**USAMRICD APPROVED**

**CANCER TREATMENTS**

**A person in suit holding a folder

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**PUBLIC DATA FROM FRED HUTCH CANCER CENTER**

**EXECUTIVE COMMANDER OF NAVAL MATERIAL**

**FLEET ADMIRAL DR. CORREO ANDREW HOFSTAD, US NAVY**

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**CANCERS**

[**BRAIN**](https://www.fredhutch.org/en/diseases/brain-and-spinal-cord-cancers/brain-tumor-research.html) **TUMOR**

“Brain cancers kill nearly 14,000 Americans annually and can be particularly difficult to treat. Our scientists are working to pioneer new approaches and shift the standard of care beyond surgery, chemotherapy, and radiation.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**Vesicle Sanitization with UV-C**

Brain tumors start somewhere in the sinus cavities. The United States Military no longer approves brain tumor removal via removal of portions of the skull for medical practice. Brain tumors that were not caused by penetration of the skull will not be treated by penetration of the skull. Non-invasive treatment with an endoscope locates the gape of a virus vesicle in the sinus cavity. The gape will exist in the optic foramen and travel through the optic canal into the brain. The tumor is sanitized and removed through the existing gape by UV-C light delivered by low-frequency fiber optic cable. The surgery requires preparation of the mouth, throat, and breathing passageways with CARMEX. The surgery involves suturing of the gape after the tumor is cleared out for post-treatment. The surgery involves minimal blood loss during the stitching of the nasal cavity gape.

[**BREAST**](https://www.fredhutch.org/en/diseases/breast-cancer/breast-cancer-research.html) **CANCER**

“Our researchers are exploring every aspect of various types of breast cancer. Our science ranges from studies of risk factors such as inherited genetic mutations to the development of innovative treatments such as immunotherapies.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**Vesicle Sanitization with UV-C**

Breast tumors begin when a virus transfers from mother to infant through the mother’s birth canal into the infant’s throat, then from infant to mother from the mouth of the infant into the breast during breastfeeding. The process of removing a pycnogonida from a breast does involve some tearing and can require suturing and post-care. Heat breast tissue to increase the flexibility of breast tissue. Begin the breast milk expression until a large leg protrudes from the nipple. Flicking the breast tissue on the right side of the pycnogonids can scare it out. When over half of the pycnogonid has exited breast tissue, UV-C is powered on into the breast tissue, causing the virus to exit the breast through the nipple area rapidly. UV-C remains on breast tissue while Niacin is applied directly into torn breast tissue for 3 hours. The breast is sutured, and the patient is sent home and scheduled for post-treatment.

[**CERVICAL**](https://www.fredhutch.org/en/diseases/cervical-cancer/cervical-cancer-research.html) **CANCER**

“Researchers at Fred Hutch played an integral role in identifying the link between human papillomavirus (HPV) and cervical cancer, as well as the development of lifesaving HPV vaccines. They continue to explore new treatments, potential genetic drivers of cervical tumors, and the global impact of the disease.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six months

**APPROVED SURGERY:**

**Vesicle Sanitization with Nutmeg**

Pressured flooding of the vagina, uterus, and ovaries with nutmeg and distilled water is effective at removing pycnogonids from these cavities.

**Vesicle Sanitization with Creatine**

Pressured flooding of the vagina, uterus, and ovaries with creatine and distilled water is effective at removing pycnogonids from these cavities.

**Vesicle Sanitization with Carotene**

Pressured flooding of the vagina, uterus, and ovaries with Carotene and distilled water is effective at removing pycnogonids from these cavities.

[**COLORECTAL**](https://www.fredhutch.org/en/diseases/colon-cancer/colorectal-cancer-research.html) **CANCER**

“Our researchers are seeking better ways to prevent and detect precancerous colon polyps and colon cancer. They are also developing more personalized treatments based on innovative ways to assess a patient’s likelihood of responding to particular therapies.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) 3 tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**Vesicle Sanitization with Nutmeg**

Pressured flooding of the colon with nutmeg and distilled water is effective at removing pycnogonids from these cavities.

**Vesicle Sanitization with Creatine**

Pressured flooding of the colon with creatine and distilled water is effective at removing pycnogonids from these cavities.

**Vesicle Sanitization with Carotene**

Pressured flooding of the colon with Carotene and distilled water is effective at removing pycnogonids from these cavities.

[**ESOPHAGEAL**](https://www.fredhutch.org/en/diseases/esophageal-cancer/esophageal-cancer-research.html) **CANCER**

“Our researchers are working to identify the environmental and genetic factors underlying esophageal cancer. This relatively rare cancer has become more common in the United States and has a high mortality rate.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Cannabis Sativa 1g

Daily for six (6) months

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

[**HEAD**](https://www.fredhutch.org/en/diseases/head-and-neck-cancers/head-and-neck-cancer-research.html) **& NECK CANCER**

“Tumors in the mouth, nose, throat, larynx and salivary glands are often disfiguring and can impede the ability to talk, swallow or even breathe. Our researchers are investigating risk factors — such as tobacco use and heavy alcohol consumption — as well as more effective and less toxic treatments.” .” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Cannabis Sativa 1g

Daily for six (6) months

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

* Coconut Oil Pulling (Mouth Rinsing)

Daily oral care

**APPROVED SURGERY:**

KIDNEY CANCER

“Our scientists are researching ways to treat kidney cancer through targeted drug therapies and by training the body’s immune system to fight tumors.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

[**LEUKEMIA**](https://www.fredhutch.org/en/diseases/leukemia/leukemia-research.html)

“Fred Hutch is a world leader in researching leukemia — cancer of the blood or bone marrow — and is the place where bone marrow transplantation, one of the most significant advances in treating leukemia, was pioneered. These and other innovations have led to increases in cure rates for some forms of leukemia from nearly zero to as much as 90 percent.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Cannabis Sativa 1g

Daily for six months

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**Blood Sanitization with UV-C**

UV-C light is added to existing Apheresis methods to dramatically increase the removal rates of phage virus parasites and plasmodium parasites. UV-C is used before and after Apheresis filtration. Fischer (Red) filters seem to break under the heavy load of dead phages from the UV-C application pre-filter. Haemonetics Corporation (Blue) filters hold for two rounds of Apheresis using UV-C light.

[**LIVER**](https://www.fredhutch.org/en/diseases/liver-tumors-cancer/liver-cancer-research.html) **CANCER**

“Our liver cancer researchers study the genetic changes that drive this cancer, develop new ways to detect it, and test drug therapies designed to save more lives.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

Liver washing with Zinc, Turmeric, Nutmeg, Carotene, Creatine, Dawn Detergent, and Distilled Water is effective for patients on the above prescriptions.

[**LUNG**](https://www.fredhutch.org/en/diseases/lung-cancer/lung-cancer-research.html) **CANCER**

“Lung cancer cases have declined in the past few decades, but the disease remains the most common cause of cancer-related deaths in the U.S. Our scientists study the factors that underlie lung cancer risk and development, and they seek to develop more effective therapies.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Cannabis Sativa 1g

Daily for six (6) months

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

[**LYMPHOMA**](https://www.fredhutch.org/en/diseases/hodgkin-lymphoma/lymphoma-research.html)

“Lymphomas are cancers that strike immune cells within the lymphatic system. Our scientists are developing and testing new drugs to treat these cancers and developing new tests to help guide treatment. Our research includes long-term studies to understand how survivors fare years after treatment.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**MULTIPLE MYELOMA**

“Fred Hutch is at the forefront of developing treatments for multiple myeloma — a cancer that strikes plasma cells, a type of white blood cell in the bone marrow. These treatments include bone marrow transplantation, which was pioneered at Fred Hutch.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Magnesium 300mg

Daily with meal

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

Patients who live with sepsis have dangerously low pH levels. pH is the measure of electrons within a substance. Low pH equates to a lack of electrons. Bones and tissue are not made from elements alone. Bones require electrons to form bonds between calcium molecules. Phage and plasmodium parasites leach electrons from their host to digest into radioactive tritium. Without electrons, the body will continue to digest proteins and deliver them to growth sites, but no physical structures will form. Increasing pH in cancer patients is the only method to ensure strong bone and tissue growth is possible.

[**MYELODYSPLASTIC**](https://www.fredhutch.org/en/diseases/myelodysplastic-syndrome/myelodysplastic-syndrome-research.html) **SYNDROME**

“Myelodysplastic syndrome encompasses several diseases in which the bone marrow functions abnormally, leading blood cells to die prematurely. About one-third of people with MDS will develop acute myeloid leukemia. Our scientists are investigating new ways to detect and treat MDS and are studying how it progresses to leukemia.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

Patients who live with sepsis have dangerously low pH levels. pH is the measure of electrons within a substance. Low pH equates to a lack of electrons. Bones and tissue are not made from elements alone. Bones require electrons to form bonds between calcium molecules. Phage and plasmodium parasites leach electrons from their host to digest into radioactive tritium. Without electrons, the body will continue to digest proteins and deliver them to growth sites, but no physical structures will form. Increasing pH in cancer patients is the only method to ensure strong bone and tissue growth is possible.

[**OVARIAN**](https://www.fredhutch.org/en/diseases/ovarian-cancer/ovarian-cancer-research.html) **CANCER**

“If diagnosed and treated early, ovarian cancer is often survivable. However, many patients are diagnosed with late-stage disease because the symptoms can be easily missed. Our researchers aim to improve early detection and develop better treatments for women with this cancer.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

**Vesicle Sanitization with Nutmeg**

Pressured flooding of the vagina, uterus, and ovaries with nutmeg and distilled water is effective at removing pycnogonids from these cavities. The surgery is covered by major insurance providers and Tricare.

**Vesicle Sanitization with Creatine**

Pressured flooding of the vagina, uterus, and ovaries with creatine and distilled water is effective at removing pycnogonids from these cavities. The surgery is covered by major insurance providers and Tricare.

**Vesicle Sanitization with Carotene**

Pressured flooding of the vagina, uterus, and ovaries with Carotene and distilled water is effective at removing pycnogonids from these cavities. The surgery is covered by major insurance providers and Tricare.

[**PANCREATIC**](https://www.fredhutch.org/en/diseases/pancreatic-cancer/pancreatic-cancer-research.html) **CANCER**

“Pancreatic cancer is difficult to detect in its early stages, and it is highly resistant to treatment. Our researchers are studying the unique biology of this cancer and translating their findings into new therapies that break down the tumors’ defenses.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

[**PROSTATE**](https://www.fredhutch.org/en/diseases/prostate-cancer/prostate-cancer-research.html) **CANCER**

“Prostate cancer is the most common cancer among men in the U.S. While most are slow-growing, some prostate tumors spread quickly through the body. Our researchers are studying ways to prevent prostate cancer, determine who is most at risk, and better tailor treatment to patients’ tumors.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (six) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

[**SARCOMA**](https://www.fredhutch.org/en/diseases/sarcoma/sarcoma-research.html)

“Sarcomas are a diverse group of cancers that form in the bones and soft tissues, including muscles, joints, tendons and fat. At Fred Hutch, we study how sarcomas develop, how they evade the body’s defenses and how to trigger the immune system to fight them.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

Patients who live with sepsis have dangerously low pH levels. pH is the measure of electrons within a substance. Low pH equates to a lack of electrons. Bones and tissue are not made from elements alone. Bones require electrons to form bonds between calcium molecules. Phage and plasmodium parasites leach electrons from their host to digest into radioactive tritium. Without electrons, the body will continue to digest proteins and deliver them to growth sites, but no physical structures will form. Increasing pH in cancer patients is the only method to ensure strong bone and tissue growth is possible.

[**SKIN**](https://www.fredhutch.org/en/diseases/skin-cancer/skin-cancer-research.html) **CANCER**

“Our research on skin cancers includes studies of the mutations that drive cancer growth and the development of treatments that deploy the immune system to fight it. Fred Hutch skin cancer research focuses on squamous cell carcinoma, melanoma and Merkel cell carcinoma.” – Fred Hutch

**APPROVED TREATMENTS:**

**PRESCRIPTIONS:**

* Niacin 500mg

Three (3) tablets per day, with meals for six (6) months

* Zinc 100mg

Three (3) tablets per day, with meals for six (6) months

* Creatine 20g

Daily with distilled water for six (6) months

* Beta Carotene 300mg
* Magnesium 300mg

Daily with meal

**NATUROPATHY PRESCRIPTIONS:**

* Turmeric 2000mg (viral inhibitor, integrase inhibitor)

Two (2) tablets daily, at wake and before sleep, for six (6) months

* Nutmeg 10g (viral inhibitor, integrase inhibitor)

Daily with distilled water for six (6) months

**APPROVED SURGERY:**

Magnesium is the limiting reagent in the crystallization and spread of melanin evenly throughout the epidermal layer. Skin spots exist only in humans who are Magnesium deficient. Melanin releases electrons via the photoelectric effect when struck by photons from the sun. Magnesium deficiency reduces energy in the human body. The body's lack of electrons from sunlight leads to low pH levels, sepsis, and cancer. A Magnesium-deficient patient may lay out in the sun for days attempting to “get a tan”. At the same time, their melanin intake spots grow larger and blister without Magnesium as a reagent for a solid compositional layer of melanin to form within the epidermis.

Magnesium deficiency is a sign of human captivity, torture, and blood loss. Magnesium deficiency at birth is only found in humans with a genetic heritage involving some captivity or trauma. People living with Magnesium deficiency often experience mental health symptoms that are frequently misdiagnosed as bipolar, schizophrenia, depression, etc. Usually, the mental anxieties of families with a history of physical trauma are the cause of these cognitive symptoms. Trauma is included in this document to provide doctors with indicators of trauma during treatment. Mult-generational Magnesium deficiency is passed through multiple generations until two parents eliminate their Magnesium deficiency before and during pregnancy.