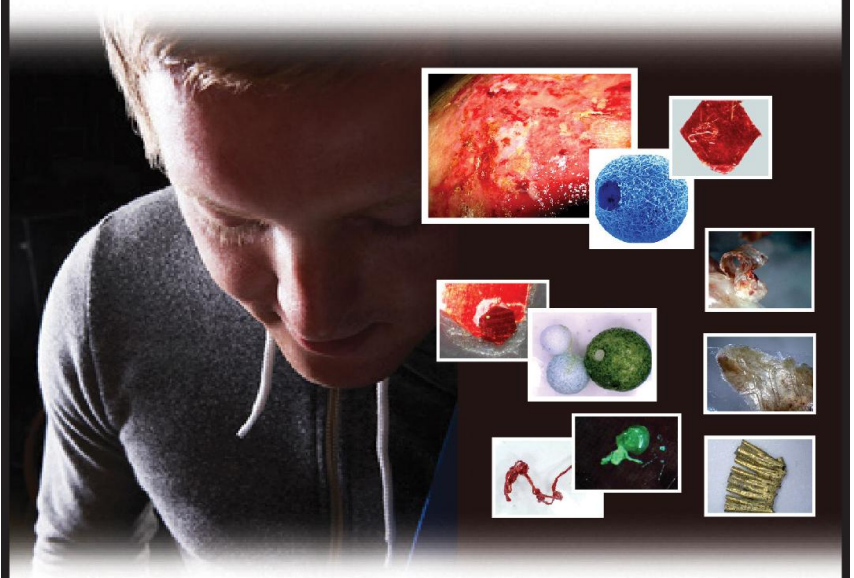


# HOW TO GET YOUR LIFE BACK

FROM MORGELLONS AND OTHER SKIN PARASITES

Unraveling the connection between Chronic Lyme and Morgellons

13th Edition



**Richard Kuhns B.S. Ch.E.**

**How to Get Your Life Back from  
Morgellons, Chronic Lyme,  
and Other Skin Parasites  
Limited Edition**

*Unraveling the Connection Between  
Chronic Lyme & Morgellons*

By Richard Kuhns B.S.Ch.E.

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This information is in no way considered to be a diagnosis, treatment, or cure for any disease. Please see your physician for diagnosis and treatment. Technically, we cannot even recommend that drinking water is beneficial for obtaining relief from skin parasites. We can, however, recommend that you research the value of drinking water and decide for yourself. Consult with your doctor before starting the diet or using any of the recommended supplements.

Lucky Thirteenth Printing, 2023

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Richard Kuhns B.S.Ch.E, author

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How To Get Your Life Back from Chronic Lyme, Morgellons, and Other Skin Parasites Limited Edition

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**Special Bonus:** Small Girl in a Mighty World – song about Morgellons by: **The 5 o’clocks**

P. Gallo & J. Lamb (BMI) ©2014

**[www.the5oclocks.com](http://www.the5oclocks.com)**

**The 5 o’clocks**, the popular band from Westport, Connecticut, are releasing an original song *Small Girl in a Mighty World* to be included with this book.

The lyrics by vocalist Paula Gallo were inspired by her own battle with Morgellons disease. *Small Girl* was produced by John Lamb, who also plays keyboards in the band. The song features renowned guitarist, Charlie Karp. Other band members are Jon Saxon – tenor sax, Fred Clark – guitar and Jim Syarto on drums and the rap.

“The whole band is proud to be included in Richard Kuhn’s book,” said Lamb. “We are thrilled that everyone getting the book can download the song for free. We were inspired making the music. Hopefully, some readers will feel the same inspiration while listening.”

For your FREE download of the song go to:

**[www.the5oclocks.com/free](http://www.the5oclocks.com/free)**

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## How to Access URL References in The Book

Please note that many references are given in the form of URLs which may be quite long. You may email me at [knic2@verizon.net](mailto:knic2@verizon.net) requesting a free copy of the book in e-book form, with all the links intact. Since the Appendix is rather long and only used as a reference, it is not included in the printed version of this book. When you request the e-book, you can also request the Appendix. Note that this email address is used for many different projects so please list “Morgellons ebook” in the subject line. If you leave the subject line empty, your request will not be read, but discarded as possible spam.

## How to Receive Updates to This Book

As you may have noted, this is the thirteenth printing in the last seventeen years. Because of all that we are discovering about how to deal with Lyme and skin parasites, this book, even though it’s the most comprehensive of its kind, will be outdated within one year, if not sooner. To receive updates to the book, register for my free program at [www.DebridingSoap.com](http://www.DebridingSoap.com) and you’ll receive updates as long as you need them.

Bonus: If you’d like to get an evaluation to obtain valuable insights as to which specific parasite you are dealing with, email me at [knic2@verizon.net](mailto:knic2@verizon.net) and put Request Questionnaire in the subject line. I’ll forward you the questionnaire. Upon evaluation, you’ll receive a complete protocol, plus specific variations to the diet based on your specific answers, which you can then research, discuss with your doctor, and decide for yourself.

Some topics discussed in this version of the book are explained more fully in blog posts. Thus, having the e-book version will be helpful to bounce back and forth from the book to the blog posts.

As of this writing, there are over 230 Amazon 5 star reviews.

Many reviews are lengthy and not only describe the value of the book but go into the value of being in my program, following my program, and the success they experience in getting their lives back so one day you might say, “*There are Graces to This Disease!*”

Lastly, my apologies for the grammatical errors. In my defense, this is probably the only book you’ve read that has been revised and updated a dozen or more times – that’s about once every year. This is not a literary work of art; it is much needed information to be released as soon as it’s discovered.

However, if you have the docx format from Word, with the editing function, and are into editing, let me know, and we can work out and exchange your services for our products.

The amazing news is that this book is a part of a totally free program including the Morgellons Diet (aka King Diet), free books (“Lyme Disease Doesn’t Have to Own You Anymore,” “Win the War of the Mite,” free youtube programs for dealing with depression, improving sleep, affirmations, inspiration, free Sunday Conference Calls, Free coaching by volunteers, free youtube channel at richardkuhns6430 where you will find dozens and dozens of informative videos.

## **Introduction**

It's 3:00 am and you don't know what to do. Your sleep has been interrupted by something crawling on your face, legs, private part - any number of places on your skin. First, you wonder if it's your imagination. However, there are not only crawling feelings, but now you feel a biting and stinging sensation. You get out of bed, turn on a light and take a look to see what's causing the problem. You see nothing. Going back to bed, hoping for relief you find yourself scratching. Moments later, the biting returns and it's relentless. What's causing the biting, and what can you do to stop it? Upon visiting your doctor, you are told its stress, in your imagination, exploration disorder or worse yet, you have acarophobia or delusional parasitosis. The truth is, you've been invaded by one of several strains of skin parasites.

You are holding in your hands the complete guide to taking your life back. It provides information that every doctor should be able to share with you, but none know enough to do so - how to disinfect your surroundings, bathe, skin treatments that provide relief, and most importantly the King Diet – which can provide relief to such a degree that you may actually think you're cured.

### **Bonus for Sufferers of LYME and Candida Albicans|**

Although this diet was discovered to reduce symptoms of parasitic activity, it turns out that a decade later I tested positive for LYME disease, at which time I learned that most parasite sufferers also end up with LYME - any parasites are carriers (a vector) for LYME - now back to the bonus. The good news is that even with LYME - for at least a decade, my symptoms were zilch and my physical and mental health overall was near excellent at age 60. I attributed all this to the King Diet. The bonus is that it is also a diet for LYME sufferers and excellent for Candida Albicans.

## **Background on the Morgellons aka King Diet**

I discovered the diet through ten years of trial and error. I named it the King Diet because it's tops - King. See Chapter IV for the details. Being it's a world of key words, it's now called the Morgellons Diet but you will find it referred to as King Diet throughout this book.

## **Help from the Medical Profession?**

Thousands of men and women of all ages, despite the presence of open and or non - healing sores, rashes, and in many cases strange looking fibers coming out of their bodies, have turned to their doctors for help and been told that it's all in their heads. What causes these strange symptoms? Could it be parasites?

Unlike many who suffer from these same symptoms and have no idea of the source, I can pinpoint the exact time and nature of my exposure.

The irony is that even for doctors who know of these parasites, there is no known diagnostic procedure or treatment. Why? One reason is that the CDC has determined that they are not real—the symptoms are caused by stress or something else—more about that later.

Still, the question is: Are they something out of the future or a military lab experiment gone awry? Or have they been around for centuries? In the Old Testament, Job describes a pestilence. Is he the first recorded victim? Could it be that they've indeed been around for centuries and only today through the communication available by the internet, sufferers are going beyond the doctor's "all in your head" diagnosis to find each other? Or has so - called advancement in chemical farming through the use of glyphosate contributed to this problem?

As previously stated, this book is about what I've learned about Lyme disease and these parasites over a period of twenty plus years - how they can be transferred (contagious) to others, how to bathe, how to disinfect your surroundings, and most importantly, the most effective medical approaches to date - things that I'd have hoped any one of a dozen doctors or health care specialists that I'd consulted over the many years would have known.

While most skin parasites are harmless, there are some skin parasites such as Morgellons (a variation of chronic Lyme caused by a spirochete) and Collembola (commonly known as springtails), unknown to most doctors, that can make life a living hell.

Some species of skin mites, for instance, that usually live outdoors on plants and animals can adapt to living both in human skin and also bring protozoan, bacterium, and fungi organisms to live systemically (in the blood). Without guidance for an effective treatment plan, the parasites can reside in one's skin for years, and make scabies (a form of mite) look like the common cold. Likewise, some skin fungus can result in fungal infections that last for years and, unless effective treatment is found, lead to death - as can happen with Blastomycosis.

In some respects, I've been lucky compared to many individuals with whom I've communicated. Although the parasites drove me practically crazy and consumed every living moment of my thinking for quite a few years, I was lucky in that I was able to limit their effect on me. I was also lucky in that I discovered a few things about these dangerous parasites, which no doctor could diagnose, that made life bearable for me. It's natural to question the identity of the offending parasites. Are they nematodes (a Strongyloides), or Collembola (springtails), or a spirochete, or what shows up on one of the many Morgellons sites.

To obtain relief, it doesn't matter which parasite is the cause: the King Diet which I discovered has proven to benefit all parasite sufferers who suspect any of the above parasites or causes. The King Diet, which I also identified as the Parasite Lyme Diet, has been 100% effective in dealing with very virile subcutaneous parasites (mites, nematodes, and fungal infections), which, when left untreated, can run rampant throughout all the major organs in the body. The King Diet HAS provided relief, while we discovered the additional benefits of boosting glutathione, as well as medications such as ORAP and Zyprexa. This book goes beyond the diet to include the latest scientific findings, findings provided by those suffering and finding their way, and my personal research.

Early on, I discovered how easily the parasites are transmitted, and began vigorously disinfecting everything inside and outside of my home to minimize contamination of others and recontamination of myself - see Chapter III. The parasites which I experienced, while in an active state, could be easily transmitted from animal or human to human by simple contact, i.e., a beauty parlor, lying down on an infested couch or rug, trying on new clothing in a store that was tried on by someone who was infested, petting an infested cat or dog, or even sitting in an infected seat on an airplane.

Many people who consult physicians for relief, despite exhibiting rashes and infected sores, are told that it's in their head. Because I knew the exact moment in which I was contaminated, the doctors couldn't pull that psychosomatic stuff on me, blaming my symptoms on stress, or pass me off as a nut with a strange phobia, like they have for so many who have purchased my book.

Fortunately, soon after giving up on help from the medical profession, I discovered the value of the KING DIET. It can be tasty (if you like dishes such as shrimp scampi) but it is still a very limiting diet, so let's call it an eating plan. And yet, it is far healthier than most diets, and for those who are overweight, it's



impossible to not lose weight - something most subscribers are glad to have happen. In the early years, I promoted the diet as a leaf on a tree - something that could help. When I was reinfected in 04 (after ten years of relative freedom from parasites), I gained a higher appreciation for the diet, as it is really more like the “trunk of the tree,” for I really don’t think any treatment will work without the use of the diet. Initially, in the mid 90's, I had suffered with the itching and biting for nearly three years when an acquaintance suggested the possibility of a dietary connection. Within a few days I was itch and bite free - it worked that fast for me. I’ve found that there are foods such as fruits and many carbohydrates that feed the parasites and foods that starve them. Ultimately, it took me over ten years to expand my diet from eggs to a variety of other foods and additives. Little did I know at that time, that the King Diet would be the most significant discovery ever made to date to deal with Morgellons and other skin parasites.

When I first became reinfected (after ten years of freedom), I considered suicide, and then I realized that I could learn more about the diet, which is what I chose to do. Later, when I was reinfected, in October of ‘05, I learned to perfect Stage I of the diet and to use it without the benefit of any medication (which I had used in the past) to become totally free of all itching and biting symptoms within 6 days. Can you imagine that, a tremendous feat in itself? Of course, I used the diet along with a bathing and disinfecting protocol - all of which are outlined in the Chapters II and III.

To my knowledge, I was the first person to suggest a dietary connection to help control parasites back in the late 90's. Since then, some others have jumped on the band wagon and have come up with their own diets. My experience says that some of these diets might work for someone newly infected, but for someone such as I who suffered for a few years before discovering diet, they most likely won’t work. For instance, the diet(s) may allow soy - strictly a no - no from my experience. Soy also contributes

to inflammation, which is another reason to avoid it - especially for Lyme and Morgellon's sufferers. The other diets are not nearly as extensive, which will leave you with a lot of unanswered questions such as, "How about a tic tac?" or "how about guar gum?"

There are literally dozens of questions of this nature that are not a question with the King Diet . Should you use rosemary or not, or how about walnuts, or almonds? Each of these questions cost me two to four weeks to discover the answer, so it's unlikely that anyone who has experimented less than three or four years can come close to discovering the nuances of the diet. In addition, there is the reality of there being three stages to the diet—and even when to advance from one stage to the next makes a big difference. I learned that there are many foods that fed my parasites, many foods that kept them in remission and many foods that starved them. No, I don't have all the answers, but I do have what I believe to be the most complete information available regarding these parasites at this time, with a diet that has worked for tens of hundreds of others.

Not until a couple years after I got rid of the itchy parasites—the ones that felt like they were eating me alive—did I realize that there was more than one type of parasite. Since most doctors can't effectively sample and examine your skin for analysis, I had no idea if I had only contracted mites or nematodes, or perhaps had fungus as well.

Chapter I contains my personal case history. Since your doctor hasn't been able to diagnose you, the only way you have of determining, at this time, if you have the same or similar problem, is to read about my hell which was caused by *Strongyloides Stercoralis* (a nematode) and *Collembola* (commonly known as springtails or snow fleas or IBBS (invisible bug biting syndrome)); and if it resonates with you, in the following chapters you'll get the details on how I and many others who have purchased my book, are successfully beating this parasitic scourge. Details on

disinfection of the home, workplace, and everything else; details on the diet and nutritional supplements; foods and vitamins that work and don't work; medical approaches that don't work; and two medical treatments - one of which you can use with your attending physician and one involving one of the few MD's who are familiar with some of these parasites. But the book goes deeper than simply parasites - not that they are simple - but they are the carriers that transfer protozoa and a bacterium (Lyme disease) into your blood which reduce your immunity, further enabling organisms such as fungi and other organisms such as *Toxoplasma gondii*, often found in cat feces, to infect your body. It is also been proven that the protozoa and bacteria can be carried into your body via ticks, mosquitos, bed bugs, and Collembola (springtails).

When I was at the height of my personal suffering, I would have endured great monetary hardship and gone to China if need be to rid myself of this parasitic scourge. The good news is that all that information is available in this book, which may well save you thousands of dollars and point you in the right direction to obtain effective medical treatment - saving you the expense of that trip to China, or, for instance, spending thousands of dollars to remove all your amalgam fillings.

One last note before reading on:

If you've been following the online chats concerning this subject, don't bother randomly investing ionic silver, ionic copper, most herbal remedies, dewormers, and many other remedies listed in Chapter I. Since 2013, I've discovered a debriding soap that deep cleans your skin and have created many creams, soaps and gels containing it. More about them in Chapter III.

Once you've read this book, if you desire to communicate via email with questions for which your doctor has no answers, go to the QR code on the back cover to subscribe to that service. It provides contact with me - someone who has been through this dark tunnel, helped hundreds of others through it too, and finally

found a great deal of light. There were times I thought I'd die with this problem, or as a result of it, and would have loved some guidance from someone who didn't look at me as though it was all in my head, and just gave me a drop of hope to want to go on another day.

Appendix F, interviews with Dr. Bransfield, and the late Dr. Harvey (plus his protocol) is not included; however, you can send an email to [knice2@verizon.net](mailto:knice2@verizon.net) for a copy of the complete e-book and Appendix.

If indeed you've encountered these pathogens via a virulent parasite as I have, you are fighting two hells: One is the itchy parasites on your skin that literally feel like they are eating you alive and the other one is the pathogens they have been brought to your blood stream which lowers your immunity, and can attack your central nervous system, worsening any symptom, medical, or psychological problem and making them non - responsive to treatment. Headaches, muscle pain, brain fog, fibromyalgia, arthritis, memory difficulties, Parkinson's, cancers, bipolar disorder, ADHD... are just a few of the many complications possible.

This book provides you with:

1. Alternative medical treatments in Chapter VI. There are three basic skin parasites covered in this book: Morgellons, aka a form of Lyme, Collembola (Springtails) and *Strongyloides stercoralis*. You'll be able to identify which parasite/s you have in Chapter II.
2. A three - stage special diet in Chapter IV. I call the first stage the KING DIET and the second stage the "Ice Cream Diet." Stage I could also be called "the Shrimp Scampi Diet," as there are lots of delicious entrees - with tasty recipes in Chapter V. Stage II could also be called the Honey Diet, as it brings some sweetening into your eating plan – except for those with Morgellons..

Stage III brings a delicious chocolate cake. In addition, Stage I and II are great for getting rid of extra weight. Stage I may also be very valuable as an aid in dealing with Blastomycosis fungal infections and Dercum's Syndrome - discussed later; and if for some reason the diet(s) don't work for you, how to create your own diet that will work.

3. A means of determining if you're also dealing with yeast infection (*Candida albicans*) and what to do about it, plus the Candida diet if you have it - Iso in Chapter IV. It turns out that lots of parasite sufferers also are hosts to *Candida albicans* which complicates their recovery.

4. How to bathe, and skin treatments in Chapter III.

5. Methods to eliminate recontamination and contaminating others - Chapter III.

6. How to eat in a restaurant without feeling like a leper - Chapter IV - and how to explain to acquaintances why you're on a special diet.

I spent literally thousands of dollars on getting rid of this ailment and the equivalent of millions of dollars in pain and suffering. The good news is that I've gotten to the point where I have had no remnants of the scourge, I have gotten back to a normal life, roughhouse with my son, and have normal intimate physical relations. In the last ten or so years, despite occasional reinfections, I've been 99% free of parasitic symptoms. To toot my own horn, I'm probably one of the first in the world to accomplish this feat and have since supported hundreds in beating the parasites.

This book outlines what works and what doesn't work. Forgive me for charging a few dollars for the soft cover copy of this book -the ebook is free. None of the eight medical doctors (three of them, specialists) that I've visited felt guilty for telling me that I

had a phobia or prescribing medications which were useless, and absolutely none knew anything about how to control my surroundings, diet, and so on, and charged me their fee which totalled in the thousands.

The good news is that if your symptoms are similar, the information in this book could be worth your life.

Again, I must reiterate that I am not a doctor and am not making any medical recommendations. I am an ex - sufferer of Collembola (commonly known as Springtails or snow fleas), Strongyloides stercoralis. Morgellons, mites, skin fungus, chronic Lyme, and hot tub rash. I am merely reporting diagnosis and medical advice given to me along with my experiences and those of many who have bought my book. I suggest that you consult with your family physician before starting the King Diet or taking any of the supplements that I recommend. I make no representations concerning the efficacy, appropriateness or suitability of any products or treatments.

Information regarding Morgellons changes very quickly, which is why this book has been revised so many times over the years. There exists a possibility that inadvertent errors exist in this book; therefore, I cannot verify that there are no errors or omissions contained in this book. If you notice any mistakes or inconsistencies, please send an email to [knice2@verizon.net](mailto:knice2@verizon.net) with “parasites” as the subject of the email. You, the reader, are likewise encouraged to consult other sources and confirm the information contained within or referenced.

Any medical, nutritional, dietetic, therapeutic, or other decisions, dosages, treatments or medical regimes should be made in consultation with a healthcare practitioner. Do not discontinue any treatment or medication without first consulting your physician, clinician, or therapist.

The information, services, products, messages, and other materials in this book, individually and collectively, are provided with the understanding that the author is not engaged in rendering medical advice or recommendations.

At the end of each section or chapter of this book, rather than have an empty page, I have dedicated the space to horror stories of parasite sufferers at the hand of their doctors and the medical establishment.

*“I have brought worm - like specimens that I painstakingly pulled out of my own body after a long and bloody excruciatingly painful tug of war to my doctor. The most pathetic thing is that every time I would wind up in the hospital, hooked up to pic line after pic line (No veins left) of continuous flood of vancomycin, clindamycin, flagyl, iron!!, yes iron...each and every doctor rolled their eyes when I suggested parasites! This has gone on for going on 3 years now.*

*I have been called delusional, accused of being a drug addict, laughed at and scorned. I am severely depressed and hopeless at times. My last hospitalization nearly cost me my life as they overdosed me with vanco and I went into kidney failure!*

*Why is it that we deworm our pets but not ourselves? Why do doctors in this country deny the existence of parasites?*

*Since I have been told over and over again that i do NOT have parasites, i currently have the WORST infestation EVER. I have a combo of different parasites, i saw something black burrowed in one of my wound sites and when I try to grab it with tweezers, it turns very hard, stings me like crazy and digs in with its claws. It feels big, and it's having babies to boot! I'm crying as I write this because I don't know what else to do*

*Thank God for you and your book. You give me hope. I lost my job and am living in a hotel. I'm very pretty, but my body is becoming ravaged by these things and i fear they will kill me. I don't want to go blind, and I don't want to die*

*Thank you for listening. Please keep anonymous.”*





# **Chapter I - My Personal Hell on Earth**

## **The Event That Changed My Life for the Worse**

In 1993, while pulling a strangulating vine from a tall pine tree in my backyard, a cloud of what appeared to be pollen floated over me from the tree. I stopped work after I disposed of the vine, showered, and thought nothing more of it. This was the beginning of my life being interrupted for what seemed like forever. It took one and a half years, a half dozen doctors, many external and internal elixirs, and an incredible dietary change before my life approached some form of normalcy. Within days of the dusty floating cloud, both the lady I lived with, and I were itching all over and experienced what felt like thousands of tiny bites from head to toe. No bug or parasite was visible except that once we found something that looked like a dust particle on the end of my finger and one end of it was moving - it was alive and most likely it was Collembola. It was too tiny to capture and was lost. The only other visible things were tiny, sparkly specks on our bodies - only visible in bright light. We presumed these were the eggs. I was able to observe them under a microscope and they appeared as perfect, tiny spheres at 600 magnification. One seemed to be hatching on the slide and had what seemed to be pinchers.

Within two - to - three days, my body was covered with dozens of bite-like sites - many with big red rashes surrounding them. And no matter what I did, they got larger and multiplied all over my

body. Even though I had blood tests and plug samples taken (biopsies), I never received a diagnosis or a positive ID of what plagued me from any physician or specialist. However, from personal research and observation, it's apparent that it was from an infestation of parasites which may have been accompanied by a fungal infection. Either chiggers, or no-see-ums, red mites, or bird mites, or some relative of theirs, or nematodes were the probable cause of my personal hell. The nearest I can guess is that the pollen-like substance contained eggs, that when exposed to my body heat, hatched into larvae which took up residence in my skin as parasites and fed on me at will. As they fed and matured, it felt like they were eating me alive. Given the right conditions, they evolved from the larval stage and on several occasions, I observed the result of what I believe was their metamorphosis, in the form of a tiny flying insect, matching the appearance of the red mite, which flew from inside my coat as I opened it to take it off. It was as though I had given birth to the insect.

According to the Encyclopedia Britannica there are 48,000 species of mites, some of which are harmless and normally live on the human body, and there are those which seem very vicious in nature. Some experts contend that there may be a million or more that have yet to be identified. ([www.sterifab.com](http://www.sterifab.com)). Everyone has encountered them at some time or another. You can be walking anywhere, usually in the summer, and suddenly feel biting sensations all over and see nothing. This is usually no-see-ums – a gnat or midge.

Normally, there is no serious repercussion from the attack - you feel buggy and take a shower later, which rids you of any potential problems.

Long before this happened, I was in Alaska, and while wading in a warm sulfur spring, I felt a biting sensation of intense pain from an indigenous mite to that region. It felt as though the insect was drilling into my bone. It swelled and took months to go away - definitely different than the chiggers of the East Coast, of which I'm familiar.

Back to my story. This was the beginning of a horror story consisting of scalding baths, scrubbing our skin raw, emergency trips to the dermatologists, many types of treatments and reading everything in sight to control this parasitic scourge. Over the counter treatments we used were, Rid, Nix, sulfur, boric acid, Skintastic (by Avon), Gold Bond powder, and so on. Prescription treatments were Elimite (permethrin cream), and Lindane, by the first dermatologist - no relief for more than four days.

There was \$125 for a naturopathic treatment consisting of Vermex, Lymph/lept drops plus bromelain papain and herbal hepatox, \$60 for Biocidin - terrible tasting drops dissolved in coffee or something else could camouflage the taste. While biocidin is a strong anti-viral, immune booster, it has ingredients not compatible with Stage I of the King Diet. It is important to realize that most homeopaths and naturopath practitioners, are not familiar with the King Diet, and their remedies may actually make things worse. All these remedies for parasites failed too. Not even temporary relief. It took two years to rid myself of the itchy biting symptoms of the parasite - over 600 days of pure torture.

On my own I used rubbing alcohol, witch hazel, and boric acid - nothing helped.

To further rid myself of the mosquito-type papule, I visited an iridologist who found spoke-like black lines throughout my iris. According to her references, these spokes in the iris indicated an infestation of a skin parasite. She recommended herbal walnut and pumpkin which did very little except give me an upset stomach after several weeks. Next, she recommended Artemisa with mugwort and wormwood by Natures Sunshine, which actually made them more active. Unfortunately, except for Artemisa and herbal walnut and pumpkin, I don't know what the results of early treatments with Elimite, Lindane, Vermex, Liquid Needles, and so on would have been had I known how to control my diet and environment.

In the beginning, it seemed that every time I'd try a new medication or lotion, the symptoms would begin to disappear, and I'd start to cut back on the baths thinking I was getting rid of them. But then picture this: you go to bed after a vitalizing bath, and you notice slight crawling sensations on your body. Of course, if you are presently suffering from these symptoms, you don't have to picture anything; you live this nightmare day after day. I have no idea what would have happened to me if I had not discovered some methods of temporary relief. I often feared that I'd never find an answer and end up dying with the problem or commit suicide. Note despite my early fears, no one ever dies from these.

## **Eaten Alive**

Here's what it's like to have the itchy type of parasitic infestation. The slight sensations can occur on your face, cheeks, in your hair, stomach, legs, and private parts - anywhere and everywhere on your body. You scratch and they seem to go away. In fact, you even wonder if some or most of it is in your imagination. All during the following day it's more of the same. The following night you again go to bed, and instead of just the crawling sensations, you feel itching and biting - first on your legs, then your private parts, and then on your neck, back, and your legs. Scratching does no good at all. It's so intense you can't stay in bed. You feel like you're being eaten alive from the inside out. The question of it being your imagination has disappeared. You jump out of bed, take a scalding hot bath, change the sheets, and return to bed hoping for extended relief, but only find temporary relief for a day or so before you begin to experience the same hell all over again. You begin to appreciate what Job may have suffered in his trials with pestilence as described in the Holy Bible.

The next morning, you get dressed, go to work, and while at your desk notice that around your waist, where the clothes fit tight and under your thighs where your skin is pressed against your chair, the itching and biting is almost unbearable. Then, much to your

surprise, you see a tiny little bug fly up in front of you from the direction of your clothing while you are at your desk or in your car or sitting in your favorite chair at home and you wonder if you have just given birth to one of these things. You wish you could capture it and show it to the doctor - but he'd probably say it was probably just flying by on its way to the opera and has nothing to do with you because you have a phobia. Anyway, this takes you back to the beginning of the cycle. For me it was near scalding baths two or three times daily, washing sheets daily, dusting the mattress and comforter with diatomaceous earth, and spraying an ammonia solution on the chairs in which I sat.

As I stated in the introduction, diet is paramount, and it took me over three years to discover what is safe to eat and what foods contribute to the spreading of the parasites; and then it took another 10 years to discover the various nuances. In the beginning, dozens of times when I'd feel that I was on my way to freedom, i.e. a day or two, it was short lived and back to misery.

### **Searching for Relief**

In the beginning, I turned to sulfur lotions on the skin as a treatment and went to work with jaundiced looking hair, and skin. Needless to say, it was tremendously embarrassing to have the problem and not know how to treat it or get rid of it. "What's wrong with you?" was a common question for which I had no reasonable answer but to shrug off the inquiry and pretend I didn't hear their question.

Or you experience an itch on your wrist and forearm, you scratch and scratch and no relief. Day in and day out, the itch continues. You try everything you can think of, and nothing helps the itch.

Eventually you notice mini vampire looking marks with about 1/16" between the bites, and the biting is so intense that you practically scratch your skin raw. There is no relief for hour upon hour. Nothing takes away the biting sensation. It feels like a needle that keeps digging into your skin. Eating tuna in oil would bring this on within 10 minutes.

I'm getting ahead of myself. No physician that I have ever seen has diagnosed these symptoms as caused by parasites (except for the late Dr. Harvey of Texas), but then no other diagnosis was given either. Through the process of elimination, i.e., sphere-like sparkling eggs, dust particles moving, and the presence of tiny flying bugs in the house closely matching the description of the red mite, I surmised it was caused by an infestation of several types of mites. I've since learned that these mites most likely piggy backed with the other parasites that are resistant to standard medical treatments.

A book, Life That Lives on Man by Michael Alford Andrews, an Englishman, recommends a 25% benzyl benzoate emulsion or Eurax cream. I checked with several pharmacists, and none knew of the emulsion or the Eurax cream. That was before I had access to the internet. Google Eurax cream if you'd like to try it. My Sunday Cohost found it helpful when alternating with Elimite. She obtained it from Australia. The book also described the rash that occurs as a secondary bacterial infection, because of the bite from the mite.

My lady friend remembered being treated with Prednisone for a similar problem years before. None of the doctors we contacted had any experience with the use of Prednisone for parasites. We searched high and low for pesticides to kill them in the house. Fortunately, we found diatomaceous earth, which is nontoxic to animals. Food-grade organic DE doesn't have pyrethrins which were in the initial brand of diatomaceous earth that we used. Pyrethrins are a contact killer - they kill within seconds of contact. But it isn't really necessary to have pyrethrins because, long after the pyrethrins may become inactive, the diatomaceous earth still causes the bugs to dehydrate and disintegrate within 10 to 15 minutes of contact. And from my experience of having dealt with these parasites day after day, 10 to 15 minutes is pretty darn fast. I bought a duster for about \$30 and dusted the whole house every two weeks or so. Needless to say, we were not dusting off the furniture - we wanted to give the critters every opportunity to get their tiny feet dusty. I bought a new Kirby vacuum cleaner -

one with a hepa filter to keep the dust from our lungs. Now, there are many other vacuum cleaners that will do the same thing for a lot less money.

Food grade diatomaceous earth can also be taken internally for stomach/intestinal parasites - more later.

The first dermatologist I contacted prescribed Lindane and took a biopsy of my skin. Lindane did nothing and the biopsy showed no evidence of a skin parasite. She ruled out scabies since there was no evidence of the tunnelling, and generally scabies are limited to hands and wrists.

## **Ladybugs**

I thought I was dealing with some kind of mite. I read that ladybugs' natural food source is mites. Before I started using diatomaceous earth, I ordered several hundred ladybugs and released them in my home. Two days later, I couldn't find one - they were gone. Even they didn't want to stay in my home. On a similar note, someone in FL has reported that wild geckos do an amazing job at cleaning the environment.

## **Finally, Temporary Relief**

On my own, I experimented with garlic and curry. The curry did nothing. The only relief came from what seemed like massive doses of garlic taken internally - 30,000 mg. per day in the beginning, in capsule form. In fact, use of the garlic eliminated the itchy symptoms. Of course, when the symptoms disappeared, it was easy for me to think "cure" only to find the symptoms reoccurring within days of stopping the garlic. So, it's "Let's try another specialist." One was highly recommended.

## **Trip to the Expert**

The appointment took three long months to obtain (you'd think these guys are Gods) - it was three long months of massive doses of garlic.

The first thing he did was check for scabies and he found nothing which confirmed the findings of the previous doctors I had consulted. I had backup this time, in the form of a slide of a specimen which I removed from my skin (showing what looked like a microscopic organism with pinchers), and a piece of thick, gelatinous sample of skin that I had removed thinking once he checked it in his microscope the mystery would be solved.

Now these samples of skin are not easy to get. The papules that initially form eventually form a lesion that develops a hard mass on top of the skin, which is somewhat like a scab, but it never heals or goes away. Yet, it's very tenacious and practically must be dug loose and pulled from the skin. He checked it and much to my disappointment found nothing. He suggested that I might have acarophobia.

Acarophobia is:

1. an abnormal dread of skin infestation with small crawling organisms.
2. a delusion that the skin is infested with small crawling organisms.

And when I explained that my significant other also contracted them, he gave me a handout which explained that "many times their beliefs," (referring to the belief that one is infected with parasites), "are shared with others, in which case it's referred to as *folie a deux or trois* which is defined as a madness shared by two or three. This disorder is part of a psychosis and is rarely amenable to medical treatment."

When I handed him another microscope slide with what I thought was part of a specimen of a parasite, he was ready for me as he handed me a handout which also had a heading, "Delusions of Parasitosis," in which it stated, "Delusions of Parasitosis are firm fixations in a person's mind that he suffers from a parasitic infestation of his skin. The belief is so fixed that he may pick small pieces of epithelial debris from the skin," (which I did),



"and bring them to be examined, always insisting that the offending parasite is contained in such material." He examined the slide and found nothing out of the ordinary. After I begged for him to take a blood sample, because I thought they might be systemic (in the blood), he took blood samples from me and ordered several blood tests and a biopsy.

Thinking that finally this problem would be resolved, I was shocked when he called a week later and reported that aside from a slightly larger than normal CBC (complete blood count), nothing was found in the extensive tests. He indeed believed my symptoms were mental and did also say that perhaps the parasites were gone because maybe the massive doses of garlic did kill them - if I had them to start with. I reminded him of how Lyme disease went undetected for many years and tried to convince him to do a research study, i.e., if I gave him a towel, I had used without washing it in bleach or ammonia, whoever used that towel would contract the same itching and biting within days. He thought the idea amusing and said he'd get back to me. He never did, and I thought, "Who knows, maybe they *are* gone."

Were it not for the smell of garlic oozing through my armpits and God only knows about my breath, I would have kept taking garlic simply for insurance. I wanted to stop the garlic, but I wanted to wait until my son - he was six years old at that time - had gone back to my ex-wife, after our vacation together. I had done everything I could to keep my son from being infected by limiting physical contact and disinfection of his room. Except for my brief remission period when the symptoms disappeared, our wrestling matches on the living room floor had come to a halt, holding him close and even rides on my shoulder had stopped. I hoped that he wouldn't grow up with some kind of complex - Daddy's close and then far away and then close again and then far away. I feared that if I had explained it to him, he would have told his mom, and knowing how over-reactive she could be, she would have complicated things even more. After our summer vacation was over and he returned home, I stopped the garlic and was completely free of symptoms for seven glorious days, when I

once again began noticing some symptoms. At first I thought my mind was playing tricks and then during a business trip to Chicago the symptoms returned in full force. Back to the garlic once more.

As most doctors in the U.S. limit themselves to plug samples (biopsies) and blood tests, I wonder if it's possible that everyone who is diagnosed with folie a deux, folie a trois, and acarophobia actually have an infestation of some kind of skin parasite. Not that they do, but is it possible? Chapter VI gives the results of a study which confirmed my suspicions. They found that 90% of those classified as “delusional” do indeed have a parasitic infection. So, I was left to find the answers to my plight on my own. And in a blog post at <http://bestmorgellonscure.com/Blog-Delusions.html>, 27 out of 1000,000 people suffer from Delusions of Parasites. This is three times more than those who suffer from Lyme disease, 8.1 out of 100,000. Could Morgellons be a silent epidemic?

## **My Own Analysis**

It seems that almost everyone goes through this analytical phase - they try to analyse what's happening. And they almost always are told that they are out in “left field.”

For me, it seemed that I was dealing with at least two types of parasites - ones that itched and bit everywhere but didn't leave any visible bites - at least as long as I was taking regular hot (almost scalding) baths 2 to 3 times a day. The second type were the parasites that left mosquito-like bites (papules) that never went away. The latter would shortly develop into an ulceration of the skin and swell to look like and itch like a mosquito bite but never go away except to become hard and gelatinous. With some of these sites I'd end up with a sharp pain like a crab's pincers biting me under the skin which led me to believe it was some kind of bug. But then, I sometimes wondered if it were a fungus that apparently had attacked my nerve endings which caused the intense pain - not a mite. Eventually I came to suspect two or

more different parasites operating in unison.

But at that chronological point I hadn't even considered the possibility of skin fungus, fungal infections, Collembola, or nematodes (worms), and I didn't even know of the term "Morgellons," as it was years before the Morgellons website was published and the word coined. These papules, even though they were not as virulent, have been with me for the long haul - 25 years. They never disappeared or went into remission like the itchy ones did, but after I stopped the garlic, they seemed to become more aggressive and were showing up on other parts of my body - arms, shoulders, legs and pelvic area.

The lady I lived with moved to Atlanta back in the mid 90's and has gotten rid of the skin parasites. I was confused as to why she could get rid of them easier than I could. I've since learned that not all people are susceptible to being affected by them and many who are, are affected to different degrees.

## **More Complications**

In 2005 I learned that these parasites, pose yet another threat. They can bring along Lyme disease and other parasites, both protozoan and fungal in nature. Some of these contagions often are not a problem for one with a strong immune system, but easily contracted by one with a challenged immune system or exposed to a high concentration of parasites. These parasites can be transferred to humans by other humans as well as by mites, ticks, mosquitoes, bed bugs, carpet beetles, fleas and other bugs that bite or as in my case - by a dust cloud.

It's unfortunate that the dermatologists I've consulted with, couldn't locate, or identify them to advise treatment. And according to the last dermatologist I consulted, thousands of people every year are seeking help. The book to which I previously referred, Life That Lives on Man, published in the late 70's, also spoke extensively of how little physicians know of parasites that live on man and how easily they diagnose the

problem as a fear. The book went into great length on how to sample the skin for different mites by trapping them with oil, yet none of the physicians I consulted used a similar method, much less knew what to look for or how to collect samples. I had to tell them what I thought was the visual evidence of skin parasites in the form of mites. The irony was that even though they couldn't find anything to diagnose, one look at my skin and they would put on their gloves before touching me.

**Here's a tip. Do not take any samples with you to the doctor and do not mention the word, "Morgellons."**

From my own experience, I was in private practice as a biofeedback clinician and quite successfully specialized in the treatment of fears and phobias for 15 years - there are over a hundred different fears. And yet not one that I know of has ever been shared with another person.

So, I wonder how many horror stories there are like mine and think that maybe collectively we can learn what the doctors don't know. I was told of one lady, who, after visiting the Amazon, returned to the states and has been fighting something of this nature for seven years. She has been to many physicians, turned to homeopathy and still has found no cure. Everything I tried was encouraging for a few days - it's as if they adapted to the poisons with which I assaulted my skin and came back stronger. The itchy skin parasites seemed to regenerate within eight hours. I went off garlic because eventually 240,000 iu per day was ineffective, and I became so affected that I began bathing every 8 hours with a quart of alcohol. I used Calamine Lotion and camphor. Everything worked for a couple days but just as soon as I stopped the alcohol baths and was hoping to stand up and holler, "I'm free," the symptoms returned.

I went to a different dermatologist. It took twelve weeks to obtain an appointment with the dermatologist. In desperation, I went to another general practitioner - my third. With some urging on my part, he prescribed sulfamethoxazole for a week, a sulfa

antibiotic. It seemed to help as everything does for a short while and then back to ground zero.

## **Parasites Kill Romance**

In fact, it was during a date with an attractive lady, with whom I was hoping for a romantic evening, that after a glass of wine the parasites began itching and biting like crazy. I did what I thought I'd never do - I told her about my problem and prepared for the worse. Well, she wasn't happy and felt that I had placed her at risk because we had gone dancing a couple of times prior to this date and had a few slow dances together. She shared that several years before, she had contracted a fungus from simply hugging someone, and knew how easily some of these things can be passed on. She is in the healing arts and is attuned to alternative therapies. She told me about a physician prescribing sulfur - she described it as being horse pills for her skin problem.

I was somewhat uplifted because I had searched previously for sulfur to be taken internally. I remembered my grandmother using it once internally, but every pharmacologist and physician I'd spoken with had never heard of sulfur used internally, except in ancient times. *The People's Home Medical Book*, published in 1913 by RC Barnum Co., lists sulfur to be taken three times per day as powder, tincture or pellets, plus sulfur ointment on affected body parts. Unfortunately, it didn't give dosages. Since then, I've found it in ionic form and have tried ionic copper, silver, molybdenum, zinc and sulfur and after over \$100 can only say, "Save your money." You've just saved more than the cost of this book. And flowers of sulfur has zero impact.

## **The Best Advice in Years**

It was clear that any romantic notions I had with this lady were forever out the window, however, she also mentioned diet sensitivities, which intrigued me, and I thought I'd give it a try, which turned out to be the best advice ever and symptoms were gone within 6 days. Stage II is a bit less strict and is used to

minimize the formation of new papules and minimize infecting others. Stage III is even less strict and allows desserts. The diets are detailed in Chapters IV and V.

Following are a few of the many things I learned:

1. Just one breath mint can activate these parasites.
2. Foods containing carrageenan will also activate them.
3. Walnuts are okay on Stage II, but not almonds or cashews.

Chapter IV details everything you need to know in order to make the diet easy. Chapter V includes many very tasty recipes for entrees such as shrimp scampi, chicken in butter sauce, steamers, perfect rice, sautéed spinach, and so on.

## **Infecting Others**

This is a controversial subject. The Morgellons Association, Dr. Savely, and Dr. Karjoo (no longer in practice) claim that Morgellons is not contagious. However, I have dozens of emails from sufferers claiming they either gave it to someone else or contracted it through contact with someone else. I choose to believe their personal experiences.

As far as Collembola goes, I personally can attest to the fact that it can be highly contagious. While fighting my own infestation, I infected seven different people to varying degrees. First, the lady I was living with at the time when I initially acquired the itchy, virulent parasites, developed the itching and biting at literally the same moment in time that I experienced them. We were visiting my mother when suddenly we both began itching intensely. We left rather abruptly, and we each took a quick hot bath to diminish the itching. Apparently, the eggs or the larvae were simply transferred from my skin to either the bed sheets and then to her

skin or directly from my skin to hers the same night after I was infected from that cloud of dust.

The second person was my girlfriend's sister. I stayed at her home while on a business trip. I was suffering from the parasites without the aid of diet at the time. It was after the garlic became ineffective. I took hot baths for hours and was careful to not use a towel to dry myself, so I wouldn't contaminate my hosts. I was too embarrassed to tell my girlfriend's sister and her husband about the parasitic scourge, so I took every precaution I could to avoid contaminating anything. I ironed the sheets after I slept on them hoping it would kill the parasites and hoped that they used bleach in the laundry. Nevertheless, my girlfriend's sister became infected and fortunately for her, she got rid of them relatively easily.

The third person was my mother, who wasn't infected until two years later. By this time, my girlfriend had become my ex-girlfriend and was living nearly a thousand miles away. My mother and I visited her for Thanksgiving. My mother stayed with us at my ex-girlfriend's, in a spare bedroom.

A few days after returning home, my mother noticed that she was itching on her face and head. Initially, she thought it was dry skin and began using moisturizers. She recalled the first crawling sensation on her skin at my ex-girlfriend's place from a blanket she was given to keep her warm at night.

The following weekend was our company Christmas party. I had already started to veer from my "no sugar" diet and continued to feel great. We had lots of desserts left from the party. I had two pieces of cake and noticed no indications of the parasitic scourge. Each day for about 10 days, I'd indulge in another dessert.

Because the diet can be rather bland, we thought some potato and corn chips would be a welcome addition. Two days later we were itching, and I realized that potato and corn chips were off the diet. My mother was thinking that she'd be stuck with these bugs for

the rest of her life. I also noticed that the sites on my neck shrank in size as long as I stayed sugarless and that after two evenings of nachos they began enlarging. Now, I also wonder if what I described as two types of bugs aren't somehow connected.

I infected the fourth person six years after initially contracting parasites. I was controlling the parasites with diet alone and apparently ate something off the diet which caused a brief flair up. A lady I had dated at that time contracted a rash on her face from sharing my pillow. Her doctor diagnosed her as having Rosacea's red face and treated it accordingly. It gradually went away.

The fifth person I infected was two years later, after I married. Again, a dietary mistake led to a moderate flare-up and my stepdaughter had itching lesions develop on her shoulder area. The source apparently was from clean laundry that was not disinfected. Her doctor prescribed a double descending dose of Prednisone which worked for her.

The sixth person infected was my ex-wife. Fortunately, I had told her about my parasitic scourge beforehand. She didn't seem to take it too seriously and wondered if it was all in my mind. Nevertheless, she had been very helpful in helping me maintain my strange diet all during our marriage. We had just been married two years when she developed her first lesions. Again, it was during a time when I had a diet problem - this time in a restaurant. Fortunately, my flare up was limited, and she responded to early applications of over-the-counter creams such as Caladryl Lotion, although today I'd use debriding soap instead.

After I divorced, the seventh person I infected was my fiancé (now my wife) in late '05. I had been on antibiotics, and anti - protozoan medication for approximately three months, and found that I could eat everything I wanted to, without any new lesions forming.

Approximately two months after my 120 day treatment with Mepron, the itchy, bitey symptoms quickly returned and



unfortunately it was the night my fiancée stayed over. I really thought I was cured and hadn't told her anything about the parasites. Luckily, using several products she got rid of them.

Unfortunately, there may have been some others that I unknowingly infected from sitting on seats in waiting rooms, airplanes, and so on when the parasites were active, and I didn't know how to control them. I was afraid I'd infect my colleagues at work and kept my distance, and as far as I know, no one contracted the parasitic scourge, or if they did, they were fortunate enough to use the right over-the-counter remedies early on.

I remember that as I was winning the fight against some of the parasites, the rashes surrounding the sites and the swelling would gradually go down leaving a small dark speck about 1/32" in diameter that I could scratch off much like a scab or pick out with tweezers. I surmise it was a dead mite that carried the parasites.

## **Finally, A Little Help from a Doctor**

It took me nearly two years to find a helpful medical treatment for the virulent, itchy type of skin parasites. I searched high and low on the internet and found little information. Today, there's so much information that it's simply overwhelming - everyone claims to have a cure. Fortunately, I found part of my relief from an old-timer dermatologist - ironically my next-door neighbor to my office - just prior to infecting my mother. Along with Stage I of the King Diet as well as using precautions to avoid recontamination, I was able to eliminate symptoms from the itchy, biting parasites in just ten weeks, with a prescription for ORAP (Pimozide) - more later.

Ten years later, staying on Stage II of the diet, I finally could say that for the most part, I was free of infecting others, and 99.9% free of all symptoms.

It was really difficult to discover which foods offended my health and which foods benefited my wellbeing - particularly since the

additives - carrageenan, modified starch, guar gum, and so on — all have an effect.

Reactions to food happen within 20 minutes and up to 36 hours. And, once I reacted to something, the reaction continued, with generally a new papule every day or two for an entire week. Not knowing this at first, it was really confusing because I'd still be reacting even though my eating habits were perfect. Then, it takes about 10 days for the new site to dry up and disappear. It eventually it turns into a normal scab and falls off. The sad thing is that during these 17 days total, there can be no progress on the older areas on your body - even though many don't seem to swell or become more swollen, they don't reduce in size either.

So, every time I went off the diet, it added a half month to my recovery time. I ended up testing a lot of foods not by choice but by accident and sometimes I had to question the chef in a restaurant to get to the bottom of some quirky reactions. And, every time a doctor would prescribe something, I'd get cocky and think I could start eating normally again, and guess what - no go - even with the super antibiotics for Lyme. I learned that the best goal is to “never go off the diet until I have absolutely zero sites on my skin.” The question was whether I could do it with Stage II instead of having to stay on Stage I of the diet.

From my experience, it was impossible to make headway against the mites and parasites until I stopped new reactions from happening, and the only way I could get any headway against the mites and parasites was from the King Diet. Let me be redundant and repeat what you'll read later in this book. Every time I tried to go off the diet thinking I was cured or had the cure, I began to itch like hell.

## **Search for Answers**

In an attempt to find answers, I looked into the possibility of mites being the cause of my torment and found an Australian reference which suggested checking for bird nests near your home. It suggested that you might be able to use scotch tape to

catch the mites on your skin and should be able to see them with a 40 to 100 power microscope.

I researched Ivermectin on the web and found that it is an insecticide which is harmful to the parasite but not to the host. It works much the same as Moxidectin. In fact, Ivermectin, is typically used as a wormer in animals and is known as Heartgard - the medicine used for heart worm control and elimination. Some animals are more sensitive to it than others as listed in the site. Further research led me to find application of Ivermectin for humans.

Ivermectin (systemic) is known in the U.S. by the name of Stromectol. It is an approved medicine taken internally for treatment of scabies, Bancroft's filariasis, worm infections, river blindness (Onchorecacia), certain type of diarrhea, and Strongyloidiasis. It acts by paralysing the parasite, and then killing the offspring of the adult parasite to reduce the number of parasites in the blood, skin, and eyes. It's available in tablet form by prescription. However, if taking Ivermectin for a long period of time, you should be under a physician's care and get periodic blood work, because it can cause liver damage.

My general practitioner referred me to a dermatologist who didn't dispute the fact that at one time I had been infested with bird mites, but he did dispute the fact that the mosquito - type bite was caused by either a mite or a fungus. He injected each site with cortisone and prescribed Diprolene (which I had used unsuccessfully before) and prescribed a special shampoo. All sites decreased 80% in size within a week. After that, I used the Diprolene and shampoo for several months with little benefit. Perhaps I should have returned for more cortisone shots.

I experimented with topical lotions such as Monistat and other lotions for yeast infections and eventually moved onto Lamisil lotion, which also didn't work. I asked my GP for a script for Lamisil taken internally, and she refused to write it because of possible side effects on the liver. As I recount my experiences,

I'm certain it was initially a mix of problems and that initially I was infected with mites along with *Strongyloides stercoralis* or *Collembola* - see Chapter VI.

ORAP, (Pimozide), apparently decreases the attraction factor these parasites have for you - the reason revealed later.

## **Chapter II Types of Skin Parasites and Available Tests**

### **Symptoms Associated with Itchy Skin Parasites**

There are many basic symptoms associated with parasites. They are:

- Non-healing lesions/sores.
- Intense itching of the skin.
- Hair Loss.
- Cotton or lint-like balls
- Hard nodules under skin.
- Fibromyalgia or joint swelling and muscle pain.
- Lower Body Temp (96–97.6 degrees)
- Something invisible jumping onto ankles or lower leg
- Strawberry spots on skin
- Black or brown specks on the skin
- Organisms coming from the skin
- Sleep disorders
- Fibers/filaments
- Stinging or biting.
- Chronic Fatigue.
- Brain Fog.
- Spider-like, grayish veins
- crusty eye lids/lashes
- Sand - like granules
- lumps under skin

Untreated, these parasitic effects on your physical and mental symptoms can accelerate to:

- Visual Impairment
- Disintegration of Teeth
- Mental Symptoms

- Neurological Disorders such as Parkinson's Disease, ADHD, etc.
- Mental symptoms can include BiPolar behavior, anxiety and panic attacks - a whole host of psychological disorders depending on one's disposition. It's unclear if these symptoms can be solely attributed to the parasites, but rather the parasites may be co-factors to Lyme and Protozoan infection that often accompany the parasites into one's body plus the presence of Candida Albicans as a result of one's diet. Any way you look at it, it is no picnic.

## Symptoms Caused by:

Parasitic organisms or physical conditions that produce many of the symptoms listed above are:

1. Collembola (springtails).
2. Strongyloides stercoralis and other nematodes
3. Morgellons.
4. Mites, fungus, and yeast.
5. Heavy metal toxicity (mercury) - can cause symptoms or an environment conducive to parasites.
6. Strepsiptera
7. Lyme and protozoan infection.
8. Electromagnetic Force (EMF) contamination

**Collembola (Spring Tails) Diagnostic Tests:** There are none. **Collembola**, commonly known as springtails and snow fleas are so named because of their ability to literally spring from rugs, furniture, etc. onto one's ankles and legs. Approximately 6,000 species exist, and 700 live in North America. They play an important role in the ecological environment by feeding on dead or decaying matter - more later. They are rod shaped with a spring like device in the middle and have 6 legs and were classified as insects but now are of their own classification - Collembola. It was always thought that they sprang haphazardly, but recent research conducted at Univ of Maine finds they accurately spring, adjust course while in motion and land with precision on target.

{16}

## **National Pediculosis Study**

A study conducted under the auspices of the National Pediculosis Association (NPA) in Needham, Mass. and the Oklahoma State Department of Health found over 90% of those in the study diagnosed with delusions of parasitosis were infested with Collembola. COLLEMBOLA (SPRINGTAILS) (ARTHROPODA: HEXAPODA: ENTOGNATHA) FOUND IN SCRAPINGS FROM INDIVIDUALS DIAGNOSED WITH DELUSORY PARASITOSIS in 2004 {17} Twenty people participated in the study.

From the report, “Pollen, conidia or spores, hyphae, mycelium or fibers, or what appeared to be clumped skin or cellular debris were identified during the first six months of image analysis. One or two-cell algae, nematodes, or what appeared to be insect eggs, larvae, or embryos were also identified. Although everyone in the group had at least one of the above findings, none of the findings were a common factor in every subject, making it necessary to continue looking for a common denominator.” They eventually identified Collembola as the common factor in 18 of the 20 participants. This was conducted by skilled technicians and it took them over six months of studying the microscopy to identify the parasites - something your doctor needs to know. The eggs were 20 to 100 microns in size and the organisms were from 50 to 300 microns in length. For reference, a micron is one millionth of an inch. There are 1,000 nanometers to 1 micron and one angstrom is .1 nanometers.

The report notes that, “Collembola are abundant in wastewater and contaminated environments making them of growing ecotoxicologic importance (Hopin, 1997). Generally, they feed on decaying matter, algae, fungi, and bacteria. Typical Collembola habitats are moist environments with high humidity and abundant organic debris.”

## **Collembola Discovered on Humans in 1955**

Collembola was discovered to be the culprit of skin parasites in 1955 in Sweden. Practically all experts in this country, still in 2020, say it's impossible for Collembola to exist and thrive on man. No, not according to the Swedish study..

In the Swedish study, they recommend the substance to disinfect the organism be a combination of lime and sulfur.

Lime-sulfur solution is available in our on-line store at [www.theorganicskincare.com](http://www.theorganicskincare.com)

The study was translated to English for the National Pediculosis Association July 2005. It's at <http://www.headlice.org/sweden/714 - 2418 - updated - 1.pdf>

And if you go to <http://www.collembola.org/publicat/sidney.htm> you'll find a Survey of reports on synanthropic Collembola living in close association with man. Fig 2 has a good drawing of a springtail. Most of the references are about Collembola being a nuisance as opposed to being a nightmare that infects. However, Hurd, an entomologist, encountered them in an Arctic research laboratory and wrote about them. He was the head entomologist at the Smithsonian and passed away in 1982.

The report states, "some portion of the building is abnormally damp and that steps should be taken to find the source of the excess moisture (oftentimes a slowly leaking pipe). In such an environment, where algae and fungi grow and serve as food, Collembola increase in numbers, and their presence then becomes noticeable. The soil of potted house plants may become teeming with some of the soil species, the result of rapid reproduction under ideal conditions of moisture and warm temperatures."

"At least 19 species of United States springtails have been reported intimately associated with man."



"Black specks associated with such infections appear to be metabolic waste (fecal elements) of these organisms or mycelial masses of certain fungal species."

To learn more about Collembola, read Declan McCabe | *The outside story: Springtails, Tiggers of the invertebrate world* at <https://www.benningtonbanner.com/stories/the-outside-story-springtails-tiggers-of-the-invertebrate-world,595414>

More reading at *Snow Fleas, An Opportunity to Name a New Species* at <https://www.adirondackalmanack.com/2020/01/snowfleas-your-chance-to-name-a-new-specie.html>

Generally, Collembola are a common factor with which we must deal. I tend to think that the black specs, rather than being fecal matter of collembola, are either dead mites or something else.

I believe this because I have removed them from my own skin and found them to be imbedded in the skin and tenacious.

Another reference worth reading is *Tiny Bugs Wreak Havoc; Report of Collembola as Human Parasites Supports Recent Research Findings* at [https://www.headlice.org/news/2005/august/tiny\\_bugs\\_wreak\\_havoc.htm](https://www.headlice.org/news/2005/august/tiny_bugs_wreak_havoc.htm) It seems that the only organization that takes Collembola seriously in this country is headlice.org.

Collembola are highly contagious. However, not everyone is subject to being infected by them, meaning one spouse might have them and the other spouse might not contract or be affected by them.

Collembola are about the size of a dust particle. When they land on your skin, sometimes you get a sudden itch or a feeling of being bitten. They burrow into the outer layer of your skin and reside just under the skin. It can look like a tiny grain of rice just

under your skin. When they die, they are shed from your skin and may look like a small half grain of rice as your immune system has coated them for destruction. But if you eat the wrong foods - more later about the diet - that small grain under your skin can grow to a colony of them and may feel like a small hard nodule. Nature's Gift® (NG) debriding soap is a super-cleaner and works to clean them out of your skin. More about that later.

You can set out glue boards (available from online pest control companies) in area where you feel activity. The glue board is white, and the spring tails will be caught on the board for you to see.

In CA, the entire wing of a hospital had to be shut down because of an outbreak of Collembola - in a public facility like that it can wreak havoc. Many sufferers have reported that their workplaces are totally contaminated. One facility was a large caterer. The problem is that not all workers are affected, so the few that are affected are being accused of having mental issues or simply looking for excuses to get out of work.

Microscopic images from skin scrapings at 100 power are shown in the report referenced above. The organism is definitely difficult to discern.

Most physicians and experts would say that it's impossible for this organism to exist in human hosts. But then, they would also say that flies can't exist in humans. An exposé done on Ripley's Believe it or Not TV show reported on a child in India who had somehow swallowed a fly and began to actually give birth to the larvae through a lesion in his abdomen. Treatment was to simply let the larvae hatch over the course of time at which point the lesion healed and the incident passed without affecting the health of the youngster.

A TV show of real emergencies had a case of a woman complaining of bugs crawling in her scalp. She had seen two

doctors prior to the visit to the emergency room, one labeled her as a mental case, the other didn't even look at her scalp. As the timing worked out, while she was waiting for the doctor to return from another patient, the parasites surfaced through a small opening in her scalp. At first it was described as bubbles and then something emerged from the opening and quickly retreated. Fortunately, the doctor observed the retreating organism and pursued the matter. Since there's only scalp and bone - no muscle or fat in the way - he simply squeezed the site and the larvae emerged. He used forceps to capture two of them at which time the patient reported the crawling symptoms were gone. It seems that she had visited some ruins in Costa Rica where some debris had fallen onto her from an above structure.

You will always find someone claiming the organisms/parasites being the result of some kind of biochemical warfare. Who knows, but then the symptoms of sufferers have been reported for hundreds of years - long before biochemical was even a word. Is it becoming an epidemic or is it that because of the internet, sufferers for the first time in history can find each other to compare notes and symptoms? Or is it because man has fabricated a bacterial food source to clean up oil spills, and has become the food of this organism when man comes in contact with this bacterium while playing at the beach?

A likely contributor is Monsanto with both their glyphosate (Roundup) herbicide and GMO seeds. Read my blog post, [Did Monsanto Create Morgellons Disease with its Weed Killer 6/2/19](http://bestmorgellonscure.com/Blog-Weed.html) at <http://bestmorgellonscure.com/Blog-Weed.html> and see what you think.

I dealt with springtails by diet and disinfection using diatomaceous earth and a diluted ammonia spray, as outlined in Chapter III. The ones in my surroundings were killed, but the ones residing internally were simply put in remission, initially with ORAP and the diet, and later with Zyprexa and the diet. Also, I have found that the diet alone can put this parasite into

some kind of trance. Using ORAP and/or Zyprexa along with the diet and a glutathione accelerator made it speedier and more effective than with the diet alone. But the meds didn't work for me without the diet. The CDC site makes no mention of the existence of Collembola in humans.

Symptoms associated with Collembola (springtails) are:|

- Non healing lesions or sores.
- Stinging or biting.
- Chronic Fatigue
- Hard nodules under the skin.
- Lesions on upper back and rear of scalp
- Something invisible jumping onto the ankles or lower legs
- Itching on skin.
- Hair Loss.
- Brain Fog.
- Crusty eye lids/lashes

Untreated, Collembola can affect your physical appearance, plus all the symptoms listed above. Remember, they are the size of a dust particle and can float in the air currents in your home, just as dust can which is why you might feel them on your face or upper body parts too.

In my experience, there are two or more strains that can live on man. The first strain I experienced in the mid 90's and was easy to get out of my environment and responded to the King Diet. The second strain, discussed later on, was very difficult to get out of the environment, and although the King Diet is imperative, the results were not as quick.

While not everyone is affected by Collembola, for instance, with partners that sleep together, one spouse could have it and the other could be unaffected. However, anyone who has close body contact with someone with Strongyloides will contract the parasite and suffer equally. Strangely, the symptoms do not include biting and itching. Fortunately, with Stage II of the diet, and utilizing ORAP, I was able to go into remission with the symptoms and did not pass it along to my wife at the time. Unfortunately, all physicians, as of this writing, deny the possibility of Collembola infecting humans.

## Strongyloides Stercoralis

Strongyloides is a parasite that compromises our immune functioning and is not connected to Morgellons. It's simply one of many co-factors that complicate Morgellons. Google: "Life cycle of Strongyloides stercoralis" to see the life cycle of this worm in even greater detail. Additional medical info at: <http://www.emedicine.com/emerg/topic843.htm> and <http://www.diagnos-me.com/cond/C654193.html>

There are seven symptoms of Strongyloides:

- ▶ Itchy rashes on feet, buttocks and waist
- ▶ Upper abdominal pain or burning.
- ▶ Diarrhea or alternating diarrhea and constipation.
- ▶ Coughing
- ▶ Red hives near the anus
- ▶ Vomiting?
- ▶ Weight loss since the beginning of infection.

If you suspect you have Strongyloides, there is a simple blood test you can request that your doctor order, from Quest Laboratories, that will give you a definitive answer.

I then insisted on the antibody test which is done with a blood sample - discussed later in this chapter - and it came back positive. My family doctor was confused by the presence of the nematode. She thought that at the level I had them that I'd have had lots of lower digestive track problems including loose bowels. She did prescribe a dewormer (thiabendazole) for me. My other doctor - the Lyme specialist - had just passed it off as possibly a false positive. Today thiabendazole is replaced with ivermectin and albendazole.

It states, "*Clinical Features: Frequently asymptomatic. Gastrointestinal symptoms include abdominal pain and diarrhea. Pulmonary symptoms (including Loeffler's syndrome) can occur during pulmonary migration of the filariform larvae. Dermatologic manifestations include urticarial rashes in the*

*buttocks and waist areas. Disseminated strongyloidiasis occurs in immunosuppressed patients, can present with abdominal pain, distension, shock, pulmonary and neurologic complications and septicemia, and is potentially fatal. Blood eosinophilia is generally present during the acute and chronic stages, but may be absent with dissemination.”*

Besides occasional loose bowels during activity, I never developed many of the symptoms, and I attribute that to using high levels of garlic since the beginning and then moving onto the diet.

Contagious: **Strongyloides stercoralis is highly contagious—everyone is susceptible to it by close physical contact.**

## **Laboratory Diagnosis:**

Diagnosis rests on the microscopic identification of larvae (rhabditiform and occasionally filariform) in the stool or duodenal fluid. Examination of serial samples may be necessary, and not always sufficient, because stool examination is relatively insensitive. The stool can be examined in wet mounts:

- directly
- after concentration (formalin - ethyl acetate)
- after recovery of the larvae by the Baermann funnel technique
- after culture in agar plates

The duodenal fluid can be examined using techniques such as the Enteritis string or duodenal aspiration. Larvae may be detected in sputum from patients with disseminated strongyloidiasis.

## **Diagnostic findings:**

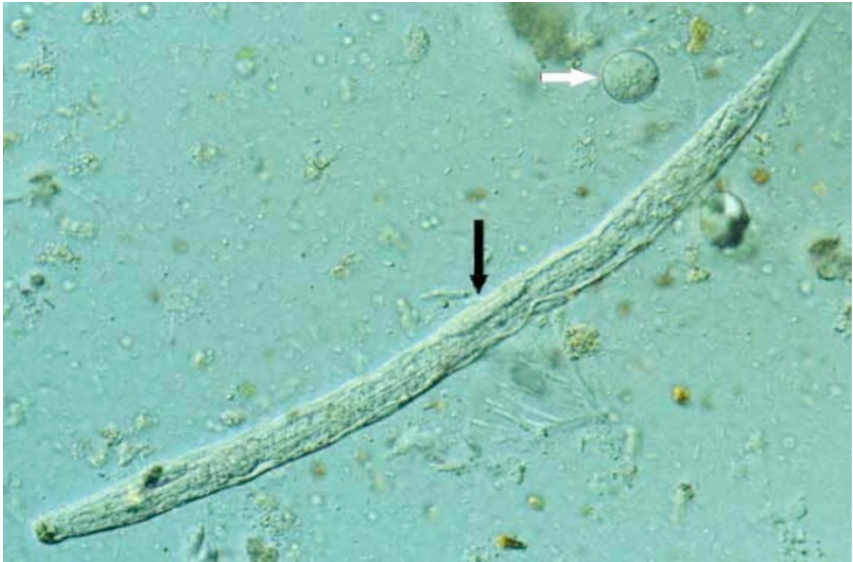
- See image on one of following pages to see what the larvae looks like in the stool.

- **Antibody detection** - Google: “antibody detection of Strongyloidiasis” for a good reference for you to print and give to your doctor. It's important to note that according to the CDC that

once the antibodies are found, they will always show up on future tests that only indicate that there was an infection either present or past. Of course, if you're suffering from these symptoms you damn well know of its presence. However, levels can be compared from one test to the next. If I have a higher level in a later test, it may indicate reactivation of the parasite.

- Google: “**Morphologic comparison of strongyloidiasis with other intestinal parasites**” Microscopy below shows what the larvae looks like in the stool. Rhabditiform larvae of *Strongyloides stercoralis* in wet mounts after fixation in formalin 10%. Diagnostic characteristics: length 200 to 250  $\mu\text{m}$  (up to 380  $\mu\text{m}$ ); buccal cavity short, and prominent genital primordium.

*Wikipedia describes the life cycle as: “The infectious larvae penetrate the skin when it contacts soil. Some of them enter the superficial veins and ride the blood flow to the lungs, where they enter the alveoli. They are then coughed up and swallowed into the gut, where they parasitise the intestinal mucosa (**duodenum** and **jejunum**). In the small intestine, they molt twice and become adult*



**A:** The prominent genital primordium in the mid-section of the larva (black arrow) is readily evident. Note also the *Entamoeba coli* cyst (white arrow) near the posterior end of the larva.

Following is another microscopic view of the larvae in the stool from a fecal smear.

*Female worms. The females live threaded in the **epithelium** of the small intestine and, by **parthenogenesis**, produce eggs, which yield rhabditiform larvae. The eggs hatch in the intestine and young larvae are then excreted in the feces. It takes about two weeks to reach egg development from the initial skin penetration. By this process, *S. stercoralis* can cause both respiratory and gastrointestinal symptoms. The worms also participate in autoinfection, in which the rhabditiform larvae become infective filariform larvae, which can penetrate either the intestinal mucosa (internal autoinfection) or the skin of the perianal area (external autoinfection); in either case, the filariform larvae may follow the previously described route, being carried successively to the lungs, the bronchial tree, the pharynx, and the small intestine, where they mature into adults; or they may disseminate widely in the body. “*

**B:** The rhabditoid esophagus is clearly visible in this larva; it consists of a club-shaped anterior portion, a postmedian



constriction, and a posterior bulb. Antibody detection - Strongyloides Igg.

### **Treatment:**

According to an article, "**STRONGYLOIDES hyperinfection and its association with COVID - 19 treatment**" published 3/2021 in Infectious Disease News, the preferred treatment is with Ivermectin at a dosage of dose of 12mg/125 pounds per day orally for up to two weeks depending on severity of infection. Fen Ben (the medical equivalent to Albendazole according to Dr. Luna) can also be used but is less effective. Both meds are available at [www.Shop4Morgellons.com](http://www.Shop4Morgellons.com)

What is important to note is that Strongyloides is very, very rare. Even though I had it, I only know of about three others out of hundreds who are dealing with it.

### **Prurigo Nodularis (PN)**

Many sufferers of skin parasites report having lumps under their skin. Unfortunately, doctors usually dismiss their other skin issues - itching, biting, lesions, and so on as delusional and the examination stops at that point. Yet, lumps under the skin may be a condition known as prurigo nodularis - a rarely diagnosed condition of unknown origin. More information at blog post titled, "What Are Those Nodules and Bumps Under Your Skin With Morgellons?" 4/12/20 at

**<http://bestmorgellonscure.com/Blog-Nodules.html>**

Over time, the nodules generally clear up with my protocol. Dupixent is also used to treat PN.

### **Other Nematodes**

James R. Garey, Ph.D., Associate Professor, Director of Facilities, Safety and Security, College of Arts and Sciences, University of South Florida reports a nematode to be a "onchocerca - like" worm was found in one sufferer's sample. This nematode is suspected to be transmitted **via** the black

simulium fly from Mexico. He goes on to explain how some worms can exist in a dry environment.

**Rope Worms** are controversial. Some believe the stringy material simply to be intestinal debris. However, when those who have them are treated with meds or deworming solutions, symptoms go away.

**Sand Fleas** - not generally found in the U.S. More information at <http://bestmorgellonscure.com/Blog-Sandfly.html>

The **DermaTechRx** site suggests the presence of Schistosoma worms under the skin contributing to the symptoms of itching and biting and provides a list of websites with more information about the parasite.

Hook, tape, round worms and so on are typically found in most people to some degree. In a video, Antibiotics for Lyme and Morgellons Disease, a Q&A video by Dr. Jay Davidson & Dr. Todd Watt at <https://gutsolutionseries.com/qa-replay/> they state that if you have a heartbeat, you have internal parasites.

## **Morgellons**

There are a lot of theories about Morgellons being a genetically modified organism (GMO) and quite frankly the theories could fill a book. It is not my intent to go deeply into the research, but instead to provide information on how you can get your life back from these parasites.

For instance, one claims that Morgellons is the result of a patented process. That's right and the patent is US 6245531 B1 and it was filed for June 5, 1995 and published June 12, 2001. The patent says, "THIS INVENTION WAS MADE IN PART WITH GOVERNMENT SUPPORT UNDER GRANT DCB 8405370 FROM THE NATIONAL SCIENCE FOUNDATION. THE GOVERNMENT MAY HAVE CERTAIN RIGHTS IN THIS INVENTION."

However, if you read the background of the invention, it basically claims to be for the development of technology for dealing with

pests, for which pesticides are becoming less effective. No mention of bioweapons and so forth.

I went to the patent, and it is way over my head to comprehend. If you know someone in the field of genetics, it would be great to have them review the patent.

If the information on the Youtube video, which has been removed, is correct, it explains a lot of anomalies. One being that Morgellons shows up differently in many different people. Note that the name, Morgellons, has nothing to do with the research or the patent - more about where the name came from later in the book. According to this video it could easily be ten times ten or more different, but similar, types of Morgellons - plant and insect based.

And one reason being is that the infecting organism, whether it is a fly, mite, roach, and so on, will give birth to different types of organisms from the infected skin of the afflicted. If this is true, this has to be the biggest cover-up in history - far larger than Watergate or ChristieBridge. It is claimed that the patent clearly explains the mechanism of infection, and reinfection. It's a bioweapon. And the fact that it's loose and found almost everywhere in the US says to me that some researcher let one of these bugs out of the laboratory. They are like the replicators in the StarGate Sci Fiction episodes. Yet, the CDC does not acknowledge their existence.

However, these theories don't explain why or how one of my clients, (the late William Pitt) contracted Morgellons nearly 60 years ago.

There are theories of Chemtrails, which are the result of high - flying aircraft releasing experimental sprays via the trails you see in the sky from jet propelled aircraft. Again, as a child 50 years ago, I remember seeing high flying aircraft with trails - long before many reportedly came down with Morgellons disease.

And that's true. According to Joe, one of our Sunday conference participants who is an expert on the subject, scientists have been seeding clouds ever since jet aircraft have been flying. The goal was to control the climate. It's only within the last several decades that their seeding program has expanded into other purposes that can contribute to the creation of Morgellons disease.

In summary, the chemtrails theory states that there are particulate matter that ends up being inhaled by man and animals. When the animal coughs up the material, some of it get swallowed. In the intestinal tracts the particles initiate silicone crystals that can initiate Morgellons disease.

Far more detail is given in my blog post, Chem Trails Creates Morgellons Crystals at [www.bestmorgellonscure.com/Blog-ChemTrails.html](http://www.bestmorgellonscure.com/Blog-ChemTrails.html) which is based on a Youtube video, A Solution They Do Not Want You to Know video at [https://www.youtube.com/watch?v=9V1U\\_hnxEjo](https://www.youtube.com/watch?v=9V1U_hnxEjo)

In that video, the fellow interviewed claims the antidote for Morgellons to be a pinch of 20 Mule Team Borax (boron) in a glass of water with breakfast, lunch, and dinner. Plus, to alkalize the body by consuming 2 tablespoons of organic apple cider vinegar with the mother in a glass of water. Drink 1/3 with breakfast, 1/3 with lunch and the last with dinner. **Except, apple cider vinegar, taken internally, is not compatible with Stage I of the King Diet because it can feed Collembola which roughly 89% of us have.**

I would suggest boron tablets from our online store instead of 20 Mule Team Borax. Alternatively, some take one teaspoon of baking soda in water on an empty stomach, twice daily. Also, using our ionic minerals is another way of alkalizing your body.

Morgellons is actually the result of a perfect storm. First, is the chem trail. Next is Monsanto and their contribution to chemical farming using Round Up and GMO's. And lastly is EMF

pollution.

## **What is Morgellons?**

Is it a fungus? It is Lyme disease? Is it a concrete eating organism? **Answer: It is none of these. Not to say that all of these can be co-factors, but Morgellons is none of these. Read on.**

By communicating with thousands of Morgellons sufferers over the years, I've come to realize that it's safe to say that there are no two Morgellons sufferers with exactly the same symptoms. According to Dr. Savely in her book, "Morgellons: The Legitimization of a Disease," Morgellons is characterized by growth of filaments from one's skin or lesions. But no two individuals even have the same size, colors, and lengths of filaments. Filaments can be microscopic in size to large thick filaments.

In addition to various size, thickness, and color of filaments, some have white or black goo, many have none, some have non healing lesions and some have none. Many have bumps on their skin (Purgio nodularis) but not everyone. Some have aches, pains, and fibromyalgia and some don't. Some also report having sparkles all over their skin, many don't. Some have stomach and intestinal issues, and many don't. Some have issues with their teeth and mouth, and many don't. Some are paranoid and exhibit bi-polar symptoms, many aren't. Many have brain fog, some don't. Some have disfiguring lesions on their face, most don't. Some have rashes, most don't. Many have brain fog, some don't. Most have intense itching, and some don't. Most experience feeling of being bitten, some don't. Some have burning skin, others don't. Some have intense scalp issues, others don't.

Some have skin rashes and others don't and even those with rashes generally the rashes are different in size, color intensity and location.

Some have hives near the anus, and most don't. And the list goes on and gets more complicated because everyone has more than one of the symptoms listed in addition to the strange filaments.

Who in the world could possibly believe there's an easy solution? This is mind boggling. And generally, those investigating Morgellons only look at the filaments and lesions as the culprit and what's worse is that they get pigeonholed as explained in the summary.

What might explain all these different symptoms? Co-factors explain everything. In fact, from my experience, Morgellons is not a big problem, it's because Morgellons seems to provide a fertile environment for many co-factors, which (by themselves may not ever be an issue or remain dormant), create a perfect storm to destroy one's health.

Over the years, I've become aware of many predominate co-factors and they also differ from sufferer to sufferer. But, when the co - factor/s are dealt with, Morgellons falls off the wall like Humpty Dumpty.

► Lyme Disease: A pilot study research done by Midevehann and Strickler finds 90% of Morgellons afflicted people have one or more variations of spirochetes, but not 100%. Read “The Charles E. Holman Morgellons Disease Foundation Announces A New Study That Strengthens Association Between Tickborne Infections And Morgellons Disease” 12/9/18 published 12/9/19 [9]

► Dr. Bransfield claims Chlamydia is often a co-factor, but not the sexual strain.

► Some claim syphilis is involved. But that's a small percentage.

► I estimate 90% have one several types of fungal issues - skin fungus, candida albicans, blastomycosis, and the list is endless. And the degree to which fungal organisms are a serious issue varies from person to person.

► 100%, according to many experts, have intestinal parasites such as pin, hook, round (Toxocariasis), flat and tape worms.

- ▶ And, if they make way through the intestinal lining into the blood stream, that becomes another serious issue as they get into their throat, ears, and head joints, organs, under the skin causing inflammation.
- ▶ Slime mold for a small percentage usually from backed up sewers.
- ▶ Moldy environment for about 20%.
- ▶ Some believe Morgellons is an insect of some type, it is not. Morgellons can parasitize insects, but it is not an insect. And these DNA modified organisms live and breed under the skin erupting from the skin time to time.
- ▶ Some believe Morgellons is an organism that can eat wood, concrete, ceramics, metal and so on as reported in one website? While this phenomenon may be reported in some instances. Morgellons is not such an organism and the actual organisms responsible for such behaviour are unknown, but they do it by releasing an enzyme capable of dissolving concrete, counter tops, metal, and so on.
- ▶ A small percentage are dealing with **Myiasis** - infection with a fly or midge larva, usually occurring in tropical and subtropical areas.
- ▶ Others are dealing with **Filariasis** - a tropical disease caused by the presence of filarial worm
- ▶ Heavy metal toxicity is an issue with 90% or more (amalgum filings).
- ▶ One lady found that she had **Mansonella Perstans** - a vector - borne human filarial nematode, transmitted by tiny blood-sucking flies called midges.
- ▶ Then there is protozoan like **Babesia** that complicates Lyme disease.
- ▶ **Amoebas** that can complicate things and be life threatening. - Entamoeba histolytica.
- ▶ **Bartonello** - bacteria that live primarily inside the lining of the blood vessels often associated with Lyme disease.
- ▶ **Sporotrichosis** - Rose Gardner's disease caused by a fungus called Sporothrix.
- ▶ **Dermatitis herpetiformis** affects one out of five with celiac

**disease.** Easily mistaken for skin mite infection and is treated with **Dapsone**

▶ Rare bacterial infestation of skin causing enlargement of affected areas treated by Metronidazole gel (diagnosis unknown)

▶ **Pseudomonas aeruginosa, Staphylococcus Aureus,** and Citrobacter Koseri are common forms of bacterial infections that often are harmless.

▶ **Cytomegalovirus** affects eyes, lungs, liver, esophagus, stomach, intestines and brain.

▶ **Schistosomiasis** caused by flukes, parasitic flat worms.

▶ **Tape Worms**

▶ **Cellulitis** - Swollen painful skin from streptococcus or staphylococcus.

▶ **Thorny headed worm** for which there is no known cure.

And the list goes on and on. Fortunately, our protocol handles most of these co-factors, but not all.

Even parasites like Onchocerciasis, also known as river blindness could be a co-factor but as of this writing, I haven't heard of anyone being diagnosed with it. Then there are sand fleas, the cloth mite, Strepsiptera, and so on. Get the picture?

And let's not forget the complication paranoia and bipolar bring to this table. If it's not aliens giving us Morgellons, it's the terrible neighbor next door or birds following them.

I'm sure that as time goes on there will be additions to this list.

Unfortunately, the access to medical test for most of these co - factors is non-existent and as noted before, many (not all) of these co - factors are often not an issue until Morgellons comes on the scene and then all hell breaks loose.

*From questionnaires I receive it appears that:*

▶ 90% are dealing with Collembola

▶ 90 to 100% are dealing with mites of some kind

▶ 70% are dealing with skin fungus (red burning skin)

▶ 50% have bumps in their skin (Purgio Nodularis) - Itchy nodules



▶ Many are dealing with bio films on the skin or internally. Our Chitosanase Enzyme Formula is also effective for dissolving biofilm. Read blog post Chitinase to Deal With Morgellons Disease and Bio Film 8/5/19 at <http://bestmorgellonscure.com/Blog-Chitinase1.html>

▶ Stronglyoides found in about 20%

What I also know is that many have written me with various claims of cures:

- ▶ Some have told me that lufenuron cured them.
- ▶ Some say the King Diet cured them.
- ▶ Some say Ketanazole cream cured them.
- ▶ Some claim that drinking baking soda cured them.
- ▶ Some claim fen ben cured them.
- ▶ Some claim a cocktail of essential oils cured them.
- ▶ Some claim SSKI (super saturated Potassium Iodide) cured them - sporotrichosis would be the co-factor.
- ▶ And if syphilis is the issue, then penicillin might cure them.

And the list goes on and on.

Truth is that none of the above or anything actually cures Morgellons. For instance, lufenuron, Ketanazole cream, and anti fungals handle the fungal issues and Morgellons falls.

Fen ben doesn't cure Morgellons, but when intestinal parasites and other nematodes are gotten rid of, Morgellons may fall.

Our approach using the King Diet and supplements builds health and immune functioning often making Lyme disease a non-issue and Morgellons falls.

In summary, you undress Morgellons by taking away the co-factors that make it the "perfect storm," to destroy one's health. And we have found the first step to do that is making the King Diet work followed by attacking the co-factors per recommendations in my protocol. Unfortunately, not all the co-factors have been identified. For instance, the lady with Mansonella Perstans was fortunate enough to have a doctor that knew about strange organisms and had a resource to have tests done and analysed. According to her treatment is Doxycycline for 6 to 8 weeks followed up with one dose of Ivermectin 12mg and 1000 mg of Albendazole. Most doctors simply dismiss the possibility of these organisms infecting us.

What is disconcerting is that it seems that everyone who works with Morgellons Disease gets pigeonholed. The Charles Holman Foundation and physicians like Dr Savely treat Morgellons as Lyme disease.

I just saw a post on facebook by Michael Chapella claiming myiasis is the issue, "Leland Stanford University is responsible for your lesions, the Fruit Flies that grow in your body. A fruit fly hormone has been inserted in your body programmed to cause your body to create pregnant Fruit Flies that deliver eggs, eggs turn to Larvae, to pupa, to maggots to flies to lesions, when they fly out of your body. Call them, tell them you're not happy with the work they did and you want to know how to turn off the ecdysone switch so your body stops looking like a fly trap, don't be kind don't be sweet and ask if they have insurance. 605 723 2300

Oh right, Mimosa Pudica will kill the fly larvae as soon as it hits your blood stream. I have been posting this once a week since last July."

Another youtuber with a channel about Morgellons, claims is about spirochetes (Lyme and often times Syphilis).

Dr Amin claimed it was mainly about mercury toxicity from your filings.

Dr. Karjoo (no longer in practice) claimed it was about silica.

Many youtubers claim is fungal.

Seems like everyone has their pet theory about what causes Morgellons.

I compare Morgellons to the King on the chess board - the most important piece but not the most powerful. Protecting the King are the pawns, bishops, rooks, knights, and the Queen. Once those pieces are defeated, the King falls and the game is over.

## **Is Morgellons a Parasite?**

In the sense that Morgellons uses nutrients from the skin such as collagen and organic sulphur to create the filaments, it is a parasite.

Is Morgellons caused by nanobots as discussed in the previous section about chem-trails? Watch the videos and decide for yourself. Personally, I care less about the cause, I focus on using what I know to support you in getting your life back with the King Diet.

## **GMOs and Glyphosate (Roundup)**

From what I've read and understand, there are several primary contributing factors to Morgellons Disease. In a video series, *GMOs Revealed*, Zack Bush, MD, explains how the weed killer, glyphosate, aka Roundup, is also an antibiotic. He explains how it has gotten into our air, water and food supply, and the impact of long - term antibiotics, such as glyphosate, on our blood barrier membranes, which some allege has contributed to the epidemic of Autism when pregnant women are exposed to glyphosate, as well as hypothyroidism and vasculitis in the nervous system and other organs, and Lyme Disease. And, because Morgellons is often connected to Lyme disease, we can include Morgellons disease. <https://www.prohealth.com/library/lyme-disease-morgellons> -

disease-and-gmo-foods-all-connected-6382

For more detailed information read the following blog posts:

1. Beat Morgellons and Live to be 120 1/20/19

<http://bestmorgellonscure.com/Blog-Longevity.html>

2. Morgellons: The Evil Monsanto War Machine Takes Over the Food Market 12/14/18

<http://bestmorgellonscure.com/Blog-Monsanto1.html>

3. GMOs - Connection to Morgellons: Savior or Destroyer?

1/2/19 <http://bestmorgellonscure.com/Blog-GMO.html> this one is a must read. It has links to the video series, GMOs Revealed.

4. Glyphosate News and Morgellons Sufferers 2/4/19

<http://bestmorgellonscure.com/Blog-Glyphosate.html>

5. Did Monsanto Create Morgellons Disease with its Weed

Killer? 6/2/19 <http://bestmorgellonscure.com/Blog-Weed.html>

## **EMF - Electromagnetic Frequency**

Electric and magnetic fields together are referred to as electromagnetic fields, or EMFs. The electric and magnetic forces in EMFs are caused by electromagnetic radiation. There are two main categories of EMFs: Higher - frequency EMFs, which include x - rays and gamma rays” EMF pollution from sun flares, ultraviolet light, which has a wavelength shorter than visible light but longer than radiation, radio frequencies, and electric current powering your home. Poor grounding of electrical installations, electromagnets, and any device powered by electricity, microwaves, and cell phones, can also affect people with sensitivity to EMF Radiation.

EMF is a co-factor. For many with Morgellons, there’s no issue with EMF. For others, EMF exposure magnifies symptoms of Morgellons and makes life unbearable.

There are several forms of EMF you may want to rectify

1. Dirty electricity from your home. Dirty electricity is anything that interrupts the smooth flow of electricity such as motors/compressors turning on and off, dimmer switches, and so on. There are filter type devices you can buy. It will also reduce your electric bill.

2. Microwave and modems emit EMF. Microwave are used in cooking modems are used to transmit data. Use a shielding cloth to drape your modem and your microwave.

3. Three, four, and five G. Of the three, 5 G is the nightmare because the wave lengths are so short that they can actually stimulate pathways that allow excess calcium from one's bloodstream into the cells of the body, upsetting the body's homeostatic level and leading to endocrine crisis and immune suppression. Read more at <http://bestmorgellonscure.com/Blog-EMF.html>

How to protect ourselves from 5 G is pretty much and unknown. Some places such as Easton CT and one of the Hawaiian Islands have banned 5G. Problem is that it also affects animals and plants. More information about EMF in chapter III.

## **Perfect Storm**

My opinion is that this perfect storm of Glyphosate, GMO's, EMF, and Chem Trails makes it so, so easy for fungal infections such as skin fungus, Candida, molds, and internal fungal infections like Blastomycosis. In addition, fungus can attract internal parasites and mites, which cause coinfections, thus complicating one getting his or her life back from Morgellons.

## **A Theory about the Chemical Composition of Morgellons**

But what does this all boil down to? A report titled *The Breaking of Bonds and the Reduction of Iron*, by Clifford E Carnicom, dated Nov 03, 2011, states that the basic fundamental structure of Morgellons is an iron-dipeptide complex. Go to [http://www.carnicom institute.org/html/articles\\_by\\_date.html](http://www.carnicom institute.org/html/articles_by_date.html) and search for iron, you'll find Morgellons: In the short report he states that glutathione is instrumental in breaking the sulfur bonds in the iron-dipeptide complex. He states, "The discovered methods involve the use of ascorbic acid (Vitamin C), N - acetyl cysteine (NAC) and glutathione. The results of applying glutathione appear to be especially promising at this time, as it

appears that a major disruption in the bond structure has taken place after approximately 72 hours.

NAC is one of the ways of boosting glutathione. However, quantitatively its unknown how much it increases glutathione. More about how to boost glutathione significantly in Chapter VII. And since this iron-dipeptide complex uses up iron, it suggests that iron is depleted by the process. More about how to boost iron in Chapter VII. Back to getting your life back.

**Diagnostic Tests:** No clinical or lab diagnostic tests are available for diagnosing Morgellons. Even if you send away a sample, they have no standard with which to compare the sample. However, there are a couple ways that you can determine if it is Morgellons for yourself.

1. The presence of filament-like fibers growing from the skin of various sizes and colors - yellow, black, white, red, blue - that are often fluorescent. But sometimes they may be microscopic and require a 60x scope to see them, thus requiring the following two methods.

2. If you take a bath with Nature's Gift® Debriding Soap as detailed in Chapter III, after the bath, you will find debris collecting around the tub.

3. After a soaking bath with Nature's Gift® rinse off with a shower. Then massage a debriding soap body/wipe all over your body, leave on 5 - 10 minutes and then rinse and repeat. Let it air dry. Then, use a lint roller on your body and you will see all the little fibers. Read more at <http://bestmorgellonscure.com/Blog-Test.html>

As stated earlier in this book, the CDC does not recognize it as a disease, but instead they claim that the symptoms are stress - induced. An episode of Criminal Minds, "The Itch," which aired on 10/22/14 described itching caused by the emotional brain hijacking the rational brain in times of stress.

Morgellons is also known as the Sugar Snake. Sufferers report similar symptoms of crawling and biting or stinging under or on their skin. Lesions, which often contain fibrous material as single strands or cotton-like fuzz balls, can be minor or disfiguring. Accompanied often with what sufferers describe as black specks, seeds, eggs, or sand. Images of the parasites are shown here: <http://www.thecehf.org/> I suspect the black specs are often associated with dead mites (the vector) and the sand-like particles associated with dead Collembola.

## Symptoms Associated with Morgellons

Basically there are several basic symptoms associated with Morgellons. They are:

- Nonhealing lesions or sores.
- Fibers or filaments on the skin (and in the environment).
- Itching on the skin.
- Stinging or biting.
- Hair Loss.
- Chronic Fatigue.
- Cotton-like or lint-like substance in clothing/bedding
- Brain Fog.
- Goo or biofilm.
- Hard nodules under the skin.
- Grayish spider-like veins under the skin
- Fibromyalgia or joint swelling and muscle pain.
- Lower Body Temp (96 – 97.6 degrees)
- Black or brown specks on the skin
- Insects/bugs coming from the skin
- Sleep disorders

Untreated, physical and mental symptoms from these parasites can accelerate to:

- Visual Impairment
- Disintegration of Teeth
- Mental Symptoms
- Neurological Disorders such as Parkinson's Disease,

- ADHD
- Mental symptoms can include Bipolar behavior, anxiety and panic attacks, and so on - a whole host of psychological disorders depending on one's psychological disposition.

Because many cofactors such as fungal infections, internal parasites, Lyme disease, and more are often involved, no two Morgellons sufferers have exactly the same symptoms. Some have white goo, others black goo, some none. One person may have long filaments, others have microscopic filaments. Colors of filaments vary from one person to the next.

So, whatever pictures you may have of your skin, Morgellons could be involved, but pictures are generally of no value in determining if you are dealing with Morgellons unless the pictures are of filaments growing from your skin. Unfortunately, most are diagnosed as having Delusional Parasitosis (delusions of parasites).

The best approach to deal with the parasites is first with the diet - the King Diet is universal as it works with a whole host of parasites as opposed to some diets that are effective for certain parasites. It seems that most of us have gravitated to Morgellons because it's a name associated with the symptoms of itching, biting, and the non-healing lesions from which 100% of us suffer. The fibers, cocoons and fuzz balls are not typical to all of us. From evaluating hundreds and hundreds of questionnaires, I believe that over 80% of skin parasite sufferers are dealing with Morgellons.

Usually, no one has all the symptoms, but rather five or six of them. Most sufferers are highly contagious, although not everyone is susceptible to being infected. The late Dr. Harvey of Texas (advisory board of directors of Morgellons.com estimated that 96% of Morgellons sufferers have Lyme disease.



As of this writing, as many as 150,000 people search for “Morgellons” in one month.

“Morgellons” is a word coined by Mary Leitaio in 2002. A year before, her two-year-old son began to complain of bugs and developed sores under his lip. Leitaio, with a BS in Biology, worked as a lab technician before becoming a stay-at-home mom. Upon examining the sores, she found red, blue, black, and white fibers. She consulted over a half dozen physicians. Nothing was found to explain the symptoms. A Johns Hopkin's pediatrician suggested that she'd benefit from psychological intervention. Another, at the same hospital, suggested that she might be suffering from “a psychiatric syndrome in which a parent pretends a child is sick or makes him sick to get attention from the medical system.” It's called Munchausen's by proxy.

Over the years, her son developed more sores, and more fibers continued to poke out of them. Her husband, an internist with South Allegheny Internal Medicine, could not explain the symptoms either. Upon reading a letter to a friend by Sir Thomas Browne in 1690, she chose the name *Morgellons Disease* from a description of an illness wherein Browne describes several medical conditions in his experience, including “that endemial distemper of children in Languedoc, called the Morgellons, wherein they critically break out with harsh hairs on their backs. Brown described the symptoms as worm - like parasites crawling just under the skin, creating itching, biting and stinging sensations, with a brightly colored parasite burrowing out of the skin for several moments and then back into the epidermis.

Where does it come from? How does one catch it? Answer: The infecting organism varies. One lady was infected from a backed-up cesspool. Testing her home revealed a high level of a certain bacteria. Another was infected from slime mold. Some are infected from their pets or stray animals, which they have taken in. Some from hotel stays, or seats on an airplane, or a chair in a salon, or from a friend, and so on. Many have no idea what the

infecting organism was or the conditions that led to their infections.

Perhaps Morgellons has been around since the 1600's, but until 2002, when Ms. Leitao noticed the symptoms in her son, no medical professional had reported it. In fact, usually those who seek medical attention for these symptoms are diagnosed as having Delusional Parasitosis, (as mentioned earlier on pages 11 and 64), and if two people from the same family have the same symptoms, it's diagnosed as folie a deux or if three people have it it's folie a trios.

Those who are infected immediately turn to their physician for help. But doctors are totally ill-equipped to identify, much less treat Morgellons disease. Many physicians believe the symptoms are from the patient scratching their bodies to the point of creating rashes. This has always confused me. How can a doctor look at the lesions, rashes, and **strange** fibers growing from the skin (many that are fluorescent) and say that they can't find anything wrong? How can they take biopsies and do blood tests and when nothing is identified say that there is no reason for the symptoms?

Why aren't these doctors sending their patients to local universities for study or reporting them to the CDC? No, they just dismiss their patients. In fact, the CDC after researching the phenomena, released their results in Jan 2012. They claimed that Morgellons doesn't exist except in the mind. More later in Chapter VI.

## **The Research**

Published 2/12/15 "Exploring the association between Morgellons disease and Lyme disease: identification of BORRELIA BURGDORFERI in Morgellons disease patients."

"In summary, histological observations and electron microscopic imaging from representative MD samples suggest that dermal

filaments are composed of keratin and collagen and result from proliferation and activation of keratinocytes and fibroblasts in the epidermis. We have also confirmed the presence of spirochetes in these samples. Although the number of patients in our detailed histopathological study is too small to draw definitive conclusions about the etiology of MD in general, the interplay of MD filaments and spirochetal infection merits further study.”

A study, Detection of tick-borne infection in Morgellons disease patients by serological and molecular techniques published 8/19/18 concludes: “*The study demonstrates an association between MD and positive tests for both Bb and RFB spirochetes. In conjunction with previous studies, our study provides corroborative evidence linking MD to Borrelia infection and tick - borne illness.*”

Chronic Lyme has become a buzz word and protocols are springing up everywhere. However, not many labs can accurately diagnose it. Recently, a fifteen-minute test has been announced. However, it’s better at diagnosing new cases than it is at diagnosing old, (chronic), cases. “...possibly because it was able to detect antibodies that peak ,” according to a press release titled, Study Finds Method to Diagnose Lyme Disease Within Fifteen Minutes 10/13/19.

My report, Lyme Disease Doesn’t Have to Own You Anymore at <http://bestmorgellonscure.com/IMAGES/BOOKS/Lyme - Report.pdf> has an easy to follow protocol that keeps you healthy and is the first thing to do nutritionally before starting any treatments.

Unfortunately, by the time the Morgellons sufferer discovers the reality of Morgellons disease, they find that Morgellons has completely invaded their home. The Morgellons organisms have spread throughout their homes and even if they could miraculously get rid of Morgellons disease from their bodies, they would become reinfected as soon as they returned home. In fact, anyone visiting them or riding in their car could likewise contract

the disease, if they are susceptible. Even if they ride public transportation, the next person sitting in that seat could contract the disease.

The CDC still has a Morgellons hot line 404-718-1199. As of 2013, not much has happened, but you can leave your information and be included in their data collection, or their “nut” collection database.

## **Other Morgellons Symptoms & Photos**

One of my subscribers, who is suffering from Morgellons, believes that there are several strains of Morgellons and as you read on, you’ll see that it might be an infinite number of strains. She also reported a symptom uncharacteristic of most of my subscribers, which she describes as percolating. I asked her to describe it and she insisted that if anyone had it, they'd relate with the word "percolating." However, I've also had a fellow with Collembola experience percolating too. Some describe it as popping.

Also, many subscribers suffering from Morgellons have reported the production of what seems like a flying insect from their bodies in addition to the cotton balls, fibers, lesions and so on. Others describe worm-like things or even plastic-like barbed things as long as 3”, as seen in photo on next page.

Another subscriber had the experience of some kind of insect coming from her body and reported that within six months of using the glutathione accelerator, it no longer is happening - more later. Notice the fibers growing from the lesion on photo below.





**Above, Compliments of LG (Florida) - a 3” long plastic-like spine thing that comes through her skin.**



As I earlier wrote, Morgellons is a disease of infinite proportions. Except for filaments coming from one’s skin, no two sufferers have the same symptoms to the same degree. And even the filaments differ. Some are very fine; some are long and they move. Some have goo, many don’t. Some have one or two or many different organisms coming from their skin, others don’t. Some have deep facial lesions, others don’t. Some have intestinal issues, others don’t.



Five of previous photos by Frank MacGruer

## **Are Morgellons and Collembola Contagious?**

Many have reported to me that they are infectious - not to everyone, but to some people - and the study referenced earlier, says that the fiber samples contain spirochetes. Can these spirochetes enter through the pores of one's skin? Why not?

This is contrary to Dr. Savely's speculation, and the stand of the Morgellons Foundation that both Morgellons and Collembola are not contagious. In fact, they do not even recognize Collembola as an issue.

This is what scares me about the doctors who see parasite-infected patients in their offices, and for that matter, the yearly national Morgellons meeting in Texas where they invite Morgellons sufferers to attend. There are two main issues:

1. Morgellons can be highly contagious even though not everyone develops it - maybe only one in twenty or forty - that's a guess.
2. Many parasite sufferers attending the event (thinking they only have Morgellons) most likely also have Collembola which can also be highly contagious to some individuals.

The irony is that the Morgellons Association, Dr. Savely, and Dr. Karjoo (of CA) all state that Morgellons is not contagious. Yet, I get dozens and dozens of emails from sufferers who claim they have either given it to a friend, child, or spouse or have gotten Morgellons from someone else. Who am I to call these people liars and tell them they don't know what they are talking about? And I know personally that Collembola is contagious and that I have infected several others.

## **Mites**

Mites are often a part of the equation and in some cases can be the most challenging part of getting your life back. Typical mites involved are rat and mice mites, wood mites, bird mites, no-see ums, and red mites. Usually, you first find the source, such as a

bird nest or where rodents have infested your attic, and then exterminate them.

Mites figure into the equation because Morgellons and Collembola are often the vector (carriers) that bring them to our bodies or vice versa. Over 90% those with Morgellons or Collembola find black specs in their bedding and clothing which is a telltale sign of mites. As they die, black specs can also be found on one's skin.

According to Encyclopedia Britannica at <https://www.britannica.com/animal/mite>, there are at least 45,000 species of mites and maybe as many 48,200 different species.

Except for scabies, demodex mites, *D. brevis*, and perhaps dust mites, the experts claim that most mites do not live on or in human (animal flesh), although the Illinois Dept of Health at <http://www.idph.state.il.us/envhealth/pcmities.htm> <http://www.idph.state.il.us/envhealth/pcmities.htm> states that clover mites, itch mites (straw mites), rat and bird mites, and chiggers bite humans when there's an infestation of them. It provides basic tips on getting rid of them. *"Seek medical attention when exposure to mites is suspected as the cause of skin irritation."* This is certainly true in the case of scabies infestations that require medication. In addition, bedding and clothing of scabies - infected persons should be washed regularly. Information on the treatment of scabies can be found at [www.idph.state.il.us/public/hb/hbscab.htm](http://www.idph.state.il.us/public/hb/hbscab.htm).

*"When mites have been identified, appropriate control measures can be employed. A vacuum sweeper can be a valuable weapon in the mite control arsenal. Infestations of clover mites, rodent and bird mites in and around structures can sometimes be eliminated by vacuuming alone. Vacuuming may be less effective, but still of value, in controlling various food mites, straw itch mites and dust mites. Note that dust mites are not prevalent in ductwork; therefore, duct cleaning is not recommended for dust mite control. However, a high - efficiency particulate air (HEPA) filter can be installed to help prevent airborne allergens, including dust mite particles.*

*Moisture control also can be important. Mites transfer air and water through their body walls and are subject to desiccation at low humidity. Dust mite populations, for example, suffer when a relative humidity of 50 percent or less is maintained. On the other hand, high humidity can cause mite populations to increase exponentially.*

*Well-ventilated homes in dry climates contain few dust mites. Homes with a relative humidity that consistently rises above 50 percent can contain more than 100 dust mites per gram of dust. To reduce dust mite numbers, a relative humidity of less than 50 percent must be maintained for several weeks. Any fluctuation in humidity, however brief, seems sufficient for dust mites to remain and reproduce. Daily activities such as air - conditioning and showering, will cause humidity levels to fluctuate in portions of the home. Thus, other means of controlling dust mites should be employed in addition to humidity control.*

*For dust mites, products containing benzyl benzoate, and possibly abrasive dust formulations, may provide some control when applied to flooring and floor coverings. Bedding, draperies, floor coverings and furniture should be cleaned regularly. Pillows, mattresses and upholstered furniture can be discarded or sealed in ziplock plastic enclosures to help prevent dust mite infestation, and to reduce ongoing infestations and their associated allergens. Persons suffering from allergic reactions or asthma should consult a physician.*

*Exclusion methods also can be used for certain mites, e.g., clover mites. Structural entry points, e.g., gaps in and around foundations, doors, windows, vents, utility lines, etc., should be sealed. This will help to keep clover mites outdoors along with rats, mice, birds - and the mites these pests bring when they are allowed to nest in structures. If nests are found, they should be removed and the area around them vacuumed. Other non - chemical methods include maintaining a plant - free border around foundations and reducing the amount of fertilizer applied to lawns - both of which help to keep clover mites away from structures.*

*Pesticides labeled for use against mites, known as miticides or acaricides, can be effective against clover mites and chiggers in grassy areas. For chiggers, however, insect repellents containing 7 to 30% "DEET" should be used as the first line of defense. To dislodge any chiggers that may have attached, take a hot, soapy bath or shower immediately after visiting natural areas where chiggers are present.*

*NOTE: When pesticides are used, it is the applicator's legal responsibility to read and follow directions on the product label. Not following label directions, even if they conflict with information provided herein, is a violation of federal law."*



But what about the other 45,000 species of mites? Often, your doctor will prescribe Elemite, (also known as permethrin cream), which may get rid of them from the surface of your skin. If the mites are emanating from your skin, i.e. you're breeding them and you'll want to investigate the value of obtaining Lufenuron and using Chitinase enzymes or nitenpyram, as described in Chapter VII. More information in Chapter III about ridding them from your environment. Medically, a dermatologist prescribed pimozide for me for mites - more later.

### **Lab to Identify Mites**

If you need to verify that you have an infestation of mites for insurance purposes, have your landlord pay for extermination services, or any other purpose, you can send a sample to the Vet DNA Lab in Texas <http://www.vetdna.com/>

Call them to obtain instructions on how to collect and submit samples. They are a veterinarian service and will not test samples if you tell them its from human skin. Although they now have a section of their website called, "What's biting me." Please note that they are only in the business of identifying mites and not for recommending treatment options or techniques.

### **Sand Flies**

Not indigenous to the U.S. However, if you visit other countries you can be infected there. More information in the blog post, Skin Parasites - Sand Flies, 12/18/19 at <http://bestmorgellonscure.com/Blog-Sandfly.html>

### **Fungus, Mold, and Yeast on Skin**

Skin fungus is often diet connected. It can also be contracted by body contact with an infected garment or item.

The main symptoms are crawling, itching, and burning

sensations, often with various kinds of rashes. Some are red, scaly and itchy, whereas others can produce an appearance like dry skin. The fungus may infect just one area or several areas of your body.

Chapter III has a section on how to deal with fungus and mold on your skin, your environment, and your clothing.

## **Protozoan Infection (Babesia)**

According to the late Dr. Harvey, Babesia is characterized by strawberry - like spots on the skin. The biting of mites can also cause strawberry-like spots which are called Petichia - tiny bleeds.

Symptoms of this protozoan infection are like those of Lyme disease. It generally starts with chills and a high fever. Often it is so mild it is not noticed.

For others it develops into fatigue, drenching sweats, headache, muscle aches, nausea, and vomiting. Babesiosis can sometimes be misdiagnosed as malaria.

For those with no spleen, the elderly, and people with weak immune systems it can be life-threatening.

Complications include very low blood pressure, liver problems, severe hemolytic anemia (a breakdown of red blood cells), and kidney failure.

Mepron is the treatment of choice. Babesiosis can be identified by microscopic examination - more information in Chapter VI.

## **Strepsiptera**

Strepsiptera is very rare, and described as a twisted wing fly, whose female can live under human skin, on the scalp and moist

areas of the body like the calves and chest.

There are no diagnostic tests. It can only be found through visual examination with a 10X magnifying glass. The male fly can be seen coming to the skin to mate with the female. The male fly has a limited life span.

The fellow who contributed this information writes, *"They are smaller than the no - see - ums. The female lives just under the skin in a pupae state in a protected cyst and never matures into a fly, only the male does. The crawling sensation is the larvae on the skin and they embed by secreting a chemical that dissolves the skin. The male is attracted to the pheromones of the female. I see the white larvae particles on my skin and the black dots are either waste material or something else which I don't know. I have pulled out the females with tweezers and they have a long stringing thing that I believe is the breeding tube. I believe you need to use something that breaks down the cyst covering, like your debriding soap and then something to kill the female/males or they just keep multiplying."* DS

He continues, *"I have crawling sensation in my ears, nose and around my genitals/anal region. If I put diatomaceous earth in those areas the crawling sensation stops. My first symptoms appeared 4 yrs ago and it started with a lot of red dots on my chest and lower legs with intense itching. I saw little red tracks, so to speak, and small red lumps here and there on my chest, legs, and arms. But now most of the itching and bumps are on my scalp."*

Symptoms are:

- ▶ little red dots.
- ▶ crawling of the skin.
- ▶ itching.
- ▶ small lesions on the skin from which the organism mates.
- ▶ white larvae particles.
- ▶ black dots (maybe waste material) deposited on the skin.

Treatment: Little is known about this rare condition. In fact, some websites claim Strepsiptera **cannot** exist on man. From what we know, the crawling and itching symptoms subside with the King Diet - it may not have to be as strict as it is with Collembola.

Bathing with Nature's Gift® (NG) concentrate is super important, and using NG Body Wipe brings them to the surface. Internally, at this time, treatment with Lufenuron as it breaks down chitin—the shell material housing the fly parasite. Lufenuron is discussed in Chapter VII.

More information and photos at

<http://www.cals.ncsu.edu/course/ent425/library/compendium/strepsiptera.html>

## **A General Note:**

From my experience of the last ten or so years, which can be considered extensive by some and very limited by others, I find that:

- ▶ about 90% of skin parasite sufferers have Morgellons
  - ▶ about 80% of skin parasite sufferers have Collembola
- Of those two groups approximately, eighty percent have both Morgellons and Collembola.
- ▶ maybe a few percent have Strongloides
  - ▶ maybe less than .5% have Strepsiptera
  - ▶ maybe less than .5% are dealing with the cloth parasite.
  - ▶ some are misdiagnosed as having scabies, MRSA, and Grovers Disease.

According to WebMd, "*Grover's disease is a rare, temporary skin condition. It causes sudden red, raised, blistery, and sometimes very itchy spots that form around the middle of the body. The rash is most often seen in middle - aged men. Another name for this condition is transient acantholytic dermatosis (TAD),*" Read the Blog Post, Grovers Disease and Morgellons Syndrome at <http://bestmorgellonscure.com/Blog-Grovers.html>

According to the Mayo Clinic. *“Methicillin - resistant Staphylococcus aureus (MRSA) infection is caused by a type of staph bacteria that's become resistant to many of the antibiotics used to treat ordinary staph infections.*

*Staph skin infections, including MRSA, generally start as swollen, painful red bumps that might resemble pimples or spider bites. The affected area might be:*

- *Warm to the touch.*
- *Full of pus or other drainage.*
- *Accompanied by a fever.*

*These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life - threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.”*

How many are suffering from Morgellons in the US or the world is unknown. Doctors are often very happy to give out a “Delusions of Parasitosis” diagnosis. To me this implies that there may be a lot more sufferers in the population than we know of.

Let’s discuss numbers. The study conducted by the National Pediculosis Society found that 90% of those diagnosed with Delusions of Parasites were actually suffering from Collembola.

Of the hundreds of questionnaires submitted to me for evaluation, roughly 80% are dealing with both Morgellons and Collembola. The question is how many are diagnosed with Delusions of Infestation or Parasites. In a blog entry, 27 out of 100,000 Suffer From Delusions of Parasites 4/29/18 at <http://bestmorgellonscure.com/Blog-Delusions.html>

It’s estimated by a researcher at the Mayo Clinic that as many as 27 out of 100,000 suffer from delusions of parasites. If we extrapolate the data from the National Pediculosis Society that 90% of those diagnosed with Delusions of Parasites have

Morgellons and/or Collembola, that means 24.3 out of 100,000 (.03% of the population) have Collembola and from my findings, 80% have Morgellons.

So, what's the big deal? Here's another statistic:

According to Lyme Disease Statistics and Facts at

<https://www.statista.com/topics/4261/lyme-disease-in-the-us/>

8.1 out of 100,000 have Lyme disease.

This means that three times more people have Morgellons and Collembola than have Lyme disease. In other words, Morgellons and Collembola infestations are a hidden epidemic that the CDC doesn't even acknowledge. And remember that of those with Morgellons, as noted earlier, most have Lyme disease.

Principally, doctors give the DI or DP diagnosis with only a visual exam. When will doctors come out of the dark ages? Video Microscopy is available to make a difference. Read the blog post, Video Microscopy for Morgellons Disease 11/16/19 at <http://bestmorgellonscure.com/Blog-Microscopy.html> While the video referenced in the blog post is principally for scabies, there's no reason it can't be used for other mites, Collembola, and Morgellons.

Here's another interesting statistic! Of those who sign up to receive my updates, 90% are women. Either men are less affected or less bothered than women or think they can man handle it.

Morgellons Manifests Itself Differently with Everyone. Duncan shares his observations which are different from any that I have ever heard.

*"Hi Richard,*

*I wanted to mention some other observations below with the Morgellons organisms that I have, and my plan going forward.*

*I do not have any lesions in my skin from Morgellons. I see them on my lower legs and I just wipe them off my skin. I have not seen them on any other parts of my body.*

*Yes, the Morgellons moving through the air is interesting. When I first noticed them months ago, the fibers seemed to float through the air, and I see the fibers with UV light. They are more active in the evening and nighttime, as well as the mites. When I shine a UV light on the Morgellons organisms, they are a bluish/green color, and they appear to have fluttering wings to move through the air....the same as mites I'm infected with also have wings. They are attracted to any non-white colors, especially dark colors (I'm trying to wear all white clothes as much as possible to keep the Morgellons off the clothes I'm wearing). As an example, I have a spin bike in my home that has black metal pieces and a black leather seat. The Morgellons are all over this spin bike, on the black metal pieces, the non-metal black handlebars, and the black leather seat....I have no idea why they do this. I use Debriding Soap to clean them off the spin bike. At night when I have no lights on in my home, I can shine the UV light anywhere and these organisms arrive in a split second to get under the light....they seem attracted to the UV light. It almost appears that the mites I have somehow bred with the morgellons, and now I have flying morgellons organisms. Crazy."*

## **Then, this is the Kind of Help Many Get from Doctors**

*"After months of suffering, my quest started with my first trip to the emergency room. I was told these were marks from scratching myself, issued an oral antibiotic, escorted out with security, and told "see a dermatologist. Don't return."*

*My family doctor said "scratching," issued a mild cream and sent me packing. Third, a well - respected dermatologist that I waited 6 weeks to see, said "Drugs, stress, and scratching." He informed me parasites of such do not exist here. Still.*

*The pink nodules concerned him to do a biopsy. He was thinking lupus. A tense week later, he called, informed me of a negative biopsy and further went on to explain I was suffering hallucinations. I was stunned. Immediately afterward, my wife and I suffered the same hallucination as we removed many tick-looking living organisms and put them in scotch tape. Everyone says the same thing. Some type of "critter"*

*Until I found your program. Richard, it's been lifesaving. Having no one till you acknowledge anything was making me crazy - you are dead on it. Thank you, you are making a difference to me and many more, I'm sure. God bless"*  
*Stephen, GA*

*“Hi Richard,*

*I have just started Your diet, should get your soap tomorrow. It's like my feet were a nest or collection of micro hairs waiting to be activated when needed. I have 3 spots like that. Back of My legs and arms also. You're talking about small hairs or fibers. Use a black light. You'll see three colors; a beautiful bright orange, bright green and a blue. The orange are all mostly smaller and fewer. They are always on what I wear, and when I'm active the number increases. You can get some really cool Black Light flashlights from Walmart in the sporting goods department that work great for this. I got a jar full of these. I call it " Morgellons 3 - thread Circus" LOL. Some of them even stand up! I am constantly amazed and in wonderment at what this stuff does and don't understand why someone more capable than I does not study this stuff - it's truly amazing Richard, the things I've seen it do. I still hold back on everything for fear of being called a nutcase. Like the flies, I never said anything to anybody; I thought I was losing it! I have a very high IQ, love to learn at 63, yet I wonder if this is going to kill me this time. Do I have any skin of my own anymore? That is a fear I have of killing it! There is a woman in my group with the same fear. I did not give her that fear, or her, me; we both already had it!” - Lee*

## **And Some Doctors Make Things Worse**

*“I was asked to seek out a mental health professional by an infectious disease doctor four years ago! He said he was done. He left me with a huge wound on my leg which I still have.” Loretta, FL*



## Chapter III

To get the most from this chapter, make copious notes. Getting your life back is a lot of work. It's important to do four things simultaneously:

Diet - Chapter IV

Clean Your Skin - Part I below

Disinfect Your Surroundings - Part II later in this chapter

Build Your Health and Immune Functioning

### Part I - Bathing and Skin Treatments

The bathtub can be your greatest tool for cleaning your skin. Nature's Gift® Debriding Soap deep cleans your skin. Contrary to the hot near scalding baths I used to have to take before the advent of our debriding soap, hot water is no longer necessary. The debriding soap is available in two concentrations - 50% and 100%. Only two capfuls of 50% or 1 capful of 100% is required in your tub water - no need to fill the tub more than between one third and one half full.

More debriding soap can be used if desired, but generally the amounts given above are enough to deep - clean your skin. With these amounts, the dilution ratio is about one part of debriding soap to 23,000 parts of water.

In the beginning, it's important to take three baths per day for up to 45 minutes each. The idea is to get from one bath to the next with minimal discomfort. As you improve, you can reduce to two baths and then one bath per day and then graduate to showers

only.

The organisms are deep - cleaned from your skin and released into your bath water. They are not killed by the debriding soap—only cleaned. To destroy them so they will not reinfect you and to keep skin fungus from developing or growing, it's important to use a disinfectant in your bath water. The challenge is to find the best one or combination of disinfectants that are strong enough to destroy the organisms and yet mild enough to keep from irritating your skin.

I do not recommend washing your hair or scalp in the bath because contaminated water can flow down your forehead and into your eyes causing major problems with organisms in your eyes.

Following is a list of disinfectants. Some of them are acidic (low Ph) and some are base (high Ph). Never mix an acid and a base as they will cancel each other out.

### **Disinfectants for Bathing**

**Peppermint** - up to 20 drops. Peppermint is the least expensive and a great disinfectant; however, some can't tolerate more than a few drops in their bath water without it irritating their skin or feeling an unbearable freezing feeling.

**Lavender** - up to about 8 drops. If you can't tolerate more than about ten drops of peppermint, you can add in 6 or so drops of lavender.

**Clove, oregano, tea tree, and so on** can also be used individually or mixed. I don't have a list of recommended drops. Oregano is also good for skin fungus.

General note: Essential oils and water don't mix - they float to the top. For best results, take a half cup of warm water, add in one cap of 100% NG and then add in the desired amount of essential oil. The NG makes the oils homogenous with the water. Then add to the bath.

**Apple cider vinegar** - usually a cup or cup and a half. Apple cider vinegar is one of the best disinfectants to deal with skin fungus. Do not mix with peroxide or baking soda.

**White vinegar** - usually a cup or a cup and a half. Do not mix with vinegar, bleach, hypochlorite (Pool shock), or baking soda.

**Hydrogen peroxide** - usually a quart of 3% or 1/3 cup of 35%. It's probably the best thing you can do for your skin, but also the most expensive, even if you purchase the 3% at the dollar store. If using 35%, use rubber gloves when handling and wear eye protection. Do not mix with vinegar, bleach, hypochlorite (Pool shock), or baking soda.

**20 Mule Team Borax** - a cup or two is a favorite of many to use. Can be mixed with all other disinfectants.

**Epson Salts** - up to 5 cups is also a favorite. You can mix it with borax. It can be mixed with all other disinfectants.

**Super Mix**— be creative. One lady reported she needed to use one cup of borax, one cup of Epson Salts, one cup of baking soda, and one cup of sea salt to get rid of some kind of growth on her arms.

**Baking soda** - up to a small box. Do not mix with peroxide or vinegar.

**Enzymes** - Kleen Free and Kleen Green are two enzymes commercially available. Our alternative to these enzymes is our Clean-um-up-Zyme which are more potent and less expensive. Enzymes are not a substitute for NG. NG removes debris and organisms from the skin and enzymes disseminates what is on the surface of your skin—enzymes do not deep clean your skin. Fact is that it's not advisable to use enzymes and NG together as NG will neutralize the enzymes.

Use enzymes only as an alternative to Nature's Gift® debriding soap.

**Cedarcide** - recommended one-part Cedarcide to 200 parts of water for a dip. That would be 64 ounces per 50 gallons in a tub - very expensive. Also, many people have said that Cedarcide is ineffective for the tub or environment.

**Bleach** - one to one and a half cups of bleach. Not the best for your skin and do not mix with baking soda, or peroxide.

**Pool Shock (hypochlorite)** - one to two ounces (very inexpensive). Again, not the best for your skin. Do not mix with ammonia, baking soda or peroxide.

It's generally used for swimming pools. It's available in quarts or as a powder, for about \$4 to \$7 per gallon. It's quite economical. For a bathtub holding 30 gallons you only need an ounce (2 tablespoons) or so - **do not use a metal spoon.**

It's basically like being in a public swimming pool. As previously stated, pool shock is hypochlorite.

You can fill a spray bottle with water from your bathtub (before bathing) and use it to spray counter tops and flooring (not carpets or wood).

One gallon will provide about 128 baths (6 cents/bath) so it's very economical. But, for more resistant strains of Collembola, the disinfectant may not kill them. Shower with NG bar soap after bathing and make sure you disinfect the tub before and after using - parasites can stick to the sides of the tub.

**Boric Acid** - a cup of boric acid crystals can be used in the bath water as a disinfectant.

**Miracle Mineral Supplement (MMS)** - Activate 20 - to - 50 drops with citric acid and add to bath. As you're bathing, shift positions in the tub to get as much of your body under water.

Use your hands to keep wetting the body parts that are not submerged.

Move your buttocks forward in the tub so you can submerge your neck and up to your ears and wet as much of the back of your scalp that you can. Keep the bath water out of your ears and eyes as more mature organisms that have not been destroyed by the disinfectants can migrate into your eyes and ears - not a good thing. You can use your hands or a cloth to wet your scalp - keep your eyes closed while doing this to keep the organisms out of your eyes. Remember, Collembola looks like a dust particle and would be very difficult to see when wet.

If you're dealing with Morgellons, you will notice debris coming from your skin and depositing on the sides of your tub. If you're only dealing with Collembola and or skin fungus, there won't be any debris. However, with Collembola, you might notice particles that look like half grains of rice coming from your skin—most likely dead clusters of them.

In the bath, some also use spent Nature's Gift® Ionic Minerals (about 3 bags) along with NG and disinfectant to maximize extraction of debris from the skin. The bags can be used up to three times and then opened and flushed down the drain to clean the drain.

After you get out of the tub, take a shower using our bar soaps to clean any organism that may be still on your skin. Apply diluted Nature's Gift® (we call it “a body wipe/mouthwash”) and let it dry on your skin.

This was all that was necessary for me and many others. However, some have more resistant mites living in their skin. Following is a post - shower treatment for more resistant organisms. We start with a summary of the basic bathing protocol in four steps:

1. Bathe up to 45 minutes three times a day using Nature's Gift® concentrate along with various disinfectants to choose from (listed above.)
2. Shower off using one of our bar soaps
3. Apply diluted NG to your entire body or where you have the most activity.
4. Use any of our lotions, gels, or creams to apply to any areas of discomfort until the next bath.

My Sunday co-host, Robin, had to expand upon those instructions to obtain success so if the above instructions are not working for you, it may be important to take it them to the next levels as she did. She has expanded step #3 and #4 to the ultimate.

Before I share her ultimate step, change steps #3 to this:

#3 Before the diluted NG applied in step #3 dries:

- a. Apply Nature's Gift® Lotion which contains peppermint and lavender to your entire body massaging it in. Start with one area that's still wet, and massage it in. You will see the lotion become white on your skin. Massage until the whiteness disappears.
- b. Apply more diluted body wipe and begin massaging your skin again (no need to apply more lotion). Your skin will again become white as the lotion reappears.
- c. Continue massaging until the whiteness disappears again.
- d Repeat step b. and c. again.
- e Do this for your entire body or at least the trouble spots. This could initially take an hour or more. You will be amazed at what may be further extracted (cleaned from your skin)
- f. Shower again with NG bar soap
- g. Apply more diluted NG (we call it "body wipe."
- h. let dry on its own and get dressed.

Robin's step #3 is to add the following to 16 oz of the Nature's Gift® Skin Lotion - you'll need a larger container to make this work:

1. 1/2 cup of neem oil

2. 1/4 cup each of clove, peppermint, and tea tree oil
3. 2 tablespoons of diatomaceous earth (guessing 2 tablespoons)
4. mix them all into the skin lotion
5. follow steps b through h above

She claims that, after the bath has brought the organisms to the surface of your skin, the oils suffocate the organisms and after you shower, you may repeat all the steps once again. To her, it's like "layering a cake," and now be prepared to take 2 hours after each bath to do this for a few days and then the time is reduced to one hour after each bath and then down to 2 baths a day, and then one bath a day and then to only showers and where you'll be at 15 minutes for two showers a day.

## **No Bathtub**

If you do not have a bathtub and can only use a shower, don't fret and follow these instructions.

First wet your skin in the shower. Then turn off the water and lather in the NG bar soap of your choice and wait for three minutes. Then shower off. Then do steps a through h above, first with only the NG skin lotion and then expanding to Robin's mixture of ingredients in 1 - 4 above.

When finished, before dressing, you can pat on dry DE as well for extra measure or invert your clothing and either dust it on the inside of your clothing or put 3 or 4 tablespoons of DE in a 32 oz spray bottle with water, shake it up and spray the inside of your clothing lightly, turn your clothing right side out and let dry before wearing.

Some people have reported success in using borax on their bodies as they shower - they lather it up all over their bodies. One swears by applying Epson salts in a paste to his body after bathing. If our NG skin lotion is unaffordable, you can use coconut oil as alternative.

One lady reports that in addition to NG she has ” *found success with garlic paste and water rubbed into skin - it will force the nodule parasites to the surface to be rubbed off. I also have used scabiblast cream and naturasil soap containing sulfur.*” We also have Nature’s Gift® Sulfur bar soap in our online store.

After showering, depending on the severity of infection on your skin, you might use disposable paper towels to dry. Then spray your body - especially the areas with the most parasitic activity with NG body wipe. Body wipe is term we use to refer to the diluted mixture of Nature’s Gift® Debriding soap. To make body wipe, you use 64 parts of water to one part of 100% debriding soap. Or use the NG mouthwash as a body wipe.

A 10 ml pen sprayer is also available in the store. After spraying, let it dry on your skin as it will be absorbed into your skin.

Alternatively, you can get an inflatable tub on Amazon.

One lady contributed this about boric acid, “*Boric acid has been paramount in my coping and my recovery of skin welts, boils, and pain. I use it in the bath. 1 cup boric acid, a squirt of hemp soap, and 1/2 cup mineral salts. I soak every 3 days, or when I am in pain from welts, itching, or waking up covered in film. This is in addition to debriding soap. I also use it in laundry, all laundry but especially sheets, towels, and house coat. It has been the most cost - effective resource for me (in Canada it is \$5.00 a box) and it is addressing the reinfection issue, which I did not discover until reading your book.*

*Boric acid has been the solution - if I must attend a school function, movie, or other events with high electric magnetic frequencies, I follow the evening with a boric bath and it seems to prevent a downward slide. This is in addition to the diet and debriding soap!”.*



Caution: I once got into a full tub of hot water and nearly collapsed when I got out of the tub from dehydration. So be careful.

Before using the bathtub again, it's important to disinfect the tub by spraying ammonia or bleach, and then wipe it down to clean off any debris. Caution: Do not mix ammonia and bleach together as mixing them will create deadly chlorine gas.

**Between baths:** With your first order of debriding soap, you receive a 10 ml pen-sized spray bottle that you can clip to a pocket or carry in your purse. Fill it with water leaving enough room to add the recommended number of drops that come with the instructions. Any time you feel any itching, spray that area—do it frequently - every few minutes until symptoms subside and then do it again. The idea is to mimic your skin being in the tub where you're constantly wetting it.

Alternatively, you can use any of our Nature's Gift® creams, lotions, or gels to apply to your skin. With the creams, lotions, and gels, you don't need to apply as often as you do with the body wipe.

When you go to bed, keep a bottle of NG or Super MSM gel by the bedside and apply as needed.

If you drive anyplace, take NG body wipe with you, and apply as needed. If you're watching TV or working on the computer, take a foot bath with NG concentrate as the feet and ankles are often the first target of Collembola.

One lady reported that she diluted our lime-sulfur concentrate 50% with water and applied it to lesions.

If you're using a whirlpool, hot tub, or jacuzzi with jets, you need to also disinfect the jets per manufacturer's recommendations, probably on a weekly basis to avoid skin fungus and or hot tub

rash.

If, after a bath, you notice redness and burning, its most likely skin fungus, meaning your disinfectants were too weak. Follow the instructions for dealing with skin fungus later in this chapter.

Note that with more mature organisms, it may take longer in the bath to neutralize them.

With severe infestations of skin parasites, you want to spend as much time as possible in the tub - several hours a day, if possible.

Caution: Avoid dehydration with a glass of water nearby.

### **Dealing with An Early Infection**



During a recontamination in late '05, I accidentally infected my significant other - photo above shows a spread-out group of lesions on the upper leg. Early treatment would be to bathe with Nature's Gift® Debriding Soap followed with any of our skin creams/lotions.



Her doctor also prescribed Metronidazole, for which I was glad, as it's also an anti-parasitic medication.

**Photo above shows many more lesions on lower leg.**

In addition to bathing with Nature's Gift® debriding soap and applying Nature's Gift® skin creams and lotions, others have done the following:

1. One lady infected her daughter with Morgellons. With use of the diet, eating lots of garlic, and the MaxOne glutathione accelerator, reported that her daughter was free of it within several months.
2. Another lady infected a friend with Morgellons who rode in her car and by adding garlic and the glutathione accelerator she got rid of it also.
3. Another with Strongyloides went to her doctor and asked for a script for a double descending dose of Prednisone and since a rash had also developed. Her doctor prescribed Metronidazole, which is both an antibiotic and an anti - protozoan. Dr. Harvey, or the Morgellons Association, believes that 95% of these parasitic

infections also bring with them the Lyme spirochete (a bacterium) and protozoa. This particular antibiotic will kill the bacteria associated with the rash and any infectious Lyme or Protozoan.

Even so, with the Metronidazole, it didn't stop the parasites dead in their tracks - hopefully it took care of any Lyme or protozoan contagions. The lesions began healing and with baths of NG everything healed.

4. Another fellow contributed, "There have been at least 3 people infected by me. Fortunately, I discovered their open sores early, and told them about Sulfonex which they then used until the condition was entirely gone."

Google "Sulfonex" and you'll find lots of creams from which to choose. I don't think it makes much difference which sulfur cream you choose.

5. Another option for Morgellons would be to use Sea Salt and Vitamin C as explained later in the book.

6. For Collembola, one gal used lots of garlic, and a double descending dose of prednisone.

Nature's Gift® debriding soap is based on angstrom technology. The following is taken from Quantum Insect & Disease Solution: A.Blojab Research Report, August, 2005 (Edited) explains how it works.

### **The Science of Quantum Chemistry**

“The new science of quantum chemistry is one of this century's most promising advances in environmentally desirable food production. This new chemistry is used to create particles slightly larger than angstroms. Angstroms are the tiniest particles of physical matter known to science. If reduced any further, according to Einstein the physical matter reverts to energy. A study of quantum mechanics can explain more. These particles

are created in a process in which processed liquid extracts of natural plants are blended at specific time intervals, temperatures and sequences. The extracts become transformed into tiny new particles, described as "angstroms."

How does it affect insects, fungus, viruses and bacteria? There are seven (7) ways that such solutions may affect small bodied insects, bacteria, fungus, etc.

1. Fatty acid angstroms penetrate and dissolve lipid cellular membranes of insects. This causes cells to leak and collapse.
2. By interfering with cellular metabolism during metamorphosis.
3. By dissolving the lubrication in the insect's joints leading to paralysis.
4. By stripping the insect's organic shields (wax, biofilm, etc), rendering it defenseless against subsequent treatment.
5. The extracts impact the exoskeleton structure of pests upon contact by disrupting the molecular structure of the chitin and other protein substances that protect the insect.
6. The extracts have the ability to penetrate complex hydrocarbon chains and disintegrate them.
7. The extracts emulsify bacteria thus stopping their reproduction cycle. This new science has no known side effects on human health. These solutions do not harm mammal cells nor do they attack neurological systems.

Let's put it in easy-to-understand terms. Suppose you were a parasite living on the surface of your host's skin. Apply any disinfectant and you're toast. But suppose you were slightly imbedded in your host's skin. Apply disinfectant and you "head for the hills." Actually, you just borrow deeper and escape the assault of the disinfectant and you continue thriving.

Let's add Nature's Gift® and suddenly, there's no hope for you. The NG goes into the deeper levels of skin before you can shout, "Dixie." There's no safe place for you to go. NG is like a tiny pebble in your shoe. You just can't walk until you take off your shoe and get it out. To you, the parasite, NG is like that pebble.

Going deeper is impossible so you, “head for the hills,” to escape the NG and find yourself on the surface of the skin where the disinfectant finishes you off and makes you toast. Read blog post, “The Magic of NG in Fighting Morgellons Disease,” at [www.BestMorgellonsCure.com/Blog-NG1.html](http://www.BestMorgellonsCure.com/Blog-NG1.html)

### **Foot Baths**

For your feet, ankles, and lower legs use a warm foot bath with 1/3 cap of (NG) concentrate (100%) for hours, if needed, plus about 8 drops of peppermint disinfectant. Some strains of spring tails are not killed by the disinfectant at the levels your skin can tolerate. After dumping the water, disinfectant the foot bath inside and out, and the outer surfaces (sides and bottom) of foot bath.

### **Parasites in Scalp:**

This can be one of your biggest challenges. The problem is that you can't keep your scalp in the bath water. Thus, the idea is to mimic it being in the tub. The shorter your hair the better.

A first basic approach is to wash your hair with our shampoo and then apply castor oil to the scalp before going to bed. Use a vinyl zipper pillow cover. Wash your hair in the morning with our shampoo. Repeat daily.

If the castor oil doesn't produce results follow the following procedure:

First, apply Vaseline or sulfur from our sulfur soap bar, or bees wax balm like you'll find at a bees wax balm such as you'll find at [www.vermontbeebalm.com/](http://www.vermontbeebalm.com/) around the perimeter of your scalp – across your forehead, your temples, above your ears and across the back of your neck - to keep parasites/mites from migrating away from your scalp and taking up residence elsewhere.

Wash and lather your hair with either the regular Beauty Forever Shampoo or the Beauty Forever Foaming Shampoo. Rinse off and towel blot with paper towels, so it's not sopping wet.

Then take some Super MSM gel and Claudia's Dream Cream™ into the palm of your hand. Add in a few drops of peppermint oil and mix the MSM, Claudia's Dream Cream and the peppermint oil together. Massage this gel/cream mixture deep into your scalp.

Next, put a shower cap. You'll feel all the products activate in your scalp. The goal is to be aggressive and keep your scalp wet with the solution as long as possible. Overnight, use a shower cap to keep your scalp wet. During the day, cover the shower cap with a Cancer Cap so you'll feel comfortable in public. Cancer caps are used for those on chemotherapy who lose their hair.

Before you start the procedure again, use a wide tooth comb and comb your hair to the ends. Disinfect your comb when finished.

Be prepared to do this for a month or more.

One note: the shorter your hair the faster the process will be. Some shave off their hair.

If you're not using the shower cap, repeat this up to six times a day in the beginning and within a few weeks, you'll be down to 2-to-3 times a week.

Alternatively, there's a shampoo basin you can obtain from Amazon at <https://www.amazon.com/DeFancy-Medical-ShampooTray-Disabled-Pregnant-Women-Elderly-Child/dp/B07GP16D7N> Read about it in blog post 10/12/19 Give Your Scalp a Bath at <http://bestmorgellonscure.com/Blog-Scalp2.html>

### **Face and Lips:**

Lather either of the Nature's Gift® bar soaps on your face and let it there for 20 minutes before rinsing with water.

Next take some MSM gel and Claudia's Dream Cream into the palm of your hand, add in two drops of peppermint oil and mix. Massage this gel/cream mixture deep into your skin. Finally, apply a lightly dampened cloth on your face for 30 min. Keep the mixture from getting into your eyes, as it will smart.

### **Eyes:**

This can be very, very serious. I learned the hard way to keep bath water out of my eyes. The organisms felt like sandpaper in my eyes, and I had floaters the size of Mack trucks. More detail on blog post, Morgellons Disease and Your Eyes 6/17/18 at <http://bestmorgellonscure.com/Blog-Eyes.html>

### **Nose, Ears, Eyebrows**

For your nostrils: Insert toilet paper saturated with NG body wipe into your nostrils and ears to sleep.

A few drops of NG Ear Cleanse often does the job. Use an eye-wash glass to rinse your eyes with double diluted NG and saline solution. More detail in these three blog posts:

### **Help for Your Eyes, Nose Throat and Ears 6/25/2023**

<http://bestmorgellonscure.com/Blog-Eyes2.html>

More detail in a later chapter.

Eye lashes: Add castor oil to a carrier oil and dab on your eye lashes.

One lady reported applying sunblock that has a combination of Titanium Dioxide (8%) and Zinc Oxide (3.8%) via a q - tip in her nose destroys the organisms.

Cleaning Fingers, Toes, Ears, & Nose of Fungus and Other Organisms 12/30/2020 <http://bestmorgellonscure.com/Blog-Finger.html>



## Getting Reinfected with Collembola

Once you get your life back, getting reinfected is a miserable nuisance, and it happens to all of us. This is what it looks like: You could get reinfected from an article of clothing, a razor blade, sitting in a chair, taking a shower, and so on - all of which you thought were disinfected, but weren't. Or you get too lax with the King Diet.

If you notice the activity and react fast, with up to two baths a few hours apart with NG concentrate and a disinfectant, you can avert a catastrophe. But don't expect that two baths will be enough. No, quite the contrary, you're in for at least 36 to 72 hours of dealing with them.

Remember, wherever you might have sat down has become contaminated. You need to disinfect it with whatever works for you:

- ▶ ammonia - with or without added peppermint
- ▶ Garden Safe Fungicide III (an alternative to ammonia)
- ▶ NG spray with peppermint
- ▶ Clean-um-up-zyme
- ▶ Boric Acid
- ▶ alcohol (90% or higher)
- ▶ PCO

Keep NG body wipes handy and apply as needed between baths. Place all towels and clothing in the laundry and use laundry protocols.

### Whirlpool/hot tub

If you are fortunate enough to have a whirlpool or hot tub, NG is fantastic. Fill above the jets and turn it on. You'll have three inches of wonderful NG suds and lather. Don't worry. NG is great for your whirlpool. It will clean it out and keep any corrosion from happening. You can relax for an hour with the jets

massaging you.

## Part II - Disinfecting Your Surroundings

According to Dr. Savely in her book, Morgellons: The Legitimization of a Disease, disinfection is not necessary and a total waste of time and those who suggest that you need to do it are using scare tactics. But that wasn't my experience, nor that of the hundreds of people with whom I have worked.

In fact, disinfecting your surroundings can be one of your largest and most important challenges. If you brought the organisms into your home, then it's a matter of getting them out. If, on the other hand, your home brought them to you, then it's important to pinpoint the source and remedy it.

For instance, rodents, mice, bird nests that are infested must be found, removed, and disinfected. It can be as simple as spraying the infected area and nests with copious amounts of ammonia or having an exterminator remove them and treat the area for mites. This would pertain to crawl spaces, garages, and attics.

If, however, the infestation is inside the walls of your home, then it can be far more complicated. First would be to identify the wall and then close all access points to that wall.

Access points can be from electrical receptacles and switches, pipes going through the wall, and around the floor. If it's an interior wall, your exterminator can drill holes every 16" and administer pesticides. You'll need a pesticide that will remain active for up to 21 days or one that will kill eggs of mites. Obviously, the holes will have to be patched when finished.

If it's an outside insulated wall, then either the outside or the inside of the wall needs to be removed, insulation disposed of, and the area treated before installing new insulation and replacing the wall.

In the case of a backed-up sewer causing the infection, the entire affected area needs to be remediated using a company certified to remove mold.

The problem is often that only one person in the household is infected or susceptible to the organisms and others are either not affected at all or only moderately affected with a few lesions now and then. Now, you have a political issue with the inhabitants as the person affected may be deemed crazy and not have spousal support. More about this later.

## **Outside Environment**

This can be the key to your recovery. Until your outside environment is controlled, you'll be reinfected over and over again. Unless you're dealing with a contaminating source similar to mine - a dust cloud that infested a large area - I'd recommend starting with Bifen granules wherever you walk. They need to be wetted after applying them to activate the pesticide.

If you're dealing with chiggers or no-see-ums outside like I was, I also obtained a pesticide effective for chiggers from a garden supply house in a granular form for spreading on the lawn - alternatively, and more and less expensively, you can spread lime on the lawn. I used a spreader to distribute it. But for shrubbery close to the house, you'll need to use a sprayer with a pesticide effective for chiggers such as Malathion or Diazinon.

And then, if you have an infected animal, like the raccoon that infected my patio in 2014, you'll need to get rid of it.

**ECOSMART** makes two different organic garden insect killers and the bottles look the same, a little girl with her dog on the front. Only one says that it will kill mites, aphids, and thrips. It's even nontoxic if swallowed or if gets in the eyes. It's made from rosemary peppermint, thyme, and clove oil. It's available at Home Depot.

**Garden Safe Fungicide3** is my favorite to use. For outside, you can use it with a water hose sprayer – very convenient. Spray in the morning or at dusk the foundation, windows, siding, doors, walkways, lawns, shrubs, trees (as high as you can) every two weeks.

**PCO** Add a little PCO to a gair air coarden sprayer and spray as in last paragraph. You can obtain PCO at

**<https://cedarcide.com/products/pco-choice>**

A subscriber emailed me about a youtube.com video. Go to youtube and search for “springtail treatment methods,” which you will want to watch - especially if your home or surroundings was the source of the Collembola as opposed to getting infected elsewhere and bringing them home. He uses:

▶ Bifen Granules around the foundation of the house.

▶ Cyonara to activate the Bifen.

▶ Deltamethrin dust for under siding and under bathtubs. I would think that diatomaceous earth could be used for this aspect of treatment. Bifen spray for exterior and interior around bathroom and kitchen.

For more information on killing them inside and outside go to <http://m.bugspray.com/app/springtails/2795110/36/>

Sometimes the slab of the home must be drilled and treated much like they used to treat for termites. The bottom line is that until your environment is disinfected, it's almost impossible to get better. So, for some this is the most important part of the fight to get your life back.

Unless, the pesticides destroy the eggs, the treatment may have to be done several times over 21 days as that is the longest period for any mite to hatch from an egg.

## **Move to a New Home**

Bottom line is that the first decision to make is to determine

whether your home can be effectively disinfected or if it is important to relocate.

There are many sufferers who have moved in hopes of getting rid of the hell of parasites. For the most part it doesn't make things better because unknowingly to them, they take the parasites with them in their clothing, furnishings, and from their own bodies. But there are a couple of conditions for which this could make sense:

1. If your home is infected with something like slime mold or some kind of dangerous bacteria (like from a sewer back up) that is impractical to get out of your home, or the source of the infection, then it may be important to move.
2. If your home is being bombarded with high levels of EMF (electromagnetic force) and there's nothing you can do about reducing the EMF then relocating may be important.
3. If your home has crawl spaces or attic areas that cannot be disinfected and somehow infect your living areas.

Many people have thrown out all their rugs (certainly a good idea if they can't be disinfected effectively as described later in this chapter). Some have gotten rid of all their furniture - don't give any furniture to anyone else as they may become infected. But, for the most part, you should be able to disinfect all your furniture with the instructions in this chapter.

One lady had a neighbor with infected cats that kept bringing the organisms to her front door. Even after pleading with her neighbor to keep the cats contained and involving animal control, the cats still came to her front door.

It's the kind of situation, that unless one can find something that repels the cats, short of a criminal offense, where one just might have to consider moving to another neighborhood.

If you live in an apartment complex, there's little you can do other than prove to your landlord that there's an infestation of

mites and have the landlord responsible for extermination. I noted in a previous chapter a lab that you can send samples [vetdna.com](http://vetdna.com) to have them identified.

However, even if your landlord does engage an exterminator, the treatment may get rid of the mites, but it won't touch Morgellons. You'll still have to follow the directions for disinfecting in this chapter. And again, if other units are affected, moving may be the only option.

## **Pesticides and Disinfectants**

### **Inside your home**

Disinfecting your surroundings can be as basic as it was for me - spraying ammonia or dusting diatomaceous earth everywhere.

1. Initially, I used an ammonia water mixture of 1/3 ammonia and 2/3 water. Years later, after being reinfected with a more resistant strain of *Collembola*, I went to 100% laundry grade ammonia. Use it to disinfect laundry, spray on furniture, bedding, clothing and so on. It's relatively inexpensive. However, it can contribute to depression. It is a neurotoxin, so skin contact or breathing of its vapors should be minimized.

There are two grades of ammonia:

2. The ammonia you buy at most grocery stores which I call laundry grade - it's often scented with lemon.
3. Janitorial grade ammonia which is about 8 times stronger than regular ammonia generally purchased in hardware stores. This grade is generally too strong for disinfecting your surroundings although it may be necessary in your laundry. Handle the janitorial grade with care - eye protection and rubber gloves.
4. There are two grades of diatomaceous earth (DE):

- a. Food grade that can be used for both your environment and consuming as discussed later in the book.
- b. Regular grade you can obtain at farmer's supply stores like Tractor Supply - it's very inexpensive.

Many find the smell of ammonia abhorrent. I had hoped hypochlorous acid would be effective, but it hasn't been reported to be that effective. Instead, Garden Safe Neem Oil has been successful. It can be obtained at hardware and garden centers and used inside and outside. Follow the instructions for dilution. Following are other disinfection alternatives:

**1. House Pesticide Bomb:** Your regular pesticide bomb produced by Raid that you buy at the grocery store may eliminate some species of mites that carry the skin parasites. It would be the first place to start.

**2. Benefect Botanical Organic Disinfectant:** biodegradable, nontoxic, and can be used on kitchen counters, utensils and around food ready to use with a manual sprayer or electrostatic sprayer.

**3. Mediclean Disinfectant** concentrate - a chemical disinfectant not to be used on counters or around food. Can be used with a manual sprayer or electrostatic sprayer.

**4. Clean-Em-Up Zymes.** Enzymes for all purpose use - bathing, laundry, and disinfecting. Can be used with a manual sprayer or electrostatic sprayer.

Items 2 through 4 available in our online store.

**6. Quintuple Pesticide:** For resistant strains of Collembola. It's a combination of a pesticide, an accelerator, and a growth inhibitor. It's discussed in detail a later in this chapter. It does not kill Morgellons.

**7. Martins Permethrin:** Can be sprayed inside and outside. Worth trying before getting the Triple Pesticide. It does not kill Morgellons. There is also a 35% Permethrin just used for exterminating that is more powerful and available at [doyourownpestcontrol.com](http://doyourownpestcontrol.com)

**8. Harris bedbug spray with egg kill.** Worth trying before getting the Triple Pesticide. It does not kill Morgellons.

### **Air Purification**

With some mites and forms of Morgellons, there's a lot of debris floating in the air and it's important to filter the air. Air purifiers with lots of "bells and whistles" are unnecessary. Units that produce ozone are not necessary as the quantity of ozone created is minimal - see the section later in this chapter about ozone. You only need a hepa filter air purifier, and should be able to get them for less than \$100 on amazon or home depot or even Walmart. Choose one that has a filter which is easy to remove and clean. It may also be a good idea to have one for your automobile.

### **HVAC**

Stand in front of your heating or air conditioning ducts and if you feel parasitic activity on your skin from the air, your duct work needs to be disinfected. Hire a duct cleaning company to start the job. They will replace the filter too. If afterwards you still feel activity, you need to disinfect it. Sometimes simply spraying ammonia into the intake until you smell it coming out the heating or ac ducts is sufficient. Later in the book the use of ozone is discussed. But you can spray enzymes or any of the disinfectants into the intake until you smell it coming out the vents. In rare cases you may need to remove and replace the duct work.

### **Bedroom:**

I sprayed the inside of all shoes and bedroom slippers with ammonia daily. I **also sprayed the soles of my shoes (dusting**



**with diatomaceous earth will work too) and slippers - it's how the parasites get transferred from outside to inside and vice versa or to the carpet in your auto or at your workplace.** In fact, this makes a good argument for using diatomaceous earth throughout your home, auto, and around your workstation at work until you get your environment under control as you'll always be stepping in carpets dusted with it and thus stop transporting the parasites from one location to another. Please note that this is not only true of carpets, but the parasites can be deposited on any tile, hardwood floor, linoleum, or even concrete - just not as easily as on carpets.

It's super important to disinfect the bedding. Put your mattress and box springs in a vinyl zipper cover with menthol crystals or Nuvan strips. In the beginning, it's important to launder your bedding daily. More later in this chapter about laundry.

Some find they need to sleep on an air mattress. In my case, I didn't use the vinyl cover. I stripped the bed down to the mattress and box springs. I used a 32 oz spray bottle and sprayed ammonia on the top, sides, and bottom of each. You can also follow up by dusting diatomaceous earth (DE).

Caution: With either ammonia or diatomaceous earth you want to minimize inhaling either one. Ammonia is a neuro toxin and DE is unhealthy to inhale into your lungs. When spraying ammonia, the idea is to spray quickly and move away from the spray as you spray.

It's believed that the vapors of ammonia or any disinfectant are what do the work and destroy the eggs. Reason being that eggs do not let liquids in, but valve-like mechanisms allow gases to pass the shell membrane. Read blog post, Disinfect Keys, Jewelry, Eyeglasses of Morgellons 10/6/19, at <http://bestmorgellonscure.com/Blog-Disinfect.html>

Thus, it's most effective to spray ammonia on the mattress, cover right away with a vinyl zippered mattress enclosure (same for the box spring and pillows), spray the mattress cover, cover right away with the bottom sheet, spray the bottom sheet, cover right away with the top sheet, spray the top sheet, cover right away with the cover, spray the cover, and cover right away with the comforter. You can also use a vinyl zippered mattress cover for the comforter and cover it with a duvet cover, which is much easier to wash on a regular basis.

Another option is to spray the mattress with a white vinegar/NG solution (a cap of 100% NG concentrate with 32 oz of white vinegar) and then used a steam mop to steam clean the mattress. Note: Do not put vinegar in steam mops as it will destroy them. After it dried, I dry dusted it with diatomaceous earth and then put on the zippered vinyl mattress enclosure. I washed all comforters in either ammonia or bleach (depending on whether they were white or colored). I changed my sheets daily and sprayed the mattress cover and comforters with ammonia as described above. I washed all comforters, bedding, clothing and throw rugs with ammonia or bleach.

I washed pillows using ammonia in the wash and covered them with a zippered vinyl pillow cover to prevent re-contamination. However, I sometimes wonder if it's possible for some of these parasites to penetrate plastics and even leather which is why the diatomaceous earth is always good to use until you know your surroundings are completely sanitized. You can also add a handful of menthol crystals or a nuvan strip inside the vinyl cover.

Ultimately, you can skip the bed as Elle did. She writes, *"I bought two sleeping bag liners inexpensively from Amazon. I slept in the liner with single - sized blankets for warmth. Each morning my entire bedding could fit in the washing machine and dryer for decontamination purposes. The sleeping bag liners are small and convenient to launder as opposed to regular sheets.*

*Also, during times when organisms were particularly active at night, I could zip myself into the sleeping bag liner and protect my body from attacks.”*

She recommends either of these two products:

▶ sleeping bag liner and camping sheet

<https://www.amazon.com/Vumos-Sleeping-Liner-Camping-Sheet/dp/B06XBW19QR>

▶ The friendly swede sleeping bag liner \$20.99 at

<https://www.amazon.com/Friendly-Swede-Travel-Camping-Sleeping/dp/B078GQVSMX>

She also recommends using a sauna such as the Durherm Infrared Sauna, Low EMF Negative Ion Portable Indoor Sauna with Chair and Heated Footpad, Copper, Large for \$549 at

[https://www.amazon.com/Durherm - Infrared - Negative - Portable - Footpad/dp/B00KQ4NFTI/](https://www.amazon.com/Durherm-Infrared-Negative-Portable-Footpad/dp/B00KQ4NFTI/)

### **Disinfecting Sofa’s chairs, and so on.**

What’s important to remember is that Collembola not only spring onto you, but also spring off you to contaminate wherever you sit or stand and walk. Collembola can spring about 8 to 10 inches. If you’re sitting at a table, they will spring onto the floor, up to the underside of the table, onto the table legs, onto the legs of the chair upon which you are sitting, to the underside of the chair, and pass through your clothing onto the seat and back of the chair.

This is true for the footrests of couches. It took me 3 months to get them out of the footrest of a leather couch. I treated the top and bottom of the footrest, but missed the ends of the footrest where the fabric was tufted.

### **Bathroom:**

I washed the bathroom floor and rugs with laundry grade

ammonia (not custodian grade which is far more concentrated). I treated my razor with ammonia solution after using it, washed the wrist band and the back of my watch with ammonia solution, hair comb or brushes, eyeglass frames, finger rings, and neck chains with the ammonia solution as well. Alternatively, these items can be put in a zip lock bag with menthol crystals or nuvan strips for a week or longer. I sprayed around the toilet before use, and then wiped the seat with ammonia spray when I left the bathroom.

If you're standing in front of your bathroom sink, they will jump onto the countertop, into the basin, onto the side of the cabinet, up under the foot recess area at the bottom of the counter, and onto the floor.

If you're sitting on a toilet, they will jump onto the floor area around the toilet, the toilet seat, and onto the front side of the tank.

If you're traveling, if the paper barriers are not available, use the body wipe to clean any toilet seat before using. Spray and let it stay for about 15 seconds and then wipe off with toilet paper.

### **Shower Drains and Sinks:**

Collembola love water - especially dirty water. If they already aren't in your drains, they get washed there as you take showers; wash your hands, and so on. They will breed in your drains and constantly reinfect you. It's imperative to disinfect all drains with either ammonia or bleach or pool shock every two days or so. Once you no longer have them on your body, then, maybe once each week. Most prefer to use bleach. Just pour an ounce of either ammonia, bleach, or pool shock into the drain - do not mix ammonia with either pool shock or bleach as a chemical reaction will create deadly chlorine gas.

Alternatively, Robin, my Sunday Co-host recommends, Natural way to get parasites out of drains:

“Put 1/2 Cup of Baking Soda and 1 Tablespoon of salt in a drain. Then pour in 1 - 2 Cups of cleaning vinegar. There will be a chemical reaction. Then, run very hot water down the drain for 2 - 3 minutes. Do this weekly - it is awesome”

It’s probably a good idea to disinfect drains if you’re dealing with Morgellons too, as they also found in dirty slimy water.

Bathmats made of Diatomaceous Earth are available. Read A Mat Made of DE to Avoid Slipping in The Bathroom 7/27/2022 at <http://bestmorgellonscure.com/Blog-BathMat.html>

You can also make traps to capture mites and other organism inside and outside of your home. Read blog post “How to Make Your Own Traps to Kill Mites, Midges, Collembola, and More,” at <http://bestmorgellonscure.com/Blog-Traps.html>

## **Automobile**

In general automobiles can be a serious source of re-infection. Many have had to sell or even have their cars junked and crushed to get rid of the problem.

The organisms will be in the seat, under the seat, the console area, interior of the door, the steering wheel, the dashboard, under the dashboard, floor, seat belts, and often get into the ventilation system and live in the cabin filter.

Spray the above areas 20 minutes before you drive with ammonia (takes 20 minutes to evaporate) and when you get out of the car until you’re free of any itching for at least three days. It could take a month or more of spraying. Lysol is a waste of effort.

For an extra measure, add in a cap full of Nature’s Gift<sup>®</sup> Concentrate, spray, brush into the carpeting, and seats, and then cover with a sheet to keep the fumes in.

Turn on the fan and spray through the ventilation systems. Again, don't over-do the spray and destroy your fan or some associated electronics. Also, get the cabin filter replaced in your car - according to one of our coaches, Elle, this can be a game-changer.

Yes, you can be symptom free, drive your car one day and feel nothing. And the next day, get driven crazy with the organisms hatching from 2 days ago. So, even when you feel nothing, keep disinfecting - don't give them a chance to rear their ugly heads.

Alternatively, activate 5 drops of MMS and add to 32 oz spray bottle which is  $\frac{1}{4}$  full of water. Only mix as much as you'll use in one day.

Here are more tips:

If you can leave your car sit for about three weeks, hang some nuvan strips in your car. If you can get rid of the rug or get a car without a rug – some older cars have plugs in the floor for draining water. Scotch guard your interior.

## **Treating Furniture and More**

If you're spraying ammonia, it's advisable to spray the couch, chair, cabinets, toilet, auto and so on 15 to 20 minutes before you occupy the space, in order to provide enough time for the vapors to evaporate, since ammonia is a neurotoxin. And, then spray the area as you leave. This means that it's important to think 15 to 20 minutes ahead. For instance, in the snow or rain or cold, or summer heat, I'd go to my car and spray twenty minutes before I got in to drive and I'd spray as I left the car.

Wherever you can, it's advisable to cover the space or furniture that you spray with a sheet or some kind of barrier to trap the vapors.

## **Hard Floors and Rugs/Carpets**

Both can be a challenge. The organisms can be transferred by the soles of your shoes. Spray the hard floors with ammonia and mop to spread it around. Because you don't cover the floor, it may take several applications of ammonia to get results because the ammonia vapors are not trapped. Caution: with wood floors, test the ammonia in an inconspicuous area to make sure the ammonia doesn't destroy the finish.

Unless the rugs or carpets have significant value, it's often prudent to throw them out and replace with a hard floor. UVC lights left on for hours at a time and moved over a rug, one square foot at a time can help clear the rug of parasites over time. You don't want to be in a room that has a UVC light.

For rugs, use a shampooer and add a few tablespoons of DE, ½ cup of white vinegar, and 2 capfuls of NG concentrate and a dropper of lavender essential oil to about 3 pints of the water. Shake up the tank so the DE doesn't settle to the bottom and clog the unit. Shampoo and let dry. Alternatively, you can use two cap fulls of NG Degreaser concentrate instead of NG concentrate.

You can wash tile, linoleum, wood floors weekly with an enzyme cleaner. Swiffer daily with a mixture of essential oils and an organic pesticide like our Benefect Thyme disinfectant. For wood floors, you can also get a spray bottle of Rejuvenate anti-bacterial floor cleaner at Home Depot for daily use.

For more detail, read blog post “Kicking the Bugs and Morgellons Out of Your Carpet” at <http://bestmorgellonscure.com/Blog-Carpet.html>

Remember to disinfect doorknobs too.

## **Office and Workspace**

This can be a challenge since you want to keep your skin parasite infection to yourself, and not have it spread around to

officemates. Ammonia smells and is hard to keep a secret. Nevertheless, it's important to figure out a way to disinfect the floor area, chair, and sides of desk, and under the desk ideally first thing when you arrive at work and when you leave for the day. You could try an enzyme cleaner or commercial disinfectant, that doesn't smell as strong as ammonia. Or a spray you make with NG can be very beneficial. Using the electrostatic sprayer makes the process much faster and effective.

## **Reality**

With Collembola, to think disinfecting your automobile or furniture once or twice is sufficient, is a joke. Do it often daily.

For some, infestations of Collembola can be the most difficult thing to get rid of. Consider this: According to Encyclopedia Britannica, Collembola can each lay 800 eggs taking anywhere from 2 to 40 days to hatch. I presume that's over the lifetime of the organism and I'm not sure how long they live. If you go to <http://www.dlia.org/class-collembola> you can read about them in general. Some live up to 3 years where as others, the life span is around month.

Think about that for a moment. Eight hundred (800) eggs from each Collembolan - that's a massive number of organisms to infect you. To succeed in our fight, we need to wipe them all out and leave none to reproduce and that's quite a feat.

If you have pets that come in and out, treat their paws with Nature's Gift® Body Wipe as they come and go. If they lie down, treat their tummies too and the floor where they lay. Also treat their bedding with diatomaceous earth.

## **Now, For More Resistant Strains of Collembola in Your Home, Auto, and Workspaces.**



Over the years, many others have told me that ammonia and/or NG, Cedarcide, Kleen Green, and so forth just hasn't worked. It baffled me; and I presumed that they were messing up with the diet. But that wasn't the case. There are more resistant strains of Collembola and mites.

Other options in disinfectants are:

1. Add about 5 droppers of peppermint oil to a gallon of ammonia.
2. Diatomaceous Earth (DE) - Read "DE to the Rescue for Morgellons Disease" 9/20/19 at <http://bestmorgellonscure.com/Blog-DE.html>
3. Boric acid - Add boric acid crystals to warm water and stir. The crystals will go into solution until the liquid is saturated at which time they no longer dissolve. Spray this saturated boric acid solution as you would ammonia. When it dries it will be a white covering.
4. Four Thieves Oil - This disinfectant has been around for centuries, but long ago forgotten. Forgotten, why? I imagine it's because it has become a lot simpler to buy the readymade disinfectants in the grocery store that may also be highly toxic to you too.

The roots of this disinfectant go back to the great plague in France. Four thieves got rich from stealing from the dead because they figured out how to disinfect the things they stole from the dead. Hence, it's called Four Thieves Disinfectant.

The Recipe:

1 tsp each clove, nutmeg and cinnamon; powdered  
2 teaspoons each of rosemary, sage, and peppermint; dried  
2 teaspoons crushed garlic  
4 cups of apple cider vinegar  
Then, everything goes into a closed jar or bottle and left in direct sunlight for fifteen days after which time you strain and bottle the liquid.

Oh, by the way, the four thieves eventually got caught and in exchange for a merciful death, they shared the recipe for the disinfectant. You can imagine how valuable the disinfectant was at that time in history in the middle of an epidemic. Read more at:

<http://www.care2.com/greenliving/easy-and-effective-vinegar-garlic-herb-disinfectant-for-your-home.html#ixzz2qC21EniV>

You can Google it to find it commercially available.

5. I'm told that in Europe, they use Methylsulfonylmethane (MSM) crystals dissolved in water like boric acid described in #3 above. MSM sounds like a bad chemical, but it's actually organic sulfur and is also found in every cell of our body. It's also available as a supplement and part of the protocol discussed in a latter chapter.
6. Clove and other essential oils - Read, "Disinfect Morgellons With Clove Oil," 6/18/18 at <http://bestmorgellonscure.com/Blog-Clove.html>  
You add 45 drops of clove oil to a quart of water and shake and then spray. It's important to shake since essential oils do not dissolve in water. Most any essential oil - oregano, cinnamon, rosemary, peppermint, lavender and so on - can be used this way - even as a mix.

Essential Oils and Nature's Gift® Concentrate. To a cup of water, add one capful of NG and then add 5-to-8 drops of the essential oil of your choice. Then add this cupful of mixture to a 32 oz spray bottle filled with water leaving enough space to add this cupful of mixture and spray.

7. Menthol Crystals: You can put personal items like razors, rings, and so on in a zip lock bag with Menthol crystals. You can also put them in pocketbooks. Put infected items in sealed totes with crystals. You can also burn menthol crystals in wax warmers, that use a large lightbulb or a

candle, but you don't want to be in the room or area where the crystals are burning. Always air the area out before re-entering.

8. Nuvan Strips: If menthol crystals are not sufficient, then use Nuvan strips (for mites) instead. They can take up to two months to destroy eggs and the organisms and the strips themselves will last for 4 months once taken out of the special protective packaging.
  
9. Triple pesticide - It works with mites and Collembola, but not Morgellons. It's not three pesticides, it's three ingredients:  
Onslaught  
IGR  
Exponent  
The cost is about \$100 or so for the three ingredients.  
Here are some details about it:
  - ▶ First, it can take months for the triple pesticide to wipe out the Collembola (springtails).
  - ▶ The 8-inch rule: When they are active on your skin, they can infect any area within 8" of the body parts that are active if you remain in the space for more ten minutes or longer. This means floor area, cabinet sides, underside of tables, chairs, desks, counters, car dashboard, doors, console, etc.
  - ▶ Only spray the furniture once every ten days or so. To spray more frequently is said to make Collembola more aggressive and therefore counterproductive. See below on how to use the furniture in the meantime.
  - ▶ In order to be effective, all three pesticides must be used.
  - ▶ Only mix enough to last a max of 48 hrs. Use a spray bottle, like a Windex bottle with a wide mist spray pattern. After 24 hours, the effectiveness of the pesticide diminishes. Take the bottle with you to work and spray your work area as well as your automobile - flooring, door

area, and seat.

▶ To dispose of old pesticide, pour it along the foundation of your home. Alternatively, you can spray your floors to use it up, but don't expect that it will be doing much.

▶ The three pesticides are **Onslaught, Exponent, and an IGR** which you can find at [www.doyourownpestcontrol](http://www.doyourownpestcontrol) or on Amazon.com. The IGR is by Gentrol.

▶ They are safe for inside use. It's not recommended for the IGR in wet form to come in contact with your skin as you may have an allergic reaction to it. However, the pesticides are targeted at insect genes and not human genetics. Nevertheless, do not apply the triple pesticide to your skin.

▶ Any questions you have about its use can be directed to at 800-476-3368.

▶ Use the pesticide sparingly until you get familiar with it. Some have had bad reactions to using the pesticide. So be careful - test it on one piece of furniture before using it everywhere. It is toxic to fish.

Once you spray an area, it will take up to twenty minutes to notice improvement. Within about 20 minutes or so, the organisms should be paralyzed. You will feel them activating and or jumping on your skin, but they will be incapacitated and not bite. After about 24 hours, activity will be mostly gone. Please don't assume you're finished. The good news is that the Onslaught pesticide is encapsulated so it works after it has dried, as opposed to many pesticides which must be wet.

If the triple pesticide isn't getting the results you hoped for, try the cinq pesticide - invented by my cohort, Robin.

In an 18-24 oz. fine mist spray bottle: 1 oz. each of an IGR (like Gentrol), Exponent, Onslaught, and Cyonara (which targets springtails), fill 1/3 to half the bottle with 35% permethrin liquid.

Fill the rest with water. You can get all of the ingredients at <http://doyourownpestcontrol.com>

For bad infestations you can combine the pesticide with flea bombing and ozoning or burning menthol crystals. Every 10 or 11 days for 3-4 months.

First spray everywhere with the pesticide - especially under, behind and around things, then set off the flea bombs. Wait two hours and then run either ozone generators or wax burners with menthol crystals for 2-4 hours.

Put it on your calendar and plan on leaving the house during treatment.

As noted before, it can take months for the triple pesticide to destroy the organisms. So, what are you to do in the meantime if you need to drive your car? Answer: daily use ammonia or one of the other options in this section.

Regarding the triple pesticide, Debbie writes,  
*"Hello Richard,*

*I wanted to briefly share my experience with the insecticide combination.*

*I used it in a spray bottle, I bought at the dollar tree. Mixed approx. 1 tbs. Of each of the 3 types you posted in the bottle full of water. I sprayed down my car, even under the mats and changed the cabin filter. I let it dry for 4 hours then opened the Windows and washed down the seats I let it air for 2 hours. I made sure to wash my hands after any contact. I sprayed my 1 room studio down, my air mattress and walls, all lightly misted. And left for 4 days. Upon return I've put a plastic cover over mattress and washed bedding with ammonia and double rinsed. So far minimal activity and I am ecstatic. I plan to retreat everything Friday and head out for another weekend. I anticipate being totally free of these pests after 2 long years, thank you so much for that triple combination someone had sent to you, so far it is working for me. I'm being careful about application and exposure to skin and/or ingestion. Also make sure I covered my mouth and nose while spraying and left it to dry well before*

*entering the space treated. I don't like using toxic products but this was not something I found I could get rid of naturally, unfortunately. So glad to have this so close to gone, I feel minimal activity, but feel with the next treatment and any follow up needed down the road, this 2 years hellish ordeal will finally be over. Thank you for being so diligent in seeking answers for all of us."*  
Debbie

10. Red Cedar Oil - Some report that the organisms they are dealing with can eat counters, wood, and so on. Apparently, these organisms discharge enzymes that can dissolve ceramic, Formica, wood, and so on. Use a cloth to apply red cedar oil to the surface to neutralize the organisms.
11. Lime Sulfur - a strong disinfectant. Mix 4 ounces of our lime sulfur concentrate with a gallon of water and spray the affected area. It's effective against all organisms, however, it may be important to treat the infected area daily for up to 21 days. For my patio, with porous stone, I poured the solution to saturate the area rather than spraying it. Alternatively, GardenSafe Fungicide3 seems to be a more effective solution - get the concentrate and make your own spray. Spray daily as needed and for outside, get the kind that attaches to a hose and spray weekly as needed.
12. Enzymes - Enzymes break down organisms and can be used in the bath or sprayed in the environment. For instructions on how to use them go to our description of our Clean-Em-Up-Zyme at <https://theorganicskincare.com/collections/disinfection/products/clean-um-up-zyme-super-concentrated-enzymes-9-oz>
13. Ozone treatments: Most ozone generators only produce 4,000 mg per hour and are not effective. You'll also find

air purifiers with ozone capabilities. Again, they are toys. It's recommended to use an ozone generator capable of producing 7,000 mg/hr for each 500 square feet of living space being treated. For larger areas, more than one unit is required - space them apart as opposed to next to each other.

When using, vacate your home, including pets, and leave it in the room with all drawers and closet doors open.

Ozone destroys mold, fungus, mites, Collembola, and Morgellons organisms. However, if mold has accumulated on walls, you'll need to have it professionally remediated or cleaned with ammonia or bleach - wear protective gear (rubber gloves and face mask to keep from breathing it. Yes, contrary to popular belief, ammonia is better for dealing with mold than bleach. For mites, it's important to treat the area for 21 days straight. The ozone unit comes with a timer. Set the timer on for 30 min and then off for an hour, on for another 30 min and then off for another hour and then on for a final 30 min and then off.

Caution: Ozone can destroy fabrics like rayon, nylon, rugs, books, papers, insulation on electrical cords and devices, and so on. Plus, it's toxic to breathe. Remove electrical devices from the area to be treated and air out your home before returning by opening windows and running fans for at least 15 minutes.

Air conditioning vents can also be treated with ozone. Close off all intake vents except for the one you're treating. Position the ozone unit so that the ozone is blown into the vent. Alternatively, if you have more than one ozone generator, you can use one for each intake vent. Use the same on-off timing as specified above.

Automobiles - Turn on the ventilation/ac system and run

the ozone generator for only 15 minutes. Running it longer could destroy wiring and electrical components.

**14. UVC Light**

Ultraviolet light destroys all organisms, but only in an area about one foot square, and it must be run for multiple hours at a time. Read more at blog post, “Disinfect with Ultraviolet,” at [www.BestMorgellonsCure.com/Blog-UV.html](http://www.BestMorgellonsCure.com/Blog-UV.html)

**15. Fogging with CedarCide** - There are some who swear by fogging with CedarCide and using PCO. However, over the years the feedback I get is that it’s expensive and not effective. The better alternative is the electrostatic sprayer with an enzyme cleaner or our MediClean, organic Benefect, and Anti Microbial. However, I’ve received good reports for using PCO in the laundry and outside to disinfect around your home.

**16. Hypochlorous Acid** - A natural disinfectant that is nontoxic to humans and animals. Is not as effective as ammonia. It leaves no residue and easy to use. It can be used to spray on fruits and vegetables. However, it is about \$80 for four gallons - a bit more expensive than ammonia. [10] and we do not have very much feedback as to its effectiveness against mites, Collembola, or Morgellons.

**Electrostatic Sprayer** - The electrostatic sprayer places a positive charge on all spray particles. All surfaces in the environment are negatively charged. Like a magnet attracts iron filings, every surface attracts the spray particles from the electrostatic sprayer. So, for instance, if you spray the front of a doorknob, the particles will actually attach to the back of the door knob. For those with air born mites, the electrostatic sprayer is the fastest most effective way of killing them, there is no way of them escaping the charged particles.



Caution: All electrostatic sprayers do not put a positive charge on the fogged particles, some place a negative charge which is useless. They are usually inexpensive looking like a bargain. Read, “Is it an Electrostatic Sprayer or Not 2/21/21 <http://bestmorgellonscore.com/Blog-Electrostatic.html>

For more information on how it's used go to our description in our online store at

<https://theorganicskincare.com/collections/disinfection/products/ryobi-electrostatic-sprayer> The convenience is that you don't have to close off or vacate rooms as with ozone treatment and it only takes 10 minutes to disinfect a room as opposed to 2.5 hrs with ozone. It can be used with NG Concentrate (with or without essential oils) or enzymes. A video at

<https://www.youtube.com/watch?v=oNAXfSoxQsg> shows you the incredible difference between fogging and electrostatic spraying - it can be used either way.

The electrostatic sprayer makes it easy to effectively reach places like areas behind and under your refrigerator.

One lady reported that the parasites became more active after she sprayed using the electrostatic sprayer. Yes, this is possible. Don't expect the more resilient strains to lay down and die for you. It's like you're in a boxing ring fighting for your life. You throw the first punch hoping for a knock-out, but that doesn't happen, your opponent strikes back. You don't just give up; you give him everything you got.

So, you get aggressive with the organisms and give them everything you've got. Put on protective clothing that you can throw right into the laundry. Wear gloves, head, and eye protection if necessary, riding boots if it's Collembola and spray every half hour if necessary until they succumb. It's a war, and the best tool you have is the electrostatic sprayer. Change up the solutions you use. Use our Clean - Em-Up-Zymes, then switch to NG with peppermint, lavender, cedar oil (not Cedarcide as it will clog the nozzle) or any essential oil of your choice.

One of my coaches, Robin, used NG with Garden Safe Neem Oil Fungicide 3. However, only use with warm water as neem oil can solidify at room temperature and clog the nozzle. For the 32 oz reservoir she used 1/4 cup of enzymes with 1/2 cap of Garden Safe Neem Oil Fungicide 3. Alternatively, you can use one or two capfuls of NG 100% concentrate with 1/4 cap of Fungicide 3.

When finished spraying, run warm water through the sprayer to clean it of any residual neem oil to prevent clogging.

## **Clothing and Personal Effects**

**Shoes and boots** - Spray soles, outside and inside of shoes with ammonia or an enzyme cleaner, and or dust with DE, or place menthol crystals inside. One lady wears croc shoes that can be put in with the laundry to wash. If you're dealing with Collembola outside your home, consider wearing riding boots to protect your ankles and feet when outside. Disinfect them after wearing. You can also put Bounce dryer sheets into your shoes when you're not wearing them or overnight. You can store shoes after cleaning in ziplock bags with menthol crystals or nuvan strips. If using nuvan strips be sure to date the bag, as they only last for 4 months. If your floor area is infected, you can keep your feet in an empty foot bath to avoid recontamination until the floor area is clear. Disinfect the foot bath inside and out after every use.

**Rings, watches, jewelry, combs, eyeglasses and so on** - place in an airtight ziplock freezer bag, (they come in all sizes), with menthol crystals or nuvan strips. Read blog, "Disinfect Keys, Jewelry, Eye-Glasses of Morgellons 10/6/19 at <http://bestmorgellonscure.com/Blog-Disinfect.html>

**Personal:** Ladies, they can even take up residence inside your purse so you may want to empty your purse, treat all the contents and spray the inside of the purse with ammonia on a weekly basis until your symptoms are gone. You can also put some of the

contents in a zip lock bag with menthol crystals.

You can have one or more purses that you rotate monthly...clean the purses you aren't using with ammonia and put them in a Ziplock bag with menthol crystals or nuvan strips. If using nuvan strips be sure to date the bag, as they only last for 4 months. Fellows, maybe even your wallet could become home to them - wipe down the wallet and credit cards.

**Laundry:** Your laundry soap can be contributing to your itchy skin symptoms. Most detergents have sodium lauryl sulfate (SLS) in them. Read the following blog posts:

SLS Toxicity to the Endocrine System Disrupting healing from Morgellons 10/17/19 at <http://bestmorgellonscure.com/Blog-SLS1.html>

Is Your Laundry Detergent with SLS Making Your Skin Itch? 10/27/19 at <http://bestmorgellonscure.com/Blog-SLS2.html>

The first thing to do is to get rid of the detergent you've been using and switch to a biodegradable non - toxic laundry soap such as our NG Laundry Soap or an enzyme cleaner at

<https://theorganicskincare.com/collections/bar-soaps/products/natures-gift%E2%84%A2-laundry-soap>

The ultimate answer is to soak the clothing to be laundered in ammonia as my Sunday Co - host did. Keep this in mind: It's not the liquid that does most of the work, it's the fumes (gaseous state). Eggs of mites have tiny vent valves and liquid can't penetrate whereas the fumes can.

1. Get a large tote with a cover - maybe 2' X 18" X 18" high.
2. Find a way to put a barrier in the bottom about 1-2" from the bottom - some kind of plastic screen supported by a plastic block, 1" rectangular by a few inches long to support the screen.
3. Fill the bottom with about ½ - 1" or so of liquid ammonia.
4. Add your clothing on top of the screen
5. Cover the tote and let it sit with the fumes for several hours – experiment to find the best length of time, even overnight is ok.
6. Prepare your washing machine:

a. add 1 or 2 cups of borax in the drum where laundry will go.  
b. add in your laundry treated with ammonia fumes (be cautious when opening the lid to the tote as the fumes may be quite strong.)

b. add 6 or more drops of clove oil to a cap full of NG laundry soap and add to the washer.

c. add a cup of ammonia as a pre-soak if your washer has this feature – optional

d. add in one to two ounces of Clean-Em-Up Zyme Caution: enzymes are live organisms, **do not add ammonia, bleach, or any other disinfectant as they will destroy the enzymes**

d. start your washing cycle

7. When dry transfer laundered laundry to the dryer

8. Add 8 to 10 drops of clove oil and or peppermint oil to an absorbent article of laundry and put in the dryer.

9 Add 1/3 to 3/4 cup of ammonia to another absorbent article of laundry and put in the dryer. Alternately use two pieces of laundry, and spray one with peppermint oil and one with ammonia and put in the dryer.

10. Set your dryer for long hot cycle (at least 1 - 2 hours).

11 When dry, transfer to large Ziplock bags and store with menthol crystals or nuvan strips until needed. Note, if your hands are a source of organisms, wear disposable gloves while removing the laundry from the dryer and transferring to sealed bags.

Some have put their clothes (no metal buttons or buckles) in their microwave for 30 seconds or more. Ultimately, you can put infected clothes in an oven roasting bag in the kitchen oven at 250 degrees for 3 or more hours. This same method is used for disinfecting papers and books (much like a bedbug oven would).

Note: Some have noticed white stick stuff in their laundry. It's most likely not associated with Morgellons or other skin parasites, but instead the pods of detergent being used are not compatible with ammonia and don't fully dissolve as reported in

blog post 2/26/18 White Sticky Stuff Revisited at <http://bestmorgellonscure.com/Blog-White-Sticky.html>.

Older versions of this book recommended using dryer sheets like Bounce. However, if you look at the ingredients in the sheet, they can cause all kinds of skin, irritations and endocrine imbalance. Instead, add up to a cup of laundry grade ammonia to a towel or some type of fabric that will absorb it - remember it's the fumes which destroy the eggs. You can also add peppermint or clove oil to the towel. To avoid possible discoloration, only add the ammonia to something like a white towel.

If you do choose dryer sheets, read the ingredients, and make sure the one you choose contains the ingredient **linalool**, which can be found in plants like lavender, basil, and coriander, all of which naturally repel common garden pests. Similar studies found that this ingredient is also useful for repelling bugs like mites, weevils, beetles, and German cockroaches.

Then to avoid reinfection, clean your hands with NG debriding soap before removing the laundry from the dryer. Some must put their disinfected laundry into totes that can be sealed to keep it from being reinfected. This is most likely true when the organisms are floating in the air as discussed previously. Additionally, it may be important to disinfect the floor area under and around your washer and dryer.

### **Clothing:**

Generally, it's advisable to wear synthetics as opposed to cotton fabrics. Many years ago, it was suspected that cotton fabrics imported from China were infected with Morgellons. I don't believe that's has been verified to be true, but clothing from China often carries bedbugs and other parasites. Nevertheless, it's advisable to avoid cotton and wear loose fitting clothing. Always wash new clothes with a laundry protocol, (see below), to make sure they aren't bringing any hitchhikers into your home. Parasites seem more active on the skin where clothing is tight on

your body.

For some, copious amounts of cotton or lint-like balls accumulate on clothing and bedding. Lint rollers are used to remove them. I had to be very careful about wearing any clothes for a second time. It gets expensive to dry clean pants and jackets after every use. So, to re-wear clothing I dusted my clothing on the inside with diatomaceous earth. You can also buy Dryel kits that let you use your dryer to dry-clean clothing.

Diatomaceous earth made life much more liveable than ever before. Some diatomaceous earth products contain pyrethrins, which are natural insecticides produced by certain species of the chrysanthemum known as a contact killer. Instructions suggest no contact with skin. It's best to use regular diatomaceous earth. You can dust the sleeping quarters of the animals and it's represented as being nontoxic to humans and animals. Rather than dust it, add 2 tbsp to a 32 oz spray bottle, fill with water, shake well and then spray.

With continued use of the diatomaceous earth insecticide and stage one of the King Diet, I was able to rid myself of the pestilence - except for the sites on my neck. It was freedom I never thought I'd experience again. After all, here I was with the cleanest clothes and the cleanest bed in town, and I felt like a second - rate citizen infected with some parasitic scourge. It was a start. As you read on, you'll see how to move from Stage I of the diet to Stage II, III, and maybe off the diet.

Ammonia with or without peppermint can be used instead of diatomaceous earth to disinfect clothing without laundering. I would turn the sleeves inside out and spray the diluted ammonia (one part ammonia to 2 parts water). Then I'd turn the sleeves right side in and close the jacket or shirt to trap the ammonia fumes, and let it dry for 30 minutes before wearing. Sometimes, with more resistant organisms, you need to use full strength ammonia

With Collembola, because they often attack the ankle area, I used to recommend not wearing socks until they are no longer an issue. But that's bad advice. In fact, it's best to wear socks and wet them with any of our Nature's Gift® solutions - Mouthwash/Body wipe, Hand Soap, NG body wipe, and so on.

First take an hour or longer foot bath with ½ cap of 50% NG or ¼ cap of 100% NG and disinfectant. Then wet your socks with any NG liquid solution of your choice; wet as much as you can tolerate it without them dripping and put them on. It's like continuing the foot bath for another hour or two. Also do this before going to bed and sleep with them on. Read blog post, Sock it Collembola and Sock Sleeping at <http://bestmorgellonscure.com/Blog-Socks.html>

**Books and papers** - Here again, the oven is the answer. Read Disinfecting Papers and Books 8/30/18 at <http://bestmorgellonscure.com/Blog-Papers.html>

One of our coaches, Robin, suggests putting papers and books in Ziplock bags with menthol crystals or nuvan strips, or using a zap bug heater 25 X 37.5 X 23" for \$199 at [https://www.bedbugsupply.com/zapbug-heater-portable-bed-bug-heater.html?gclid=CjwKCAjwgyviIBhBkEiwA10D2j2itU55Bp7PjdJE2sHTUn5dFeL\\_2IS3LZXNzx03awgXOW8IQHIu9uxoCLxoQAvD\\_BwE](https://www.bedbugsupply.com/zapbug-heater-portable-bed-bug-heater.html?gclid=CjwKCAjwgyviIBhBkEiwA10D2j2itU55Bp7PjdJE2sHTUn5dFeL_2IS3LZXNzx03awgXOW8IQHIu9uxoCLxoQAvD_BwE)

## Opening Stored Boxes

Robin, my Sunday co-host had gotten her life back and had basically forgotten what it was like to have been infected. It was Christmas time, and she opened a box of Christmas ornaments that had been stored 3 years prior, and “bang” it was Pandora's box which ended up reinfesting her and spreading throughout her three-story house before she realized what happened.

How can you keep this from happening to you? First, don't open

the box but instead slip menthol crystals or Nuvan strips into the box - wear gloves that have been sprayed with an essential oil like clove oil so nothing can hitchhike on the gloves. You might even apply NG Skin lotion to your arms and not massage it in. Also you might wear goggles to keep the organisms from going to your eyes.

Next, tape the box shut so no organism can escape and let it sit for three months before opening again.

Eventually, when you do open the box, wear gloves sprayed with an essential oil, and have a sprayer with enzymes, or Benefect, or Mediclean disinfectant to spray into the box as you open it.

Ideally, use the electrostatic sprayer to spray the contents.

### **Furniture**

By the time most people suffering from skin parasites find me, they have already thrown out thousands of dollars of furniture. But that doesn't necessarily have to happen if you can effectively disinfect the furniture.

Of course, if the furniture that you have is pretty much worn out, then why not get rid of it and replace it with folding lawn chairs and furniture until you get the environment free of parasites.

Otherwise, if the furniture has value, then the best approach is to use ammonia or one of our disinfectants or enzymes - Benefect or Mediclean. But rather than go the approach I did, which was to simply to use a spray bottle to apply the disinfectant, get the electrostatic sprayer. Why? Because it took me three months to realize the parasites had taken up residence in the tufted portion on the ends of my footrest. I never sprayed there. However, if at that time, I had known about electrostatic sprayers, I would have only needed to spray in the area and the spray would have found the parasites hiding in the tuft.

When you spray with the electrostatic sprayer, pull the couch or



chair out away from the wall. Remove any cushions. You can put the cushions in a bag with menthol crystals or nuvan strips and tie the bag shut.

Spray the front and back of the chair or furniture. Then turn the furniture to expose the bottom and spray it. Don't put the chair or couch back against the wall but leave it about 8 or 10" from the wall.

Every day for at least 21 days, spray the furniture as done above. If there is netting on the bottom of the couch or chair, you might cut it out and remove it.

For the first few times you disinfect the furniture, wear gloves that have been sprayed with an essential oil like clove oil so nothing can hitchhike on the gloves. You might even apply NG Skin lotion to your arms and not massage it in. Also, you might wear goggles to keep the organisms from going to your eyes.

## **Interview with Morgellons Sufferer**

Following are questions I posed to someone who got her life back from Morgellons:

### **1. I asked how she can tell if they are in the furniture and this is her answer:**

*"I just notice more prickliness or stings for one. Also, I can lint roll and see the specks or fuzz balls. It sometimes takes sitting there awhile. When I got into my husband's car and drove it for a couple of hours, I felt more itchy than usual, felt little things lighting on my legs and a sting on my foot. Sure enough, that was the day my friend, Lib, caught it. She was sitting in the passenger seat."*

### **2. What do you do to deal with the fuzz balls in clothing and from your body?**

*I only see them on the lint roller when I roll clothes or bedding. If they're on my body I haven't noticed them. I swab w/white cotton and boric acid solution so may not see them. I get black specks,*

*black, red and blue crescent shaped threads, strands and filaments.*

**3. What precautions do you take to keep from infecting others?**

*Apply NG body wipe. I use a lint roller on sheets and car upholstery. I avoid spending the night at people's houses—avoid hugging or any close contact. I spray my hands w/ NG body wipe before touching their things.*

**4. What bathing protocols and products do you use?**

*I bathe with NG and use peppermint as a disinfectant.*

**5. Have others in your home been infected and when did that occur?**

*My partner got it, but he only notices occasional itching spells (every couple of weeks). He gets the two bite marks that have been characteristic of it but believes it's spider bites.*

*Another friend was infected (As of today, her friend, by using some aspects of the diet, garlic, and MaxOne glutathione is free of the parasites.*

**6. How do you treat your clothing?**

*Clothing is the main way I get reinfected daily.*

*a. Soak in detergent, borax, bleach or ammonia in hot water*

*b. Dry for 45 - 60 minutes with 1/3 cup ammonia in the dryer*

*c. Boil occasionally or microwave but that's actually too much trouble. Keep each article in separate plastic bags w/a bounce sheet.*

*d. Wear light colored, loose, non - cotton clothes when possible (it almost always feels better when I can do it).*

*e. Now, I mainly lint roll my sheets and clothes and spray seams with ammonia solution and iron w/ a steam iron. This seems more effective than washing.*

**7. How have you dealt with your work environment?**

*I work at home, fortunately. I have contaminated my keyboard, chair, rug and everything where I work. I spray them daily with ammonia.*

### **Disinfecting to the Extreme**

The above approach is basic and works for many, however, sometimes it's necessary to go beyond the above. If the parasites are floating in the air, then, they are not only near where you inhabit the room, but also on the walls and ceilings.

One approach is to wipe down the ceiling and walls with a swiffer sweeper using disinfectant. Then dust the floor with diatomaceous earth to kill any that escape the walls and ceiling. Use menthol crystals followed by an air purifier with a hepa filter. Alternatively, or in addition, use an ozone generator and or the electrostatic sprayer with enzymes or Benefect or Mediclean disinfectants, which are available in our online store.

### **Deodorant?**

One subscriber writes that ArridXX deodorant kills springtails (Collembola). It's worth a try. No one else has confirmed this. Just make sure you don't use anti - perspirants—most contain aluminum.

### **Helpful Skin Creams/Ointments**

Following is a list of skin creams and ointments and their relative value where known.

- 1. Nature's Gift® Debriding Soap** -Makes a dramatic difference for cleaning the skin for all skin parasites. The purpose of the soap is to deep clean the skin so that it may function normally.
- 2. Nature's Gift® creams, soaps, lotions, gels, and so on at <https://theorganicskincare.com>**
- 3. Neosporin Plus:** Available in any pharmacy for about \$5 and is great for rashes.
- 4. Nature's Gift® Bar and Liquid Soaps at**

<https://theorganicskincare.com/collections/bar-soaps>

**5. Caladryl, Zirodryl, calamine lotion:** All relatively inexpensive, easily found in most pharmacies, and fairly effective against initial symptoms

**6. AmLactin 12% Moisturizing Cream:** Another promising skin cream I've found effective with new or old lesions. It contains alpha hydroxyl and is available without prescription for about \$20 at any pharmacy.

**7. Eucerin alpha hydroxy cream**

**8. Boric acid solution** - 1/2 tsp powdered boric acid to 32 oz water -

**9. 10% sulfur compound.** Another great debriding agent. Call Ken's compounding in Farmingdale, NJ at 732-938-5545 and ask for the 10% sulfur compound for Morgellons. A 4 oz quantity is \$45.00 which is enough for maybe two head to toe treatments or 1 pound is \$75.00 which will last much longer.

Alternatively, for much less, you can purchase Flowers of Sulfur from Amazon and blend it with a lotion such as Amlactin or Eucerin alpha hydroxy cream, or Desitin 40% zinc diaper cream.

**10. Lime-sulfur** - dilute the concentrate with 50% water and apply direct to lesions.

**11. Metronidazole Cream or Betamethasone Cream** - Both great for lesions but only available by prescription.

**12. Any anti-fungal cream** (if fungus is also an issue).

## Sexual Contact?

One lady wrote and asked the following:"

*"Receiving these emails from you has become a godsend to me, because they really help me in the continuing and unending changes that occur in the use of the various products used by various users, especially the Debriding Soap. Before the soap, I was completely lost in controlling the avalanche of biting debris that covered my body day and night. I thank you and God for that!"*

*Now, these next questions are of a personal nature, but I desperately need your truest and best answers. What are some of the ways that you can infect your partner in love and does "sex" play a major part? What are some preventions or precautions? Please be specific for I really need to know, and our future depends on your answer. Thanks!"*

Deborah

*Answer: "First, skin parasites are not sexually transmitted. They are transmitted from skin - to - skin contact, so the bad news is that it doesn't matter whether sexual intercourse is involved or not. For instance, using a condom would make no difference or have any impact—you would still transmit the parasites.*

*Secondly, not everyone is susceptible to contracting the skin parasites. My best guess is that only one out of twenty or so is susceptible to them. Often, one marriage partner is infected and the other isn't. It seems that it's usually the wife that's infected and the husband isn't, although many men are infected. It gets to the point of the relationship being in jeopardy as the husband firmly believes the wife is crazy.*

*But rather than play "Russian Roulette," with intimate contact, it's important to assume that anyone you will be intimate with is susceptible to contracting them from you. The unfortunate reality is that many sleep in separate beds until the parasites are gone and one is no longer contagious.*

*I suggest that you refrain from skin - to - skin contact if you are experiencing biting, itching, burning, and crawling sensations. Skin fungus, Morgellons, and Collembola can be transferred even by a close hug — depending how badly you're infected.*

*If you are free of biting, itching, crawling, and burning, I would highly recommend bathing prior to intimate relations with Nature's Gift® concentrate for a minimum of 30 minutes, as in the instructions given previously.*

*I would also highly recommend giving your lover a massage with NG skin lotion at some point during your intimacy.*

*Please note that in no way am I guaranteeing that you won't be 27 out of 100,000 with the above recommendations. However, it's the best chance that you have of not being contagious."*

On another note, with scientific proof that at least 90% of Morgellons seems to have Lyme-related spirochetes...these bacteria are now believed to be able to be transmitted through sexual contact. [11]

**Re-infection:** The amazing reality is that with diet (chapter IV) and disinfection and bathing protocols (this chapter) you can, as many have, get your life back and be free of all the uncomfortable symptoms of itching, biting, unsightly lesions, and so on.

However, even when we have no symptoms and feel like we are cured, you, as well as me, can be reinfected. It most often happens by:

1. Accidentally wearing clothing from storage that was not effectively disinfected.
2. Rummaging through basements or attics that were not disinfected.
3. Coming into physical contact with someone who is infected.
4. Being exposed to another source of the parasites - sitting in an infected chair at salon, airplane, doctor's office and so on. Environmental exposure from your lawn, patio, and so on.
5. Thinking you're cured and abusing the diet by eating one of the 'No' foods on a regular basis for a week or so.

For instance, I once got reinfected sitting on our swing on the patio near our fishpond. For many years, something had been

getting into our fishpond and stealing the bigger fish. After having lost all the larger fish, I figured out it was a raccoon.

Finally, I got serious about it and put the net over the pond to protect the fish, and it worked. In the morning, I'd see where he'd crash into the net, but he didn't get through.

Raccoons are intelligent, so I surmise he spent a lot of time on the patio in front of the pond where our swing was. Near the end of August, I noticed parasitic activity on my legs every time I'd sit on the swing for twenty minutes or more.

The problem was, that it was my favorite place to take a nap late in the afternoon and by the time I'd wake up, I had activity everywhere on my body. I attempted to handle it with using the NG body wipe as spot treatment. That seemed to work, and I sprayed the patio with ammonia and NG. Thinking the problem was contained; I went back to my swing and fell asleep.

Before I knew it, I had tracked Collembola into the house—my sofa, floor by the kitchen bar, and the bedroom. I had also tracked them into my wood workshop, car, and the area under my desk at work.

Eventually, I was able to get them out of my floor space at home by washing the floor with full strength laundry grade ammonia and NG. I washed the floor every twenty-five minutes for about three hours.

But it didn't work at my wood shop or my office, or my car. In fact, I totally soaked the floor under my desk with full strength ammonia and could still feel them jumping onto my legs (I wore Burmuda shorts and no socks).

All the good Stage I work of the diet was being destroyed. It turns out that a lady from Texas, also fighting Collembola from bird mites, shared an article in which a triple pesticide was used with a

broad range of applications. It's actually the triple pesticide that was discussed earlier in this chapter.

I had ordered it and used it in my wood shop and the patio, but was too chicken to be human guinea pig until I had no option but to use it at my workspace.

I sprayed it at my workspace. As opposed to Malathion or Diazinon, both of which have a terrible odor and are effective against Collembola outside of your home, the triple combination of pesticides has no pungent odor.

After twenty minutes I sat in my chair and every few seconds noticed something jumping onto both of my lower legs. The difference, though, was that they were incapacitated. They did nothing. Excited, by the results, I sprayed my car - floor, seat, front of seat, lower dashboard, and inside the door. Again, success.

I went to my wood workshop and there was not activity - remember I had previously sprayed it.

I sprayed the patio and twenty minutes later, sat down. This time there was activity. There was a light rain over night and when I went back the next morning to play human guinea pig, there was no activity. The rain apparently carried the pesticide into the cracks between the patio stone.

However, the next day there was activity once again, and I also saw evidence of the raccoon attempting to break into the pond during the night.

Next order of business - get rid of Mr. Raccoon. So, I set a cage trap and caught him. The trap was within his arms reach of a Styrofoam kneeling pad and some of the mesh covering the pond. He reached and pulled a lot of it into the cage with him and he somehow escaped the cage.



The cage was full of shredded Styrofoam and plastic netting. I picked up the cage, at arm's length, and dumped it into the garbage can.

Within, two hours I was loaded with activity from head to foot and ended up taking, not one, but two baths with NG concentrate to nullify that one little experience. The only good thing I can say is that it was “proof of the pudding” that the raccoon was infected with a very resistant strain of *Collembola*.

Ultimately, I wasn't happy with the results of the triple pesticide and ordered Bifen granules. They must be made wet to activate the pesticide. But it didn't work either.

Then, I mixed up a gallon of lime-sulfur solution and rather than spraying it, I poured it over the patio stone and used the garden hose to spread the solution over the stone. Ultimately, I discovered that treatments are required every three days or so to keep the area free.

Recently I tried GardenSafe Fungicide<sup>3</sup> at the recommendation of my cohost, Robin. This has proved the most effective solution for the area to date.

## **What to Do If You're Reinfected**

Upon reinfection, which is easy to happen, the first thing to do is to bathe as outlined earlier in this chapter - three times a day for up to an hour and you may not have to go back to Stage I of the King Diet.

Remember, the NG cleans the organisms out of your skin, however, it may take up to 30 hours for the organisms to be neutralized by the NG alone, therefore, make sure you add in sufficient disinfectant to destroy the organisms and fungus in the bath as written previously.

To accelerate the cleaning process, dump in about 3 bags of **USED Nature's Gift<sup>®</sup> Ionic Minerals**. They will become mushy

when fully used up. Freedom is possible in less than a week. Since Collembola often attacks the ankles and lower legs, foot baths for hours upon hours with a 1/3 cap of NG concentrate and a third of a quart of hydrogen peroxide or 8 drops of peppermint oil are also important.

If you abused the diet, then, it's doing the above plus Stage I of the King Diet.

This resistant strain is also a nightmare on one's skin. One approach is to apply the diluted NG followed by applying MSM gel to the skin. One lady mixes 2 - 3 drops of peppermint oil with MSM gel in her hand to apply it to her skin. Between baths, frequent spot application on the skin of diluted NG or any of our creams, lotions, or gels may be required. Sometimes, you'll need to use a drop of the concentrate on a lesion or a bite.

Sometimes, chairs, sofas, autos, floors, and so on can be practically impossible to disinfect - you may need a pesticide or to treat with ozone. Until an area is free:

- ▶ Use a plastic barrier between you and the seat or infected area.
- ▶ For the entire time you're treating an area (especially for leather and floor spaces), every time you leave a chair, spray with full strength ammonia. And then twenty minutes before sitting down, spray the seat with full strength ammonia. If you notice activity on your skin, then apply a few drops of concentrated NG directly to the skin where you notice the activity. For instance, rub the concentrate around the underside of your legs, and on your buttocks where you'll feel them from sitting down.

It seems like the eggs can live for months. And the only way they seem to hatch is if they sense a food source — you, close by. Sadly, this means you are the bait until the last egg has hatched. Generally, diluted NG bodywipe won't provide effective relief unless you're able to keep wetting the spot on your skin continuously for about twenty minutes. The other option is to use

a drop of the concentrated NG directly on the area as noted above.

Keep pets away from the area you're treating.

Which brings me to the last point: It's advisable that whenever you are standing or seated in a contaminated area that you remove your shoes, spray the soles with either NG or ammonia and the inside of your shoes with NG and maybe even the shoes on the outside too.

### **Precautions to Keep Others from Becoming Infected**

1. Never let others use or wear your:

- Hats
- Clothing
- Comb
- Wash cloths
- Towels
- Chairs
- Jewelry
- Bedding

2. Stop going to the barber or the salon for a haircut, shampoo, or styling - it can be passed on to the next person unless the cosmetologist sterilizes his/her equipment. Maybe this is what is known as Barber's itch. If discovered in time, it can be treated successfully with Caladryl, hydrocortisone, Nature's Gift® Debriding Soap, 999 ointment, or Prednisone.

3. Do not shop for clothes while symptoms persist because trying on clothes could contaminate them for someone else who might buy them. Some subscribers have reported contracting their skin parasites from wearing someone else's clothing or trying on clothing in a store.

4. Never let anyone use your razor while parasites are active - generally a good practice anyway. Anyone using a razor blade that is contaminated will, within a day, have skin lesions. If that happens, I'd have them use Nature's Gift® Debriding Soap, 999 ointment, Tea Tree oil, or hydrocortisone lotion on the sites for a week. Our Clean-Em-Up-Zymes will also work too, just a little more expensive. I disinfect razor blades, and hair clippers with disinfectant spray or ammonia solution. I wash razor blades

thoroughly to eliminate the ammonia which, if not removed completely, can cause a skin reaction itself.

5. Don't have skin contact or sleep with unaffected people. I didn't carry my four-year-old son or let him ride on my shoulders. I didn't rough house with him or anyone. Nor, did I even hug anyone - distance is the best precaution.

6. Shampoo your carpeting with a disinfectant or add ammonia or enzyme cleaner to the rug shampoo or steam cleaner. My experience is that the mites/larvae/parasites on your body generally don't jump to others, not to say that might not happen from someone severely infected. They are passed with clothing, bedding, combs, jewelry, or by walking barefoot or lying down on a contaminated carpet or sitting in a contaminated stuffed or fabric/ leather chair. If one sits in a contaminated floor area, they may be felt as something jumping onto their ankles or legs.

7. Get rid of all standing water outside and inside your home - even make sure dishes in the sink are dry. Check your gutters to make sure they are draining and not collecting water.

8. As noted before, pour ammonia or pool shock (not together) down all drains (kitchen sinks, shower, bath tub, basement) where mites that transfer the parasites might thrive.

## **Bed Bugs**

Some sufferers have reported that their infection came from bed bugs. Bed bugs can be identified by their blood spots they leave on your sheets, pillows, and mattress and box springs. Usually, you see the black poop around the edges of the mattress and box springs. The good news is that they are often easy to get rid of using diatomaceous earth.

1. Buy a bed bug, zippered vinyl mattress cover to keep them from travelling back and forth from the mattress where they can live - get one for the box springs as well and put either menthol crystals or nuvan strips inside the covers. And remember to use

pillow protectors as well.

2 Under each leg of the bed place a trap with diatomaceous earth. You can use the bottom of any round container which is slightly larger than the bottom of the legs of your bed. Any bed bug that tries to travel up the legs of the bed will have to pass through a moat of diatomaceous earth and be cut to shreds in the trap. The bottom of a cottage cheese or yogurt container makes a great trap.

If you have a platform bed, (no legs) it's more of a challenge because the slats are often made from plywood, and you'll find lots of openings in the plywood for the bed bugs to live. Every slat must be inspected for the tiniest of openings and plugged with plastic wood.

In the long run you may want to get rid of the platform bed and get a regular bed with legs. You'll need to spray diatomaceous earth around the perimeter of the bed and any storage units in the bed. Additionally, spray diatomaceous earth around the perimeter of the mattress and likewise around the mattress cover before putting on the fitted sheet.

Keep in mind that bed bugs can climb up the wall and onto the ceiling and drop onto you from the ceiling. Use a funnel to put 2 tablespoons of diatomaceous earth into a 32 oz spray bottle and then add water to nearly fill the bottle, shake, and then spray the wall with a mist. It's best to inspect and clean the bedroom as much as possible. Bed bugs leave their black poop where they live.

3. Launder all your bedding with either bleach or ammonia as a disinfectant. Putting clothing in a dryer also kills them and their eggs. Use our **NG laundry soap** to avoid skin sensitivities to chemicals like sodium lauryl sulfate (SLS)..

If, however, you live in an apartment and they are visiting you from another apartment, you might spray diatomaceous earth into the electric boxes in the wall and spread around any cracks between the wall and floor. Obviously be careful not to

electrocute yourself when dealing with receptacles and switch boxes. And don't get the diatomaceous earth into the receptacle itself.

4 Make sure no covers touch the floor and that your bed or bedding does not contact the wall.

Bed bugs can migrate to other rooms in your home. Read, Essential oils restore insecticide effectiveness against bed bugs [2]

## **Electromagnetic Contribution, EMF**

The thing that is confusing for many people, including myself at first, was that while I had no symptoms any place else, I'd notice symptoms whenever I worked with my laptop. I just couldn't understand why I could sit in that same chair and feel nothing one time and the next time, experience crawling feelings. Then I learned from another sufferer that any device that emits electromagnetic fields (EMF), attracts the parasites, thus causing the crawling sensations. Of course, when I leave the electromagnetic source, TV's, computers and so on, the crawling symptoms disappear. Electromagnetic devices seem to drive them crazy and this continued for several weeks. Eventually, as I continued with the diet, ORAP, (now commonly called Pimozide), and the glutathione accelerator, within a few weeks I stopped reacting to electromagnetic sources. More about what ORAP is in Chapter VI.

One more point, the organisms can infect cell phone, computers, ipads and so on. You can put them in zip lock bags with menthol crystals for a few days to disinfect them.

A young lady had an intense problem with itching and biting symptoms. After several email exchanges we suspected cloth mites - basically, because none of what I suggested worked.

Finally, a year later she began improving after she had something

done about an EMF problem she discovered. She wrote, "*My neighbor placed a large Solar System on his home just before I became ill. I finally tested my house for EMF and had large readings in the kitchen, living room and basement. This is an older neighborhood and the homes have copper piping. This Solar System was large and feeding energy to the Utility Company. The system was throwing current thru the copper water pipe system into the street. Because the homes are grounded, the water pipe and current was traveling into my water pipe, into my grounding system, and into my home. I had high levels of Electric Magnetic Fields in the house. It has been fixed now and I am recovering - this made me very ill as you know. It broke down my immune system and nothing I did would get me better. I think this is happening all over the country - Grounding to the water pipes is NEC code. It needs to be changed - of course no one listens to me. I have it all documented. This almost killed me!!*

*You can buy an EMF meter online for \$40.00 and test the copper water pipe coming into the house. They need to turn off the power to the house and then test - if you have emf - then you could have a problem also. You need to be careful with electrical!!!! Test the whole house - I found it in my grounding system to my house."*

Unfortunately, if you are EMF sensitive, modern technology makes life more difficult. Cell phones contribute and the problem gets worse as they go from 4G to 5G. Even 3G modems are bad news.

Going beyond skin parasites, EMF is bad news. For instance, the typical wireless baby monitor sitting next to the crib is literally bombarding the baby with microwaves.

Now with 5G, the frequencies are so minute that they mimic the frequencies used in the human body to open cellular pathways to flood the cell with calcium thus affecting the endocrine system and destroying immune functioning.

The problem is that instead of thousands of transmitters, they need millions. They need them on telephone poles as the frequencies are easily stopped by trees and there are tens of thousands of transmitters in space. Remember driverless cars are based on 5G. The 5G frequency affects the skin - the body's largest organ.

With respect to cell phones and modems, it's advisable to keep them out of your bedroom.

If you are EMF sensitive, or even if you're not, and you'd like to reduce this pollution, there are several inexpensive things you can do:

1. If you have the new smart electric meter, you can buy a cover for it for around \$45 to reduce the EMF from it. Go to **<https://smartmetercovers.com/>**
2. For cell phone protection, use shungite flat discs to apply to the phone We have them at [https://theorganicskincare.com/products/shungite-cell-phone-plate?\\_pos=1&\\_sid=7ff54bce4&\\_ss=r](https://theorganicskincare.com/products/shungite-cell-phone-plate?_pos=1&_sid=7ff54bce4&_ss=r)
3. Install Stetzerizer filters in your home. Go to **<https://www.stetzelectric.com/>** to find a dealer near you in the US. Generally, install one filter in each room to be safe.
4. EMF protective cloths and covers are available to cover modems and other EMF producing sources.
5. Receptacle testers. You can test your own grounding circuits with a tester. We have them in our store along with grounding blankets and grounding wrist bands. The grounding tester will tell you if each circuit is grounded effectively or if the live wire is in the wrong location. Find it at



<https://theorganicskincare.com/collections/grounding/products/grounding-tester>

6. EMF protective clothing is also coming of age.

Read more at:

Whole House EMF Protection - The Definitive Guide [3]

What Is Whole House EMF Protection?

- ▶ Protecting Your Bedroom
- ▶ Dirty Electricity In The Home
- ▶ Protecting Your House From Outside EMF Radiation
- ▶ Protecting Your Home From Smart Meters
- ▶ Appliance EMF Radiation
- ▶ Getting An EMF Meter
- ▶ Whole House EMF Protection Products

5G Radiation Dangers - The Definitive Guide [4]

- ▶ Why the need for 5G
- ▶ The technological benefits of 5G
- ▶ The components that are required to make 5G work
- ▶ The limitations of 5G and how they are dealt with
- ▶ The health hazards associated with 5G

For even more information, there are many blog posts summarizing videos of various experts having been interviewed regarding the danger of 5G and EMF.

- ▶ Interview with Dr. Kingnardt [5]
- ▶ Interview with Claire Edwards [6]
- ▶ Larry Gust [7]

## **Contaminating Other Areas**

Collembola (Springtails) and Strongyloides are only transferred by whatever your body (body heat) comes in contact with for several minutes. Example, if you're sitting barefoot in a chair, they will transfer to the chair and the floor. Later when you again sit in that chair (if not decontaminated) the parasite will transfer

to your clothing and body and the soles of your shoes. Wherever you walk you will transfer them to flooring and steps — more so on carpet. If you hang contaminated clothing in your closet, they will not transfer to other clothing as there's no heat source unless you are dealing with cloth mites which will go through your entire closet in days.

But, many people do need to put their clothes in zip lock bags with menthol crystals to keep them from being contaminated

If there's a contaminated bird nest on top of your window air conditioner, the air conditioner will blow them into your home. If you open your window, air currents may bring them in.

Rats, mice, or other animals such as squirrels must be exterminated from inside your home. Otherwise, they will continue being a source of mites. Spray ammonia solution wherever the vermin may have been or on their fecal matter before cleaning it.

Morgellons can also be transferred by being in physical contact with infected slime mold, filaments, mites, and or organisms coming from the skin of an infected animal. Remember, you can pick up any of these parasites by sitting in any infected chair — even airplane seats.

## **Mites**

According to Encyclopaedia Britannica there are over 40,000 species of mites. Mites can take up residence in the scalp, ears, nose, or pretty much anywhere they desire to reside.

Scabies are the species most physicians are familiar with and often are treated with ivermectin and a double descending dose of prednisone. But for some reason, this approach doesn't work for other species of mites. Studies have shown that ivermectin combined with permethrin (elimite) cream two days in a row,

three times a month, over a three - month period is 97% effective. Combination Therapies Useful for Severe Scabies Cases [12] A medication that is also more effective than ivermectin is nitenpyram which is available through the lufenuron people in Mexico.

A lot more information available in my free report, “Win the War of the Mite.” [8] <http://bestmorgellonscure.com/Mite%20war.pdf>

## **Cloth Mites or Cloth Parasites**

Cloth mites don't respond to the diet or the approaches as described in this book. Over the years, I've found a few sufferers that are not able to kill their skin parasites by laundering their clothing with bleach or ammonia and maybe it's because they suffer from a different parasite other than the ones with which I'm familiar. The cloth mite behaves differently than the springtails (Collembola) or Morgellons.

My Sunday Co-host, Robin, dealt with the cloth mite. She described the holes that they left in her clothing as being perfectly round. She developed a successful method of getting rid of them involving pre - soaking with ammonia in a closed plastic tub, then pre - soaked in the washer with ammonia, then used borax and pool shock (not with ammonia), dried for 1.5 hrs on high with ammonia and peppermint and then bagged them with nuvan strips. She claims that freezing didn't kill them, but that high heat can. Details in blog post “Are Cloth Mites Complicating Your Morgellons Symptoms” 5/10/20 at <http://bestmorgellonscure.com/Blog-Cloth-Mite.html>

It's also a good idea to dust clothing (after laundering as described above) with diatomaceous earth. The mite or parasite is more like a microscopic flea which eats anything made of cloth.

If you put an infected garment in your closet, they will spread throughout your closet and infest all the clothing in your closet.

## **Skin Fungus Can Be a Nightmare**

Virulent forms of it can overtake your skin in minutes. Most references about skin fungus discuss ringworm, athlete's foot, and jock itch. Yet, if you google images of "skin fungus." you'll see how serious it can get, and it's not limited to the feet and pelvic areas of the body, but when you look for over-the-counter meds to deal with it, you're limited to meds for jock itch and athlete's foot.

### **How to tell if you have skin fungus vs. skin parasites:**

First, in the beginning stages of it, moving to new portions of your body, you're going to feel a burning sensation - read about it at [webmd.org](http://webmd.org). The skin will also generally be red and inflamed. Secondly, you will feel itching and a biting or stinging sensation. The difference between a skin fungus stinging sensation and Morgellons or Collembola stinging sensations is that fungus is not persistent. With Morgellons and Collembola, the stinging and biting is persistent and lasting at the same spot, whereas with skin fungus, it will last a moment and then be gone to another place in your skin.

In advanced stages it may be difficult to tell the difference between skin fungus and the parasites.

I learned about it the hard way. When I first used Nature's Gift® in the tub, I did not know to use a disinfectant. Everything was fine for months and then out of nowhere, my body was burning up - especially my legs after I got out of the tub. Below, you can see the spots where it even attacked my foam pillow.



As you read the following, you'll see many parallels between how to deal with Collembola and how to deal with skin fungus, and yet, some differences.

**What you should know about skin fungus:**

1. The fungus can migrate through your clothing to infect, not only your clothing, but chairs, couches, car seats — everywhere you sit.
2. If you hug someone, you can transfer the fungus to them if it's on your arms or clothing, and your clothing touches the other person.
3. Stage I of the diet is important as many foods feed skin fungus.
4. It can spread like wildfire in a bath if you don't use an effective disinfectant.
5. Ultraviolet rays, as in sunshine, destroy it. However, excessive ultraviolet rays can lead to skin cancer too. So be careful if you're using an ultraviolet lamp.

**How to get rid of it:**

1. Bathing is important - three times a day for 45 minutes: Use one or two capfuls of Nature's Gift® Debriding Soap Concentrate

plus about a half cup of vinegar (apple cider is the best (with the mother), but plain old apple cider vinegar works fine in the bath. Plus a tablespoon of sea salt, plus about 2 ounces (4 tablespoons) of pool shock. Alternatively, maybe two quarts of 3% hydrogen peroxide or 1/3 cup of 35% hydrogen peroxide, and/or oregano oil.

2. After bathing, shower off with one of the NG bar soaps to remove what has stuck to your skin after getting out of the bath. Dry, and then wipe down your affected skin with Nature's Gift® (NG) diluted debriding soap (body wipe). In extreme cases, after it has dried, spray on a fungal spray with Minconazole nitrate or Tolnaftate (typically athlete's foot spray) or use an antifungal cream.

3. Take the prepared NG mouth wash/body wipe (ionic minerals, peppermint, and cinnamon) with you and apply it to your affected skin every hour or so. My experience was that the cream was not as effective as the body wipe. If you feel the burning or itching, it's an indication that your clothing is being infected and you should do a change of clothing asap.

Even when you do not feel any sensations on your skin, keep applying the body wipe every several hours for a couple days.

4. Disinfect any chair seats and chair backs (wherever your clothing has been in contact) after getting up. Car seats, seatbelts, couches, and so on are included. Lysol may be work, but definitely ammonia spray is the best.

5. Spray the inside of your shoes with the fungal spray every time you take them off.

6. Turn coats inside out and spray them with Lysol or ammonia and then turn them right side in to dry.

7. Launder your bedding every day until you begin improving.

Even with NG Laundry soap, you'll need to add a cup of either bleach OR ammonia to your washer. Never use ammonia and bleach together as the chemical reaction will create deadly chlorine gas.

8. Make sure your dryer is disinfected. Add about a third of a cup of ammonia to a laundered towel in your dryer to disinfect as it dries your load. Do this with every load.

9 Never reuse a towel or wear any clothing a second time until you're free of symptoms for a few days.

10. If you live in a moldy/mildew environment, you'll need to purchase an ozone generator. Don't depend on your air filtration equipment to do this job even though they can generate ozone — covered earlier in this chapter.

11 Air filtration may be important too - covered earlier in this chapter.

12. If the fungus is on the lower part of your leg and ankles, then supplement your bathing with foot baths using the same ingredients:

- ▶ a few drops of NG concentrate
- ▶ a teaspoon of sea salt
- ▶ ½ C. of vinegar
- ▶ about 1 teaspoon of pool shock or 8 - 10 drops of peppermint oil.

13. It's even possible that your sleeping partner will not be affected with any burning, rashes, biting, or itching but will still be a carrier. In other words, show no signs of skin fungus, and yet still be a carrier and infect and reinfect you. He/she must go through the same cleansing program outlined above. Most likely, it will be much quicker than for you.

But, what is even scarier, he/she can infect others too.

Note that skin fungus might even migrate upwards to the underside of your desk or dining room table, or to a hanging tablecloth at your dining room table. So, disinfect that also.

If you go to [www.moldblogger.com](http://www.moldblogger.com) and go through the site there are three main causes of mold growing on the skin:

1. Excess moisture from humidity or improper drying procedures.
2. Diet - too much fruit, yeast, etc.
3. Skin reaction from direct body contact with contaminated articles of clothing, or furniture.

To improve one's environment is important to reduce damp moist areas with dehumidification - more later.

## **Other Fungal Infections**

The more prevalent fungal infections affecting Morgellons are skin fungus as discussed above and Candida/yeast infections discussed later in Chapter IV.

Nail fungal infection of the fingers and toes. Hand and foot baths with ¼ cup of 100% NG and ½ cup of apple cider vinegar three or more times a day for starters.

Hair Fungal infection. The symptoms include yellowish crusty areas, abscesses, black dots on the scalp where the hair shaft is broken off at the skin level, and inflammation. There may also be dry scaly patches on the scalp. The lymphatic system may be involved with swelling or enlargement at the neck. Those with pets such as dogs or cats will sometimes contract a fungus known as M. Canis causing scaly patches. Read blog post, "Cleaning Your Scalp of Morgellons, Mites, and Other Organisms," <http://bestmorgellonscure.com/Blog-Scalp3.html>

## Fungal infections in the lungs



Aspergillosis is a fungal infection in the lungs. The fungus is commonly found in air vents, airborne dust, and compost heaps. Generally, after a lung infection it take up residence in cavities in the lungs. It starts as a small ball of fungus fibers, blood clots and white blood cells. The ball grows to fill the space destroying lung tissue. It usually doesn't go beyond the lungs.

Blastomycosis is another fungus that infects the lungs and other organs. The fungus is typically found in moist soil and in decomposing matter such as wood and leaves. Generally, it's found in midwestern, south-central, and southeastern states. Blastomycosis is contracted from breathing in the microscopic fungal spores. Most who breathe in the spores are not affected, but some develop symptoms of fever and coughing. If not treated, it can become.

Lung and breathing issues can often be aggravated by Morgellons.

For both blastomycosis and Aspergillosis, consider starting lufenuron and our anti-fungal pack consisting of Chitosanase and Calcium Decylex and make an appointment with your physician.

### Fungal infections in the nervous system

Cryptococcal meningitis and histoplasmosis are two examples, Meningoencephalitis is a brain abscess or aspidal epidural infection. These fungal infections are generally not commonly found with Morgellons but they must be treated aggressively by your physician, Ketoconazole is generally recommended treatment for these fungal infections

### Thrush fungal infection

Thrush is a fungal infection of the mucous membranes of the. Oral thrush is a yeast type Candida fungal infection which typically follows a change in the chemical balance in the mouth such that Candida is favored over the other micro-organisms in

the mouth. It's often due to taking antibiotics or chemotherapy. Auto immune diseases such as AIDS can cause it too. It shows up as small white, yellow, or cream-colored spots in the mouth which can be scraped off, leaving bleeding areas beneath. Fixing ill - fitting dentures and adjustment of diabetic treatment are often important to help resolve it. Using our mouthwash will also be helpful

### Sporotrichosis (aka "rose gardener's disease")

Sporotrichosis is an infection caused by SPOROTHRIX. SPOROTHRIX lives in soil and on plants such as rose bushes, sphagnum moss, and hay.<sup>2</sup> Infection simply comes from physical contact with the fungal spores in the environment. Infection of skin is most common from the fungus entering the skin through a small cut or scrape. Many report that their Morgellons started after falling into rose bushes.

Sporotrichosis can affect the skin of the hand or arm that has contacted the fungus or, if inhaled, the spores can cause Pulmonary sporotrichosis which is rare. If the fungus spreads to other parts of the body such as bones, joints, or the central nervous system it's called Disseminated sporotrichosis.

There are some who believe that Morgellons is sporotrichosis and promote the use of Super Saturated Potassium Iodide (SSKI) to get rid of it. We have SSKI in our on - line store and since it is a fungus, lufenuron, as well as Chitosanase and Calcium Decylex from our on - line store would be recommended.

### Candida Auris

Candida Auris is a more recent fungal infection bred by overuse of anti - fungal medications and usually contracted from being hospitalized. It results in a high fever, sepsis (blood poisoning) and can be fatal. It is resistant to most all antifungal medications and is not connected to Morgellons unless you've been hospitalized and contracted it there. In conjunction to treatment by your physician, lufenuron as well as Chitosanase and Calcium

Decylex from our on-line store would be recommended.

## **Controlling Mold/Mildew in Your Home:**

Use a dehumidifier and an air purification unit and circulate the air. In my finished basement I use a small countertop dehumidifier by Eva-Dry (at [www.eva-dry.com](http://www.eva-dry.com)) which I modified by drilling a hole in the tank of the unit. I attached a hose to the unit's tank with a sealant (Geocel 2020) so it would drain into the basement kitchen's sink. Otherwise, I'd have to be dumping the tank every day. I also use an ozone generator on a weekly basis to kill bacteria and mold. Additionally, I have an exhaust fan in the basement's bathroom that I have set to turn on automatically every day for half hour increments every couple of hours or so to vent the basement air outside. I also had to add a fan to circulate air in one corner of my basement. Professional units that do this are by Wave company. My system is a lot cheaper. For Wave, google "wave home solutions."

Eva-Dry also makes portable dehumidifiers for closets. You simply hang them or place them on a shelf and when the indicator changes color (indicating it has absorbed moisture) you plug it in to a wall outlet for a few hours to reactivate the unit.

The people at [www.Shop4Morgellons.com](http://www.Shop4Morgellons.com) strongly suggest taking lufenuron is you live in a moldy or mildew environment.

## **Mold in Carpets**

If it's an old carpet, take the easy route and throw it out.

First, use the ozone generator - remember ozone can destroy some fabrics. If you're only dealing with a small area, wear gloves and use a breathing mask. Start cleaning the carpet with a basic solution of NG Laundry Soap and water in a steam - cleaning machine. After wetting the surface suck up the water and repeat until the water starts coming out clear.

Bleach has been a mainstay for dealing with mold, but newer evidence suggests that bleach only complicates things. The better approach to dealing with all kinds of mold is ammonia.

But here's the kicker which may simply make it more reasonable - replace the carpeting. Here is how you would clean carpeting: It's recommended that you remove the carpeting and place it on a flat area such as the carport or driveway. Hose both sides well to remove dirt and soil. Dump several buckets of the ammonia solution (one part ammonia to 3 parts water) on each side and scrub with a broom or hard bristled tool. Rinse both sides well and remove as much water as possible with a wet/dry vacuum or another cleaner that will pull water. Allow the carpet or rug to dry thoroughly.

Whichever method you choose, always dry the area completely by opening all windows, using a heater, fan, or dehumidifier. This is very important, or the mold will just grow back.

## **Cleaning Moldy Furniture**

First use the ozone generator. Then, if necessary, soak a clean, soft wash cloth in a solution made of 3 parts water and one capful of NG laundry soap in a gallon of water. Wring the solution till the cloth is almost dry. Wipe only a small area of the surface of the wooden furniture to remove mold from it. Then wipe with a cloth in plain water and use a dry cloth to dry the surface.

If you notice a white, greasy film on the furniture (wax build up) use furniture cleaner such as a paint thinner to get rid of it. Alternatively, Nature's Gift® Debriding Soap can be used as it is a deep cleaner.

If the mold has grown into the wood under the finish gently scrub the affected area with a solution made of 5 parts water and 1 part chlorine bleach and one part borax. Rinse the surface thoroughly with plain water. Dry thoroughly. **Do not** use bleach on finished

surfaces.

Put the cleaned furniture in the sunlight for a couple of hours if you can. Sunlight aids in oxidation and will help eliminate the source of mold/mildew. Ensure that the day is clear, with very little humidity in the air. Check the weather before proceeding. You want to eliminate mold, not encourage it. For more information please go to [www.ehow.com](http://www.ehow.com) and search for “how to remove mold from wood furniture.”

### **Moldy Clothing:**

Take all the clothing that is affected out of the closet or drawers. If mold is growing on the clothing, take them outside, wear a dust mask, stand up wind, and beat the mold from your clothing.

Next, launder the clothing using a cap full or two of NG laundry soap, a cup of borax, and one cup of ammonia to a load of laundry. Make sure the closet or drawers from which the clothing has been stored has been treated by spraying with ammonia before returning the dried clothing to it.

### **Hot Tubs and Hot Tub Rash**

If you are fortunate enough to have a whirlpool or hot tub, NG is fantastic. Fill above the jets and turn it on. You'll have three inches of wonderful NG suds and lather. Don't worry. NG is great for your whirlpool. It will clean it out and keep any corrosion from happening. You can relax for an hour with the jets massaging your body. However, if you do not disinfect the jacuzzi, hot tub rash can be the result.

See your hot tub instructions for proper disinfection. Personally, I use about four ounces of Pool Shock with warm water and run the jets for about ten minutes. But check with your manufacturer to make sure pool shock won't damage your unit.

Hot tub rash may not clear up with simply using NG and apple

cider vinegar. You may get better results by applying hydrogen peroxide to your skin. It is contagious through skin contact or clothing and it is uncomfortable.

According to Medscape, “Symptomatic relief of *Pseudomonas* folliculitis may be achieved through the use of acetic acid 5% compresses for 20 minutes twice a day to 4 times a day.

In *Pseudomonas* folliculitis patients with associated mastitis, in those with persistent infections, or in those who are immunosuppressed, a course of ciprofloxacin (500 or 750 mg PO bid) is advised.”

## **Pets**

Many report that their pets are infected. They find that the pets are a source for reinfection. If nematodes are a part of the problem, having their veterinarian perform a stool analysis for *Strongyloides stercoralis* and other parasites is the way to go and then a de-wormer treatment. Chapter II has the microscopy for *Strongyloides*.

Finding the nematode in your pet is generally a likely indication that it's also in your body.

## **Dogs and cats**

One subscriber found a dog food by Rachael Ray, Just 6, which is highly compatible with the King Diet. Otherwise, you're safe feeding them table scraps since you too are on the diet. Two other great organic foods for dogs and cats are Orijen Regional Red and Primal Freeze - dried Nuggets

The subscriber uses topical spot treatments like Frontline Plus and Program in addition to Tri-Heart Plus. She rubs down each pet every day with Nature's Gift® Debriding Body Wipe (4 oz per gallon) with a microfiber cloth. For the ears, she uses Nature's Gift® Debriding Soap body wipe in a dropper.

According to my Sunday Co-host, Robin, a better solution is a Seresto Collar - expensive but they last 8 months, and combining that with monthly lufenuron in their food, and weekly nitenpyram. In addition, Adams Pyrethrin Flea Dip for dogs and cats is super effective. Initially you may have to do it weekly, then monthly, till your house is clear.

Pets should also be dewormed. Go to the pet page of **[www.Shop4Morgellons.com](http://www.Shop4Morgellons.com)** to obtain fen ben and nitenpyram for your pet. Note ivermectin is not recommended for dogs as some dogs with a particular gene can die from ivermectin.

For cats have two containers with two cups of warm water and two clean wash cloths. In one container add one capful of the flea dip. Hold your cat by the scruff of the neck, (like a mother cat holds a kitten) and rub the mixture all over. Hold the cat still for 8-10 minutes. Then use the clean washcloth and water to wipe the mixture off. Do this in your bathtub and then disinfect the tub when finished.

Give your pets lufenuron for cats and dogs either in capsule form or powder sprinkled on their food once a month. Remember to add fat whenever you give your pet lufenuron.

Warning: Do not use our Beauty Forever Shampoo with cats as it has lavender which is toxic to cats. It's OK for dogs.

Another subscriber, who is also dog groomer, wrote, "*I am giving them Program every month and gave them Pancur wormer for five days in a row as proscribed by vet for strongyloides. Ear treatment: I used DermaPet TrizUltra+ Keto ear cleaner (RX).*" Note, you only need to use lufenuron once a month with fat.

*It works well for collembola in dogs ears and does not cause irritation. When that ran out I used DermaPet TrizEDTA (Entirely Pets.com).*

*This is by no means a quick fix. If ears are inflamed or filled with*

*waxy debris, have the vet clean them thoroughly and treat for mites and any secondary infection. As a dog groomer, I've seen many people make the ears worse by improper cleaning, so have vet instruct on proper cleaning. Keep in mind when using a miticide that some breeds cannot tolerate ivermectin. My boxer had a severe reaction, and it cost me \$300.00 to have her ears treated. It was not a problem for my rat terrier. After the ears are cleaned, use DMV products no more than every other day. Check ears every day."*

The above was written before Nature's Gift® was available to use as an ear cleanse.

*At another time she wrote, "Here is a tip for your subscribers. When our dogs were heavily infested I had them on Revolution. They were so badly infested with Collembola that their eyes and ears were swollen shut. I changed to a topical called Vectra (rx), had to apply weekly for a month, then every two weeks and so on. They now have no signs of infection. It turns out that the main ingredients are permethrin and dinotrifuran, an IGR, They are also on Tri - Heart Plus (Ivermectin). For strongyloides I am giving them Program every two weeks to load dose and gave them Pancur wormer for five days in a row as prescribed by vet."*

#### Product Summary:

Frontline Plus

Tri-Heart Plus

Lufenuron for Collembola and mites

*Vectra (rx)*

Pancur wormer (Fenbendazole) for worms and also five days in a row as proscribed by vet for Strongyloides

Revolution for worms

Seresto flea collar

#### General Ear Treatments:

DermaPet TrizUltra+ Keto ear cleaner (RX)

DermaPet TrizEDTA

Nature's Gift® Ear Cleanse - a few drops.



Skin Cleaning

Nature's Gift® Debriding Soap as body wipe

Shampoo with NG

Lime Sulfur dips

## **Essential Oils That Are Poisonous to Cats**

- Peppermint oil. • Citrus oil (including lemon oil)
- Tea tree oil (melaleuca oil) • Pine oil.
- Thyme • Eucalyptus oil. • Cinnamon oil.
- Lavender oil. • Pennyroyal oil • Sweet Birch
- ylang ylang

Both ingestion and skin exposure can be **toxic** to cats.

Safe oils for cats are lemongrass, rosemary, and cedarwood.

Note: While CedarCide is OK with cats, some cedar oils can be toxic.



## **Chapter IV The Morgellons aka King Diet & Compatible Supplements that Make it Work**

### **The Crux of This Program - The Morgellons Diet**

Cleaning your skin and disinfecting are super important, yet, without the diet, I don't know how to get one's life back.

I say, "Don't try the diet - Do the diet - make it work!" For some people the diet "kicks in" within hours, for others it can take two or more weeks before the diet "kicks in." But there is no doubt that the diet works. There is a list of medications in Chapter VI that help "kick in" the diet. Boosting your glutathione levels with the MaxOne product in our online store also helps "kick in" the diet and we also have an herbal formula, Nature's Gift Parasite Stop Herbal Formula to help kick in the diet.

Unfortunately, there are some medications that have been found

to make it difficult for the diet to “kick in.” They are often used for narcolepsy and ADHD. So, the following are NOT recommended :

Adderall XR (amphetamine)  
Concerta (methylphenidate)  
Dexedrine (amphetamine)  
Evekeo (amphetamine)  
Focalin XR (methylphenidate)  
Quillivant XR (methylphenidate)  
Ritalin (methylphenidate)|  
Trattera (atomoxetine hydrochloride)  
Vyanse (lisdexamfetamine dimesylate)  
Nuvigil  
Gabapentin  
Neurotin

For more detail, read the following blog posts:

More Medications that Feed Morgellons Disease 7/7/19

<http://bestmorgellonscure.com/Blog-Medications1.html>

Medications that Feed Morgellons 6/26/19 at

<http://bestmorgellonscure.com/Blog-Medications.html>

Some of these meds are used for ADHD. “**Strattera**, on the other hand, is a nonstimulant medication. It works by increasing levels of norepinephrine only. Norepinephrine has lesser effects on attention and mood than **dopamine does**. Since **Strattera** doesn't **affect** your levels of **dopamine**, there's no risk of a crash.”

However, other references claim Strattera raises dopamine - go figure.

Alternate medications for ADHD might be Focalin (dexmethy - phenidate) or Ritalin (methylphenidate) as neither increase dopamine uptake.

## Parasites Have Food Preferences

I have found that both Morgellons and Collembola have food preferences and the goal is to stop feeding them what they like. The only problem is that I like many of the same things they like.

There are foods that they love such as most common carbohydrates, breads, most fruit... because in addition to dopamine they feed on cortisol and sugar, and they rewarded me with itching and biting that drove me crazy.

Then, there are foods that generally starve them. Perhaps if one has been recently infected, within several months, they can be gotten rid of without the diet as detailed in the previous chapter. But, for those who have been infected for months or years, I firmly believe that the diet, in combination with deep cleaning your skin and disinfecting your surroundings as directed in the previous chapter are required. And then, if affordable, supplementation with specific nutrients is important.

The King Diet works best when used in conjunction with the glutathione accelerator (MaxOne). The benefit of the glutathione accelerator for working with skin parasites was not discovered until 2010.

With Collembola and Strongyloides, ORAP or Zyprexa (more about them in Chapter VI) sped up my ability to move through the stages of the diet explained in this chapter.

The diet, as I initially discovered it in the late 90's, has three stages (stage I, II, and III). Stage I was necessary to get rid of the symptoms of itching, crawling and biting. I stayed on Stage I of the diet for up to 90 days to see if it got rid of the parasites and found that after I went off the diet for a week or so, the parasites were back. So, there's no advantage to staying on it longer than you need to, which could be as short as a week or so, if you are perfect with the diet, perfect with disinfecting your surroundings and bathing enough to clean them from your skin. I found that if I'm on Stage I of the diet and free of any foods that activate the parasites, I can advance to stage II of the diet within several days. But it was with the help of ORAP and the glutathione accelerator. Without both ORAP and the glutathione accelerator (MaxOne) it would have taken me much longer.

The trick is making sure no foods are eaten on stage I that activate the parasites. For instance, for years I thought cheese was a stage I food, but because of the time dilation factor - more about that later, cheese was never truly tested. I did have an opportunity to test cheese - it was by accident - and found that cheese activates the parasites during Stage I. Now I understand why I've had trouble from time to time with Stage I.

If I'm free of any foods that activate Collembola for several days, they seem to go into some kind of remission at which time I can add tastier foods on Stage II such as selected flavors of Haagen Dazs ice cream, and chocolate cake. After many months on Stage II (but only with something that reduces dopamine uptake in the brain like Orap or our Nature's Gift Herbal Parasite Stop Formula), I can move to Stage III.

But, in general, I can be very happy on Stage II of the diet and was for ten years. Fortunately, for Collembola, Morgellons, and Strongyloides sufferers, there is our NG Herbal Parasite Stop Formula and several medications listed in Chapter VI to help move from Stage I to Stage II and then to Stage III of the diet by reducing dopamine levels in the brain and turn off the sensing mechanism that attracts the parasites to you.

Why reduce dopamine uptake in the brain? Recent research has found that pimozone (ORAP) reduce reduces parasitic activity. Thus, ORAP, generally used for treatment of Turrets Syndrome has an alternate use – a **dopamine antagonist**. For more information read blog post “Why Medications Block Parasitic Activity,” 2/13/20 at <http://bestmorgellonscure.com/Blog-Medication2.html> which links to the research.

On the other hand, we know of some meds, listed earlier in this chapter, that actually turn on parasitic activity and make it difficult, if not impossible, for the diet to “kick in.”

As written earlier, we are researching the use of herbs to reduce

dopamine levels. Read blog post “Dopamine Levels Reduced Naturally,” at <http://bestmorgellonscure.com/Blog-Dopamine.html>

### **Basis of the King Parasite/LYME Diet**

There is no theory to this diet. I named it the King Diet because it's the best - tops - King when it comes to reducing symptoms. I found this diet by trial and error through doing an elimination diet. I started initially by eating only eggs - nothing else - no oil or butter with the eggs - and noticed the symptoms (the itchy biting all over the body) had practically disappeared within hours, at which time, I really became motivated to learn more about diet.

Now, eating eggs can get boring so I began adding protein in the form of meats and found the symptoms remained minimal. Eggs and meat can get boring so I would add other foods and each time I added an ingredient or food that the parasites liked, they let me know they were alive by biting and itching me everywhere. The strange thing was the timing. If I had a breakout and went to safe foods, the symptoms disappeared within hours. Of course, in conjunction, I had to make sure that all clothing, jewelry, and furniture - anything I was physically in contact - was disinfected as I explained in the previous chapter.

On Stage II cheese can be added, however, I know that if I had been affected by *Candida Albicans*, it would be important to replace white rice with brown rice and also to avoid cheese. Of course, goat and sheep cheeses are healthier for me than cow's milk cheese. I found that in Stage II, I could eat all types of cheese except for the processed cheeses. I went to a website that provides a diet for eliminating *Candida*. It starts with lots of vegetables, yet some of those vegetables, such as asparagus and artichokes, which are on the *Candida Albicans* diet contributed to reactivating the parasites when I ate them. So, they are not on the *Collembola* diet. However, Morgellons people have no problem with them.

One problem I found with testing foods is that once I had my environment disinfected and the diet started, there was little time to test some foods. And even this was complicated because I often use my laptop computer. As I noted in the last chapter, being physically close to computers, TV monitors, or electromagnetic equipment brings on the crawling sensations. Initially, I didn't know this, and it made food testing somewhat confusing.

Within a day or so of a parasitic break-out, if I ate something that the parasites enjoy, the parasites would activate within minutes or hours. However, if I'm successful at staying on the diet for a week or longer, and then eat something they enjoy, it takes them up to 48 hours to activate. I call this the “time dilation factor”.

**Keeping** an eating diary or journal was important, for if I'm on the diet for weeks and then notice a reaction, I need to look back a couple days to find the food that is the problem.

Whenever I attempted to add a new food to my plan, I watched for reactions for up to 48 hrs.; and the reactions change too. When I'm sensitive and have just started the diet, the reaction can be all the itching and biting along with some papules (skin breakouts). Later on - particularly when on stage II of the diet, unless I really ate a lot of something (like a whole pizza), the reactions would be limited to the formation of new papules. And if I didn't get back on the diet, these papules, after they ulcerate, or weep, would develop into a hardened mass somewhat like a scab that is impossible to remove without creating extreme pain.

In the late 90's, I had no one to communicate with who had experience with this parasitic scourge or the diet, and it was easy to think I was cured. So, from time to time, I'd declare myself cured and begin eating normally. At most, I'd get away with it for a week before all hell broke loose with itching and biting, and, disappointingly, I'd get back to Stage I of the diet and go through the daily washing of laundry. Sticking with it, for me, was



preferred over regular food which would bring on the symptoms of the parasitic scourge. I attribute the diet to my sanity and relatively excellent health after being infected/infested with the parasites and the blood contagions (Lyme and protozoan) for over twenty years.

## **Different Foods - Different Reactions**

I had reactions on my forearm that were interesting, i.e., one time I accidentally ate a can of tuna, thinking I bought tuna in water, but it was in oil. I was famished and ate some of it. Within 20 minutes I had an incredible itch on my forearm accompanied by what looked like a vampire bite - two tiny marks about 1/16" apart. Over the years I have made the same mistake with consuming oil from one source or another and always produced the same strange reaction on my arm. Morgellons sufferers often report these vampire-like bites, but since about 80% of Morgellons sufferers also have Collembola, I suspect the vampire bites are associated with Collembola, not Morgellons. But, for the most part, the reactions were on my back, neck, and scalp, and a crusty feeling around my eye lashes, although early on, no part of my body was sacred.

It was difficult and challenging to discover which foods offended my health and which foods benefited my wellbeing - particularly so since the additives like carrageenan, modified starch, guar gum, and so on are involved. Reactions to offending foods can happen within 20 minutes and up to 36 hours. Once I reacted to something, the reaction would continue with a new papule every day or two for an entire week. Not knowing this at first, it was very confusing because I'd still be reacting even though my eating habits were perfect. Then, it takes about 10 days for the new site to dry up and disappear - eventually it turns into a normal scab and falls off. The sad thing is that during these 17 days total, there could be no progress on the older sites - even though many don't seem to swell or become any more swollen, they don't reduce in size either.

So, every time I made a dietary mistake or went off the diet, it added a half month to my recovery time. I ended up testing a lot of foods not by choice but by accident and sometimes I had to question the chef in a restaurant to get to the bottom of some quirky reactions. And, every time a doctor would prescribe something, I'd get cocky and think I could start eating normally again and guess what - no go - even with the super antibiotics for Lyme. Early on, I learned that it's best to **"NEVER"** go off the diet until I have absolutely zero sites on my skin. However, Nature's Gift® Debriding Soap reduced this 17 day cycle to more like 4 or 5 days, and the glutathione accelerator, over the course of a year, dramatically improved my ability to eat normally with minimal, if any, reactions. And that meant my life was back.

## **Time Dilation Factor**

Back to timing! After staying on Stage I of the diet for several months, the time dilation factor lengthens. In fact, it was possible for me to go off the diet and eat completely normally for up to ten days, all the while thinking I was cured, before I reacted. Other subscribers report very similar experiences, which, if not understood, looks like recontamination but it's often from abusing the diet. For instance, one summer I had a slice of watermelon and had no reaction. For the next 5 or 6 days I had a slice of watermelon daily with no problem. I began thinking watermelon was OK and maybe I could eat as much of it as I wanted, for as long as I wanted. And then, bang, overnight, I was back to square one dealing with itching, biting, lesions, and so on.

## **Making Progress**

In my experience, it was impossible to make headway against the mites, skin fungus, parasites, and so on until I stopped new reactions from happening and the only way, I could get any headway against new reactions was from the diet. Let me be redundant and repeat what you'll read later in this book. **Every**

**time I tried to go off the diet/s thinking I was cured or had the cure, I began to itch like hell or have tremendous breakouts of skin lesions days later.**

This book is worth the investment, just from my trial-and-error experiences that may save you lots of your own trials and errors (pain and agony) and speed your recovery by directing you straight to the approaches and products that worked for me and dozens of others; steering you away from the ones that didn't work. But don't make the mistake of reading it only once.

Basically, this diet is very high in certain proteins and zero in vegetable starch. Most dieticians would tell you that it could be unhealthy for long-term eating. However, after a year and a half of being on this diet and again a year later, I had my cholesterol checked.

- Total cholesterol was 173
- hdl was 47
- LDL was 112
- Glucose at 115.

That's a perfect bill of health. However, my cbc's (lymphocytes) were slightly elevated. This has been ever since the infestation which may mean that it's systemic (in the blood). Blood rechecked every other year since then bears pretty much the same results.

My latest blood tests were:

- Total cholesterol 187
- HDL 51
- LDL 125
- Glucose 97

Aside from the HDL being only slightly higher than recommended, it's a perfect bill of health and the HDL is probably higher because with all the remodelling I've been doing, I stopped the regular physical exercise that I'd been doing for the last fifteen years - running 2 miles per week.

I've been basically off the diet for the last four years and there's been little change in my blood since then, but my blood tests demonstrate that the diet is healthy. In fact, some time ago, I noticed a diet on the news called the Cave Man Diet which closely resembles Stage I of the King Diet. The similarities are that both diets contain foods basically available to early men (cavemen) that don't cause the health problems that come along with processed foods.

Remember, I was initially infected with mites around 1994 and found no help from nearly a dozen doctors. I felt like the parasites were eating me alive. I finally got 99% free of them in 1998 and remained 99% free of all symptoms until Feb 04 when I became re - infected. I once again freed myself 99+% and stayed free until November of 05 when I went off my diet and ate normally for 6 months, believing that the antibiotics I was taking for Lyme disease and the Mepron for protozoan would strengthen my immune system and I would rid myself of the parasites.

Years later, as I shared in Chapter I, I was again infected from once again sitting on a swing on my patio next to the fishpond. Each time, I was reinfected my heart sunk. The only choice I had was to start over. At least I knew what to do and used each reinfection as an opportunity to learn more about the organisms.

## **Starting the Diet - Eating Plan**

Please note that the diet is a guide; and it does not guarantee that symptoms of itching and biting will stop (although for most they will). Once you're on it, you stop being a breeding machine for the skin parasites. And, with other supplements, effective disinfection of your surroundings, and effective cleaning of your skin, the symptoms of itching and biting go away. As I wrote in the beginning of this chapter, **Don't Try the King Diet - Do The Diet and Make the Diet Work!**

## Rice and Spelt Caution:

Sometime ago, I sent out an email asking if anyone had difficulties with rice or spelt on the King Diet and two people responded. One had trouble with rice and the other had trouble with spelt.

Only about ten percent of those who received the email opened it so there are probably more who haven't opened it that are having problems.

This means that there may be other foods that also don't work for everyone.

Stage I of the diet in the book also includes all forms of rice, risotto, millet, rye, and spelt in the form of grains or flour.

However, as I recently learned, rice and spelt are not for everyone as they can activate the parasites. For that reason, I suggest testing both (as described herein) before you assume that they are OK for stage I. For some, eating rice or spelt late in the day seems to create more sugar in the body, and they do better with smaller portions earlier in the day.

One lady reported that by adding a bag of peppermint tea in her rice pasta, she was able to tolerate it. Make sure the tea has none of the offending additives listed later on.

They offer many spelt breads. Make sure you choose a sourdough with only spelt flour, filtered water, and salt. Of all breads, I'd vote it as being the tastiest. To learn more about spelt, go to [www.spelt.com](http://www.spelt.com) which states, *"But it's not just good taste that has caught the attention of consumers on this side of the Atlantic. The grain is naturally high in fiber and contains significantly more protein than wheat. Spelt is also higher in B complex vitamins, and both simple and complex carbohydrates. Another important benefit is that some gluten - sensitive people have been able to include spelt - based foods in their diets."*

It's important to know whether you're dealing with Morgellons or Collembola or Strongyloides. While Stage I of the diet works for all three, those with Morgellons are more flexible with some fruits and they can also use probiotics.

## **Stage I of the Diet - Call it an Eating Plan**

And now the good news) - what I can eat in Stage I of the diet (the Morgellons Diet aka King Diet or Parasite/Lyme Diet) - call it the shrimp scampi diet. Chapter V contains some darn tasty recipes.

## **The Morgellons Diet aka King Diet**

### **Stage I of three stages**

Foods you can eat:

► Protein: - call it the shrimp scampi diet. Chapter V contains some darn tasty recipes:

- Eggs
- Bacon\* or ham\*\* (no sugar, honey, or corn syrup or gelatin) – usually low sodium bacon has none of these additives
- White fish, flounder, basa, sea bass, trout, halibut, cod (no salmon, or oily fish like Chilean Sea Bass)
- Sausage (without fennel) or Costco's roasted red pepper and spinach chicken sausage
- Cold Cuts: Deitz & Watson Naturals turkey and beef lunch meat
- Hot Dogs: Applegate natural uncured hotdogs (no Boars Head)

- Bratwurst: Deitz & Watson Black Forest Bratwurst.

- Imagine Beef/Chicken/Turkey/Bone Broth

- Beef

- Shrimp

- Pork chops

- Lobster

- Chicken

- Clams

- Lamb

- Crabs

- Veal

- Scallops

▶ Chocolate: only if processed with alkali - not with soy lecithin. Unsweetened chocolate such as Ghirardelli 100% CACO or Baker's unsweetened chocolate

- Cocoa processed with alkali – we have dutched cocoa in our store and dark chocolate candy.

▶ Carbohydrates:

- White or brown rice, risotto - no white rice if Candida is an issue

- Rice bran, spelt flour, and millet

▶ Bread:

- Sourdough Spelt without yeast or soy lecithin and no sugar or honey.

Spelt without yeast or soy lecithin (recipe in Chapter V)

- Berlin Bakery Spelt Sourdough Bread - make sure it is the one with no sugar or honey.

▶ Crackers:

- Dark Rye crisp bread (no yeast) Ryvita

- Holgrain rice crackers,
- Wasa Sourdough Rye Crackers, or Wasa Crackers made with rye bran
- Ezekiel 4:9 original sprouted grain cereal, and sprouted grain English muffins.
- ▶ Starches:
  - Rice spaghetti and rice noodles (no other ingredients)
  - Rice and risotto
  - Spelt Matzo and spelt matzo meal
- ▶ Oils:
  - Butter\*\*\*\*
  - Rice bran
  - Animal fats
  - Cocoa butter
- ▶ Vegetables:
 

<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Romaine</li> <li>• Red or green leaf lettuce</li> <li>• Tomatoes</li> <li>• Red and white cabbage</li> <li>• Cucumbers</li> <li>• Onions</li> </ul>	<ul style="list-style-type: none"> <li>• Radishes</li> <li>• Celery</li> <li>• Peppers and roasted red peppers (in water)</li> <li>• Green beans</li> <li>• Broccoli</li> <li>• Snow peas</li> </ul>
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- Sauerkraut (near end of Stage I)
- Garlic (eat lots of it and add it to everything)

▶ Sweetener:

- Stevia - read ingredients and make sure nothing else but stevia is present. Sweet leaf stevia in our on-line store

▶ Condiments - none except for recipes given in Chapter V

▶ Fruit: Lemon and lime (haven't tried persimmons)

▶ Spices:

- Salt - regular, low sodium, sea salt, Himalayan Red Salt... read ingredients as some salt has sugar in it. Caution: some brands like Diamond and Morton have sugar in them.

- Ginger powdered only (not in raw root or crystallized form)

- Parsley

- Red pepper

- Oregano

- Paprika

- Black pepper

- Garlic (no corn syrup)

▶ Cheese: It is best to avoid cheese the first two weeks of doing the diet. Thereafter, if Candida is not an issue, sheep and goat cheeses would be preferred. But remember, most cheese is a fermented product, and some are actually injected with mold, which, overall means it's best to avoid.

▶ Drinks:

- Water (good quality water by itself) or flavored with lemon or lime

- Distilled water only with our NG ionic minerals
- Lactose Free Milk without any additives might be OK
- Teas in our on - line store.
- Black coffee with stevia sweetener (no additives)\*\*\*.  
No blends or decaf.

Flavor with your choice of lemon and rice bran oil, oregano, garlic powder, red pepper flakes, black pepper, salt with no other ingredients.

Notes:

\* bacon - I found Stop and Shop and Smithy Field low sodium bacon has no sugar or corn syrup.

\*\* ham - found Citterio brand prosciutto (ham and salt) no other additives.

\*\*\* not all black coffee (especially blends and beans soaked in oil) is safe. Some black coffees cause parasitic activation.

\*\*\*\* butter – no blends and for most regular Land O Lakes butter is OK, but it contains flavoring and milk so that for some you may have to find Ghee or another butter without flavorings and milk as ingredients.

Since Morgellons often destroys the gut biome, and probiotics often feed the organisms, it is super important to use prebiotic foods to restore the gut biome.

- ▶ Raw onions (all types)
- ▶ Raw leeks
- ▶ Chives
- ▶ Raw garlic
- ▶ Alkalized cocoa or dark chocolate with stevia.

When you make this diet work, all symptoms of itching, biting and creation of lesions stop immediately – that

fast and it can be within hours. Typical mistakes made are that the salt or stevia or cocoa you use may contain sugar. Coffee beans you buy are roasted in oil. Or you continue to use the vitamins and supplements you have taken for years that have ingredients not compatible with the diet. Or you think a piece of gum, or a tic tac is OK. Or you think alkaline or smart water is OK to drink. Or you saw on face book that pumpkin seeds or worm wood, or black walnut are good to kill parasites and find itching gets worse. These are just a few of the common mistakes. Always read the ingredients on everything you consume.

## **Do Not Eat List for Stage I**

Stage I: Avoid at all costs eating or drinking any of the following:

- Sugar (all types), corn syrup, maple syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets. No mannitol, sorbitol or any other sugar substitutes.
- Snack foods such as pretzels, chips, crackers, nachos, cookies.
- Soda and or fermented drinks.
- Yeast or yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mixes etc. flavored foods
- Refined grains, white flour products, cakes, biscuit, pasta, corn flour, quick rice, all prepared breakfast cereals (Kashi has never been tested).
- Whole grain wheat, oats, barley.
- No cured meats with additives like glycine.

- Fermented products, vinegar, pickles, chutney, tofu, soya sauce.
- Alcohol (beer, wine, all hard liquors).
- All store bought teas, Ovaltine, chocolate (containing soy lecithin).
- Cow's milk. Note that lactose free milk without additives as you'll find at Costco may be OK.
- Yogurt (flavored or unflavored), cottage cheese
- Ice cream (most all brands).
- Processed cheese as in American white or yellow, Velveeta, cheese spreads.
- Salad dressings.
- Cheese (at least for the first one or two weeks). • Fresh or dried fruit, no fruit juice.
- Oily fish such as Chilean Sea Bass, blue fish, capers, sardines, anchovies, mackerel.
- Mushrooms (red and black mushroom are OK)
- Foods with MSG and/or soy\*\* such as sushi and Chinese food, or Asian food. See complete list at the end of this chapter.
- Peanuts and peanut products, cashews and all other nuts.
- Starchy vegetables like potatoes, sweet potatoes, guacamole, asparagus, sprouts, okra, and pumpkin.
- Sweet vegetables like carrots and sweet corn
- All flours (except for rice bran, spelt, rye, and millet).
- Most anything with gluten (pasta, breads, pizza).

- Cooking and salad oils (vegetable, soy, palm, coconut, canola, olive, Crisco vegetable oil, cottonseed oil, peanut oil, safflower, olestra, or anything hydrogenated).
- Margarine, butter substitutes.
- Wheat germ.
- Canned fish or kippers.
- Vinegar (Ok with Morgellons, not OK with Collembola)
- Foods from fast food restaurants (hamburgers may have soy).
- Glazed ham (additives in the glazing).
- Popcorn.
- All legumes, lentils, and beans (soaking overnight may make them OK to consume).
- Sesame, pumpkin, and sunflower seeds.
- Mayonnaise, salad dressings.
- Chewing gum except for cedar gum from Siberia on Amazon.com which is acceptable - expensive but lasts a long time.

None of the following additives (many found in nutritional supplements) and spices are allowed

- Fennel, licorice.
- Anisette.
- Ginger in raw root or crystallized form
- Rosemary.
- Cajun spices (check all mixed spices as many have additives on this list).
- Cellulose gum, guar gum, carrageenan, xanthan gum.

- Soy lecithin or lecithin (often found in chocolate, ice cream, chewing gum).
- Carnauba wax, arabic gum (tic tacs).
- Pectin.
- Mustard.
- Monosodium Glutamate (MSG) used in many foods as a flavor enhancer. This is a sneaky one and probably the one that causes most to fail with the diet. It shows up in over forty different foods. Go to the end of this chapter to get a complete list.
- A-1 Steak sauce and other similar products.
- Modified starch.
- Bullion or thickeners for gravies.
- Gelatin (found in Jello and capsules or in time release vitamins/meds).
- Glycene.
- Propylene glycol (medications such as cold and flu syrups which may have propylene glycol such as NyQuill).
- Glycol (soups that may have problem ingredients, i.e. chicken soup made with College Inn chicken broth has glycol).
- Brewers yeast (many nutritional supplements have it)
- Cod liver oil.
- Flax seed oil
- Omega 3's

Here's a list of products or ingredients that have a form of soy or other non - compatible ingredients.

▶ MSG	"hydrolyzed"	▶ Soy Protein
▶ Glutamic Acid	▶ "hydrolyzed	Concentrate
▶ Glutamate	protein"	▶ Soy Protein Isolate
▶ Calcium Glutamate	▶ Calcium Caseinate	▶ Whey Protein
▶ Monosodium	▶ Sodium Caseinate	▶ Whey Protein
Glutamate	▶ Yeast Food	Concentrate
▶ Magnesium	▶ Yeast Nutrient	▶ Whey Protein
Glutamate	▶ Autolyzed Yeast	Isolate
▶ Natrium Glutamate	▶ Gelatin	▶ Anything
▶ Yeast Extract	▶ Textured Protein	"...protein"
▶ Anything	Soy Protein	▶ Vetsin

- |                                  |                                |                                 |
|----------------------------------|--------------------------------|---------------------------------|
| ▶ Ajinomoto                      | broth stock                    | ▶ Citric acid, Citrate (E 330)  |
| ▶ Carrageenan (E 407)            | ▶ Any "flavors" or "flavoring" | ▶ Corn syrup                    |
| ▶ Bouillon and                   | ▶ Maltodextrin                 |                                 |
| ▶ Anything "ultra - pasteurized" | ▶ Soy sauce                    | ▶ Lipolyzed butter fat          |
| ▶ Barley malt                    | ▶ Soy sauce extract            | ▶ Dextrose                      |
| ▶ Pectin (E 440)                 | ▶ Anything "protein fortified" | ▶ Rice syrup                    |
| ▶ Protease                       | ▶ Anything "fermented"         | ▶ Brown rice syrup              |
| ▶ Anything "enzyme modified"     | ▶ Seasonings                   | ▶ Milk powder                   |
| ▶ Anything containing "enzymes"  | ▶ Corn starch                  | ▶ Anything labelled: "Enriched" |
| ▶ Malt extract                   | ▶ Modified food starch         | - "Low Fat"                     |
|                                  |                                | "No Fat"                        |

You definitely want to avoid any foods containing any of these ingredients for Stage I and Stage II of the diet.

### Lyme Diet

I can unequivocally state that stage I is the best LYME diet possible. It fosters immune functioning and promotes health. Diets that don't keep parasites under control will not keep LYME under control. They seem to be synergistic - LYME and parasites work together to spoil life. Advancing to Stage II and perhaps Stage III depends very much on the ability to keep immune functioning high, which, often, is not easy to monitor. In general, more is required to advance than simply diet. It's diet in combination with:

- NG Herbal Parasites Stop Formula or one of the meds like ORAP listed in Chapter VI.
- MaxOne Glutathione accelerator for all parasites - also great for brain fog.
- Nature's Gift® Garcillin (allicin)

### Getting Started on the Diet is 1,2,3...

Chapter VII discusses how GMO's and glyphosate (RoundUp herbicide) destroy the gut biome and Morgellons. Since roughly 90% of those with Morgellons also are infested with Collembola (springtails), probiotics (to benefit the gut biome) are not on the diet. This is for many reasons, as explained in the blog post Why Probiotics are Not the Answer to

Morgellons and Prebiotics Are 4/19/2020 at

<http://bestmorgellonscore.com/Blog-Prebiotics.html> and blog post

Onions Are A Super Food 4/27/2021 at

<http://bestmorgellonscore.com/Blog-Onion.html>

To establish gut biome, I highly recommend that you consume leafy green salads with raw onions, chives, leeks, and garlic (prebiotics). You can flavor your salad with oregano, black pepper, salt (check ingredients to make sure no sugar) and red pepper flakes if you desire. Use lemon and rice bran oil as dressing if desired.

Fats are limited on the diet. The healthiest oil on the planet is rice bran oil so there's no sacrifice. You can also use real butter - no substitutes, margarines, or blends. Again, butter is far healthier than hydrogenated margarine and the results of my lipids after over 10 years of this diet are perfectly in line with optimal health - even lard is OK.

Next, is to plan for protein - that's easy. Most any meat - chicken, turkey, beef, pork (no sausage with fennel), fish (white fish, flounder), lobster, shrimp, scallops, crabs will do. Of course, if you already have a sensitivity to shellfish, they will still be a no-no. More later about vegan and vegetarian options.

Next, is to plan your veggies, which are also pretty easy - non-starchy vegetables - a long list of veggies is listed previously. Add fresh garlic to everything you can.

Finally, there are the carbohydrates. **This is the one challenge.** It's important to go to a health food store and buy spelt, brown rice, millet, and/or rye flours to make pancakes, or bread, if you are so inclined. If you're not into making your own bread, as most of us aren't, contact one of the following bakeries:

The Berlin Bakery in Ohio makes spelt bread without yeast. Here is the website: <https://www.berlinnaturalbakery.com/collections/spelt-bread/products/sourdough-spelt-bread>.

Also, the Columbia County Bread & Granola Company makes wonderful spelt crackers. Here is their website:



<https://www.columbiacountybread.com/>

Unfortunately, many of these bakeries are in business one day and not the next. So, if you find that a bakery is gone, you can make your own spelt bread with one of the recipes in the next chapter. Really, if you have an oven, don't even bother trying to order the bread - this is so easy a 5 yr. old can do it.

Oh, almost forgot drinks. Fortunately, water is the good news and most black coffee is OK - blends are always a problem. Remember, this is only for a week or so until symptoms clear up and newer papules, lesions heal and clear up.

## **General Notes:**

- Although it is great if itching and biting feelings stop by being on Stage I of the diet, the real purpose of the diet is to make sure you're not breeding the parasites internally.
- I didn't expect immediate results from the diet. It's not that the diet doesn't work; it's about what I might have eaten before starting the diet. For instance, if I had a steak marinated in oil for dinner just before I began the diet, the marinated steak would cause me to react for 5 to 7 days with new skin lesions (papules) every day. It could be up to seven days before I'd stop reacting to what I ate before I started the diet; and if I went off the diet accidentally or on purpose, because of the time dilation factor, it would cost me another 5-to-7 days of skin lesions and or itching.
- After months of being on Stage II, if I ate something off the diet, I might not have a reaction for up to 40 hours later, unless I had something like tuna in oil, in which case, I'd always react within minutes. For example, I tested pine nuts when on stage II. I had a minimal reaction consisting of a small papule within 40 hours. I decided to have another small amount of pine nuts wondering if maybe the papule was from something else and within another 30 hours, larger papules formed and continued forming new ones each day or

two for another five days even though I went back on stage II of the diet described below. In fact, I had to regress to stage I of the diet for a few days in order to stop the reactions and get back on track.

- Not everyone can eat eggs. Some are allergic to eggs, which means that you need to adapt the diet to your sensitivities.

And not all brands of coffee are safe. Eight O'Clock coffee or another plain coffee without additives is often OK.

## **Breakfast**

- I'd begin breakfast with eggs, bacon, ham or sausage, and brown rice. I can make my own spelt/millet/rye bread with the recipe in the next chapter. I'd have scrambled eggs or an omelet using spinach, chopped peppers, garlic, tomatoes, onion, and season it with salt, garlic, parsley, oregano, and crushed red pepper. Pancakes are limited to the ingredients of brown rice, spelt, rye, or millet flour, eggs, butter or butter milk, cocoa made with alkali, rice bran oil, and baking soda. I would add Stevia to the mix to sweeten it and eat the pancake with melted butter. I also added cooked rice or puffed millet to the mix with extra rice bran oil in the pan to make them tastier. After several days, when on Stage II, I could add walnuts and bananas - but not in the beginning.

## **Snacks**

- I would eat rice cakes or brown rice crackers with butter or goat cheese. I found Hol Grain Crackers by Conrad Rice Mill at [www.holgrain.com](http://www.holgrain.com). Also, see other crackers listed in the food list.

## **Lunch and Dinner**

- Salads are King for me - the next chapter contains salad recipes. Spinach, Romaine, red and green leaf lettuce, tomatoes, shredded red cabbage, cucumbers, onions, radishes, celery, peppers, roasted red peppers (in water), shrimp and so on are my ingredients. I make a cocktail sauce/salad dressing made with sugar free catsup and horseradish. I use Gold's hot horseradish.

- I eat pork, beef, veal, lamb, chicken, shrimp, lobster, clams, crabs, scallops, white fish, or flounder. I prepare them in butter or rice bran oil. Then I add chopped onion, peppers, and garlic. If using breading, I only use rice bran, millet, dark rye, or spelt flour. Prepared sausage is always difficult to find without fennel. Most companies just list "spices" and don't list the specific spices and I've generally found that fennel is one of the spices. Some grocers will prepare sausage without fennel. I generally buy ground pork to make my own sausage and add my own spices.
- I eat lots of non - starch vegetables: green beans, broccoli (flavored with butter or rice bran oil). Also, I found that sauerkraut and cabbage are other good vegetables to eat. Boar's Head hot dogs are the only ones I eat. Dietz & Watson All Natural Black Forest Bratwurst also has no offending ingredients. Generally, I find no problem with roast beef cold cuts, but read the ingredients!
- I made lots of rice (white, brown, or basmati, risotto) made with butter and garlic - no hydrogenated vegetable oil.
- I like to make sautéed spinach, arugula, collard greens, kale, or green beans with garlic in butter or rice bran oil.
- I like rice pasta with tomato sauce (with no sugar and no oils) and meatballs (no breading - unless you use crumbled spelt bread).
- For bread, I like the spelt bread.
- Drinks are limited to water, pure tea without additives and coffee — no juices, or alcoholic beverages. But you can make lemonade with lemon juice, stevia and water. We have many teas in our on - line store for all tea lovers.
- I enjoy my foods fried, baked, broiled, or stir fried.
- I found that most spices, such as oregano, salt, pepper, red pepper, paprika, garlic, garlic powder (unless it has additives like corn starch)

are OK. McCormick garlic powder is a brand free of offending additives.

- I made stir fried foods in butter or rice bran oil. I make fajitas with chicken, steak, or shrimp but had to abstain from the tortillas. I imagine I could make my own tortillas from rice bran or spelt flour, but I never got around to doing it.) I shred the onions and peppers.
- I only eat rotisserie chicken with no additives. Please note most rotisserie chickens from supermarkets have sugars and additives.
- Restaurants were usually a problem, so **I learned to cook and did a lot of it. The recipes in the next chapter make it easy for you.**
- Add lots of butter and garlic, as in shrimp scampi, to get an extra edge against the parasites.
- I found that diet control is paramount. Using the elimination diet, it took me over ten years to discover what is safe and what contributes to activating the parasites. I know I wrote this before, but there were literally dozens of times, when I'd feel that I was on my way to freedom, i.e., a day or two without any crawling, itching, or biting. Then I'd select something that I thought was safe to eat only to find myself reacting - each time cost me or my mother, (whom was also infected), a week to recover.
- It was critical for me that all sources of non-animal fats were eliminated from my diet which meant I'd have to make my own spaghetti sauce.
- Any dietary infraction would stop any progress I made against the parasitic scourge and often contributed to the formation of new sites. When I returned to Stage I, the new sites would generally dry up with the use Nature's Gift® Debriding Soap.

## **Doubt That the Diet Works?**

You can test the connection with food by fasting for three days under the care of a physician. Note that fasting can be dangerous and can lead to dizziness, headaches, low blood sugar, muscle aches, weakness, and fatigue. It is important to keep hydrated. What you should notice is that the parasitic activity of itching and biting begins to subside substantially providing you're disinfecting your environment as detailed in Chapter III.

As an alternative to fasting, you can obtain bones from your butcher, add water, onions, celery, and season with oregano, pepper, and Himalayan sea salt, to make your own broth, and you should also notice a reduction in activity. From there, you can add foods on Stage I of the diet.

## **Candida Albicans**

The Morgellons aka King Diet can also be called the Candida Albicans diet. It is stricter than the diet you'll find used for Candida Albicans. For instance, yogurt, which is generally on the Candida diet, causes parasitic activity. Asparagus, brussel sprouts, carrots, and artichokes, and all oils are OK on the Candida diet, but not on the King Diet. However, white rice, which is OK for the King Diet is not OK if you're dealing with Candida. Instead, brown rice, if any, is OK. But it's best to avoid all grains until digestion is working.

In addition to diet, supplementing with MSM capsules (organic sulfur) and consuming garlic is highly recommended as destroyers of Candida. MSM is also beneficial for getting rid of intestinal parasites.

I had Candida many years ago before the parasitic scourge - it's no fun!. When it gets in the gut, the bad bacteria overpopulate good bacteria and stop digestion. For me, anything I ate laid in my stomach like a chunk of lead and my stomach became quite distended. It's a very uncomfortable sick to-the-stomach feeling.

It's important to note that Candida Albicans is a form of yeast the

normally exists in the gut and is in balance with the gut biome. Poor diet and long-term antibiotics can disrupt this balance resulting in yeast overgrowth. When caught at this stage, it can be rebalanced with diet.

But, according to Dr. Luna of the Shop4Morgellons.com site Candida becomes a problem when it passes through the mucosa (the lining of the intestines) into the blood stream. Here it gets carried into the organs. The problem is that once this basic yeast hits the bloodstream, it changes from a harmless yeast to a hydra-tentacle fungus that will colonize most organs and is not gotten rid of by changing diet.

## **Candida Symptoms**

Generally, there are up to five stages of symptoms as given in [www.FormerFatGuy.com](http://www.FormerFatGuy.com) (one of the various sites providing information on Candida) because of leaky gut. Candida, normally a fungal organism found in the gut, leaks through the intestinal lining into the blood stream and then into the organs where it changes to a more dangerous hydra tenacle form where it can develop into the following stages:

- In stage one, mucous membranes are affected and each day. One seems to be more sensitive to everything in the environment. It's typical that one may develop bronchitis, sinusitis, tonsillitis, and strep or staph infections. And in some cases, mononucleosis or pneumonia may be involved. The irony is that usually antibiotics are used to treat these conditions and the antibiotics then actually serve to fuel the Candida as the antibiotics kill off the healthy bacteria and provide opportunity for Candida to grow.
- Stage two is accompanied with pain such as muscle tension and or migraine headaches, muscle and joint pain, fatigue, arthritic symptoms, infections of the nails, and even psoriasis.
- Stage three involves difficulty in concentration, focus, forgetfulness, memory loss, mental confusion, being at a loss

for the right word, dyslexia, and impairment of skills such as typing, playing a sport or game. The confusion of what's happening contributes to crying spells, depression, sleep disorders such as insomnia, confusion, dreams, nightmares, sleep apnea, and not feeling rested or restored after sleep, irrational thoughts, phobias, anxiety attacks, violence, muscle twitches, aggressive behaviour, epileptic seizures, and sometimes thoughts of suicide. At this point, diagnoses of bipolar, or schizophrenia may be given.

- In stage four many organ systems may begin shutting down. The endocrine system fails, and the adrenals stop or the digestive system shuts down, producing vomiting or severe constipation. Fatigue may result in total muscle weakness. Body rashes become hives or boils. Capillaries become clogged resulting in hypertension, coldness in hands and feet, numbness of the extremities and easy bruising. Constant low - grade fever, tachycardia, difficulty in breathing which affects speaking, singing, or even walking may happen. Failure of the immune system leaves the body defenceless against all enemy bacteria, viruses, and disease conditions — including cancer.

- Stage five can lead to death.

The same site provides the following list of symptoms. Ironically, many of these symptoms are the same for Lyme disease. I hate to be simplistic, but it simply points out the value of diet and there's no better diet than the King Diet.

Just about every symptom under the sun accompanies Candida which is why Candida should always be considered before treatment of any disorder.

- Adrenal/Thyroid Failure
- PMS Symptoms • Poor Memory • Bad Breath
- Hyperactivity • Colds & Flu
- Gas/Bloating • Irritability • Mood Swings • Indigestion
- Lethargy • Laziness • Muscle Aches • Ulcers • Insomnia

- Chemical Sensitivity • Constipation • Anti - social
- Endometriosis • Diarrhea • Puffy Eyes • Vaginal Yeast
- Colitis • Suicidal Tendencies • Respiratory Issues • Colon Cancer
- Menstrual Issues • Hormone Imbalance • No Sex Drive
- Allergies • Diabetes • Cold/Shaky • Dry Skin & Itching
- Low Blood Sugar • Fatigue (chronic) • Cystitis • Food Cravings
- Epstein Barr • Heartburn • Infections
- Thrush/Gum Receding • Hiatal Hernia • Asthma
- Infections • Intestinal Pain • Skin Rashes ‘ Hives
- Premature Aging • Dry Mouth • Hemorrhoids
- Finger/Toenail Fungus • Headaches • Over & Under Weight
- Over - all Bad Feeling • Depression • Lupus

The problem is that once Candida has gotten into the blood stream and into the organs, more that diet is required.

See section on Digestion in Chapter VI for how to deal with Leaky Gut and its complications.

## **Brain Fog**

Yeast organisms plus sugar equals alcohol and results in brain fog. In the book, Cured. 81 Natural Cures for Cancer, Diabetes, Alzheimer's and more, it is explained how you can be arrested for drunk driving with four times the legal limit without having a sip of alcohol.

An overabundance of yeast, such as Candida plus sugar in your diet, can produce high levels of alcohol in your blood stream. Since this is not like going out to a bar and having a few drinks, you're not intoxicated since you are accustomed to living with this every day, but brain fog is typically the main symptom. And the way to fix the problem is to get rid of the sugar in your diet - pastries, refined flours, breads, fruits, white rice, and sugar in its various forms, And the best diet of all for accomplishing this is the King Diet without the white rice. Additionally, as discussed



later on, boosting glutathione is also very important. We also have a combination of essential oils with clary sage as the main ingredient to counter brain fog and improve concentration – Brain Fog Eraser.

Another contributing factor, in my opinion and many other experts in the field of dementia, comes from aluminum. Morgellons is bad enough, add to that brain fog and aluminum exposure and you may have a perfect storm for moving onto dementia and Alzheimer’s Disease. One thing about aluminum is that it’s fluoride’s best friend. Fluoride invites aluminum to enter the brain. Read blog post, “War on Fluoride for Morgellons Disease,” 5/29/18 at <http://bestmorgellonscure.com/Blog-Fluoride.html>

Beyond typical sources of aluminum in antiperspirants and aluminum foil, it’s found in baking powder, aluminum canned food, microwave popcorn, salted snacks, hot chocolate mixes, some coffee creamers, and more. Even many cheeses have aluminum. Read blog post “Aluminum Warning - This Brain Fog Warning is for Real,” 10/18/2022 at <http://bestmorgellonscure.com/Blog-Aluminum.html>

## **Constipation**

Constipation can be a problem because what you might have been using for constipation is not compatible with the King Diet. Here are several alternatives:

- ▶ Consuming Diatomaceous Earth – dosage given in in blog post in next section.
- ▶ Mag 07 by VitaCost
- ▶ Psyllium husks
- ▶ Epson Salts

Read “Relief for Constipation in Fighting Morgellons Disease,” 6/21/2022 at <http://bestmorgellonscure.com/Blog-Constipation4.html>

## **Intestinal Parasites - We all have them**

Intestinal parasites can be dormant for many years. But it seems that when we are infected with something like Morgellons, they become more a serious problem by penetrating through the intestinal walls creating leaky gut syndrome.

With a leaky gut, undigested food, toxins, Candida, intestinal parasites – round, pin, and flat worms (nematodes) go right into the blood stream. The blood stream can carry these nematodes to every part of the body – organs (brain included), joints, muscle, and even under the skin. They can significantly contribute to joint and muscle pain, inflammation of the skin, affect brain function, and so on.

Dr Davidson of New Jersey says that if you have a heartbeat, you have intestinal parasites and that the first thing to do in the treatment of any disease is to cleanse the body of nematodes.

Typically, getting rid of internal parasites is referred to as Detoxing and substances like wormwood and black walnut hull are taken to get rid of helminths (nematodes). The problem is that these substances feed Collembola and roughly about 90% of those with Morgellons also have Collembola.

Alternatively, our approach is to clean out the organisms with:

▶ Diatomaceous Earth Read Diatomaceous Earth to Fight Morgellons <http://bestmorgellonscure.com/Blog-DE2.html>

▶ Fenbendazole

▶ praziquantel for tapeworms

▶ Garcillin™ which is claimed to be, in addition to being an antibiotic, antiviral, and antifungal, also an anti-protozoan and anti - parasitic.

Read Internal Parasites Public Enemy #2 to Morgellons

<http://bestmorgellonscure.com/Blog-Internal-Parasites3.html>

and blog post, "Intestinal Parasites Could Mean Parasites Everywhere"

[bestmorgellonscure.com/Blog-Internal-Parasites5.html](http://bestmorgellonscure.com/Blog-Internal-Parasites5.html)

## **Herxheimer aka Detox Reactions**

By cleaning out toxins, fungi, and internal parasites (as discussed in the last paragraph) from within the body or by using supplements and meds, such as MaxOne, Garcillin, Chitosanase enzymes, Calcium Decylex, diatomaceous earth, essential oils, SSKI, lufenuron, fenben, and so on, toxins are released, or the internal parasites are cleaned out faster than the body can get rid of them which ultimately over taxes the liver. Typical detox reactions per Science Direct at

<https://www.sciencedirect.com/topics/medicine-and-dentistry/detoxication> are:

- Fatigue with sleep disruption and brain - fog*
- Mood disturbance, especially depression, anxiety, fear, and anger*
- Muscle aches and joint pain*
- Sinus congestion, dark circles under the eyes, and postnasal drip*
- Headaches with neck and shoulder pain*
- Bloating and flatulence*
- Irritable bowel, foul - smelling stools, and dark urine*
- Weight changes and Loss of muscle tone*
- Heartburn, recurrent colds, and persistent infections*
- Infertility and low libido*
- Premature aging and weakness*
- Fluid retention and excess weight*
- Rashes and canker sores*
- Bad breath and adverse body odor*
- Inflammation*

Make no mistake, detox reactions can be serious and life threatening.

## **Diminishing the Effects of Detox Reactions**

First drink lots of water to flush your system and then there are

two methods to diminish detox reactions and their effects:

1. Taking digestive enzymes such as our Agro Relief and or supplementing with our Nature's Gift® Complete Amino Acid Formula.
2. Using Zeolite which is a silica/aluminum compound. However, this compound does not release aluminum and is safe to consume.

Go to Diminishing Detox Reactions with Morgellons Using Enzymes, Amino Acids, and Zeolite 3/1/20 at <http://bestmorgellonscure.com/Blog-Detox.html>

## **Ordering in Restaurants**

When I order in a restaurant, I explain that I have a severe allergy to different foods, vegetable oils and margarine, and that everything must be prepared in real butter. I order very cautiously, question all ingredients, and make sure that their butter is not a butter - margarine mix. Usually, I find that hamburger is safe with lettuce, tomato, onion, without the bun. If ordering steaks and other meats, I make sure that they are not marinated beforehand. Usually, I can get grilled chicken and I order vegetables steamed only. And of course, I have no desserts.

If I ate in a Chinese restaurant, I ordered the food steamed, (no sauces), and took along my own garlic butter sauce. I added chopped garlic and some red pepper to melted butter.

## **Moving to Stage II of the Diet.**

How soon can you advance to Stage II of the diet? Answer: I used to think that I should be free of all old lesions before advancing to Stage II. I've since realized that might not occur in this lifetime, so I adopted a more realistic view, and the answer is ASAP. I advance to Stage II as soon as all crawling, itching, and biting and new lesions have stopped forming. If I advance too quickly, it only means I'll experience some crawling or itching, and I'll

retreat to Stage I for a few more days. And with the glutathione accelerator I started using in 2010 it's far easier to advance through all the stages. And now with Nature's Gift® it's becoming even easier.

In Stage II of the diet I could add the following to what I was eating in Stage I:

- Light cream or half-and-half (no additives)
- Farmer's cheese
- Sour cream
- Bananas, Green Apples, plantains

and maybe mango, grapefruit and guava

- Pumpnickel bread - You must read the label and test to see if it might be a problem.
- Cereal (Rice Chex, Rice Krispies, rice puffs, and puffed millet)
- Walnuts, macadamia nuts (not roasted), & Brazil nuts.  
No peanuts pine nuts, cashews, or almonds.
- Most teas in our on-line store.
- Light beer, white wine (no zinfandel, rose, or red) white champagne, gin, whiskey\* - one drink maximum.
- Root beer, cherry coke, birch beer, lemon/lime sodas\*  
(Parasites don't seem to respond to these drinks, but it's best to avoid all carbonated drinks in general because they seriously deplete the body of calcium and contribute to acidosis).
- Sea bass, trout, halibut, white fish, flounder, swai... (stay away from oily fish).
- Wasa Sourdough Rye Crackers, or Wasa Crackers made with rye bran, or Ryveta made of dark rye.
- Selected flavors of Haagen Dazs ice cream\* (vanilla, chocolate, chocolate chocolate chip, vanilla chocolate chip, vanilla and chocolate **mousse** (whenever it's available). Ice cream makes a great topping for pancakes.
- Home-made ice cream\* with macadamia or walnuts.  
Recipe in Chapter V.
- Sugar\*.

- Jolly Rancher candy and sassafras\* (root beer - like hard candy) are the only candies.\*
- Vanilla or Cappuccino Meringue Cookies\*.
- Millet is great for breakfast with sugar\* or stevia.
- **Avocado\*\***
- Most nuts\*\*
- Legumes\*\*
- Selected fruits\*\*
- Soy (Strongyloides only - not for Morgellons or Collembola)

\* Morgellons people cannot add these foods or ingredients.

\*\*Collembola sufferers cannot have these foods.

## Compatible Supplements:

A great deal of research has gone into finding targeted supplements that are compatible with the King Diet. I do not recommend substituting other supplements unless you carefully check the ingredient list against the list of allowed and not allowed ingredients in the King Diet and then use a food diary (journal), as instructed in this chapter.

**Multivitamin:** The only multivitamin I found is our **Nature's Gift® Multivitamin** specifically formulated for Lyme disease, available in our online store. This multivitamin does not contain any minerals.

**Minerals:** Nature's Gift® Ionic Minerals - for an ionic source of minerals. I just add it to my daily drinking supply. If you go to [www.dstressdoc.com/coral-calcium.html](http://www.dstressdoc.com/coral-calcium.html) you'll find a very informative write - up as to its many benefits.

**Let's go one step further:** Add ionic minerals to your body wipe. Take an empty **9 - ounce** bottle, after you've used the concentrate, fill it with good quality water, distilled water, reverse

osmosis water, or even Poland Springs water, leaving enough space to add a sachet of ionic minerals and about a capful of 100% NG concentrate or 2 capfuls of 50% concentrate and shake. Or save yourself the mixing and get our NG Mouthwash described below.

The combination is unbeatable! NG's bodywipe deep cleans the skin and with NG's Ionic Minerals added in, cleans like nothing else. One sachet per quart of water is the mix. Save the coral from your drinking water and add several sachets to your bath along with the NG - a real mineral bath.

Note: When you're using NG's Ionic Minerals with your drinking water make sure you use a glass bottle or one made of Lexan or equivalent so the minerals won't attack and leach the plastic into the solution. As far as using NG's Ionic Minerals with the Debriding Soap body wipe, the bottles we supply are fine to add the sachets. However, the spray head will be destroyed by the minerals.

**Nature's Gift® MultiMineral** capsules are also available as an alternative to the ionic minerals. Aside from the ionic minerals, this is the best formulation of minerals available.

**Vitamin C:** Basically, supplementing Vitamin C is not important to deal with skin parasites. But if you need it for some other reason, the best source is from Puritan Pride at [www.puritan.com](http://www.puritan.com) product # 00690. Solaray also has a Vitamin C in powder form. I no longer take Vit. C as the glutathione my body now creates with MaxOne reactivates it.

**Antioxidants: The MaxOne glutathione accelerator.** In fact, it is about 20,000 times more powerful than Acai Berry or any other antioxidant which you can ingest. The glutathione accelerator, in my opinion, is a must - have, to get your health back. More information at [www.GlutathioneForHealth.com/Parasites.html](http://www.GlutathioneForHealth.com/Parasites.html)

**Antibiotics:** Nature’s Gift® Garcillin™ is allicin. If you google “allicin,” you’ll find that allicin is a major antibiotic, antiviral agent, antiparasitic, antifungal, and antiprotozoal. You can’t get more natural and powerful than that.

**D3:** Pure Encapsulations Vitamin D3 in active form

**Nature's Gift® Chitosanase Enzyme Formula** has a dual purpose. First, it assimilates, (dissolves), chitin – the building blocks of all fungal organisms, and secondly, it dissolves biofilm which is super important with Lyme disease aka Morgellons.

**Nature’s Gift® Calcium Deyclex** is another tool in the fight to clean out fungal organisms from the body. This supplement (undecylenic acid) inhibits the formation of **hyphae** - the root-like part of all fungal organisms that extract nutrients from its host.

**Nature's Gift® MSM Capsules** is a source of organic sulfur. Organic sulfur is found in every cell of the human body and is severely depleted by Morgellons. It’s important to replenish this substance. There is also topical MSM gel available.

**Food Grade Diatomaceous Earth.** A blanket statement: Experts claim that everyone has some kind of internal parasite that complicates things. Food grade diatomaceous earth is our first item used to clean the body of these organisms.

**Boron:** As discussed before in Chapter II.

**Digestive Enzymes:** The gut is often the first battleground to lose foot hold to Morgellons making digestion difficult. Some report that the zest from lemon peel aids digestion.

**Agro Relief Enzymes,** also known as gluten relief enzymes to facilitate digestion.



**Flouracor Enzymes** with Probiotics to facilitate digestion and healthy gut flora. However, probiotics also feed Collembola, so this enzyme/probiotic combination is not recommended until late stage II of the King Diet, unless only Morgellons is involved.

**Nature's Gift® Parasite Stop Herbal Formula:** An herbal formula to reduce dopamine uptake in the brain and make it easier for the King Diet to kick in.

**Nature's Gift® Systemic Enzymes:** Enzymes for Cardiovascular and respiratory health, breakdown of excess fibrin, promote faster recovery, immune system regulation, and healthy blood sugar levels.

**Nature's Gift® L-Glutamine:** Leaky gut is often the result of the gut biome being destroyed. This is a natural sugar that feeds and strengthens the intestinal mucosa to close the openings between the cells that allow toxins to leak from the intestines to the blood.

**Nature's Gift® Complete Amino Acid Formula:** Detox reactions are often an issue when cleaning your body of parasites, toxins, and Lyme disease. "Many of the liver systems for phase two biotransformation - often referred to as "detoxification" - utilize amino acids as the carrier molecules to move toxicants out of the body. Without these amino acids, the entire system backs up. Boosting amino acids along with Agro Relief enzymes are essential to minimize serious detox reactions. Amino Acids support GI health, the repair and rebuild of healthy muscle and connective tissue, and provides essential nutrients for healthy hair, skin, and nails.

**Nature's Gift® Skin Regenerator:** Morgellons disease ravages one's skin. This is a formulation of polyphenols to rebuild the skin from the inside out.

**Nature's Gift® Herbal Gut Restore** to repair leaky gut and build gut biome.

**Collagen:** To replenish your skin, we have a collagen supplement with five sources of collagen. Since the filaments of Morgellons are comprised of collagen and keratin, it makes sense to replenish the collagen that has been severely depleted.

**Toothpaste:** I highly recommend getting rid of all commercial toothpastes that contain fluoride. Fluoride is actually a waste product from the chemical industry. Back in the mid-part of the last century, they found that fluoride helps prevent dental cavities. But they never realized that fluoride in your system makes it easy for aluminum to get sucked into your brain – ouch – Alzheimer’s. For years I simply used baking soda to brush my teeth. Now we have our own Nature’s Gift® Sweet Water Baking Soda toothpaste with cinnamon, clove, and peppermint essential oils plus NG and eggshells to support teeth enamel.

**Mouth Wash:** You can also use our NG Mouth Wash to clean your teeth and mouth. Fluoride is the last thing you want in your body. See blog post, War on Fluoride for Morgellons Disease 5/29/18 at <http://bestmorgellonscure.com/Blog-Fluoride.html>

## Stage III of the Diet

Stage III of the diet is close to eating normally. You can have, basically, everything you want to eat. However, if you have some things on a regular basis the parasites will activate.

Foods that activate parasites and which you should forever avoid on a regular basis are:

- All oils except for rice bran, butter, lard, and garlic oil.
- Peanuts.
- Most mushrooms.
- Except for bananas, green apples, mangos and guava eat fruit only occasionally.

## Four Responses to the King Diet

I get basically four responses from those on the KingDiet

1. I love the diet, I've dropped fifteen extra pounds and have never felt healthier and am getting my life back, thanks to you.
2. It's too restrictive and I'm always cheating and can never get ahead.
3. I'm a Vegan and there's nothing I can eat on the diet.
4. I'm already thin and can't afford to lose more weight.
5. I'm on the diet and don't eat any sugar, gluten or soy products but I'm not feeling any better - I still have itching and biting. Upon further questioning, they tell me that they use coconut or olive oil, eat asparagus, artichokes and the list is endless as to what other healthy foods they eat - all foods that breed parasites.

Please pay attention to the following: The King Diet is what others call "The Holy Grail" when it comes to getting your life back from skin parasites. I call it the trunk of the tree. What I'm going to write may not sound nice and some of you may think I'm scolding you (and maybe I am.)

For the first response, my response is, "I'm honored to participate in your life, and thank you for sharing. Your sharing gives inspiration to the second, third, and fourth responses [below](#)."

For the second response about the diet being too restrictive, "I hear you. It can be a challenge to be on the eating plan for a dozen different reasons, but in a loving way, please remember the parasites don't care about any of your dozen different reasons. The more you cheat, the longer it will be to get your life back. The way to make this happen is to use your imagination. Question: Can you imagine an elephant chewing sticky caramel candy?"

Funny, ha? If you can do that, you have all the powers necessary to be successful. When tempted by something off the eating plan, visualize the parasitic critter in one of the diagrams in this book, saying to you, "Please, please feed me, I need you to feed me." And the response to that plea is for you to get in the habit of thumbing your nose (strange saying) and say, "Die bastard, die."

For the third response - Vegans and vegetarians. Our vegan consultant shares that, *“In one serving of short grain brown rice there’s 6 grams of protein. I never ate one serving. I’d eat at least two. I tend to eat smaller meals often.”*

She does make one exception in that she has included eggs into her diet. It’s also been reported that beans are also OK if you soak them overnight.

For the fourth response: Ideally, if you do everything right, you’ll be onto stage II within about two weeks so your weight loss will be nominal. However, there are a couple things that can be done to increase caloric intake.

1. Eat baked or fried animal skin. Animal skin contains a lot of calories and in contrast to what we were told thirty years ago, it is not unhealthy cholesterol wise. Even bacon, that was poo pood years ago, is healthy per today’s findings.

2. I bulked up with spinach pasta (doesn’t have to be spinach – just rice pasta), with meat balls (hamburger or turkey) and tomato sauce. Make your own or use Contadina or Hunts brand.

The fifth response claims they are on the diet and don't eat sugar, white flour products, gluten, or even soy but in the same breath, tell me they use coconut oil, rosemary and many other spices, or eat healthy fruit, or ...

I have one thing to say to you. “LEARN HOW TO READ.”  
Rosemary and coconut oil are not allowed on the diet.

One tiny little tic tac will cause you problems. It's a strict, strict diet - you don't just pick and choose what part of it you want to do. If you have questions about the diet - fantastic, I love to share with you anything that will support you, but don't gloss over this chapter and tell me you're not getting your life back. The King Diet is the trunk of the tree to recovery. In the beginning, it's like being on a fence 6' tall and only 1" wide - easy to make a mistake and fall off. But if you're using olive oil and consuming other no -

no's you're not making a mistake - you're not very good at reading and following instruction. The good news is that if you follow the eating plan, with time, the fence gets wider and wider, to the point where it's easy to stay on and then you slowly add more foods.

Now, the alternate option to the King Diet: Seek the services of one of the doctors in chapter VI. To my knowledge, they don't use any diet. They use antibiotics. Then, please write me with your results and costs after 3 or 4 months, and tell me how many thousands it cost.

And, after you finish with several rounds of antibiotics tell me if you got your life back or if the parasitic symptoms return.

In summary, what many people do to successfully get their lives back is first start with the King Diet. It's strict, uninteresting, no fun and limiting. You make the choice to continue feeling the misery 24/7 or being serious with the diet.

## **Specific Variations of the Diet:**

The King Diet, as I discovered it, applies to Collembola and is very strict. Obviously, if one is dealing with Morgellons and Collembola, the strict part of the diet is a must.

But there are specific differences for Morgellons, Collembola, and Strongyloides.

- ▶ Those with only Collembola can have some sugar, as in selected flavors of Haagan-Dazs<sup>®</sup> ice cream and honey, on Stage II. Those with Morgellons can't have anything with sugar, except for honey, during Stage II or Stage III.
- ▶ Those with Morgellons and Collembola **cannot** have soy products. Those with Strongyloides can have some soy starting on Stage II.
- ▶ Fruits are a challenge for everyone. Lemon and lime, and maybe even grapefruit are OK for Stage I.

▶ Stage II of the diet includes bananas, plantains, Granny Smith apples, mangos and guava. However, blueberries, asparagus, and avocado are reported to be OK for Morgellons, but not Collembola.

▶ Those with Morgellons can have some other low-sugar fruits, but I don't have any specific feedback.

▶ Morgellons people find probiotics important, but for those with Collembola, probiotics activate the parasite until near the end of Stage II of the diet.

▶ Wormwood and Black Walnut may be beneficial for dealing with Morgellons, however, for Collembola they cause activation.

▶ Some report that consuming coconut oil is OK with Morgellons, but with Collembola it is not.

**Bottom line start with Stage I and experiment adding foods to expand to your Stage II eating plan.**

## Chapter V Recipes

### Drink

Hot water w/lemon or lime juice, dash of cayenne pepper (to taste), and dash of Stevia (to taste)



### Breakfast

#### • Omelet

• Two eggs • chopped onion  
• tomatoes • scallion • spinach  
• chopped peppers • cheddar, jack, or Monterey cheese (stage II)  
Seasoned with: • oregano • crushed red pepper • black pepper • salt.

And of course, what would breakfast be without bacon (low sodium – no sugar). Toast (Stage I Spelt bread, Stage II Dark Pumpernickel or Rye) with butter.

**Pancakes (see desserts later in the chapter)**

## Lunch and Dinner

Recipes for Stage I of the King Diet (Parasite/Lyme Diet<sup>SM</sup>)

### •Perfect Rice - the #1 staple

Many dishes go well with rice. Use white or brown rice—long or short grain, it doesn't matter. Later, when you get fancy, you can graduate to risotto.

1. Place one cup of water in a pot and about a teaspoon of butter, 1/2 teaspoon salt, and bring it to a boil with the top on - simply makes it faster to boil.
2. Then add in 1/2 cup of rice to the boiling water. If you want to rinse it in a strainer beforehand, that's fine. The most important thing is to reduce the heat on the burner to low as soon as the rice is added and place the cover back on the pot.
3. Thirty to forty minutes later for brown rice (twenty minutes for white rice) you will have perfect rice without having to scrape it from the bottom of the pot.
  1. Flavor it with pepper and butter as desired and serve.
  2. Sauté chopped garlic in butter and add to the rice.

### •Fancy Rice

How about rice with onion or peppers, or both onion and peppers?

1. Cook your rice as instructed above.
2. Use about 1/3 of a pepper (green for Stage I, red for Stage II) and about 1/3 of an onion.
3. Chop the peppers and/or onions into small square pieces about 3/8".
4. Sauté them with rice bran oil\* or butter as described below and when rice is finished, add them to the rice and stir to mix them with the rice.
5. Season the rice with sea salt, pepper and butter as desired.

Note: It's been brought to my attention that rice has a low level of



arsenic and that soaking in water overnight is helpful in diminishing the level of arsenic.

6. For fried rice, add in chopped celery and a scrambled egg.

- **Staple #2 Perfect Pasta.**

Sometimes you just want to break up the rice thing with pasta - it's the easiest thing on the planet to make. Visit your favorite supermarket or health food store and purchase rice pasta. You can get fancy with meat or marinara sauce, but let's leave it simple.

Linguine, spaghetti, spirals or whatever: I prefer a spinach - rice spaghetti style of pasta.

1. Simply fill a large pot halfway with water, add a teaspoon of butter or rice bran oil, and a ½ teaspoon of salt,
2. Cover it and bring to a boil.
3. Then, add in the pasta and keep the heat on high for the recommended period (usually 8 - to - 11 minutes as specified on the package).
4. Keep the cover off. Stir every few minutes to keep the pasta from clumping or sticking to the bottom of the pot.
5. When finished, dump into a colander, rinse with cold water, and cover it until you serve.
6. Serve with butter, sea salt and a fine grade of parmesan cheese sprinkled on top (Stage II)—I prefer sheep cheese (late stage I).

- **Perfect Vegetables**

- **Steamed**

1. Cut your vegetables (broccoli, cauliflower, green beans).
2. Place 1/2" - 1" of water in the bottom of a pot and bring to boil.
3. Place the vegetables in a steamer and then into the hot water and cover.

4. Steam on high heat for 5 minutes.
  5. Make sure you set a timer so you are reminded when finished, otherwise, if you forget, you'll have burnt vegetables as the water will quickly boil away.
  6. To avoid your veggies getting too cold before serving them, melt butter with salt and pepper, or warm rice bran oil\* flavored with salt and or pepper. You may also want to warm a bowl for the veggies.
  7. Place veggies in the warm bowl and pour your butter sauce over them and stir to distribute the sauce. If you like, flavor by sprinkling a tablespoon of Parmesan cheese (sheep) over the veggies and cover until you're ready to serve.
- **Sautéed** - green beans, collard greens, arugula, spinach, broccoli.
    1. Use a large 13" pan with cover.
    2. Place a tablespoon of rice bran oil\* in the pan with the burner on high for a minute.
    3. Then add your vegetables and reduce the heat to low.
    4. If you're using spinach or collard greens, fill the pan to the top as when heated, the greens seem to disappear as they shrink.
    5. Bring to medium low heat and cover.
    6. Sprinkle with approx. 1/2 teaspoon of salt (I use Morton's light salt which is high in potassium) or sea salt, and some cracked pepper as desired.
    7. Stir every 4 or 5 minutes for about fifteen minutes.
    8. For the last two minutes, add in chopped garlic and stir. Garlic cooked longer than a couple minutes begins to lose its nutrient value. Avoid over heating as too much heat will burn the garlic along with your veggies. The trick is to keep from burning the garlic, so keep an eye on it, and reduce the heat if you notice the garlic browning.

- **Perfect Shrimp Scampi for Two**

- 1¼ pounds of raw shrimp

- 1 stick of butter
- Chopped garlic
- Parsley
- One large lemon

1. Cook the rice or rice spaghetti as stated previously. Start the shrimp scampi about 10 minutes before the rice is finished. Melt one stick of butter on low heat. While melting the butter, remove the shells from the shrimp.
2. Then, add several cloves of chopped garlic to the melted butter. You can get the garlic that's already chopped, or chop it yourself into small pieces, (fresh garlic is far more nutritious than chopped garlic from a jar) - of course remove the outer shell of the garlic before chopping.
3. Lay the shrimp in the butter - usually you will need a 13" pan to accommodate 1¼ pounds of shrimp. You can leave the pan on the burner or take it off to add the shrimp. Do not place shrimp on top of each other - have them all touching the bottom of the pan.
4. Once the shrimp are distributed in the pan, sprinkle with parsley and squeeze in the juice from one lemon. Cover the pan and cook the shrimp for about 3 minutes on a low - medium heat.
5. Remove the cover after the second or third minute to check and see if the shrimp are finished - their beautiful bottoms will be red and the tops might still be pink.
6. When you see the redness beginning to reach the top half of the shrimp, use two forks or chop sticks to flip each one over and sprinkle more parsley on the flipped shrimp.
7. Cover the pan for another two to three minutes. It's easy to see when they are finished - they are all red top to bottom.
8. This is the most important part of the directions. Turn

off the heat and let the shrimp sit for ten minutes for the shrimp to absorb the lemon.

9. Reheat the shrimp for 3 or 4 minutes and then serve. If you have the luxury of heating the plates, do so and when the shrimp are ready, serve the rice first. Keep the rice covered to keep it warm.

10. Using a large spoon, serve the shrimp and the butter garlic sauce on top of the bed of rice.

11. There's only one more thing to do and that is enjoy. Bread (spelt for stage I and dark pumpernickel or rye for stage II) is optional and makes a great mop for the sauce that no one can stand to see thrown away.

While we're on the subject of seafood, how about King Crab legs - a very easy dish.

#### • **Perfect King Crab Legs for Two**

- 1/3 stick of butter
  - 1¾ pounds of king crab legs
  - Lemon
1. Cook rice or rice pasta as stated previously. Start the king crab about 10 minutes before the rice is finished. You'll need a pan with a cover large enough to fit in the legs.
  2. Ideally, place a vegetable steamer in the bottom of the pan with about ½" of water.
  3. Bring the water to a boil with the top in place, then place the crab legs in the pot and cover, keeping the heat on high for 5 minutes.
  4. While the legs are steaming, melt ½ stick of butter in a small pot. Add the juice from about 1/3 of a lemon to the butter along with a pinch of salt.
  5. Serve the rice or pasta and crab legs with the drawn butter and enjoy.

- **Perfect Lobster (2 lobsters – 11/4 to 13/4 pounds ea)**

- 1/3 stick of butter

- Lemon

1. Cook rice or rice pasta as stated previously. Start the lobsters about 20 minutes before the rice is finished. You'll need a relatively large pot with a top. Place the vegetable steamer in the bottom—not really necessary, but I like to use it to keep the lobster from collecting too much water.

2. Fill the bottom of the pot with ½" of water and bring to boil. Place the lobsters in the pot and cover.

3. Let them steam on high heat for about 14 minutes. If your lobsters weigh more, you'll need to add a few minutes to the steaming.

4. Heat the butter and add the juice from 1/3 of a lemon, and a pinch of salt.

5. Serve with the rice or pasta and enjoy.

- **Perfect Steamers**

- 1½ Pound of steamer clams (enough for 2 people)

1. Soak them in cold water with black pepper for 30 - 45 minutes to cleanse them (they will spit out the sand).

2. Add 2" of water to the bottom of a saucepan, bring to boil, and then add the clams. When the water begins boiling again, boil for 5 minutes. Steaming longer will result in rubbery clams.

- Dipping sauce

- 1/4 cup butter

- Dried parsley

- Chopped garlic

- Pinch of salt

1. Heat the butter and garlic and add in the parsley to your liking.

2. In Stage II of diet, you can replace the water with light beer to make beer steamers.

### • **Perfect Baked Fish**

- put several fish filets into a large skillet
- add ½ cup of water
- add salt, pepper, and lemon juice to taste
- fry at medium heat for 5 minutes
- then place the skillet in the oven at 420 degrees for 15 minutes
- serve and enjoy

### • **Perfect Chicken in Wine Sauce**

- 3 boneless chicken breasts
  - 1/3 stick of butter
  - 1 cup of white wine (Stage II only)
  - Lemon
  - Salt and pepper
1. Start by preparing the chicken 30 minutes before serving. Prepare the chicken (wash and slice thinly — usually two to three pieces per breast, depending on the thickness of the chicken breast.
  2. You'll need a 13" pan to fit all the chicken. Melt the butter in the pan on low heat and then place the chicken - see below for breading option - in the butter. Make sure all the chicken is laid in the bottom of the - no stacking.
  3. Turn the heat to medium - low. and let the chicken brown for about 5 minutes as you sprinkle salt and pepper to your liking.
  4. Then flip over the pieces and brown the other side for about 4 minutes as you add more salt and pepper.
  5. Add one cup of white wine and the juice from 1/3 of a lemon, cover and cook for about 5 minutes until the chicken is thoroughly cooked.
  6. Lay a bed of rice on the plate and top the rice with the chicken and wine sauce on top.
  7. Enjoy.

- **Breading Option:**

- Egg
- ½ cup of rice bran, millet, spelt, or dark rye flour.

1. Place an egg in one bowl and mix to distribute the yoke. Place ½ cup of flour in another bowl. Add the salt and pepper to the flour and mix.

2. Follow above instructions except before placing the chicken in the pan, wet it first (both sides), with the egg and then dip in the flour (both sides), and then place it in the pan. Follow instructions for perfect breaded chicken in wine sauce.

- **Perfect Lemon Butter Chicken**

- 3 boneless chicken breasts
- 1 stick of butter
- Juice from 1/2 lemon
- Salt and pepper

1. Start preparing the chicken 30 minutes before serving. Prepare the chicken (wash and slice thinly - usually two to three pieces per breast depending on the thickness of the chicken breast). You'll need a 13" pan to fit all the chicken.

2. Melt all the butter in the pan on low heat and then place the chicken - see above for breading option - in the butter.

3. Make sure all the chicken is laid in the bottom of the pan - no stacking.

4. Turn the heat to medium - low, and let the chicken brown for about 5 minutes.

5. Sprinkle salt and pepper to your liking.

6. Then flip over the pieces and brown the other side for about 4 minutes adding more salt and pepper.

7. Add the juice from  $\frac{1}{2}$  to  $\frac{3}{4}$  of a lemon, cover and cook for about 5 minutes until the chicken is thoroughly cooked.
8. Lay a bed of rice on the plate, and serve with the rice and wine sauce (stage II) on top. Enjoy

### • **Perfect Sausage Peppers and Onions**

- 1 lb. of sausage (without fennel)
  - An assortment of red, green, orange, and or yellow (green for Stage I) peppers
  - 1 large onion
  - Crushed red pepper spice (if desired)
  - 1 clove of chopped garlic
1. Place sausage in pan with low - to - medium heat and cover. Note: some like to boil sausage in water first for 10 minutes to remove excess fat, and then place in pan to sear or brown. When finished, remove them from the pan and add them back in later.
  2. Cut the peppers in strips from top to bottom about  $\frac{3}{8}$ " wide.
  3. Cut the onion in half from top to bottom and then in slices about the same width in the same direction.
  4. Place a tablespoon full of rice bran oil\* and about 5 tablespoons of water in a large stir fry pan and then add the onions, garlic, and peppers and bring to medium heat.
  5. Cover and stir every 5 minutes for a total of 20 minutes.
  6. Add salt, and black and red pepper, to flavor.
  7. Slice the browned sausages with a slight diagonal cut into  $\frac{1}{2}$ " pieces and stir them into the peppers and onions and cover for 5 minutes or until the peppers are to your liking - some people like them soft and some like them a bit crunchy.
  8. Serve when ready over brown or white rice. An option is to leave the sausages full length as opposed to slicing them.



9. Enjoy with pumpernickel bread (stage II only). To add zest, serve with horseradish and/or ketchup (no sugar or corn syrup). Peppers and onions can taste bland and empty - the secret is the right amount of salt but be careful. Too much salt and the dish is ruined, too little and the dish is tasteless. It's best to add as you are stirring during the last 10 minutes, and constantly do taste - testing.

• **Perfect Meatballs and Pasta with Tomato Sauce**

1 pound of ground meat (I like mix of dark turkey, pork, beef, and veal)

1 package of rice pasta (I like spinach linguini pasta made from rice)

1 can of crushed tomatoes (Cento brand has no additives)  
cloves of chopped garlic - as many as you like

1 package of fresh basil (use dried as an alternative)

1. Take the meat and add in salt, pepper, oregano, thyme, and any other spices you like on the acceptable list. If you want to bread the meat balls, make your own spelt, millet, or rye bread to add in the mix.

2. Make the mixed ground meat into balls and put in a frying pan with chopped garlic to brown as the meatballs are cooking. Start on medium heat and then reduce to low heat and cover as it is frying. Turn over the meat balls occasionally to keep them from burning on one side. Chop the fresh basil into small pieces and add it to the crushed tomato and heat it slowly. Use a screen to keep from splattering. This should take about fifteen minutes. Stir frequently to keep the sauce from burning on the bottom of the pan.

Add water (I use water infused with NG's ionic minerals) to a large pot - only about ¼ high in the pot and bring to a boil. Break the pasta in half and add to the pot. Reduce

the heat to low, and stir occasionally to keep the pasta from clumping, for about 10 or more minutes. Serve with spelt, millet, or rye bread and enjoy.

### • **Perfect Scalloped Potatoes**

#### **Ingredients:**

- 3 tablespoons butter • 1 teaspoon salt
- 1/4 teaspoon pepper • 3 cups lactose free milk
- 3 tablespoons millet, rye, or spelt flour
- 6 cups thinly sliced red potatoes

#### **Preparation:**

In a large saucepan, melt butter over medium - low heat; stir in flour until smooth and bubbly. Stir in salt and pepper. Gradually add milk, stirring until thick and bubbly. Add sliced potatoes to the sauce. Cover and simmer for 8 minutes. Transfer mixture to a greased 12x8 - inch baking dish. Bake, uncovered, at 375° for 45 minutes, or until potatoes are tender.

### • **Perfect Salad**

No dinner is complete without the perfect salad. Obtain at least 10 of the following ingredients:

- Spinach, Romaine, Red or Green leaf lettuce
- Roasted Red Peppers (in water only)
- Shredded Red Cabbage
- Red Onion
- Radishes
- Tomatoes
- Broccoli
- Cucumber
- Zucchini (any color)
- Bacon bits (made from real bacon with no sugar)
- Cooked Shrimp (in butter)
- Red, Green, Yellow, or Orange Peppers (Green for Stage I)
- Celery

- Walnuts (late stage I)
- Feta Cheese
- Goat Cheese
- Parmesan Cheese from sheep
- Yellow Cheddar (stage II only)
- Cabbot Habanero cheese (hot) (stage II only)
- Jack or Pepper Jack Cheese (stage II only)
- Mozzarella (stage II only)

The secret is in how the ingredients are sliced, cut or prepared - more to come.

1. Start with the leafy greens. If you're using triple washed spinach, you simply load the salad bowl to near to the top with spinach. If you're using a leafy lettuce, rip off leaves and wash them to remove any grit or dirt. Then break the leaves into small pieces about 2" by 2". An easy way is to not break off the leaves but to use a Ginsu knife and cut from the top of the lettuce downward 2" towards the bottom, rotate the head 90 degrees and do it again. Then take the knife and 1½" from the top, cut across the top of the head and let the pieces fall into a colander. You can continue the same procedure of cutting top to bottom and across until you have enough lettuce, and you'll find that the pieces are the perfect size.
2. Roasted Red Peppers - Cut the roasted red peppers on a chopping block into bite size pieces before adding to the salad - no specific way to cut.
3. Red Cabbage - Distribute shredded red cabbage as desired over the salad in each bowl.
4. Wash the radishes, cut off the top and bottom and discard. Slice the radish into each bowl about 1/8" thick.
5. Cucumbers - Wash the cucumber and thinly slice approximately ¼ of a cucumber so you have circular pieces about 1/4" thick
6. Zucchini - Wash the zucchini and thinly slice approximately 1/4 of a zucchini so you have circular pieces about 1/4" thick.
7. Celery - Wash a stick of celery and from the end of the widest

part, make one or two cuts an inch or two deep along the length of the stalk, and then make narrow slices (about ¼” wide) across from the bottom where you end up with two or three pieces for each slice. When you’re into the narrow part of the stalk, the cuts along the length are no longer necessary.

8. Red Onion - Remove the skin and cut off the top and or bottom. Make thin slices about 1/8” thick. Only add about three or four slices and separate the slices so you end up with narrow lengths of onion decorating the salad.

9. Tomatoes - Cut into wedges - not slices although you can slice off the bottom a piece about an inch thick and then cut that into four pieces, and from there just cut wedges. No more than about two or three wedges per salad. Alternatively, use cherry tomatoes.

10. Bacon - Fry the bacon until crispy on medium heat. After it’s cooled, place in a paper towel to absorb all the grease, then break it into small pieces and add to the salad.

11. Nuts - Add walnuts (late stage I) - break them into smaller pieces by crushing them in your hand as you add them to the salad.

12. Peppers - One or two slices from top to bottom about ½” width and then cut into smaller pieces about ½” wide. Don’t overload the salad with too many peppers. One slice of each color is enough.

13. Broccoli - Cut off the smallest heads and if necessary, cut them from top to bottom to reduce size.

14. Cheese - Add in three or more cheeses for flavor. Cut the cheddar or any solid block cheese into slices, then strips, and then small pieces and add to the salad. Cut the mozzarella into small chunks. Sprinkle feta and parmesan cheese over the salad. (Stage II only)

15. Shrimp - Peel away the shell and distribute on top of the salad.

Dressing - add rice bran oil\* and lemon juice, or alternatively use the shrimp cocktail sauce below - usually this salad is so flavorful that little if any salad dressing is required. Add oregano, salt, black pepper, and hot red pepper flakes as desired. If you use

shrimp, you may want the perfect shrimp cocktail sauce as dressing. The trick is to have a little of everything and not a lot of any one thing.

• **Salad Dressing**

**Mix lemon juice with rice bran oil.**

• **Perfect Shrimp Cocktail Sauce**

- Gold's hot horseradish
- Catsup (low sugar or sugar - free)
- Lemon

For two people, use a teaspoon of hot horseradish and about three tablespoons of ketchup. Add in the juice from 1/3 of a medium size lemon and stir. Adjust the amount of horseradish according to your taste.

More dishes? Sure, you almost double your repertoire by using boneless pork or lamb chops to substitute for the chicken in the above recipes.

• **Taco Meat**

- 1 pound of ground beef
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon minced garlic
- 1/2 teaspoon chili powder
- 1/4 teaspoon oregano
- 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon red pepper flakes
- 1/2 cup water

1. Mix any or all of above seasonings in a bowl.
2. Crumble ground beef into a large skillet medium heat. Cook and stir until the beef is completely browned, 7 to 10 minutes. Drain and discard any excess grease.
3. Pour seasoning mixture and water over the beef; stir to combine. Bring to a simmer and cook until the moisture absorbs into the meat, about 5 minutes.

## •Taco Salad

- Chopped Lettuce
- bell peppers, red, green, yellow, and or orange

## •Dressing

- 2 Tomatoes chopped
- 6 chopped scallions
- 1/2 chopped white onion
- 1¼ C. chopped cilantro
- 1 jalapeno diced small (remove seeds)
- LOTS OF GARLIC
- 2 limes, juiced

Add the salad on top of the cooked ground beef, and then add the dressing and enjoy the feast

## **Tortillas Spelt flour** *(Makes about 12 tortillas for Stage I)*

### **Ingredients:**

- ▶ 3 cups Spelt flour
- ▶ 1½ teaspoons fine sea salt
- ▶ 1¼ teaspoons baking powder (aluminum free)
- ▶ ⅓ cup bacon fat, lard, or butter

**Step 1:** In a large mixing bowl, add the flour, salt and baking powder and whisk thoroughly to combine. Add the fat and use your fingers to work it into the dry ingredients (similar to how you would make pie crust). When the fat is fully incorporated, add 1 cup hot water. Using clean hands or a fork, mix until a shaggy dough forms, adding up to ¼ cup additional hot water if the dough seems especially dry.

**Step 2:** Turn out the dough on to a lightly floured work surface, and knead briefly until the dough holds together in a ball. (It doesn't need to be perfectly smooth.) Divide the dough into 12 pieces and roll into rough balls, then transfer them to a baking sheet, cover with a clean, damp towel and rest for 20 to 30 minutes.

**Step 3:** Preheat a dry cast - iron skillet over medium - high heat. Working with one piece of dough at a time, roll out the dough on a lightly floured surface into a round. (The size and thickness will depend on your preferences. A 6-inch round will be slightly thicker and good for tacos; an 8 - inch round will be thinner and ideal for fajitas or burritos.) Transfer the round to the skillet and cook, flipping once, until

bubbles appear on the surface and golden-brown spots appear on the bottom of the tortilla, about 30 to 60 seconds per side.

**Step 4:** Repeat with each piece of dough until all the tortillas are cooked, wrapping the tortillas in a clean towel as they come off the skillet to keep them soft. The tortillas are best the day they're made, but they can be kept in the refrigerator for up to 3 days.

- **Pasta Sauce Amatriciana**

- 2 or more garlic cloves
- 4 medium onions, diced
- ¼ cup butter and or rice bran oil
- 1/3 cup pancetta or prosciutto - diced
- 5 cups peeled tomatoes, or 1 quart canned tomatoes

diced

- 1 tsp. salt, 1/2 tsp pepper
  - parmigiano-reggiano cheese (stage II)
1. Cook garlic and onions in butter, over low heat, 20 min. (covered).
  2. Remove lid, cook 10 minutes until golden brown.
  3. Add pancetta and cook 10 minutes.
  4. Add tomatoes and cook 15-20 minutes.
  5. Add salt and pepper, reduce sauce slightly.
  6. Add cheese and toss with spelt spaghetti (about 12 ozs.)

- **Pizza Crust**

- 1½ cup spelt flour
- 1 Tbs. baking soda
- ½ tsp. sea salt
- 1 1/2 cup water
- 2 Tbs. rice bran oil

1. Preheat oven to 400 degrees
2. Place flour, baking soda, and salt in a bowl.
3. Add water and oil mixture gradually, you might need more water.
4. Knead for 5 to 7 minutes on floured board.
5. Cover and let rest while preparing toppings. This is better than no pizza at all but add flavorful toppings and you won't think about the crust.

Oil pan and press dough to edges. Add toppings below and bake about 20 min.

• **Pizza Toppings**

Smoked sun dried tomatoes (soaked in water first), sliced zucchini, broccoli, oregano, peppers, onions, garlic (minced), Boar's Head pepperoni, goat cheese, Parmesan, sliced or diced fresh tomatoes, parsley. No need to precook veggies.

• **Condiments**

• **Ketchup by Johanna**

- 15 oz. can tomato paste (read label and be sure only tomatoes)
- 1 dropper full of liquid Stevia or to taste
- 1 T. onion powder
- 1 tsp. salt, may need more. To your taste.
- 1 tsp. garlic powder
- 1/3 C. lemon juice
- 1/2 C. of water - or more to the consistency you like
- 1/8 tsp. allspice
- 1/8 tsp. cinnamon

Mix all together. Refrigerate

**Mayo by Johanna**

- 1 large whole egg
- 1 medium clove garlic finely minced
- 1 large yolk of egg
- 1/4 tsp. organic onion powder
- 1 - 2 T. fresh lemon juice
- 1/2 tsp. Himalayan pink salt
- 1/2 tsp. freshly grated lemon rind.
- 1 C. Rice Bran Oil

1. Place all ingredients in a 3-cup blending jar.
2. Place immersion hand-blender into blending jar so it touches the bottom. Turn blender on.
3. Gently lift the blender up and down to blend whole egg & yolk, and then add oil and egg. Continue to move hand blender gently upward and downward until thick. Takes no more than a minute or even less. Refrigerate it and it keeps about one week in



refrigerator.

It can be made in a blender by placing all ingredients except oil in a blender. Blend eggs and seasonings to combined. When well combined, remove top cover from blender & super slowly, really slowly stream the oil into the egg and seasonings mixture, and it will emulsify. If oil is streamed in too quickly it will not emulsify.

## •Desserts

Some incredible desserts to satisfy carbohydrate cravings.

### **Home - made Fudge by Melissa Stage I**

- 1 bar "Baker's" Brand 100% cocoa chocolate.
- Sweet Leaf Stevia - 1/8 teaspoon or less
- 1 - 2 organic raw eggs.
- 1/4 C. of lactose free milk or cream without additives. Costco has lactose free milk without additives, not sure where to find cream without additives.
- 2 tablespoons organic butter.
- 1 tin pie plate, small to medium size.

Directions:

1. Use 1 Tablespoon of the butter to grease the bottom and sides of the pie tin and set tin aside.
- 2 Start by melting the remaining butter in the bottom of a smaller sized vegetable pot. This is simply to grease the pot itself and has little to do with actual ingredients.
- 3 Once the metal is coated on the surface and up the sides, add in the 100% Baker's chocolate, broken up so it fits easily and will melt more quickly and evenly. Do this on a very low flame.
- 4 Add one of the eggs and keep stirring, adding liquid stevia and milk and another egg alternately as you go along to maintain as smooth and stirable a consistency as possible. Taste the mixture as you go to get the sweetness you like. Use a clean spoon each

time if you're concerned about contaminating the spoon with parasites from your mouth. You'll know you're done when the mixture is uniform and moves about like brownie mix.

5 At this point, turn off the stove and proceed to pour the mixture into the greased pie tin, spreading as evenly as possible. Refrigerate several hours (or overnight). Use the freezer for faster results. Comes out like fudge.

### **Pancakes (Breakfast or Dessert)**

- 1 cup rice bran, spelt, dark rye, or millet flour.
  - 1/2 teaspoon of salt.
  - 1 cup of buttermilk.
  - 1 egg.
  - ½ tablespoon cocoa (alkali base only, no soy lecithin)
  - One to four portions of stevia (using the included measuring spoon).
  - 1/3 C. walnuts (late stage I).
  - ¼ C. of cooked rice or puffed rice or millet.
  - 1 tablespoon of rice bran oil.
1. Beat the egg.
  2. Add the butter or rice bran oil\*, salt, cocoa, cooked rice/puffed millet/rice, and stevia.
  3. Then add in the flour as you continue beating the mixture.
  4. Place mixed ingredients in a heated pan with rice bran oil\* to keep them from sticking. I enjoy them with Haagan Dazs® ice cream (stage II but not for Morgellons).

- **Homemade Ice Cream** (Stage II only but not for Morgellons)
- 2 egg yolks.
- pinch of salt.
- 1 teaspoon real vanilla.
- 4 cups half-and-half (no additives such as diglycerides).  
Alternatively use 1 cup of half-and-half and 3 cups of low-fat milk or lactose free milk.
- 1/4 cup walnuts.

- ½ cup of honey or ½ teaspoon powdered or liquid stevia. Alternatively, ¼ cup honey and ¼ teaspoon powdered or liquid stevia.
- 2 tablespoons of cocoa made with alkali (optional for chocolate ice cream).

1. Heat the yoke of 2 eggs, a pinch of salt, and one cup of half-and-half.
2. Stir in ¼ cup of honey or ¼ teaspoon stevia powder in a double boiler until residue of the mixture sticks on the stirrer.
3. Let cool.
4. Add 1½ teaspoons vanilla, and 3 cups of half-and-half (no additives).
5. Set the mixture in the freezer for 2 hrs.
6. Transfer contents to ice cream maker and turn until solidified.
7. Then put it in your ice cream freezer to finish.

Store bought Haagan-Dazs® is the only brand limited to the flavors of chocolate, vanilla, chocolate, chocolate chip, vanilla chocolate chip, vanilla or chocolate mousse.

- **Chocolate Walnut Cake** (Stage II only) - Stage I if you leave out the walnuts and vanilla extract.
  - 2½ cups sifted spelt, dark rye, brown rice, or millet flour (I prefer half rye and half millet).
  - 1½ teaspoon of stevia (2 teaspoons stevia - no sugar for Stage I).
  - 6 tablespoons unsweetened cocoa.
  - 2 teaspoons baking soda.
  - 4 eggs, well beaten.
  - 2 cups plain yogurt.
  - ½ teaspoon vanilla.
  - 1 cup of broken or chopped walnuts.
1. Add eggs, stevia, sugar, baking soda, vanilla, and sour cream and mix well.
  2. Add in cocoa and flour as you continue mixing.
  3. Beat for 3 minutes on medium speed. Pour batter into a greased and floured 9x13 inch baking pan with rice bran oil.

4. Bake the ingredients at 350° for 35 to 40 minutes (baking time for larger pan is 25-30 minutes), or until a wooden pick or cake tester inserted in center comes out clean.

• **Chocolate Butter Frosting** (Stage II only, but not for Morgellons).

- 1/2 cup melted butter.
- 3/4 cup confectioners' sugar.
- 1/2 teaspoon stevia.
- dash salt.
- 1/2 teaspoon vanilla extract.
- 2 squares melted unsweetened chocolate.
- 3 tablespoons heavy cream or half-and-half (more or

less).

1. Melt butter and chocolate squares
2. Place vanilla, salt, stevia, and half-and-half into bowl and mix
3. Gradually add sifted confectioners' sugar. Beat until you have a smooth spreading consistency.

• **Nutty Brownies made with cocoa and walnuts (Stage II)**

- 1/2 cup (2 sticks) butter.
- 1/2 cup sugar.
- 1 1/2 teaspoon stevia.
- 1 teaspoon vanilla.
- 4 eggs.
- 1/2 cup plain yogurt.
- 1 cup unsweetened cocoa.
- 1 1/2 cup dark rye and millet flour (half of each) ,
- 1 teaspoon salt
- 1/2 teaspoon baking soda.
- 1 1/2 cup chopped walnuts.

1. Cream butter, sugar, salt, stevia, baking soda until well blended.
2. Add vanilla, sour cream, and eggs; beat until light

and fluffy.

3. Add cocoa, and then flour, mixing in well.

4. Stir in chopped walnuts.

5. Spread in a buttered 16-inch square pan.

6. Bake at 350° for about 25 minutes. Cool in pan then cut in squares.

Makes about 30 2-inch brownies. Caution (lack of sugar seems to contribute to an airy cake which can be easy to choke on).

• **Cheeseless Cheesecake (Stage III only).**

- 4 eggs - separated.
- 1 teaspoon lemon peel.
- 1½ C. unsweetened condensed milk.
- ½ teaspoon stevia.
- 1/3 cup lemon juice.
- 1/2 teaspoon nutmeg.
- 2/3 cup zweiback crumbs.
- 1/2 teaspoon vanilla.
- 2 tablespoons melted butter.

Zweiback crumbs are crumbs that are twice baked. You can toast pumpernickel bread twice - careful not to burn it and use a roller to break them into crumbs.

1. Beat egg yolks and combine with condensed milk and stevia.

2. Add lemon peel, juice, vanilla, and nutmeg. Blend well.

3. Fold in stiffly beaten egg whites. Set aside.

4. Combine melted butter and zweiback crumbs. Sprinkle butter 8 - inch square or 9-inch round cake pan with half the crumbs.

5. Pour in reserved filling mixture and sprinkle with remaining crumbs.

6. Bake at 325° F for 30 minutes.

7. Turn off heat; let cool for one hour in oven with door closed.

Makes 8 servings.

**Banana-Nut Bread recipe (Stage III only)**

- 1 teaspoon powdered stevia
- 1/2 cup rice bran oil.

- 2 eggs.
  - 2 cups spelt, millet, dark rye, or rice flour.
  - 1/2 cup chopped walnuts.
  - 1 teaspoon baking soda.
  - 3 soft, ripe bananas, mashed.
1. Cream stevia and shortening.
  2. Add eggs, flour, baking soda, bananas, and chopped nuts.
  3. Pour banana bread batter into a greased and floured loaf pan.
  4. Bake at 325° for about 1 hour and 15 minutes, or until a toothpick inserted in center comes out clean. This banana nut bread recipe makes 1 loaf.

A subscriber offers:

*"I stumbled across recipes for South American Empanadas - are you familiar with these? They sound great - so many different varieties! And basically, they use the ingredients we can eat—just substitute spelt.*

▶ [Publisher@thehealthyplanet.com](mailto:Publisher@thehealthyplanet.com)

▶ [www.Alive.com](http://www.Alive.com)

▶ [www.PeopleAndPossibilities.com](http://www.PeopleAndPossibilities.com)

▶ [www.Ahcpub.com](http://www.Ahcpub.com)

▶ [www.AlternativeMedicine.com](http://www.AlternativeMedicine.com)

▶ [www.aaom.org](http://www.aaom.org)

\* available in our on-line store at

<https://theorganicskincare.com/collections/natures-gift-special-applications>

### **Fudge by Karen of TX**

1. Melt a stick of butter
2. Stir in some unsweetened cocoa powder until it looks nice and chocolaty
3. Add some stevia to taste
4. Add a few drops of peppermint oil if desired
5. Take about three plain rice cakes and put them in a big Ziploc bag.
6. Take a rolling pin and crunch them up until the pieces are pretty

small and then mix them into the chocolate mix.

7. Line a pan with wax paper and spread out the mixture (but not too thin) and refrigerate until hard. It doesn't have to go to the edge of the pan, it can be kind of free form. Add walnuts if desired

### **Chocolate Candy by Dianne**

First melt  $\frac{1}{4}$  cup of bakers chocolate in double boiler

#### **Then stir in:**

- ▶ a dash of sea salt (just a tiny amount - this will make it taste sweeter)
- ▶ 3-4 teaspoons alkalized cocoa
- ▶  $\frac{1}{8}$  teaspoon of Sweet Leaf **Stevia** (This is an approximate measure – you can experiment with how sweet you like your candy)
- ▶  $\frac{1}{4}$  teaspoon vanilla (skip until Stage II)

**Heat again just to the boiling point** This is a crucial point for the chocolate. If you heat it too much it will burn and taste badly.

#### **Optional ingredients to add and thicken:**

- ▶ Add Organic Cocoa nibs so there are chocolate chunks mixed inside the candy.
- ▶ Organic peppermint essential oil to make mint chocolate

Pour the ingredients into silicon molds. I prefer buying the silicon ice trays because they are cheaper than the candy molds and bigger. Either way, place your **chocolate molds in the freezer or refrigerator** for a few minutes. When they have hardened, they will stay hard unless you expose it to heat again. Enjoy!

### **Spelt Bread by Renee**

I Make Irish soda bread super easy:|

- ▶ 2 cups spelt flour
- ▶  $\frac{1}{2}$  cup rye or mix any flour of your choosing (rye, spelt, millet, rice)
- ▶ 1 tsp salt
- ▶  $1 \frac{1}{4}$  cup water or butter milk

Place on parchment paper (or baking sheet), in round shape, slice an X on top with a knife and bake at 350 degrees for 40 minutes, and you'll have a hearty loaf of bread hot out of the oven. Add butter to your liking, Renee.

I must say that it is very easy to make. You don't need parchment paper. You don't need any previous experience baking. You simply stir all the ingredients together - may have to use a little more buttermilk than is called for. After mixing, simply make the dough into a hill and place inside any baking pan or tray.

It is delicious with butter and really helps you bulk up. You can use any blend of flours. I used spelt and brown rice as that was all I had on hand.

If you like your bread crispy, leave it in the oven a few minutes longer. Flavor it with butter and cinnamon.

If you are a chocolate fiend, you can also add about 3 tablespoons or so of cocoa - no lecithin. And, when you're on Stage II, you can add walnuts.

If you can't have spelt: Don't fret. Use any of the safe flours: rye, rice, millet...

### **Super Bread Recipe for Stage I by Rachael**

- ▶ 2 cups wholewheat spelt flour
- ▶ 2 tsp. baking soda
- ▶ 2 pinches salt
- ▶ 3 egg whites
- ▶ 1/4 cup melted butter
- ▶ 1/4 cup water.

1. Combine all ingredients except the water & mix with a hand mixer w/bread kneader. (I have not tried mixing it by hand but maybe works with much kneading & adding water slowly).
2. Add the 1/4 cup water all at once & mix again with hand-



mixer. Clump it together to form a ball with your hands. Toss back & forth between your hands about a foot apart, about 30 times to remove excess air. The dough should have a pasty firmness look. Optional: sprinkle rice bran powder over the top before cooking. Butter the bottom of a baking pan & place in preheated 400 degree oven for 30 minutes. Enjoy with butter! Bueno appetite!

## **Robin's Corner**

Robin is my co-host for the Sunday Conference Call and she's quite a cook too. Following are the recipes she's contributed. Enjoy!

### **Chocolate Chip Cookie Balls** Stage I

Makes about 55 cookies

#### **INGREDIENTS**

- ▶ 2-3/4 Cup Spelt flour (can combine with some rice or millet flour)
- ▶ 1 tsp. Baking soda
- ▶ 1 tsp. Salt
- ▶ 1 Cup Butter (softened)
- ▶ Stevia (equivalent of 1.5 Cup sugar) about 10 packets of stevia or half to one teaspoon stevia according to your taste.
- ▶ 1 tsp. Vanilla extract (stage II only)
- ▶ 2 large eggs
- ▶ 5 oz. organic cacao nips
- ▶ 1/2 to 1 Cup chopped walnuts (stage II only) If omitting add 1-2 more Tablespoons of flour

#### **DIRECTIONS**

1. Preheat oven to 375 degrees
2. In a small bowl combine flour, baking soda and salt
3. In a large mixing bowl, beat butter, stevia and vanilla extract
4. Add eggs one at a time beating well after each addition
5. Stir in cacao nips (and nuts if using)
6. Drop onto uncreased cookie sheet by rounded balls, about a tablespoon's worth
7. Bake 25-28 minutes

8. Remove to wire racks and cool completely.

## **Beef Stew**

### **INGREDIENTS**

- ▶ 1 package stew beef
- ▶ 1 onion
- ▶ 1 stalk of celery chopped
- ▶ Spelt flour
- ▶ Rice flour
- ▶ 2 cloves of garlic, minced
- ▶ Salt to taste
- ▶ 1 box Imagine Bone Broth\*
- ▶ Broccoli
- ▶ Red potatoes (Stage II only)

### **DIRECTIONS**

1. In a good-sized pot, sauté onion and garlic till onion is translucent
2. Cut up beef into small pieces. (this is easier to do if it is partially frozen)
3. Roll beef in a shallow bowl of spelt flour, and brown in the pan with the onions and garlic, stirring frequently.
4. Add celery
5. Cover with water and simmer for about 10 minutes
6. Add 2-3 Cups of bone broth and cook over a low heat for about 30-40 minutes.
7. In a small bowl, add some of the broth from the stew and 2 Tablespoons of rice flour. Stir until thickened and pour back into the pot. You may have to do this a few times until the stew is thick enough.
8. Salt to taste.
9. For stage I serve over rice.
10. For Stage II quarter red potatoes and add to mixture for about a half hour, until potatoes are done.
11. Add chopped broccoli for the last 10 minutes.

## **Chicken Salad**

### **INGREDIENTS**

- ▶ 1 Chicken, cooked and cubed
- ▶ 1 small white Onion or green scallions, chopped
- ▶ 2-3 stalks of celery chopped
- ▶ Salt to taste
- ▶ 2-3 Tablespoons homemade mayonnaise

### **DIRECTIONS**

1. Place cooked, cubed chicken in a bowl.
2. Dice celery and onion and add to the bowl.
3. Sprinkle with sea salt
4. Add 2-3 Tablespoons of mayo and mix thoroughly.

## **Mayonnaise**

Mayonnaise is incredibly easy to make, so it's one of those things where if you care enough about the flavor and health factor, making it yourself becomes worthwhile. It will keep in the fridge 4-5 days.

### **INGREDIENTS**

- ▶ 1 Egg
- ▶ Rice Bran oil
- ▶ Salt
- ▶ 2 Tablespoons lemon juice

### **DIRECTIONS**

Place ¼ Cup of oil in a food processor or blender, add the egg and salt and process for about 30 seconds. The mixture will be quite thin.

Then, with the blender running, slowly drizzle in an additional cup of oil, very slowly over 60-90 seconds. As you slowly incorporate the oil it will get thicker and thicker.

Add in the lemon juice and you are done!

## **Gazpacho**

### **INGREDIENTS**

- ▶ 4 cups tomato juice
- ▶ 1 onion, minced
- ▶ 1 green bell pepper, minced
- ▶ 1 cucumber, chopped
- ▶ 2 cups chopped tomatoes
- ▶ 2 green (or white) onions, chopped
- ▶ 1 clove garlic, minced
- ▶ 4 tablespoons fresh lemon juice
- ▶ 1 teaspoon dried basil
- ▶ 1/4 cup chopped fresh parsley
- ▶ Stevia equal to 1 teaspoon white sugar
- ▶ salt and pepper to taste

#### DIRECTIONS

1. In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, tomatoes, green onions, garlic, lemon juice, basil, parsley, stevia, salt, and pepper. Leave out some cucumbers, tomatoes, and peppers to add in after everything is blended.
2. Blend until well - combined but still slightly chunky.
3. Add chopped tomatoes, peppers and cucumbers to blended mixture.
4. Chill at least 2 hours before serving. Top with chopped onion and cucumber.

## Healing Cabbage Soup

#### INGREDIENTS

- ▶ 3 tablespoons rice bran oil
- ▶ 1/2 onion, chopped
- ▶ 1 stalk celery, chopped
- ▶ 2 cloves garlic, chopped
- ▶ 2 Cups water
- ▶ 1 Box Imagine Bone Broth (use the one with both chicken and beef - others are not compatible with the diet)
- ▶ 1 teaspoon salt, or to taste
- ▶ 1/2 teaspoon black pepper, or to taste

- ▶ 1/2 head cabbage, cored and coarsely chopped
- ▶ 1 can (14.5 ounce) Hunts Petite diced tomatoes, with juice

## DIRECTIONS

- Sauté onion, garlic, and celery in a large frying pan in rice bran oil until onion is slightly browned, about 5 minutes.
- Stir in water, bone broth, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
- Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.
- Salt and pepper to taste.
- Serve with rice or plain. Add cooked chicken or beef if desired.

## Vegetable Soup Stage I by Debra

In a large pot combine:

- ▶ 4 to 6 cups chopped tomatoes
- ▶ 1 cup chopped onion
- ▶ 1 cup chopped celery
- ▶ 1 cup chopped cauliflower
- ▶ 4 to 6 cups chopped kale
- ▶ 3 tablespoons of butter
- ▶ 2 teaspoons McCormick garlic powder
- ▶ 1 teaspoon dried parsley
- ▶ ½ teaspoon of pepper
- ▶ 1 teaspoon of salt (make sure no sugar as in Diamond Salt)

And if you like tangy soup add a pinch to a half a teaspoon of dried red pepper flakes

- ▶ 1 quart water

Bring to a boil reduce heat simmer for one hour

You can use any frozen vegetables that are stage one approved this is a great hearty soup.

## Lemon Blueberry Pancakes

### INGREDIENTS

- ▶ 1¼ cups spelt flour

- ▶ 1 tablespoon baking powder (aluminum-free)
- ▶ Stevia (equivalent of 1 Tsp. sugar)
- ▶ 1/2 teaspoon salt
- ▶ 1 cup milk
- ▶ 1 egg
- ▶ 1/2 tablespoon butter, melted and slightly cooled
- ▶ 1 lemon, zested or Two Tsp. lemon juice
- ▶ 2 teaspoons rice bran oil, or as needed
- ▶ 1 cup frozen or fresh blueberries (for stage II diet only)

## DIRECTIONS

- Sift together flour, baking powder, sugar, and salt in a large bowl.
- Whisk together milk and egg in a small bowl. Add milk and egg mixture to flour mixture, whisking until blended. Stir in melted butter and lemon zest.
- Lightly oil a griddle and heat over medium - high heat. Fill a ¼ Cup measure with batter and pour onto the hot griddles. Drop a few blueberries on top and cover them with a little batter. Cook until bubbles form and the edges are dry, 3 - 4 minutes. Flip and cook until browned on the other side, 2 - 3 minutes. Repeat with remaining batter.

## Super - easy Irish Soda Bread

An old-fashioned soda bread with basic ingredients. Buttermilk gives the crust a good flavor.

### INGREDIENTS

- ▶ 4 Cups White Spelt Flour
- ▶ 1 egg
- ▶ Stevia (the equivalent of 1 Tsp)
- ▶ 1 Tsp. Baking Soda
- ▶ 1 Tsp Baking Powder (aluminum free)
- ▶ ½ Tsp. salt
- ▶ ½ Cup Butter, softened, 1¼ Cup Buttermilk without additives or make it by combining 1 Cup milk and ¼ Cup lemon juice)

► ¼ Cup Butter, melted

## DIRECTIONS

- Preheat oven to 375 degrees.
- Lightly grease a large baking sheet (or use parchment paper)
- In a large bowl, mix together flour, stevia, baking soda, baking powder, salt and softened butter.
- Stir in 1 Cup of buttermilk and egg. Add more flour as needed to make dough.
- Lightly knead, (in the bowl or on a floured board). Form the dough into a round and place on the baking sheet.
- In a small bowl, mix the melted butter and the remaining ¼ Cup of buttermilk. Brush the loaf with this mixture. Use a sharp knife to cut an X in the top of the loaf.
- Bake about 45-50 minutes, until a toothpick inserted comes out clean. Check to see if finished after about 30 minutes. You can continue to brush with buttermilk mixture while it bakes.

## **And Another Medical Blunder**

*“As a young, single mother, I was treated as though I may have a chemical addiction, like to meth, with all the skin sores and speaking of things coming out of my skin. For fear of having my child taken away, I may never try to convince a medical professional, or most anyone, the truth and reality of this rather unknown condition. The only options are the solutions described in the book, and staying strong and tenacious in that, as most people will not be able to relate or console you unless they are infected - which you don't want. When first infected, and having a systemic, allergic reaction to the massive bug bites from an infested apartment I was living in, I had an emergency room visit where I was treated inhumanly, even being told I had to leave immediately after receiving a sleep - inducing Benadryl shot. I hadn't slept for days, and I knew if I attempted to leave at that*

*moment while carrying my infant son, I would surely have passed out in the hallway. I just lay in the bed anyhow, against stern orders from the charge nurse to get out, until I could barely gather the strength to leave.” Rachael, WA*

It seems like Rachael isn't the only one who has been told to leave the hospital. Maybe they are afraid of something they don't understand? And rightfully so! For if the medical profession understood this disease, they would never let anyone afflicted with it sit in waiting room chair, where another person might pick up the disease, from sitting in that same chair. What's wrong with them?



## **Chapter VI - Medical Approaches**

### **Finding a Doctor**

This is the most difficult chapter to write. An article by Ginger Saverly, NP, and Mary Leitao published in *Advice for Nurse Practitioners* May 05, states that the average sufferer “*seeks help from between 10 and 40 providers and reports that symptoms are not taken seriously.*” Oftentimes, thorough exams are not performed, and symptoms are passed off as delusional; and open sores are attributed to the patient’s attempts at self-mutilation.

I found my plight very discouraging, in that, with all the professionals I contacted, not only did they lack skill in prescribing effective treatments, but as I've previously written, they knew nothing about bathing, diet, or environmental controls. That was back in the mid 90’s and is still true today.

In this chapter, the medical treatments for Collembola,

Strongyloides stercoralis, and Morgellons are covered as well as the complications of Lyme disease and protozoan infection. Doctors who are known to work with skin parasites are identified and discussed.

## **Medical Treatment for Collembola (Spring tails)**

There are 6,000 species of Collembola. They are the size of a dust particle that live on decaying matter. And 99.9% of the experts will tell you that it's impossible for them to live on humans. As I previously have written in Chapter II, there are no diagnostic tests for Collembola. Medical doctors do not even acknowledge their existence in human skin much less know how to treat them.

## **Early Treatment**

In the first several weeks, standard treatments may be of value if one pays attention to the tips for bathing and disinfection in Chapter III.

A double descending dose of Prednisone may be sufficient. Likewise using Elemite, (permethrin), may also solve the problem (again, if bathing and disinfection tips in Chapter III are used). Alternatively, any of our Nature's Gift® creams, lotion, or gels may take care of it. However, after the parasites have taken up residence in the deeper layers of your skin, these approaches won't help, except for a few days.

One lady borrowed \$950 to see a parasitologist for help. She was on the brink of dying, with all kinds of internal issues. After extensive testing, the specialist announced to her that there is no known parasite capable of producing all the symptoms and medical issues from which she was suffering - he recommended she see a psychologist to deal with the stress in her life.

## Chronic and Acute Parasitic Folliculitis

Initially in the mid 90's, I had been to three dermatologists and three different general practitioners and none of them knew anything about the parasites. Finally, I found an old-timer. The irony was that this dermatologist was my next-door neighbor. He didn't treat me like an alien from outer space. He spoke of bird mites inhabiting window air conditioners and how those who walk in the room with the window unit on begin itching like crazy. It made sense because many times while standing in my living room, I'd feel a sensation like something was jumping on my ankles and lower legs. The biggest problem may be to get rid of the vectors that carry the parasites and the eggs of the parasites from your environment to keep you from getting reinfected.

### My Diagnosis

DONALD H. OLSHANSKY, M. D.  
206 BROAD STREET  
(AT THE CORNER OF WAVERLY PLACE)  
RED BANK, NEW JERSEY 07701  
TELEPHONE 741-2828

RICHARD KUHN'S  
D.O.B. 5/4/46

196 DIAG: PARASITIC Folliculitis

responded readily to ORAP  
1mg BID. CPIMUZIDE:

NO response to LINDANE,  
ELEMITE, BACTRIM, COLCHYL,  
6% Sulfur oint.

**Finally a diagnosis** - finally, some direction from the medical establishment: I was given a diagnosis of parasitic folliculitis and a dosage of 1 mg of ORAP (now called Pimozide), taken at bedtime for up to ten weeks. The Family Practice Notebook lists Orap as the preferred

treatment for those confirmed having delusions of parasites. For your convenience it's copied at the end of this chapter. It recommends:

- Initial dose: One - half of a 2 mg tablet qd
- Titrate dose: Increase dose by 1 mg/week to 4 - 6 mg qd

He also prescribed sulfur with Vaseline as a topical ointment. The ORAP (Pimozide) was to be taken internally. The diagnosis was parasitic folliculitis and prescription was for 1 mg BIO ORAP (Pimozide). I took it for about ten weeks. I never used the sulfur, and Vaseline because I controlled the symptoms of itching and biting with my diet. ORAP is no longer available under the name, ORAP, but only the generic name Pimozide.

He didn't refer to it as a drug used for psychotics. He referenced a county fair where there were many people infected with mites from the straw in one of the exhibits and that the medication used to treat the infection was ORAP.

Many classify it as a strong anti-psychotic medication with potentially bad side effects. In fact, most doctors will give you a long lecture as to the bad side effects of this medication and attempt to talk you out of it.

Its actual use is for Turret's Syndrome, where the individual blurts out curse words and has motor tics for no apparent reason. To call these individuals psychotics is a grave injustice. So, Pimozide is not an anti-psychotic as only the ignorant would have you believe.

Nevertheless, you can have side effects such as muscle tremors, heart rhythm issues, and inability to focus or concentrate.

For me, after a few months, I no longer needed ORAP, as I stayed on Stage II of the King Diet and everything was

fine for nearly ten years, at which time, I became re - infected by an article of clothing I had taken from storage. This time, Zyprexa was the new treatment of choice, which my doctor prescribed a month's supply (2.5 mg at bedtime).

Zyprexa is no picnic either and can likewise have lots of side effects. Go ahead and Google “Orap side effects” and “Zyprexa side effects”. Zyprexa is a true anti - psychotic as it’s used for schizophrenia. Again, because it’s repurposed for Morgellons doesn’t mean Morgellons is a psychotic issue.

And there are other mediations that provide similar - of them anti psychotics, others anti-depressants or meds for anxiety.

The challenge for me was to find a doctor to go along with “giving it a try” rather than one who wanted to send me to a psychologist. After four months of Zyprexa, I began developing painful side effects - pain in my knees in the morning upon awakening.

Three years later as I looked back on the knee problems, I eventually developed an extremely swollen painful knee from the complications of Lyme disease. So, I had several things going on at the same time: I had gone off the King Diet and had a bad spider bite. So, was it the spider bite that aggravated my responses to Zyprexa or not? I'll never know the answer. Fortunately, switching back to ORAP worked for dealing with the parasites and the MaxOne glutathione accelerator worked for the inflamed knee. More details in my free report, Lyme Disease Doesn't Have to Own You Anymore available at <http://bestmorgellonscure.com/IMAGES/BOOKS/Lyme-Report.pdf>

## Why Do Orap and Zyprexa Help?

They didn't replace the diet, but they helped make the Diet work. They were of benefit because they decrease uptake of dopamine in the brain. It's explained later in this chapter. For years, many criticized my recommendation of Orap and other medications because they are anti-psychotics and to them it looked like I was giving into the Morgellons being a psychiatric issue. But that's not the case. The good news is that there are many herbs that also reduce dopamine uptake in the brain and our herbalist has created our Nature's Gift® Parasite Stop Herbal Formula that I recommend using instead to help make the King Diet Work unless your physician prescribes one of the medications listed below for a different purpose.

## Other Medications That Help Reduce Dopamine Uptake in the Brain

Over the years, other medications have also been reported to be beneficial. Here's the complete list, normal uses, and dosages, where known:

1. ORAP {Pimozide): 1 mg per day up to 4 mg/day if needed. Typically used for Tourette syndrome and motor tics. Start gradually, doses can be split up to twice a day. It is suggested that you slowly ramp down after about 4 months.
2. Zyprexa\*: 2.5 mg per day at bedtime for up to six months with blood lipids checked after four months. Typically used for schizophrenia and bipolar disorder.
3. Doxepin: 10 mg once per day (duration unknown). Typically used for anxiety and insomnia. Does not affect dopamine levels.
4. Abilify: 2 mg per day, working up to 7.5 mg per day for

- four months and then back down slowly to 2 mg per day to stop. Typically used for depression.
5. Zolof: 25 mg once per day (duration unknown). Typically used for depression/panic attacks.
6. Serequel: 30mg Typically used for bipolar disorder and schizophrenia.
7. Lyrica: (dosage unknown). Typically used for seizures, fibromyalgia, and pain from shingles.
8. Risperdal: 1½ mg to 2 mg per day (duration unknown). Typically used for bipolar, schizophrenia.
9. Low Dose Naltrexone (LDN): at <http://ldnscience.org/> 3.5 mg at night, typically used for drug addiction. Low Dose Naltrexone does not affect dopamine levels; however, it does help regulate cortisol levels
- 10 Wellbutrin: 5 mg twice daily. Typically used for depression, ADHD.
11. Rifampin: Typically used for facial lesions at 300 mg daily for ten days.
12. Amisulpride: Typically used for schizophrenia and dysthymia - dosage unknown.
13. Olanzapine: Typically used used for schizophrenia—dosage unknown.
13. Regular Claritin, Claritin D and Vistaril  
Doxepin: Typically used for the treatment of anxiety, chronic skin disorders, itching, and so on.
- \*Recent information indicates that continued use of Zyprexa leads to hypoglycaemia and or diabetes in some patients.

Another sufferer reported, “*Doxepin acts to inhibit the allergic response the body is having against the pathogens.*” He went on to say, “*At first Doxepin made me very tired but then my body got used to the drug. For the most part I have rare irritation. I can even eat normally (I don’t suggest you go crazy). I do suggest following the diet in order help purging of the parasites.*”

In summary, for quick relief in addition to the diet I used ORAP, and later Zyprexa; others have reported similar success using the other meds listed above. Where these medications also may help is with the sensing apparatus that goes on with these parasites. Many sufferers report that wherever they go - outside their homes, shopping malls, big stores like Home Depot - they constantly feel attacked by organisms. In other words, they attract other organisms. As discussed in a previous chapter, these meds work because they reduce dopamine levels in the brain which in turn reduces parasitic activity and attraction.

### **Pheromones**

One sufferer, on a video by Dr. Rimo, (her site is [DrRimaKnows.com](http://DrRimaKnows.com)), claims that the parasites on the infected person's body emits pheromones that attract any parasites in one's vicinity. In her case, Abilify had interrupted some genetic occurrence to stop that from happening. If you talk with Marc Newman of [www.Morgellons-Research.org](http://www.Morgellons-Research.org), he feels that it's the specific pheromones that are emitted by the individual that determine whether the parasites will be attracted to one or not. And for the same reason he explains why one person in the family doesn't become infected by the skin parasites and others do.

More recently, thanks to one of our subscribers, we have added pheromones to our on-line store and have been getting great feedback from those who have been using it. Pheromones seem to be making them more like those who are not affected by Morgellons and other skin parasites. Over the years I've taken a lot of criticism for recommending these medications, and believe me, I'm 73 and during my entire life the only medications I ever used, on rare occasions, were antibiotics. I hate the idea of using drugs, but ORAP saved my sanity and I recognize that the



parasites don't give a damn about my personal beliefs. Nevertheless, it goes without saying that I'd rather have my life back and no longer be limited to the diet, with these medications, than not. Look at them as a crutch - you use them until you get your life back and then no more. Besides, Harvard Health Publishing, in an article titled, "Delusions of Infestation," states, "*If antipsychotics are used to treat delusional parasitosis, they are generally prescribed at doses much lower than those used for schizophrenia or other psychotic disorders.*"  
[https://www.health.harvard.edu/newsletter\\_article/delusions-of-infestation](https://www.health.harvard.edu/newsletter_article/delusions-of-infestation)

As I previously stated in Chapter I, I'm not a doctor and I'm not making any medical recommendations. I'm only passing along what has worked for me and many other readers of my book. I do get a lot of people concerned about using Zyprexa or ORAP because of the stigma that comes with them. And I get a lot of people who don't believe in using medications, period. The FDA requires me to instruct you to discuss these medications with your doctor.

In response to these concerns, I point out that while these medications are predominately used for mental issues, they are being repurposed as anti-parasitics. In fact, recent research has reported, Drug Repurposing Screening Identifies Novel Compounds That Effectively Inhibit *Toxoplasma gondii* Growth 4/16  
[https://www.researchgate.net/publication/296690933\\_Drug\\_Repurposing\\_Screening\\_Identifies\\_Novel\\_Compounds\\_That\\_Effectively\\_Inhibit\\_Toxoplasma\\_gondii\\_Growth](https://www.researchgate.net/publication/296690933_Drug_Repurposing_Screening_Identifies_Novel_Compounds_That_Effectively_Inhibit_Toxoplasma_gondii_Growth) reports "Pimozide inhibits parasite invasion and replication"

More information in blog post, Why Medications Block

Parasitic Activity of Morgellons 2/13/20 at  
<http://bestmorgellonscure.com/Blog-Medication2.html>

Note: As noted before, we now have a natural supplement consisting of various herbs to reduce dopamine levels and no longer depend upon any of the above mentioned medications. It is #14 in our list – Nature’s Gift® Herbal Parasite Stop Formula.

In summary, specific medications can really make a difference. But they are ineffective without the King Diet. The King Diet alone can be used to reduce the itchy and biting symptoms. However, using the diet alone is like trying to start an engine that is difficult to start. It can be very frustrating to get it started. Using one of the medications makes it easier to start the engine so there's less frustration. Adding the glutathione accelerator, NG Debriding Soap, and some other supplements, is like having an electric starter—more about that later.

## **Strongyloides Stercoralis**

In addition to having been infected with Collembola, I also was infected with Strongyloides Stercoralis. In Chapter II, we looked at how to test and identify it, along with its life cycle and symptoms.

For me, both ORAP and Zyprexa were effective at controlling it with the King Diet. In the late 90's, I convinced my doctor to write a script for ivermectin. It was a one time thing: anticipating finally finding the solution, I was disappointed as it provided no relief. Since that time, numerous others have shared that they used Ivermectin on an ongoing basis for Morgellons or Collembola, but no one has claimed success with it. It's more of a status quo medication—you don't get better, and you don't get much worse. In addition, ivermectin can severely damage your liver, and while you shouldn't be on it for a long period of time, you need frequent blood work to make sure your liver is

functioning as it should.

This may be because most people use Ivermectin by itself. Seems that it should be used in conjunction with either albendazole or moxidectin as nematodes can migrate back and forth from the blood stream to the tissues. By taking albendazole or moxidectin with ivermectin, both the blood stream and tissues are covered. Dr. Luna of the **www.Shop4Morgellons.com** site claims that Fen Ben is the veterinarian equivalent of albendazole. It's suggested to take ivermectin for one week and then either of the two meds the next week - alternate them for the duration of treatment. Ivermectin has also been used successfully in conjunction with Elimite Cream, in the treatment of mites. Again, these treatments should be under a physician's care.

According to the Medical Letter at [www.medletter.com/freedocs/parasitic.pdf](http://www.medletter.com/freedocs/parasitic.pdf), the drugs of choice for the treatment of uncomplicated Strongyloidiasis are Ivermectin with Albendazole\*. All patients who are at risk of disseminated Strongyloidiasis should be treated.

Per Youtube video, Strongyloides and Mites at **<https://www.youtube.com/watch?v=thnPw4DfqG4>** Moxidectin may be better than Albendazole as it may have fewer side effects. Fenbendazole at 10 mg per kg for 5 days may be an alternative. Fenbendazole is also effective for internal worms and protozoa.

In summary, I'd say that the King Diet, in conjunction with ORAP or Zyperxa, kept my symptoms of Strongyloides minimal until I was diagnosed and treated by my primary physician.

## **Medical Diagnostic Tests to Identify Morgellons**

As previously noted in Chapter III, there is no recognized test or diagnostic procedure available to identify Morgellons, and many doctors simply don't believe it exists. There is no known medical treatment available. You are more likely to be diagnosed as

delusional. In fact, when seeing a doctor, it's better to not even suggest the possibility of Morgellons, as for the most part it will only raise a red flag.

## **Physicians who Work with Morgellons and Skin Parasites**

There are several doctors who, if you follow the message boards, you'll find that work with Morgellons' patients.

### **Dr. Savely**

Author of Morgellons: [The legitimization of a disease: A Factual](#)

[Guide by the World's Leading Clinical Expert](#). One of her protocols is: Chlorophyll Complex, CoreBiotic, Alamax, Doxycycline (twice daily) Rifampin (twice daily), and Azithromycin (twice daily).

Another protocol is Clarithromycin - 500MG, SMZ/TMP - DOSE 800MG, and. FLUCONAZOLE - 200MG

### **Dr. Hildegard Staninger**

Dr. Staninger's theories on Morgellons are worth a read. Google "Dr. Hildegard Staninger" to find the GMO (genetically modified organism) theory. *"You can not battle advanced nano material syndrome with pharmaceutical meds, any kind of metal supplementation, sulfur chloride/chlorite MMS or R.I.F.E. during the active stage - the nano materials apparently thrive on it!"*

From the healing grape vine.

### **Dr. Overman**

I've spoken to several subscribers who have consulted Dr. Overman, now deceased. His clinic uses muscle testing (applied kinesiology), of which I've always been suspicious, to prescribe various anti-parasitic compounds. They are rather religious and although no one has complained, no one has really gotten much

better despite the expense. So, unless I hear otherwise from someone else who has improved dramatically, I'd say save your money.

### **Dr. Sloan (no longer in practice)**

Dr. Sloan had a CD recording available in which he states that he's found 100% of sufferers have agrobacterium — bacteria that are in plants, causing growths. He's also noticed that 100% have fungal skin issues. He's also noted that many patients have leaky gut syndrome and suffer from inflammation. As of this writing, I am unable to find any contact information for him.

He notes the symptoms of Morgellons are:

- fibers under the skin - different colors
- white fibers in the environment
- brain fog
- low grade fever
- lumps under skin
- lesions on the skin
- adrenals not functioning well
- black particles in the skin—pepper flakes
- core body temp 95 - 97 degrees
- fibers that fluoresce in UV light
- white flakes from skin
- sand-like grains after scratching fibers from wound
- eyebrows, eyelids, and ears are sensitive

He felt that the route to dealing with Morgellons is through the gut, and, that Ph is important for the gut, so the use of bicarbonate to raise Ph is recommended. He also recommends an anti-inflammatory diet - no soy, casein (milk products) or gluten (wheat). Guess what, the King Diet is that and a lot more.

### **Patricia D. Salvato, MD**

University Medical Plaza, 7501 Fannin St #650, Houston, TX

77054

(713) 961-7100

Reported as kind, real, knowledgeable, and uses glutathione and antibiotics with antifungals.

### **Dr. Schwartz**

Reported to be expensive, and again, no one I encountered has reported any success. Google Dr. Schwartz Morgellons for more information.

### **Dr Karjoo**

A pathologist, no longer in practice, located in Garden Grove, CA, .

### **Dr. Neelam Uppal**

Dr. Neelam Uppal of Pinellas Park, FL, is the author of, “Is Your Pet Safe,” and has treated 600 Morgellons patients since 2005. He believes many catch the disease from their pets. Uppal warns that if the public itself doesn't do more to limit interaction with sick pets, Morgellons could balloon into a significant health threat.

### **Dr. Amin**

Dr. Amin believes that these parasites are contracted as a result of heavy metal toxicity. Heavy metal sensitivity is caused by high concentrations of metals in the body - particularly from amalgam fillings in one's teeth. He believes that toxicity compromises immune functioning and makes the system vulnerable to parasitic infection. One solution is to remove the amalgam fillings and replace them with amalgam-free material. Once the toxic materials are removed, along with a cleansing diet and immune strengthening nutrients, the immune functioning is restored and the parasites neutralized. To learn more about mercury toxicity go to [www.holisticmed.com/dental/amalgam](http://www.holisticmed.com/dental/amalgam).

A subscriber contributed the following information, “*Neuro*

*Cutaneous Syndrome, a dermatological and neurological disorder (dental sealant Toxicity). Dr. Omar M. Amin PHD and parasitologist. Go to his website. I went all the way to Arizona to see him. His protocol has cured people. Go to web and print dental Sealant Toxicity NCS by Omar Amin. His phone number is 480 767 - 2522. They are open Monday through Thursday 9 to 4 (two hours behind). Dr. Amin's assistant John will answer the phone. His diagnosis is that most of the symptoms are not parasites at all, but neurocutaneous symptoms, metabolites from lesions attract parasites to compound the issue, however, this is not the cause, he feels. The dental sealants (some of which came with old silver fillings and some with new root canals, crowns, and liners in white dental fillings, come up on a dental biocompatibility blood test as toxic. These must be removed. This makes your immune system weak and causes symptoms which feel like parasites. He feels that these toxins coursing through the body are attractive to parasites as a secondary infection. He is no dummy. If it works, you will be the first to know.”*

This is the only feedback I've received from anyone utilizing his services. Another lady contacted his office in 2016, and this is the result: He offers:

▶ an on-line protocol for (one month of treatment \$390) the detox supplements (2 months \$255), and blood test (\$325) for a total of \$970.00.

▶ in-office protocol that includes 1.5 hours consultation (\$300), the protocol (\$120) and the detox supplements (2 months \$255). Additionally, there's a blood test (\$325) for a total of \$1,000.

She reported that they called her several times over the next couple of days trying to get her to make a commitment. She felt pressured.

If you go this route and they determine your teeth are the problem, you're into thousands of dollars to change fillings, redo crowns, and so on.

From my experience, there generally is more than one way to “skin a cat.” I would suspect that heavy metal sensitivity is a co - factor. In other words, there are other factors at play, and we’re back to the chicken and egg question. And that is, if one strengthens one’s immune functioning, uses anti parasitic drugs/nutrients, and some of the techniques discussed in the following chapters, the heavy metal sensitivity may be minimized. As for many of us, replacing offending filings could keep a dentist in business for years can be very expensive.

There are far better and less expensive ways of dealing with toxicity; such as boosting glutathione - the body's detoxifier. There’s more about that in the next chapter.

### **Hammed A. Ibraheem, M.D., Ph.D,**

An internationally respected parasitologist and founder of the Eko University of Medicine and Health Sciences in Nigeria. I **cannot** recommend him based on his treatment of someone I referred to him who paid him \$3,000 for testing, evaluation, and then \$20,000 for his potions he uses for treatment; he mentally abused her (language barrier) and refused to continue working with her.

## **Treating Lyme and Protozoan Infections**

I did find several doctors who treat Lyme differently than with the standard medical approach. The difference between these physicians' protocols and the general medical approach for treatment of Lyme, is the extended use of antibiotics, coupled with antifungal meds, and the testing labs that they use for diagnosis. The reason antifungals are used is two-fold:

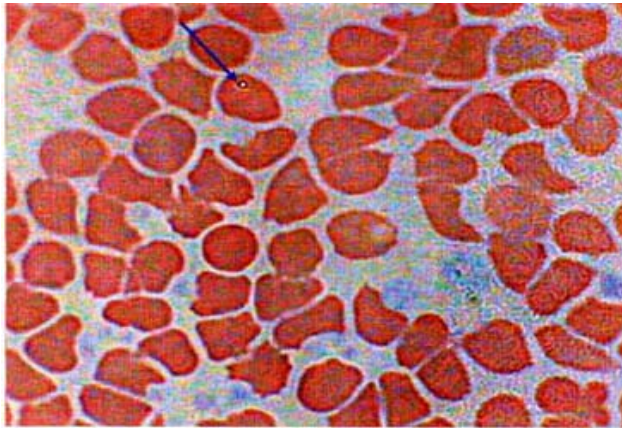
1. Long term use of antibiotics eliminates good bacteria as well as the Lyme bacteria resulting in an over population of yeast (Candida).
2. The Lyme bacterium (Borellia), as mentioned before, seeks out yeast and fungi and will take-up residence in the yeast or fungi



where it is not susceptible to the antibiotics.

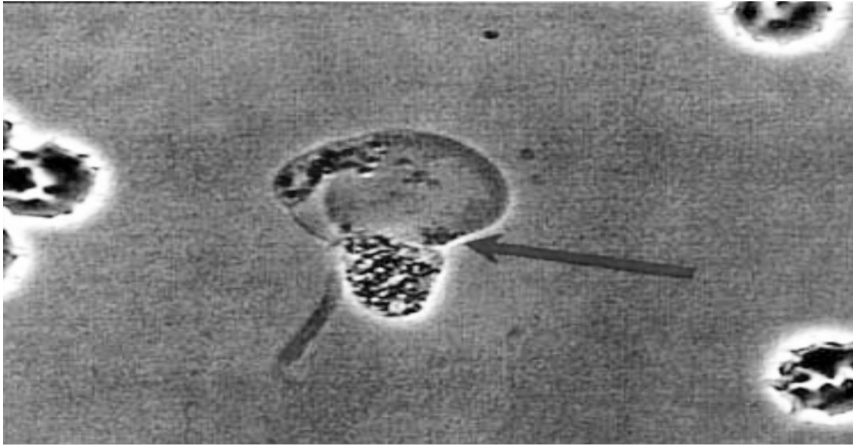
Typical testing labs such as LabCore or Quest are not dependable for diagnosis of chronic Lyme (Borellia) or the protozoan (Babesia).

The first doctor I consulted was the late Dr. Harvey of Texas. Dr. Harvey had a blood sample kit sent to me. I took it to my GP who took the samples, along with samples for a complete blood count. I Fedexed the kit to a lab in Florida that has since gone out of business. See Appendix A for instructions on how to send samples.



This is what the laboratory found in my blood. This microscopy is of my red blood cells. The arrow points to one cell that's infected.

Since that lab is out of business, I did find another, Fry Labs, in Scottsdale Arizona which offers testing for both Babesia and Borrelia. Their phone number is 480-292-8550.



The microscopy above, is an enlargement of the cell identified on the previous page. The arrow points to the red blood cell giving birth to a slew of the Lyme spirochetes.

However, after my blood was sent there and the analysis done, I was declared free of the protozoan. I questioned Dr. Bransfield to find that of the several types of protozoa, IGeneX only tests for about three types. Now that baffles me and says to me that the lab I had used (using microscopy instead of blood antibody tests) is more thorough.

Too little is known about protozoan infection to rule out a protozoan infection simply from three types. Suppose I have a type for which no antibody test has become available? I didn't ask that question as that was my last contact with him. In the future, I'd vote for the test to be done at another lab.

My initial intake with Dr. Bransfield, who is actually a psychiatrist, consisted of 45 minutes, with him going over the various symptoms of Lyme. The complete transcript of that intake is available in the optional Appendix to this book. It's worth

reading as the list of physical and mental symptoms is astounding. In addition to treating for Lyme disease, he deals with the psychiatric effects of having Lyme disease. The extended Appendix is available as a pdf upon request. For babesia (protozoan), I was prescribed Mepron. Fenbendazole has also been found effective in treating protozoan.

The essence of that intake was a Lyme symptom questionnaire in which he asked me about a hundred questions about my symptoms. In comparison to most of those who are affected by Lyme, I actually was relatively symptom free, to which I attribute the King Diet and the supplements I used to maintain relatively excellent health over those 14 years. But all that changed later on - more later.

The earliest you can get an appointment with these doctors is 3 - 4 weeks which is why I went to my attending physician for ORAP or Zyprexa. After a reinfection in late '06, I stayed on Stage I of the diet for about four months, and then made an appointment to see my attending physician and received a prescription for Zyprexa.

None of these doctors have a clue as to the infecting organism that causes Morgellons. In general, they seem to know little about the other parasites that I've thus far listed, i.e., mites, skin fungus, Collembola. In Summary, their approach to dealing with Lyme is antibiotics coupled with antifungals (to prevent unhealthy yeast from developing in the gut, and to complicate the long-term antibiotic treatment) - a good idea. And, except for Dr. Sloan, they generally don't advise any dietary recommendations.

## **Treatment of Chronic Lyme Disease**

First, let's differentiate between two terms: chronic vs acute. Chronic means a condition that has existed for several months. Acute refers to a condition that suddenly appears.

With respect to Morgellons, Lyme is most often a chronic condition and treatment is often sketchy at best. The medical doctors that treat chronic Lyme are Lyme Literate Medical Doctors, (LLMD's).

While there are several accepted treatments for Lyme disease, most use long-term antibiotics and they often rotate the antibiotics during the treatment. Some have reported antibiotic treatment of 5 years or more for chronic Lyme disease.

In many cases, this treatment can be dangerous. In blog post, "Are Antibiotics for Chronic Lyme and Morgellons Disease a Good Idea?" dated 7/21/2021 at <http://bestmorgellonscure.com/Blog-Antibiotics.html> I wrote, "*With antibiotics, you can not only have detox reactions, but a whole host of other side effects including the destruction of your gut biome. Read this post in well.org, **Antibiotics, Their Side Effects, and How to Avoid Them**. From the article, you'll see that antibiotics are not a summer picnic and can cause many other health issues plus be instrumental in breeding super bugs. 'The first long-term effect of one round of antibiotic use is the killing of epithelial cells. 'Epithelial cells' are the cells used to build our skin, and they're also the building blocks for our gut. Epithelial cells are responsible for dictating what goes in and out of the body, and what shouldn't be let in at all'.*"

To follow up on this blog post, read the follow up blog posts Pt II Are Antibiotics a Good Idea for Chronic Lyme and Morgellons Syndrome? 7/24/2021 at <http://bestmorgellonscure.com/Blog-Antibiotics2.html>

Pt III Are Antibiotics a Good Idea for Chronic Lyme and Morgellons Syndrome? 7/25/2021 at <http://bestmorgellonscure.com/Blog-Antibiotics3.html>

Also read blog post, The Lyme Disease and Morgellons

Connection 1/27/2020 [www.bestmorgellonscure.com/Blog-Lyme4.html](http://www.bestmorgellonscure.com/Blog-Lyme4.html)

So long term prescription antibiotics can lead to disruption of your digestive system to the point you may not be able to digest food – yuck, and they may also destroy your epithelial cells (skin and those that build your gut).

But not everyone needs to be on prescription antibiotics long term to get rid of the symptoms of Lyme disease, right? And not everyone on prescription antibiotics long-term develops the inability to digest food and has their epithelial cells destroyed? So, maybe it's worth the risk to get rid of Lyme disease.

That certainly seems to be a reasonable risk until you look at the research about recidivism of Lyme disease after long-term use of prescription antibiotics reported on the Charles Holiman Foundation website, "Persistent *Borrelia* Infection in Patients with Ongoing Symptoms of Lyme Disease." [18]

In this pilot study of twelve individuals diagnosed with Lyme disease and three with Morgellons, and here is a summary of the results of long term prescription antibiotic treatment:

case 1 relapsed after treatment

case 2 never got better

case 3 still has symptoms but better and still on antibiotics

case 4 no symptoms but still on antibiotics

case 5 still on antibiotics but no status given

case 6 still on antibiotics but no status given

case 7 two years of treatment - still has symptoms

case 8 in treatment no status given

case 9 tested positive for Lyme after antibiotics

case 10 never got rid of all symptoms

case 11 relapsed after 5 yrs of treatment

case 12 only minimal benefit

Six out of twelve relapsed or had no improvement with prescription antibiotics and the remaining still taking prescription

antibiotics with only one having no symptoms reported.  
Read the report and decide for yourself.

In summary, research indicates that antibiotics can be bad news-  
especially long-term antibiotics.

The good news is that there are other effective options.

1. Salt and Vitamin C

2. Rifing

3 Herbal Remedies

But before engaging any treatment, employ the important  
supplements:

NG Multivitamin

Ionic minerals

MaxOne

Garcillin – a safe natural powerful antibiotic, anti-viral and anti-  
fungal. A safe alternative that doesn't destroy gut biome to  
prescription antibiotics.

This combination of supplements are known as our Pack for Life  
Pack. These supplements boost your health and immune  
functioning to the point that treatment for Lyme disease may be  
unnecessary or make any treatment far more effective.

Note that MaxOne and or Garcillin, as well as any of the  
treatments for Lyme disease can produce die off reactions. Die off  
reactions can be minimized by adding our complete amino acid  
formula and our Agro Relief Enzyme formula. For more details,  
read my free report, Lyme Disease Doesn't Have to Own You  
Anymore at

**[http://bestmorgellonscure.com/IMAGES/BOOKS/Lyme-  
Report.pdf](http://bestmorgellonscure.com/IMAGES/BOOKS/Lyme-Report.pdf)**

## **Factors Complicating the Treatment of Morgellons/Lyme Disease**

As previously stated, it is said that the antidote to Morgellons is

boron and alkalizing your body with apple cider vinegar, but because apple cider vinegar feeds Collembola, (springtails), I suggest using either baking soda or drinking water infused with our ionic minerals (coral calcium). But, if you're also infected or dealing with any of the following co-factors, things get complicated and Morgellons becomes a serious issue - not life threatening - but it can be debilitating:

- a. Bacterial/viral infection
- b. The introduction of a form of Chlamydia - not the sexually transmitted strain.
- c. Protozoan infection
- d. Syphilis (another spirochetal infection often overlooked)
- e. Systemic fungi infections including Candida
- f. A variety of internal parasites

The above are infectious organisms and what significantly contributes to making Morgellons a disease of this century are the effects of the following on the human body either destroying the gut biome or upsetting the endocrine balance.

- g. EMF - especially with 5G - upsets endocrine balance
- h. Monsanto's glyphosate (Roundup herbicide) a low-level antibiotic, destroying the gut biome
- i. Monsanto's GMO's destroy the gut biome.
- j. Chemtrails

Put all of this together along with other health issues (autoimmune, heart, diabetes, and so on) and especially the addition of man-made stressors, and you have the perfect storm that can interfere with the strongest of immune systems. It's a wonder all of us are not affected by Morgellons, mites, and Collembola.

If blood tests indicate the presence of the Protozoan, an antiprotozoal medication, Mepron sus glax, is usually prescribed.

My treatment years ago for Lyme disease involved a rotation of Zithromax, Bactrim DS (800/160 tabs - 2 in the morning and 2 at night), and Biaxin (500 mg twice a day) for about three months each). Simultaneously, I was on Fluconazole (100 mg once/week - anti fungal and Flagyl (metronidazole) 750 mg two days in a row per week to guard against Candida. The Mepron is used for 120 days. Some, whose immune systems are highly compromised are given a treatment involving shots of gamaglobulin to boost immune function.

## **Internal Fungus/Yeast**

Internal fungus and yeast complicate the treatment of Lyme. Lyme is described as a Trojan horse as it finds its way into a white blood cell and then hijacks it and uses it to replicate. Lyme also uses any fungus or yeast cells that may be available to reside. While in the yeast or fungi, the Lyme is not affected by antibiotics. Whether or not it has an intelligence that sends it looking for fungi and yeast when it's threatened by antibiotics is unknown. It probably simply has an affinity for fungi and yeast. It also accumulates into colonies and protects itself with biofilm that protect it from antibiotics.

For much more in-depth information on Lyme disease, read my free report, "Lyme Disease Doesn't Have to Own You Anymore," at <http://bestmorgellonscure.com/IMAGES/BOOKS/Lyme->



## **report.pdf**

It goes into the detail about how Lyme morphs into different forms, hides in Candida, and most importantly, reveals the important supplements that build immune functioning, get rid of cellular toxicity, reduce detox reactions, and will make any treatment (if needed) effective.

## **Doctors Recommended by the late Dr. Harvey for Lyme Disease - some may know little, if anything, about Morgellons**

Below is a list of physicians recommended when he retired to take his place:

1. Hamid Moayad, MD, a neurologist, Bedford ( Dallas )  
817-540-3388
2. Ginger Savely, FNP, Washington DC. Mentioned earlier in this chapter.
3. Charles Jones, MD, New Haven CT (Pediatrics)  
203-772-1123 near Hartford airport.
4. Robert Bransfield, MD, Red Bank, NJ (Psychiatry)  
732-741-3263 near Newark airport (mainly interested in working with those who have psychological complications such as bipolar disorder, depression, and so on.
5. Mary Parrish, FNP, Del Rio 830-774-4094
6. Gregory Bach, DO, Colmar, PA (Internist) 215-997-1620
7. Dr Cornish who works with Dr Savely.

I imagine there are many more today. I learned of Dr. Bransfield from Dr Harvey, with whom I had my initial consultation and blood tests. Please note, that neither physician is connected with this book in any way, and neither physician has supplied any information for this book, except for my interviews and sessions as a patient that I had with them. Both charged \$350 for the first hour (2004 pricing and no medical insurance accepted).

Of the ones I listed above, I don't know which ones will do a telephone intake, and even though they may be more progressive than most general practitioners in treating Lyme and Protozoan with antibiotics and antifungals, neither of the two I've used as physicians impressed me when it comes to bathing protocols or environmental disinfection issues, and neither have even hinted at the value of diet. I can only say that with any physician that you use, it's your job to constantly take care of environmental disinfection, including bathing protocols, until you get rid of the pesky things and are itch symptom free. And it's my opinion, that the diet is of utmost importance no matter what medical or nutritional approach you use.

Most recently, it's been reported that Claritin, the allergy med, starves the Lyme spirochete by blocking manganese uptake.

A book I'm told that is worth reading is Healing Lyme by Stephen Buhner through Amazon at roughly \$14. He describes an herbal protocol with powerful herbs as a core treatment for Lyme, or as an augment to antibiotics. It is a must read for the technical explanation of the spirochete and to have as an arsenal if antibiotics prove to fail.

## **In Summary**

Treatment of Lyme disease and protozoan infection is often with prescription antibiotics, anti-protozoan, and antifungal medications. Many treated with long-term prescription antibiotics relapse or show no improvement. Long-term treatment with antibiotics can destroy your ability to digest food.

Protozoan is dealt with Mepron. FYI, Mepron is about \$700 a bottle and is only suggested as a onetime treatment for duration of up to 120 days.

For Lyme, to me, it makes sense to start with my Lyme protocol, which is discussed in the next chapter, before going on to the heavy rotation of antibiotics and antifungal meds.

I went through the rotation of antibiotics for approximately six months to the point where I was fearful that my own immune system wouldn't be able to fight off infection by itself. After the six months I started Cat's Claw. Everything was fine as long as I maintained

Stage II and Stage III of the King Diet. Eventually, thinking I was cured, I went off the diet and was symptom-free of parasites as long as I took a small dose of ORAP or Zyprexa daily.

But no sooner had I beat the parasites when Lyme almost destroyed me. Within a year of being off the King Diet, my right knee became very painful and inflamed - a symptom of Lyme disease. So, I question the value of all the antibiotics I took and the Cat's Claw, which seemed to be aggravating my painful knee. I became very depressed about my painful, swollen knee. It seemed like the parasites were going to win after all by complicating my life with chronic Lyme and take my life in pieces - read about how I beat Lyme in the next chapter.

I'm providing all the medical information in this chapter to leave "no stone unturned" and have some idea as to what to expect. I must acknowledge that over the years I've encountered many patients of Lyme doctors, and as with me, their symptoms are better while in treatment and they report that results are even better when using the King Diet along with the medical protocols, as I had done. But can they ever go off the antibiotics, and if they do, will their results be like mine? Back to Morgellons, Collembola and other skin parasites. The research I provided earlier in this chapter indicates that long-term antibiotics is a "Pig in a Polk,"

## The CDC Study into Morgellons

In early 2008, the Center for Disease Control (CDC) conducted a study with the Kaiser Permanente Hospital in California. This Kaiser - biased hospital had a history of giving Morgellons patients the diagnosis of Delusional Parasitosis. The CDC posted a page on their official website devoted to the study (see [www.cdc.gov/unexplaineddermopathy/](http://www.cdc.gov/unexplaineddermopathy/)). After two years of only studying about 40 self-diagnosed subjects they concluded that Morgellons is not an organic somatic disease but instead, one of the mind, created by stress and the mind.

If you've been wondering about the Mayo Clinic, the Mayo Clinic said, "Although patients are convinced that their skin is infested with parasites or inanimate material," skin biopsies and specimen analyses turned up **no** evidence of infestation. The patients were probably suffering from delusional parasitosis - or the false belief that one is infected with parasite - the researchers determined."

So, do yourself a favour and don't waste your time or money with the Mayo Clinic.

### A Sad Story

*'I have suffered with Morgellons for 4 years now. When I broke out for the 1st time, I naturally ran right to my doctor who told me I had scabies and prescribed the medication for such. Well, that didn't work. Again, back to the Dr. I went. Only this time I had done my own research and learned about Morgellons. So, I brought a microscope with me so I could show him the fibers (living) in the sores. Well as it turns out, my Dr had never heard of anything called Morgellons. He then prescribed me Ivermectin and that did nothing.*

*ER doctors treat me as if I am crazy and tell me I should seek psychological care. I have given up on ever getting the "medical professionals" to help and live day by day. Thank you for all you*

*do to help people. I only wish more people could be as caring and empathetic". Pattie in New Jersey.*

*"Hi Richard, do not use my name or email, please. And thank you. My horror story involves my 6 grown, usually amazing and loving children, spouses and many grandchildren. Way more significant to me than a white coat, whom usually do me harm. As they are arrogant, unwilling to learn beyond their secluded box of tricks that don't work. One doctor even placed the debris in his hands saying " See, I'm not afraid. "*

*Anyway, my family says I have no symptoms of Morgellons and need to be on medicine from an ongoing psychiatric doctor relationship. Or committed?*

*In the meantime, I have ALL of the symptoms. Icing on cake would be the glass-like shards, gastro issues, and debilitating fatigue. I do get up and work, despite how I feel. I nap a lot. And envision a happier future.*

*Besides being so challenged, are the nightmares my family provides, all in the name of love and family. Example— one of my daughters took her baby and placed him on my lap, saying how I never touch my grandkids. And insists I sit outside because I am currently infectious. Another example is another son whom barges into my contaminated house, gives me a hug and encourages me to go out and get some fun and sun back into my life. When he leaves, I go to bed. Totally drained with fear that he will catch my disease.*

*My husband remains his aloof self. At times he listens to my words. Not sure what he thinks???? I don't go on his side of the bed....even though he feels okay. No itching, etc. No remarkable other issues, at all. This confuses me because he definitely has debris. He may have been shedding longer than I, without recognizing what the hallmarks of Morgellons are."*

Thank you, Mary

### **Another Medical Blunder**

One lady had waited three months for an appointment with a specialist. She had lesions and fibers growing from them. After the doctor had seen her, he told her that she was doing it to herself - that she had a mental problem. It was his day to get on a soap box as he had a half dozen interns in for training. He brought them all into the treatment room with her, showed them what he called self - mutilation, and blatantly told them that this woman was a mental case and must be referred to a psychiatrist.

This doctor was an expert at adding insult to injury and totally ignoring his patient with a preconceived idea about which he needed to be right. My heart goes out to anyone treated with this ignorance and only wish that doctor could walk 24 hours in her shoes.

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*"I went to a chiropractor, a homeopath, and a family practitioner and all 3 minimized my symptoms and said they were due to stress. And they all looked at me like I was crazy when I very "gently "brought up the possibility of skin parasites."*

Monica, MN

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*My Dr. had just retired, (he was the best), when I came down with the disease, so I went from one Dr. to another. They all thought I was just crazy. They could see my riddled body but they didn't question that. I was on my own and I knew it. So, I turned to the internet. One day I was researching, and a website popped up on my ipad. There, in front of my eyes, was a list of all my symptoms. It was almost the happiest day of my life when I found you.*

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*All the doctors pooh - poohed the notion that I was infected with parasites. The CDC does not acknowledge this exists. I did everything you guys said to do. I lost 20 lbs. in 2 mos. The day came that I was sure I was going to die. I had purchased the food-grade hydrogen peroxide, but was afraid to take it because the Dr. said under no circumstance should I consume this. I wasn't ready to die so I took it. It saved my life. I wouldn't want anyone to have to go through what I did. You have to go it all alone. Thanks to you and the others for being there for us. Thanks again." Wanda*

## **Chapter VII - What to Do to Get Your Life Back and Other Therapies**

I'm starting this chapter backwards with the summary. Then I'll discuss all the different approaches and therapies that I've used, or others have shared for you to see that I've covered all the bases. What follows in this summary has helped hundreds. Technically, I can't tell you to drink water to get better, but I can tell you to research the value of drinking water. So, I'm telling you to research the following and decide for yourself and discuss your decision to use my diet or any supplements with your doctor to make sure nothing I recommend interferes with any existing health problems.

### **Summary**

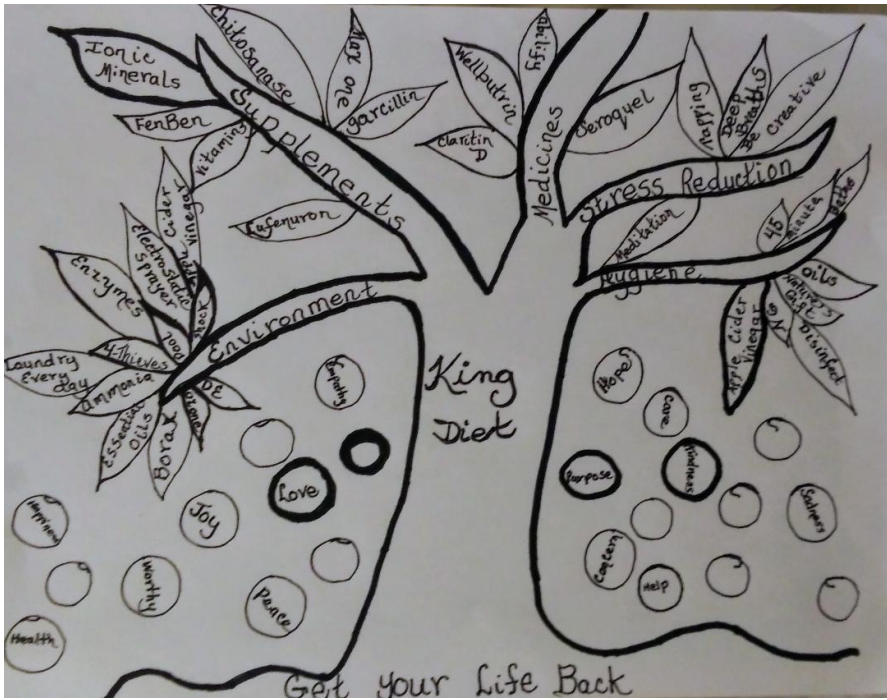
As I've written before, the itchy skin parasites that I've mostly been writing about since the mid 90's are Morgellons, Collembola, mites, skin fungus, and Strongyloides Stercoralis. However, itchy skin and biting sensations are not symptoms of Strongyloides.

Is there a cure? Not yet, but there's a lot we can do to get our lives back to being close to normal until Morgellons is recognized as a

disease and there is a cure.

There are two phases to the program. Following is Phase I which is important for all parasites listed above.

► First, is to begin with Stage I of the King Diet as discussed in chapters IV with recipes in Chapter V. It is the trunk of the tree of getting your life back.



The King Diet Tree by Ethel of Florida who began doodling to deal with the isolation skin parasites bring into one's life.

► Second is cleaning your skin as instructed in Chapter III. NG is the best debriding soap ever discovered.



► Third is to disinfect your environment as instructed in Chapter III.

Phase II is the addition of the following specific supplements and medication.

1. Build immune functioning and improve your health with multiple vitamins by Nature's Gift® Multivitamins.
2. Build glutathione with MaxOne glutathione accelerator which is estimated to be over ten times more powerful than any N acetyl-cysteine based formulation. As low as \$65 for a month's supply. Recent research at [www.carnicom institute.org/articles/growth\\_inhibition\\_achieved.htm](http://www.carnicom institute.org/articles/growth_inhibition_achieved.htm) shows that glutathione inhibits Morgellons.
3. Use Garcillin™, a natural antibiotic, anti-viral, antifungal, anti - protozoan, and antifungal for \$40/mo. See discussion below.
4. Replenish minerals with NG Ionic Minerals (coral calcium infused in water).
5. One of the medications listed in Chapter VI to reduce dopamine levels, i.e., Orap, Zyprexa, or Abilify. If your doctor refuses to work with you, we have a doctor who will help you find the right medication for you.

### **Strongyloides Stercoralis:**

This is the only parasite that can be diagnosed via a blood serum test. See Chapter VI for details. Everything that is listed in items one thru 5 above applies to Strongyloides stercoralis plus Ivermectin with Albendazole as the medications. See Chapter VI for dosages. I have lengthy personal experience with both Collembola and Strongyloides Stercoralis.

## **Strepsiptera:**

A very rare genus of the twisted fly species. With the little information we know, symptoms diminish with the King Diet, items one thru five on the previous page, and the use of Nature's Gift® Super MSM Gel on the skin. Since it is an insect, that would indicate using Lufenuron internally - described later in this chapter.

## **Morgellons:**

**Add the following to the five supplements and medications previously listed.**

1. Drink one teaspoon of baking soda dissolved in a glass of water twice daily on empty stomach. Some claim this alone is the cure for Morgellons. Since it has lots of sodium, watch your blood pressure and fluid retention. Use Bob's Red Mill natural baking soda if you can. Read Blog post for one lady's experience with baking soda, Mass Exodus of Morgellons Fibers with Baking Soda 2/22/19 at <http://bestmorgellonscure.com/Blog-Baking1.html>
2. L-glutamine for intestinal health - it tightens the mucosa.
3. Boron tablets - claimed to be the antidote to Morgellons – approx. 30 mg per day. Start at 3mg and work up to 30mg. Note and caution: According to webmd, *"Doses over 20 mg daily might cause **male fertility** problems. Large doses can also cause poisoning. Signs of poisoning include irritability, tremors, weakness, **headaches**, diarrhea, **vomiting**, and other symptoms."*
4. MSM (organic sulfur) capsules to replenish sulfur that the body badly needs.
5. Enzymes to dissolve biofilm - Nature's Gift® Chitosanase Enzyme Formula

## 6. Nature's Gift® Herbal Gut Restore Formula Goodbye to Intestinal Issues with Morgellons

Centuries ago, Hippocrates claimed that all disease begins in the gut. And with glyphosate - Monsanto's herbicide aka Cancer Creator - vital microbes in the gut are destroyed, opening us up to all kinds of diseases - diabetes, Lyme disease, heart conditions, autism, and so on. The goal is to rebuild the gut flora. In addition to using the Herbal Gut Restore productt, consume foods that create prebiotics. More detail at blog post "Why Probiotics are not the Answer to Morgellons and Prebiotics Are" 4/19/2020 at <http://bestmorgellonscure.com/Blog-Prebiotics.html>

Now here's the rub: With skin parasites, itching is one of the major symptoms, which means one does a lot of scratching the skin. However, a recent study done at Boston Children's Hospital finds that scratching your skin sets off immune responses that activate mast cells - immune cells involved in allergic reactions - located in the small intestine.

And here's the problem: As the mast cells expand, it can lead to leaky gut syndrome, a condition that compromises the intestinal walls and allows toxins and allergens to enter the body more easily and contribute to the onset of disease. This means supplements like Restore and L-glutamine are more important than ever because you have glyphosate destroying the flora and leaky gut syndrome being aggravated by scratching your skin. Read blog post, "The Morgellons, Scratching, and Leaky Gut Connection," <http://bestmorgellonscure.com/Blog-Scratching.html>

All supplements in this protocol are available individually or in a monthly pack in our online store at <https://theorganicskincare.com/>

## Digestion

Digestion is a problem many experience day in and day out - gas, bloating, and poor digestion. All of which contribute to the co-factors that keep you from getting your life back from Morgellons.

Indigestion can be a minor problem or a serious one involving leaky gut syndrome and all its complications.

For starters, let's hope it's a minor problem. A minor digestion issue is often deal with by taking digestive enzymes. Start with ► **Our Agro Relief Digestive Enzymes** and take one with every meal.

► Add prebiotics to your diet. Read, "**Why Prebiotics are the Answer to Morgellons and Probiotics Aren't.**"

[www.bestmorgellonscure.com/Blog-Prebiotics.html](http://www.bestmorgellonscure.com/Blog-Prebiotics.html) Prebiotics are foods like onions, leeks, garlic, and even cocoa.

► If digestion doesn't significantly improve, next step is to add our product, **Nature's Gift® Digestive and Skin Regenerator.**

► Again, if digestion doesn't significantly improve, the legally I must tell you to seek medical advice from your physician. In the meantime, while you are waiting for your appointment, look into the possibility that you are dealing with leaky gut.

## Leaky Gut

Leaky gut means that parasites, Candida, toxins, and so on are leaking from your intestines into your blood stream and can result in serious health issues.

Intestinal parasites leaking into your blood stream are carried into your joints causing pain and inflammation. They also can go into

your skin causing inflammation, rashes and discomfort.

Candida can be carried into any and all organs where it is converted into a more dangerous fungal organism.

Toxins are simply poisons.

Here's where I recommend a multi faceted approach in addition to the above.

▶ **Fen ben** for intestinal parasites. Plus, they take up residence anywhere in your body - joints, skin, and so on. We do not have this in our store. Go to [www.Shop4Morgellons.com](http://www.Shop4Morgellons.com) to order it. 96 caps of 444 mg is the best option.

▶ While the King Diet is an anti-candida diet, it does not affect the candida that has gotten into the other organs of your body from leaky gut. This is where you want to look into **lufenuron**. We do not handle this in our store, Again, obtain it from [www.Shop4Morgellonws.com](http://www.Shop4Morgellonws.com) Start with 96 caps for 96 days. Remember you must consume a small amount of oil (butter, rice bran, animal fat, coca butter (our dark chocolates)) when you take each capsule

▶ Our **Anti Fungal Pack** consists of:

1. **Nature's Gift® Chitosanase Enzyme Formula** to dissolve biofilm and fungal organisms throughout your body.

2. **Nature's Gift® Calcium Decylex Plus** (undecylenic acid) inhibits growth of new fungal organisms.

▶ To strengthen the mucosa (repair leaky gut) and restore gut biome, we have **Nature's Gift® Herbal Gut Restore**.

## **Organisms Coming from Your Skin:**

Lufenuron may be important to destroy eggs of insects - more later in this chapter. Blood sucking organisms such as mites can be destroyed with Nitenpyram.

## **Gamma Globulin:**

If your immune functioning is severely limited, your doctor may suggest gamma globulin therapy.

## **Your Skin:**

To relieve skin discomfort, in addition to diluted NG, there are many skin creams, lotions and gels available at <https://theorganicskincare.com/>

They are:

- ▶ NG Mouth Wash/Body Wipe with ionic minerals, peppermint, and cinnamon.
- ▶ NG skin lotion with peppermint, tea tree and lemon oil.
- ▶ NG skin lotion with fen ben with no essential oils.
- ▶ Claudia's Dream Cream with lavender
- ▶ Regular and Super MSM Gel with NG and diatomaceous earth.
- ▶ Debriding Cream with NG (shea butter & coconut oil).
- ▶ Cedar Cream with NG & cedar oil (shea butter and coconut oil).
- ▶ NG Shampoo with lavender.
- ▶ Several bar soaps with NG.
- ▶ NG Eye Cream.
- ▶ Revitalization cream with NG.
- ▶ Exfoliant cream with NG, ellagic acid and minerals - rub into skin to clean out Morgellons crystals.
- ▶ NG Lip Balm
- ▶ NG Body Balm with peppermint, tea, and lemon oil for dry cracked skin.
- ▶ NG Deep wound cleanse for lesions.
- ▶ NG Ear Cleanse for humans and pets.

## **Your Eyes:**

Eyes are critical. Over the years, several readers have contributed that the following were instrumental to use with their eyes:

1. Rue Fennel

2. Sulfacetamide 10 % eye drops by Baush and Lomb by prescription (2 drops 4 times daily)
3. Diluted NG (1 pt concentrated NG to 70 parts water) with a dropper or an eye glass with saline solution.
4. A 2 or 3% metronidazole gel from Demodex Solutions (DS) at <http://www.demodexsolutions.com/>
5. Ovante distributed by NAAMA Inc. at (484) 226-6220. Either the Metronidazole product or Ovante can be applied to the upper and lower eyelashes with a Q-tip. If used regularly, they kill off the mites and will restore loss of eyelashes. Keep eyes closed for one minute after application.
6. Colloidal silver drops into the eyes.
7. Detoxadine Nascent Iodine - start with one drop per 2 ounces of triple distilled water and work up to four drops per ounce.
8. Unrefined coconut oil stuns them and may help one sleep better.
9. Calendula tea - boil a handful of calendula flowers in 8 oz distilled water & strain.
10. Systane Gel Drops Soothing Dry Eye Relief.
11. MSM/Colloidal Silver drops. Available at [GoodhealthUSA.com](http://GoodhealthUSA.com)

One lady had her corneas destroyed and lost most of her eyesight. She used bandage lenses from her Ophthalmologist to get her sight back. The lenses need to be changed every ten to fourteen days with Vigamox drops, and you can use them for months. She writes,

*“A completely gone cornea can be replicated from an amniotic patch. The superior, live culture does not allow for a protective lens. The lesser, freeze-dried kind does. So, I went with those, and it worked, it recreated one cornea and helped close and smooth the other.”*

The key is frequency of cleaning. When you are cleaning your eyes with diluted NG, colloidal silver, or Calendula tea, it's

important to clean the eye frequently - as often as every 20 minutes in the beginning until the organisms begin to be cleared out.

### **Facial Lesions:**

Read blog post Morgellons Research Links Lyme Disease and Ulcerative Bacterium 6/30/19

<http://bestmorgellonscure.com/Blog-Research2.html> and blog post Chitinase for Morgellons Lesions 9/12/19 at

<http://bestmorgellonscure.com/Blog-Lesions1.html>

### **Your Ears, Mouth, and Gums:**

The mouth has been a long-standing target for Morgellons - gums, teeth, biofilm, and so on..

For your ears, saturate ear plugs with Nature's Gift® Mouth Wash/Body Wipe.

For your mouth, use Nature's Gift® Mouth Wash/Body Wipe with NG, ionic minerals, peppermint and cinnamon. Keep it in your mouth for up to an hour. You can gargle with it and can be swallowed to clean out parasites. Create a suction in your mouth to draw from your nasal passages and throat.

For your gums, NG Mouthwash and Nano Glutathione. More detail at blog post Gum Problems and Morgellons 10/11/18 at <http://bestmorgellonscure.com/Blog-Gums.html>

For biofilm, use Chitosanase Enzymes from our store.

### **Crystals and Spores in Skin:**

Use Beauty Forever Exfoliant Cream to massage into skin for removing spores and crystalline matter. Read blog post, How to Get Rid of Crystals and Spores from Morgellon 9/26/18 at

<http://bestmorgellonscure.com/Blog-Xfoliant.html>

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### **Make-up:**

Morgellons loves most makeup. Read Blog post, Morgellons and Make-up 3/25/19 for more information at

**<http://bestmorgellonscure.com/Blog-Make-up.html>**

### **Lyme Disease**

Earlier I wrote about treating Lyme disease with a rotation of antibiotics and antifungals. If you go this route with a medical doctor, I strongly recommend that you use the King Diet as you are doing it, as it is an antifungal and anti-Candida diet.

Later in this chapter, salt and vitamin C are discussed as an approach to deal with Morgellons. The latest research that I cited in Chapter II finds a spirochete associated with Morgellons. And if you go to **<http://f1000research.com/articles/2-25/v1>** you'll find a site that agrees about Morgellons being a spirochete.

As I stated earlier, I was free of all Lyme symptoms until I was able to go off the King Diet after which, within a couple years, symptoms of extreme inflammation began in one knee. Initially I used Cat's Claw, but to no avail. Ultimately, the only relief I obtained was from adding the MaxOne glutathione accelerator to reduce my symptoms by 90 percent.

When I then added Garcillin™, my inflammation and discomfort were reduced to nil.

My protocol for both Chronic and Acute Lyme is the King Diet along with Nature's Gift® multivitamin (formulated for Lyme disease), Max One, Garcillin, NG Ionic Minerals, and NG Chitosanase Enzymes - basically most of what is recommended for a hundred different reasons to stay healthy in the first place. Chronic Lyme has become a hot topic over the last decade and complicated protocols spring up everywhere. Dr Axe reports on

research that liquid stevia with alcohol - not powdered - kills Lyme in a test tube. That's about as simple as it can get.

Lyme Disease and Arthritis: **Read Arthritis Left Over From Morgellons and Lyme Disease 6/23/19 at <http://bestmorgellonscure.com/Blog-Arthritis.html>** This blog post was written before we discovered the Nature's Gift® Chitosanase Enzyme Formula that is effective with biofilm which was previously discussed.

## **Supplements and Meds That Get Your Life Back**

**Allicin** in garlic has known antibacterial, anti-viral, anti-protozoan, antifungal, and anti-parasitic properties. The problem is that tons of garlic are required to produce results. In fact, as soon as a garlic clove is opened, the allicin begins to rapidly deteriorate before you can get it to your mouth.

Garlic products like Kyolic that have been on the market for over forty years have no allicin. In fact, their website claims that allicin cannot be captured or utilized in their or anyone else's products. Their technology is limited to the 1970's.

Nature's Gift® Garcillin™, is produced by UK scientists that have discovered a way to capture and utilize allicin. One capsule contains the equivalent allicin of 35 cloves of garlic - and without significant garlic odor. I can personally attest to its strength and have endorsed it and included it in our arsenal to take back our lives from skin parasites.

If I were to start my trek over, instead of the massive doses of garlic and colloidal silver that I took in the beginning, I'd use Garcillin™.

## **Glutathione**

What is the Purpose of Glutathione?

1. There are several basic antioxidants in the body: They are SOD (superoxide dismutase), Co-enzyme Q10, and Glutathione. Vitamins A, C, and E along with some other enzymes and peroxidases are also antioxidants. But of all of them, glutathione is the master antioxidant. In fact, Vitamin C cannot be reactivated after it neutralizes a peroxy radical unless sufficient glutathione exists. This means that with sufficient glutathione, minimal supplemental Vitamin C is required. Without sufficient glutathione oxidative stress runs rampant causing mutation of the DNA in the cell. Remember, Dr. Stainger believes that Morgellons is caused by mutation of the cell's DNA.

2. There are a couple of natural anti-inflammatory agents: SOD and glutathione. In fact, glutathione is recognized as the body's major anti-inflammatory agent. Inflammation is a big issue with both Morgellons and Collembola.
3. If you search for “detox agents,” you'll find dozens of them. Yet, the body's major detox agent is glutathione. Dr. Amin believes most parasite problems are because of toxic metal in the body such as mercury and so on. With sufficient glutathione toxins are not an issue.

If you research Lyme disease, you'll find that toxic metals feed Lyme disease.

4. There are many immune boosters. Glutathione is one of them. Remember, Vitamin C (a powerful immune booster) is held hostage if glutathione levels are low.
5. Hemoglobin's ability to carry oxygen is impaired with insufficient glutathione. With insufficient oxygen, your cells are starved and the fight against parasites just becomes more difficult.

6. And perhaps most importantly, glutathione has been demonstrated to inhibit the progress of Morgellons as reported at [www.carnicominstitute.org/articles/growth\\_inhibition\\_achieved.htm](http://www.carnicominstitute.org/articles/growth_inhibition_achieved.htm)

Why is glutathione an issue? Answer: Glutathione is easily depleted by all kinds of pollution, all forms of radiation, physical injury, any infection (including parasites), poor sleeping habits, poor nutrition, many drugs such as acetaminophen (Tylenol), and so on. Today, we're exposed to more pollution and radiation in an hour than our great, great-grandfathers were in their entire lifetime. Any drug for which your doctor needs to monitor your liver is potentially a glutathione destroyer.

So why doesn't the body simply produce more glutathione? Answer: because we don't get nearly enough L-cysteine in our diet. L-cysteine is the limiting molecule in the creation of the tri-peptide molecule known as glutathione. And taken as a supplement alone, the L-cysteine is largely destroyed by the stomach.

What products boost glutathione? Answer: There are several. Problem is that most only boost glutathione levels by about 20% or are a problem with the diet. The MaxOne product is the one that is compatible with the diet and boosts glutathione by over 250% - ten time more powerful than many other methods. For more information on the importance of glutathione and a compilation of the various sources go to [www.glutathionehealth.com](http://www.glutathionehealth.com) and watch the short video.

Recently, we have added the Y-Age glutathione patch to our on-line store. It boost glutathione by 500% and is a very good alternative to MaxOne.

**Ionic Minerals** are important to keep the minerals in balance and replenish the iron that's stolen by the Morgellons's complex. More information about its value at <http://dstressdoc.com/alkaline-coral-calcium.html>

**Enzymes:** Since Morgellons is an agrobacterium, specific enzymes that target plant matter are important in the fight against Morgellons. We use four:

- ▶ Digestive enzymes with probiotics for those with only Morgellons or who have advanced to the middle of Stage II of the King Diet™
- ▶ Agro Relief Enzymes aka Gluten Relief digestive enzymes. Can also be used to reduce die-off symptoms.
- ▶ Systemic enzymes to breakdown debris.
- ▶ Chitosanase Enzymes to break down chitin and biofilm.

**Probiotics** are important in the fight against Morgellons, however, they also feed Collembola. If both parasites are present, it's best not to add probiotics until later in Stage II of the King Die. More recent information suggests that the real answer is to boost prebiotics. Read blog post, “Why Probiotics are not the Answer to Morgellons Disease and Prebiotics Are,” 4/19/20 <http://bestmorgellonscure.com/Blog-Prebiotics.html>

**L-Glutamine:** Dr. Sloan found that Morgellons's sufferers also suffer from leaky gut syndrome resulting in distension of the intestines. L-glutamine is the natural food source of the muscosa to strengthen them.

**Nature’s Gift® Herbal Gut Restore:** A combination of herbs and supplements (including L-Glutamine) to rebuild gut biome and repair leaky gut.

**MSM:** Being that Morgellons is said to be an iron-sulfur complex, MSM replenishes organic sulfur that Morgellons steals from the body.

**Lufenuron:** Its value is in destroying chitin - the substance that is integral in creation of Candida, skin fungus, internal fungal growths, and the shells of the mite eggs. Since Collembola, a hexapod, lays eggs, lufenuron has value for dealing with Collembola and most likely Strepsiptera as well. It might also be effective with inhibiting the creation of mouth parts of mites and other parasitic organisms. It's ordered from Mexico at this site: <https://shop4morgellons.com/>

Lufenuron is compatible with all medications and, according to Dr. Luna, is probably the only medication without any side effects. However, there may be die off reactions. Read, *Diminishing Detox Reactions with from Morgellons Using Enzymes, Amino Acids, and Zeolite* 3/1/2020 at <http://bestmorgellonscure.com/Blog-Detox.html>

One lady, starting lufenuron, shared that for the first 30 days her skin got worse with acne all over her face, shoulders, and chest. Fortunately, she persevered and didn't give up. She writes, *"The number of granules has lessened considerably to just a few a day. Itching is almost completely gone except for occasional flare-ups. Still some light crawling sensations from time to time. Acne is almost gone except from upper arms/shoulders."* Read her entire experience at [www.BestMorgellonsCure.com/Blog-Lufenuron5.html](http://www.BestMorgellonsCure.com/Blog-Lufenuron5.html)

Lufenuron is available in capsule form, the recommended dosage is one capsule a day for 96 days. You can always remove the powder from the capsules and sprinkle on your food. It's to be taken with food containing fats. For us, that's a pat of butter, rice bran oil, or lard. Sprinkle or add it to the food already cooked. Don't add it to food being cooked as it could be destroyed by high temperatures.

Lufenuron is fat soluble which is why it's taken with fat. It can be taken any time of day. For example, in the morning one day, and at night the next day. It is accumulated in the fat cells from which

it then is released into the blood stream. After 96 days it will continue working for another 30 days. If symptoms return, maintenance dosage is recommended at one capsule every other day.

Lufenuron is also recommended for those living in mildew or moldy environments as well as those with *Candida Albicans*, vaginal yeast infections, jock itch, athlete's foot, and ring worm.

More information at blog post, Lufenuron Saved My Life from Morgellons 11/12/19 <http://bestmorgellonscure.com/Blog-lufenuron4.html>

### **Nitenpyram**

From the supplier of Lufenuron, Nitenpyram is a systemic insecticide used to treat fleas or any blood sucking organisms like mites and so on. Adult blood sucking organisms are killed within 30 minutes of taking one capsule. One capsule is recommended every three days.

It's also important to disinfect the environment of mites otherwise when you stop taking nitenpyram you will become reinfected. Also, if you have pets, it's important to have them on nitenpyram as well. There is a different formulation for pets available on [Shop4Morgellons.com](http://Shop4Morgellons.com)

**Food Grade Diatomaceous Earth:** Probably one of the best approaches there is to destroy opportunistic internal parasites as it's a natural colon cleanser and detoxifier. A trace amount gets adsorbed into the blood stream where it provides a substantial benefit. Learn more by going to blog post DE vs Bentonite Clay 9/20/19 at <http://bestmorgellonscure.com/Blog-DE.html> and learn more about how to take it internally at <http://bestmorgellonscure.com/Blog-DE2.html> to clean oneself of internal parasites.

**Nature's Gift® Mouth Wash:** Surprisingly, this multipurpose solution is used as a mouth wash to clean biofilm, as a body wipe to apply and clean the skin. Read blog post Mouth Wash May Be So Much More 7/29/18 at <http://bestmorgellonscure.com/Blog-MouthWash2.html>

## Handling Old Lesions

Every doctor tells you to leave the old lesions alone and to avoid picking them, but no one tells you why that makes a difference. I had to figure it out on my own, for I've been an eternal "picker." I figured I'd pick out the parasites by removing any skin I could in which they might be residing. I only ended up inflaming the lesions day after day for nearly ten years. Then I realized that we're dealing with the immune system in a larger context. The immune system can, with the help of diet and other treatments, defeat the parasites. But, by picking at the lesions, I was introducing bacteria and trauma to the lesion. This meant that I was giving my immune system a lot more work to do and left precious little reserve for fighting the parasites. It makes so much sense to me now and I only wish a doctor had taken the time to give me that simple explanation. I imagine there are other reasons as well, but that "one" is enough for me to leave them alone.

## Other Approaches to Killing Morgellons on the Inside

While Nature's Gift® Debriding Soap is the best there is for dealing with all skin parasites on the outside, here are what some people have been doing on the inside.

1. **Vitamin C and Salt.** If you go to [www.lymephotos.com](http://www.lymephotos.com) you'll see photos of Morgellons. They recommend one gram of salt for ten pounds of body weight for Lyme disease, but perhaps they don't know it, they are dealing with both Morgellons and Lyme. And this is not uncommon.



So, if you weigh 160 pounds, that would be 16 grams of salt per day divided up into four doses - 4 grams of salt each with 3,000 mg of vitamin C divided into four portions. Maximum daily dosage of salt should not exceed 18 grams or 4.5 grams four times a day.

The best salt to use is Himalayan Red Salt to reduce the impact of salt on blood pressure. The salt can be dissolved on the tongue followed by water.

2. **MMS** (Miracle Mineral Supplement) has been used by some, but there is some confusion about whether it kills good bacteria - more later in this chapter.
3. **Morgellons Cocktail** It's a combination of 5 essential oils. Read blog post, A Cure for Morgellons 10/16/18 at <http://bestmorgellonscure.com/Blog-Cocktail.html> It's a combination of the following essential oils: oregano, lemon, cinnamon bark, cinnamon leaf, Red Thyme, and Clove oils in equal amounts. Rosemary oil is part of the original cocktail but has been removed since rosemary activates Collembola. If one only has Morgellons, Rosemary can be added to the formula.
4. **Super Saturated Potassium Iodide.** Read Blog post Super Saturate Potassium Iodide SSKI 2/7/19 at <http://bestmorgellonscure.com/Blog-SSKI.html> for more information.

### **Oxygen Therapy** - Different options:

- a. hyperbaric oxygen
- b. food grade hydrogen peroxide (8%) taken internally: 12 - 13 drops with a glass of distilled water 3 times a day. (On empty stomach ...so first thing in the morning or three hours after a meal.) You might start with 6 drops and work up to twelve drops. Do not take more, or take without distilled water - it can do physical harm if not taken correctly. Google "How to take food

grade hydrogen peroxide" for more information. We have it in our online store.

**Warning: do not take at the same time as you take baking soda. Take them 20 minutes apart.**

## **More Approaches: Mels Protocol**

This protocol is found at [www.HowICuredMorgellons/melsprotocol](http://www.HowICuredMorgellons/melsprotocol) Instead of recommending Garcillin™ he recommends MMS and colloidal silver. We rely on boosting glutathione, and he recommends supplementing CoQ10. There are many differences but, at most they would complement my approach or vice versa.

## **Magnets**

In your search for a cure, you may have come across the promise of a cure or treatment with magnets. The unit sells for \$195 and from the information given makes a lot of sense.

You can also buy less expensive magnets online that my cohost, Robin, tells me help with lots of body aches and pains, although she hasn't used them for Morgellons. She has found a set of small magnets on amazon for under \$30 that have helped with muscle aches and strains.

The truth is that magnetism has been used in Europe for decades for a lot of health issues. The less expensive units cost around \$2,000. However, there are no reports of the units being used for dealing with Morgellons.

To date, out of hundreds and hundreds, I have only received feedback from one person that the magnetic bracelet helped. Aside from that one person claimed that she spent \$159 on a magnetic unit and never received it but did get a lot of excuses.

Eventually, the money was refunded.

This same individual has a retreat for Morgellons sufferers. I know of one person who reported going there and reported that no disinfection protocols were observed and no special diet. She went there to get rid of the remnants of one parasite and left with another miserable one.

## **Red Light Therapy**

Red light therapy has been proven to help enhance the immune system and help hair growth. According to many, it seems to help with Morgellons symptoms as well. You can buy red lights that range in price from \$30 to \$2,000 or go to a health spa that offers red light therapy.

## **Ionic minerals** – Not to be confused with Nature’s Gift® Ionic Minerals

I used them (copper, sulfur, zinc, molybdenum, silver) for two months. The protocol was to use 1/4 teaspoon of copper and 1/2 tablespoon of sulfur in the morning followed by two teaspoons of molybdenum, 1/2 tablespoon zinc, and 1/2 tablespoon of silver in the evening. I did this for approximately two months, never noticed any difference in the size or hardness of my lesions and stopped using them after I experienced stomach pains. Plus, I got reinfected while using them anyway - they were a waste of money.

They sent along a CD which is very convincing. Copper toxicity is always of concern and quite a bit of theory is given why copper toxicity doesn’t happen with an ionic source of minerals as opposed to in colloidal or compound form. The company is Water Oz. The minerals can be purchased through Kormax at retail price, or can be purchased direct from Water Oz at significant savings. However, as I recall there’s a membership fee and maybe a minimum order which gets you a distributorship like I have. I

don't doubt the value of ionic minerals, and instead recommend Nature's Gift® Ionic Minerals which won't cause any problems.

## Salicylic Acid and Benzyl Peroxide

Read blog post Salicylic Acid And Benzyl peroxide used for Morgellons Disease 3/15/19 at <http://bestmorgellonscure.com/Blog-salicytic.html> for one person's experience. Another reported using salicylic acid to remove 3" long barbed organisms from her skin.

## Rife machine

It's a device that can be set to produce a specific frequency which destroys bacteria, fungus, virus, yeast, nematodes, and so on. There's a different protocol for each unwanted organism. Dr Rife in the 1930's is credited with most of the research where he found frequencies and harmonics of frequencies to destroy bacterium, viruses, and even cancer cells. According to a documentary video, with the advent of penicillin and the science of antibiotics, the AMA went in that direction instead of the rife technology. The unit is handheld and sells for \$900 to \$5,000+. I know of several people using them. Following are the frequencies.

Morgellons frequencies:	104.1 - 797 Hz
103.4 - 800 Hz	105.1 - 840 Hz
107.1 - 835 Hz	108.1 - 863 Hz
122.2 - 666 Hz	113.5 - 689 Hz
206.2 - 740 Hz	119.1 - 884 Hz
213.4 - 712 Hz	126.4 - 828 Hz
215.2 - 800 Hz	208.3 - 664 Hz
218.1 - 740 Hz	209.3 - 794 Hz
218.3 - 712 Hz	215.2 - 800 Hz
	215.4 - 630 Hz
Lyme disease::	217.2 - 798 Hz
101.5 - 790 Hz	

Strongyloides:	126.1 - 910 Hz
101.3 - 776 Hz	126.2 - 751 Hz
124.4 - 739 Hz	126.4 - 828 Hz
214.5 - 721 Hz	207.1 - 750 Hz
218.4 - 746 Hz	213.3 - 582 Hz
	214.3 - 675 Hz
Candida:	214.4 - 775 Hz
106.2 - 827 Hz	217.1 - 675 H
108.1 - 863 Hz	

There is an Energy Wave Unit available for about \$1,900. Call David at 760-277-7636. I do not suggest using the Rife machine without using the diet. In fact, I don't recommend using any of these approaches without using the diet.

An MD friend of mine has one he's used on himself. He thought that he'd cure himself of Morgellons with rifting and oxygen therapy. He made a mistake and went off the diet and was sorely disappointed to find symptoms worsened despite Rifting, oxygen therapy and topical sulfur compounds.

Spooky2 Rife sells machines that come loaded with frequencies and attach to computers. They can kill things through DNA samples remotely (including mites and springtails) and have frequencies for Morgellons and Lyme. They start in price at around \$345.00 not including shipping. They also sell small handhelds to deal with fungus and mold. They also have a youtube channel with great instructional videos.

**[https://www.spooky2 - mall.com/](https://www.spooky2-mall.com/)**

Deworming:

1. Diatomaceous earth previously discussed.
2. Fenbendazole for nematodes (worms)

## **Herbal Cleanses**

One name that comes up is Hulda Clark. The website is

www.DrClarkStore.com which provides parasite cleansing products incorporating herbs such as herbal pumpkin, walnut... My experience with both was activation of the parasites and I haven't had any subscriber to my updates shout, "Cure" or that they obtained significant benefit. Not to say, these cleanses aren't valuable or effective against the commonly known round and pin worms, but as far as Morgellons and others discussed in this book, it hasn't proven to be effective. Of course, in combination with other approaches and the diet, it may be helpful - unfortunately insufficient information is available to make that assessment. But, it is known that herbal walnut and pumpkin activate Collembola.

## **Mercury Detoxification**

As written about in the previous chapter, some parasitologists find that the amalgam fillings in our teeth are the culprit in diminishing the immune response and the answer is to get rid of the amalgam fillings which can cost \$10,000 or so. They believe that parasites are attracted to mercury. Some of those who have gone this route have had success, but it is still important to get rid of the heavy metals that have accumulated in the cells using heavy metal detoxification which is usually done with intravenous EDTA chelation. My alternative is to significantly boost glutathione with MaxOne or use the Y-Age Glutathione patches. .

## **Flushing Heavy Metals - Heavy Metal Detox**

Following is a paraphrase of what's behind heavy metal detox.

*Mobilization and excretion are required for heavy metal detoxification. Supplements work in conjunction with the intravenous treatment to flush heavy metal toxins from the cells and remove them from the body. Without the proper detoxification protocol, heavy metals may just redistribute in the body, instead of being removed. Some of the supplements used in heavy metal detox include: Fundamental Sulphur II contains*

*Molybdenum and Methylsulfonylmethane (MSM), which are helpful for protection against heavy metals in general and specifically useful in mercury toxicity. Garlic has similar properties. Anti - Mutagens contain n - acetylcysteine, which enhances the body's ability to excrete mercury. Chlorella facilitates heavy metal removal, primarily through the stool. Alfalfa increases one's fiber intake. This reduces the uptake of heavy metals in the intestines. Cilantro also helps mobilize heavy metals.*

*The DMPS IV contains DMSO (Dimethyl sulfoxide). DMSO crosses the blood - brain barrier, and is an excellent agent to help transport other substances throughout the body. DMPS binds with mercury and removes it from the body. EDTA chelation is also another means of detoxing. **Glutathione and Vitamin C** are antioxidants, and also detox your cells by binding with mercury.*

*The length of treatment by the parasitologist varies, depending on the patient's level of toxicity, the frequency of treatment, as well as how the patient responds to treatment. Mercury toxicity may be resolved in as little as six to nine months for the first phase. This is then followed by a phase using the Homeopathic medications. Often patients also have problems with other heavy metals, such as cadmium and lead. These patients may require a longer and more intense detoxification program.*

Pay attention to “glutathione and vitamin C” as that is the practical approach. Of course, until about 2010, it wasn't practical simply because there was just no way of effectively boosting glutathione on an intracellular level. This is another important reason for using the MaxOne glutathione accelerator.

For additional nutritional advice, Google “mercola mercury detox protocol” for an in - depth approach. Notice the importance of diet (the King Diet (Parasite Lyme Diet) fits what you read there to a “T”) and the importance of minerals (NG Ionic Minerals) is the best mineral supplement available as the minerals are in ionic

form.)

## Bentonite Clay

Bentonite clay can be used externally and internally. A subscriber writes. *“I’ve been using the clay about two weeks, and it has healed all my obvious skin issues, (my lower abdomen still itches and I still feel like I have glass under my clothes, but not rashes or lesions), and I think it could be very helpful to others. I have been using it topically and now I’m starting to take it as an internal cleanse, (as it’s intended). I did though order the Eco Vie also!”* Google “Healing Clay & Unidentified Skin Parasites,” for more information.

## MMS

Miracle Mineral Supplement (MMS), which is chlorine dioxide, was initially used by Jim V Humble to cure Malaria (a parasitic disease). For him, because of medical politics, it's been a long frustrating story which he started at age 64.

We could get excited about this mineral, (it's been around for decades), and call it the medical discovery of the 1900's. Basically, its claim is to boost the immune system. Experience has demonstrated that not only malaria sufferers benefiting from the mineral, but also those suffering from some types of arthritis, all bacterial, viral, fungal, and mold infections, some cancers, Herpes Simplex, AIDs, and so on. A fellow subscriber referred me to one post claiming that Morgellons was cured with MMS.

Over the years I'd say that MMS has not been that important in the fight against parasites, and it has a hideous taste although a new pre-mixed version is now available that spares you the hideous taste. One concern that's not addressed is that it can kill off good bacteria in the gut and destroy gut biome. I found an interesting post in answer to that concern, *“Since you are trying*



*to target a specific area for a specific condition, you may want to consider adding 1 drop of MMS to 1 liter of water. Sip on this throughout the day, and when you finish the liter, mix up another one and sip on it the same way.*

*The **Science** behind this is that you are targeting the intestinal area. Drinking the un-activated solution will present it to your stomach where the stomach acid will activate it. This brings it much closer to the target area than drinking an activated solution.*

*I also know that chlorine dioxide reacts with minerals in your body, so I don't believe it is a good idea to go for extended periods taking it. Antioxidants, some minerals, and probiotics inactivate chlorine dioxide, so it is best not to take them during the time you take your chlorine dioxide solution. Some people take their vitamins, minerals, antioxidants, and probiotics during the week, then trade off and take the chlorine dioxide solution during the week-end. This seems to be a decent cycle, but more testing is needed to optimize it.*

*You will have to work out what works best for you, but I don't think the high doses used in the MMS protocol are necessary.”*

Note that most who do use MMS also use probiotics which for Collembola and Strongyloides sufferers may be a problem in itself as written earlier, probiotics feed Collembola.

The basic instructions for taking MMS are to add 5 drops of lemon or lime juice, or citric acid - not orange juice or anything with Vitamin C, to one drop of MMS, mix, and let sit for 3 minutes. Add to a glass of juice or water before consuming. Make sure the juice has no added vitamin C - you may have to make your own juice from fruit. As I noted earlier, a premixed version is now available.

It's recommended to start at one drop of MMS morning and

afternoon and then to build up to 3 drops per hour for 8 hrs each day. However, Arlene went to ten drops every hour (over 3 times the recommended amount). Please note that she was already doing well in her fight against Morgellons and used MMS for the “last mile” of her fight. So, it wasn’t only MMS that got her results.

From my personal experience it's very difficult to tolerate this level of MMS. However, I'd say it's better used as a disinfectant for your laundry – I'm not a fan of taking it internally – messed up my digestion. .

## **Earthing**

Earthing is the process of being grounded to the earth. Unlike our ancient ancestors, we live insulated lives and have little if any direct contact with the earth. We wear shoes that insulate us from the earth. The earth is the source of negatively electrical charge which is beneficial for optimum health. But doing things like walking barefoot in the sand or mud is a rare experience. Read “How Earthing Can Be Used In the Fight Against Parasites” 2/28/2021 at <http://bestmorgellonscure.com/Blog-Earthing.html> and see how you can use a special fabric in your bed to ground to the earth or even how to connect to your automobiles negative pole on the battery to also be grounded.

## **Mr Common Sense’s Approach to Morgellons**

Mr. Common Sense’s blog is at <https://morgellonspgpr.wordpress.com/all-articles/> You can spend several days reading all the information he has gathered. I do differ in opinion, though: If I read his information correctly, he places a lot of emphasis on the study done by the Pediculosis Society in which they found Collembola in about 80% of those who were diagnosed as delusional. He assumes that

they all had Morgellons, which is, in my opinion, highly debatable. The existence of Collembola does not equate to the presence of Morgellons. But none the less, from evaluation of hundreds of questionnaires, I find about 80% or more of skin parasite sufferers have both Morgellons and Collembola.

## **Sulfur**

*A subscriber writes, "The thing that kills fungus is very elemental, and it is not pleasant, but it works almost instantly! SULPHUR, take a teaspoon - flowers of sulphur available in some pharmacies or on the internet, and put it in your mouth and let the saliva integrate with it, and once it is all liquid you can swallow it, followed by water. Then, go brush your teeth. Do this 2 - 3 times a day. It kills the fungus, and stops the Collembola or microscopic mites (critters) from wanting you because you are killing their food source; the fungus. They are just fungus farmers, (think of the ants in the tropical rain forests that cut leaves and take the leaves underground, where the leaves grow fungus, and the ants eat this fungus - you've seen it on Nature) and you are a perfect environment for them to cultivate, esp. if you are eating a high sugar, refined foods diet."*

## **Faith**

One subscriber asked to be removed from receiving updates. I replied and asked if she found a cure and she reported that she no longer had any evidence of parasites and attributed it to her unwavering belief in the Lord.

Another reported to be free of parasites ten days after she had a faith healing. She writes, *"I'm pleased to inform you that 3 weeks ago, I came across a healer, that heals over the phone. Since about 10 days, I'm itch free, I'm also off the diet, the Epsom salt baths and the Eco Vie. I asked him, whether he would be able to help people with Morgellons disease. He said that he does not*

*know much about Morgellons disease, but he would be able to help. His name is Bill.*

That was about 10 years ago and I have no follow-up on her. I don't poo poo either of these reports. In fact, I subscribe more to the late, Wayne Dyer's approach to God as Source. Example, the ocean is God - all knowing and infinite wisdom. We each are a drop from that ocean born to this world. We each have the same capacity for connecting with Source, but stuff (I mean STUFF like our silly learned beliefs about our limitations or being undeserving) corrodes our connection with Source. Open that connection and voila - you experience GOD as one with you - all knowing - all loving - prosperity.

The infinite wisdom within you will rid self of parasites. Of course, taken to extreme, you'd ask if it would rid one of Ebola virus or the new coronavirus. At least that's the question I'd ask. I'm not the expert so I don't know the answer, and besides, the answer probably isn't anything like we'd expect it to be anyway. But knowing that some have survived Ebola, points to a direction in itself. In fact, the Daily Universal Science News reports that a serum from Ebola survivors "*is effective in protecting mice from the disease, say researchers from the Centers for Disease Control and Prevention, Emory University and the U.S. Army Research Institute for Infectious Diseases.*" So, there you have it!

But the bigger point is that connecting to Source doesn't mean that you just sit in a bubble and do nothing. Connecting to Source may lead you to the right paths in this book or some other resource to attain your goal.

**Yoga:** Yoga - a combination of physical stretching exercises, breath management, and meditation - can be used by skillful practitioners much like a scalpel to balance the chakras, and hence stimulate immune functioning. I've used Rodney Yee's morning yoga work - out successfully to cure a back problem

which surfaced every time I'd twist it or bend over to pick up something.

**Exercise:** For years, I found jogging about two miles per week a moderate and yet effective goal for me. I've done it or its equivalent (exercising on a rebounder) for approximately fifteen years. I find it a great opportunity to use affirmations. Since I've had the problem with my knee, I've moved away from jogging or rebounding and instead use a cycling type of exercise to exercise my knees. I hope to get back to jogging once again.

**Affirmations:** Using affirmations works well for attracting what you want. Of course, how the affirmation is worded is of utmost importance.

Here are some basic affirmations.

- ▶ I am healthy.
- ▶ I am grateful for all life's experiences.
- ▶ I am in perfect balance mentally and physically.

Notice, none say anything about getting better or being itch - free or parasite - free, as that would only attract vibrations of itching and parasites. And, when you repeat them, go for the feeling of when you felt that way.

## Testimonials re Glutathione - Using MaxOne

One lady with Morgellons wrote:

*"I finally got the complete nutritional system: daily vitamin as well as some barley grass tablets, as I read that barley grass was an anti - inflammatory supplement. These supplements coupled with the max glutathione accelerator and the diet phase one finally have given me the results I've been hoping for. I am finally becoming mentally free from my addictive weekly sugar binge, which never lets my skin recover from the last binge. The diet is really giving things a chance to work. My skin is glowing; it has never looked better.*

*I also am not seeing many fibers anymore.  
I also saw an increase in the weights I can lift at the gym.”*

*One of the initial Morgellon trial participants recently wrote,  
"Thank you for your diligent research and continuous updates. I  
am feeling fine and taking only 1 or 2 packets of Max a day. I'm  
doing just great."*

*"Hi Richard,  
In June, we were infected with Collembola, and several other  
parasites, from a bird mite infestation. I got your book in October  
(bird mites were gone). We were a little sceptical, bought the  
glutathione accelerator, stopped taking it, but with your urging  
gradually started taking your suggestions seriously, and began  
using the glutathione accelerator again. By Dec., we were doing  
everything you advised, and by mid - January parasites were  
gone. This was very hard work, and results were not overnight.  
Had we done everything you suggested right away, things might  
have happened more quickly.*

*Thanks for all your help. If I can be of help to you, let me know."*  
AY

*“Richard,  
You have saved our lives. My ex - wife and I got the disease from  
our only son. He was affected more so than we were. He stopped  
socializing, became reclusive and suicidal. The diet, the  
glutathione and the soap saved his life and our sanity. We're all  
healthy again. He has a girlfriend now and is happy.*

*In a strange way, these parasites were a blessing. Thanks to you  
and what you wrote in your book, I am healthier than ever. With  
glutathione, I have more energy, no more pain in my knee or  
shoulder. I took up jogging as you suggested in the book and it's  
the best thing ever—I can jog 5 miles in an hour and I feel  
fantastic. I bought 50 copies of your book to give to health  
professionals.”*

*John, CT*

*“I have been on MaxOne for a year now. I will probably never stop. It boosts immunity. I've been so healthy since I started it. I don't get sick anymore. It really has changed my life. It is one of the two things I know I will need to stay with my life long, the other one being Nature's Gift® debriding soap. I am around sick people all the time as a nurse, and I can tell you that I have never had such a good immune system, ever. I started having symptoms of Collembola last year, and the MaxOne and Nature's Gift® have made my life mine again, I'm on top of the world! Thank you, Richard, you saved my life.” Carolyn, CA*

## **Once You Have Your Life Back**

Yes, in the beginning, skin parasites are totally overwhelming - particularly so, because there's no help from the medical profession. The stark reality that you are all on your own is frightening and stressful. Once you adjust to that fact and start with my program, (again it can be overwhelming itself), and take the lifeline provided through the King Diet, and recommendations in Chapter III, you will get your life back. For some it takes only 5 or 6 months to go from wanting to burn down their infested house to having their lives back and being on Stage III of the diet, where you can eat anything, you want, in moderation.

It's not a cure, but life becomes very normal. However, you, as well as I, are always at the risk of relapse. Relapses occur primarily from the following:

- ▶ You take an item of clothing from storage that's still infected and wear it for a few minutes. Bang - you're reinfected that fast.
- ▶ You go into an area of your home, like an attic space, or open a box that wasn't disinfected, and within minutes, you're reinfected.
- ▶ You get cocky with the diet and do something like I did. I ate a

piece of watermelon and had no problem, so I did that for several days straight thinking I was cured and beyond being affected by watermelon. And then, Bang, overnight it became a big problem and I was reinfected.

▶ You take a shower and get reinfected from a shower drain that hadn't been disinfected for a long time.

▶ You travel and get infected from a hotel room or from sitting on an infected airline seat.

▶ You get reinfected at the barber shop or salon

▶ The organisms may be in your yard or patio.

Being reinfected is very disappointing and aggravating. But you now know what to do:

▶ Bathe asap with NG and a disinfectant.

▶ Disinfect clothing and furniture and auto that may have gotten infected asap.

▶ Apply NG products to your skin liberally and frequently.

▶ Start stage I of the diet if you can't get rid of the infestation within a couple days.

▶ Read Relapse is a Bitch 10/17/18 at

<http://bestmorgellonscure.com/Blog - Relapse.html> for more pointers.

## **Another Medical Blunder and Loss of Family Support**

*“My symptoms started July of 2002 with a feeling of extreme fatigue, soon after I contracted two cases of head lice. A head lice kit did nothing, and soon I felt as though bugs were crawling all over my body— head to toe with raised red hives. I woke one morning to find that my face and right leg had huge red blisters that were turning black and blue. I made an appointment with my*



*PCP. He called a dermatologist to see me that day, for fear I had been bitten by a poisonous spider. I was given antibiotic steroid cream.*

*But the itching, biting, crawling just worsened. I had movement on my scalp, ears, eyes, nose and genitals. I was taking 2 - hour scalding hot showers, putting all of my clothing, bedding, and towels in garbage bags after each use. I found myself consumed with washing, cleaning, vacuuming, and so on, to keep everything in a separate room, away from my family. But, this just had become unmanageable. It felt as though I was lying on an ant's nest 24 hours a day, 7 days a week. I was unable to sleep, think, eat, or live life.*

*When I solicited help from my husband, he said, "You're a crazy nut case. You need to see a shrink." I took samples extracted from my skin and lesions to my doctor at the hospital. I was escorted out of the doctor's office by the nurse, who had two police officers escort me out of the hospital, to my car. This black cloud became the pattern. My name was red - flagged. This meant that in all the medical computer systems, I was labelled schizophrenia.*

*During my doctor's appointment, many physicians were called in to take a look at my horrifying, skin lesions. They all stepped out, and conferred with my husband. From there, I was committed against my will, taken to the loco lounge for 20 days, put on antipsychotic drugs prescribed at a very high dose, and told I would be undergoing two weeks of shock therapy treatments, which meant inducing seizures every other day.*

*I was committed to the loco lounge two more times after my symptoms worsened to the point that my face became disfigured and my skin full of scars. I looked horrifying. I could no longer look at myself in the mirror. From there, I had more life - threatening illnesses. I started to suffer with migraines, vomiting, diarrhea, blood in my urine and stool, lost a lot of weight, weak, very sick, depressed, and down and out. I prayed every day to*

*simply die. I became a recluse in complete despair over this fight and battle. It totally consumed me, and I had no support whatsoever. The medical personal labelled me a crazy nut case, and my loved ones believed them.*

*One day, I was surfing the web and came across, Richard Kuhn's website. I instantly became intrigued, and purchased his book, started his King diet, started using the Nature'sGift® debriding soap, and some other supplements which he listed in his book. From the information in his book, his emails and products, I quickly started to see a difference and began feeling better.”*

## Chapter VIII - Depression

From my experience, I wonder how anyone can deal with these skin parasites and not be depressed. While I don't have the statistics, I know some have committed suicide. I personally know of one who has committed suicide, and one gal who attempted suicide and failed. As a result, she's been committed to a sanitarium where there's no hope for her.

Personally, I was dramatically depressed. I slept as late as I could every day. Didn't want to go anywhere, talk to anyone, or have any visitors. I got to the point where I felt guilty about living.

Ironically, years before, I had created a CD program for overcoming depression as one of the programs I offer on my stress management website, **[www.DStressDoc.com](http://www.DStressDoc.com)**

It was one of the first resources I used. But it was woefully lacking to produce results. I made it my priority to fix the program by adding what was missing - how to use our own creativity and awareness. Creativity is one of the most powerful

forces to solve problems. Without creativity, there would be no inventions. Without creativity, there would be no discoveries. And, if you take away all discoveries and inventions you have NOTHING. Nothing as in no wheel, no structure to live in, no modes of transportation, other than to walk barefooted, no warmth from fuels, no medications or supplements, no recipes to create great tasting food, no phones, TVs, and so on. You could say that without creativity, there would be no way of creatively reconciling differences between people, cultures, religions, and so on.

And then there is awareness. Have you ever searched for your car keys only to find them in your front door lock or worse yet, in your hand? The answer can be right in front of you and if you're unaware, you won't see it.

The result is that I created the best program ever for dealing with depression, beat it myself, beat the skin parasites, beat Lyme disease and am here to write a guide for you. No, I'm not smarter than any one of you. My program guides you into creativity and awareness, so that you too can get your life back.

My program is not a cure or treatment for depression. It's about harnessing your creativity and awareness to live again. Go to [http://www.dstressdoc.com/Overcome\\_Depression.html](http://www.dstressdoc.com/Overcome_Depression.html) for more information.

And, if you tune into our Sunday Conference call, The Morgellons Event of the Week, you'll see that those who succeed in getting their lives back read this book many times, and then creatively discover more things. Thus, instead of depression being a damaging feeling, it's a call to action resulting in creativity and inspiration.

## **Managing Stress:**

This is a biggie. After most of us have gone to several doctors and been told that they can't find anything, or that we're delusional, and we eventually realize there's no medical treatment that works, the result is isolation. And, this isolation is magnified when our family members believe the doctors, and think we have a mental or drug problem. It happens time and time again. This isolation turns into depression, discussed earlier, anger, confusion, frustration, humiliation, uncertainty, and so on. Some of these feelings, like depression and anger, are high intensity. Others, like uncertainty and confusion, are low - level emotions that are present 24/7 until they are resolved, and with Morgellons that can be years and years.

These emotions solicit the fight or flight response. The fight or flight response involves the release of hormones like adrenalin, noradrenalin, and cortisol.

The stress response:

- ▶ results in tense upper chest breathing.
- ▶ muscles tensing.
- ▶ stomach stops digestion and may get queasy.
- ▶ blood pressure elevates.
- ▶ extremities (fingers and toes) become cold as blood is diverted to the organs.
- ▶ IQ drops.

Cortisol releases sugar into the blood stream to fuel a physical fight or flight (running away). The problem is with practically all stressors, including parasites, there's nothing to physically fight or from which to flee. Result, the individual is left with unused cortisol pumping sugar into the blood stream. And, sugar increases parasitic activity, resulting in itching and biting sensations. Remember, sugar is not on Stage I of the King Diet.

In addition to everything else - diet, disinfection, deep cleaning your skin, supplements - it's important to intervene with the stress so those emotions are converted to a "call to action," resulting in inspiration and creative results in getting your life back.

There are many techniques and approaches to manage stress as you'll see on my stress management site, **www.Dstress.com**. Being that dealing with parasites is like another full - time job, it's impractical to expect anyone to become an expert in stress management.

For instance, for one who overcomes migraines, they master stress management techniques to manage breathing, muscles, and vascular tension because migraines involve musculature and vasculature. Whereas Morgellons and skin parasites do not involve those two responses of the stress response.

The good news is that we don't have to master many stress management techniques - just one or two - deep breathing and tapping. Deep breathing is the first thing you learn to do in any stress management program. The key is remembering to do the deep breathing when you need it. I have a graphic that is sent out with many updates to either use as wallpaper on your cell phone, or print and tape under your rear-view mirror. Driving is stressful, so every time you look into the mirror, it's a reminder to take deep breaths. Your cell phone is stressful. Who is texting, emailing you, or calling you? What do they want? Good or troubling news? Thus, every time you look at your phone, the wallpaper is a reminder to start with deep breathing before you answer or respond.

### Deep Breathing

Every time you see that note or wallpaper, start taking slow deep breaths:

► Breath in through your nose, slowly bringing your breath deep into your abdomen as you let your diaphragm expand.

- ▶ Do not lift your shoulders as that tenses your clavicle muscles.
- ▶ At the end of the intake, let your chest slightly expand to fully fill your lungs.
- ▶ Then, exhale slowly through your mouth, by using your stomach muscles push out all the air.
- ▶ And let your chest slightly contract as you expel the last of the air.

If you can hear yourself breathing, you're breathing too fast. Your goal is around 5 or 6 breaths per minute. Continue this for as long as you can maintain focus on your breath as you drive. Don't worry, you'll lose focus in a few moments and your mind will be occupied with other thoughts. But those few breaths have made a significant difference - especially since you'll be looking into the rear - view mirror many times as you drive to your destination. Then, download the attachment, and make it your wallpaper on your smart phone or print it and tape it to your rear view mirror - it will remind you to take deep breaths every time you turn on your phone or look into your rear-view mirror.

Another method is EFT Tapping, which we often practice during our Sunday Conference Calls. EFT stands for Emotional Freedom Techniques, and users often say that this simple technique helps them feel better quickly.

EFT tapping has its roots in the 1970s, when a few doctors began stimulating acupressure points to help their patients deal with stress, fear, and phobias. It often helps more with anxiety than deep breathing.

Some scientists believe that it works because it stimulates the central nervous system and causes the body to release helpful chemicals. EFT tapping stimulates acupoints by touch rather than by the use of needles, making it similar to acupressure.

Another approach to deal with cortisol is medical. Cortisol is a double-edged sword. During the stress response, it causes the release of sugar into your blood stream which feeds the parasites.

However, others suffer from low cortisol levels which contribute to fatigue, brain fog, sluggishness, and so on in which case, they would benefit from having their doctor have cortisol levels checked. Low Dose Naltrexone, (LDN), may well be the answer as it helps regulate cortisol levels. It can also help lower cortisol levels, if your levels are too high.

Our Sunday Conference call has four parts. One part is about managing stress. We often do deep breathing, speak affirmations, tell jokes or do tapping. Sometimes we have my co-host, Robin, sing a song. Another vital part of the call is an opportunity to share progress, difficulties, ask questions about the King Diet and the protocols in Chapter VII. These parts are recorded and available at

<https://www.youtube.com/@richardkuhns6430>

The unrecorded part of the call is where the participants can find a buddy or friend for support and phone numbers are exchanged. Phone numbers for our free coaches are also given at this time. The last portion is for anyone who would like to represent any of our green products as an income stream.

## **Using Your Mind to Defeat Morgellons:**

A series of blog posts revealing the secrets of how to take negative emotions like depression, anger, upset and convert them to a call to action, plus how to become your own best friend are in a series of blog posts:

Using Your Mind to Defeat Morgellons Part I 6/7/19 at

**<http://bestmorgellonscure.com/Blog-Mind.html>**

Part II on 6/9/17 at **<http://bestmorgellonscure.com/Blog-ind2.html>**

Part III on 6/17/19 at **<http://bestmorgellonscure.com/Blog-Mind3.html>**

Managing Emotions to Get Your Life Back from Morgellons 7/14/19 at **<http://bestmorgellonscure.com/Blog-Emotions.html>**



## **Another Story About Doctors Being Clueless & The Destruction of a Marriage**

*"I not only was completely dismissed by the entire Medical Team at Kaizer, Woodland Hills Team and Holly Cross Hospital In Granada Hills, my husband and friends don't believe even what they see with their own eyes! I had five emergency room visits, to hear that they had no idea what I was talking about, and my primary doctor, who never saw me during what I call an episode, had her nurse call me on two occasions to see a psychiatrist! On many days, and even now with some recovery, I find the treatment I received to be hopeless; they all stripped me of my dignity and grace! I was very angry at the world and with God!! I am 48 and alone, my husband literally ran so far, I have no idea where he is. Between the doctors and specialist, my husband could not handle any of my emotions or the way I looked. He didn't know how to handle his own emotions!! He was in so much fear and confusion himself, he couldn't possibly understand or support what I was going through. His fear and the doctors constantly dismissing every attempt to help myself, made me more depressed, withdrawn, and very angry!!!*

*Thank God, by this point I had found you, Richard. I had just started using your NG! I use it as a body spray all over body, ears, nose, personal areas, at least twice after each shower, and throughout the day at least four times on face, arms, wherever there may be either lesions healing or NG by itself on new lesions. I use a few times per day and especially at night I use a thicker amount of NG spray and by itself, I find better healing while I sleep! During the episode above I had two lesions that would not heal and they were so bad they ulcerated to the bone I have pictures of what gangrene looks like. Green/black in color and hole so deep and large amounts of very disgusting parasitic - looking stuff that would make my leg swell and drain. The doctors had me on the two rounds of antibiotics and ointment. It made things worse. I started using diluted Ng Compresses and sprayed it down constantly all day, and my leg went from looking like it had to be cut off to healing almost overnight! My girlfriend couldn't believe her eyes either - we both saw my wounds look and feel better almost immediately!*

*I did find a dermatologist right under my nose who believed me. He had been studying me and my skin changes over a year or so. Didn't know that until I found you, Richard and your book. You explained all the tell - tale*

*signs of this disease, and you being a survivor put everything into perspective. I told him straight out that I have Morgellons disease and need help. He gave me prescriptions for Risperidal, Ambilify, and Doxycycline.*

*THANKS, AGAIN Richard, and to your NG and book for saving me from total insanity!! I work every day on acceptance of the emotional pain and the physical pain of it all!! Sometimes too tired to keep up the happy front to maintain some friendships but your newsletters always have a way of brightening my day with better and more efficient breakthroughs for me to try. Big difference in the amount of new body lesions! I have a lot to be thankful for in life today because of you and your book". Danielle, CA*

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## About the Author

Richard Kuhns, B.S.Ch.E., (a chemical engineer), is certified in hypnosis. He is a specialist in biofeedback, stress management, cognitive, and relaxation skills. Richard's engineering perspective has allowed him to "step outside the box" in his approach to empower others for success.

He has successfully worked with thousands of individuals to achieve their goals of self - esteem, shedding weight, managing stress, and becoming healthier. As an accredited hypnotist, Richard is considered to be one of the most advanced and progressive self - help specialists. He brings a progressive approach to self - help, by combining hypnosis with a cognitive shift, (a shift in one's thinking perspective), nutrition, and stress management skills.



He operated the Biofeedback Center of NJ and Hypnosis Consultants for over twenty years. He is now in private practice and is creator and author of over fifty self - empowering CD's or MP3 Downloads at **[www.DStressDoc.com](http://www.DStressDoc.com)**, where you can also receive a free monthly Stress Management Tips Bulletin™ worth hundreds of dollars.

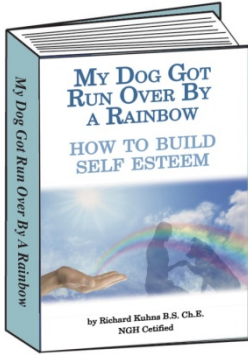
**Richard is the author of several books:**

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# My Dog Got Run Over by a Rainbow

The first book of the Self - Esteem Series.

Never before has there been a book that actually exposes the



myth of self - esteem. Yes, our society is in a self - esteem crisis, promulgated by the way we were taught by well - meaning parents and role models to build self - esteem.

We were taught to make something of ourselves to feel better about us— get a well - paying job or career, graduate

high school or a prestigious college, get married and have a fine - looking

family, buy a beautiful home, be charitable, have a lot of friends, and so on. While there is absolutely nothing wrong with any of these aspirations, (the heart of the American dream), accomplishing them with the intent of feeling better about ourselves, sets us up for a disastrous life crisis that may not stop at only one crisis, but go on and on to a resultant end of life.

This book is about how to build true self - esteem from within one's self. How to rekindle that level of self - esteem to that which each of us was born. We innately felt good about ourselves without the need for success. Exploring each new day was sufficient for maintaining our self - esteem. When we were babies there were no "bad hair days" on our mind. This book unravels the mystery of how to feel good about yourself in the midst of disaster.

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## Confidence Rich/Hate Your Old Self and Love Your New Self



The second book of the Self - Esteem Series.

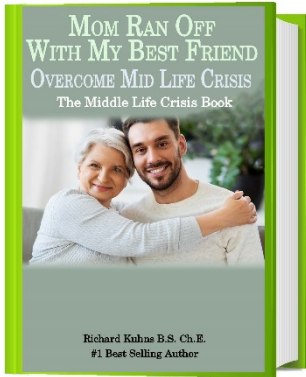
This book puts a bounce in your step. When you read this book, you will actually think that Richard is in the room coaching you in overcoming the “dead - giveaways” of self - confidence (unconscious habits like the Gallows’ laugh, to name one of the many, that announces to the world that you have little if any confidence), developing assertiveness, and establishing a self - image to love yourself totally.

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## Mom Ran Off with My Best Friend (Overcome Mid - Life Crisis)

This is the third book of the Self - Esteem Series.

Your days and night are consumed with anguishing thoughts, and even wondering why you should go on.

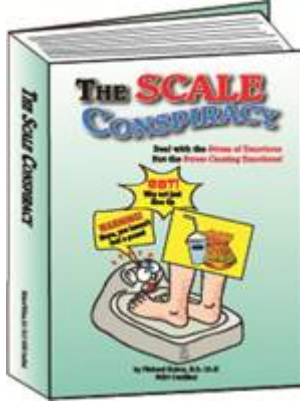


With this book, you can put your life back together and discover new purpose in life. A midlife crisis or for that matter any life crisis will have you questioning the fabric of your being. A life crisis can start at any time. It could be simply from waking up one day and realizing that your life has been wasting away. Or life crisis can happen after a breakup, loss of a job, collapse of the stock market, death of a loved one, or loss of a physical skill, debilitating accident, signs of aging, change in social status, and so on. Why me? Why now?



## The Scale Conspiracy to End Emotional, Compulsive, and Binge Eating

In 1984, using himself as a test subject, a brilliant



researcher in New Jersey solved the riddle of why dieting doesn't work while permanently dropping 40 pounds himself. He then proceeded to help thousands of others do the same.

The key is to figure out what type of eater you are. There are three types of overeating:

### 1 Habitual

With habitual, typical awareness techniques such as counting calories, using smaller plates, and so on work—the kind you would find at Weight Watchers.

### 2. Emotional

What do you do when you are bored, frustrated, upset, depressed, confused, uncertain, or even when you feel happy or want to reward yourself? If the answer is, "Eat," then you are an emotional eater. Awareness techniques do not work with emotional eating. One learns how to be aware of the emotion, experience it and move beyond using food to dilute the emotion.

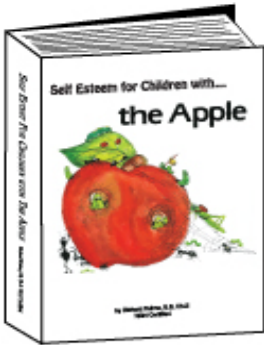
### 3. Self - defeating Eating

The self - defeating eater uses weight as an excuse, for fear that if they were thin, they wouldn't be more successful, popular, loved, and so on.

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## Self Esteem for Children with the Apple - “Tackles the Core of Where Children Get Their Self Esteem”

A colorfully illustrated, touching, story of a self-conscious young boy who has an Apple given to him by his creator. The Apple is representative of his self-esteem. The story is about his quest to deal with what he's learned from his parents and educators.

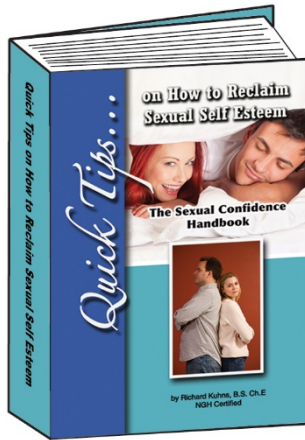


Unfortunately, he then compares himself with his peers and becomes very self-conscious. Fortunately, he meets a real friend that he admires. In an awkward moment,

he shares his worse fears about his Apple with his new friend, and is surprised to find that rather than being made fun of, he gets some real advice on how to take care of his Apple.

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## Quick Tips on How to Reclaim Your Sexual Self Esteem—The Sexual Confidence Handbook

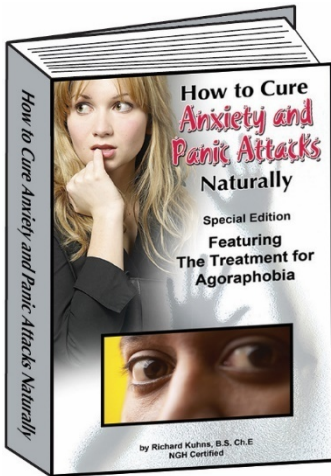


Is length and width necessary for a satisfying sexual relationship? Should I feel less about myself because I masturbate? Can I have a high level of self - esteem if I'm homosexual? How can a person who cheats feel good about him/herself? I have trouble getting an erection, how can I keep that from affecting my attitude about myself?

Answers to these questions plus much more are in this book.

## How to Cure Anxiety and Panic Attacks Naturally

“Learn to relax” is not great advice, but unfortunately, it’s the advice you’ll often get. In fact, I find many panic sufferers go into a panic state when they attempt deep breathing exercises or try to relax.



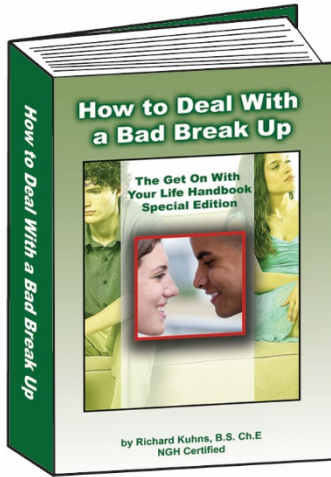
Strangely enough, panic anxiety attack, and agoraphobia are all diseases of ignorance.

With this easy - to - understand approach, using an external focus as opposed to internal focus, (as in relaxation techniques), you make a minor shift in your behaviors—those that make your personality—such that you’ll discover that you can reprogram your subconscious

to leave out the flight reaction, and soon be in a position to remember that anxiety used to be a problem, but forget what it felt like.

## How To Deal With a Bad Break Up - The Get on With Your Life Book

“Why me, why now? I thought everything was going well,” are some of the typical thoughts running through your mind.



Rejection from a breakup can leave you feeling like there is a bottomless pit in your stomach.

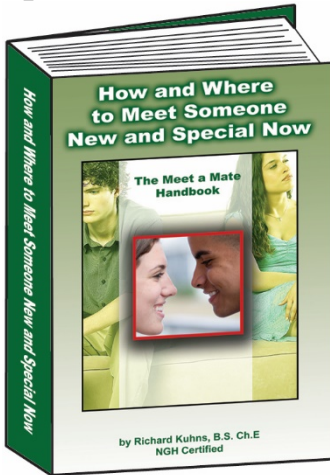
It seems like you'll never be happy again. Life is fraught with self-doubts and second-guessing yourself—maybe if you would have done so

and so. Maybe you could get a second chance.

All the tools needed are provided by this book, towards removing and repairing that bottomless pit. You will be able to move on with your life and be happy once again.

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## How and Where to Meet Someone New and Special Now—The Meet a Mate Handbook.

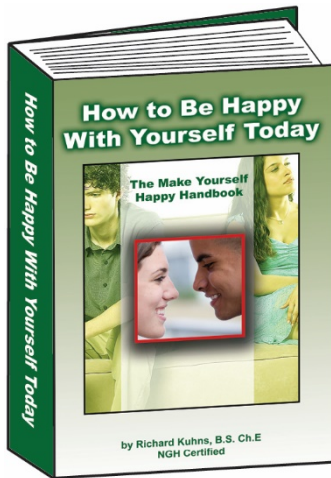


Being single has always been a challenge. Finding someone with whom you have chemistry. Where do you meet someone with whom to share your life? For those who like to meet someone in person, you'll find the tips of where and when to meet that person and how to get their attention.

For those who want to stop wasting time on the internet sites, you'll find down to earth tips on HOW TO MASTER INTERNET DATING:

- First how to ditch psychological baggage that can “shoot your own foot” in a relationship.
  - How to stop wasting time and write a profile that gets results.
  - The value of photos, and how to post one that draws the opposite sex to you.
  - Typical traps you can fall into which cost you time and aggravation.
  - And then when you connect, tips on writing intriguing emails.
  - A method to identify potentially defensive personalities that you want to avoid.
  - Questions about intimacy and your options.
  - An intimate option to expensive restaurants, with even better food.
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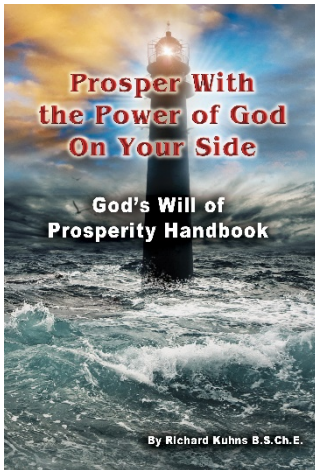
## How To Be Happy With yourself Today—The Make Yourself Happy Handbook



Each of us are like a coin—there are two sides. On one side is “happiness” and on the other is “depression.” Despite our best attempts to be happy, life provides many disappointments which shift us to the depression side of our coin. The secret to being happy is to be able to take charge

of our own lives and shift ourselves at will, to the happy side of our coin.

## Prosper with the Power of God on Your Side



If you are a fan of Stephen Hawking, you will want to read this book. No, you'll have to read this book.

This book, written in 2013, defines God as Stephen did in one of his last interviews, before his passing in 2018.

Maybe it's time to let go of being a Jew, Muslim, Christian, Spiritualist, Hindu, Atheist, and so on. Maybe it's time we take

down the barriers that separate the human race, and produce prejudice, ignorance, genocide, and poverty; and just be HUMAN.

Time to update religion with science — real science, not the science of religion, but the science that keeps the universe together - physics, chemistry, mathematics, biology, probability... Finally, you'll understand why bad things happen to good people. Why tornadoes rip apart a church full of worshipers. Why an earthquake kills thousands. Why wars happen. Why genocide exists. Why disease exists. Why innocent babies are born with genital defects. Every why you ever asked is answered in this book. And much more!!! What is your purpose in life? Are the things that happen to you, meant to be? Why are there so many different religions? and which one is right? Does God test you? Is God really watching over you? Does God really care about you? Why do many God-fearing worshipers live in squalor and non-believers make millions? With the answers to all these questions, you will prosper with God on your side, and have the answers to tapping your unlimited potential to create health, wealth, and prosperity.

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