

10 points, the extended recipe, for strengthening the immune system, prevention, treatment and support for many ailments, and cancer treatment in self-help: (283)

The following films should be seen in advance in order to better classify the following information:

Nutrition, Healthy Living Block 1

(It's about the daily diet and start eating with breakfast in the afternoon)

<https://www.youtube.com/watch?v=YELM5OJSTrQ&t=438s>

then: Vitamin D film that takes away the fear of higher doses. please also inform relatives that vitamin D is very important!

<https://www.youtube.com/watch?v=Ghi2hzGBSZw&t=24s>

Because it's current right now: Polio was caused by DDT, was never a virus disease.

The report on polio:

<https://vimeo.com/444054159>

"We do not vaccinate": the basic rule is: If you have chlorine dioxide (MMS / CDL) on hand, you should never vaccinate and never take antibiotics!

<https://www.youtube.com/watch?v=ZVh4QaDmXB8>

The fasting film, which shows the advantages of fasting and plays a crucial role, especially in cancer treatment!

<https://www.youtube.com/watch?v=epMRBGKtIly&t=45s>

Here is the 10 point plan. With the links that can be clicked to download the files or watch the films. Immune-boosting measures are the most effective against all diseases, not just shingles or cancer, but especially with these diseases. Please have a piece of paper ready and make your own notes on each point, document, video in order to keep track of things

please translate the linked * .doc files using an online translator. They contains a lot of helpful information. I will also offer English translations in the future, but that will take a while.

I am often asked what one can do when one is still healthy to maintain this condition. The answer is simple: "Live naturally"! In principle, our measures, which are used for various ailments up to the fight against cancer, are also those that maintain our health and that are also used in the event of illness. I am listing a few points that have proven to be particularly valuable and effective and indispensable in cancer treatment. The order is not a valuation, all are equally important!

My Infoserver: <http://johann.dokusammlung.de/> (with email, phone and bank details)

The video list: http://johann.dokusammlung.de/meine_yt_videos.html

Our health portal: <https://seigesund.net/index.php/>

All my documents can be found on it. Please download and save on your own device. Are only small text files. But they are safe like that. our self-help information is often deleted. We are disturbing the industry. You can't do business with healthy people and they don't like that at all.

The video list offers all YouTube videos on the individual topics.

The health portal is a collection of information and experience reports, divided into groups, offers the opportunity to ask questions and view answers, to make contact with those affected.

1) Exercise / load: sweat twice a day for 30 minutes through muscle work. We need the increased metabolism for the immune system to work so that depression is reduced and the stress disappears. Additional

energy is also required for repair work on the body that goes beyond normal metabolism! In addition, we get up to 10 times more oxygen into the body and exhale CO₂, thereby deacidifying ourselves. Up to 60% of the deacidification that results from our metabolism occurs through breathing. This supports the metabolic processes and the immune system.

Rubbing in with Mg + DMSO + Boron increases the performance that we need for fitness and thus for our immune system. Muscle building and maintenance are clearly supported. Muscle soreness largely avoided. In this way, we give the body magnesium without burdening the digestive tract.

Mg oil + DMSO + boron mixture (MDB)

http://johann.dokusammlung.de/daten/Selbsthilfe_Magnesiumoel_DMSO_Borax.doc

Here is the film about the making

<https://www.youtube.com/watch?v=cX3CXJ3pD1M&t=457s>

If painful areas or areas that are supposed to regenerate (strains, bruises) are rubbed in, heat must be given 10 minutes later, for as long as possible, at least 1-2 hours. Red light and 41 degree hot water are suitable. (Water bath). Repeated rubs, followed by heat, are useful.

Please note: the external fitness is also the reflection of our immune system. For example, if we can walk 3 kilometers, our immune system can do that too. If we only make it from the kitchen to the bedroom, our immune system can no longer either. As a basic measure or rule of thumb: A healthy person should be able to run 5 km, (30-40 minutes) or the equivalent of 1 hour (about 20-25 km cycling)

The movement provides the energy and oxygen required for the repairs and removes the metabolic acids through the air we breathe. Resting heart rate and 15 breaths per minute are unfortunately not enough! we need a heart rate of 100 or more, and about 25-30 breaths per minute, in order to provide the body with sufficient energy resources for repair and healing.

To support joint problems with joint pain, discomfort with bones and tissue, we also take 2-4g MSM (methylsulfonylmethane) daily with a little liquid. The organic sulfur also has an analgesic effect while it helps build up. Mixed with vitamin C, it is not that bitter. I fill it in capsules, # 01 or # 00, of which I take 6-10 daily, depending on urgency.

2) Borax:

Indispensable for the calcium predisposition and many processes in the body. A few days after starting borax, the loss of calcium in the urine stops and the body begins to dissolve calcifications. In the first few days (sometimes weeks) this can lead to increased joint pain. Do not despair about it, possibly take a day off at the beginning. Here is the info: (this also explains how to decalcify the pineal gland)

http://johann.dokusammlung.de/daten/Selbsthilfe_Borax.doc

From the 8g / l borax solution (dissolved in warm, distilled water) **30 ml daily**, with any cold or warm liquid, or pure, no matter when. Here, too, the following applies: Movement of the painful joints is good, preferably in hot water, (41 degrees) only moderate stress! Overloading is bad, especially in the healing phase. Red light, (infrared) is also suitable to warm the regions well. The longer the better!

3) Nutrition + Effective Microorganisms:

The important thing is the grated, raw, structured vegetables, the amount of which is intestinal filling (!) With sufficient fibers. Only the structure of the RAW vegetables mechanically cleanses the intestinal villi and displaces the putrefactive bacteria. At the same time, it nourishes and benefits our healthy microbiome. Green, raw vegetables then also provide sufficient magnesium. When cooked, the magnesium is fixed and is no longer so readily available and usable. Organic vegetables do not have to be peeled. It is rubbed with the peel! The foliage contains more vitamins than the tuber! So eat kohlrabi leaves and radish leaves. Brush the celery and

grate with the skin, etc. Here is the information:

http://johann.dokusammlung.de/daten/Selbsthilfe_Ema.doc

The film about vegetables: (showing how to do) in german, but the pictures are talking well.

<https://www.youtube.com/watch?v=YeWT4zuGn00>

Take 20-40 ml daily with grated, raw vegetables, between meals.

Diet free from sugar and free from flour products! (Einkorn, Urkorn, spelled is okay)

For adults: If possible, do not eat anything until after noon every day, not until around 4 p.m.

Here's how it is explained:

http://johann.dokusammlung.de/daten/Die_Rolle_von_Zucker_und_die_24h.docx

http://johann.dokusammlung.de/daten/Erfahrungsbericht_Fasten.docx

Fasting for a week would be very helpful. If the "daily fast" works well, you can skip the "breakfast at 4 p.m." and add a few days without food. 7 days would be ideal, 2 times a year. Lent this short are harmless and wonderfully effective.

4) MMS / CDL chlorine dioxide, in order to exclude pathogen involvement in a harmless way.

Download the self-help file here: (small paperback)

http://johann.dokusammlung.de/daten/Selbsthilfe_CD_L_MMS_Chlordioxid.doc

Here the production of CDL using the pickle jar method.

<https://www.youtube.com/watch?v=p1JcKnzgj68>

Here are the 3 films for information: please watch in this order

1) <https://vimeo.com/521315805>

2) <https://vimeo.com/431911587>

3) <https://vimeo.com/447779664>

Here is a very up-to-date film from clinical research.

<https://lbry.tv/@Kalcker:7/100-Covid-Geheilte-Aememi-1:2>

The cure consists of the INCREASE (does not have to be repeated after about 6 months) **and the JOINT INGESTION** (which can be repeated as often as desired after the increase)

Here is an excerpt of the short course of use:

morning - noon - evening

The INCREASE: (for the first time, then no longer necessary within 6 months)

1st day 3x1ml CDL (or 3 x 1 drop MMS) 120 ml water +1 ml DMSO.

2nd day 3x2ml CDL (or 3 x 2 drops MMS) 120 ml water +1 ml DMSO.

3rd day 3 x 2 ml CDL (or 3 x 2 drops MMS) 120 ml water +1 ml DMSO.

4th day 3x3ml CDL (or 3 x 3 drops MMS) 120 ml water +1 ml DMSO.

5th day 3x3ml CDL (or 3 x 3 drops MMS) 120 ml water +1 ml DMSO.

Day 6 3x4ml CDL (or 3 x 4 drops MMS) 120 ml water +1 ml DMSO.

Day 7 3x4ml CDL (or 3 x 4 drops MMS) 120 ml water +1 ml DMSO.

With DMSO a considerable increase in effectiveness is achieved! Even if you smell a little of it, don't give this bonus away!

If nausea or diarrhea occurs, or head and body aches, skip a day and then pick up where you left off. These complaints are not caused by chlorine dioxide, but, according to reports from self-helpers, by dead, killed microorganisms and their residues! The body needs time to get this out.

Usually one day is enough for the symptoms to subside.

Then you continue where you left off.

If there are no pathogens in the blood and no harmful substances to be oxidized, you can take almost any amount of chlorine dioxide without noticing the slightest symptoms.

The intestinal flora is not reached because chlorine dioxide diffuses into the tissue beforehand.

The "HUMPED" (frequent applications in a short time) intake is the real cure!

The following morning, every 30 minutes for three hours

Take 3 ml CDL (or 3 activated drops MMS) in 120 ml water + 1 ml DMSO.

So 6 times in a row. This ends the cure.

The increase does not have to be carried out again within 3-6 months if you want to use chlorine dioxide. You just start with 1-3 doses every half hour, as described above, and increase this again up to 6 doses in a row in the days.

Another popular variant is to transfer chlorine dioxide through the oral mucosa. The liquid prepared with chlorine dioxide is held in sips for 3-5 minutes in the mouth and then either swallowed or spat out. 10 minutes later you take the next sip or the next mouthful.

In Lyme disease, the increased intake is repeated at increasing intervals.

So after 3 days, after 1 week, after 2 weeks after 1 month ... and then only every 6 months. It can take a long time until all of the permanent forms of pathogen that are built in have been released and can be detected.

Therefore the repetitions.

Use in Helicobacter Pylori

Here the prepared solution must be drunk (swallowed) because the stomach is to be treated. The standard solution for almost all applications is: 3 ml CDL (or 3 drops MMS) + 120 ml water + 1-2 ml DMSO. You take double the amount so that the stomach is better filled. (i.e. 240 ml water, 6 ml CDL (or 6 activated drops of MMS) and 1-2 ml DMSO)

The finished solution is swiftly drunk into the stomach while sitting (!). Then lay flat immediately, do not stand still. You can do a kind of roll cure to wet the stomach walls everywhere by lying down and turning around your own axis.

Performed three days in a row in the morning on an empty stomach is enough. Many self-helpers stop after taking it because they feel that their symptoms are gone. To be on the safe side, the treatment should be secured by taking it again after 1 week.

RUBS: CDL and DMSO, mixed 1: 1, (gets warm when mixed) can be used to apply over the skin or to treat the skin itself. (Children e.g. to avoid having to swallow it)

If you want to activate MMS and use it for rubbing in, 1 ml of water is added to each activated drop and the result is mixed 1: 1 with DMSO. (So a little water is added to MMS so that it is not too concentrated.)

If there are intolerances, redness or itching, you can add a little water to the mixture afterwards.

In the case of a cold, CDL + DMSO mixed 1: 1 and introduced into the nasal mucous membranes with the finger and possibly pulled up a little while pressing the nostrils together. With MMS, 1 ml of water per activated drop is added after activation. Then you have about the density of CDL and that can then be mixed 1: 1 with DMSO and processed.

THE VIRUS PROTOCOL: We take account of the fact that viruses are constantly being released from the infected cells by ensuring that chlorine dioxide is constantly available in the body.

We'll be producing a larger amount right away:

12 activated drops of MMS, (activate for 2 minutes) [or 12 ml CDL] (12 active drops = 12 ml CDL)

+ 500 ml drinking water

+ 4 ml DMSO

Self-helpers take a sip in their stomach and mouth every 20-30 minutes and hold it in their mouth for 3 minutes, then can be spat out. That's all. The chlorine dioxide diffuses through the tissue into the blood and is

distributed in the body - unnoticed by us. If it encounters viruses as a reaction partner, Chlordioxid breaks down and oxidizes the virus. So there is an increased distribution if you swallow a sip and then keep one in your mouth. Every 30 minutes, and every 20 minutes in the case of acute infection. This supply lasts for several hours and can be kept for up to 2 days in an amber glass bottle, even if left unrefrigerated. In the case of an acute infection, the intake is continued until symptoms are no longer noticeable, this can take 2 hours or 3 days, depending on the pressure of the infection and the strength of the immune system.

In the case of a cold, CDL + DMSO mixed 1: 1 and introduced into the nasal mucous membranes with the finger and possibly pulled up a little while pressing the nostrils together. With MMS, 1 ml of water per activated drop is added after activation. Then you have about the density of CDL and that can then be mixed 1: 1 with DMSO and processed.

Dripping in the nose has not proven successful because the mucous membranes are more sensitive further back and this is felt uncomfortable. In addition, the rhinitis pathogens are mainly in the nose.

This usually leads to instant improvement. The viruses in the mucous membranes are hindered in their spread. For a while everything smells subtle of chlorine dioxide, but the olfactory senses are usually more sensitive afterwards, which means that the olfactory sense improves.

A single dose for occasional use would be:

3 activated drops of MMS (wait 1 minute) [or 3ml CDL]

120 ml of water

1 ml DMSO

If the body weight is below 60-80 kg, the amounts will be adjusted. So halved or third.

5) DMSO for information about what DMSO can do. Please note Dr. Hartmut Fischer's posts on YouTube about DMSO!

My texts: http://johann.dokusammlung.de/daten/Selbsthilfe_DMSO.doc

6) Vitamin D around 20,000 IU daily

Vitamin K2 200 micrograms daily.

Until 60-90 ng are reached in the blood. If there is a shortage, this takes a few months. Then you can always skip a day. When we are naked in the midday sun, from 10:30 a.m. to 2:30 p.m., for at least 2 hours, our skin generates up to 30,000 IU. Nothing has to be taken on this day and the next.

In cancer, we increase to 120 to 150 ng, whereby initially, 1-2 weeks, up to 100,000 IU are taken in order to reach the high level as quickly as possible!

7) Three very important plant supports in self-help:

Jiaogulan, the "herb of eternal life" of the Chinese (blood pressure, regulation) and **Moringa**, a very rich plant from the tropics. (Amino acids phytohormones) as well as **brahmic herb and gotukola herb** (memory, Alzheimer's, nerves)

Info about **Jiaogulan** http://johann.dokusammlung.de/daten/Selbsthilfe_Jiaogulan.docx

Info about **Moringa**: http://johann.dokusammlung.de/daten/Selbsthilfe_Moringa.docx

Info about **Brahmi and Gotukola** http://johann.dokusammlung.de/daten/Selbsthilfe_Brahmi.docx

And for disorders of memory and memory cases, we use brahmic herb and gotukola herb, both of which are used in India for the treatment of all mental weaknesses. American students take it as an insider tip to promote the ability to learn, which was proven in clinical tests after 14 days of use.

8) Colloidal silver (KS) in special cases:

For bronchitis: In order to reach the air side of the lungs, KS can be nebulized in the vaporizer and inhaled. This

disrupts or destroys any pathogens located there. This often helps with breathing problems or reduces the build-up of mucus. Initially, increased mucus formation can occur. It is essential to avoid sugar and flour products with glue protein, because they have a strong mucus-promoting effect.

So you take 10 ml KS (or whatever is absolutely necessary to operate the ultrasonic vaporizer) and inhale the emerging steam deeply for 5-10 minutes. With professional devices, 3 minutes are often enough, with room vaporizers just 5-10 minutes. More has never hurt so far.

KS can be ordered on the Internet. No more than 100 ppm concentration is chosen. (25 to 100 ppm) We work with self-made (ionic pulser) and around 25 to 75 ppm.

We take KS for inflammation of the bladder and urinary tract, because chlorine dioxide does not get there sufficiently because of the kidneys' usually good filtering effect.

KS is also helpful for shingles and other illnesses. (also rubbing together with chlorine dioxide)

Application: Hold 30 ml KS (25-100ppm) 1 ml DMSO in the mouth for 5 minutes, then swallow. Can be repeated twice a day for up to 2 weeks in the event of a virus infection.

KS works longer in the body, even if it does not work as spontaneously as chlorine dioxide. Alternating intake with chlorine dioxide is therefore helpful in tricky situations.

Then the intestinal flora is to be restored with EMA + raw vegetables, as described under point 3, nutrition.

9) Detoxification with zeolite and diatomaceous earth. When taking chlorine dioxide, it is advisable to alternately take zeolite and diatomaceous earth, so that oxidized pollutants are bound and

can be eliminated. So take it during the day as well.

Without a chlorine dioxide cure, zeolite is only taken in the evening with enough water.

Pure, filtered, if possible charged water (crystals, 3 days of sun exposure, or special treatment) supports the detoxification path.

The file with the description:

http://johann.dokusammlung.de/daten/Selbsthilfe_Zeolith_Kieselgur_Koriander_Chlorella.doc

10) The emotional component: Parts of our autonomic nervous system are referred to as the sympathetic and parasympathetic nervous systems. In contrast to the active sympathetic nervous system, the parasympathetic nervous system is an inactive, stress-free rest and regeneration posture in which our body can set its original repair mechanisms in motion. In our noisy and stressful everyday life, we are almost exclusively in the sympathetic nervous system (standby mode) due to internal and external influences, which means that our regeneration is severely hindered, sometimes even completely blocked. A rethinking, as well as a critical look at yourself and your environment is imperative.

In the case of illness, it is important to focus on health as if it had already occurred or was imminent. Being on the way to health is an attitude that is ready for every effort, consciously perceives success, and has a very specific, clear goal: freedom from symptoms, the highest potential of which is health.

Greetings, Johann

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APPENDIX: And now specifically about cancer.

There are very many effective substances from nature, and also from the alternative scene, which are very effective, but may not be used medically because there is no approval for them. Of course, the industry has no

interest in getting things like this for approval, which then, at the price of 50 euros, for example, bring the performance that one expects from chemotherapy for 60,000 euros.
Our things can all be combined. Because e.g. cabbage vegetables (sulforaphane) have no side effects!
I'll try to give you a few links so you can see what is meant. If the products change, the links no longer work, please notify me.

1) MMS, and the unleavened method is a good next step. Is explained in the self-help file for MMS / CDL towards the end of the document. Abstract:

The new ingestion variant of sodium chlorite through the oral mucosa, with DMSO (analogous to the ingestion variant of chlorine dioxide.)

This is the same procedure as described above with chlorine dioxide, where the substance is held in the mouth for a while and thus, with the help of DMSO, it allows diffusion through the mucous membranes.

Prepare for use: 120 ml of water, 1 drop of sodium chlorite and 2 ml of DMSO.

Now this liquid is prepared in the morning and in the evening, taken in sips in the mouth and held in the mouth for 5 minutes. Then spit it out. As a result, we expect sodium chlorite to diffuse into the bloodstream. Repeat every 5 minutes until the 120 ml are used up.

If there are no symptoms, then make up the solution with one drop at noon and apply it every 5 minutes until everything is used up.

If there are no symptoms even then, increase to 2 drops, in the morning at noon and in the evening.

If there are still no symptoms, increase to 3 drops, morning noon and evening. That's enough. There is no further need to increase.

Continue for at least 10 days, or until there are no symptoms. If the diarrhea and nausea are too severe, take a day off!

The document: http://johann.dokusammlung.de/daten/Selbsthilfe_CD_L_MMS_Chlordioxid.doc

The film is here: <https://vimeo.com/447779664>

2) Artemisia. The mugwort. I describe the effect and use in the following text.

<http://johann.dokusammlung.de/daten/Artemisinin.docx>

I buy them here: https://www.amazon.de/Beifuss-Extrakt-Artemisia-Vulgaris-Entspannt/dp/B00I7RUOL8/ref=sr_1_11?__mk_de_DE=%C3%85M%C3%85C5%BD%C3%95C3%91&keywords=artemisia&qid=1577490628&sr=8-11

the iron tablets here:

https://www.amazon.de/gp/slredirect/picassoRedirect.html/ref=pa_sp_atf_aps_sr_pg1_2?ie=UTF8&adId=A0347824160R5CQ0KA8FG&url=https%3A%2F%2Fwww.amisen-azon.de%2Fp%2FB00TFWPFNQ%2Fref%3Dsr_1_2_sspa%3Fie%3DUTF8%26qid%3D1549306023%26sr%3D8-2-spons%26keywords%3Deisen%2Baktiv%26widgetName%3D83048_235596

3) curcumin with bioperine. A source:

https://www.amazon.de/Curcumin-Bioperin-500mg-Kapseln-Monate/dp/B005MIAVU4/ref=sr_1_3?ie=UTF8&qid=1549298130&sr=8-3&keywords=curcumin+mit+bioperin

4) dandelion root, capsules. You can also make it yourself. Act directly against cancer cells.

5) Sulforaphane, https://www.amazon.de/SULFORAPHAN-Kapseln-Sulforaphane-Hochdosierter-Brokkolisprossenpulver/dp/B07D3WM56N/ref=sr_1_13?ie=UTF8&qid=1549306090&sr=8-13&keywords=s

6) Frankincense, Boswellia: the African is better. Indian would also work

https://www.amazon.de/Greenfood-Weihrauch-Boswellia-serrata-hochdosiert/dp/B00FA1110I/ref=sr_1_19?__mk_de_DE=%C3%85M%C3%85%C5%BD%C3%95%C3%91&keywords=african+incense&qid=1577490833&sr=8-19

7) Amygdalin, is the substance from the apricot kernels.

http://johann.dokusammlung.de/daten/Selbsthilfe_Bittere_Aprikosenkerne_in_der_Krebsbekaempfung.docx

8) Cannabis suppositories (because of the higher dosability) and also drops. In any case, solvents or oily extracts from the hemp flower.

- a) Fill a pot with dry flower material.
- b) Heat coconut oil until liquid and pour on it until everything is covered.
- c) Let stand for 2 days, pressing down from time to time to speed up the solution.
- d) Pour off the oil, press the cabbage through. An oil mill has proven itself for pressing out the mass.
- e) Mix the poured and pressed oil. Heat in the pot to 90 degrees for 10 minutes.
- f) Put half of it in an extra saucepan and briefly heat it to over 100 degrees. 3 minutes is enough at 120 degrees. Then pour back together.
- g) Buy suppository molds made of plastic, fill them with a syringe and let them cool down in the freezer. They can then be stored in the normal refrigerator, otherwise they would be too cold for application.
- h) Administer rectally or vaginally, depending on where the cancer is located. You start to check in the morning and during the day whether there are symptoms of overdose. otherwise the oil would have to be diluted with pure coconut fat. Or cut the suppositories in half, I've also heard. You can apply in the morning and in the evening, in urgent cases 4-5 times a day.
- i) The material to be pressed, which is left over after pressing, can be mixed with DMSO and applied externally. Breast cancer, skin cancer eg.

The alcoholic solution: fill a pot with dried flower material, pour isopropanol 99.9% covering over it, press down from time to time, cover, let stand for 1 day. Pour into a saucepan, fill up again, and press down again, also drain into the saucepan.

You can also rinse 3 times.

The pot OUTDOOR! Place in a larger pot with water, (preferably floating) the water pot on a mobile plate and heat the water to about 60-80 degrees.

Wait until the alcohol has evaporated. It shouldn't smell like alcohol anymore!

The resin is heated to 90 degrees with swirling for 15 minutes, used for decarboxylation and then for the production of suppositories.

For a letter (10 suppositories) 3.0 g suppositories you need 6-8ml resin, 22-24 ml coconut oil.

Pour in and put in the refrigerator.

Use: one suppository 1-3 times a day. Depending on the requirements.

9) Graviola, available in capsules, acts directly against cancer cells.

https://www.amazon.de/GRAVIOLA-Blattpulver-Stachelannone-Corossol-Guanabana/dp/B07CT3Q5JV/ref=sr_1_6?__mk_de_DE=ÅMÅŽŃ&keywords=graviola&qid=1577490977&sr=8-6