurt, beets, honey (<i>has 24 trace elements</i>), dandelion or other dark greens (<i>calcium</i>), & chicken cartilage. Rub down with warm vinegar, menthol, eucalyptus, camphor, wintergreen or emu oil. To flush heavy metals out of your system (<i>mercury from dental fillings or vaccinations, lead from snow or gas fumes, aluminum from deoderants, baking powder, canned soft drinks, antacids...</i>) eat apples, chickweed, coriander seeds, yams, dandelion leaves or drink devil's claw herbal tea. Soak hands in warm castor oil. Get in the sun—remove glasses to retinally absorb vitamin D. Exercise, drink lots of good water. Back pain: Eat pecans, bananas, brewer's yeast, wheat germ, avocados, alfalfa, fish oil, berries, turnips, papaya, pineapple or oatmeal and drink lots and lots of distilled water. Wear pants that are loose at the waist and supportive flat shoes. Gout: Eat cherries & berries & drink peony root tea. Avoid meat. Teeth: Eat strawberries or chew peelu bark gum. Brush with baking soda &/or hydrogen peroxide. Toothache: put garlic or cloves on the tooth with white bread or peanut butter as an adhesive. Cavities can recalcify if kept very clean, no filling needed. Warnings: Infants shouldn't be propped upright until their spine can support weight. Fluoride (<i>in water or toothpaste</i>) affects attention span (<i>ADHD</i>) & may cause cold sores. Soft drinks contain phosphoric acid that leeches calcium out of bones & high fructose corn syrup that causes diabetes by overwhelming the pancreas. Chlorine with fluoride & aluminum (used in municipal water treatment) causes osteoporosis. Chlorine will evaporate—so let hot baths cool.</p>	<p>2) Digestive/Eliminative Appendicitis: High enemas, fasting. Bowel cleansers: Drink aloe juice, senna & cascara sagrada tea, eat apples (<i>pectin removes radiation & metals</i>), bentonite clay & charcoal or burnt toast (<i>removes impacted fecal matter, poisons & drug residue</i>) flax, barberry, cayenne, garlic, ginger, watermelon. Or, do a 21-day fast. Cold sores: Swizzle berry juice, apply wet tea bag, eat licorice. Colic: Sip caraway, wild seed, raspberry leaf or pine nut tea. Diabetis: Eat cinnamon, dill, grape or watermelon seeds, beans, black pepper (<i>vanadium</i>) avocados, aloe, barley, onions (<i>chromium</i>), citrus pulp, pine nuts. High fructose corn syrup shuts down the pancreas. Diarrhea: GSE-grapefruit seed extract. Or, brown rice, bananas, blackberries, burnt toast. (charcoal). Hemorrhoids: Drink carrot juice, and use raw potato poultices. Liver cleanse: First clean bowel, then blend & drink (<i>on an empty stomach</i>): 8 ounces of distilled water 8 ounces of fresh squeezed juice, 1-4 tablespoons of olive oil, 1-4 cloves of garlic, & some ginger, followed 30 minutes later with peppermint tea every morning for 5 days. Drink milk thistle or cleaver leaf tea. Poisoning: Eat burnt toast (<i>the charcoal absorbs</i>) or currants. Stomachache/Irritable Bowel: Eat peppermints, ginger, bananas, yogurt or raw cabbage or potatos. Sip anise tea or baking soda in water. (<i>Dried grapefruit seeds & peels in water absorbs bacteria.</i>) Tongue pain: Apply wet tea bag. Thrush: Eat yogurt & lemons. Ulcers: Cabbage juice, licorice. Urinary infections: Drink fresh cranberry juice, corn silk tea, carrot-top tea or parsley juice. Eat watermelon seeds/juniper berries. Insert peeled, pierced garlic. Worms: Eat pumpkin seeds, cayenne, garlic, drink acorn, black walnut shell or wormwood tea. Warnings: Margarine don't fully digest. Olestra causes diarrhea. Sorbitol causes abdominal pain. Hard water causes gallstones.</p>	<p>3) Glandular/Reproductive Breast lumps: Eat brazil nuts (<i>selenium-rich</i>). Paint a dab of iodine on breast daily or take kelp. Massage lymph glands & do arm exercises. Don't wear a tight bra—it stifles lymphatic flow. Cancer: Anti-cancer foods: tumeric, cayenne, celery, brown rice, mushrooms, figs, grapes (<i>resveratrol in skins</i>), beets, apricots w/pits (<i>B17 cyanide permeates tumors</i>). Drink aloe, olive leaf, birch bark, chaparral, red clover & green tea.. Do bowel & liver cleanses. Hot/cold showers stimulate blood flow healing. Selenium & sunlight (<i>vit. D3</i>) deficiencies trigger tumors. Cramps: Eat almonds (magnesium) & prunes. Exercise, drink peppermint tea, avoid sodium & MSG (<i>canned soups, crackers, fast food</i>) & especially pork products. Take a hot bath in epsom salts & drink water. Hypertroid-overactive: Eat cabbages & radishes. Avoid aspirin & shellfish. Hypothyroid-underactive Symptoms: low morning temperature, cold feet/hands, puffy eyelids & fatigue. Apply dab of iodine on belly daily until it stains for 24 hours. Eat radishes & kelp. Nausea: Drink raspberry leaf tea & eat ginger. PMS: Eat yams, butternut squash, celery. Avoid coffee. Prostate trouble: Eat pumpkin seeds, egg yolks, (<i>zinc</i>), saw palmetto berries & tomatos (<i>lycopene rich</i>). Vaginal infections: Insert a large peeled, pierced clove of garlic (<i>antibiotic</i>). Avoid colored toilet paper. Warnings: Autopsies on cancer victims show they have high levels of propyl. Avoid propylene glycol. Use baking soda, cornstarch or vinegar for deoderant.</p>	<p>4) Circulatory/Lymph Anemia: Eat spinach, kale, grapes & molasses. Don't drink tea (<i>tannic acid inhibits iron absorption</i>). Low iron causes flat fingernails. Angina: AVOID margarines! Eat organic butter & mineral salt. Eat raw almonds & peanuts (<i>for magnesium & copper</i>) & eat periwinkle flowers (<i>latest discovery!</i>). Arteriosclerosis: Eat red clover, bananas, walnuts, wild grapes, sweet potatos. Do coffee enema cleanses. Bleeding: Apply to skin: cayenne pepper, sugar, honey, tea tree oil or apple tree leaves to disinfect. Eat beets to rebuild new blood. Gangrene: Eat <u>ripe</u> poke berries. Rub <u>red</u> sumac sap or raw honey on sores. Hepatitis: Drink tea made from dandelion roots or milk thistle leaves and seeds. Eat tomatos, anise & parsley. High blood pressure: Eat salmon (<i>calcium</i>), grape and flax seeds, avocados, eggplant (<i>scoparone rich</i>). High cholesterol: Swim. Eat wild salmon, ground flax seeds, grapefruit pulp & oatmeal. Drink pure water. Leukemia: Drink 2 tsp. blackstrap molasses in hot water (<i>for B vitamins</i>) daily. Stroke: Apply &/or ingest cayenne pepper to restore blood flow & open blockage. Weak heart: Eat liver, beans, nuts (<i>copper rich</i>), peanuts, sunflower seeds. To stop heart attack—ask for magnesium intravenously Warnings: Blood pressure drugs can cause strokes & heart attacks. High blood pressure is a 'warning light'—not a disease. Also, electrical & microwave currents affect white blood cells, suppressing immune function. Turn microwaves away from standing areas.</p>	<p>5) Respiratory Allergies: Avoid corn & soy—unless they say non-GM (genetically modified). Eat guava & honeycomb. Drink lobelia, sage, nettle or camomile tea. Filter indoor air with spider plants (<i>they filter out formaldehyde, radon, chlorine, lead gases</i>) Asthma: Eat 5 brazil nuts a day (<i>rich in selenium—asthmatics are selenium deficient.</i>) Sip fairly hot coffee through a straw to stop an attack. Drink tangerine juice or tea made of inner oak bark. Rub chest & neck with oils like menthol. Diphtheria: Gargle w/ hydrogen peroxide. Flu/Strep/Colds: Eat hot chicken soup with cayenne pepper hourly, take hot water or sun bath (sweat), drink fresh carrot juice, goldenseal tea, elder-berry juice, honey & hot lemon juice, lots of water. Eat hot Chinese mustard, citrus (<i>with the inner peel</i>), raw garlic, rosehips (<i>the knot left when rose petals fall off</i>), vit.C-rich dandelion or curly dock leaves. Gargle with warm salt or sugar water. Never take acetominapen-it poisons the liver-fever kills virus Fresh, raw garlic can kill strep. (<i>Strep germs can live in kitchen rags or carried by indoor pets.</i>) Warnings: Asthma attacks can be triggered by aspirin, wine, salad bars or veggies (like potatos) sprayed with metabisulfites, fabric softeners or vaccines containing sulfur.</p>	<p>6) Muscular Muscle pain: Soak in epsom salts (<i>magnesium sulfate</i>) or vinegar (<i>mineral rich</i>) bath. Drink apple cider vinegar & honey in water. For bursitis, eat the white part of citrus peel (<i>bioflavonoids</i>), grape seeds, & drink pine needle or bark tea (<i>pycnogenol rich</i>). Leg cramps or pain may indicate a magnesium deficiency, so eat salmon, almonds, dark leafy greens, steamed thistle leaves (<i>calcium & iron rich</i>), yogurt and get lots of sunshine. Also apply ice, dogwood twig or potato juice, vinegar or cayenne pepper (<i>use gloves</i>) soaked in oil or vinegar. Eat rue (<i>rutin rich</i>) or wild violet flowers for blood vessel bursts in the eye or legs & apply MSM. Muscular Dystrophy: Rub with wheat germ oil, eat ginger. Do a liver cleanse and hydrotherapy (<i>alternate hot and cold showers</i>). MS & Polio: Get 6-7 hours total darkness at night (<i>to raise serotonin levels</i>). Use magnets on temples (<i>30 min.</i>) to reduce pineal calcification, vigorously massage muscles affected from 4 different angles (<i>stimulates blood flow</i>). Eat buckwheat, greens, honey, drink apple cider vinegar. (<i>Calcium/magnesium deficiencies precede polio.</i>) Tetanus (lockjaw): Apply 4 drops of fresh lobelia tincture to the lips. Chew plantain leaves Warnings: Genetically-altered food & additives may trigger Myalgia & reproductive problems Aspartame causes seizures & is linked to brain cancers. Measles & Hep B vaccines have caused Juvenile Diabetes, Arthritis, MS & SIDS. Asceptic Meningitis or Chronic Fatigue Syndrome are strains of Polio—wear gloves when changing OPV immunized baby's diapers—the virus is live. Vaccines contain aluminum, MSG, formaldehyde, aborted fetal tissue (MMR), and thimerosal-mercury (flu shots). Alzheimer's may be caused by aluminum & mercury in shots.</p>	<p>7) Nerves/Skin Acne: Apply wet oatmeal or masque with eggwhites. Clean bowel by eating peaches & watermelon. Eat pumpkin seeds (<i>zinc rich</i>). Take acidophilus pills. (<i>Acne indicates poor elimination.</i>) Alzheimers: Eat periwinkle flowers, ginkgo biloba leaves & rosemary. Do chelation suppositories to remove aluminum & mercury from blood. Athletes foot: Soak feet in vinegar, tea tree or cinnamon oil or acorn juice. Burns: Keep burn in very cold water or apply vinegar, aloe, yogurt, milk, okra or carrot juice, emu or lavender oil. Depression: Vigorously massage the head, smell fresh baked bread. Walk. Write thank you notes. Do cleanses. Ear infections: Insert a drop of olive oil with fresh-pressed garlic juice. Epilepsy: Rub muscles with jasmine oil. Eat omega-3 rich foods, no sugar. Eye trouble: Castor oil is good for styes. Peel onions for conjunctivitis. Put a cool wet tea bag or raw potato slice on irritated eyes. Do eye exercises. Cleanse: use colloidal silver eye drops, MSM or equal parts of: eyebright, barberry, goldenseal & cayenne in distilled water. Matter may exude from eyes later—continue until it doesn't. Headaches: Drink lots of water, fresh carrot juice or fewerfew leaf tea. Tape a banana peel or warm onion poultice to forehead & back of neck for 30 min. Put hands & feet in hot water. Apply heat, ice, basil/rosemary oil or Listerine to temples. Eat laxative foods. Lice: Tea tree oil or vinegar wrap. Parkinson's: Sip lobelia tincture. Poison ivy: Chew & apply leaf of plantain, goldenseal or jewelweed. Rashes, snake bites or stings: Apply raw honey, wet meat tenderizer, raw lime juice, curry paste, colloidal silver cream, baking soda or oatmeal. Worms: Eat &/or apply black walnut hull juice, garlic, cayenne pepper. Sun poisoning: Take brewer's yeast. Warts/Moles: Apply dandelion sap or castor oil & baking soda paste daily. Warnings: Caffeine withdrawal, stress, hunger, lack of oxygen, constipation, monosodium glutamate (MSG), bug spray, low blood sugar, hormone therapy (<i>horse urine</i>), fluorescent lights & aspartame can all cause headaches.</p>
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