EBOLA VIRUS - POSSIBILITIES

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Part I is found courtesy of Wikipedia; however, I have clarified, edited, and condensed this information for easier reading. (http://en.wikipedia.org/wiki/Ebola_virus)

We’ve all heard the stories, and maybe even seen the movie, “Outbreak”, about the Ebola virus and fever. However, this is not a report meant to cause fear or worry, but to give hope and understanding to the possibilities of survival if the Ebola virus is contracted.

First, BREAKING NEWS from NBC News

The experimental Ebola treatment administered to two Americans who contracted the virus in Africa was a medical cocktail called ZMapp, derived in part from tobacco plants, that has shown promise in tests on monkeys. It had not been evaluated on humans.

A spokesperson from Samaritan’s Purse confirmed that ZMapp was given to the patients. The treatment was made by a California company called Mapp Biopharmaceutical, a National Institutes of Health spokeswoman confirmed Monday… (8/3/14)

Both patients, Dr. Kent Brantly and Nancy Writebol, have improved since receiving it, according to doctors and aid organizations that they work with.
Brantly is being treated at Emory University Hospital in Atlanta. He received one dose of the treatment in Liberia and a second after he was flown to the United States, NBC News learned Monday.

Writebol is expected to be flown to the same hospital on Tuesday. The president of SIM USA, an aid organization that she works with, told MSNBC on Monday that Writebol was “up and walking” and getting stronger.

Dr. Anthony Fauci, director of the NIH’s infectious diseases institute, told MSNBC that the experimental serum was a “cocktail of antibodies,” proteins that the body makes to block the virus.

ZMapp is a combination of two agents, made by Mapp with LeafBio, (http://www.mappbio.com/ZMAb.pdf), in San Diego and Defyrus Inc. in Toronto. One of them, MB-003, provided 100 percent protection to monkeys, (http://www.nbcnews.com/health/health-news/tobacco-plants-plus-antibodies-equal-possible-treatment-ebola-f6C10963179), when given right after exposure to Ebola virus, and even helped after symptoms developed.

(Follow this link to get the whole news report): www.nbcnews.com/storyline/ebola-virus-outbreak/experimental-ebola-treatment-came-california-company-n172321
PART I – THE BAD NEWS

First, let’s get the bad news out of the way.

What is Ebola virus?
The Ebola virus is an infectious and generally fatal disease marked by fever and severe internal bleeding, spread through contact with infected body fluids by a filovirus (*Ebola virus*), whose normal host species is unknown.

Filoviruses are not naturally transmitted by aerosol. They are, however, highly infectious as breathable 0.8–1.2 micrometer droplets in laboratory conditions; because of this potential route of infection, these viruses have been classified as Category A biological weapons.

What are the Symptoms?
The symptoms typically start from 2 days to as long as 25 days after contracting the virus. Manifestation of Ebola begins abruptly with a sudden onset of an influenza-like stage characterized by fever with chills, sore throat, severe headache, weakness, joint pain, muscle pain, skin rashes and chest pain. There is agitation, confusion, fatigue, seizures and sometimes coma.

As the virus progresses, some people begin to have problems with bleeding. However, contrary to popular belief, bleeding is not the cause of death; death occurs due to multiple organ failure due to fluid redistribution, low blood pressure, heart coagulation and tissue death.
How do humans get the Ebola virus?
The disease can be acquired when a person comes into contact with the blood or bodily fluids off an infected animal such as a monkey or fruit bat. Fruit bats are believed to carry and spread the virus without being affected by it.

Bats drop partially eaten fruits and pulp, then terrestrial mammals such as gorillas and duikers feed on these fallen fruits. This chain of events forms a possible indirect means of transmission from the natural host to animal populations, which have led to research towards viral shedding in the saliva of bats. Fruit production, animal behavior, and other factors vary at different times and places that may trigger outbreaks among animal populations.

How do people spread the virus?
Transmission between natural reservoirs and humans are rare, and outbreaks are usually traceable to a single index case where an individual has handled the carcass of a gorilla, chimpanzee, or duiker. Fruit bats are also eaten by people in parts of West Africa where they are smoked, grilled or made into a spicy soup. The virus then spreads person-to-person, especially within families, hospitals, and during some mortuary rituals where contact among individuals and their bodily fluids become more likely.

Human-to-human transmission occurs via direct contact with blood or bodily fluids from an infected person (including embalming an infected dead person) or by contact with contaminated medical equipment, particularly needles and syringes. Medical workers who do not wear protective clothing, such as gloves and surgical masks, may also contract the disease. Aerosol transmission has not been observed during natural EVD outbreaks.
The potential for widespread EVD epidemics is considered **low** due to the high case-fatality rate, the rapidity of demise of patients, and the often remote areas where infections occur.

Recently the virus has been shown to travel without contact from pigs to primates making pigs a new possible host for the virus.

While the method of transmission is not determined, the Ebola virus is believed to travel *short distance* through the air in large droplets that are absorbed through the airways effectively making it an airborne virus. *(Note: My interpretation is that the “large droplets” would be pushed “short distance” by spitting, coughing or directed heavy breathing.)*

Males may be able to transmit the disease via their semen for two months after contracting, or surviving the Ebola virus. *(Now, that’s really bad news!)*

**How do doctors diagnose the Ebola virus?**

To make the diagnosis, typically other diseases with similar symptoms such as malaria, cholera, and other viral hemorrhagic fever are first excluded. The blood may then be tested for antibodies to the virus, the viral RNA, or the virus itself to confirm the diagnosis.

**How can the Ebola virus be prevented?**

The first order of prevention includes decreasing the spread of the disease from infected monkeys and pigs to humans. This may be done by checking these types of animals for infection and killing and properly disposing of the bodies if the disease is discovered.

Second, properly cooking meat and wearing protective clothing when handling meat may also be helpful, as is wearing protective clothing and washing hands when around a person who has the disease.
Third, bodily fluids and tissues from people with the disease should be handled with special caution.

Is there a known treatment in the medical world for the Ebola virus?
There is no specific treatment for the virus. Efforts to help persons who are infected include giving them either oral rehydration therapy, (http://en.wikipedia.org/wiki/Oral_rehydration_therapy), or intravenous fluids, (http://en.wikipedia.org/wiki/Intravenous_fluids).

How many people who get the Ebola virus, die from it?
The disease has a high mortality rate: often between 50% and 90% of those who are infected with the virus.

(Note: In the past, most people who have contracted the Ebola virus have been from 3rd World Countries with limited medical facilities and outreach. It is believed that if the Ebola virus is caught early, the chances of survival are higher.)

What is the history of the Ebola virus?
The disease was first identified in Sudan and the Democratic Republic of the Congo. It typically occurs in outbreaks in tropical regions of Sub-Saharan Africa. Between 1976, when it was first identified, through 2013, fewer than 1,000 people a year have been infected. The largest outbreak to date is the ongoing 2014 West Africa Ebola outbreak which is affecting Guinea, Sierra Leone and Liberia. As of July 2014 more than 1320 cases have occurred. Efforts are ongoing to develop a vaccine; however, none exists as of 2014.
All epidemics of Ebola have occurred in sub-optimal hospital conditions, where practices of basic hygiene and sanitation are often either luxuries or unknown to caretakers and where disposable needles and autoclaves are unavailable or too expensive. **In modern hospitals with disposable needles and knowledge of basic hygiene and barrier nursing techniques, Ebola has never spread on a large scale.** In isolated settings such as a quarantined hospital or a remote village, most victims are infected shortly after the first case of infection is present.

The quick onset of symptoms from the time the Ebola virus becomes contagious in an individual makes it easy to identify sick individuals and limits an individual's ability to spread the disease by traveling.

**Are there any known medical treatments for the Ebola virus?**

No known Ebola virus specific medical treatment currently exists. Treatment is primarily supportive in nature and includes minimizing invasive procedures, balancing fluids and electrolytes to counter dehydration, administration of anticoagulants early in infection to prevent or control heart coagulation, administration of procoagulants late in infection to control hemorrhaging, maintaining oxygen levels, pain management, and administration of antibiotics or antimycotics to treat secondary infections.

According to *Doctors Without Borders*, early treatment may increase the survival chance, since there is no known cure.

**Are there any survival complications from the Ebola virus?**

If an infected person survives, recovery may be quick and complete. Prolonged cases are often complicated by the occurrence long term problems, such as inflammation of the testicles, joint pains, muscle pains, skin peeling, or hair loss. Eye symptoms, such as light sensitivity, excess tearing, choroiditis and blindness have also been described.
EBOV and SUDV may be able to persist in the semen of some survivors, which could give rise to infections and disease via sexual intercourse.

**What happens to the bodies of those who have died?**
Because bodies of the deceased are still infectious, some doctors in many African nations have had to take measures to properly dispose of (Ebola diseased) dead bodies in a safe manner despite local traditional burial rituals.

**What is the worst thing that could happen if the Ebola virus comes to the USA?**
The worst thing that could happen from an Ebola virus outbreak in the United States is panic and fear. This may cause more deaths than the Ebola virus itself.
PART II – THE GOOD NEWS

These “possibilities” and survival ideas have come from my personal research, i.e., all kinds of sources, including online medical and natural websites, Naturopaths, scientists, PhD’s and survival group discussion.

There are many ideas, and theories, on how to defend your bodies against the Ebola virus if it breaks out in the USA.

None of these solutions are absolutely proven, so please be aware that most of the information will be hypothetical in nature. It is up to you and your family to discern whether you want to use any of these methods in your preparations against the Ebola virus. You might want to choose 3 or 4 methods and store what you need for this worst scenario, an outbreak of the Ebola virus in your community.

I will give you some choices, but look; the Ebola virus has never had a world-wide influence before, so testing these “possibilities” have not been possible. We must take precautions on our own and have as many remedies as possible put away, just in case. If nothing happens and there is no outbreak of the Ebola virus, then you and your family will be prepared for other conditions and diseases that come along.

Where possible, I’ve provided links to help you search for more information
List of “POSSIBILITIES”

Alkaline Diet – Eat “Acid-free” foods
A Redox Signaling Drink
Asparagus
Broccoli
Cayenne
Coconut Oil
Colloidal Silver
Crotalus Horridus (in a Nosode form)
Detox Bath (with baking soda and Epsom salts)
Deep Breathing Exercise
Hydrogen Peroxide – Non Food Grade and Food Grade
Hyperbaric Oxygen Therapy
Lomatium Tincture (Lomatium dissectum)
Onions
Oregano Herb/Oil
Redmond Clay
Selenium – High dose
Shepherds Purse (herb)
Stinging Nettle (herb)
Vitamin C

Family Discussions – Ebola virus “Possibilities”
Alkaline Diet – Eat “Acid-free” foods

WebMD educates us on what an Alkaline Diet is:
First, a little chemistry: A pH level measures how acid or alkaline something is. A pH of 0 is totally acidic, while a pH of 14 is completely alkaline. A pH of 7 is neutral. Those levels vary throughout your body. Your blood is slightly alkaline, with a pH between 7.35 and 7.45. Your stomach is very acidic, with a pH of 3.5 or below, so it can break down food. And your urine changes, depending on what you eat – that’s how your body keeps the level in your blood steady. The alkaline diet claims to help your body maintain its blood pH level. In fact, nothing you eat is going to substantially change the pH of your blood. Your body works to keep that level constant. But the foods you’re supposed to eat on the alkaline diet are good for you: lots of fruits and vegetables, and lots of water. Avoiding sugar, alcohol, and processed foods is healthy weight-loss advice, too.

As to the other health claims, there’s some early evidence that a diet low in acid-producing foods like animal protein (such as meat and cheese) and bread and high in fruits and veggies could help prevent kidney stones, keep bones and muscles strong, improve heart health and brain function, reduce low back pain, and lower risk for colon cancer and type 2 diabetes. But researchers aren't sure yet. (http://www.webmd.com/diet/alkaline-diets)

On GreenMedInfo.com, we learn:
In the 1930’s, an interesting natural cancer treatment was proposed as a simple, effective answer to cancer – almost any cancer. This treatment approach is not well known because it is considered alternative or experimental - or even dangerous - by the medical and scientific community and hence has been referenced primarily in obscure publications outside the mainstream press.

This treatment approach is called alkaline therapy or pH therapy, and is based in part on observations of cultures without significant incidence of cancer and in part on scientific observations of and experimentation with cellular metabolism.
The principles of pH therapy are very simple. The metabolism of cancer cells has a very narrow pH tolerance for cellular proliferation (mitosis), which is between 6.5 and 7.5. As such, if you can interfere with cancer cell metabolism by either lowering or raising the internal cancer cell pH, you can theoretically stop cancer progression.

While lowering cancer cell pH (increasing acidity) is effective against cancer cell mitosis in the lab, increasing acid levels in the live body of a cancer patient puts stress on normal cells and causes a lot of pain. So the proposed alkaline therapy for people is a "high pH therapy" and has been developed to normalize the intracellular pH of the cancer patient's body through elimination of latent acidosis, while increasing the pH of cancer cells to a range above 7.5. According to published research, it is at that pH they revert to a normal cellular apoptosis cycle (programmed cell death).

Ideally, this approach begins with an alkaline diet.

(Read more at http://www.greenmedinfo.com/blog/why-alkaline-approach-can-successfully-treat-cancer)

My thoughts
I believe there is merit to the theory that a low pH healthy diet can prevent or help decrease cancer cells. I don’t believe that a low pH diet will prevent catching the Ebola virus. However, people do survive the Ebola virus, and someone who has, or is eating a low pH diet may have a better chance of survival than someone who has lived on a junk food diet. Keep your body healthy by staying away from processed foods. Eat lots of green leafy vegetable preferably from your home garden and avoid mucous-causing foods such as white flour, refined sugars, junk foods, dairy and other animal foods while eating plenty of fruits and vegetables, whole grains, beans, lentils, and nuts.
A Redox Signaling Drink

(More information can be found at www.RedoxSC.com)

A Redox Signaling Drink is trillions of stable, perfectly balanced Redox Signaling Molecules suspended in a pristine saline solution—the same molecules that exist in the cells of the human body.

Redox Signaling is a function that is central to all life on the planet. Redox Signaling molecules are created within every cell of the body and are vital to the immune system and to cellular healing mechanisms. They are so essential to life that without them, you would die within seconds. A proper supply of Redox Signaling molecules enables cellular healing: damaged, dysfunctional cells fading away and healthy, vibrant cells taking over.

Redox Signaling molecules are vital for the health of your cells; that’s why your body makes its own supply. But after the age of 12, our cells make fewer and fewer of these molecules. Redox Signaling in drink form, is the world’s only source for replenishing Redox Signaling molecules.

Redox Signaling in drink form, is the first and only stable, perfectly balanced mixture of these Redox Signaling reactive molecules that exists outside of living cells, and can be used to help maintain proper balance inside the body to support the immune system and healing process.

One of the safest products on the planet

There is almost nothing on earth as safe for the body as Redox Signaling in drink form. It’s safer than tap water, spring water, or alkaline water. More than $5 million has been spent to test Redox Signaling in drink form and its foundational technology, and all
results show that Redox Signaling in drink form is safe to all tissues, organs, and systems of the body. These studies tested for dozens of adverse effects, including endotoxicity, cytotoxicity, genotoxicity, reverse mutation, chromosomal aberration, and acute toxicity.

**What are Redox Signaling molecules?**

Redox Signaling is a function that is central to all life on the planet. Redox Signaling molecules are created within every cell of the body, and are vital to the immune system and to cellular healing mechanisms. Redox Signaling molecules are so essential to life that without them, you would die within seconds.

A proper supply of Redox Signaling molecules enables the normal cellular healing process: damaged, dysfunctional cells fading away and healthy, vibrant cells taking over.

*(For more information on how to order a Redox Signaling drink, contact Brenda High – Contact info at the bottom of this report.)*

**Asparagus**

*This, and more information, can be found at [www.eatingwell.com/blogs/health_blog/5_powerful_health_benefits_of_asparagus_you_probably_didn_t_know](http://www.eatingwell.com/blogs/health_blog/5_powerful_health_benefits_of_asparagus_you_probably_didn_t_know)*

There are at least five benefits for adding Asparagus in your diet.

1. **It’s loaded with nutrients:** Asparagus is a very good source of fiber, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.
2. This herbaceous plant—along with avocado, kale and Brussels sprouts—is a particularly rich source of glutathione, a *detoxifying compound* that helps break down carcinogens and other harmful compounds like free radicals. This is why eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, larynx and lung cancers.

3. Asparagus is *packed with antioxidants*, ranking among the top fruits and vegetables for its ability to neutralize cell-damaging free radicals. This, according to preliminary research, may help slow the aging process.

4. Another anti-aging property of this delicious spring veggie is that it may help our brains *fight cognitive decline*. Like leafy greens, asparagus delivers folate, which works with vitamin B12—found in fish, poultry, meat and dairy—to help prevent cognitive impairment. In a study from Tufts University, older adults with healthy levels of folate and B12 performed better on a test of response speed and mental flexibility.

5. One more benefit of asparagus: It contains high levels of the amino acid asparagines, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases.
Broccoli

This, and more information, can be found at:
http://www.care2.com/greenliving/love-it-or-hate-it-broccoli-is-good-for-you.html

There are at least nine benefits for adding Asparagus in your diet.

1. Cancer Prevention

Broccoli contains glucoraphanin, which the body processes into the anti-cancer compound sulforaphane. This compound rids the body of H. pylori, a bacterium found to highly increase the risk of gastric cancer. Furthermore, broccoli contains indole-3-carbinol, a powerful antioxidant compound and anti-carcinogen found to not only hinders the growth of breast, cervical and prostate cancer, but also boosts liver function.

Broccoli shares these cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.

2. Cholesterol Reduction

Like many whole foods, broccoli is packed with soluble fiber that draws cholesterol out of your body.

3. Reducing Allergy Reaction and Inflammation

Broccoli is a particularly rich source of kaempferol and isothiocyanates, both anti-inflammatory phyto nutrients. Research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our body. Broccoli even has significant amounts of omega 3 fatty acids, which are well known as an anti-inflammatory.

4. Powerful Antioxidant
Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively. Also concentrated in broccoli are the carotenoids lutein, zeaxanthin and beta-carotene, other powerful antioxidants.

5. Bone Health
Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

6. Heart Health
The anti-inflammatory properties of sulforaphane, one of the isothiocyanates (ITCs) in broccoli, may be able to prevent (or even reverse) some of the damage to blood vessel linings that can be caused by inflammation due to chronic blood sugar problems.

7. Detoxification
Glucoraphanin, gluconasturtiin and glucobrassicin are special phytonutrients that support all steps in the body’s detox process, including activation, neutralization and elimination of unwanted contaminants. These three are in the perfect combination in broccoli. Broccoli also contains isothiocyanates (which you read about in inflammation) which help control the detox process at a genetic level.

8. Diet Aid
Broccoli is a smart card and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories.

9. Alkalizes Your Body
Like many vegetables, broccoli helps keep your whole body less acidic, which has a host of health benefits.

One more - Broccoli is absolutely excellent for assisting the clotting of blood.
Cayenne

This, and more information, can be found at:
http://www.globalhealingcenter.com/natural-health/benefits-of-cayenne-pepper/

**Anti-Irritant Properties:** Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

**Anti-Cold and Flu Agent:** Cayenne pepper aids in breaking up and moving congested mucus.

**Anti-Fungal Properties:** The results of one study indicated that cayenne pepper could effectively prevent the formation of the fungal pathogens and collectotrichum

**Migraine Headache Prevention:** Pepper has the ability to stimulate a pain response in a different area of the body, thus reverting the brain’s attention to the new site.

**Anti-Allergen:** Cayenne is an anti-agent and may even help relieve allergies...

**Digestive Aid:** Cayenne is a well-known digestive aid. It stimulates the digestive tract, increasing the flow of enzyme production and gastric juices.

**Intestinal Gas:** Cayenne pepper stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.

**Anti-Redness Properties:** Cayenne’s properties make it a great herb for many chronic and degenerative conditions.

**Helps Produce Saliva:** Cayenne stimulates the production of saliva, an important key to excellent digestion and maintaining optimal oral health.
Useful for Blood Clots: Cayenne can stop internal/external bleeding. Cayenne pepper also helps reduce atherosclerosis, encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

Detox Support: Cayenne is a known circulatory stimulant. It also increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also causes us to sweat, another important process of detoxification. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for body detox.

Joint-Pain Reliever: Extremely high in a substance called capsaicin, cayenne pepper acts to cause temporary pain on the skin, which sends chemical messengers from the skin into the joint, offering relief for joint pain.

Anti-Bacterial Properties: Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria.

Possible Anti-Cancer Agent: Studies done at the Loma Linda University in California found that cayenne pepper may help prevent lung cancer in smokers, helping to stop the formation of tobacco-induced lung tumors. Other studies have also shown a similar reaction in cayenne’s resistance to liver tumors.

Supports Weight Loss: Scientists at the Laval University in Quebec found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic-booster, aiding the body in burning excess amounts of fats.
**Promotes Heart-Health:** Cayenne helps to keep blood pressure levels normalized. It also balances the body of LDL cholesterol and triglycerides.

**Remedy for Toothache:** Cayenne is an excellent agent against tooth and gum diseases.

**Topical Remedy:** As a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds and lumbago.

According to [www.herballegacy.com](http://www.herballegacy.com), *(Dr. Christopher's School of Natural Healing)*, taking cayenne pepper internally will stop bleeding quickly. Cayenne comes in various levels of intensity, so start with the lower intensity and use 1 teaspoon to 1 cup distilled water.
Coconut Oil

Read the entire article (and watch the video) at CBN News:
(http://www.cbn.com/cbnnews/healthscience/2013/January/Alzheimers-Doctors-Taking-Note-of-Coconut-Oil-/)  

Out of all the videos viewed on our CBN News website last year, the most popular by far showed how coconut oil helps some Alzheimer's patients. More than 5 million people watched it.

The video told the story of Steve Newport, whose Alzheimer's symptoms reversed after he started taking coconut oil.

His wife, Dr. Mary Newport, (http://www.coconutketones.com/) a Florida neonatologist, documented her husband's astounding progress in her book, Alzheimer’s Disease: What If There Was A Cure?

The Alzheimer's clock test illustrated Steve's dramatic improvement.

How It Works

Here’s how it appears the coconut oil works. In patients with Alzheimer's, insulin resistance prevents their brain cells from accepting glucose, their primary fuel. Without it, the cells die.

But there is an alternate fuel known as ketones, which cells easily accept. Ketones are metabolized in the liver after eating coconut oil.

In the 1960s, Dr. George Cahill, along with his colleagues, was the first to show that the brain could use ketone bodies…

Insulin resistance doesn’t just affect people with Alzheimer's but also folks with dementia, multiple sclerosis, diabetes, Parkinson's, ALS, even autism.
Coconut Oil Concentrate

As if coconut oil were not good enough, there is a super-concentrated form of coconut oil, called "ketone ester" that packs an ever greater punch than regular coconut oil. It was developed by Dr. Richard Veech and his colleagues at the National Institutes of Health. They found that coconut oil could be even better for people with diseases ranging from Alzheimer's to autism.

HELPFUL HINT:

There is a new coconut oil product now available online in which many will be interested. This is a creamy, very tasty liquid food called Fuel for Thought. It's what is used in the Byrd Alzheimer's Institute's human study. It can be purchased here: http://www.fuelforthought.co/.

This product was formerly called "cocomul" and was mentioned in the book, Alzheimer's Disease: What If There Was A Cure?

One more reason to take coconut oil...it prevents against colds and viruses, hence the reason coconut oil is added to this list.

Coconut oil is naturally antibacterial and effectively kills the harmful bacteria in our bodies, thus strengthening our immune system. But it gets even better than that, according to Dr. Mary Newport, the lauric acid in coconut oil destroys viruses such as HIV, herpes, and influenza.
Colloidal Silver

The best website to learn about the benefits of Colloidal Silver is http://www.colloidalsilverhowto.com/additional_info/tips/default.html#.U-JbpWPCeKI.

Silver destroys bacteria and viruses. Hospitals use it; the ISS uses it to purify their water and the pharmaceutical industry uses it.

Silver purifies water. Historically, the elite have used silver to eat with and to drink with. It’s a natural antibiotic.

Is Colloidal Silver safe?

Many doctors do not agree on the safety of Colloidal Silver. Dr. Brent A. Bauer, believes that Colloidal silver isn't safe or effective for any of the health claims manufacturers make. “Silver has no known purpose in the body. Nor is it an essential mineral, as some sellers of silver products claim.”

However...people who have used Colloidal Silver, swear by it.

Recently, I did some research using the ColloidalSilverHowTo.com website. I found that OUT OF 261 PEOPLE and THEIR TESTIMONIES ON COLLOIDAL SILVER – Colloidal Silver was credited for helping people with...

ABSCESSSES – 6 times
ALLERGIES – 14 times
BACTERIA – 16 times
BRONCHITIS – 12 times
BURNS – 26 times
CHEST CONGESTION – 7 times
COLDs – 132 times
CONGESTION – 6 times
CUTS – 54 times
EAR INFECTIONS – 11 times
E-COLI – 1 time
EYE INFECTIONS – 13 times
FLU – 117 times
GERMS – 10 times
GUM DISEASE – 38 times
INFECTIONS – 212 times
LESIONS – 9 times
MRSA – 40 times
PUS – 15 times
SCRAPES – 13 times
SCRATCHES – 18 times
SINUS PROBLEMS – 51 times
SKIN CANCER – 5 times
STOMACH PROBLEMS – 32 times
VIRUSES – 29 times

These are only half of the "conditions" I’ve researched and listed, but I didn’t want to take months or even years to get this report out.

One of the things I’ve heard is that Colloidal Silver does NOT work on some strains of E-Coli, but who knows how many strains it DOES work on as there are many strains. Of course, helping someone with the Ebola virus has an unknown outcome. To our knowledge, no one in the United States has had the Ebola virus or and lived to talk what cured them. (Note: This, of course, does not count the two people with the Ebola virus who were flown to a Georgia hospital in August – USA.)
Crotalus Horridus (in a Nosode form)

It looks like the homeopathic nosode, Crotalus Horridus, can be used for hemorrhages. It has been suggested it may be beneficial for Ebola since it's a hemorrhagic fever.

Information on using Crotalus Horridus as a homeopathic remedy can be found at:
and http://www.thehealthyhomeeconomist.com/nosodes-homeopathic-alternative-to-vaccines/

What is a homeopathic nosode?

According to Dr. Mark Frank, (http://www.ilovechiropractor.com/Frank-Clinic-Mark-Frank-23589.html), a nosode is a potentiated dose of the disease in question. Taking a nosode for a specific germ boosts immunity and confers a level of protection from contracting it.

For example, the nosode for flu prevention is oscillococcinum. The nosode for diptheria is diptherinum. The nosode for tuberculosis is tuberculinum and the one for measles is morbillinum.

Use of nosodes is a modern approach to homeopathy that is not always looked upon favorably by classical homeopaths that prefer constitutional treatment of the whole person taking into the account the unique characteristics of each individual. While constitutional treatment of the whole person is certainly important, use of nosodes for exceptional circumstances also has a valid place in homeopathy.

If there is a Pandemic of the Ebola virus…this nosode treatment might be the “exceptional circumstances” that is needed to survive.
Detox Bath (with baking soda and Epsom salts)

Okay, a detox bath is no cure for the Ebola virus. But if you suspect a cold coming on or even a flu, a detox bath can knock down a cold quickly and ease the symptoms of flu.

Take a dose of Selenium (3 times a day) with orange juice and colloidal silver, and then put a dropper full of a mixture of Orange, Eucalyptus, Cinnamon, Marjoram, Melaleuca, Myrrh, Thyme, Clove, Oregano and Frankincense into your bath water, along with baking soda and Epsom salts. Make the water as hot as you can stand but not burning hot. Enjoy.

(There are many good oil-specialized companies that have great products for everyday health. Go to www.TheOilsGirl.com to see where I get my oils.)

Deep Breathing Exercise

(For complete information on Deep Breathing and the 18 benefits to making deep breathing a part of your everyday living go to: www.onepowerfulword.com/2010/10/18-benefits-of-deep-breathing-and-how.html)

According to OnePowerfulWord.com there are at least 18 benefits of deep breathing…

1. Breathing Detoxifies and Releases Toxins

Your body is designed to release 70% of its toxins through breathing. Carbon dioxide is a natural waste of your body's metabolism.

2. Breathing Releases Tension

3. Breathing Relaxes the Mind/Body and Brings Clarity

As you relax your body, you may find that the breathing brings clarity and insights to you as well.
4. Breathing Relieves Emotional Problems

Breathing will help clear uneasy feelings out of your body.

5. Breathing Relieves Pain.

Studies show that breathing into your pain helps to ease it.

6. Breathing Massages Your Organs

The movements of the diaphragm during the deep breathing exercise massages the stomach, small intestine, liver and pancreas. …Controlled breathing also strengthens and tones your abdominal muscles.

7. Breathing Increases Muscle

Breathing is the oxygenation process to all of the cells in your body. With the supply of oxygen to the brain this increases the muscles in your body.

8. Breathing Strengthens the Immune System

Oxygen travels through your bloodstream by attaching to hemoglobin in your red blood cells. This in turn then enriches your body to metabolize nutrients and vitamins.

9. Breathing Improves Posture

Good breathing techniques over a sustained period of time will encourage good posture.

10. Breathing Improves Quality of the Blood

Deep breathing removes all the carbon-dioxide and increases oxygen in the blood and thus increases blood quality.

11. Breathing Increases Digestion and Assimilation of food

The digestive organs, such as the stomach, receive more oxygen, and hence operate more efficiently. The digestion is further enhanced by the fact that the food is oxygenated more.
12. Breathing Improves the Nervous System
The brain, spinal cord and nerves receive increased oxygenation and are more nourished as the nervous system communicates to all parts of the body.

13. Breathing Strengthen the Lungs

14. Proper Breathing makes the Heart Stronger.
Breathing exercises reduce the workload on the heart in two ways. Firstly, deep breathing leads to more efficient lungs, which means more oxygen, is brought into contact with blood sent to the lungs by the heart. So, the heart doesn't have to work as hard to deliver oxygen to the tissues. Secondly, deep breathing leads to a greater pressure differential in the lungs, which leads to an increase in the circulation, thus resting the heart a little.

15. Proper Breathing assists in Weight Control.
If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.

16. BreathingBoosts Energy levels and Improves Stamina

17. Breathing Improves Cellular Regeneration

18. Breathing Elevates Moods
Hydrogen Peroxide – Non Food Grade and Food Grade


There is a difference between food grade and non food grade hydrogen peroxide. Only 35% Food Grade hydrogen peroxide is recommended for internal use, however, even at this concentration, hydrogen peroxide is a very strong oxidizer and if not diluted, it can be extremely dangerous or even fatal. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract. There have been two known fatalities in children who ingested 27% and 40% concentrations of H2O2.

Please be careful – No one advises swallowing any Hydrogen peroxide, non food or food grade. Exceptions are emergencies, life and death situations only, such as Ebola virus outbreaks. When Hydrogen peroxide oral rinses are done, be sure to rinse out your mouth with water. And, be a wise parent and put all bottles of hydrogen peroxide somewhere where the bottle is not easily found by small children.

Some Great Benefits from Non Food Grade Hydrogen Peroxide

Hydrogen peroxide is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation! Hydrogen peroxide is considered the world’s safest all natural effective sanitizer. It kills microorganisms by oxidizing them, which can be best described as a controlled burning process. When Hydrogen peroxide reacts with organic material it breaks down into oxygen and water.

Some of the things Hydrogen Peroxide (non food) are known for:

• **Whiten Clothes – an Alternative to Bleach**
• **Rejuvenating Detoxifying Bath**
• **Foot Fungus** - spray a 50/50 mixture of Hydrogen peroxide and water and let dry.
• **Douche** – 2 capfuls of 3% Hydrogen peroxide in warm distilled water once to twice a week to remove even chronic yeast infections.

• **Colonic or Enema** – for colonic, add 1 cup (8 ounces.) 3% H2O2 to 5 gallons warm water. (Do not exceed this amount) For an enema, add 1 tablespoon of 3% H2O2 to a quart of warm distilled water.

• **Infections** - Soak any infections or cuts in 3% for five to ten minutes several times a day. Even gangrene that would not heal with any medicine has been healed by soaking in Hydrogen peroxide. Put half a bottle of hydrogen peroxide in your bath to help rid boils, fungus or other skin infections.

• **Bird Mites Infections** - Patients infected by tiny mites report that hydrogen peroxide effectively kills the mites on their skins.

• **Sinus Infections** - A tablespoon of 3% Hydrogen peroxide added to 1 cup of non-chlorinated water can be used as a nasal spray. Depending on the degree of sinus involvement, one will have to adjust the amount of peroxide used.

• **Wound Care** - 3% H2O2 is used medically for cleaning wounds and removing dead tissue. Peroxide stops slow (small vessel) wound bleeding/oozing, as well. You shouldn’t leave the solution on open tissue for extended periods of time as, like many oxidative antiseptics, Hydrogen peroxide causes mild damage to tissue in open wounds. Therefore it is important to use with caution.

• **Mouthwash / Tooth Care** - Healing Properties: Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. You will not have canker sores and your teeth will be whiter.

• **Toothache** - If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% Hydrogen peroxide into your mouth and hold it for 10 minutes several times a day. The pain will lessen greatly.

• **Mouthwash** - Many people don’t realize that hydrogen peroxide makes a very effective and inexpensive mouthwash and teeth whitening agent.

• **Toothpaste** - Use baking soda and add enough 3% H2O2 to make a paste.

• **Toothbrush** - Soak your toothbrush in Hydrogen peroxide to keep free of germs.
• **Hair Lightening** - Peroxide is a bleaching agent and is used for lightened hair. Dilute 3% Hydrogen peroxide with water (50/50) and spray the solution on your wet hair after a shower and comb it through. …It lightens gradually so it’s not a drastic change.

• **Contact Lenses** - Hydrogen peroxide is used as a disinfectant in CIBA Vision’s Clear Care no rub contact lens cleaning solution, due to its ability to break down the proteins that build up on the lenses from the eye’s immune response, resulting in increased comfort for those with sensitive eyes.

**Sanitizing / Disinfectant / Cleaning**

• **Clean your counters and table tops** with hydrogen peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.

• **Clean glass and mirrors** with no smearing.

• **Keep a spray bottle of 3% (straight) to disinfect the interior of the refrigerator and kids’ school lunch boxes.**

• **In the Dishwasher** - Add 2 oz. of 3% Hydrogen peroxide to your regular washing formula.

• **Bathroom** - Fill a spray bottle with a 50/50 mixture of 3% Hydrogen peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

• **Wooden cutting board** – after rinsing off, pour or spray on hydrogen peroxide (and then vinegar) to kill salmonella and other bacteria.

• **Fruit and Vegetables** – disinfect with Hydrogen peroxide. The mist sprayed on the fresh veggies in the produce section in the grocery store is a very dilute solution of Hydrogen Peroxide. It kills the bugs.

• **Mold** - Clean with Hydrogen peroxide if your house is invaded by toxic mold, such as molds from water damage.

• **Humidifiers/Steamers** - Use 1 pint 3% Hydrogen peroxide to 1 gallon of water.

• **Meat Sanitizing** - You can also use it to rinse off your meat before cooking.
• **Sprouting Seeds** – Add 1 ounce 3% Hydrogen peroxide to 1 pint of water and soak the seeds overnight. Add the same amount of hydrogen peroxide each time you rinse the seeds.

Hydrogen Peroxide kills virtually all Salmonella and E-coli bacteria on heavily contaminated food and surfaces. Although not proven, it’s likely to kill the Ebola virus too.

Note: Don’t use the H2O2, a Redox Signaling drink, and/or colloidal silver at the same time. These products work better separately.

**The Rumors**

- …That drinking 5 glasses of water over a period of 2 days, each glass containing 25 drops of 35% food grade peroxide, cured an acute case of **appendicitis**.
- …That drinking 1 glass of water with 25 drops of 35% food grade peroxide will eliminate a **urinary tract infection**.

Dr Otto Warburg, who won the Nobel Prize in medicine for in the early 30's, as stated that **oxygen** is a miracle element for our bodies and will cure many diseases.

Hydrogen peroxide is like the oxidizer in rocket fuel...it is like liquid oxygen. When you put Hydrogen peroxide on a wound, it bubbles. That’s oxygen!
Hyperbaric Oxygen Therapy

When I went to the Whitaker Institute in California in March of 2008, I had my first experience with a Hyperbaric Oxygen Chamber.

The process was like deep sea diving in a tubular chamber. The attendant brought the oxygen pressure slowly up and then gradually decreased the oxygen level, while I was lying in the chamber. The Hyperbaric Oxygen Chamber Therapy took about an hour.

My first experience was; how do I say this...pure hell. They really should have warned me not to drink more than a few sips of water within 4 hours of going into the little prison-chamber. I say that because almost immediately I needed to go to the bathroom and it’s not like you can take a break and go to the bathroom, you must wait to decompress or you’ll get “the bends”, which is very dangerous.

Once I was out of the Chamber, I ran, gently, to the bathroom, praying I wouldn’t have to wait for some other poor soul who was experiencing the same thing I was. I pee’d more than I’ve ever pee’d before. It was a major detox by what seemed like a gallon of urine streaming out of me.

Two days later, I was back for a second treatment, only this time I didn’t drink too much water before the treatment and I was only moderately desperate about needing to go to the bathroom.

Oxyhealth.com (www.OxyHealth.com) describes Hyperbaric Oxygen Therapy:

Hyperbaric Oxygen Therapy is the medicated process wherein the patients breathe 100% pure oxygen in pressurized hyperbaric oxygen chambers. HBOT is a specialized treatment which is used to treat various ailments such as thermal burns, blockage in retinal artery, Arterial gas embolism, carbon monoxide poisoning, gas gangrene along with traumatic brain injuries,
chronic fatigue, immune dysfunction and more. Moreover, hyperbaric oxygen treatment has also been the prime topic of debate in medical conferences and meetings wherein the psychologists, doctors and therapists have discussed its role in improving the conditions of autism.

There is only one drawback to using Hyperbaric Oxygen Therapy, and that’s the cost of the use of a chamber, or buying a chamber. Buying a HBOT chamber will cost $4,000 - $60,000. Getting a treatment will cost over $300. Most insurance companies won’t cover the costs because they call HBOT, “exploratory”. This might change as HBOT treatments become more proven therapies.

Because pure Oxygen kills pathogens and other germs, the use of a Hyperbaric Oxygen Chamber might be considered a viable option for dealing with the Ebola virus.
Lomatium Tincture (Lomatium dissectum)

Lomatium is a perennial herb of the parsley family, found throughout western North America. It has various folk-medicine applications (mainly antibiotic) and is eaten as a survival food.

Information about Lomatium can be found at [www.lomatium.com](http://www.lomatium.com)

The anti-viral and anti-bacterial properties of *Lomatium dissectum* have attracted the interest of herbalists and Naturopathic physicians who are utilizing it in the treatment of today’s most difficult viral diseases. It may be part of a protocol in the treatment of *Hepatitis-C, Influenza, HIV, AIDS, Chronic-fatigue, Pneumonia, Bronchitis, Herpes simplex, Sinusitis, and common Colds*.

The root of the Lomatium dissectum plant is a natural medicine with extensive traditional use by the Native Americans of the Pacific Northwest and Northern Nevada where it grows. It was used primarily for upper respiratory infections; although a great many other uses have been noted. When the influenza epidemic hit Northern Nevada in 1918, Ernst Krebs MD of Carson City was surprised to see the local Washoe people recovering, and he inquired as to their medicine. They called it "Toh-sa" or "Do-sa". Dr. Krebs called it Balsamea, due to its biting odor of balsamic resins. Botanists named it *Leptotaenia* dissecta until 1942 when it was renamed *Lomatium dissectum*, a slightly different classification. One of the many Lomatium species is often called "Biscuit-root", as the pulp was pounded into cakes. Its large taproot and its kinship with common carrots, also gave it the name "Indian Carrot".

Here are other websites to help in your research of Lomatium dissectum

[www.horizonherbs.com](http://www.horizonherbs.com)  
[www.choosecra.com](http://www.choosecra.com)  
[www.bountifulgardens.org](http://www.bountifulgardens.org)  
[www.iherb.com](http://www.iherb.com)  
[www.beneficialbotanicals.com](http://www.beneficialbotanicals.com)  
[http://bearmedicineherbals.com](http://bearmedicineherbals.com)  
[www.allstarhealth.com](http://www.allstarhealth.com)  
[www.iherb.com](http://www.iherb.com)  
[www.nextag.com](http://www.nextag.com)
Onions

This, and more information, can be found at:

Onions can fight disease. Here are eight health benefits to adding onions to your food.

1. The phytochemicals in onions improve the working of Vitamin C in the body, thus gifting you with improved immunity.
2. Onions contain chromium, which assists in regulating blood sugar.
3. For centuries, onions have been used to reduce inflammation and heal infections.
4. Raw onion encourages the production of good cholesterol (HDL), thus keeping your heart healthy.
5. A powerful compound called quercetin in onions is known to play a significant role in preventing cancer.
6. Apply onion juice on the area of a bee sting for immediate relief from the pain and burning sensation.
7. Onions scavenge free radicals, thereby reducing your risk of developing gastric ulcers.
8. Those bright green tops of green onions are rich in Vitamin A, so do use them often.

There are some “folklore” remedies involving onions. Some have touted that onions kill viruses, including cold viruses, and even the “Black Plague”. Who knows if using onions work, but, using onions in your cooking can definitely improve your health.

(Note: Be very careful in storing onions as they “draw” bacteria into them after they are cut and sitting out unrefrigerated or refrigerated for more than a week. Some people believe that it is the onions, in old unrefrigerated Potato Salad, that causes food poisoning, not the mayo or eggs.)
Oregano Herb/Oil (www.TheOilsGirl.com)

Oregano, Origanum vulgare, is not just a cooking herb anymore. It is a powerful antibacterial, antifungal, anti-parasitic, antiviral, antiseptic to the respiratory system, and an immune stimulant that can be found in an oil or fresh herb.

Research has shown that Oregano can help with Asthma, chronic bronchitis, colds, digestion problems, balance metabolism, mental disease, pulmonary tuberculosis, chronic rheumatism, viral and bacterial pneumonia and whooping cough.

The Oregano oil is considered a “hot” herb/oil and should never be rubbed on the body without dilution. Using a carrier oil, such as coconut or almond oil, is recommended. I cross-carried the oil into one of my eyes once and agonized in pain for almost an hour once. Be careful.

Cinnamon, Marjoram, Melaleuca, Myrrh, Thyme, Clove bud and Frankincense are a few other well known oils (herbs) that kill germs, pathogens or viruses. It might be wise to have some Oregano oil handy, just in case a serious virus, like Ebola, is on the loose.

Redmond Clay

Information about the use of Redmond Clay, “The Healing Clay” can be found at: www.redmondclay.com. Redmond Clay can usually be found in Health Food Stores.

What is Redmond Clay?

Redmond Clay is completely natural bentonite clay extracted from the earth and brought to you in its pure, natural state. Redmond Clay is available as a fine powder, pre-hydrated gel, or in easy-to-swallow capsules.
Redmond Clay™ remains as pure today as it was when the Fremont Indians discovered its uses long ago. As our world returns to more natural lifestyles, more and more people keep Redmond Clay in their medicine cabinets, first aid kits, and purses.

**How does Redmond Clay work?**

At a molecular level, Redmond has a negative electrical charge, attracting positively charged toxins. The formation of bentonite resembles tiny business card shapes, with negatively charged wide surfaces and positively charged edges, providing a surprisingly high surface area and powerful drawing effect. As most toxins are positively charged, clay naturally rids the body of toxins as it pulls and holds the toxins into its core.

**Internally Use**

People have used bentonite clay when suffering from occasional diarrhea, constipation, heartburn, stomachache, acid indigestion, acid reflux, and other digestive problems. As trends move toward naturopathic and homeopathic medicine, more people include Redmond Clay capsules with their daily supplements, or drink clay water because of its drawing ability, highly alkaline pH, and natural minerals.

**Externally Use**

Hydrated Redmond Clay can be applied externally as a poultice on cuts, bruises, insect bites, bee stings, boils, rashes, achy joints, acne, and burns.

As a soothing, Detoxing, “Healing Clay”, I would recommend having Redmond Clay on your preparedness list for the Ebola virus.
Selenium – High dose

Most of the information used concerning the benefits of Selenium can be found at http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/the-benefits-of-selenium.html, (www.FitDay.com), however, there is a lot of information about Selenium, so be sure and Google Selenium for more education.

What is Selenium?

Selenium is an antioxidant that is present in every human cell, and it's essential for the maintenance of a healthy body. This naturally-occurring substance is mostly found in the liver, kidney, testes, pancreas and spleen. It helps to limit the activities of free radicals, which can be harmful to the body. Selenium promotes the release of an enzyme called glutathione peroxidise, which can eliminate peroxides that destroy essential lipids. When the body experiences selenium deficiency, a variety of health problems can develop, including thyroid disorder, psoriasis, heart illness and viral infections.

What are some of the things Selenium can help with?

Fights Prostate Cancer - Low levels of selenium in the body may increase the risk of prostate cancer. Selenium can enhance the antioxidant capacity of the body, and it may help to reduce cell damage that is associated with prostate cancer. Those who are affected by selenium deficiency can become less vulnerable to prostate cancer if they increase their intake of selenium.

Prevents Keshan Disease - Keshan disease is a fatal condition that is characterized by inflammation of heart muscles, and the problem is mostly found in areas in China where the soil has low levels of selenium. Those who suffer from this disease will become more susceptible to heart disease, cancer, high blood pressure and strokes. Since selenium assists in the functioning of the thyroid gland and it offers protection against heart conditions, taking selenium supplements can help prevent the disease.
**Reduces Mal-Absorption** - Mal-absorption refers to abnormal absorption of nutrients in the gastrointestinal tract. It is found mostly in children who suffer from selenium deficiency. Selenium supplements can help improve digestion and reduce the problem of mal-absorption.

**Lowers Risk of Cardiomyopathy** - Cardiomyopathy is another disease that causes the muscles of the heart to deteriorate. Low levels of selenium result in the lack of antioxidants in the heart and the muscles, and contributes to the development of cardiomyopathy.

**Cures Intracranial Pressure Symptoms** - Intracranial pressure symptoms include headache, speech disorder, nausea, vertigo and fatigue. According to research, these symptoms can be treated by increasing intake of selenium.

**Treats Asthma** - It's been found that people who suffer from asthma don't have sufficient amounts of selenium in their bodies. Selenium as well as beta carotene, vitamin C and vitamin E are antioxidants that can prevent and control asthma attacks.

**Helps to Eliminate Dandruff** - Selenium is beneficial to the hair and scalp. As such, shampoos that contain selenium are effective in treating dandruff problems.

Taking too much selenium may result in stomach problems, fatigue and other health problems. Once the amount of selenium in your body has reached a healthy level, you can start to reduce the consumption of supplements.

**The Rumors**

- …That taking “a dose of Selenium 3 times a day, with a glass of orange juice, can knock down a nasty cold quickly”.
- …That you “shouldn’t worry about overdosing on Selenium if you get Ebola, as the virus is only a short term virus”.
Selenium can be found in foods such as wheat germ, garlic, walnuts, raisins, saltwater and freshwater fish, onions, Brazil nuts and radishes. If you're experiencing a deficiency, you can take supplements to increase selenium levels in your body.

Brazil nuts contain the highest level of selenium found in any food and should be kept in a refrigerator. Two nuts a day can get the levels of selenium up to the required 1.6-2.0 micromole in 6 weeks. Then eat a few nuts each day to hold up your selenium level.

As I was researching selenium, I found an article that might be of interest to some readers. This article is called, Selenium: The Missing Link for Treating Hypothyroidism? This article can be found in full at: http://chriskresser.com/selenium-the-missing-link-for-treating-hypothyroidism

A healthy thyroid is a critical component of one’s overall health, and many people are struggling with thyroid disorders such as hypothyroidism, specifically Hashimoto’s autoimmune thyroiditis. In this autoimmune condition, the immune system attacks the thyroid gland, with the resulting inflammation leading to an underactive thyroid gland or hypothyroidism.

There is yet another nutritional factor that may play a role in thyroid health; Selenium. … Adequate selenium nutrition supports efficient thyroid hormone synthesis and metabolism and protects the thyroid gland from damage from excessive iodine exposure.

Several research studies have demonstrated the benefits of selenium supplementation in treating autoimmune thyroid conditions. One study found that selenium supplementation had a significant impact on inflammatory activity in thyroid-specific autoimmune disease, and reducing inflammation may limit damage to thyroid tissue. This may be due to the increase in glutathione peroxidase and thioredoxin reductase activity, as well as the decrease in toxic concentrations of hydrogen peroxide and lipid hydroperoxides which result from thyroid hormone synthesis.
Shepherds Purse (herb)

From Wikipedia.org, http://en.wikipedia.org/wiki/Capsella_bursa-pastoris, we learn the “Shepherd’s Purse”, is the common name for Capsella bursa-pastoris. It is a triangular, purse-like pod, herb, and a member of the mustard family. Shepherd’s Purse is considered a common weed in many parts of the world.

Shepherd’s Purse is gathered from the wild or grown for food to supplement animal feed, for cosmetics, and for medicinal purposes. It is commonly used as food in Shanghai and the surrounding region, where they are stir-fried with rice cakes and other ingredients or as part of the filling in wontons. In Korea it is known as naengi and its roots are one of the ingredients of the characteristic Korean dish, namul (fresh greens and wild vegetables).

Shepherd’s Purse herb has been used in the traditional Austrian medicine internally as tea or tincture, or externally as tincture, tea or ointments, for treatment of disorders of the skin, locomotors system, cardiovascular system, homeostasis (a state of equilibrium or a tendency to reach equilibrium), and gynecologic problems.

http://health.howstuffworks.com/wellness/natural-medicine/herbal-remedies/shepherds-purse-herbal-remedies.htm tells us the uses for Shepherd’s Purse:

Shepherd's purse is used to stop heavy bleeding and hemorrhaging, particularly from the uterus. When taken internally, shepherd's purse can reduce heavy menstrual periods, and it has been used to treat postpartum hemorrhage.

Still, it is considered most effective for the treatment of chronic uterine bleeding disorders, including uterine bleeding due to the presence of a fibroid tumor. Shepherd's purse has also been used internally to treat cases of blood in the urine and bleeding from the gastrointestinal tract, such as with bleeding ulcers.
An astringent agent, **shepherd's purse constricts blood vessels, thereby reducing blood flow**. Shepherd's purse is also thought to cause the uterine muscle to contract, which also helps reduce bleeding. There is still much to learn about this herb.

When used topically, shepherd's purse is applied to lacerations and traumatic injuries of the skin to stop bleeding and promote healing. Herbalists also use the herb topically for eczema and rashes of the skin.

As mentioned on page 3 of this report, as the Ebola virus progresses, some people begin to have problems with bleeding. As mentioned above, Shepherd’s Purse constricts blood vessels, thereby reducing blood flow.

You can buy Shepherd’s Purse extract at many health food stores for about $10 an ounce. It might be good to have some of this extract in your emergency herbal first aid kit.
Stinging Nettle (herb)

Stinging Nettle Tea, or Nettle Tea, is one of the healthiest teas found on the earth. Stinging nettle is a diuretic, astringent, pectoral, anodyne, tonic, rubefacient, styptic, anthelmintic, nutritive, hermetic, anti-rheumatic, anti-allergenic, decongestant, expectorant, anti-spasmodic, and anti-histamine, anti-lithic/lithotrophic, herpetic, galactagogue, and an anti-histamine. …Okay, I’ll confess that didn’t know all that, but Conscious Life News did and you can find out 29 Nettle Tea Benefits by going to http://consciouslifenews.com/29-nettle-tea-benefits-sipping-nettle-tea-better-health/#

To give you an idea of just how powerful this singular plant is, nettle has the potential to treat the following ailments:

- Nettle stimulates the lymph system to boost immunity
- Nettle relieves arthritis symptoms
- Nettle promotes a release from uric acid from joints
- Helps to support the adrenals
- It helps with diabetes mellitus
- Strengthens the fetus in pregnant women
- Promotes milk production in lactating women
- Relieves menopausal symptoms
- Helps with menstrual cramps and bloating
- Helps break down kidney stones
- Reduces hypertension
- Helps with respiratory tract disease
- Supports the kidneys
- Helps asthma sufferers
- Stops bleeding
- Reduces inflammation
- Reduces incident of prostate cancer
- Minimizes skin problems
• Eliminates allergic rhinitis
• Lessens nausea
• Cures the common cold
• Helps with osteoarthritis
• Alleviates diarrhea
• Helps with gastrointestinal disease, IBS, and constipation
• Reduces gingivitis and prevents plaque when used as a mouth wash.
• Has been shown to be helpful to in the treatment of Alzheimer’s disease
• Relieves neurological disorders like MS, ALS and sciatica
• Destroys intestinal worms or parasites
• Supports the endocrine health by helping the thyroid, spleen and pancreas

You can brew stinging nettle leaves in almost boiling water and drink daily as a curative to all these ailments. Just be sure to check with your doctor since nettle can interfere with certain pharmaceuticals. Enjoy nettle tea benefits today!

If the condition that you want to help is on the skin, such as with the lesions that come with the Ebola virus, you can make a Poultice with the tea bag and place it directly on the spot. It will draw into the skin and relieve the problem.

Nettle Tea should be used regularly, at least a few sips, maybe a fourth a cup daily by every member of the family – small children should only use small amounts as needed for health-improvement conditions. You can buy Stinging Nettle Tea at most health stores or order it online.
Vitamin C

There is so much information about Vitamin C and its benefits that several volumes of books probably couldn’t cover it. Here are some “rumors” about Vitamin C and Ebola:

• Ebola is survivable with massive doses of Vitamin C.
• An anonymous doctor has said that the reason Ebola is fatal is that it removes all of the Vitamin C out of the body (see an explanation below)

"The very first symptoms of Ebola are exactly the same as scurvy, which is caused by inadequate vitamin C. Though scurvy is seldom fatal as a primary condition, scurvy also represents only a partial deficiency of vitamin C; the body still has a LOT of vitamin C compared to zero, which Ebola causes. Absent ANY vitamin C, blood vessels become very weak and start to lose blood, and platelets become ineffective and unable to trigger clots. So death by Ebola is caused by massive internal bleeding and loss of blood, which can be stopped simply by taking enormous doses of vitamin C until the immune system succeeds in killing off the virus."

Anonymous Doctor

To date, no viral infection has been demonstrated to be resistant to the proper dosing of vitamin C… However, not all viruses have been treated with …vitamin C doses, or at least the results have not been published. Ebola viral infection and the other acute viral hemorrhagic fevers appear to be diseases that fall into this category. Because of the seemingly exceptional ability of these viruses to rapidly deplete vitamin C stores, even larger doses of vitamin C would likely be required in order to effectively reverse and eventually cure infections caused by these viruses.

Cathcart’ (1981), who introduced the concept of bowel tolerance to vitamin C discussed earlier, hypothesized that Ebola and the other acute viral hemorrhagic fevers may well require 500,000 mg of vitamin C daily to reach bowel tolerance. Whether this estimate is accurate, it seems clear as evidenced by the scurvy-like clinical manifestations of these infections that vitamin C dosing must be vigorous and given in extremely high doses. If the disease seems to be winning, then
even more vitamin C should be given until symptoms begin to lessen. Obviously, these are viral diseases that would absolutely require high doses of vitamin C intravenously as the initial therapy. The oral administration should begin simultaneously, but the intravenous route should not be abandoned until the clinical response is complete. Death occurs too quickly with the hemorrhagic fevers to be conservative when dosing the vitamin C. (from Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable by Thomas E. Levy MD JD)

(The above information was found on http://jimstonefreelance.com/ebola.html)

You can get Vitamin C chewable (for the kids), and pills in 500 mg to as high as 5000 mg doses at every major store, health food store or drug store. It’s relatively inexpensive right now so get a case of Vitamin C, use it, and rotate it.

Up your dosage of Vitamin C at the first sign of colds, cold sores, flu, etc.

How much Vitamin C is too much to take?  
You will know if you take too much Vitamin C because you will get diarrhea, stomach pain, gas and possibly kidney stones. However, it’s unlikely that you can take too much Vitamin C. If you take too much, your body would just excrete it in your urine…but, if you start peeing orange juice, then you might want to lower your dosage. (☺)
Family Discussions – Ebola virus “Possibilities”

Your Family - Have a Plan

Have a family plan on what to do if an Ebola virus breaks out in your neighborhood.

There are several things I would recommend that you discuss and then implement into a family plan:

• Have a place that everyone is to meet if “TEOTWAWKI” (The end of the world as we know it) begins to come forth, via Ebola virus or some other attack. Your family may have to consider “Social Distancing” and hunker down somewhere until the virus subsides. You will need about a 90 day stock of food, water, and other useful things – Go inside your house, lock the doors, and stay there.

• Be sure and have something in your car, a gas mask with a bio-filter, or at the least a cover mask, just in case bad news hits when you are driving. Listen to a news station to keep updated and get to the meeting place as soon as possible.

• Have a quarantine sign available to put on your door if you decide to quarantine your family, as well as your pets that depend on you. (If the sign has crossbones on it, most bad people will avoid coming into your home to steal your stuff in a panic.)

• Buy an effective air filter for your home.

• Have a place that is a “decontamination zone”, like maybe a spot in a garage or a designated extra shower.

• Work on a plan to improve personal and family cleanliness and sanitation skills. A family that stays clean together has a good chance of warding off viruses.

• Have gowns, gloves, shoe coverings, Surgical Masks and other equipment available as well as isolation rooms for sick family members.

• Begin using some of the “possibilities” mentioned in this report, especially the Colloidal Silver for sterilization purposes.
• Keep your preps up on your home (or “bug-out” shelter). Be sure everything is working. You don’t want to lose your power or water source when you are in the middle of life-threatening events. (You might consider having an alternate power source, such as solar energy.)

• Have a home business where you won’t have to leave your house to work it. If you can bank online and you have some income coming in, you won’t compile debt while you and your family are in isolation. (Shameless plug: I use www.18intoThousands.com/ www.Blieven.com as my stay-at-home business.)

• Have something to do for each member of the family – games, books, projects that can be done indoors comes to mind.

• Learn how to use a Ham Radio for communication to contact outside emergency personnel. Did you know that you don’t have to have a Ham Radio license in an emergency situation? And, a Ham Radio is less expensive than most people believe?

• Be prepared for alternative heating, cooking, lighting and most important, sanitation. Get a free report on the 3 most important things to prep for at www.ZombieAttackPrepper.com.

• **Singing** together as a family will increase the uptake of oxygen in each family member, which kills anaerobic bugs and helps digest/decompose aerobic wastes. Someone, somewhere said, “Don’t go out of this world with the music still in you.” So, live with a song in your heart, and sing away.

• **Prayer** - When the power of prayer is invoked, miracles happen. I personally have had prayers answered and would recommend personal and family prayer for peace and solace in these trying times.
Do Not Fear – Be Happy

We were not put on this earth to live in fear. We are put here to live to the greatness of our potential. Some people won’t have the ability to reach their full potential by no fault of their own because they are taken home to the God who made them sooner than anyone expected.

Ebola is a scary virus. Everyone fears this virus because it makes people so sick and they die so quickly. The world is full of scary ways to die.

Imagine being eaten by a shark and then going to heaven and having a conversation with fellow spirits about how everyone died. “Hey, I was out on a boat and fell in the ocean and a shark got me.”

“Yeah, well, I got Ebola, and after a few days, I died.”

“Well, I worried so much about the Ebola virus that I took to drink and then I walked into a pole, knocked myself out and froze to death before someone found me.”

The point I’m trying to make is that we all die. It is, of course, our job to try and ward off dying as long as we can so we can receive the full gift of life. But still, our time to die will come. So why not be happy in the meantime?

Fear destroys our immune system, and it is the immune system that protects us against viruses. Strengthen your God-given immune system by being happy, having faith in God that whatever happens, His Hand will be in it and His will be done.

(A member of a Discussion Group talking about the Ebola virus)
Fulfill as many dreams as you can, have joy in every moment and prepare like you are going to live to be 100 years old.

Do not fear - Be happy - Have faith that everything will be okay in the end…and I’m only talking about the end of this life, for there is an eternity coming after.

I have not charged for this report because I feel that, “A woman filled with the love of God is not content with blessing her family alone, but ranges the world, anxious to bless the whole human race.” (Joseph Smith) However, if you feel you have benefited from this report, and would like to send a gift, I would be pleased and grateful to accept a small gift for my efforts at www.PayPal.com. Please send the gift to the email bl.high@gmail.com.
A little about me, the author of the Ebola Possibilities Report
And the www.ZombieAttackPrepper.com website

I am not well known in the “prepper” nitch but I have been a silent prepper for 35 years. I know a little, about a lot of different preparedness techniques/subjects, and a lot, about a few preparedness techniques/subjects. I love to do research and share what I know to help others. I believe that if we research and study the things we fear, “the death of fear is certain”. Tough times do come, but we can be prepared for them. Being prepared will help you sleep better, relieve you from worry and stress, and help you feel more secure in your future.

If you Google my name, “Brenda High”, you will find that I am an expert in the subject of School-yard bullying. Having lost a son to suicide (“bullycide”) attributed to school bullying; I founded a non-profit organization, Bully Police USA, in 2003, to help State lawmakers enact common sense anti bullying laws. Currently 49 states have anti bullying laws, largely due to Bully Police USA Volunteers.


You can contact me at ZombieAttackPrepper@gmail.com or call me at 509-547-1052 – Pacific Standard Time.

(Note on phone calls: I rarely answer phone calls, but if you leave a message, there is a good chance I’ll call you back – assuming I’m in town, that you leave a clear message with a name and phone number, and that you are not a Zombie. ☺)