

Ajonus



Questions and Answers

A COLLECTION OF PRIMAL WISDOM

First Edition

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Introduction

Aajonus devoted the greater part of his life to researching in the field of health. From his research he developed the very effective and workable Primal Diet, writing two books and 31 newsletters on the subject, as well as making 2 DVDs. He also gave thousands of consultations to his many clients and taught workshops all around the world.

And he devoted a great deal of his time to answering people's questions. People would phone him or e-mail him and ask about their health problems and he would answer.

To our tremendous loss, he died on Aug 28, 2013 from an accidental fall.

After his death, it was discovered that his computer and his backup drives held a tremendous number of his e-mail responses to people's health questions. Unfortunately, most of the backup drives were damaged and could not be accessed. But one of the top companies in the field of data recovery was employed and they were able to recover the data on all but one of Aajonus' hard drives. It turned out that the recovered drives contained thousands of his invaluable e-mails wherein he answered almost every conceivable health question.

Aajonus wanted us to have access to all of his knowledge and information so that each one of us would be able to achieve and maintain optimal health. This is what he said to a group in Los Angeles on April 4th, 2011:

"I will have all the information in books. ... They won't need me when I have all the information; that's what I'm working on. Everybody will be able to take care of themselves if I give everybody enough information."

Accordingly, we are publishing his answers to many of the health questions posed by his followers.

They have been edited for clarity and to preserve people's anonymity.

They are presented in date order and can easily be searched for the answers to your health questions, using the search function of your PDF reader. Type in the word or phrase you want information on and it will pull up every place in this book where that word or phrase appears. Also, try synonyms or related words, if the search doesn't find everything you are looking for. If you still can't find it then, probably, your answer will be found in one of the subsequent editions of this book.

We hope you will benefit from the knowledge herein and thereby attain optimal health.

20120405-1611

Apr 5, 2012

Re: Penicillin Destroyer Recipe

Dear Aajonus,

It was great to see you in Chicago!

One quick question:

I wrote 3 oz lime juice for the Penicillin Destroyer Recipe.

This is what I wrote for the recipe:

3 oz lime juice
1T lemon juice
3T coconut cream
1T dairy cream
2T honey

Did I write it wrong? Should it be 3T instead?

I enjoyed seeing you too.

3 oz. is correct, but you need to add to your list of ingredients:

1 tsp raw apple cider vinegar
1 egg.

Healthfully and appreciatively,

Aajonus

Thank you! It's good I asked.
Does it get blended in the blender?

Yes, blended.

Healthfully and appreciatively,
Aajonus

20120426-0459

26 Apr, 2012

Re: Thyroid

Dear Aajonus,

I just wanted to clarify my thyroid issue. Last time I saw you (Sept 2010) you had said I did not have any thyroid problems, but different blood tests have shown that I have Hashimoto's, and I am sure I have had it for years. Why would that not have shown up when you looked at my eyes and hands?

Have you had other clients with this, and get over it with the right nutrition?

I must assume that you have not watched my DVD lecture. In it, I explain how the endocrine glands are for emergency purposes only. Because people are so toxic and low on nutrients, their bodies produce hormones for everyday help and not just for emergencies. Normally, the thyroid protects the heart and lungs. If you are in an accident, wherein your heart and lungs stop, thyroxines are produced to jump-start the heart and lungs. The thyroid does not normally have any relationship to normal energy or well being, however the medical profession profits enormously from their false claim that we need certain levels of hormones. If diet and digestion are correct, plenty of energy and well-being will result once homeostasis is achieved.

When people consume or are exposed to toxins, it causes their bodies to produce emergency hormones. I suggest that you focus on diet, digestion and lymphatic flow.

Healthfully and appreciatively,
Aajonus

20120426-2014

Apr 26, 2012

Re: Dental Care

Hi Aajonus,

Lately, I have noticed a discoloration in one of my wisdom teeth. What once was a gold crown now is partly black when I look in the mirror. Moreover, it feels a bit swollen in the surrounding gums. I believe it is time to have it checked (preferably tomorrow). Have you had any similar experience?

All of my teeth with crowns completely covered any tooth so I cannot tell if any are turning gray. I have had many teeth have surrounding swelling at times. I eat 2-3 T. no-salt raw cheeses with 2 tsp. unheated honey 3-4 times daily when that occurs.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thank you for sharing what you do for swelling around teeth. It seems to work when I take more cheese and honey as well.

I have a formal checkup scheduled in a few days. My teeth have plaque that chips off when I use my fingernail. Are you against cleanings? I'm sure they will want to do one.

I am against scraping the teeth with a metal tool. Most dentists have an electrical tool that can clean them easily and quickly without scraping the teeth. If plaque chips with the fingernail, plaque will probably clean easily with brushing with vinegar, coconut cream and clay.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

I had a cleaning today. It went well. They used an electrical tool, as you mentioned. The tooth formula must be working because the assistant said my teeth look good.

They offered to X-ray as part of the checkup. Of course I said "no". The dentist found nothing wrong. Yea! He said I "might" want to get a deep cleaning for the next checkup. I heard this years ago. In lieu of that, shall I simply keep using the tooth formula you gave?

Congratulations! Yes, continue to brush with the formula, but only once every 5 days with vinegar.

**Healthfully and appreciatively,
Aajonus**

Aajonus,

Lets see if I understand. Use all formula ingredients, but every 5th day brush only with vinegar?

Not quite. You can brush with coconut cream and clay every day but with coconut cream, clay and vinegar every 5th day.

**Healthfully and appreciatively,
Aajonus**

20120501-0538

May 1, 2012

Re: Strep Throat

Hi Aajonus,

My children had contact with a friend who has strep throat.

Our children do not have strep throat as of this moment and they may not get it.

But, I would like to know: What food would you use to PREVENT strep throat and what food would you use to TREAT strep throat.

I looked in your book and did not see any information on strep throat.

Thank You.

Since the weather is getting warmer, it is the season for throat detoxifications. Strep is not contagious. If your children get it, it is because their bodies want to detoxify the neck area at the throat. To mitigate symptoms, apply hot water bottles to their necks each night for about 9 days, then they will perspire the toxins and probably will not need to detoxify through the throat.

If and when strep occurs, consume 1 T. of the following mixture every 2 hours until throat detox is finished: 2 oz. lime juice, 1 tsp lemon juice, 3 T. unheated honey, 1/2 tsp raw apple cider vinegar, 2 T. coconut cream and 2 T. raw dairy cream.

Healthfully and appreciatively,
Aajonus

20120507-1507

May 7, 2012

Re: Emergency - Lead Spill in Child's Bedroom

Hi Aajonus,

My daughter had a mobile hanging from her ceiling in her bedroom. One of the pieces of the mobile was a globe of the earth. The globe fell down onto a wood floor and spilled a black powder on the floor. I had the black powder analyzed at a laboratory for heavy metals. The lab checked for the 4 top heavy metals: arsenic, lead, mercury, and cadmium. Everything was negative except for the lead. The black powder had a very high lead content.

What diet can we use to get lead out of the body, if we happened to take any in?

The room has been quarantined and I am going to have someone come in and check for any residual lead dust.

Please tell me about food that will take lead out of the body if we happened to take any in.

Thank you.

2 ounces cilantro and 2 ounces carrot juices, 1/2 tsp raw apple cider vinegar and 2 ounces cucumber puree, once daily for 2 weeks and twice weekly for 10 weeks. Also, 3 ounces blueberries, 1 T. coconut cream, 1 T. dairy cream and 1/2 tsp. raw apple cider vinegar, once daily 5 days weekly for 10 weeks.

Healthfully and appreciatively,
Aajonus

20120518-1701

May 18, 2012

Re: Baby's Diet

(See also:	Oct 24, 2011	Re: Urgent - Sick Baby, Please Help
	Oct 28, 2011	Re: Urgent – Baby Liver Formula Follow Up
	Nov 12, 2000	Re: Baby Skin Rash and Formula Ingredients
	Nov 30, 2011	Re: Baby with Cold, Diarrhea & Vomiting – follow up
	Mar 3, 2012	Re: Baby's Diet
	Mar 15, 2012	Re: Urgent – Baby throwing up)

Hi Aajonus,

My son has 6 top teeth in and two bottom. He drools every time he watches us eat. Is there anything I can start feeding him that's pureed?

Have you tried the liver shake? You can puree sirloin also.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

I have given him liver, and every time I continue to try it, he ends up throwing up for the rest of the day. I tried it again last week and put a tiny bit, approximately half a teaspoon mixed with raw milk, and he threw up for the next several hours. I keep going back to 1 cup of raw goat's milk, 1-2 oz of raw cow's cream, and 1 1/2 tablespoons of raw butter and honey.

I do not think he can handle the liver. I gave him half a teaspoon of eye of round beef; I ground it up and added milk. He did not throw up, but he did get a little bit of diarrhea.

What else can I give him mashed up? Bananas? Raw eggs?

Also, as you know, Organic Pastures was shut down again so we will not have cream and butter until next Saturday, if I can order it through Ra Healthy Foods. I can get raw goat's milk but is there anything else I can give him for a week until then?

Most infants live exclusively on raw milk up to 18 months of age. If the liver causes him to detoxify, then I suggest you give it to him only once every 10 days to help him cleanse more slowly.

Mixing and blending a little eye of round is a fine way to add more protein to his diet.

I do not understand why you are so adamant about feeding him much more than milk, cream, butter and honey with occasional meat.

Healthfully and appreciatively,
Aajonus

Thanks Aajonus,

I am only adamant to the extent that I feel pressured by everyone around me to feed him more. Children's books all talk about feeding them by 7 months. I want to make sure he is not deficient in nutrients, especially since we are now going to have limitations to raw butter and cream with this constant political nonsense that goes on every time they shut down Organic Pastures. It's also very difficult to see how he responds to liver, even the tiniest amount. I wish there were another way to detox him. It's very painful for me to see a baby throw up violently.

I understand, but you must force logic upon people who tell you that a baby needs other foods than raw milk until the age of 18 months. Most healthy tribal children get only raw milk until they are 24 months. After that, mothers chew meats and feed it to babies, but milk is still the major source of food until 4 years of age.

Violent vomit indicates that you transferred some very caustic toxins into him while he was gestating. It is better that he detoxifies one day every 10 until he has discarded those toxins. Hopefully, all or most are stored in the stomach lining.

Healthfully and appreciatively,
Aajonus

20120612-2030

Jun 12, 2012

Re: Baby with Constipation

Hi Aajonus,

Should I give my son anything different for constipation? He has a real hard time pooping and strains himself. His poop is typically a mustard-colored ball or a few small ones.

Thanks.

Since he is on a perfect diet, most of the food he eats will completely digest and he will not make much feces – not much undigested food or waste.

If he is straining, his bowel is not getting enough raw fat. I suggest that you give him a suppository of 1 T. each of no-salt raw butter, coconut cream and dairy cream. That way the intestinal bacteria won't have to hold the feces so long to get as much fat as possible. His colon bacteria will love it because it is fresh fat and not the little left over from the small intestines.

Healthfully and appreciatively,
Aajonus

20120616-0613

Jun 16, 2012

Re: Blocked Arteries

Hi Aajonus,

A couple of years ago my mother had stents put in 2 of her arteries. One was 80% blocked and the other 65% blocked. Afterwards, you suggested 3 tbsp honey, 1 tbsp of raw apple cider vinegar and 2 1/4 oz mineral water, 3 times a day for two months, then twice a day for two months, then once a day forever; and to eat plenty of eggs.

I'm 60 years old and have been on the raw diet for 5 years. I'm 143lbs and female. I've been having some heaviness in my chest, no cold or stress, but winded when climbing stairs, and pain in my left arm. Would this remedy be the fastest for cleaning out my arteries or would you suggest something else? Also, I have not been as strict on the raw diet this past 6 months, but I am back at it again, for the peace of mind and the healthy results!

Most likely, your system is not congested. Probably, your body is using your lymphatic system in the chest area to detoxify the stuff you were eating that added toxicity to your body. However, to help your body dissolve some of those toxins, I suggest that you consume 2 T. of raw apple cider vinegar in 4 ounces of milk once daily for 3 weeks only. Afterward, you may do 1 T. once daily.

Healthfully and appreciatively,
Aajonus

20120625-1644

June 25, 2012

Re: Sport Formula

Hi Aajonus,

Can you email me the Sports Drink asap as I need to go out today to get all the products while I have the car.

Thanks.

Aajonus' Sport Formula (not Sport Drink):

3 cups of at least 2 of the following foods:

cucumber
tomato
watermelon
raw milk and/or fresh raw liquid whey.

The cucumber, watermelon and tomato are to be pureed not juiced; the whey is the liquid byproduct of making cheese; milk is whole raw milk. You may have any combination of those to equal 3 cups.

The remainder of the ingredients are:

1 T. raw apple cider vinegar
2 T. lime juice
2 tsp. lemon juice
2 T. coconut cream
2 T. dairy cream
2-3 eggs
1-2 T. unheated honey (optional).

That makes about 1 quart, after blending all ingredients together. Sip throughout the day for hydration.

Healthfully,
Aajonus

20120711-1617

July 11, 2012

Re: High Meat

Hi Aajonus,

My high meat has been at room temperature for almost a month. In a matter of days, it will be ready for refrigeration. Once I put it in the fridge, do I need to keep airing it out every 3 days?

If you do not open it, the bacteria will stop digesting it.

**Healthfully and appreciatively,
Aajonus**

Hi Aajonus,

Thanks for answering. I presume the dosage is the size of a ping pong ball once a week?

Also, do I eat high meat by itself, or can I add fats and other meats?

Eat as much as you want, but no less than a ping pong ball size. You can eat meat after eating high meat or eat it by itself.

**Healthfully and appreciatively,
Aajonus**

20120714-0041

July 14, 2012

Re: Graying Hair

Hi Aajonus,

I have been on, and about 90% compliant with the Primal Diet since 2004. I have read both of your books, too.

Over the last 18 - 24 months, my hair has been rapidly graying.

We Want to Live talks about tomatoes, raw unsalted cheeses, celery and celery juice, Terramin clay, oysters and raw fish, as well as a fertile egg and mineral water drink, all of which I consume, except for the last item.

My father and uncles (on both sides) lived and died with their full natural hair color, despite eating the SAD and worse. All my siblings - within a few years of my age - have no gray hair, despite eating SAD.

- 1) What causes gray hair?
- 2) Is it reversible on the Primal or any other diet?
- 3) What is your PD protocol for gray hair and have you experienced any significant success with this problem?
- 4) If the above food items for mineral deficiencies are in fact applicable for graying hair, in what quantities and for how long?

As I stated in my books and newsletters, graying hair is usually caused by heavy metals, especially aluminum. However, some people are able to rid the body of aluminum by building aluminum into hair without causing graying. Over the age of 50, it is very difficult to stop aluminum from graying hair because of all of the toxins that have accumulated and deficiencies that result. However, I have seen gray come and go in my hair since chemo in 1968. Since I was abducted and injected in 2009, my hair has gone much more toward gray.

To help mineral imbalances, I now ask people to consume 3-4 T. no-salt raw cheese with 3 t. unheated honey, twice daily, usually 30 minutes after each meat meal.

Consuming 3/4 - 1 cup raspberries with 3-4 T. coconut cream, 1-2 T. dairy cream, 3 T. lime juice, 2 t. lemon juice and 1 t. raw apple cider vinegar helps to eliminate aluminum and reduce graying.

Healthfully and appreciatively,
Aajonus

Would Terramin clay in any way contribute to detoxing the heavy metals causing gray hair?

I just turned 46, but have been following the PD for over 8 years. I was a raw vegan for nearly a decade before that. I only got my first gray hair about 6 years ago, but the last 18 months has seen a rapid acceleration. Is this a product of overly rapid detox on the PD?

WHEN and HOW OFTEN should this be followed: "**Consuming 3/4 - 1 cup raspberries with 3-4 T. coconut cream, 1-2 T. dairy cream, 3 T. lime juice, 2 t. lemon juice and 1 t. raw apple cider vinegar**"?

The only way that your diet can accelerate detoxification is if you eat a lot of fruit, and that is not what the PD is. I suggest only one fruit meal daily. If that is all you consume, then the diet is not forcing your intense metal detoxification through the hair. It would be your body's choice.

I suggest that raspberry mixture every day for 3 weeks and then at least 3 days weekly for as long as your hair is gray.

Healthfully and appreciatively,
Aajonus

Thanks again. But in terms of WHEN the raspberry mixture should be eaten: empty stomach, OK with or near juice, etc? Obviously not with meat.

As your fruit meal in the afternoon.

Healthfully and appreciatively,
Aajonus

20120718-1759

July 18, 2012

Re: Cotton Mask

Hi Aajonus,

I just want to confirm that I am ordering the correct product for a face mask. Do you recommend the Organic Cotton Mask from I Can Breathe?

Is it useful for airplane flights and other chemical fumes?

I use the organic cotton mask and the silk one over it. I use them only on airplanes, not for heavy chemical exposures. Additionally, I exhale heavily from my mouth through the area of my nose of the masks to moisten them and make them more effective.

Healthfully and appreciatively,
Aajonus

20120719-1740

July 19, 2012

Re: Consultation, medical tests

Dear Aajonus,

I hope your trip is going well. I take it you are now in Finland.

I have been over the recording of my earlier consultation with you in October 2010. You mentioned in it that I had bone cancer from the pelvis down. Do you still feel that, in this latest reading? It is obviously a big statement. I have had tremendous aching in both hips, the ankle bones and weakness and pain in the legs, upper thighs and restless legs at night for the last two years. What do you attribute that to? Plus The MRI last year showed the hip labrum tear on the left hip (labrum tear with a cam lesion or paralabral cyst) but also bursitis on both sides of the hip and tendinopathy. In your philosophy what is bursitis and how is it eased?

Various specialist blood tests one health specialist did on me last year, December 2011, showed reactive hypoglycemia, problem with HCL, GI malabsorption, slight pituitary hypofunction, inflammation (from monocytes and lymphocytes), low T cells and Helper, low calcium, phosphorus, magnesium, glucose and low globulin. Any comment or worry about this?

These were very specialised tests – not the average ones in which everything looks fine for me except thyroid. However, even the normal tests show slightly low T4 and slightly high TSH. Is that normal? Also a depressed progesterone. Is this a problem?

Another test by an immunologist in June 2011 revealed my immunoglobulin G was low (770 whereas normal was 694-1618) and another test showed my RNAA (R Nase-L Activity Assay) to be abnormal and high ie 536, whereas normal was less than 50. This apparently reveals a virus or immune system fighting something. Any comment? Also a positive result came up for antibody to CMV (IGG) ie Epstein Barr, although the immunologist said I had had this in the past and it was well contained and not threatening the system. Any comments? Could this however explain why I am so wiped out and sleepy a lot of the time? Or do you think he is right, that it is not a problem and no symptoms?

In my October 2010 reading with you you mentioned I had a sign of Crohn's. How does that look now? And I also wonder when you say I am close to lupus now. What would that mean; what symptoms?

The specialist from last year talks a lot about my immune system being very weak and I do seem to get every viral, fungal or bacterial infection around - flus, colds etc. constantly. You don't believe in the immune, do you? You feel they are coming due to my toxic levels and them working on cleaning things up. Yes? So you don't believe in the immune. You don't feel mine is weak?

On another note, I am worried about you Aajonus. Your life has reached a peak of danger, stress, crisis and every authority after you, whether in LA, Philippines or Thailand. So many battles. I know you believe in truth and speaking truth. Could you not have a period of being cautious right now, keeping your voice down e.g. in the Philippines or any of these non-Western countries where your life might be in danger. I see you need to defend yourself in LA and that battle, but are the others so necessary right now e.g. speaking against swine flu, etc. Just don't want you to go through those injections again and such danger! You did look harassed and stressed when I saw you. It is not a way to live. Take care and perhaps lie low for a time.

•

I do not state that a person has cancer because I am not a medical doctor. I stated that you had indications of bone cancer. Most of those indications are gone as of your last visit. Your lower body symptoms indicate to me that you were detoxifying those bones that were moving toward cancer. Your body is doing its best. A better diet will result in less pain when detoxifying.

Anyone who claims that they can tell such symptoms from blood tests is delusional. Of course, that is the way medicine and pharma want it. Their tests and measurements are all geared to result in only one conclusion: you are deficient in some industrial nutrient that they want to convince you to consume. ALL supplements are latent with either kerosene or gasoline or completely constructed of industrial chemicals. Everyone who consumes cooked foods and exposes himself to industrial toxins will experience many bodily malfunctions. That is to be expected. Supplements do not remedy the condition long-term.

As I stated in my Workshop DVD and newsletters, endocrine glands are for emergency purposes. Healthy animals do not have high amounts of hormones in their blood or tissues. The body can and does utilize hormones to help arrest and control toxins in the body because hormones are predominantly fat. Eat raw fat regularly and your body will not have to create excess hormones to chelate, neutralize and dissolve toxins, which is now normal in our toxic society.

Crohn's is still a prominent indication in your irises. Lupus is the disintegration of connective tissue. The first symptoms are usually excessive skin sensitivity. Advanced symptoms are swelling under the skin and such sensitivity that a person cannot lift a pencil or be touched without severe pain. Your irises indicate that you have an abundance of very caustic toxins under your skin.

Again, all medical tests are purposely constructed to convince people that they are deficient in something that can be corrected with supplements or medication. Only the proper raw foods for your body will result in homeostasis.

As I stated in my newsletters, there is no immune system. There is simply the body's lymphatic system, which is endowed with the ability to cleanse every waste in the body. As I stated in everything I have written and spoken, parasites, bacteria, fungus and virus are merely janitors. If they are active, you are cleansing your body of toxic waste that has accumulated to a problematic quantity. You succumbing to those cleanses is a good thing. Instead, you could be crippled for life.

Thank you for your concern about my well being. I was attacked by Westerners in the Philippines. It was not Filipinos. I could not live a happy life if I did not help others, so I must endure what I must. I am simply doing it armed.

Healthfully and appreciatively,
Aajonus

20120804-1335

Aug 4, 2012

Re: Neck and Shoulder Pain

I just wanted to ask what you think the tremendous neck and shoulder pain I get all the time is about. It feels inflamed and very painful, almost daily now. What should I do about it? Hot water bottles, etc. just don't help anymore.

Pain anywhere in the body indicates that enormous quantities of toxins are stored in a particular area. Localized heat with hot water bottles is best to help the body increase nutrients to the troubled area(s). Although hot water bottles may not relieve pain at very difficult areas, they do help mitigate the toxicity in the area. If you eat cooked food, your body uses a lot of its nutrients neutralizing the byproduct toxins caused by cooking. That deprives the body of nutrients that could and would go to mitigating health problems anywhere within the body. Diligence may not be easy; but it is always fruitful.

Healthfully and appreciatively,
Aajonus

20120804-1336

Aug 4, 2012

Re: Bursitis

What was the bursitis that I have been diagnosed with in the hips? Industrial chemicals?

Bursas contain more nerves than many glands, and when they are swollen with industrial toxins, the pain can be chronic and overwhelming.

Healthfully and appreciatively,
Aajonus

20120804-1337

Aug 4, 2012

Re: Reaction to cooked eggs

Dear Aajonus,

I am very sorry indeed to hear of yet another attempt on your life. Wow. Unless it was just part of Uranus retrograde and the Pluto/Uranus T square, which began 4 weeks ago and has a very dramatic effect on people: death, destruction, regeneration and unexpected events. I have had a real onslaught myself daily for the past 4 weeks.

I wanted to ask what you think happened yesterday to me. I cooked three Amish eggs into a small omelet at 2am; 10-15 minutes later I vomited several times; then I must have fallen asleep for an hour; then I woke up with a feeling as if I had been bashed in the stomach (winded) but also in the diaphragm area. That progressed into spasms and stabbings, lasting all night (lower abdomen and diaphragm area) and the following day with a feeling of nausea, but no more vomiting. It felt as if I had poisons or something toxic in me.

I wondered if that was arsenic from the eggs (although the eggs were from the Amish community) or salmonella poisoning, although I did not smell any eggs being off. Or was it just a detox? However, every episode of vomiting I have had before has not been accompanied by so much pain.

I wish you safety and much strength at this difficult time.

Thank you for your concern, well-wishes, and prayers. The planetary energies are always a part of what happens but, thankfully, with help from greater sources, we can bypass much of the negative forces. At least we were not seriously injured.

Eating anything cooked can cause instant ill reactions because at least 32 toxins are formed from cooking food. Most people acclimate to those poisons and are a-symptomatic until vast numbers of toxins are stored in one place. Bodies that can react quicker to remove the toxins (symptoms of discomfort) are healthier bodies.

Arsenic usually causes heart symptoms. Since you cooked the eggs, bacteria in the food would not have been a factor – they were destroyed. If you had cooked the eggs and allowed them to sit for 24 hours, the salmonella that eats dead cells and its waste could have caused severe symptoms.

**Healthfully and appreciatively,
Aajonus**

20120805-0425

Aug 5, 2012

Re: Puppy leaking from vagina

Hi Aajonus!

My precious 1 year old puppy (on Primal Diet mainly of Northstar Bison meat, with a little sour cream, cream and cheese now and then) has a tan colored liquid leaking from probably her vagina. She has not been spayed. She is leaking fast enough right now that she is not able to keep up with keeping herself clean. She is irritated and growls, which is not like her at all.

I am guessing she has pyometra, an infection with swelling. I am so glad that the liquid is draining out of her body and not stuck inside her.

What would you recommend to help her get through this as comfortably as possible?

What is most urgent for me is the care needed for her!

Safety to you Aajonus!

Your puppy is discharging some very caustic industrial toxins. Since dogs and cats only perspire through the nose, lungs, ears and anus, their bodies have to discharge from the urinary tract and the bowels, not through the skin. If female, they can discharge through the vagina. The vagina is the least important of body parts, but it has many more nerves than the intestines, kidneys and bladder. Toxins that exit out the vagina will cause severe sensitivity and carnivores will growl to indicate that they do not want to be bothered.

Feeding her no-salt raw cheese would help some of the toxins move to the intestines. The cheese will absorb the toxins and prevent intestinal damage, but cheese would have to be regularly consumed, that is, 1/4 tsp raw cheese at least every 30 minutes if she is a small dog. If she is a larger dog, she should consume 1/2 tsp at least every 30 minutes.

Rather than fresh cream, she should have no-salt raw butter. Sour cream is fine, but she needs butter. If she will eat a little chunk of pineapple and/or papaya, it would help her digestion.

Healthfully and appreciatively,
Aajonus

20120806-1924

Aug 6, 2012

Re: Lucite acrylic bathtub

We are putting in a new tub. The main ingredient is Lucite acrylic. I'm wondering if this material will break down gradually, putting toxins in my body while taking my soaking baths. I am hoping not, but if this is the case what brand or kind of bath tub would you recommend?

Could you just give me a simple answer on the Lucite acrylic bathtub?
A good idea or not? Guessing I should probably do cast iron or something solid like that.

I think that the Lucite would be okay if you let it cure in the sun for about 15 days prior to using it; 8 days filled to the top with water with 1 cup raw apple cider vinegar in it and 7 days dry, in that order. Thoroughly wash the tub, after 15 days, with Biokleen All Purpose Cleaner. The problem with ready-made tubs is that the motor is too close to the tub and the EMFs are much too high; they negatively alter the molecular structure of animal cells when exposed above 3 milligauss. You must move the motor far enough away so that the EMFs are not ill affecting you.

Healthfully and appreciatively,
Aajonus

20000625-0853

Jun 25, 2000

Re: Salted Cheese & Smoothies

How bad is it if I eat cheese with salt in it sometimes?

Very bad.

And how bad is it if I were to have 1/3 or 1/2 a banana a day in my smoothies?

If it causes you sleepiness, it is very bad. If not, it is fine.

I find the berries (all types) still give me a bad stomach (pain and discomfort) when I have them in the smoothies.

The berries should pull toxins into the stomach. As the toxins pass through the stomach wall, cramps or other discomfort sometimes occurs.

So, I wondered if I could try a little banana?

If it does not make you sleepy.

And how about half an apple sometimes with bits of cheese as a convenient snack?

Then have your smoothie without fruit; just milk and eggs, and honey if you can tolerate it.

**Healthfully,
Aajonus**

20000625-0854

Jun 25, 2000

Re: Weight Gain and Loss

When I explain the diet to others, and the weight gain, I never know the precise reason for the weight gain and loss. Could you explain that to me? That would be very helpful. I have been passing on information about this diet to a lot of people ever since our consultation.

The body cannot properly remove embedded toxins from tissue, including bone, unless excess fats are present to be utilized as solvents and binders for toxin removal. After the excess fats have dissolved, neutralized and chelated with some of the embedded toxins, the compounds must be eliminated, just as dirty oil must be replaced in an automobile engine.

Healthfully,
Aajonus

20000717-0621

July 17, 2000

Re: Weight Loss

Is there anything else I can do to keep my weight down? My body composition is already about 30% fat.

Don't mix any fruit with beef, except tomato.

Most bodies need to gain fat to absorb toxins that have been stored in the tissues for years. I now use a technique that involves cyclic weight gain and weight loss.

I suggest that people gain from 12-30 lbs. over what their normal weight should be. Then they go on a weight-loss regime to lose it. Most people are able to do the cycle in 16-30 weeks. For example, they may take 10 weeks to gain it and 10 weeks to lose it. Some people do it in as little as 6 weeks; mostly these are men: 3 weeks to gain it and 3 weeks to lose it.

They continue to utilize this technique for 15-40 years. It takes 40 years, approximately, to detoxify and reconstruct the body. There is not a pot of gold at the end of the rainbow. You receive the benefits as you develop.

You may do the weight-loss regime in whatever time frame is comfortable for you. I strongly suggest, however, that you do gain at least 12 extra pounds each time before going on the weight-loss regime. The controlled weight loss and weight gain is an effort to maximize detoxification with maximum clarity and calmness.

The program varies per the individual, but here are two examples:

Example 1)

DAY ONE: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and 1 whole egg, eaten Rocky-style. Do not drink the juice and eat the egg together. After each time that juice or egg is eaten, wait until very hungry before consuming the next juice portion or egg. Always begin the day with the vegetable juice; it will alkalinize the blood after a night of turning acidic.

DAY TWO: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and a golf-ball-sized amount of meat. Do not drink the juice and eat the meat together. After each time that juice or meat is eaten, wait until very hungry before consuming the next juice or meat portion. Red and white meats should be alternated but any one of them may be consumed more than another. All meats should be consumed regularly, i.e., beef, lamb and/or buffalo, seafood, and fowl.

EVERY FOURTH OR FIFTH DAY: Consume 8 oz.. of raw milk before bedtime to help calm and relax the nervous system.

Repeat this cycle throughout the 90 days of this regime.

Example 2)

This suggestion is for people who are more inclined to be emotional and/or suffer insomnia:

DAY ONE: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and 1 whole egg, eaten Rocky-style. Do not drink the juice and eat the egg together. After each time that juice or egg is eaten, wait until very hungry before consuming the next juice portion or egg. Always begin the day with the vegetable juice; it will alkalinize the blood after a night of turning acidic.

DAY TWO: Throughout the day, alternate drinking 8-9 oz. of green vegetable juice and a golf-ball-sized amount of meat. Do not drink the juice and eat the meat together. After each time that juice or meat is eaten, wait until very hungry before consuming the next juice or meat portion. Red and white meats should be alternated but any one of them may be consumed more than another. All meats should be consumed regularly, i.e., beef, lamb and/or buffalo, seafood, and fowl.

DAY THREE: Same as DAY TWO.

DAY FOUR: Same as DAY ONE.

DAY FIVE: Same as DAY TWO.

EVERY FOURTH OR FIFTH DAY: Consume 8 oz. of raw milk before bedtime to help calm and relax the nervous system.

DAY SIX: Same as DAY TWO.

Repeat this cycle throughout the 90 days of this regime.

Healthfully,
Aajonus

20000717-0621

July 17, 2000

Re: Food in Taiwan

FYI, in Taiwan we can get:

1. All kinds of fresh meat: beef from Australia, local pork, chicken and goat.
I don't know where the tuna and salmon are from.
2. Raw goats milk (took me 8 months to find). 1.5L/\$4 US.
3. Organic free range eggs (non fertile) 9 eggs/\$4US.
4. There are a couple imported brands of honey, but not sure if I trust them.
All Taiwan honey is pasteurized??!!
5. Coconuts here are worthless - too young.
6. All kinds of fresh fruit, mangos, papayas, guava, watermelon and avocados
(summer only).

Young coconuts are great for digestion and improved fat utilization. If you want older coconuts with plenty of fat can you simply ask for some?

Fruits cause much water retention and emotionality. Since my book was published, I considerably reduced my intake of fruit and drink mainly green vegetable juices (consisting of 60% celery, 20% parsley, and 20% zucchini or other summer squash).

Healthfully,
Aajonus

20000722-0634

July 22, 2000

Re: Sunburn

I tried your suggestion of putting oil on the skin the night before, not washing the next day and sunbathing and got somewhat burnt. Why is this?

I was out for 3 hours in the hot sun and got burnt after 1 ½ hours, so then I had to put some normal sunscreen on, on certain areas, to avoid further burning. I am burning today, the day after all this.

The first outing without sunscreen of each year might result in some burn with peeling. Some people seem as if they burn because they feel burned, but within a few days it eases without peeling. After the first burn of each year, a burn is rare. If you continue to burn and peel on the next two outings, it may be an indication that you already have enough oil in the skin to prevent sunburn. In that instance, as it is with me, you may not be able to sun with any other fats on your skin than those that are transported naturally inside your body – that includes the butter or cream/ginger mixtures. I cannot put any oil on my skin for 24 hours, and I cannot bathe for 24 hours prior to sunning. I always feel burned for a day and then it fades to a tan without peeling. The first outing should be regulated with no more than 20 minutes per side per flip.

Raw cream on the skin will soothe and nourish the skin, and help the skin absorb the sun that has been captured in the skin.

A client with red hair and very white skin who has been on the diet for almost 10 years, but has been afraid to sun because she had cancer and has always had a problem with second+ degree sunburn prior to the diet, came to LA last week and spent a few hours on the beach without putting anything on her skin the night before. She thought she had burned. She turned bright red and was very sore. She put raw cream on her skin to soothe the burning feeling for 36 hours afterward. She called me Thursday and said the redness and soreness disappeared after 3 days and no sign of peeling at all. The first time in her 42 years. Now she will be able to utilize the sun more easily for the rest of the summer. I have not known any clients with your coloring who continue to have sun problems that cause peeling.

Healthfully,
Aajonus

20000826-0809

Aug 26, 2000

Re: Viruses

Are all viruses produced by the body or can one get them from other sources, for example: this virus that is meant to come from the mosquito, or malaria or any other disease?

In a person who is in a very weakened state of health, it is possible to propagate an introduced virus if the body needs it. How the body handles it and the aftermath depends on the condition of the body and what that body is fed.

What are they and how do we get them?

The study of viruses is extensive, but basically they alter cellular and/or serum conditions of the body. Some even eat entire membranes, but with much less aggression than parasites. Man-made viruses can be dangerous to a weakened immune system in someone who does not eat properly.

On tuberculosis, did people get this from milk in the past or is this also a fallacy?

Mostly, when milk was contaminated with tuberculi, it was contaminated by the milker coughing while milking the cows. Since milk was somewhat predigested in the mammary glands, sometimes the tuberculi passed through the mouth, throat and/or esophagus where it could be propagated if the body wanted to utilize it for cleansing the pulmonaries. Only people who were very weakened in the pulmonary area experienced severe symptoms or, in some cases, death.

20000927-1940

Sept 27, 2000

Re: Colostrum & Questions

I believe that colostrum should be consumed on an empty stomach.

Or with any meat.

Q1. On my specific program, am I allowed to have colostrum?

Yes.

Q2. If so, then when in relation to my program, how much and with what other food, if any?

In place of milk. I recommend only one cup per day. The colostrum should be consumed after it reaches room temperature. If you are drinking colostrum within an hour after eating a meal, the meal that precedes you drinking colostrum should be meat. If you are drinking colostrum within an hour preceding a meal, the meal that succeeds you drinking colostrum should be meat.

I realize that because of limited availability, colostrum is not a regular part of my program. Someone said that colostrum should be sipped over a 5-day period, but they weren't sure.

See above.

Q3. Regarding smoothies: at my consultation with you, you said that I should have 3 smoothies/day. The 1st smoothie comes between my 1st and 2nd juice. The 2nd smoothie comes with my 3rd meat meal. So I assume that the 3rd smoothie must come after my 3rd meat meal and before my 4th juice?

Correct.

Do I have the orange + 1/2 an avocado in lieu of a smoothie, between my 2nd and 3rd juice?

Correct. Therefore, on days that you consume the orange and avocado, I suggest only 2 smoothies a day.

Q4. Regarding weight: I am still at about 195lbs and I am barely 5' 8". I can hardly fit into my clothes; most I cannot. When can I get onto some weight reduction program that you would prescribe?

How long have you followed a strictly raw diet?

Q5. I have been drinking the juice combination on the following schedule: 10 straight days of 20% summer squash group, 20% parsley and 60% celery; then, 3 straight days of white/green cabbage in lieu of the summer squash group; then I repeat the 10 day/3 day pattern, etc. Is that correct?

Correct.

**Healthfully,
Aajonus**

20000927-1944

Sept 27, 2000

Re: Wheat Grass Questions

Q1. On my specific program, am I allowed to have wheat grass in the ratio of 3 oz. of wheat grass to 28 oz. of milk, i.e. "wheat grass/milk combo"?

Yes. I suggest that you drink it at least 1 hour from any other food, and no more than 1 cup per day.

Q2. If so, then how much at any one time of wheat grass/milk combo?

See above.

Q3. Can this combo be used in smoothies?

It is not recommended. It can create digestive difficulties.

Q4. Can this combo be consumed with any other food on my program, e.g. at a meat meal?

It is not recommended.

Q5. Should this combo only be consumed on an empty stomach?

See above.

Are there any other comments about this you'd care to make?

None.

**Healthfully,
Aajonus**

20001212-1012

Dec 12, 2000

Re: Acupuncture, Homeopathy & Herbalism

When I talk to people about the diet and you, etc., it would be helpful to have some statistics on reversal rate of illness from acupuncture,

Acupuncture does not cure; it is a temporary fix.

homeopathy

I stated the statistics in my book: about 27%.

and herbalism.

About 22%.

Do you have any reasoning as you did with the body's own natural reversal rate versus the medical approach and macrobiotics. Why do some people report improvements from these?

In most cases those therapies create toxic and/or traumatic conditions that cause the previous detoxification and its symptoms to either stop or diminish.

And why have the Chinese been using acupuncture and herbalism for thousands of years?

Only the peasants and aesthetes, who were all poor, could not afford meats and dairy. They had to do whatever seemed to cause distraction, whether actual or conceived.

**Healthfully,
Aajonus**

20001212-1013

Dec 12, 2000

Re: Bone Cancer

Dear Aajonus,

I have a father and son who are over here from Houston getting treatment for the 21 year old son who has bone cancer. They are staying in my building at the moment.

The son had chemo and consequently his kidneys are bad and he is on dialysis. He must be in a bad way.

It sounds like he experienced anaphylaxis to the chemo. That means he is in terrible condition.

20001212-1014

Dec 12, 2000

Re: Reading your book first

I feel that some people are put off by having to read your book first before making an appointment. Or some people do not get around to it or are in a rush to do something quick. I feel it is better they book an appointment with you and then you ask them to read your book before the appointment. Instinctively, I feel it is a deterrent to making an appointment.

Best wishes.

Your view is very compassionate and true. But it is a great drain on my life. When people do not read the book first, I spend an enormous amount of my time and energy explaining my approach and then they don't act on it. I wrote the book so that people could decide for themselves, without usurping my life. I believe if their spirits are in favor of and have chosen that their earthly manifestation is to live, then they will read the book first. I can only work and help so many people. I have made my life as efficient for this purpose as possible. One of my efficiencies is that people read the book before contacting me.

Healthfully,
Aajonus

20010112-0630

Jan 12, 2001

Re: Flu
(See also Jan 12, 2001 Re: Kidneys)

I am having a horrible flu with fever,

Do you mean a wonderful flu? A flu is a bacterial detoxification. Fever is a way that the body lowers its bacterial levels to slow down or end the detoxification processes. Fever is also an indication of healing, that is, regeneration of tissue, so that you may become 30 again.

a lot of pain in the spine (a lot, to the point of agony),

Do not eat garlic. It often causes more swelling and sensitivity.

nausea, vomiting,

Indicates that the poisons being detoxified are caustic and dangerous, usually consisting of caustic bile. When toxic bile is removed, the body is much freer to heal and become more energetic. Vomiting is the quickest and best way to eliminate dangerous poisons. Next is diarrhea.

extreme emotional sensitivity,

Normal, but garlic can increase it.

coughing up a lot of stuff, bleary eyes, etc.

Good. More toxins expelling through the mucous membranes bound in the mucus where it cannot escape and damage other live cells.

Never had it so bad and it cycles over and over.

This is the season when bacteria are able to grow to high levels and help us detoxify. It is the cooler temperatures and atmospheric conditions that allows for greater colonies of bacteria to help us.

But you will be proud. I would not touch an Aspirin

I am very proud!

and am doing fresh-squeezed OJ and Gerolsteiner, raw milk

I recommend that you eat egg and/or raw cream with OJ. I hope that you can get some raw cream and/or unsalted raw butter.

with fresh-pressed garlic juice, which just really indicated to me,

You may want to eliminate garlic if you notice that garlic increases sensitivity and swelling.

raw honey and bee pollen, but I can't keep the bee pollen down. Ha.

The bee pollen allows for the removal of more toxins. Reduce the amount of pollen and be sure to eat cheese with it.

Should I do the green drink?

No. But I recommend that you eat 6 oz. of chicken each day while your body detoxes intensely to make sure that you are healing properly.

My daughter has the same, except her excruciating pain is all in the throat and head, while mine is in the spine and kidneys; so we are sharing the pain. Ha.

You are detoxifying from the neck down to the coxic and she is detoxifying from the top of the skull to the clavicle or ribs.

She, too, is being a very good girl.

Give her my love.

I have lost so much fat on my hips and thighs the last few years it is baggy. YUK!

As I said, you are detoxifying down to your coxic, so some of that extra skin and connective tissue is dissolving.

Maybe it is beyond repair.

It will simply take time, in stages.

So, what to do for estrogen, progesterone, testosterone, HGH, etc???

Eat lots of fat with your protein, after your detoxification settles. That is, eat eggs, raw cream, unsalted raw butter, avocado, etc. with meat.

How do you feel about a colostrum powder that is not heated over 115 degrees, as they claim?

Not helpful on a raw diet.

I can take herbs but wanted to know what you say about any raw food. I do get a lot of fat from avocados, flax seed oil, meat and whole milk, but I think I need more help making the body mind.

I suggest that you do not ingest flax oil during your intensive detoxification. As I suggested, get some raw cream and/or unsalted raw butter.

I know this diet makes you younger, as look at you; but considering my age, I just wondered if you have any more suggestions.

You are doing wonderfully. Every time I got the flu, which was not often enough, the detoxification took 3 years off my appearance.

I have noticed my flesh is much more dense, which is great. I am basically not willing to grow old gracefully, but don't feel ready for a new model, yet.

Then keep up the good work.

In two more weeks I will be ready to start up the fat diet, again.

**Healthfully,
Aajonus**

20010112-0739

Jan 12, 2001

Re: Kidneys
(See also Jan 12, 2001 Re: Flu)

I realized since last night that this severe pain is a kidney infection, especially on the right side. The only thing that worries me is I am not urinating hardly at all, though I drank several glasses of Gerolsteiner in the night – I hope it is not all blocked up or something. I haven't turned yellow yet, I don't think. Now I'm drinking some warm regular lemon water as that's all I have. If you have a suggestion for this, please let me know. I don't think I could eat much yet, but will try. Thanks so much for all the great data and encouragement.

It's probably not a kidney detoxification. Probably toxins that have discharged through the kidneys causing irritation to the kidneys. However, that may have caused some kidney tissue detoxification. Better to drink smoothies with many nutrients than nutrientless water.

Healthfully,
Aajonus

20010121-0725

Jan 21, 2001

Re: Symptoms – detox or from cooked food?

I am still confused as to whether my symptoms are a detox or a reaction to cooked food.

Since I have been on the diet, I have had very few days when I am not exhausted and very wiped out with a fluey feeling. It seems like a never-ending cycle. Over Christmas, I was aching for days and days with a bad head and was very very tired. Now, I am not aching but feel very hot and swelled up and fluey and washed out, and I have felt like this since Christmas. Overall, I feel I have improved since September in health and energy levels, but I do get a lot of symptoms and the above. Other people on the diet seem to go for 6 months with no detox symptoms, and then they might have 2 weeks of being out of action. I am in action but with an awful lot of symptoms and exhaustion and extra symptoms of flueyness and a funny head, like at the moment, which just goes on and on for weeks. I might have relief for few days, and then it occurs again. Right now, I just want to sleep and sleep and yet, at night, I lie there awake for hours. I get very cold in the day. I look very tired and have spots and have swelled up and my hair is limp. Everything seems an enormous effort.

Is this a detox or a reaction to cooked food?

Both. There are some people, like me and you, who cannot afford to eat cooked food.

In an ideal world, a recipe for health is created when the effects on a person's well-being are considered first and taste second. I considered both within all of the recipes in the recipe book. However, appetite for food is either habitual or instinctual, or both.

When conditioning prevails on hunger, we eat what we are used to eating and may not consider what helps our bodies to function best. Most people are conditioned to eat processed food that lacks enzymes, vitamins and unadulterated minerals, proteins, fats and carbohydrates, even if enriched with supplements.

Supplements are always drugs and not food, even if derived from food. Most supplements are not derived from food. The worst case of this is the fact that 99% of the Vitamin E manufactured is a waste byproduct of developing film. Because the chemical waste has a similar structure to Vitamin E, film-developing companies and/or waste-disposal companies and marketers sell this chemical waste as Vitamin E and make huge profits instead of paying a fortune for its hazardous disposal. Virtually, most supplements are derived from waste products. In other words, profiteers are making industrial polluters rich by getting people to purchase and ingest toxic waste. Vice versa, foods rendered into waste products, after vitamins and other supplements are chemically extracted or processed, are then made into foods, such as chips and cereals, or animal fodder. That subject alone is a volume of books that I am not going to go into here.

The concept of extracting nutrients and consuming them to balance deficiencies produced in cooked and processed food is futile. Organisms in all of nature have thrived on the ability to propagate, grow and live disease-free with the ingestion of the raw food that is complete with particular combinations of enzymes, vitamins, minerals, proteins, fats and carbohydrates. Our bodies have evolved for millions of years digesting foods that are complete within themselves.

If we were healthy beings that allowed pure natural instinct to answer hunger, we would eat what is best for our bodily functions. Instinct, in a natural world without pollution, is when animals thrive on eating raw food, rich in nutrients, that appeals to their sense of smell and/or taste. But, when we eat from the muddled combination of instinct and habituation in this industrial-food world, we eat in a turmoil that creates disease, as you know.

Often, our instincts are not pure and cannot lift us from realms of disease. Most animals who thrive on instinct eat only one type of food at a time. Our nutritional deficiencies and toxicity are so great that, most often, we need to eat concentrations and combinations of fats and meats that contradict our conditioning that fats and meats are bad and cause obesity and a myriad of diseases.

There are two factors in the cause of our rampant diseases, such as cancer, diabetes, osteoporosis, obesity and heart disease. The first factor is eating cooked and/or processed food void of live nutrients and full of toxic byproducts of cooking, such as heterocyclic amines and lipid peroxides. The second factor is the industrial and chemical revolutions that have created bizarre foreign chemicals that our bodies must try to process as food and air, but have failed, causing toxic accumulations within our bodies.

Our bodies have innumerable chores to complete every minute. Each eats, digests, transports, utilizes and assimilates food to generate energy, lubricate membranes, regenerate and reproduce cells, and replace dead cells that it must then collect, transport, dissolve or disassemble, sort through for usable substances, and finally discard; and collect, transport, and finally discard the byproducts of metabolism. The innumerable raw enzymes and vitamins found in raw food are the helpers necessary to accomplish these tasks to avoid disease. When we eat raw food we have zillions of helpers to accomplish all of those tasks. When we cook and/or process the food, we have massacred our helpers, causing our bodies to have to do all of the chores on their own, as well as clean up the toxicity from the massacre. Our pancreases must produce and distribute hormones that leach vitamins, enzymes, minerals, fats, proteins and carbohydrates from every cell to clean up the massacre and perform all of the innumerable tasks. Over many years, this leaching causes, in most people, the gradual but marked decrease in strength and ability of each and every cell and the increased toxicity that produces diseases of all kinds.

A plain and simple analogy is: We have a mansion (our body) in which we live. We must run it and keep it clean. Our maids, gardeners, food preparers, handy persons and house managers help accomplish all of the chores necessary. If we massacre the help (cook and/or process our food), not only do we have to clean up the massacre, we have to do all of the chores of the mansion ourselves. As we can imagine, that would be impossible. We will not properly accomplish any and all of the chores. Garbage will collect and create a toxic environment within the mansion, and the mansion will deteriorate.

To further encourage the consumption of raw food, take into account that the tribes that have been, or were, disease-free ate abundantly and primarily unsalted raw meat, unsalted raw fats and/or unsalted raw dairy products. Raw-food fats are the primary substances that can dissolve toxicity and bind with toxicity, protect our cells and immune systems, and deliver the greatest strength and energy. In an ideal world we wouldn't need as much fat as we do in our polluted, disease- ridden, human world. We are not living in an ideal world, so we need to eat plenty of raw fats. Most people cannot regenerate cells to either reverse or prevent the aging process of deterioration without eating plenty of raw meat in combination with raw fats. Because we are so conditioned to eating burned flesh and fats, our taste buds have been conditioned to like burned flesh and fats. Eating non-burned (raw) meats for some people is nearly impossible, unless it is made into a familiar, flavored recipe. Therefore, most of the recipes I present in the recipe book are to increase the appetite for raw meat. When I refer to raw meat, I mean any flesh food, whether it is seafood, fowl, beef, lamb, venison or buffalo. Other recipes, such as raw cheesecakes, demonstrate that wonderfully delicious raw recipes can be created and reproduced.

Fresh raw foods are not spoiled and usually have delightful tastes. They do not require seasoning for their enjoyment; however, because we are accustomed to certain flavors we may want to combine and season our raw food, creating familiar tastes. Each raw food tastes uniquely different, especially if heirloom rather than hybrid. One tomato may taste slightly different from another tomato from the same vine. Therefore, each time a recipe is made it will have a somewhat different flavor. This is the ultimate dietary variety that is the spice of life. You may have noticed that most processed food when chewed loses its flavor and palatability within 5 or 6 chews. That is because the flavor is artificial.

Most processed foods are from spoiled, rancid, and repulsive-tasting vegetable, grain, dairy or meat products. For example, ninety-nine percent of all store-bought tomato sauces and tomato soups are made with spoiled tomatoes, robust with fermentation and molds. Food processors season the spoiled tomatoes with "natural" and artificial flavorings to hide the rotten tastes and make the spoiled tomatoes taste appealing. But, basically, we are eating rotten tomatoes and paying a fortune for them, and they make our bodies toxic and advance our bodies toward disease. A little spoiled, raw food has been proven to be beneficial to health, but diets resplendent in spoiled, cooked and processed foods have proven to create disease.

Since taste is in the palate of the masticator, the desirability of recipes depends on each individual. And, since the health of an individual depends on what she or he eats, the benefits of recipes depend on an individual's needs. So, the foods necessary for us to regain or maintain good health may not appeal to our palates. This is the conundrum that I faced when I developed recipes that please our adulterated processed-food-craving palates. Some of us have retained some of our natural instinct and easily appreciate raw food without palatal conflict. However, most of us live in palatal conflict.

I have raw food every day – I eat about 80% raw. I do still, unfortunately, get cravings for sugar and eat it, especially when feeling this low in energy and fluey. I was eating more cooked food over Christmas but less now. What do you feel my symptoms are? Are they detox?

III symptoms are always detoxification. When you eat cooked food, you will spend plenty of your raw nutrients detoxifying the cooked. When you eat raw food, any cleansing is the detoxification of old, stored toxicity. I prefer to cleanse the old and make my body healthier every moment, rather than delay my progression toward the best of health.

Am I just someone who is detoxing at a more intense rate than others and therefore feels it more, or someone who is reacting to the 20% cooked food?

Both. I just looked at your irises from June. Although I have seen a lot more toxicity in individuals, a lot of seriously toxic compounds have stored in your glands. Without proper hormonal function you are likely to be fatigued until you discharge enough of those compounds from the glands. Your pattern is to move the toxicity from the glands through the muscles, rather than through the lymph. That causes aching and fatigue. Your lymph system is congested and cannot stay ahead of its chores of detoxification.

Another question: my gums bleed an awful lot. What would help this, and why is this?

I suggest that you stop using your nutrients on detoxifying cooked food by ceasing to eat cooked food. And drink ½ - 1 cup of green cabbage juice per day until it stops.

3rd question: Before my period, for 7-10 days, I get constant indigestion and reactions to a lot of food. Before, it was cooked food, but now it is some raw food too. This time I reacted to bananas and unpasteurized goat's yogurt with the same bad indigestion and stomach pain. In the past, I could eat both without reactions; now it seems I cannot. What is this?

The female body utilizes menstruation for detoxification. Many toxic substances will pass into the blood stream, causing a need for more nutrients and enzymes to enter the blood in order to dump the toxins through the uterus. Difficult foods, like bananas and cultured dairy, require complex enzymes and white cells for proper digestion. Since the blood has required and taken so many from the digestive tract, complex foods are more difficult to digest. I rarely eat banana because of that problem. I never eat unnaturally cultured yogurts or kefir because the bacteria on which they are cultured need a lot of enzymatic assistance from the pancreas. When I want to eat cultured dairy, I simply let it stand until the natural, fresh bacteria, that naturally exist in raw dairy, predigests it.

4th question: my nose seems blocked a lot of the time – not fully, but enough to notice I never seem to breathe well. What can I do about the nose?

The air has been drier than usual; many people have been complaining of the same thing. Foods that help produce lubricating mucus are most important, such as the Lubrication Formula made with unsalted, raw butter.

And is this lack of oxygen causing some of my fatigue?

Doubtful.

Is this a common problem for ill people?

Yes.

Thank you.
With best wishes.

Healthfully,
Aajonus

20010206-0547

Feb 6, 2001

Re: HGH-effect - Wheatgrass

In my search for eternal youth, I heard a couple of things you were supposed to have said about the HGH effect, and wondered if they were accurate and if you had any more tips. I heard that you said 2 ounces of wheat grass juice in a glass of raw milk works to release HGH. And if so, how often?

I suggested 3 ounces of wheatgrass in 28 ounces of raw milk. I suggest consuming 1 glass per day for four days. Then, off for a week and on for 4 days.

Then I heard fat on meat works towards that end. I put flax seed oil or avocado or cream with my meats, as it is so good.

Flax and olive oils will not work to that end. Pressed oils are mainly used by the body as solvents to dissolve toxicity for removal. Animal fats with meat help regenerate tissue.

**Healthfully,
Aajonus**

20010208-0833

Feb 8, 2001

Re: Hormones, Herbs

I have that loss of estrogen feeling with the hair on the chin and some other familiar symptoms.

That is not an indication of low estrogen. It indicates high testosterone.

So, I am looking into herb roots like wild yam and licorice that I might be able to juice, as I don't take the herb tinctures anymore. They helped, but they are all cooked, I'm absolutely sure.

They are.

I am trying to find where to get these roots and tubers, as they would be juiceable and I hope to find how much to take, too. If you have any data on this, let me know.

Herbs are medicinal and should constitute no more than 5% of your juice and no more than 2 ounces per day unless suffering severe illness.

**Healthfully,
Aajonus**

20010220-1534

Feb 20, 2001

Re: Paralysis, Fasts

(For more of the story on Jacob see also:

Feb 21, 2001 Re: High Blood Pressure & Stroke
May 11, 2001 Re: High Blood Pressure Medication
Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage
Apr 27, 2002 Re: Jacob – chronic depression – mental problems
Jun 24, 2003 Re: URGENT – JACOB)

Jacob has, since yesterday morning, had his left side go numb. He does not have control over it. It started with the hand, then the leg. Today it is also the face somewhat – the face is lopsided and one side is drooping. He had the liver from the last buffalo the night before, if that has anything to do with it.

Raw buffalo liver could not cause such an effect unless contaminated. I ate from the same buffalo and it was wonderful.

The only thing he has done differently, recently, is that he went on a fruit fast: dried fruits and no liquid for 2 days and then another day of fresh fruit. This is a fast according to Professor Ehret in the 30s. He does say it is a horse fast.

There are side effects to fruit feasts. Advanced glycation end products form and collect, blood-fat levels drop dramatically causing lesions to the nervous system, muscles and sometimes glands. Dried fruit is all sugar with few, if any, active enzymes, and severely taxes the pancreas, kidneys and nervous system. Collectively, this causes dryness of tissues, creating lesions in all tissue which can result in temporary and partial paralysis, especially if it occurs in the brain.

Is his condition detox, something to worry about or not, do you feel?

Yes, it is a detoxification, but probably as much a detoxification of the sugar feast as old toxins.

Secondly, I wanted to ask if it is normal or expected that my sex drive should go ever since I went to that fasting clinic last January and did the Mayr Cure, which was a fast of an air-dried bread roll with a bit of milk or yogurt, twice a day, and then nothing after lunch until the following morning. I did this for 3 weeks and then continued a reduced diet on the same food with some processed fats (cheese, sour cream, butter and yogurt) for another 5 weeks and lost 30lbs in that period. I would not do this again and now know it is not a nutritious fast. I lost my libido and have not got it back since then (one year now). Is this usual or not? How long do you think it might take on the raw diet to get it back?

That is the worst mono-style fast/diet of which I have heard. It clogs the intestines and plaques the heart and glands. If you want to regain your libido, you might have to gain some excess weight to afford the hormones necessary for sex drive. In many women, if the body does not have enough fat and protein, hormones will not be afforded for extracurricular activity, if you know what I mean. In the future, if you want to lose weight be sure to ask me about my latest weight-loss program if you do not already have it.

Thirdly, how have supposed experts on fasts done so well with their health. Example: Shelton, Ehret and Fry. They have all written on it extensively and have helped and healed thousands of patients this way, with fruit fasts and then a lifelong diet of green raw vegetables, fruit and nuts and seeds. How have they managed to do so well and look so well and get rid of their illnesses like this?

If you knew them in person, you would not want to have been around them. They were hyperactive, impatient, often irritable and sometimes extremely scattered thinkers. They had no fat on their bodies to allow natural relaxation and too much sugar in their systems that over-excited their nervous systems. They all had forms of osteo-degeneration.

I know you say fruit diets make you hyper and very hungry and detox the body too rapidly. Are fruit fasts OK for a few days?

If you have enough fat to prevent lesions in the nervous system.

I have done 3 days of a fruit fast, just now, and feel good, although I can feel a detox going on. Is this bad for someone with diabetes?

Fruit overtaxes and stresses the pancreas. Raw fat and protein are the only foods that allow the pancreas to rest.

I will go on to raw eggs and juice shortly.

Raw juice and raw egg together cause severe detoxification. Milk and egg, with a little honey, is a preferable combination.

Look forward to hearing from you.
Hope you are well.

Healthfully,
Aajonus

20010221-2229

Feb 21, 2001

Re: High Blood Pressure & Stroke

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts
May 11, 2001 Re: High Blood Pressure Medication
Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage
Apr 27, 2002 Re: Jacob – chronic depression – mental problems
Jun 24, 2003 Re: URGENT – JACOB)

Jacob went to the hospital today on the insistence of people at the church, as they are all worried.

That is a shame because they will prevent him from proper healing as they explore him. X-rays can prevent proper healing for up to 18 months. Since he has had some neurological damage, that was not a good idea. If he scars, rather than heals properly, he will be slightly paralyzed for a long time.

At the hospital, they say he has had a stroke. Is this true?

Any paralysis is a break in the flow of neurological transmissions from the brain to the body, whether caused by a clot that breaks off from a wall during detoxification or the temporary shutdown during detoxification. Regardless, the only proper way to address the condition is to nourish the body so that it may continue to detoxify the brain and properly heal.

And they obviously feel it is from his high blood pressure and that he has not been taking his blood pressure medication, or not all the time (he does sometimes when he feels his blood pressure is bad).

A half to a whole grapefruit normally resolves high blood pressure. How much does he follow the diet? As I mentioned, a fruit feast (fast) is counterproductive, especially during fall and winter.

There is no clogging on the brain, but they want to do a neurological test tomorrow. Do you really feel it is from the fruit fast of dried fruit and no liquid, not his high blood pressure or stress?

Sugars, natural or not, clump together when dried. High blood pressure is necessary for people with plaquing in or on the arteries. It stretches the arteries. If they weren't stretched, very little blood would pass through them.

He feels it is pressure and stress. How can he get off those high blood pressure pills safely forever?

The pills are more damaging than the high blood pressure. The blood pressure is high for a good reason.

He is on the diet 85% and has been for 2 1/2 years.

For his condition, I don't think he should do anything less than 100% until his arteries are clean enough.

Would he need to do it 100%, or have more of something to get off them completely?

Whether he gets on the diet 100% or not, the pills could cause neurological toxicity that can cause the problem he now faces. Go to www.rxlist.com and enter the medication that he is ingesting and discover the side effects.

And what about those crippling headaches he has DAILY? He can't get off the headache pills as the pain and effects get too bad. He says the pain formula did not work when he tried it. What can he do??

That is a very long answer. I will have to give it to him when he calls.

Healthfully,
Aajonus

20010329-1937

Mar 29, 2001

Re: Deodorants & Breast Cancer

Dear Aajonus,

I was sent an e-mail, which said that deodorants are the leading cause of breast cancer. What do you think? Is it inaccurate is it not?

Yes, it is accurate. This information has been available to me for over 26 years.

**Healthfully,
Aajonus**

Yes, I know deodorants are toxic, but I thought the reason breast cancer occurs by lymph nodes is because that is where the toxins build up, in piles so to speak, over time, whether using deodorants or not.

Deodorants advance and accelerate that buildup. In some cases, the buildup would not have occurred and caused breast cancer if it were not from the toxicity of deodorants.

Does that apply to crystal deodorant? I thought that was natural and OK.

Not completely. The mineral crystal somewhat clogs the pores. It is better to apply lemon or lime onto the armpits and wipe.

Aajonus

20010330-1541

Mar 31, 2001

Re: Mammograms & Breast Cancer

Aajonus,

I have heard that mammograms cause breast cancer. Is this true?

Mammograms have been proved to be cancer-promoting. See the work of Dr. Hardin Jones of the University of California, Berkeley and in The Healing of Cancer by Barry Lynes.

Aajonus

20010331-0829

Mar 31, 2001

Re: Spiritual Healing

Dear Aajonus,

I have been introduced to another perspective on health and the causes of illness by Dharma King Dechan Jueren Master Yu Tianjian. He is an advanced Master from China to whom I have been going for spiritual healing this year. He is a realized soul or, in other words, has attained enlightenment. Master Yu does have control over his body and mind and can choose death and incarnation at will. He runs a mystery school here and has come over from China to heal and preach Hanmi Buddhism, which could be said to be the original or most pure form of Buddhism and predates Tibetan Buddhism. It went underground in 700AD and was only passed from Master to Master. He is the first to bring it into the open.

He teaches that our emotions cause imbalances in our internal systems and that if you want to attain health and beauty, you have to first learn to adjust your inner emotions. And that you have to change your own mind and heart, the way you are thinking and your lifestyle. He says that meditation can aid the human body return to its natural functioning and regain its regulatory ability; and that you will then have health and you can help others regain their health.

With best wishes.

I observed for the last 33 years that people, who did not change anything in their lives when they were injured or diseased, continued to heal regardless of what they did, unless they took a deadly poison like cocaine, speed, other drug, or food with concentrated processed carbohydrates, especially table sugars. From this I learned that the body always tries to heal itself.

I spent from 1969 to 1981 exploring and believing the concepts presented by Master Yu. I found that blaming disease on emotional states and trying to correct the physical via the emotional state rarely affected natural healing time. The rate of reversal of disease, and healing, while practicing emotional disciplines, was little different than when people changed nothing.

The father of medicine wrote, and I will paraphrase: The greatest healer is one who can entertain his patient while the patient's body takes the time to heal itself.

Through experimentation and observation I learned that the degree of reversal of disease, and healing depended mostly upon what a person ate. If a sufferer ate cooked food, reversal and healing of disease averaged 45%. I discovered that feeding the body in the principles I advocate on my Primal Diet affect reversal of diseases, healing and prevent progressive degeneration properly and considerably faster and more efficiently than if an individual changes nothing, or does other diets or disciplines.

From the truths within the four paragraphs above, I learned that if you can teach a person to distract her/himself from her/his disease or injury, as Master Yu does, or convince her/him not to worry and trust the body, as I do, while her/his body heals itself, the person is not likely to panic and consume harmful medications administered by medical doctors, homeopaths, herbalists and nutritionists, or seek harmful surgeries. If s/he eats a diet abundant in raw fats and meats, and some vegetable juices, her/his diseases will properly reverse and heal, and progressive degeneration will cease 90% of the time.

The Buddhist and Chinese Dharmic disciplines are extremely similar. They were established when dynasties only allowed the lackeys to eat grains and little or no meat. The high-carbohydrate food kept the lackeys (slaves) emotionally unstable with sugar imbalances so that they would always be in turmoil within themselves, with family members and with neighbors. They would never be clear-headed and emotionally stable enough to overthrow the government, even though they vastly outnumbered the ruling and guarding classes. Royalty, rulers, guards and warriors ate mainly meat and fat for clarity and strength.

Dharmic and Buddhist masters created disciplines that would allow lackeys (slaves: everyone who was not royalty, rulers, guards and warriors) to live somewhat happily or, at least, with disciplined inner peace. If masters were caught teaching that meat-eating was the way to health and spiritual attainment, they were put to death. Healers were allowed to use meat in the worst diseased conditions only, and only for as long as healing was required to put a person back on her/his feet. Refraining from eating meat became part of Dharmic and Buddhist disciplines, except in crippling diseases. Masters taught the people to develop and use psychic powers to help themselves, but with the brain obstructed from diet, it was very difficult for people to achieve the goal sought. That is why very few people ever achieve those supernormal abilities; there are very few truly healthy people following those disciplines; and there is rarely a master. Here is an analogy: There are very few master athletes in this world because of physiological conditions. Billions may train very hard and diligently at it but never reach mastery because it is simply beyond their bodies' abilities.

Healthfully,
Aajonus

20010511-0901

May 11, 2001

Re: High Blood Pressure Medication

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts
Feb 21, 2001 Re: High Blood Pressure & Stroke
Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage
Apr 27, 2002 Re: Jacob – chronic depression – mental problems
Jun 24, 2003 Re: URGENT – JACOB)

I take it it is fine for Jacob to stop his medication all at once and suddenly, and not need to do the gentle bit by bit approach the doctors always talk about to come off drugs.

High blood-pressure medications should normally be reduced over a two-week period. I suggest reducing it by half every five days until eliminated.

Healthfully,
Aajonus

20010511-0902

May 11, 2001

Re: Ill Plants

Do you have any suggestions for ill plants. I have a couple of large ones that always get sick in my apartment. Even when I buy new ones and put them in the same area where the other ones got sick, the new ones get sick too. They have sticky stuff and white stuff and hairy stuff all over them. What can I do to prevent this; and then once it happens, what should I do?

Per quart of good water, add 1 tablespoon of blood from a steak, and 6 oz. of raw-milk whey (milky water left after milk solids separate from milk); and let that stand for 48 hours before feeding it to your plant. Do this every 3 months.

Toxic environment no doubt?

Yes, toxic soil environment.

**Healthfully,
Aajonus**

20010514-0905

May 14, 2001

Re: Fish/mercury dilemma

Dear Aajonus,

So many people I have gotten on the diet are afraid to eat fish like tuna and swordfish because of the mercury that's being talked and written about.

I have heard organic minerals from plants are harmless and good for you, so I guess this is the same from the fish who eat the seaweed, but just wondered if you have something to send around with that data in it so I can calm their fears.

I presume the fish, especially the lower chain ones, eat the seaweed and it is not like having the fillings in your mouth. I don't know if the big fish, like tuna and swordfish, eat seaweed or little fish or both and where they get the mercury.

I just would love to have something in writing on e-mail that I could send to them. It seems to be such a big issue right now, and even in health books.

I suspect the ADA puts this out to distract from the mercury filling danger.

Thanks.

Metal toxicity can be attributed to a childhood + of eating canned, processed and chemically treated food. My tests showed, 10 years ago, that if meat (seafood, fowl, white and red meat) were consumed raw, that 98 percent of the toxicity that existed in it passed through the body, contained within relatively unaltered fat molecules.

My tests also showed that toxic minerals from cooked and chemically contaminated food store in the bones. It takes at least 7 1/2 years to replace every cell in the bones. Logically, according to Pottenger's work, it takes at least 5 generations to cleanse all of the toxicity out of tissue. Since most toxic minerals store in bone, it is probable that it could take as long as 40 years to clean out all of the metal poisoning stored in bones.

The oceans are only 1% polluted, and that is usually within 1/2 mile from shore. Land is over 20% polluted. Mercury in fish I have not found to be harmful as long as the fish is eaten raw. Cooking of any kind causes the fat that fish bodies use to protect themselves (from poisons) to detach, resulting in the poisons (mercury) being released (free-radical). The mercury in swordfish is a natural element in that species that helps its mobility. Eating raw swordfish will educate a body on how to utilize mercury efficiently. I eat mainly swordfish without ill incidences or ill symptoms of mercury toxicity.

Foods that are high in raw minerals and fats help the body detoxify toxic minerals in bones. If someone eats foods that are high in minerals and fats, like seafood, s/he is promoting this detoxification.

While living on Jekyll Island, I consumed up to 7 pounds of raw seafood a week, including shrimp. The waters were known to have been contaminated to some degree, including mercury. The raw seafood helped me recover from the poisonous mushroom. It helped Owanza recover from 63 tumors.

The best detox a person could do to rid her/himself of metal toxicity, including mercury, would be to eat raw fish. I have observed that eating lots of raw cream and coconut (or coconut cream) helped soothe tissues disturbed during toxic metal detoxification. Those creams also protected tissue from mutation.

I wonder if we expect the body to cleanse and repair itself in less than the projected 40 years it may require to cleanse and heal to optimal. Are we too impatient? Instant gratification is not logical concerning the body.

The FDA publicizing the dangers of mercury in fish seems suspicious at best and conspiratorial at worst. What the story is not telling us is that the FDA has allowed millions of pregnant women and children to be poisoned with mercury from vaccinations and other injections. Does it make any sense that the poisoning from medications exceeds that of their estimate for eating fish by thousands of times, and they are so hysterical over food poisoning?

It appears to me that this "fish story" is a smoke screen to throw people off the track: that they suffer mercury poisoning from medical therapies rather than eating fish. Did you notice that this story follows the lawsuits filed in the last year regarding mercury poisonings from medication and the FDA's decades of approval of the medical mercury poisoning?

I hope that this clarifies the mercury/fish dilemma for you.

Healthfully,
Aajonus

20010523-0948

May 23rd, 2001

Re: Blood Analysis

Hi Aajonus,

Total cholesterol: 353
HDL: 72.7
LDL: 187.5

I was curious if those numbers are expected to go down as my body gets more acclimated to the change?

I do not give credence to the analysis of blood content. We do not test for quality, only quantity. Some people require very high cholesterol levels. I have an Olympic gymnast who has to maintain a 327 level or she cannot function as an athlete. When she maintained the 327 level on cooked food she got colds and/or flus every 3-6 weeks that caused her to lose training time. On raw fats, she functions very well.

Other people have high cholesterol levels because they have toxic cholesterol in transit (leaving the body) as well as the fresh cholesterol from daily intake of food. Most of the toxic cholesterol cannot be properly utilized and is drawn from tissues and discarded.

I offer you another experiment that will show you the correlation: I had a client concerned about his high blood sugar levels from a blood test. To demonstrate a point, I suggested that he stop eating all fruit and honey, and only have four ounces of nuts (in the nut formula) once a week, but no nut butter within 2 days of any blood test. Five weeks later his blood sugar level was just as high. When the doctor told him to stop eating so much carbohydrate, he told the doctor that he hadn't eaten any in 5 weeks. The doctor was dumbfounded. My client's high blood sugar level was from toxic sugars that were stored in the system.

One thing, however, I hope you'd comment on is the BUN (blood urea nitrogen), which is normal at 5 – 18, where mine is 21, and the creatine, normal at .9 – 1.4, where mine is 1.3.

These often indicate a detoxification and dissolution of degenerative kidney tissue.

These are kidney markers and if they continue to go up may indicate impaired renal function among other things. Now I don't believe protein consumption (especially raw!) can impair kidney function in a healthy individual, but since my BUN is slightly high and my creatine is at the normal limit (though a BUN of >50 is where one gets concerned) I was curious. Any experience with this?

Interestingly but not surprisingly my triglycerides were 47 and uric acid 3.7, both at the very low "normal" limits.

Yes, the blood, hormonal, urine, etc., levels discovered on a health-giving raw diet that helps proper detoxification are confusing to the normal test results.

Healthfully,
Aajonus

20010529-1124

May 29, 2001

Re: Sesame seeds in sauces

What sort of sesame seeds does one use in dishes with carob, etc? The ones I bought (Wild Oats' organically grown sesame seeds natural) do not taste of much. Is this the right sort?

Yes.

How do people get that distinct taste from them normally?

Not easy. If you want a more distinct taste you must blend the seeds into a powder, then add the egg, cream and/or butter and honey, then blend again.

Healthfully,
Aajonus

20011005-0703

Oct 5, 2001

Re: Spaced-Out Feeling

Is the spaced-out feeling and the brain not functioning as well, is this due to flying or detox or cooked food, or what?

It could be from a myriad of circumstances, such as: cooked food causing too much toxicity, resulting in low blood sugar; too low meat intake, resulting in the low blood sugar pyruvate...

Aajonus

20011127-0002

Nov 27, 2001

Re: Papimi Machine

Dear Aajonus,

Check out the website www.papimi.gr. It is a machine that pumps magnetic ion pulses into every cell of the body in microseconds, which brings the cell voltage up to 70 millivolts, which is the healthy range for cell gates to open to receive nutrition and expel waste. What do you think?

What a coincidence. Today I received a call from a Utah university professor who said that her mother received this magnetic therapy extensively for months, and reacted with decreased symptoms for as long as she received the treatments (in Germany) for systemic arthritis and indications of connective tissue disintegration. The magnetic therapy did not reverse the condition. She is still seeking help.

The nonbioactively-produced electromagnetic energy produced by machines only mimics the energy that has been bioactively produced by biological life. Lying on the earth, or grass in a yard, or sand on the beach, will balance the currents in the body holistically. Also, natural clays carry magnetic ions that correct cellular low-magnetic conditions.

Healthfully,
Aajonus

20011211-1003

Dec 11, 2001

Re: Carob Coconut Chews

Ingredients:

coconuts,

Steamed between 160-220 degrees F.

malted barley syrup,

Cooked between 375-450 degrees F.

sesame seeds,

Hulled or unhulled? They contain enzyme retardants that prevent protein digestion for up to 36 hours, unless mixed with raw egg, honey and butter (or other animal fat).

raisins,

Usually heat-dried between 115-160 degrees F.

pure honey,

Usually honey that has been heated between 140-175 degrees F.

soy flour,

Completely processed, chemically treated, and heated between 240-470 degrees F; promotes breast and uterine cancers.

natural vanilla,

Usually irradiated, solvent treated and heated between 190-220 degrees F.

carob coating (made of carob powder

Heated between 220-350 degrees F.

coconut butter

Heated between 170-240 degrees F.

sesame oil

Heated between 170-210 degrees F.

and honey)

Heated between 140-220 degrees F.

Presumably, the malted barley syrup and the soy flour are the bad things here.

Everything in it forms more toxicity and usurps more nutrients than I would consciously choose to endure and sacrifice.

Healthfully,
Aajonus

20011222-0500

Dec 22, 2001

Re: DETOX – Vomiting Blood – Nausea – Rough Massage

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts
Feb 21, 2001 Re: High Blood Pressure & Stroke
May 11, 2001 Re: High Blood Pressure Medication
Apr 27, 2002 Re: Jacob – chronic depression – mental problems
Jun 24, 2003 Re: URGENT – JACOB)

Jacob was vomiting blood yesterday, in the night. Is this a detox? He had had monkfish the evening before.

Vomiting is always detoxification, but bleeding is often a tear from violent vomiting. I recommend that he drink 4-8 ounces of green cabbage juice daily for approximately 6 weeks. How much blood?

I also had a Lubrication Formula one evening and had acute nausea (almost vomiting but not quite) that night. What was this? I had had a brief but tough massage two days prior to this that included my head, which set off the most acute pain in my head, going on day and night (I could barely move my head), and I had a myalgia/fluey feeling for days. I take it this again was a detox. Was the acute nausea the next day after the head problems from the Lubrication Formula – i.e. a reaction from the liver (I found it very rich), or a detox from the massage?

Nausea, also, is always detoxification – the pre-vomit stage that signals an individual that poisons have dumped into the stomach or have been eaten.

Rough massages not only disturb too many toxins stored in the body, they usually bruise and damage tissue, causing more toxicity. It is likely that the massage caused a massive detoxification that resulted in flu-like symptoms.

I recommend that people not suffer rough massages under any circumstance. I recommend gentle, healing, touch massage. I have seen rough massages cause detoxification resulting in long-term symptoms of myalgia/chronic fatigue syndrome.

What do you do for Christmas?

I will work on my recipe book.

Hope you have a good one!

Thank you. I wish the same for you!

Healthfully,
Aajonus

20011224-0735

December 24th, 2001

Re: Phlegm, mucus, congestion

I have been continually plagued for months with a feeling of phlegm in my throat and a need to voluntarily try to cough it up and/or clear my throat. My previous beliefs were to cut out dairy, as it is known to cause phlegm, and to treat with Chinese herbal formulas to dissolve this phlegm. I have resisted any self-treatment in the belief that it is possibly due to my naturally weak lungs going through an on-going healing crisis and the phlegm is how the body deals with the toxins coming out. Kind of like a protective measure.

Precisely.

As I mentioned when you were here, I have had terrible sinuses (too much mucus) and allergies for as long as I can remember (early childhood). These things improved, but never went away completely as I gave up dairy and began eating a mostly vegan diet for almost 9 years (I did eat meat a few times a week).

A decrease in mucus production does not mean Improved health. The body can easily make mucus from eating raw dairy, especially milk, that is used to eliminate toxins. More often, if the head, neck and chest contain toxins, the lack of mucus insures that the toxins remain in those areas.

My diet was of course cooked.

Yes, the body generates mucus to discard the toxins formed from pasteurized dairy and eating it. The body does not make mucus to discard anything from eating raw dairy. Mucus is imperative to discard toxins through the mucous membranes. Without it, toxins would burn, tear, rupture and scar mucous membranes; or as I stated above, without mucus, toxins would remain in the tissues.

Healthfully,
Aajonus

20020127-0949

Jan 27, 2002

Re: Cyst & Fungus Infection

1. A couple of months after I started the diet, around September 2000, I developed a cyst under my chin. It has not changed since then and it is just this annoying bump under the skin. I thought that it would eventually go away, but it persists. A couple of years ago, I had two cysts removed from my back with laser surgery and no more developed on the back. Short of laser surgery, what is the best way to get rid of this thing?

Time and patience, eating the most nutritious food. Also, I suggest that you apply olive oil on the cyst and surrounding area 3-4 days a week, alternating with the following salve on other days: 1 ounce each of raw butter, coconut cream and raw cow's cream, 1/2 teaspoon of honey, 1/4 teaspoon of royal jelly and 3 tablespoons of lime juice. If eruptions occur, it indicates that ingredients in the cyst are being discharged through the skin.

2. I have had a fungus infection in the toenails for years. 8 of the 10 toenails are greatly affected. Around 1986, I took Nizoral which cleared up the toenails, but probably damaged my liver in the process and could have helped to precipitate the Hodgkin's disease which I was diagnosed with in December 1989. Obviously, I'm not going down that route again. Any dietary or other solution for this?

The same procedure for the cyst would be helpful to discharge the toxins that damaged the cells on which molds feed. Applying a mixture of 1 part honey and 1 part naturally sparkling water usually stops itching immediately and prevents scarring (calluses).

**Healthfully,
Aajonus**

20020205-0607

Feb 5, 2002

Re: Irritable Infant

Hi Aajonus,

My 2 year old is getting better. Her gums are still really swollen and bleeding occasionally, and there are still white spots in her mouth. We received milk on Saturday and she is taking a mixture of milk, honey and olive oil through an eye dropper. She has been taking about 8-12 oz a day. She has lost 4 pounds now.

The big concern/question I have now is that since she has been taking the milk, she has been very very irritable. We are talking about a child that has been a little angel that is now constantly hitting me and screaming at me and crying continuously. You should know that when she was born she cried and cried uncontrollably until at 4 months old my midwife had me do a food elimination diet to see if it was food allergies. It was. Once I cut out dairy, soy, wheat, corn, peanuts and chocolate she was fine. All rashes and irritability disappeared. Then, if I ate just a bite of one of those things, she would become irritable and develop a rash again within 24 hours. She would get it through my breast milk.

Thank you again.

The olive oil is likely to make her irritable. It is solvent reactive and irritating to infants. The raw dairy might be causing her to detoxify those harsh compounds that she received the first 4 months of her life. It is doubtful that it will last more than a month.

Healthfully,
Aajonus

20020205-0640

Jan 31, 2002

Re: Two year old - hurting after she urinates.

My daughter (2 years old) is now complaining that her vagina hurts about 1 to 2 minutes after she urinates. She is still not eating anything but is still nursing. Is there anything I can eat to get it to her? She is going through quite a detox right now.

Thanks again.

Raw vegetable juice to alkalinize her during her acrid detoxification: 70% celery, 20% parsley and 10% zucchini.

Healthfully,
Aajonus

Feb 5, 2002

Aajonus,

I have thought she has been allergic to all of these foods. Do you think the irritability is from food allergy?

Not likely to the raw food, but allergic to the compounds from cooked food stored in her body. As they leave the tissues they enter the blood and cause the same symptoms until they pass into the bowels, mucous membranes, skin, etc. The best would be for you to drink more raw cream and butter for you to pass them on to her. Her body will be able to arrest the compounds as they enter the blood.

Healthfully,
Aajonus

20020210-0510

Feb 10, 2002

Re: Milk/honey binge

Dear Aajonus,

I have gone on binges of drinking nothing but raw milk with tons of honey, like about equal amounts. I have felt guilty about this but couldn't stop as it was all I could think of. (Well, almost. Ha.) Claravale milk is the one I'm most obsessive about, maybe because it seems creamier. I've been on a binge like this for the last few days since Claravale came back on the market. I have to force myself to do the juices or anything else and am not always successful. So, the result is I have a lot of energy and feel great EXCEPT for A LOT of burning, stinging nerve pain and some numbness, as well as stinging in my tissues, mostly on the left side of my body, and especially at night. My muscles are tight and ache, too. But, as I said, my energy is real good.

Well, just thought I'd let you know.

Thank you as always.

Too much honey will cause a protein deficiency if you continue the binge too long. If you begin getting easily irritable, get the shakes or lose concentration, you have symptoms of protein deficiency. There is nothing wrong with an occasion milk/honey binge.

On your burning: milk often causes chemicals to be removed from the tissues and dumped into the stomach or intestines. If the chemicals are abrasive or have been stored with bile, they are caustic and most often will cause burning and/or stinging, followed by numbness until the cells regenerate. But meat is needed for cellular regeneration.

Healthfully,
Aajonus

20020215-0957

Feb 15, 2002

Re: Allergies

Dear Aajonus,

An old friend of mine has terrible allergies and is on a regular vaccination program to get rid of them. Can you explain, in a nutshell, what the reason for allergies is?

There are two basic reasons for allergies:

- 1) A person lacks enzymes to properly digest one or more constituents of food, and if it(they) pass(es) into the blood, the blood is poisoned;
- 2) a person has an inability to utilize one or more constituents breathed, eaten or absorbed that accumulate to a very toxic level in the sinuses or blood, and introduction of any more of a constituent causes severe reactions.

In either case, the body often tries to eliminate the constituent(s) through the mucus in the respiratory system. For people in either case, they should eat foods that are easily digestible, that is raw food. Be cognizant that a person may continue to experience allergies as the toxins stored in the body detoxify for years. I have always seen the symptoms of allergies mitigate over time, most cases being insignificant within 3 years.

Healthfully,
Aajonus

20020222-1032

Feb 22,2002

Re: Sagging skin under eyes

I forgot to ask you today on the phone what you would recommend for aging and somewhat sagging skin under the eye, or just below under the eye, as it were.

I answered that question, unasked, when I said that your skin and facial muscles were sagging and that non-ground meats provide for more healing so that the common aging symptoms do not occur at the same rate.

Can I use the same moisturizing cream as the rest of the body? Will that help the aging and marks that have appeared?

Yes, but without the fresher meats, it will not help as much.

Healthfully,
Aajonus

20020222-1123

Feb 22, 2002

Re: Dry Brushing

What do you think of dry brushing the skin?

It damages skin cells. When looked at under a microscope, the brushed cells are scratched, oozing and sometimes bleeding. It is best to place the hands to where they barely touch the skin and allow the electromagnetic field of the hands to gently massage the skin and lymph. Results prove to be better.

Aajonus

20020305-0154

Mar 5, 2002

Re: Sprained Ankle

I sprained my ankle on Saturday and applied a hot water bottle to it for a period in the day and again at night. Is there anything else I should do to help the recovery? Should I continue with the heat daily?

I suggest that you apply a hot water bottle as often and for as long as possible. Also, I suggest that you combine 60% chicken, 30% beef and 10% seafood every time you ingest meat – that means eaten together. That is likely to speed healing of the pulled tendons and muscles.

Aajonus

20020305-0541

Mar 5, 2002

Re: Mercury in Vaccines

Note: mercury will be allowed in vaccines for 4 more years, so that pharmaceutical houses can empty their coffers of already manufactured vaccines. Also, pharmaceutical houses are selling vaccines with packaging that says no mercury. However, when a consumer group had the vaccines tested they found mercury, although a smaller proportion, in them.

Healthfully,
Aajonus

20020426-0658

Apr 26, 2002

Re: My father had a heart attack

Dear Aajonus,

My father had a heart attack yesterday and I wondered what this comes from and what would help? I heard today that it is a minor one, so to speak, and that he is coming out of intensive care tomorrow into his own room, and that he can speak and is not paralyzed. Of course, the doctors are doing tests and, in particular, a test up the arteries to get a view of the heart and any possible clogging. And they will then decide if he needs a bypass or whatever. Any comments?

He had prostate cancer two years ago and the prostate removed (via the stomach), as well as spinal osteoporosis and a collapse prior to that on a mountain when out climbing. His body can't be in a good state with all this toxicity and now, of course, all the medical influences. He has, however, always seemed very fit and healthy and has never been ill before all this, apart from some stomach issues and diarrhea. Since he has been taking digestive enzymes or something similar from the doctors all that has 'cleared up', so to speak.

Your father is likely to receive the cholesterol myth information about heart conditions. Heart conditions soared after people began eating processed vegetable oils and not animal fat. Tribes such as the Masai, Samburu and Fulani eat only raw animal fat, lots of it, and have no heart disease. Eating raw animal fat, such as unsalted raw butter and cream, will help your father reverse his condition. Martin Sheen had a severe heart attack 10 years ago and refused the terror tactics of medicine to receive bypass surgery. He eats the raw fats, including coconut cream, and is doing fine. Coconut cream helps remove arterial plaquing quicker. Animal fats properly lubricate the arteries without causing plaque.

See:

<http://www.ravnskov.nu/cholesterol>

<https://www.westonaprice.org/know-your-fats/>

<https://www.westonaprice.org/health-topics/know-your-fats/the-skinny-on-fats/>

Healthfully,
Aajonus

20020427-0634

Apr 27, 2002

Re: My Mother – trapped nerves – mental problems

My mother is doing badly. She has trapped nerves in her spine and is in pain and stooping. She had a pelvic fracture too, 2 months ago, and has been on crutches (she is always having accidents). She is certainly very overweight too (all the wrong foods). She would be resistant to changing her diet or following any new regime, but is there perhaps one thing she could do to help those trapped nerves so she does not need an operation?

My mother experienced the same degenerative symptoms 20 years ago. She agreed to eat 2 raw eggs with either a banana or orange juice every morning. In the afternoon, she agreed to consume 2-3 ounces of stone-pressed olive oil and 1-2 ounces of unsalted raw cheese with a salad. It was enough to stop her downward spiral into devastating health.

I am asking about mental illness and health and nutrition as my mother is psychotic and has elements, I would say, of paranoid schizophrenia; she is not a normal case. She feels she is being pursued by people and has great paranoia about all sorts of things that dominate her and her life a lot. She is very violent and has a lot of anger. She has been very abusive in all ways to me and very violent to me from when I was 17 to today, yet she is also obsessed with me. I am the scapegoat and yet the savior in one. She is very unstable. She did have a motorbike accident and concussion when she was 18 and was badly treated by her very over-dominant, controlling mother (never accepted, always made dependent, and so never able to forge her own identity – no violence from her mother, though).

It sounds as if she has a lifelong health and lifestyle problem that may not ever improve unless she changes her diet radically. Simply eliminating carbohydrates should help. But, most people who are carbohydrate-allergic are also carbohydrate addicts. Byron Katie's work could help her out of her conditioned dysfunctionality.

Anyway, certainly there were elements in her upbringing that would have affected her badly psychologically and emotionally, but not probably enough to cause such psychoses.

Yes it could, if she has a blood-sugar level problem.

Would the accident have done it as well or is it more from diet and nutrition?

Accidents only cause that kind of condition if a part of the brain was damaged, causing too much stimulus to the anger center of the brain, or an inability to buffer neurological impulses to the anger center.

She also has a problem getting on with things and procrastinates and spends hours dithering. She can't keep any time or appointment and arrives two hours late for everything. She also has no awareness of herself. She lives in a lot of fantasy. Plus she lives in the worst mess and living conditions and dirt you can imagine, despite having a nice home.

Sounds as if she is unhappy or has difficulty with organization. That is more often a blood-sugar/dietary problem and too low of a bacteria level. When the body has to rely upon the solvent process to dissolve and eliminate toxicity, the body gets depressed. When the body has bacterial, viral, mold and/or parasitical help, the body and mind get more organized, vital and happy.

I suggest that you live your life and shine your example as someone who lives richly and happily. Again, I suggest that you look into Byron Katie's work, and work at it.

**Healthfully,
Aajonus**

20020427-0635

Apr 27, 2002

Re: Jacob – chronic depression – mental problems

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts
Feb 21, 2001 Re: High Blood Pressure & Stroke
May 11, 2001 Re: High Blood Pressure Medication
Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage
Jun 24, 2003 Re: URGENT – JACOB)

I am concerned about Jacob. He has chronic depression, I think, and has displayed, for years now, a strong tendency to procrastinate and never get on with things – a lot of inactivity and passivity I would say (I did literally everything when we had a relationship, and had to push him to do things for himself to help his life). He also is very focused on the future and never what is (i.e. now), not in the way that most of us are, but in a very pronounced manner. And he seems to be incapable of getting out of his state and mess in life – i.e. changing and moving forward (he so needs to on so many levels). He gets very very down and inactive, and takes everything very badly and very sensitively, and much of what I say about him and his life in order to get him to see the reality of it, he takes as criticism.

Are you expecting a leopard to be a zebra? Is the potential you see for Jacob a true picture of him now?

Is anyone who judges that someone else should be doing something other than what they are doing, in the reality of that individual?

If you remind someone that s/he is not living up to the potential that you create for her/him, isn't that a criticism that is likely to depress and inactivate her/him?

He also talks and projects an image about himself that does not really match up in reality, or is how he would like to be, but is not.

He may be trying to think of himself in a way that motivates him to become that. Most yogis teach that you must first imagine yourself, and then believe in yourself, to be that which you want to become. His process may be slower than you wish. But, is that your choice to make, or his?

Anyway, I mention this as I feel he might have a mental condition; or is this all normal for his level of toxicity and health problems and the toxicity in his brain? Some of his behavior reminds me of my stepfather who had manic depression (and alcoholism which he got over), and also an ex-boyfriend who was alcoholic and had a grandiose way of talking during this phase that did not match up (he has detoxed since).

Those are symptoms of carbohydrate imbalances. He has symptoms of blood-sugar irregularities and imbalances, and low bacteria levels.

Are all mental conditions and ways of thinking, in your experience, related to health and the diet?

I have experienced that they are all affected by health and diet, but they can be exacerbated by concepts.

What would you advise for him?

Eating a golf-ball-sized amount of high meat, 2-3 times per week, would probably help him.

I pushed him hard to get him to a therapist recently. The therapist has said to him that he should see a psychiatrist. She feels he might have dysthymia (which is chronic depression, lack of concentration and a certain way of thinking).

If most of his problem is physiological, a psychiatrist's office would not be a place for him. Psychiatrists use drugs to treat people. I would suggest that both of you delve into Byron Katie's work.

What do you feel; and would the state of his toxicity in his body account for this? I did get back with him for 7 weeks recently, but have now ended the relationship for good. I am, however, still concerned for him as I did spend an awful lot of the relationship trying to help him.

Unless a person shares the same rhythm and reality you do, is it unlikely that you would be able to help her/him?

Healthfully,
Aajonus

20020430-0904

Apr 30, 2002

Re: Kidney Problems & Tonsils

My stepmother has had kidney problems for ages. Only one kidney works, the other is very shriveled. She has been ill with it, on and off, for the last few years with fever and kidney/bladder infections, etc. and a lot of white cottage cheese stuff coming out vaginally. She can look very pale in the face. The doctors are now saying it is connected to her tonsils – that is the origin of the problems (sounds nuts to me) and that she should have them out! It sounds to me as if, probably, it is not the kidneys at all, or perhaps one is overtaxed, but rather she is generally very toxic. Any comments?

It would be best if she ate lots of unsalted raw butter with honey, raw eggs and raw meat. A little pineapple once in a while might be helpful; but, normally, refrain from high-carbohydrate foods.

**Healthfully,
Aajonus**

Thank you for all that.

I just wondered: you did not mention if the doctors idea of the tonsils being involved and needing to be removed were a silly idea or actually could have something to do with her kidney problem.

The tonsils are glands that protect the brain, eyes and ears. They help filter toxicity, harness it and dispose of it through the mucous membranes. If the tonsils are weak or congested, toxicity may spill out of the tonsils, allowing bacteria and viruses to enter other areas of the body for lymph to dissolve and dispose of the toxins. The tonsils are never the cause of problems.

**Healthfully,
Aajonus**

20020501-0601

May 1st, 2002

Re: Karl Loren article

Karl Loren wrote a very informative article about arterial plaque. Maybe you've already seen it. In the end, he mentions that only chelation therapy can remove the toxic metals he speaks of. And that no diet can do that (although I wrote to him to challenge that - waiting for his response).

I'm quite sure your Primal Diet would in fact do the same thing (as his claims for chelation therapy), over time, with less of a shock to the system. Is my assumption correct?

Yes. Chelation therapy, as I have said, is the most toxic alternative therapy I have seen, causing heavy metals to store in connective tissue, lymph, bones and joints. Coconut cream is the most effective way of removing plaque, especially when in combination with cilantro or berries. Next would be olive oil.

Aajonus

20020513-0607

May 13, 2002

Re: Heart Palpitations

Dear Aajonus,

I have a jumpy heart right now. It feels as if it is missing a beat or jumps – very uncomfortable and weird. It started Wednesday night as far as I can remember and has gone on since then. I was very upset by some disaster on Wednesday night that could have set it off. I was angry and upset.

Or would it have been the exercise program I am doing, 3 times a week with a trainer for an hour. I find that real tough. We had done a session on Wednesday morning and it was tough as I had not done any since Friday (usually it is more often than that). And I do feel over-extended during the exercise, but later on usually feel good.(After the first two sessions I vomited and was dizzy, but since then I have been better).

Or is it the heart murmur I had according to the doctors when I was a teenager – a scar, they said, left from chicken pox (sounds silly really).

Or is it the cooked food I have eaten?

Anything I should do? Is it serious?

Can you just tell me what to do about the heart problem? I need to know this asap as it is jumpy. It feels as if it misses a beat or jumps around on some beats, sometimes more quietly, sometimes quite vigorously. It is uncomfortable. All I can think of is the intense distress I was under when it seemed to start (some very bad news); or overstraining on the fitness I am doing with a trainer – I had done a session after a bit of a break on that day. Or eating cooked food/sweet things. Any of these and what to do?

Thanks.

The heart needs to palpitate when it detoxifies. The trauma simply caused the heart to dump, probably heavy metals. The best way to approach healing of the heart is to apply a hot water bottle near the heart. When you experience heart irregularities, it is best to sit and do Prana Yama - inhale to the count of 7, hold it to the count of 7 and exhale to the count of 7.

Healthfully,
Aajonus

20020517-0736

May 17th, 2002

Re: Refusal of Vaccines Documentation

Hi Aajonus,

I was talking to a doctor. His wife insisted on having their newborn vaccinated, even though he has studied the controversy extensively and didn't want to do it. (He was at the workshop and is at least partially on your diet).

I told him that it is not an option for us and that I was surprised that he would not be stronger with his wife to avoid it. He did explain to me, though, that mercury has been removed from vaccinations. He also told me that the autism problem (and its link to vaccinations) has been linked to a problem with the "measles" part of the MMR vaccine and that it is supposedly being corrected.

Have you heard any of this or have any comment about it?

According to tests done by Dawn Winkler, President, California Vaccine Awareness, the vaccines that have been claimed free of mercury, still have mercury in them. Your friend may contact her for the test results.

Is your friend not aware that the following ingredients are also in vaccines?: ethylene glycol (antifreeze), phenol (a disinfectant dye), benzethonium chloride (a disinfectant), formaldehyde (a preservative and disinfectant), and aluminum.

He might find the following press release amusing.

Healthfully,
Aajonus

PRESS RELEASE

THE FOLLOWING OFFER is made to U.S.- licensed medical doctors who routinely administer childhood vaccinations and to pharmaceutical company CEOs worldwide.

Jock Doubleday, president of the California nonprofit corporation Natural Woman, Natural Man, Inc., hereby offers \$20,000.00 (U.S.) to the first medical doctor or pharmaceutical company CEO who publicly drinks a mixture of standard vaccine additive ingredients in the same amount as a six-year-old child is recommended to receive under the year-2000 guidelines of the U.S. Centers for Disease Control and Prevention.

The mixture will not contain viruses or bacteria dead or alive, but will contain standard vaccine additive ingredients in their usual forms and proportions. The mixture will include, but will not be limited to: thimerosal (a mercury derivative), ethylene glycol (antifreeze), phenol (a disinfectant dye), benzethonium chloride (a disinfectant), formaldehyde (a preservative and disinfectant), and aluminum.

The mixture will be prepared by Jock Doubleday, three medical professionals that he names, and three medical professionals that the participant names. The mixture will be body weight calibrated.

The participant agrees, and any and all agents and associates of the participant agree, to indemnify and hold harmless in perpetuity any and all persons, organizations, or entities associated with the event for any harm caused, or alleged to be caused, directly or indirectly, to the participant or indirectly to the participant's heirs, relations, employers, employees, colleagues, associates, or other persons, organizations, or entities claiming association with, or representation of, the participant, by the participant's participation in the event.

Because the participant is either a professional caregiver who routinely administers childhood vaccinations, or a pharmaceutical company CEO whose business is, in part, the sale of childhood vaccines, it is understood by all parties that the participant considers all vaccine additive ingredients to be safe and that the participant considers any mixture containing these ingredients to be safe.

The event will be held within six months of the participant's written agreement to the above and further elaborated terms. This offer, dated January 29, 2001, has no expiration date unless superseded by a similar offer of higher remuneration.

Contact Jock Doubleday.

* * * *

Permission is granted to all parties to reproduce all or any part of the above text in any media.

Jock Doubleday
President
Natural Woman, Natural Man, Inc.
A California Nonprofit Corporation

Jock Doubleday is author of the soon-to-be-published book "Spontaneous Creation: 101 Reasons Not to Have Your Baby in a Hospital."

Wow! Thanks Aajonus.

I must admit I'm a bit concerned with the possibility of mandatory vaccinations. My friend also mentioned that hepatitis B is now mandatory in NY. I don't know for sure if that is true as I thought it was unconstitutional to force someone to get an injection. I figure at this point one can get out of it with the right channels.

Freedom of religion can always be used to maintain constitutional rights. The worrisome pending legislation is that everybody in the USA may be required to receive the smallpox vaccine.

Healthfully,
Aajonus

Hi Aajonus,

My understanding of the freedom of religion defense is that one would have to provide some sort of proof that they practice the religion claimed. A parent I know had some trouble with this, getting her child in school. She eventually won after some attorney fees, etc. I've heard of using philosophical beliefs instead. It still would probably need an attorney, though, to get a child in school.

Did you happen to catch the ER show with a Smallpox breakout last night (continued next week)? Pretty scary how the media can be used. I remember hearing of an episode where a child died of the measles. The parents were ridiculed for not vaccinating their child. It was sponsored by the company that makes the vaccine, of course. The whole thing was followed by a calling to boycott the show.

If a group of parents joined forces and hired an attorney to develop basic legal documentation, an attorney would not be necessary for each case. Parents could simply substitute their name for the name(s) in the documents. The fact that science cannot prove that anyone could get any disease nor prove that a vaccine prevents disease, is a sound legal basis. The written notarized statement from a researcher, biochemist or MD would be included in the documentation as testimony.

Healthfully,
Aajonus

20020605-0846

June 5, 2002

Re: Psychic Healing

What do you think of psychic healing?

I have experienced and witnessed only temporary relief from psychic healers.

Many people believe that they have been cured by psychics, although I have not witnessed one case. The problem with proving that psychics can not only soothe symptoms temporarily but reverse disease is that, in this period of toxic history, the average natural recovery rate of the population is 60% for most diseases if a proper dietary regime is not followed. The body's natural completion of detoxification/symptoms sometimes occurs simultaneously with a healer's work. The only objective factor to measure would be to log the healer's patient recovery rate and see if it were greater than 60%. If it were not, it is likely that the recoveries or reversals of disease simply coincided with the healer's work, which was not responsible for it. The body's healing powers, that are always working as hard and as well as we allow, facilitated the healings.

From my experience, I have concluded that healers assist with healing through the comfort of their compassion and aural energy. In other words, they entertain the patient while the patient's body heals itself. As Hippocrates said, I paraphrase: After giving the appropriate dietary food regime for healing, the best physicians are those who entertain the patient while the body heals itself.

The idea of a psychic healer is empowering to some people. They feel that the healer has some particular power and spiritual authority that will help them end the disease. They do not usually understand that it is simply a detoxification process that will end well 60% of the time, even if they do not take care of themselves properly. I believe that healers are helpful because they give people hope and distract them from the disease while their bodies heal themselves.

I would be thrilled to meet and learn from a psychic healer whose healing ratio of reversing disease was greater than 60% without dietary intervention. If you find any, and observe that the rate is higher, please let me know.

Healthfully,
Aajonus

20020627-1229

June 27th, 2002

Re: Enzymes

I just read an interview with Edward Howell about enzymes which brought to mind something I've heard before. He said that vegetables and fruits are not concentrated sources of enzymes; and that when produce ripens, enzymes are present to do the ripening; and once the ripening is finished, some of the enzymes leave and go back into the stem and seeds.

The vegetables are not mature until they begin to seed. Celery, parsley and most vegetables are harvested prior to seeding. Produce companies know that if it goes to seed it loses the enzymes necessary to sustain it. Their produce would wilt easily. I suggest in my new book that people eat fruit unripe.

Sally Fallon made the same kind of statement a while back prompting me to wonder about the idea that our vegetable juices are not much of a source of enzymes and really not replenishing our systems of lost enzymes (2 glasses for today's needs, 2 glasses to replenish what has been lost over the years of eating cooked). Any comment on this?

Sally is more theory than experience. I have seen people not consume the juices and they progress much less than those who drink them.

**Healthfully,
Aajonus**

20020731-0517

July 31,2002

Re: Sun Lotion

I wanted to ask quickly about sunbathing. It is very hot. Is it better to wear no sunscreen lotion even if one does not put on oil the night before, or better to wear cream if one does not do the oil the night before?

It is better not to apply any lotion.

If you burn a little, here are two remedies: rub tomato on the burned areas; or apply a mixture of good water and a little honey (1 part honey to 10 parts water) - that is a little sticky, but it works most of the time.

Healthfully,
Aajonus

20020802-0800

Aug 2,2002

Re: Thread Veins and Aging

I have noticed a big increase in thread veins since I last spoke to you about this; and I also have veins coming to the surface. I refer to my thighs, legs and feet. Surely, being on the diet, these should not appear. They have gotten so much worse since on the diet.

The diet has no toxins to cause those symptoms. It is the result of a lifetime of eating toxic foods. Usually, those symptoms pass with time; sometimes it takes 16 years.

**Healthfully,
Aajonus**

Thank you. So it is just a coincidence or aging that has made all this appear recently?

Aging and deterioration coincide when toxins have accumulated in the body, deteriorating it.

Veins have also appeared in the last month on the surface all over my legs and thighs. Reminds me: is it mainly the result of carbos?

Carbs progress it quickest.

Or the liver. So it comes from a lifetime of toxic foods, not from the percentage of cooked food I am eating with the raw diet?

Cooked foods now may add to it and use up the nutrients in the raw foods being used to combat the poisons in the cooked food.

i.e. does the raw diet make one more susceptible to these symptoms?

Less. The raw diet simply allows the body to detoxify and heal properly, in stages.

Also, I have now a lot of broken blood capillaries on the face that are on the surface or just below.

Alcohol and carbs, recent and stored, are the greatest assaulters of capillaries.

Everything has deteriorated of late – a lot of aging.

Between the ages of 12-15, 24-26, 29-32, 38-41, 49-55 and 58-61 years we experience major systemic detoxifications. Many of those poisons are sent through the connective tissue and skin causing damage to those systems and sometimes scarring. Most often, at least half of those symptoms reverse several years following the major detoxifications.

How are you doing with your life presently? HAPPY AND FULFILLED?

Very; the recipe book is being printed as I write!

**Healthfully,
Aajonus**

20021002-0554

Oct 2, 2002

Re: Nanobacteria Article

Hi Aajonus,

Here is the next article regarding the nanobacteria: NanobacTX: A Personal Adventure. It's very interesting.

I finally got to read about nanobacteria. I have read testimonies like that about every drug that has been produced by pharmaceuticals. In the 1970's it was chelation therapy. This person has no direct knowledge of how and why it seems to work. His scenarios are all conjecture. That does not prove that he is wrong, but he has no concrete evidence that the mechanisms are how he has explained them. Usually, drugs are extremely effective for specific individuals and most researchers know how to select them as test subjects. Time will prove results.

Just because nanobacteria are present around "calcified" tissue does not mean that the bacterium cause the "calcification". They may be the body's response to root into the area and remoisturize and fertilize the area hardened by poor mineral absorption caused by poor diet. For instance, reforesting a desert would soften and re-enliven the soil. The agent that destroys the bacteria, as a byproduct, may cause "decalcification". If so, that method of softening the tissue is likely to cause eventual disintegration of the tissue.

As I have said many times, there are some people who will live life seemingly unaffected by illness even though they have what is an unhealthy lifestyle for most. They are blessed because they don't suffer as most others do. But because they do, their model cannot be held as proof that it will work for most people. This life, produced by the nanobacterial treatment as described by the writer, may give the ability to feel fantastic again, but will it be sustained and without ill consequences? At least, it does not seem to be as dangerous as antibiotics or chemotherapy. Again, time will tell. For those who do not want to be pharmaceutical guinea pigs, a proper diet is more likely to secure optimal health.

Healthfully,
Aajonus

20030107-2157

Jan 7, 2003

Re: Neck and back

Dear Aajonus,

A new chiropractor I have seen recently did X-rays of my back and neck (I know they are very bad) and saw that I have pronounced curvature in the neck, and nerves pinched and no space between the neck pieces (whatever they are called). Anyway, he feels this is responsible for a pronounced curve in my lower back and my long-term hip problem, as well as causing the over-pronation in my feet. He feels the neck problem is one that started when I was pulled out at birth or within the first two years and so all the problems have been building up. He also feels the neck problem would account for gland and muscle problems as well as fatigue, etc. In his experience, he says coming two or three times a week for adjustments will rectify the neck problem over time. I just wondered how much of this you feel is true or plausible? I do have a lot of pain in my neck almost constantly and it is out so much of the time, so am finding I have to have adjustments more and more frequently. Previous chiropractic regular treatment helped my long-term hip pain greatly and stopped me leaning more on one side by 20 lbs. But there is more to go on this, as I lean now about 8 lbs on one side and am askew.

Displacement and constriction of the vertebrae come from inflexible-enough tendons and muscles attached to the vertebrae, or toxins stored in the vertebral joints causing swelling accompanied with inflexible-enough tendons and muscles. A hot bath prior to chiropractic adjustment is very helpful. Without a hot bath, an adjustment usually does not relieve pain for long. If poisons are moving out of the bone marrow, bones and/or cartilage, more joint swelling will occur accompanied by irritation to the tendons and nerves. That causes more constriction and the need for more frequent adjustment. The hot bath before adjustment is very important to allow the muscles and tendons to relax and expand, relieving the pressure on the nerves that pass through the vertebrae. Also, applying a hot water bottle to the spine at any time, especially while sleeping, helps to increase relaxation so that more nutrients can be delivered to the area for proper detoxification and healing. I experienced 12 years of back pain from the chemo and radiation before I was satisfied with my spinal health. I went from having chiropractic adjustments twice a day to needing only one chiropractic adjustment a year for the last 4 years. Eating lots of butter and/or cream with meat is very important for cleansing and healing the spine.

Healthfully,
Aajonus

The inflexible tendons come from what?

Many toxins can cause the poor development of tendons, especially heavy metals (such as mercury from vaccines) and chemicals, including household cleaning compounds. They may poison the RNA and DNA, causing deformity.

Aajonus

20030111-2304

Jan 11, 2003

Re: Update on my 2 year old

Hi Aajonus,

Happy New Year! Hope your new year started off right!

My son just turned 2 last Saturday and my wife has him flying through kindergarten workbooks (age 5 and 6)! He will sit there for 45 minutes with her totally into it. I guess it's safe to say his brain is well fed!

Great to hear about your prodigal son! Every one of the children who is on the diet is advanced or at least exceptionally more advanced than before the diet. That cannot be a coincidence. Thank you for the update.

Healthfully,
Aajonus

20030115-0754

January 15th, 2003

Re: "High" Foods

Hi Aajonus,

I have noticed a problem I have with consuming "high" foods. Although I have yet to try to eat the cultivated ones in jars, I have had week-old chicken or fish a few times. And I just found a black egg and tried to eat it in some milk.

Each time, I immediately vomited, even though I really had no psychological problem with eating it. In fact, the fish and chicken tasted fine. I once vomited some week-old salmon about ten minutes after eating. No problem, no discomfort, just a reflexive rejection by my body.

What do you think about my vomiting reaction to nearly week-old chicken (or even 3 to 4 day old fish)? And the same reaction to the black egg? I know you said not to eat fish at 3-4 weeks, but is the early bacteria also too virulent (at least for me)?

Looking at your iris photos, I see that the bile throughout your system is not bound with as many solidifying compounds as with most people. Free-radical bile is very caustic. The bacteria and their verotoxins instantly dissolve and release the bile, making it a free-radical substance. Those poisons must immediately dump into the stomach or bowels causing vomit and/or diarrhea. Don't worry, be happy!!! The more you do it, the quicker you will release the bile from the tissues.

Healthfully,
Aajonus

20030115-0755

January 15th, 2003

Re: Indigestion

Hi Aajonus,

I have had a few questions come up from people with problems with indigestion and heartburn (sometimes severe enough to cause problems sleeping) after starting the raw diet. I have a few patients who started the diet and are having this problem. One turns to TUMS or Pepcid AC so he can get some relief and get to sleep. I can treat it successfully with Chinese herbs, but I was wondering what your approach is when clients have this reaction to the raw foods (some think it's the vegetable juice). I've told one to add some carrot juice (10%) since that is known to relieve indigestion. I've also recommended some cream with the juice and also cheese, but nothing but the Chinese herbs to promote digestion seem to help.

Indigestion is frequently alleviated by adding ginger in juice or with the food that isn't digesting well.

**Healthfully,
Aajonus**

The ginger makes sense since that's in the herbs I prescribe for upset stomach issues. Generally though, dried ginger is recommended and "supposedly" better for that use for some reason.

Dried ginger is recommended by Chinese medicine because it is slow to digest and allows juices to be secreted throughout the digestive tract as the pulp passes to the rectum. Fresh ginger has a tendency to thin mucus. In people not eating enough protein and fat, mucus in the digestive tract will not protect the mucous membranes from irritation from fresh ginger.

**Healthfully,
Aajonus**

20030303-1732

March 3rd, 2003

Re: Article: Metabolic Typing Diet

Hi Aajonus,

Have you had a chance to read this article on the Mercola site?

<https://articles.mercola.com/sites/articles/archive/2003/02/1/metabolic-typing-diet.aspx>

Sure, there's no mention of raw foods but Dr. Mercola is a strong advocate of the "no grain diet" (happens to be the title of his new book). Then, he is promoting this Metabolic Typing Diet. I haven't read the Metabolic Typing Diet yet so I don't know how varied these diets are but I assume there is some consistency with a no grain/low grain approach.

I remember you said you didn't find much value in much variety person to person (same with Weston Price finding consistencies - different foods but same basic principles adhered to all over the world).

Do you have any opinion on the article?

I read the article, finally. I found, as I said in my books, that certain types should eat more or less red or white meat until they are healthier. So, in a way, I agree with it in a small way. However, the supplement issue is a seesaw such that not even the most brilliant of minds can second-guess the body properly. Because people are so unhealthy and even a little change means a lot, and counterbalances may not show themselves for months or years, supplements and a Metabolic Typing Diet may be a temporary benefit. How long it takes to be worse than better would be according to the individual. I do not believe that it has anything to do with genetic predisposition. My experience and observations lead me to believe that the differences are deficiencies and accumulated toxins.

Healthfully,
Aajonus

20030319-1214

March 19th, 2003

Re: Fiber and Appendicitis

Hi Aajonus,

I'm writing a brief article about my appendectomy/hospital experience. Many people have asked about it and of course there are those who ask, "Do you think it's that diet you're on?" To which I deny and chalk it up to their ignorance. However, in researching the incidence of appendicitis I came across an article that said that, internationally, the incidence of appendicitis is lower in cultures with a higher intake of dietary fiber. Dietary fiber is thought to decrease the viscosity of feces, decrease bowel transit time, and discourage formation of fecaliths, which predispose individuals to obstructions of the appendiceal lumen.

I thought it was interesting since we basically don't eat any fiber whatsoever! Is it possible that there is some truth to this low fiber intake/appendicitis thing? I guess we need at least 1000 Primal Dieters to track over their lifetime to see if there's a higher incidence than the rest of the population.

It is not proven that a lack of fiber/pulp is causative or partially causative of appendicitis. Every person I know that had an appendicitis ate vegetables. However, raw vegetable fiber may be helpful in preventing appendicitis in cooked-food eaters where food lacks vitamins and enzymes and moves very slowly with much putrefaction. Putrefaction of food never occurs in rawfooders. The incidence of appendicitis among the Masai, Samburu and Fulani is relatively non-existent. As long as we do not completely filter our juice through thick cloths, we have plenty of vegetable fiber.

I looked at your irises and found storages of heavy metals in and around the appendix, buried in scarring. The caustic metals probably burned the appendix walls which burst during an attempt to remove them. That is an indication that you did not have enough fat in the lower abdomen. That is why I like people to have big bellies during detoxification.

Healthfully,
Aajonus

20030320-1833

March 20th, 2003

Re: MSM

Hi Aajonus,

I was wondering if you have any opinion about MSM (methylsulfonylmethane). A client you saw for a full consult the first time you came here handed me a book about it last night. She has been in pain for years (basically fibromyalgia), with fatigue. She still has the fatigue but the pain is gone since taking the MSM.

She maintains her own version of the raw diet. She's one who doesn't like the weight gain so isn't willing to have that much fat. The meat is no problem for her. She couldn't drink the lube formula without feeling sick for hours (she couldn't work). I advised she sip it gradually and it helped, but she stopped taking it anyway. She does keep away from carbs.

She swears by the MSM now.

Every person who had cancer that I met, who was not on the diet and who took MSM, died. I have heard a lot of claims about it, but from people who had been taking it for a short time. It is not a naturally occurring supplement and probably causes many imbalances that would not show for years. The combination has an affinity for the thymus and thyroid and may cause long-term damage. I will re-investigate the drug in about 20 years and look at people who had taken it for many years.

Healthfully,
Aajonus

20030324-1139

March 24th, 2003

Re: Nuts

Hi Aajonus,

I was asked recently, "If we can pulverize the anti-enzymes out of nuts with a blender, then why doesn't chewing do the same thing?"

Pulverizing does not neutralize the enzyme inhibitors. Pulverizing merely exposes them. The combination of egg, fat and honey neutralizes the exposed inhibitors.

My only thought would be that it is not the pulverizing that inactivates these anti-enzymes but the fact that the surface area is increased so that the ingredients mixed with the nuts can inactivate the anti-enzymes.

Correct.

If I'm wrong, then it seems chewing should do the same thing as the blender.

I wish.

Healthfully,
Aajonus

20030421-1332

April 21st, 2003

Re: SARS

Hi Aajonus,

I had to contact you and get your perspective about this Severe Acute Respiratory Syndrome (SARS).

The following is part of an email I just sent to a friend in Hong Kong:

Without going into a whole "alternative perspective" with you, let me say this: I seriously doubt there is something to "catch". The internal health of the individual will determine who gets it and who doesn't. Even the worst plagues in human history had survivors helping the sick who didn't get sick.

Just think how polluted Hong Kong is. There could very well be something in the air that is damaging at the cellular level, resulting in this condition. It IS a respiratory condition. The virus that causes the common cold (or flu for that matter) can be found in any of us at any time, but we aren't always sick are we?

A virus isn't alive so it cannot "do" anything. A healthy well fed cell will not be affected (notice I didn't say "infected") by a virus.

Strange thing is how do we explain what is happening with those who do come in contact with someone "catching" it? They are not necessarily exposed to a possible toxic chemical from China by getting close to someone who has.

Here's a story on it titled "Two more killed by SARS disease in Canada:

<http://www.smh.com.au/articles/2003/04/02/1048962786030.html>

What do you think?

My investigation tells me it is simply pneumonia by a different name.

I compare it to the difference between the "Swine" flu and "Pollock" flu. Mainly the heavily medicated/treated have died from it, therefore, it is probably the treatment (for pneumonia) that is the killer, that is, anaphylaxis.

However, Dr. L. Horowitz' investigation points to bio-warfare:

<http://www.rense.com/general36/scam.htm>

Healthfully,
Aajonus

Hi Aajonus,

Many are fearing how "contagious" it is, i.e. the face masks and quarantines. Do you agree with my basic explanation to my friend in Hong Kong?

And if so, the following question applies:

Strange thing is how do we explain what is happening with those who "catch" it since coming in contact with someone who has it? They are not necessarily exposed to a possible toxic chemical from China by getting close to someone who has.

Do you believe in the possibility that one can be "exposed" and if their internal environment is optimal for that (any actually) microbe then the person will "contract" (or should I say facilitate) the same "detox" (which in this case may be resulting in some deaths if it is not anaphylaxis)?

In playing devil's advocate a little here, people have died of pneumonia historically without being treated medically with "poisons" have they not?

There are many variables. It could be that there is no contagion but exposure to the toxin in a given hospital. Normally, if it is a natural event, it would not be contagious. Bacterial and viral activity is caused by environmental, especially climatic conditions, like bears coming out of hibernation. If a certain location of people are exposed to the same toxin, when the climate is right, some of them might develop the same condition (symptoms) to detoxify the damage done by the toxin.

I agree that if a person has been eating healthy food for a while that if and when exposed to a "contagion" or toxin of that nature, her/his chances of survival would be exceptional.

Many people have died of pneumonia when they did not have access to good food and/or warmth. However, most often in the comfort of modern heating and comfort, medical intervention in the detoxification process is more often the cause of deaths.

Healthfully,
Aajonus

Thank you. The only confusing part is how is this "toxin" moving from Asia to North America where the authorities are linking it directly to those traveling and then to those exposed to the traveler? I understand the possibility that it may not be natural, which negates the natural explanation. Otherwise, it really makes no sense based on what you and I believe.

Everyone involved with injection/spreading of AIDS learned that without circumstantial evidence of possible contagious activity, the hypothesis that it was spread sexually had no basis. However, people simply believed it, except for those who understood that there had to have been a chain of links to have spread it simultaneously to NYC, San Francisco, Houston and Los Angeles. The fact that there were not enough links to display a chain validates the conspiracy theory that it was man-made and spread by man-made means.

Let us say for arguments sake that a strain of bacteria became supernatural. The bacteria would have to leap through the air in clusters, withstand sunlight and oxygen that destroys internal bodily bacteria unless attached to a host, invade, penetrate the mucus lining of the respiratory system that neutralizes and smothers every form of internal life whether cell or bacteria, and survive the onslaught of white blood cells, eat and adapt to a new terrain of chemistry to survive.

The idea that viruses are contagious is the most ridiculous hypothesis because viruses are not alive. Viruses are solvents produced by the body.

Crabs are contagious because their natural environment is in the outer world. Yeast live in and on the skin and can be contagious. But internal bacteria do not thrive when extricated from the body without a host to carry it. Mucus from sneezing or coughing, or the moisture from exhaled vapor are not mediums that support bacterial life. Contrarily, they destroy internal bacterial life.

It may be possible that mechanical genetic alterations may have produced an internal bacteria that can cross those super barriers. I do not know.

I hope that all of that helps you to understand the nature of bacteria as I have found it to manifest.

Aajonus

I do appreciate your further explanation on this subject and for the most part I do agree with your way of thinking. I just can't help but think there is something to the possibility of "something" getting passed on from one to another and susceptibility has something to do with it. You even once agreed that it is not cut and dry one way or the other and that the truth lies in between somewhere.

I remember my wife used to work with young kids who were always sniffling and sneezing and so she would come home almost every other week with a cold of some sort. It became comical how often she was "detoxing" and people would say things like, "your wife's sick AGAIN?" When she left the job the frequent colds/flus ended immediately. Interestingly, I never "got" any of it (susceptibility?).

Many children and adults have such symptoms in buildings with toxic materials. The school population in the entire school system in the San Fernando Valley and adjacent areas had similar symptoms because of the asbestos. After many decades, the schools had to gradually be reconstructed. I have one teacher/patient who still suffers from her past exposure.

And again, using the same logic, I could prove to you that bears are contagious because they all seem to come out of hibernation at the same time. In the Northern hemisphere, bears spread from the more Southern regions to the Northern regions. In the Southern hemispherethey spread in the opposite.

More below:

If you wanted people to believe a disease were contagious, how would you make it happen to produce circumstantial evidence? Follow those you have contaminated and contaminate those that they contact?

Isn't this reaching just a bit? Aren't there a few too many people involved to "pull the wool over" all of their eyes?

I refer to the AIDS epidemic, how many were involved? It did happen.

What would be the point? The people in Hong Kong are getting pretty messed up economically now too. Everyone is scared of exposure. To think that some group would go so far as to follow a traveler from Asia to North America and "infect" people they come in contact with really seems a bit outlandish.

As Dr. Len Horowitz said, it is to destabilize an economy so that another power may have greater influence after money is loaned and or diverted. The same was the case of AIDS in Africa.

As for AIDS (and the man-made hypothesis), couldn't that just be a natural breakdown of the body due to overwhelm? Drugs? Alcohol? Stress? Environmental toxins? Ridiculously poor dietary habits? Haven't many suffered with AIDS without HIV? (Then they just say the sicknesses they are suffering from are primary rather than secondary).

Food for thought?

You would have to read the Strecker Memorandum and Bio-Attack Alert, referenced in my first book to realize that AIDS was man-made, spliced not fractionated.

Some things I believe are communicable, such as crabs and yeast that live on the skin. Viruses are not communicable because they are not alive. They are a solvent created by each body, or man-made, to dissolve compounds in the body.

Healthfully,
Aajonus

20030624-0947

June 24, 2003

Re: URGENT – JACOB

(For more of the story on Jacob see also:

Feb 20, 2001 Re: Paralysis, Fasts
Feb 21, 2001 Re: High Blood Pressure & Stroke
May 11, 2001 Re: High Blood Pressure Medication
Dec 22, 2001 Re: DETOX – Vomiting Blood – Nausea – Rough Massage
Apr 27, 2002 Re: Jacob – chronic depression – mental problems)

Dear Aajonus,

I wonder if you could do Jacob and myself a favor? I am leaving and have had to hand him over to his church to be looked after (he is in a retrace or neurological detox, as you said, and has not been functioning normally or well). Anyway, they have had him go to his conventional doctor and are worried that he has had another stroke, as indeed are the doctors (they think it might be the MS come back!). Anyway, I hear he is due to have a CAT scan tomorrow and that worries me, especially during a brain detox.

Could you kindly and urgently speak to the person at his church who is organizing the health thing right now for him and speak to that person about what is going on with Jacob, this detox, that it is not another stroke and the effects of a CAT scan, etc. Also, that he has been progressing over these last years and his main problem, and why high blood pressure is good for him (they and the doctors feel his problem all stems from the fact that he does not take his high blood pressure medication and high blood pressure causes strokes), etc.

I would be most grateful. He is not alert enough to make his own decisions right now in the retrace. And they would respond well to you, his health specialist for some years.

PLEASE. I would be most grateful of this favor.

Many, many thanks. I am worried about all this.

I spoke with the person. He is convinced from medical rhetoric that high blood pressure is dangerous and leads to strokes. I cautioned him that the scan could cause irreversible brain scarring and asked him to seek an ultrasound to look for brain scarring that might indicate a stroke, rather than a scan. He seemed very strong in his resolve to do as the doctors want. I am sorry that I could not do more. As far as his symptoms reflecting MS, it is highly unlikely, because MS rears its head via atrophy of nerves, then muscle deterioration. Time will tell.

Have a wonderful trip. I leave for Asia on Sunday for 15 days.

Healthfully,
Aajonus

20030810-0829

August 10th, 2003

Re: Lymphoma

A 29-year old woman that I know had a biopsy done for a mass that was found in her chest (which caused a blood clot) and was just given a preliminary diagnosis of lymphoma. They tore her trachea on the way out, by the way. She is leaving the hospital tomorrow, already fed up with their ways and going on the raw diet. She will see you in Sept. for a full consult, but in the meantime, what is a "basic" diet protocol that I can tell her to follow?

Anything extra from what my wife and I do or what the average person does? She's about 5'7" and 150 lbs (strong and solid!).

I suggest that she should concentrate on eating many eggs: 8-12 per day, 2 with or immediately after each of her 2 meat meals. And, as many tomatoes, for her fluids. No milk, unless it has soured to a kefir consistency, but very little. Butter is much more important than cream. The bowel and contents of a cow or buffalo is usually imperative with lymphoma, about 2 ounces every four days. It may be washed down with some water.

Healthfully,
Aajonus

Hi Aajonus,

Thanks for the quick response. She's determined and as yet not swayed by the doctors' scare tactics. How does she acquire the bowel and contents of a cow or buffalo? Have others had success with Northstar Bison?

How or what does she ask for (packaging procedures, etc.) so it is not dried up and useless after shipping?

I suggest that she contact an Amish butcher and try to purchase several pounds of the bowel with contents. Usually, a section of the bowel is tied like a sausage at both points where the cuts will be made. Then it is either placed in a ziplock bag that is placed inside another ziplock bag and placed in yet another ziplock bag, packed with frozen pack and sent; or it can be placed inside a half-gallon glass jar, packed with frozen pack and sent.

She could say it is for her pet that has cancer; she is her favorite pet, I assume.

I suggest eating 1 oz. a day every 3 days. It can be washed down with water. Not milk, because milk contains lactic acid which retards bacterial growth.

Healthfully,
Aajonus

Hi Aajonus,

We are having a problem coming up with the "bowel with contents". The states don't let the butchers send it out without inspection. Do you know of any farms that are willing and able to ship that out? I remember the farm in PA couldn't even get me the hooves when I once wanted to make a "bone broth" before I started your diet. Same problem, the butcher couldn't /wouldn't give it to them.

Any suggestions?

She could buy a duck or chicken, butcher it and eat the bowel and contents. I got the bowel and contents of a wild turkey several months ago and sold it to one of my cancer clients. She ate about 2 oz. and felt considerable improvement the next day.

Aajonus

What's different from using the high meat? Could she eat that whether or not the bowel becomes available? If so, what would then be the amounts?

The bowel has lots of E. coli. High meat may not contain any E. coli. High meat usually contains bacteria that works much slower than E. coli.

Healthfully,
Aajonus

Hi Aajonus,

I was able to come up with some sources of fresh-killed chicken for her. There is a local farm, but they are grain fed (including the usual soy).

I understand that it is "best" if still in the bowel, but if E. coli is the main ingredient, so to speak, wouldn't it be conceivable to immediately collect it upon defecation of any animal? It seems that it would still contain plenty of E. coli.

If the chickens eat soy, I would not recommend eating it. The processed soy could cause E. coli mutations. E. coli is easily destroyed once exposed to oxygen. Best to maintain it preserved in the colon. Also, eating the bowel tissue provides nutrients that will promote proper and healthier E. coli propagation in the person eating the bowel.

Healthfully,
Aajonus

20030913-0954

Sep 13, 2003

Re: Racing heart - Too much butter?

Hi Aajonus,

I have been craving butter and am eating a good 1 to 1½ cups a day! Is it possible to eat too much butter? Last night in bed, my heart was racing and I was wondering if it could have been related to all the butter I have been craving and eating. I had eaten about 1/3 cup before bed with some pineapple.

The pesticide that pineapple growers use has caused many people to having racing hearts. Be sure to scrub your pineapples with warm water before you slice into them.

Remember from my first book, I ate 1½ - 2 lbs of butter per day. You are not eating enough to cause any problem.

Healthfully,
Aajonus

20031010-0954

Oct 10, 2003

Re: Dark skin on toe

I have some rough, dark skin in the middle of my toe. Is it fungal or what? I got it doing a salsa course. Someone trod on me. It does not go and is not a bruise but rather rough skin and darker. What should I put on it?

It seems as if it could be a fungal attempt to cleanse the damaged cells from the area because of poor circulation to the area. Do you wear loose or tight shoes? I suggest that you apply the Primal Facial Body Care Cream (page 145 of my recipe book) after washing. For your condition, I suggest that you add 5 times the ginger and 3 times the lime that is specified in the recipe.

Healthfully,
Aajonus

20031010-0955

Oct 10, 2003

Re: Itching

I am suffering from terrible itching on my head, neck and for a longer period now on my eyelids (they were swollen before too), with red patches on eyelids. What is this and how do I get rid of it?

Sounds as if you are butter deficient and using too much pressed oils that dry the skin rather than lubricate it.

Healthfully,
Aajonus

20031120-1544

Nov 20, 2003

Re: Vomiting, pain & swollen eyes

I have a question: I was nauseous and then was vomiting all day last Monday of last week. Nothing would stop it. No relief – just green liquid coming up, with a very bitter and horrible taste. Was it a chemical?

Then I got neck and shoulder acute pain and this has lasted 8 days now. On some nights it was so painful I could not sleep. I could not move my head hardly. Now I can move it, but it's painful.

Plus I have red patches by my eyes and itching and very swollen eyes and face, which kept happening regularly in the last 2 months. I know you said it was chemicals coming out or lack of butter. It started when I took some sleeping pills.

What do you suggest? I did not feel like any raw meat/fish or any raw food for a week after the vomiting. What's going on?

It sounds as if you have a neurological detox centered in the brain, dumping into the lymph glands in the neck and some out the tear ducts. It's best to try and eat as many eggs as possible during and after vomiting.

Healthfully,
Aajonus

20031206-1506

Dec 6, 2003

Re: Best Juicer

Dear Aajonus,

I'm re-reading your books and now want to buy a Green Star or similar juicer as a result of the advice you've given. Is the Green Star still your first choice? The Samson looks good as well. Any comments would be appreciated.

The Samson is a single auger, pressing plastic to plastic causing BPAs to gas.

The Hippocrates is a good juicer, but too small and it takes longer to juice the same amount of food than the Green Star 1000.

The Green Star 1000 is a double stainless steel auger system. It juices wheat grass as well as everything else. The amount of time you save with this machine pays for itself.

If you juice for a family, I suggest the original Green Power Juicer (not Hippocrates). It is a larger version of the Green Star.

The Juiceman and other centrifugal juicers use air (containing oxygen) to press the juice from the pulp. Oxidization of 1/3 of the nutrients occurs. The Green Star crushes and presses the pulp in a hermetically sealed environment where little, if any, oxidation occurs during pressing. You choose: quality or 5-10 more minutes.

The tests showing scientific analysis on juicers was done in Korea. The original company that manufactured the Green Power Juicer printed and distributed it. The lab tests showed oxygen attaching to vitamins and enzymes, rendering them relatively useless.

Healthfully,
Aajonus

20031208-1004

Dec 8, 2003

Re: Teeth

Your last email about your injury sounded pretty bad and sent a disappointed tone through me. You sound like its no big deal and that's great. But did you lose 3 teeth?

Two dentists said that I definitely would, and they wanted to pull them. I said, "Let's try and save them first". There is a bit of pain in all 3, so they are not dead. I hope the nerve to them mends properly. The dentists said it was impossible. If my body saves them it will be another testament to the diet.

Aajonus

I hope you succeed. That will be a great testament to the diet indeed. Your eyes in the photo of yourself on the back of the Recipe book are amazing. They look like they are transmitting light. Have you had your irises change in structure or color over the last five years? If this photo is an accurate representation of your true eye color, then it would appear you are genetically altering your body to the point that you could grow new teeth. I'm in hopes that with this diet and these mono atomic minerals this might be possible some day.

The fact that my eyes have become luminescent may have nothing to do with the ability to grow new teeth, considering that the damage to dental DNA is extreme from chemo and radiation therapies. Time will tell. I simply hope to be healthy enough to remove all of the bruised and dead cells from the injury and regenerate cells to save the teeth.

Healthfully,
Aajonus

20031217-0703

Dec 17, 2003

Re: Flu

(see also Dec 19, 2003, Re Flu – Part 2)

Hi everyone,

I received inquiries about "the" flu from many of you. I will make it as easy to understand as possible.

Flus are viral. Viruses are not living creatures like bacteria and parasites. Viruses do not self-replicate as believed by academia. Viruses are solvents, manufactured within the body. Saying that viruses self-replicate is like saying laundry soap self-replicates because it is found in most homes throughout the world.

Viruses are produced when bodies need to cleanse, frequently when dying and/or decaying tissue is too toxic for bacteria and parasites to consume. The difference between bacteria and parasites consuming dying and decaying tissue and viruses dissolving dying and decaying tissue is this:

Bacteria and parasites reduce the matter to tiny waste - just as we consume 5-10 lbs. of food in a day but discard as feces only 1/2 - 1 lb. of waste.

Viruses are solvents that do not reduce the waste but dilute it and spread it throughout all circulatory systems. Viral detoxifications are more debilitating, are longer and result in more symptoms than bacterial or parasitical detoxifications.

Vaccines have never been proved to stop or prevent disease, but have been proved to cause many diseases and death. Vaccine-success is simply myth propelled by billions of dollars a year income for pharmaceutical and medical-related industries. There are many non-medical and non-academic sources for this information on the net if you search for it.

Suggestions to facilitate flu detoxification and reduce and/or mitigate symptoms:

Daily, consume foods that bind with and absorb the enormous waste produced by viral detoxification, such as: 12-30 raw eggs, 9-20 tablespoons of unsalted raw butter (with at least a little unheated honey) and 4 ounces of no-salt-added raw cheese.

Often, the protein in eggs is not enough to build long-fibered mucus. Eating some raw meat daily, especially poultry, is recommended. Eggs may be consumed as smoothies, that is, blend together raw eggs, raw milk, cream and/or butter, a little fruit and, optionally, honey.

Healthfully,
Aajonus

20031219-0750

Dec 19, 2003

Re: Your accident

So sorry to hear of your accident and jaw. How is it and how are you after this?

I am healing rapidly. Suffering some discomfort with the wired jaw and teeth.
Thank you for inquiring.

Healthfully,
Aajonus

20031219-0751

Dec 19, 2003

Re: Canning Jars

Any idea where I can get Ball jars? I have tried Savons, Rite Aid (where I used to get them), and Vons. Nothing.

For canning jars, check your local grocery stores for Ball canning jars in 4, 8, 16 and 32 oz. jars. Always use Ball canning jar lids.

Also:

<http://www.candlesandsupplies.net/Candle-Making/Ball-Mason-Canning-Jars>

Phone: 800-819-6118 or 215-538-8552

20031219-0752

Dec 19, 2003

Re: High Meat

I have some high meat in production in the fridge. I left it for 3 weeks and it is a little slimy. Should I continue to air it? Can I eat it like this – i.e. slimy?

Continue to air it and you can eat it slimy.

**Healthfully,
Aajonus**

20031219-1137

Dec 19, 2003

Re: Flu - Part 2
(see Dec 17, 2003, Re: Flu)

Hi everyone,

Many people responded with: "If flus are not contagious, how do you explain that when someone is around a person with the flu, s/he 'comes down' with the same symptoms in 3 days?" and "One member of the family gets it and it most often spreads to most of the family members."

First, let me explain again that viruses are cleansing agents, solvents. They fractionate cellular structure while causing swelling. After cellular structure is compromised, the swelling causes a cell to appear as if it explodes. Some say that viruses attack healthy cells but not decaying cells. I will attempt to explain in simple terms.

Cells that have biological integrity are easily cleansed with or without bacteria and parasites. Many cells that are poisoned by unnatural chemicals from industrial pollution, including processed food, are toxically preserved and mutant. Because natural auto-bio-eco-cleansing substances are void in those cells, they seem to be sound in structure and are therefore interpreted as healthy cells. They are not. And, as I said in the last email, they are too toxic for bacteria or parasites to consume. Since the body does not need to use viruses on cells that are auto-bio-ecologically sound enough, viruses work on cells that seem to be healthy. To get an idea of the probability, look at many of those seemingly healthy individuals who never had a flu, had boundless energy and looked great. Yet, they dropped dead in an instant with an aneurysm. If they were truly healthy, they would not have had an aneurysm and died.

The medical profession and science are extremely deficient in diagnostics. They usually cannot determine disease until it is advanced. When they try to diagnose disease in advance, they look at criteria which have little to do with any particular state of disease. They are always trying to link a particular biochemical to disease. That is the result of the pharmaceutical industry preparing to produce or market a drug that will be advertised to alter that particular biochemical.

Viruses are manufactured in the cells. When a cell seems to burst, it releases all of the virus into the bloodstream and the body can use them to work on other seemingly healthy but damaged cells. This is diametrically opposed to bacterial and parasitic detoxifications wherein the waste products are minimized. Viral wastes are greater and produce more discharge from tear ducts, ear canals, gums, tongue, salivary glands and mucous membranes.

In the laboratory work I directed and observed, there was no evidence that viruses were produced (self-replicated) outside of cells. That is theory without proof and poor science. The increase of viral substances in the blood directly correlated to the amount that was released into the body with "bursting" cells. Since my discoveries proved to me that viruses are not alive and do not self-replicate, they cannot be contagious.

Now, I will present an alternative to the idea of viral contagions: the idea of cyclic detoxification by bacteria and viruses. Since society, in general, eats the same foods that are high in waste and toxic byproducts produced from cooking, processing and chemical agriculture, it is only common sense that many people will produce similar symptoms concurrently. Climatic conditions often affect which bacteria and viruses are utilized by the body for detoxification during seasons, yearly, bi-yearly, tri-yearly, quad-yearly, etc. If the body and its natural cleansings were not cyclic and happened all at once, we would be extinct. If we want to know how magnificent the body is, we must spend centuries studying its cycles. We must study which tissues are detoxified at what cycles - monthly, yearly, every 2 years, 3 years, 4 years, 5 years, etc. Since viral and bacterial detoxifications are cyclic, many people will get them within months of each other and then they disappear after about 3 months.

If they were contagious, as the profiteering medical and pharmaceutical industries want us to believe, and not cyclical, it would take at least a decade to spread one virus to affect 30 million people. In the present 3-month-flu periods, there would have to be at least 1 million spontaneous eruptions to produce 30 million cases of flu in that 3-month period – 3 days per individual being the least "incubation" period. If we are

going to write off 29 million cases as spreading from other people, what about the orginal 1 million cases? Therefore, contagion proves to be not only a flimsy but almost ludicrous theory.

Common sense: Because roosters always crow before the rising sun, does not mean that they caused the sun to rise, nor that the sun would not rise without them crowing, nor that they only crow before the sun rises. The cycles of the body are not absolute. Many bodies react differently and need viral and bacterial help at times when the masses don't and vice versa.

Some very well-meaning people wrote in favor of some vaccines, citing several historical changes to prove vaccine effectiveness, with added scare tactics. I will illustrate with only one of those examples. One of them wrote:

"The polio epidemic of the 1940-50's all but disappeared after the Salk vaccine went into widespread use in the sixties, but not before hundreds of thousands, mostly children, died or were permanently disabled."

That is myth. As I wrote in my first book in Appendix D: the following table lists the reported incidents of polio in the year 1958, before the compulsory polio vaccine law, and the year 1959, when the law was adopted. Only four states and one city kept records. The statistics show that the polio vaccine actually created the disease that it was purported to have prevented.

Number of Polio Cases Reported in 5 areas, Before and After Polio Vaccine became Compulsory

	<u>1958</u>	<u>1959</u>	<u>% Increase</u>
Compulsory Vaccination?	NO	YES	
Connecticut	45	123	273%
Los Angeles, CA	89	190	213%
North Carolina	78	313	401%
Ohio*	17	52	306%
Tennessee	119	386	324%

*Ohio had an escape clause and many people declined inoculation. Therefore there were fewer incidents of Polio.

Eighty-two percent of all of the people who had polio in 1959 (listed above) had been vaccinated with one or more polio vaccines. Twenty percent had at least three polio vaccinations. All cases had had at least one vaccine. Most cases reported as dead-by-polio were medically treated individuals.

The decline in polio cases had bottomed by 1958, so the polio vaccine had nothing to do with the elimination of polio. The same is true with the statistics of smallpox. Often, statistics have been twisted to seemingly confirm success of medical technology. As you can see by the table above, polio vaccines created polio and did not eliminate it.

Most often today, cases of polio symptoms are diagnosed as some other disease. Everybody has poliomyelitis. The question should be: Is it active? If it is, is it serving a beneficial purpose? How do we improve the body's condition to withstand and heal such a spinal detoxification? As I stated in my first book in Appendix C, a polio patient showed improvement only when no medical intervention was accepted and raw foods were ingested.

I hope that this opens some conditioned minds to at least explore the possibility that viral contagions are myth, and removes much fear.

Healthfully and lovingly,
Aajonus

20031227-0437

Dec 27, 2003

Re: Mad cow

Hi Aajonus,

Just wondering if you have any suggestions regarding the mad cow thing that has just been announced. I eat a large percentage of red meat and wonder if there is any way to look for specific meats? For example: grass-fed.

No need to be concerned unless, maybe, you eat the brain and spinal cord of an affected animal. I ate mad cow meat in Paris, for 3 months a year for 3 1/2 years over 10 years ago, and did not suffer any ill reactions. Of course, at the time, I did not know it was mad cow.

Healthfully,
Aajonus

20031227-0929

Dec 27, 2003

Re: Herpes

Thanks for this very informative email (Dec 19, 2003 Re Flu – Part 2).

Prior to 1991 I never had herpes. After using a lip balm over my cracked, wounded (opening in the skin) lips, I got a herpes sore in the area where the cut on my lip was, within 24hrs. I also came down with a fever and fatigue for over a week. The fever left but the fatigue stayed with me for over 4 years. It has improved partially but still is with me today. Every time I travel, the stress of flying causes the herpes to come out on my lip. It takes a week to heal this sore. This, I see, is having a direct infection occur from an outside source. The virus has continued to interrupt protein synthesis in my body ever since, creating fatigue, hair loss and lowered libido. I'd like to believe that the herpes will some day have run its course; but it does not seem it will ever go away unless every cell of my body could be made perfect, which according to your other email is 40 years on a perfectly pure raw meat, milk, egg, etc. diet. Unless you are aware of others who have seen their herpes disappear completely as determined by titer blood tests or something better, then I'm still inclined to use the anti-herpe herb "Shegoi" along with continued Rife treatments in the hopes that I will some day shatter the consciousness of herpes in my body, permanently eliminating it from my tissues.

Comments?

Thanks.

The salve may have caused a little poisoning and may have triggered the final development - detoxification - of your systemically poisoned nerve endings, just as acupuncture does not create a disease but may bring disease to fruition. Nerve and bone detoxifications are the most prolonged and debilitating cleanses because nerves and bones contain concentrations of metals.

Healthfully,
Aajonus

20040101-1640

Jan 1, 2004

Re: Cravings for cooked meat

Dear Aajonus,

Any explanation as to why, after being on the raw meat diet for a period of time, that I crave cooked meat again?

Happy New Year to you.

It usually means a person is not eating enough fat with it to digest the raw meat properly. Add more raw butter and/or cream to the raw meat meal.

Aajonus

20040105-0229

Jan 5, 2004

Re: Dizziness

I have been dizzy the last 10 days. Yesterday and today has been worse. What to do?

Sounds like a protein deficiency that may be produced from not eating regularly enough or consuming too much fruit. I suggest that you eat a lot of meat with a lot of butter.

Aajonus

20040112-2124

Jan 12, 2004

Re: Intestines & Cellulite

You didn't mention how my intestines are doing and at what percentage the liver and pancreas are now working. Are they working at a higher percentage now that more has been cleared up? Usually, you look at the hands.

Also I have cellulite on my upper stomach area. Is this heavy metals in there and how long will it take to remove that?

They are working about the same. If you were to reproduce more cells in the next year, I am sure they will gradually function at a higher rate.

It's heavy metals in hardened vegetable oils.

Healthfully,
Aajonus

20040129-0607

Jan 29, 2004

Re: Pains around heart

Hi Aajonus,

I have been getting a mild pain (dullish) in my chest area around my heart off and on for a couple weeks now. Today it was much stronger and lasted longer. I have had absolutely no history of any kind of heart problem. Of course, everyone that I tell, tells me it's because of all the butter and red meat I eat every day. And, because of my programming growing up not to eat this, I second-guess myself and wonder if it is causing a heart situation that I never had before. Could this be some sort of detoxing that is going on? Or any suggestions as to what to do? I really do not want to go to the emergency room or my doctor if it is not necessary.

No need for concern. The body must increase circulation to the heart and surrounding areas to help cleanse and heal the areas when toxins have stored there. The swelling and cleansing sometimes causes discomfort, pain and fatigue. It has always been transitory.

The people who panic and relate chest pain to high cholesterol are simply parroting others' unscientific claims. All tribes that eat mainly animal meat and fats, and lots of it, whether cooked or raw, do not have heart disease. The fat that causes hardening of the arteries and heart is pressed vegetable oils, especially those that have been hydrogenated. Pour them into dirt and it turns the soil into rock over the next 6 -10 months. Place animal fat into dirt and it molds and becomes healthier, rich soil.

Healthfully,
Aajonus

20040129-0649

Jan 29th, 2004

Re: Blood - acid or alkaline and thoughts

Hi Aajonus,

I recently heard someone state that when the blood is more acidic, 75% of one's thoughts will be negative; when the blood is more alkaline, 75% of one's thoughts will be positive. They also mentioned this is why treatments such as lithium are effective, as lithium makes the blood more alkaline.

I've been trying to back this up with some sources but I've had no luck yet. I have found numerous sources discussing how negative thoughts create an acid environment, but not the other way around.

Do you know anything about this?

My experience supports that belief. I do not know about the percentages, but I do agree that when the nerves are irritated, because the blood supplying them is overacidic, negativity, hostility and irritability are common. An alkaline mineral supplement is not the answer because it causes imbalances. The green vegetable juices alkalinize the blood, rarely causing imbalances.

Healthfully,
Aajonus

20040204-1238

Feb 4, 2004

Re: Hand injury

Dear Aajonus,
I had a heavy suitcase with books fall on my right hand 11 days ago and it is still painful in the bone and when I move my fingers. How can I heal this quicker?

Ouch!

The Pain Formula eaten with meat meals and resting it on a hot water bottle as often and long as possible.

Healthfully,
Aajonus

20040204-1239

Feb 4, 2004

Re: Sagging flesh

Dear Aajonus,

I have sagging flesh and it is very orange-peel-like if I touch it. Example: on legs and arms. Is this all cooked food or carbos? Will it go on the diet? How long does it take?

The sagging and dry thick flesh indicates that toxins from cooked food are stored in the muscles and that the muscles are deficient in vitamins and enzymes. Removing the toxicity and rebuilding with healthy cells takes a lot of time, but it happens on the Primal Diet.

Healthfully,
Aajonus

20040413-1329

Apr 13, 2004

Re: Mad Cow

Hi all,

I include all of you in the following response because so many people have asked about it.

There is no medical evidence that folded prions cause Mad Cow. The symptoms of Mad Cow are similar to mercury contamination that occurs from vaccines. There seems to be several reasons for creating a new disease. Firstly, it is a smokescreen that prevents pointing the finger at the pharmaceutical industry for using mercury in vaccines that causes the nervous system to disintegrate.

Secondly, my research and that of reporter Jon Rappaport shows that the major genetic food industry is behind the scare with agents in the FDA, USDA and CDC. The business plan seems to be to destroy all faith in natural animals and replace faith with fear. Presenting genetically altered "safe" animals that are patented would mean that the manufacturers would receive royalties for every animal, if they wish, and completely control the food industry. It seems they are doing the same with agricultured food. So, for Monsanto and Dow and others, destruction of unpatentable animals is not only good business sense but a must. If we discard the bacteria theory, they would not get away with it. But, as you can see, everyone follows the postulate that we should fear the bacteria that humans and all animals have been living with for millions of years and trust 600,000 new chemicals that create "clean" living. Those chemicals are causing most of the diseases that exist today, not germs.

If you think that that is a far-fetched conspiracy theory, you might miss the boat to good health.

I ate Mad Cow meat for 3 1/2 years while I lived in Paris, off and on, from 1993-1997 and suffered no ill effects.

Healthfully,
Aajonus

20041101-1956

Nov 1, 2004

Re: Shaving

Hi Aajonus,

I'm just curious. What do you recommend for shaving? I used to have a beard and I've since shaved it off, but electric razors give me heat burns. I've resorted to using the Primal Facial Body Care Cream as my shaving cream and using a normal razor. Even with this, I need to reapply the cream for 1/2 hour after I shave because my face gets pretty red. After that, my skin tone goes back to normal and any nicks heal quickly, so I guess it is working; but I thought you might have some advice. What is the best way to shave for a sensitive face?

First, I moisten my face with coconut cream about 5 minutes before I plan to shave. Then I whip an egg, apply it to my face over the coconut cream and shave with the egg on my face. I rinse the razor in clean water frequently while shaving to remove hair in between the blades. Then, I dip the razor in the whipped egg again before I continue shaving. I drink whatever I do not use.

Healthfully,
Aajonus

20060920-0928

Sep 20, 2006

Re: Sore throat

Hi Aajonus,

I just signed up for your newsletters and have read all of them. Awesome information. I'm so inspired and filled with the hope of future improvements in my health. Thanks for these masterpieces of newsletters. I've known much of this, but your providing new facts and details really crystallizes the whole microbe subject for me much better.

In the recent past I got tired of the raw regime and ate a few meals of cooked fish, steak and chicken. Then I bought and tried pemmican that was dried at 120 degrees and the tallow that dripped off was added back with honey and cherries. I ate a few helpings of this stuff, then I got a sore throat. I returned to 100% raw, except for some bread and slowly have improved. Now, 2 1/2 weeks into it, the sore throat is about 90% better. It has taken a longer time than normal to clear. I've implemented some of your suggestions in the book. My question: have you ever had a sore throat or cold or flu symptoms on this program that lasted for weeks at a time?

You talk about how people with chronic fatigue syndrome are always skinny and irritable. Yep, that has been me. And it all makes so much sense. I've never been able to build muscle. I must have been really poisoned from mercury fillings, vaccines and dead chemicalized food in the 60's & 70's. By age 16, I woke up and began my exodus from the land of disease.

I ordered some Terramin. I'm excited to use it to grow back the bacteria necessary for good protein digestion and improved elimination. On red meat my bowels slow up way too much. I need more E.coli for sure. I look forward to the day when I'm healed enough to feel tremendous peace, happiness and strength.

Thank you for your appreciation for my work. Through childhood and adolescence, I suffered sore throat and cold/flu symptoms for up to 3 months. Since I have been on my present diet, while several times detoxifying my jaws and teeth, I experienced sore throats for up to 10 days; colds or flu for only 7 days. I suggest that you eat at least 20 eggs daily until symptoms subside.

In order for you to gain weight, you must force yourself to eat when not hungry. Once you gain the weight, your appetite will increase to feed the new cells and you will not have to force yourself to overeat as often.

Healthfully,
Aajonus

20060920-0929

Sep 20, 2006

Re: Traveling to Mexico

Hi Aajonus,

I'll be traveling to Mexico for a week and wanted some advice from you on eating raw. I'll bring a three day supply in my suitcase, but what to do on the other days? Do I order raw steak or fish in restaurants? Have you ever eaten in Mexican restaurants?

When I travel in Mexico, I order "carne crudo" at restaurants. Most often, I find a butcher store where I purchase the meat. If you are flying to Mexico, do not store your food supply in your checked baggage, because the radiation it will suffer is enormous. The carry-on X-ray is mild and if your food passes through only once, it will not be too ill-effected.

Healthfully,
Aajonus

20070107-2122

Jan 7, 2007

Re: Fish Question

Hello,

I ate sushi a week ago. I was obviously not thinking and ordered the salmon. For some reason I assumed it was wild. At the end of the meal I asked the waiter and he said yes it was wild.

I found out yesterday after calling the manager of the restaurant that it was farmed salmon. I am/was upset to discover I ate farmed salmon with all of its pollutants. How much damage have I done after two courses of sashimi? I never eat any kind of farmed fish. Unfortunately, I was not thinking.

Thank you.

You probably used about 2 meals of good food to contain and detoxify your farmed-food poisoning. That type of poisoning is unlikely to cause any permanent damage as long as you ate and continue to eat a healthy diet. I suggest that you eat 10 eggs per day for 10 days minimum to ensure that you will not store any of those toxins.

Healthfully,
Aajonus

20070215-0626

Feb 15, 2007

Re: Raw Food for 15 Month Old Baby

Hello,

What raw foods are safe for a 15 month old baby to eat? I am just now introducing some food to him.

I know you say meat and milk. What about butter alone, butter and honey together, kefir, raw cheese, raw cream, raw egg or raw egg yolk?

I have tried very small amounts of all of the above foods on our little boy and he loves all of them. Any problem with them?

Is there absolutely any raw food that he should not have? I don't want him to detoxify in an unhealthy way.

I make your Steak Tartare with 1-1.5 pounds fresh raw ground sirloin meat (I grind myself), fresh grated red onion to taste, 1 clove fresh grated garlic and 1 raw egg. Is this okay for a 15 month old to eat? Or should the raw meat be plain?

Thank you.

All of those foods are helpful to most infants, however cream and butter require large amounts of minerals and proteins to utilize them. Milk is most often the perfect balance, if cream content is satisfactory. Small amounts of cream and butter will not cause imbalances. If trying to counterbalance a large consumption of cream and butter, more protein and cheese should be consumed.

Because of children's delicate digestive systems, it is always best to feed infants and children plain meat.

Healthfully,
Aajonus

Is raw avocado okay? Our little boy loves it.
Thank you.

It is good for infants, but not as a staple fat. It does not build or heal the body; it mainly causes detoxification.

Healthfully,
Aajonus

20070508-1004

May 8, 2007

Re: Salt in Cooked Food

Hi,

In your book you say that cooked food needs salt to help process the cooked food. When eating cooked chicken / cooked food is it okay to put salt on it?

Also, Wild Copper River Salmon is just now coming into season. Is Copper River Salmon safe to eat?

Thank you.

Cooked meats of any kind do not need salt.

I have not investigated Copper River in several years, so I do not know.

**Healthfully,
Aajonus**

200070606-1408

June 6, 2007

Re: Tobacco

Hi Aajonus,

Our friend came to see you. Thank you for helping him. He thinks you are the greatest thing right now!

I talked with someone at Mother Earth tobacco last week. She said someone else has called them about the green tobacco and they are trying to figure out how they can do this for us. She seemed very receptive to doing it, but says that the tobacco will turn brown very quickly and begin to have a horrific odor. And even if they overnight it to places in the US, there is really no guarantee that it won't get stuck at the border, and then be brown when it arrives. Just wondering if you have any thoughts on this? Would it still work as long as it could be juiced, even if it is not green anymore? If this would still be beneficial, then I think they would be willing to work with us.

I did find a farmer not too far from us who is willing to let us come and get some of it, but he does not want us to give his name out and he does not want to do it for other people because he's worried about tax issues. He said he didn't know if there would be tax on "green" tobacco, or if it would just be on the cured stuff. I am also not all that sure that he will be willing to do it for me when I call him back in August to go get it!

Thanks. Hope your travels are going well!

If it were brown for several days that would be fine. You will ferment it anyway. The requirement of green tobacco was to ensure that it was not dried tobacco. Only cured tobacco is taxed.

Healthfully,
Aajonus

20070721-0520

July 21, 2007

Re: Whole House Water Filter

Hi Aajonus,

We are interested in installing a whole house water filter. We like the Aquasana filter. It takes out everything except the minerals.

What do you know about whole house water filters?

Thank you.

I would use a three-tier system: paper - charcoal or carbon - sand, in that order.

Healthfully,
Aajonus

20070912-0108

Sept 12, 2007

Re: Raw chocolate

Hi Aajonus,

Question:

What is the truth about raw cacao? I read in one place that chocolate is believed to boost serotonin and endorphin levels in the brain and is good for us. Then in another article I read this:

"Chocolate and raw cacao are outright health hazards due to the chemicals, contaminants, and additives they contain. The chemicals within chocolate are called methylxanthines. They can be further classified as theobromine, caffeine, and theophylline, all of which have deleterious effects on the body. Theobromine is known to cause a host of symptoms including abnormal glandular growth, nervousness, depression, anxiety, insomnia, gastrointestinal problems, and itching. Caffeine is highly suspected of being a carcinogen, and is directly linked to heart and circulatory problems, glandular difficulties, nervous disorders, osteoporosis, birthing abnormalities, and so forth. Theophylline causes stomach problems, nausea, vomiting, and nervous disorders."

You talk about caffeine and theobromine being bad for us in your book.

What is the truth? You eat some of it. How much is too much, or is it really the best not to have any at all? Are there any people that should not have any at all? What do you think?

Raw chocolate made with raw butter and honey is fine in small quantities. I wrote about it in my soon-to-be-released newsletter (Volume 7, Oct 30, 2007).

Healthfully,
Aajonus

20070927-0505

Sept 27, 2007

Re: Takara Detox Foot Patch

Have you seen this? What do you think about it? I was totally skeptical until I read it. I am curious. Do you know anything?

<http://www.takarapatch.com/index.htm>

I have not experimented with it but it could be well utilized in emergency cases. Whether the mined and sterilized tourmaline, not bioactive from plants, can cause tissue destruction if absorbed has not been addressed. Whatever else is in the patch that may be absorbed into the body prior to toxins being attracted to the patch has not been addressed. Since feet normally heavily perspire, the acidic perspiration will dissolve some of the patch and absorb it. Does any of it remain in the body, and if so, what are the effects long-term?

Healthfully,
Aajonus

20080227-0446

February 27, 2008

Re: Testing to ensure milk is really raw

I have some doubt (admittedly small, due to the presence of an employee at an organic dairy who is opposed to selling the stuff raw) whether the milk, cream and butter I have been getting is really raw.

Is there a reliable test or indicator?

Yes, it is a relatively inexpensive test where a laboratory tests for the cauterization of phosphorous.

Healthfully,
Aajonus

20080322-1805

Mar 22, 2008

Re: Lung infection

Hi Aajonus,

Have you ever had anyone else have a lung infection problem that got worse on the high meat and finally cleared up?

Yes. They should not sleep prone until the detoxification is finished.

Aajonus

20080327-2228

Mar 27, 2008

Re: Severe rash on chest

Hi Aajonus,

I sent you two photos of a rash that came out of nowhere on my chest 2 weeks ago, and is spreading down my body and onto my arms and legs.

My mom has Morgellons and has had it for several years now. She thinks it is that, as the websites on it state that it is a sudden onset of a rash that itches and hurts. Then, after a few weeks or months, it is gone as fast as it came. Then some sort of incubation takes place for anywhere from 3 months to 3 years before the sores start, where the fibers start coming out of the body. It also said stress and sweating can set it off. I do hot yoga and sweat a lot and have been under HUGE stress the past 3 months.

I have no idea if it really is the Morgellons, or if it is some sort of detoxification I am going through. It is excruciatingly painful and itches like crazy. I have been putting coconut cream on it for two weeks and it has not helped. In fact, it is getting progressively worse.

Please help!

No matter what, such a detoxification is toxins passing through the skin and irritating cells. To help arrest the toxins, so they cause less irritation and cellular damage, I suggest that you rub lime (not lemon) juice on the area. 3-5 minutes later, apply coconut cream.

Healthfully,
Aajonus

20080328-0221

March 26, 2008

Re: Olive Oil & Fermented Cod Liver Oil

Is this an olive oil that meets and exceeds your standards?

California Heritage Olive Oil from Living Tree Community Foods

California's olive country is full of pesticides and herbicides, therefore this oil MAY be affected. Is there any type of solution used to help separate the oil from the pulp? Many oil companies claim cold processing, but use solvents and/or separating solutions instead of heat. I think that Living Tree is a reputable company, but I do not think that they understand some of oil processing. Someone will have to speak with the chemist to ensure that nothing is used to cure or separate the pulp from the oil.

I worked with Green Pastures to create the fermented cod liver oil about 1.5 years ago. I tried it and it was good, but they did not sell it at the time because it would only remain stable for 6 months. Then the company decided to change processes to make it last 1 year. They did not contact me about their new processes or whether they changed the processes at all.

I do not have time to call Living Tree right now, but I will put them on my call list. If you would like to call them be my guest, but get whatever they claim in writing.

Healthfully,
Aajonus

March 28, 2008

I emailed Living Tree and I got a reply from their president, who stated that their olive oil is made without using any chemicals or solvents and that it is raw, unfiltered, unheated and UNPRESSED - produced in a water-jacketed centrifuge at room temperature.

Their flaxseed oil is cold-pressed, without chemicals or solvents, below 120 degrees F.

Both are certified organic.

Thank you for being so diligent and prompt. In the past, I have found that most executives of companies are not reliable sources for confirmation of processes; that is why I asked you to speak with the chief chemist for the company. If the president is also the chief chemist for the company, then his confirmation is probably accurate.

Healthfully,
Aajonus

I think I will double check to see who the chief chemist is.

I also spoke with Green Pastures and they will email you to confirm that the fermented cod liver oil product has not changed processes in any significant way since you were aware of it. They only add a small amount of organic virgin rosemary oil as an antioxidant in minute quantities, but they are going to re-establish the product without same this summer.

The rosemary oil is distilled and very toxic, solvent active.

HOW toxic? I've been consuming a lot of his cod liver oil. How should I detox it?

Probably, the amount of rosemary in it is bonded with the cod liver oil and it did not cause you any problem with storage or injury.

20080328-1222

March 28, 2008

Re: Flaxseed Oil & Forced Detoxes

Hi Aajonus,

I just purchased your guide of approved products and have been checking on availability and making comparisons to some of the stuff I have been using.

Flora flaxseed oil is on your approved list, pressed at or under 90 degrees, but it comes in a plastic bottle which they claim has been tested to ensure against leaching of various chemicals. I have been using a local, dark-glass-bottled, organic flaxseed oil, pressed at about 98 degrees. Which do you think is the better bet? Are you OK with plastic containers of the quality Flora claims?

And on this subject: I have been consuming what I thought was the highest quality of organic cold-pressed olive oils as a staple for over 20 years now, only to discover their real temp was in the neighborhood of 120 degrees F. What, if any, damage have I likely done with these oils, and what, if anything, can I do to reverse it? I ask because I noted with fascination your green tobacco detox for smokers included in the guide, and wondered if a similar approach might reverse any detrimental effects of a lifetime on phony extra virgin olive oil.

The best flax oil is Barlean's. They press it the day before they send it. You can put it in glass as soon as you receive it. I agree, oil that sits in plastic for very long dissolves the plastic; as oil sits, it becomes more acidic but not rancid, unless it is heated over 96 degrees F.

Any time you would like to force-detoxify anything, ferment or age the substance and then take it in very small amounts.

Healthfully,
Aajonus

20080329-0320

Mar 29, 2008

Re: Rabies Vaccine

Hi Aajonus,

We need to take our dog to a trainer. She has been on the diet you recommended since soon after we got her. She is very spirited and I wouldn't dream of squashing that, but she is a little out of control not listening to us! Anyway, she had the puppy shots at the humane society before we got her, but has had no shots since then. I don't plan to do any of them, even though we cannot kennel her anywhere because of it! The trainer is definitely on the side of as few vaccines as necessary, but he says he cannot get away with overlooking the rabies one. In our state, it is law that they must receive the vaccine once and then once more a year later. After that, they can go 3 years. So, I only have the record of the one she received just before we got her. So, now either I have to give it to her or I cannot take her to a trainer. I have read that they can titer to find out if she still has enough antibodies, but the holistic vet here says that there is not enough evidence that the titering works with rabies to make this legal in our state. So, do you have any recommendations about how I can make this the least harmful to her?

Thank you.

She is not receiving enough bones, or is not digesting the bones you give her because the puppy shots damaged her digestion. If you are feeding her plenty of bones, you may have to crush them with a sledge hammer in the future so that she will digest them better. Once she has enough of the minerals from the bones, she will behave.

As far as shots, including rabies, they only cause harm to her and profit pharma. To protect my dog, I would falsify documents if I had to, which might be easy to do with the phenomenal graphic programs available.

Healthfully,
Aajonus

Oops, I didn't mean to give the impression that she is having problems. I think she is OK. We do smash the beef bones sometimes when she is unable to do it herself.

But, I do want to take her to a trainer to learn how to stop her from dragging us down hiking trails with the leash. So, I either have to do the shot or falsify the documents like you said.

Unfortunately, I am not always as resourceful as you with things like this. 95% of the time, we make the choices that you would suggest. But, sometimes, we sell out because we do not know how to get the things done that will allow us to go around. This may be one of those times. Plus, I would hate for her to get bitten one of these days when she takes off through the woods.

So, in case I don't find another way, could you please tell me what I can do to make the shot the least harmful as possible? Is there something I can give her before and/or after that will help?

Thank you.

Rabies vaccine does not prevent rabies but causes it. The mercury, formaldehyde and aluminum usually cause crippling MS in the rear end of dogs after age 9. Usually, it is temporary if the dog is on the PD but sometimes it is not.

Healthfully,
Aajonus

20080416-1950

April 16, 2008

Re: Raw Milk and Weight Gain

I sense my raw dairy consumption of late (as opposed to a few years ago with a different supplier) has resulted in considerable weight gain. Granted, I have been consuming a lot more, but it got me thinking.

When I want to quickly gain weight, I drink lots of raw milk.

Aajonus

20080419-0939

April 19, 2008

Re: Flora Flaxseed Oil

Hi Aajonus,

FYI, Flora's flaxseed oil is a cold-pressed oil that makes your list of approved products but, upon direct inquiry, it turns out that it is pressed at 98, not at or below 96. They say they use NO heat, but that is the temp at which the seeds are ground. I get the same story at a local flaxseed oil producer here. They say NO heat is used, but the gauge at the press is 98 degrees. I am going to enquire about the others on your list, but thought you'd want to know Flora does not meet the 96 advertised there. How bad/less good is having consumed these 98 degree flaxseed oils?

98 degrees F. for flax oil is okay, but not for olive, peanut or coconut oils.

Healthfully,
Aajonus

20080519-0341

May 19, 2008

Re: 2 year old eating soil

Hi,

Why is my 2 1/2 year old eating soil? I'm sure soil is contaminated with who knows what. What is best for him to eat? Thanks.

He eats soil because it has many nutrients that aid digestion. However, if the soil has been contaminated with herbicides, pesticides and chemical fertilizers, it could cause anemia and, at worst, leukemia and possible bone or other cancers. It would be best to travel to a clean state or federal forest and harvest about 2.5 gallons of top soil (no more than 6" deep) and pick a spot that he likes in your yard for him to grab and eat it.

Healthfully,
Aajonus

Hi again,

I had one more thought. My 2 year old has only eaten the top soil twice and I don't think he has ingested very much. I am hoping that your reference to leukemia would require him to eat larger amounts over time. Please calm my fears on this. Also, is there anything he can eat now that would **clean him out** of the possible contaminants in the soil. The soil was top soil from the large 40 pound bags you buy at the store; there was nothing added to them. Just plain top soil.

Thank you once again.

In a child that young, even a small amount could cause anemia, but probably not cancer. One drop of vinegar in a tablespoon of raw milk, twice daily 5 days weekly for about 6 weeks, should remove all such toxicity.

Healthfully,
Aajonus

20080520-0639

May 20, 2008

Re: Cucumber in juice

Hi,

When you came here you put all the new people on cucumber for their juice. One person had 50% cucumber. **What does cucumber do for the body?** My juice drink that you gave me 2 years ago is 75% celery, 15% carrot for sulfur, and 10% parsley. **Do I need to change my juice and add cucumber to it? If so how much?**

Thank you once again.

I experimented with cucumber puree for about 6 months with 50 people and the results were very beneficial for skin, connective tissue and other collagen-related needs. New people on it is a broader experiment. You may add 45% cucumber puree and drop 45% celery if you like. However, since you are doing so much better, I am reluctant to suggest the change for you. I will not be able to distinguish how much your skin is affected by fat absorption if you add the cucumber. I do not want you to forget the need for fat and think that because your skin may improve so much with cucumber puree that you do not need as much fat.

Healthfully,
Aajonus

20080603-0805

Jun 3, 2008

Re: Butter wrapped in parchment paper

Hi Aajonus,

What's wrong with parchment paper? I get my raw butter from Grazin' Acres in Wisconsin. They wrap their raw butter in parchment paper. Is that okay? The other alternative is number 5 plastic from Amos Miller in Pennsylvania. Which is better: parchment paper or #5 plastic?

Thank you.

When I got butter wrapped in parchment paper, I trimmed 1/16" of butter from all surfaces, because toxins that are used to make paper are easily absorbed into butter. As long as the butter is not frozen, plastic will not leach into butter. However, there is a slight toxic film on plastic surfaces that will be leached into butter. From plastic containers, I scrape the surfaces. It is my understanding that Grazin' Acres freezes all of their butter unless you ask them to send non-frozen.

Healthfully,
Aajonus

20080609-1238

June 9, 2008

Re: Lungs, Pneumonia

Dear Aajonus,

I realized we forgot to see what state my lungs are in. I had pneumonia for the first time last year. The doctors saw something on the X-rays. What do you see?

Thanks.

I mentioned the lungs. The right lung improved with removal of biological waste, but accumulated metallic toxicity. The left lung improved by waste removal and healed some (more cellular life), but also accumulated metallic toxicity.

Pneumonia is a radical method of detoxification.

Healthfully,
Aajonus

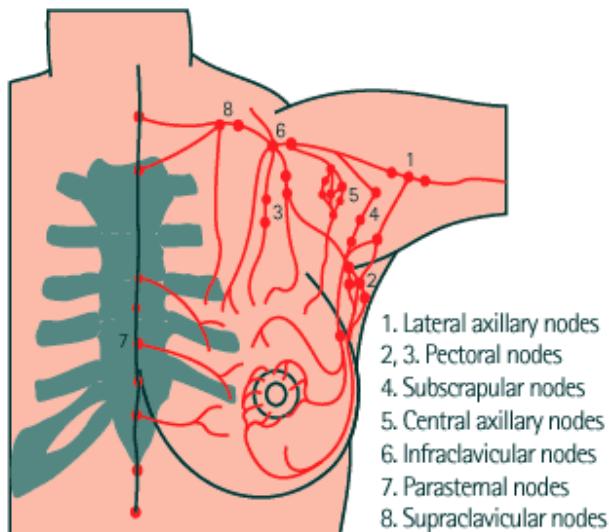
20080624-0546

Jun 24, 2008

Re: URGENT – tumor – request for guidance

Aajonus,

My wife's tumor in her left breast has slowly been growing bigger over the last 6 months, from a small plum to about the size of her fist. Also, in the last few months, the surrounding lymph nodes have all gotten bigger and painful. In the attached photo, the entire #2 group is palpable, all the size of grapes. The # 3 area, on the breast, is the largest, double the size of a grape, like a date. # 8, on the top of the sternum, is the size of a silver dollar and raised out about 3/8 of an inch. The one right at #7 is small and painful. There are some smaller ones in the vicinity of #4 and #5.



To make things worse, her shoulder/breast area is now so stiff and painful, it is as if she were recovering from a car accident or some other injury. She has to walk slowly, conscious of her arm movements, and I have to be careful if I hug her. If I squeeze too hard it hurts her. The lymph nodes are very itchy inside and painful. She also gets a very painful itchy feeling inside the tumor that she describes is like little worms moving around, but that pain in the tumor has always been there (on and off), just more intense recently.

A dry cough has been developing slowly over the last few weeks. She says that her lungs are very itchy in the sternum area and she just needs to cough. A couple of days ago, she mentioned that if she bent forward, it was as if blood would surge to the lymph and they would throb. And then, when she coughed, she could feel pain in all of her lymph. Now, she is just so sore everywhere that it is painful all over the area and in the lungs when she coughs. She has started to cough up some mucus.

She is really having a hard time and is really scared, especially after last night when every time she lay down and tried to sleep, she would start coughing and it was really painful. She finally fell asleep and appears to be breathing normally but coughs slightly and moans a little every now and then.

She has been taking hot baths and using a hot water bottle on the breast area and that has been helping with the pain a little. She is all raw (100% and no salt for 2 years). She gets in a lot of cream every day, eating ice cream; plenty of milk, about a quart a day; usually, at least one meat meal; not a lot of juice lately, but a little green juice yesterday; a couple of spoonfuls of butter; and a bit of cheese before the meat meal. Other than that, she has been eating fruit like mango (from the neighbor's trees) which is in season and some organic apples, and one or two small apple bananas from the yard (the fruit has been replacing the other meat meal and a snack). She has been taking some organic salads to work with pine nuts and flax seed/honey/ACV dressing. She has not been drinking smoothies, but we have had chickens for about a month and she drinks one to two eggs a day. They did eat some commercial feed when we got them but we have weened them off and they are now on wheat/corn scratch and the rest is grass, bugs and worms from the yard.

We look forward to your reply.

Thanks.

I am confused why I was not kept abreast of her progress.

Juice is very important to remove waste, especially minerals that have bound with her body's cancerous discharges. If she does not have juice, those toxic minerals will remain in tissues, hardening the area. Fruits cause mineral imbalances and add byproducts that are likely to cause more stiffness.

I suggest that she drink 3 8-ounce glasses of vegetable juices daily: 25% carrot, 25% celery, 10% cilantro and 40% cucumber puree. Juice all but the cucumber. Peel the cucumber until all the dark green is removed. Slice the cucumber into circles and add it to a quart jar. Fill it with vegetable juices and a little honey and blend. Mix all the juices and the cucumber puree together and bottle it for each serving.

When she drinks the juices, I suggest that she drink 1 tablespoon of raw apple cider vinegar with the first juice, 1 1/2 tsp vinegar with the second juice, and 1 tsp vinegar with the last juice. I suggest that she drink that 6 days weekly for 6 weeks. On day 7, weekly, I suggest that she drink the juices without vinegar.

Keep me posted.

Healthfully and lovingly,
Aajonus

20080706-0423

July 6, 2008

Re: Remedy for Hydrogen Peroxide

Hi Aajonus,

I seem to have rendered unreadable my note on your suggested remedy for having consumed 15 drops of "organic, food-grade hydrogen peroxide" daily for the last 8 months. You said coconut oil/cream and _____ together. Can you please remind me.

2-3 ounces of coconut cream and 1/2 cup tomato with a few drops of raw apple cider vinegar. Blend all together.

20080708-0914

July 8, 2008

Re: Food-Grade Hydrogen Peroxide

Hi Aajonus,

I just wanted to clarify something from our Saturday consultation: as I mentioned, I have been taking (I stopped since Saturday) 14 drops of food-grade hydrogen peroxide daily for the last 8 months, as per the recommendation in the first edition of WWTL, as a way to boost oxygen and aid my hair/eyebrows. The funny thing is, I believe there has been some improvement. How do I verify if in fact the H₂O₂ that I have is of the kind you originally recommended in your book, or is in fact dangerous?

If you paid \$300 for 2 ounces, it is probably natural. The cost of obtaining and packaging natural H₂O₂ is very expensive. If you paid anything less, it is definitely not natural.

Healthfully,
Aajonus

20080711-0942

July 11, 2008

Re: Bladder Stone Removal Remedy

ITEMS NEEDED:

Small picnic cooler

1 hot water bottle

Glass jars:

4 ounces to hold vinegar

4 ounces to hold lemon juice

8 ounces to hold olive and coconut oils

16 ounces to later combine the above ingredients

16 ounces to hold sparkling water

Ingredients:

3 ounces of olive oil

3 ounces of coconut oil

3 ounces of apple cider vinegar

2 ounces of lemon juice

16 ounces of sparkling water

Place the ingredients in their respective jars as mentioned above. Place all jars including the empty 16 ounce jar in the cooler. Place the hot water bottle that is about 110 degrees F. in the cooler to heat the ingredients and keep them warm. Place the cooler near your bed or floor where you will mix and consume the ingredients later.

BEGINNING THE PROCESS

Follow the instructions for Lymphatic Congestion and Lymphatic Baths. Drink the Lymphatic Formula (pineapple/coconut cream mixture) as soon as you enter the bathtub or hot tub. Soak for 60-90 minutes in water that is 101.8-103 degrees F. After leaving the tub, bundle warmly. Go to the bed or the floor and remove the jars from the cooler. Pour the lemon juice, vinegar and both oils into the empty, warm 16 oz jar. Sit on the bed or the floor and drink 4 ounces of the formula at a time, alternating immediately with 4 ounces of water. Repeat until the mixture and water are consumed.

Immediately, lie on your back. Place one hand on top of the other and with the top pads of your fingers in horizontal alignment with your pelvic bone, press slowly and deeply into the lower abdomen just above the pelvic bone downward toward the tail bone. While pressing as deeply as possible without creating too much pain, slowly move your fingers toward your navel about 5 inches. Do this 10-15 times. Roll onto your stomach and roll your abdomen muscles up and down until you must urinate. Try to hold it until you absolutely cannot hold it. Holding your urine will force the bladder to expand as much as possible and allow the ingredients to begin dissolving the stone(s). Also, it allows for dissolved stone fragments to flow outward with the urine upon urination. Use a jar to catch your urine and check for stone fragments.

Healthfully,
Aajonus

20080715-0839

July 15, 2008

Re: Bladder Stone Removal Remedy #2

ITEMS NEEDED:

- 1 hot water bottle
- 1 glass jar - 32 ounces to hold all ingredients
- 1 quart Sports Formula

Stone Removal Formua Ingredients:

- 4 ounces of olive oil
- 7 ounces of apple cider vinegar
- 2 ounces of lemon juice
- 7 ounces of sparkling water

Start drinking 1 quart of Sports Formula 3 hours before drinking the Stone Removal Formula. Finish the Sports Formula 30 minutes before drinking the latter. You may also drink juice instead of Sports Formula if desired. Do not eat anything during this time.

Prepare a cold bath ahead of time. Mix all the ingredients together in the jar. Then lie down on the floor or bed and place a hot water bottle on your abdomen for 20 minutes.

On the way to the bath, begin to drink the formula and finish it while lying in the tub on your back. Rest your head on the hot water bottle.

After 5 minutes in the bath, as relaxedly as possible, roll your stomach up and down for 20 minutes. If you have to urinate before the time is done, get up and catch your urine in the quart jar. Then lie back in the tub for the remainder of the time. When finished, get out, but try to hold your urine for as long as possible and go to the bed or floor, lie on your stomach and roll your stomach for about 5 minutes. Use a jar to catch your urine and check for stone fragments.

Healthfully,
Aajonus

20080717-1902

July 17, 2008

Re: Hothouse Tomatoes

Hi Aajonus,

I just discovered that ALL of the tomatoes we have been buying and eating from the local community organic grocer are hothouse tomatoes.

Am I right to assume that such are somehow deficient, and/or possibly dangerous?

Is it better to eat non-organic tomatoes if they have been grown in sun and soil?

Not only are they deficient, they are not truly organic. It is always possible to get organic cherry tomatoes that are not hothouse year round.

Healthfully,
Aajonus

20080720-0712

July 20, 2008

Re: Spoiled/Rancid Raw Butter

Hi Aajonus,

Is "spoiled"/rancid/fermented butter harmful or beneficial, in any way?

Raw butter does not rancidify or putrify. It simply turns into moldy butter-cheese such as blue butter-cheese. Like cheese, molds have predigested the butter, making it more digestible.

Healthfully,
Aajonus

20080831-0701

Aug 31, 2008

Re: Questions About Diet & Penicillin Destroyer

Dear Aajonus,

I have attached the diet you created for me. Please review it for me and make any changes necessary. I will be working hard to adhere to it. I want to make sure I am following the best eating plan, and I am determined to feel better and get healthier.

A couple of unanswered questions:

You mentioned you wanted me to eat bone marrow.
When, how much, and how often?

You mentioned "Penicillin Destroyer" being important for me. We didn't discuss it further. ("Penicillin going wild in my body.")
Can you tell me what you want me to do?

You suggested cherries and dairy cream 2 times a week.
What time of day, where in my eating plan, and what quantities?

You didn't mention butter following my evening meat meal.
Do you not want me to have it, or did you forget to mention it, and if so how much?

Thanks so much.

Bone marrow should be eaten before meat; have 1-2 bone-marrow sections per day at your evening meat meal.

The Penicillin Destroyer is 3.5 tablespoons each of lime juice and coconut cream, 1.5 tablespoons of honey, and 1.5 teaspoons of lemon juice. Blend all of these together and pour it into 2.5 ounces of naturally sparkling mineral water. Sip it over 15 minutes in the afternoon as your fruit meal of the day, once weekly.

Have 1/2 cup of cherries with 3 tablespoons of raw cream as your afternoon fruit meal, twice weekly.

Temporarily, have no butter with your evening meat meal for weight loss.

To thin mucus, mix 2 tablespoons of butter, 1 tablespoon of coconut cream, 1 tablespoon of honey and 1/2 teaspoon of ginger juice.

Healthfully,
Aajonus

"To thin mucus, mix 2 tablespoons of butter, 1 tablespoon of coconut cream, 1 tablespoon of honey and 1/2 teaspoon of ginger juice."

Is this a gargle, or do I swallow it, and how often, and when if I swallow it?

Have 1 teaspoon kept in your mouth for about 4 minutes and swallowed gradually over that 4 minutes, as often as once every 2 hours.

**Healthfully,
Aajonus**

20080915-0446

Sep 15, 2008

Re: Artificial knee

I was asking you about my father and you felt he has Crohn's with his leg infection, swelling and pain (plus general spinal osteoporosis). It turns out they are going to operate to give him an artificial knee as the bone, etc. are too damaged in the knee and he can't walk. What advice? Is there any hope without this? He is bedridden right now and can't walk. And they are waiting for the readings of the infection to come down so that he can be transferred to another centre to do the operation and the 6 week recoup process.

What advice do you have for my father? His knee and bone are damaged and no good apparently, i.e. he cannot walk. It is worn through. Should he get an artifical knee as they want to do at hospital? Could it be prevented?? And is this bone/cartilage worn through part of Crohn's? Is it ageing/wear and tear or what?

Thanks.

At this late stage, to cleanse and heal his condition could take 2-5 years. If he gets an artificial knee, he could be walking painlessly in several months. However, if he does not resolve the problem that caused his joint deterioration, he will have problems elsewhere and pain in the replaced knee. Many people with replacement joints suffered unending pain until they began eating raw meat. Most sufferers completely eliminated crippling replacement pain within 2 weeks of consuming raw meat twice daily. Others required 4-5 weeks. In those situations, it did not matter whether the sufferer consumed red or white meat for healing. What should be considered is if red meat is causing the sufferer to be more anxious. If so, then s/he should eat white meat. After surgery, meat and the Lubrication Formula are most often imperative.

Healthfully,
Aajonus

20080915-0447

Sep 15, 2008

Re: Airport letter

Dear Aajonus,

Just writing to request the letter from you for the airport to take raw food on a flight. Does this mean that the one piece of hand luggage we are allowed to take is then taken up with the raw food bag or is this seen as an extra piece allowed?

Thanks.

Airport document attached. This will be a carry-on only, usually the food you take in your bag. However, if you take a lot of food, if you state that your extra carry-on is medication, they will not stop you and usually not charge you. Thus far, I have not been charged.

Healthfully,
Aajonus

20080915-0448

Sep 15, 2008

Re: Tsunami

Dear Aajonus,

Can you remind me of the nuclear explosion explanation of the 'tsunami' in Thailand. Why could it not have been a tsunami? I know you said there were submarines below from UK and US parties and there was only one picture of the water/wave.

Thanks.

An earthquake causes large waves to ripple and crash onto shores. All of the testimony from eyewitnesses described the water swelling with no waves – that the water swelled three times. That kind of physics can only be produced with underground explosions. Also, the USA-owned island that sits between India and Myanmar posted a notice 24 hours prior to the event to evacuate to the top of the island.

Healthfully,
Aajonus

20080917-0826

September 17, 2008

Re: 10% of Brain Myth

Aajonus,

I was at your event and it struck me as inaccurate when you said we only use 10% of our brains. So I did a Google search and found lots of articles saying it was a myth.

My iridology exam showed lots of detoxing in the brain. So I guess that is a good thing after all!

In gratitude for your work.

The estimation of brain usage was issued after Einstein's brain was examined. Like muscles that are active, certain chemical byproducts are present in active tissue. Only 12% of Einstein's brain had those chemicals. From that, it was deduced that other people of less brain activity used approximately 10%. Just because there is circulation to most areas of the brain does not mean that they are utilized.

Healthfully,
Aajonus

I believe the brain falls into the same category that, in years past, tonsils, spleens and appendixes fell into. Science doesn't understand how everything works and concludes that we must not need/use them. What year was Einstein's brain examined? Humanity's knowledge base increases astronomically every year. I think you are holding onto a piece of data that doesn't serve your message. That's all.

Einstein's brain was examined from the time it was donated several days after his death and up to 3 months after his death. I do not see any signs that we use much of our brains except with advancing harmful although convenient technologies. Animals with small brains do not kill for greed and pollute reality on all levels. My argument was that most of our brains are utilized to hold metallic and other toxicity, but not much for intellectual use. That is why our brains are so large; they have grown exponentially ever since we began smelting to make and preserve tools and convenience objects all the way to our present level of industrial pollution. In my perceptions of experience, there are no indications that prove we are wiser than other species holistically. I think that I present a huge argument that supports my message that we have large fatty brains to store toxicity that aligns with our rate of pollution, because we well know that bodies store toxins in fats when fats are available. Should we agree to disagree?

Healthfully,
Aajonus

20080924-0630

Sept 24, 2008

Re: Cat Vomiting - Now Won't Eat

Dear Aajonus,

Our 16 year old family cat has not been able to keep any food down for 10 days now. He attempted to eat and threw everything up. Now he won't eat anything. He is getting extremely thin and dehydrated. He doesn't drink either.

His usual diet has been raw for five years: raw chicken, meat, tuna (doesn't like salmon), periodically he drinks raw cow's milk, and eggs. He's finicky and eats only these foods. He's an inside cat and hasn't been ingesting anything harmful.

I tried a little cooked chicken, with raw butter added after cooking, a raw egg blended in milk, and mashed potatoes with raw butter. He can't keep anything down. His stool is usually very hard and now what little there is, is runny, yellowish and gray, and he's defecating outside of his litter box. I'm cleaning up vomit, cat urine and diarrhea whenever he tries to ingest something.

Maybe his organs are shutting down. He will certainly starve to death if this continues. I may go get a saline IV from a vet to hydrate him.

What does your expertise and instinct tell you? I instinctually don't believe he is dying yet, but I am scared he will starve if I don't help him in some way.

Cats and dogs who have had vaccines and other injections usually endure such detoxifications between 9 and 10.5 years of age. Mercury, formaldehyde and aluminum cause the symptoms. The symptoms often progress to rear end paralysis.

Trying to feed him tiny amounts of raw cheese frequently helps to absorb those poisons. To give him enough strength to survive the detoxification, I suggest a 2 parts butter to 1 part honey mixture.

Of at least 16 cats that I have helped through that detoxification, only 2 died. However, at the end, their keepers took those 2 to veterinarians and they died within 24 hours.

His stools should be hard because he is not eating anything that remains in his digestive tract.

Healthfully,
Aajonus

20080925-1125

Sep 25, 2008

Re: Pearl Powder as a food

Dear Aajonus,

This is something you do not want to miss. Read this and then sign up and get on board. This is going to be the biggest and best nutritional supplement of the century. I'm not one to ever get involved with MLM but here is a unique and optimal situation. Please do take this seriously.

Pearl powder is rock. We do not digest rock. We could feed it to plants and derive minerals from it, but in rock form, we will get mineral clumps throughout the body. There are no magic bullets.

Healthfully,
Aajonus

Oystershell is rock. Pearl is in a matrix with proteins and trace minerals. This is a food and it has regenerated collagen and skin health, it can support bone density. Pure rock would not mend itself into a cavity and fill a tooth, but the Mayans used pearl power successfully to fill teeth. Only a living mineral with proteins could do that! I know your high standards and I would not begin to think I could persuade you onto something that would be a rock only. Really this is a food and is worth looking into.

Pearl is rock also. It is not a food source for us. Dogs and cats might be able to use a little of it, but not humans properly. Pearl powder as a filling makes it a good hard substance, but can we digest teeth? If you swallowed your tooth it would pass whole through your digestive tract.

Here is what I suggest that you do to test your belief. Have someone consume 1/4 cup with only water – drink water and eat nothing else for 48 hours. Have a laboratory liquefy feces passed for the 48 hours and see how much pearl powder remains and in what condition. That is, has it been etched by intestinal acids or not?

Healthfully,
Aajonus

20080926-0835

Sep 26, 2008

Re: Toothpaste

Hi Aajonus,

Do you recommend any other toothpaste besides clay/butter, cream/ginger or mint solutions?

Yes, once or twice weekly, a mixture of 1 tablespoon coconut cream, 1 teaspoon clay and 1/2 teaspoon raw apple cider vinegar. That will clean plaque from deep under the gums.

I presently use Doctor Burt's lavender and mint toothpaste. Should I discontinue using it? If so, what should I use daily?

I suggest that you discontinue it and brush with the following mixture once daily that is best kept in refrigeration: 1 tablespoon coconut cream, 1 teaspoon Terramin clay and 3/4 teaspoon raw unpasteurized apple cider vinegar

Healthfully,
Aajonus

20081001-0612

Oct 1, 2008

Re: Custard Formula

Hi Aajonus,

As of Monday, I'm happy to say I will have done the custard formula for 5 consecutive days.

3 questions:

- (1) How many days should I take it for this urinary situation?
- (2) Happily, my urine remains light and clear, but there is a small prickly feeling every time it collects in my bladder, as well as when I relieve myself. Any thoughts?
- (3) Does having E. coli in my urine have anything to do with how it feels? Any recommendations?

Custard was to help correct damage by antibiotics. I suggest having it 2-3 times weekly for 10 weeks.

If the doc lasered your bladder, it will likely cause discomfort until it is completely healed: 3-6 weeks? E. coli in your urine indicates that you consumed antibiotics. Yes, do not ever take antibiotics again.

Healthfully,
Aajonus

Hi Aajonus,

Thanks for stating the purpose of the formula. I need to clarify about the E. coli. I had my last urine analysis on Tues 9/24 and they found "bacteria" in the urine. This was BEFORE I took any antibiotic, not after. Hence, I gave in briefly. My apologies for not saying earlier when they noticed "E. coli".

I seem to be improving well. Urination is freer and clear. Much less discomfort. I will continue taking the custard formula. Do you think I still have any bacterial infection from that one pill I took?

Also, is it enough to put 3 Tbs of kefir and yogurt in each quart of milk I consume?

The E.coli is never a problem anywhere in the body. Probably, the antibiotic has been completely arrested but damage done may take several months to resolve. That is why I suggest that you continue consuming raw custard. Also, you could consume about 2 teaspoons of wet clay (see my book) with a vegetable juice once daily.

3 T. of kefir or yogurt per quart of milk.

Healthfully,
Aajonus

20081009-1703

Oct 3, 2008

Re:Artisana Coconut Butter

Hi Aajonus,

Whole Foods has a product called Organic Artisana Raw Coconut Butter. It's the pulp and cream together. It tastes delicious. It's nothing but 100% organic raw coconut. Costs about \$9 for 16 ounces. It is found in the raw food section with other sun-dried fruits and foods.

I know honey must remain at 93 degrees or less. 110 degrees does not seem very hot.

Also, under 110 degrees does not mean that the Artisana coconut butter ever reaches 110 degrees. It just means that it remains under that temperature. So it could be that it's being juiced at a far lesser temperature than 110 degrees. Maybe 100 degrees or 98 degrees.

What do you know about the Organic Raw Artisana coconut butter?

I would think that it's better to eat than nothing or other worse alternatives.

Thank you.

96 F is the top to which coconut can reach and still maintain all of its nutritive value without producing toxic byproducts. Coconut is so fragile when pulp is maintained that there is usually a chemical or mechanical process used to prevent fermentation and produce shelf life.

**Healthfully,
Aajonus**

Hi Aajonus,

I was told today that Artisana dehydrates the organic raw coconut at a very low temperature before they juice it. By taking all the moisture out of the coconut, the Artisana organic raw coconut has a very stable shelf life. So the dehydration is the process used to prevent fermentation. No chemical or mechanical process as stated by the company.

When it is dried that way, machine temperatures reach as high as 175 F. Someone is not telling the truth. Many people who sell products have no idea of the mechanics involved and do not know all of the questions to ask their producers. I suggest that you insist on speaking directly with the chemist who oversees the process at the factory.

Healthfully,
Aajonus

I can't imagine that a company who is selling a product as raw would dehydrate their coconut at 175 degrees and then label it USDA organic and sell it as raw. As a company, they have a lot to lose and are risking a lawsuit for false labeling. I know when I dehydrate, the temperatures in my dehydrator are below 100 degrees since I've measured them. I will call the company again and ask more questions.

Sorry, I did not make myself understood. After dehydrating any substance, then the process to transform it into a gel or oil or butter takes a process that reaches as high as 175 F and usually nothing less than 128 F. You have to go to the manufacturing plant to discover.

20081016-1928

Oct 16, 2008

Re: Food preserving

Hi Aajonus,

I am preparing food for us, in preparing for a crisis. Of course we will be hunting, and growing foods in a greenhouse, but we want to get some foods for an emergency if we have none, such as freeze-dried and/or canned. Although all are severely depleted in nutrients, which has the highest nutrient count: freeze-dried foods or canned foods (for example, if I buy organic peaches and can them myself in Ball jars)? I can also get a dehydrator and dehydrate some organic foods and vacuum pack them but I don't know their shelf life. Do you have any thoughts on this?

Anyway, hope all is well. Thank you for your suggestions. We are trying to get this ordered in the next week or so.

Soft nuts are very good. Coconuts can stay a long time at cool temperatures, even if there is some mold. Preserving meat is a must. Cut fresh meat into 1"x 1/2" x up to 4.5" and coat with olive or coconut oil. Pour about 3/4 cup of oil into wide-mouthed quart jars and stuff the meat slices into the jars to eliminate air pockets. It will preserve for many years. I preserved some venison in December 1999 and it is still good. I would store some rice, to eat in small quantities weekly, to absorb excess hydrochloric acids that cause excessive hunger, in case you need it. Dried fruits would be an asset. And have tons of honey to replace enzymes lost in nuts and dried fruit.

Healthfully,
Aajonus

20081016-2023

Oct 16, 2008

Re: After Bladder Stone Removal

I urinate freely and comfortably from what I can tell, i.e. I "pee like a racehorse".

My last visit (hopefully) is this Thursday. I want to be prepared for possible scenarios.
(1) Suppose they don't like what they see in my urine sample. Do I just acknowledge?
(2) Suppose they ask if I took the antibiotic. Do I tell them what they want to hear ("yes") or do I tell them the truth (only for a day or two)?

They will probably tell you that your urine is too acidic and builds stones, and that you should eat or drink a lot of fruit. Acknowledge and thank them for any advice that they give. Tell them you took the antibiotics; you do not have to tell them how much.

Healthfully,
Aajonus

I had my last visit today. On the plus side, I'm free to go--literally. I wasn't charged for the visit.

I got a copy of the surgical report. In answer to the question if my bladder was cut, he said the stone fragments have a sandpaper effect until washed out. They made the bladder bleed.

Of course I had one more urine test. He found infection saying it is "not quite" what he wanted to see. Bottom line: I was released with no further obligation and given a free supply of an antibiotic called "Cipro" (how sweet of him). Don't worry, I won't take it. I'm free to exercise, ejaculate and whatever I want to do.

I'm guessing that I simply follow your remedies and let the bacteria and nature take its course.

Congratulations. Cipro causes HUS (hemolytic-uremic syndrome), that is, dissolving kidney disease. How wonderful of him to want you to damage your kidney to get rid of a detoxification of the damaged tissue in your bladder.

Healthfully,
Aajonus

20081016-2033

Oct 16, 2008

Re: Stainless Steel Knives and Utensils

Hi Aajonus,

Wise Traditions / Weston A. Price just came out with an article in their latest journal (October 2008) about knives, cooking pots and utensils.

They advised everyone to stay away from and to throw out their stainless steel. Broth is a big diet ingredient to Weston A Price people so they need a non-reactive surface. They suggested glass pots or Le Creuset enamel pots for cooking.

What do you know about cooking surfaces?

They recommended titanium knives for cutting.

What knives do you recommend? What eating utensils do you recommend?

The majority of forks and spoons are stainless steel.

What is safe to use?

Thank You.

I addressed stainless steel in my last newsletter (Oct 7, 2008).

I do not cook, but if I did, I would cook in glass (Pyrex). I use wooden or bone utensils, and pottery for plates and bowls.

What knives do you recommend for cutting meat with? Is a titanium knife blade safe?

You said you eat out of pottery. How safe is pottery? What about plain glass plates?

If your cold-to-room-temperature raw food sits in pottery for 1 hour, it is not going to leach from the glazes. I use Cutco surgical steel knives to cut my food. Glass plates would be wonderful.

I've seen bamboo wooden spoons and forks at Whole Foods. Some are glazed with a food-grade oil or something like that. Safe?

Bamboo utensils and plates are all made from bamboo fibers that are glued together like particle board. Very toxic, not to mention the toxic oil applied to them.

Healthfully,
Aajonus

20081021-1759

Oct 21, 2008

Re: 10th cold in 26 months

Hi Aajonus,

I'm on my 10th cold in 26 months. Not fun. I must say that I feel miserable.

I've had the current cold for 12 days now with lots of coughing. So my chest is starting to hurt from the coughing. I also feel tired. I've had a low grade fever of about 100.4 to 100.6 for a week.

I just drank one of the drinks in your "We Want To Live" book from page 155: 2 eggs, honey, butter and an orange, all blended together. You say in your book that this drink speeds detox, cleanses and binds with toxins and helps you feel better through the detox.

How often should I drink this drink or is it a one time drink?

What is the best food / drink for me right now? I know what your book says but what would help me with my particular cold?

Thank you.

I would like you to try something: eliminate honey from your diet for 30 days and see if coughing is reduced or eliminated. You may have as many of those drinks as you like.

**Healthfully,
Aajonus**

My green juice in the morning has honey in it. Should I stop putting honey in my green juice? I also put vinegar in my green juice as you stated: about 1 TBS of raw cider vinegar.

Eliminate honey. Vinegar is good.

20081021-1754

Oct 21, 2008

Re: Vision Problems

I am having problems with my vision. Anything 12 inches from eyes becomes blurry. This is something new. I have never had any vision problems before.

What do you suggest for my vision? Why is this occurring with my eyes?

Sometimes, consuming a lot of coconut cream causes many toxins from the brain to discharge from the tear ducts, and that affects vision temporally. As I stated in my books, putting a little egg white, once daily, in the eyes helps vision, especially before bedtime.

Healthfully,
Aajonus

20081024-2109

October 24, 2008

Re: Water System Questions

Hello Aajonus,

I am trying to purchase materials to install the four tier water system you recommended:

- Stage 1: Whole House Water Filter (Paper)
- Stage 2: Whole House Water Filter (Carbon)
- Stage 3: Whole House Water Conditioning
- Stage 4: Whole House Water Filter (Sand)

Could you please review the information and correspondences? I don't know how to respond and get the information I am asking for. I have explained what is needed according to a proposal from the company you spoke with for me months ago. Parts of the proposal have been cut and pasted and passed on to the salesperson I am trying to purchase equipment from. We are going to install the system ourselves. We were quoted over 10,000.00 dollars to have it installed for us.

I think that we had a miscommunication. I suggest a 3 stage water system with **NO Whole House Water Conditioning**. I suggest that you find metallic joints to couple the sand filter because the pressure is going to cause leaking. If the units are installed outside, leakage will not be a problem.

Remember to place the filters in this order so that water flows first through the paper filter, then carbon, then sand.

Healthfully,
Aajonus

20081025-1759

Oct 25, 2008

Re: Down syndrome

Hi,

What are your thoughts on Down syndrome?

Why do you think it happens?

Is it preventable?

Thanks.

Industrially produced chemical disrupters entered DNA chains, altering normal development. It would be preventable only if we were not subjecting people to so many chemicals that cause such chain disruptions. Any industrial chemical, especially medical, could cause Down syndrome. I have never seen a case reversed, but have seen great improvements. However, very few people with Down syndrome would eat the food. Most refused and would starve and throw tantrums rather than eat it.

Healthfully,
Aajonus

20081028-1322

Oct 28, 2008

Re: Heavy metal detox rash

Dear Aajonus,

The rash on my face (that you told me is from heavy metal detox) is back after going away for several months after I had a personal consult with you. You changed my green juice recipe by adding cucumber and zucchini, and cutting down on the celery.

I really need your help to see if something will make the rash disappear again. Normally, I don't mind it too much, but on November 20-22 my business partner and I are putting on a ceremony, and I would like to look my best for it.

Below is my current nutrition routine.

Daily: (all is 100% raw, unheated, no salt, unrefrigerated eggs, etc.)

8 oz red meat/5 oz white meat with 4 oz lube formula split between two meals
Green juice* 8 oz in am and 4 oz in pm with 1 egg in each (total 2 eggs/day)
1 oz cheese with 1 t honey 2 times a day
½ t Terramin clay that has been soaked in mineral water for 5 days
1 pint milk with some honey added
1 egg with 2 t butter/honey mix (8:1 ratio) taken 10 mins after egg
1 egg with 1 t butter at night after about 5 hours sleeping

Weekly:

High meat (a little of each: beef, chicken, fish) 2 times a week
1 T olive oil 2 times a week
Lymph bath 2 times a week with pineapple coconut cream mixture**
Carrot juice mixture*** 2 times a week

***Green Juice Recipe:**

Celery 40%, cucumber 40%, parsley 10%, zucchini 5%, pineapple 5%

****Pineapple-Coconut Cream Mixture:**

½ C pineapple, 2 ½ oz coconut cream, 1 ¼ T cow cream, ¾ T butter, ½ T honey

*****Carrot Juice Mixture:**

6 oz carrot juice, 1 ½ to 2 oz coconut cream, 3 T cow cream, 1 T honey

We must draw the toxins out of the body in another way other than through the skin, or we must neutralize the toxins passing through the skin so that they do not irritate the cells as the toxins pass through the skin. We can draw more toxins into the stomach and the intestines by eating a sugar-cube-size amount of cheese every 30-45 minutes and increase clay to 1 t per day. We can try to neutralize toxins by consuming 1 T raw unpasteurized apple cider vinegar (Solana Gold or Bragg's) with your afternoon juices mixture. To strengthen the skin so that it is more resilient to irritation, you can reduce celery to 25% and add 15% carrot juice in the juices mixture. A tomato, weekly, will help strengthen the skin. That is the best we can do. Sometimes the toxins are more toxic than we can control, but it should help a lot. However, there is one more thing: one teaspoon of lime juice mixed with 1 T of coconut cream, gently rubbed into the skin and left for 3-5 minutes maximum, will help neutralize toxins in the skin as they pass through; do that once daily.

Healthfully,
Aajonus

Thank you, Aajonus. I'll try these things.

One clarification: is the cheese eaten by itself? Usually I eat it with some honey. You recommended that at one time for me, and I find it makes the cheese taste better.

Also, is Eden organic raw apple cider vinegar okay? The label says it is raw and unpasteurized. I could get Bragg's, but it costs a bit more.

The cheese/honey combo that you eat is cheese you will digest. The cheese you eat without honey will not be digested and will absorb toxins, drawing them into the digestive tract and holding onto them. If you have honey with the cheese, you will simply re-absorb the toxins. Continue to eat honey and cheese together after the meat meals, but at all other times, cheese should be eaten without honey.

Solana Gold and Bragg's are aged in wood, not stainless steel as Eden's is. The prior are much more useful.

Healthfully,
Aajonus

20081102-0231

Nov 2, 2008

Re: Blood Work - Doctor alarmed

Hi Aajonus,

I just got my results back on my blood work and my total cholesterol was 431, LDL was 321, HDL was 90, triglycerides were 98, and VLDL was 20. I know you said high cholesterol is good. I've been on your Primal Diet for a year now and I weighed 127 lbs before I started your program. I'm female, 57 yrs old, 5'4", and my cholesterol before I started your program was 285. I gained 15 lbs on your program and dieted down to 135 lbs, and I still have about 7 more pounds to lose. Should I be alarmed by this cholesterol number, or am I okay?

One of my Hall of Fame athletes has double your counts and plays ball better than many 40 years younger than he. Many people have very, very high levels until they clean many of the old fats from their bodies. Much of the fat they detect in your body is old fats on their way out of the body. Medical does not test for that and are therefore academically and analytically juvenile. You should be cheering that that amount of toxic fat is leaving so quickly.

Healthfully,
Aajonus

20081120-0237

Nov 20, 2008

Re: Drinking Water for Dogs

Dear Aajonus,

What is the best drinking water source for dogs? I am still struggling with and spending a lot of time searching for materials and water technicians to install the three-stage water filter system. I am coming up against a lot of challenges.

Thanks!

Until your water system is installed, you could fill half a bucket with sand and a cup of topsoil, then fill the rest of the bucket with municipal water (if you do not have well water) and let it stand for 24 hours. Remove some of the water for the dogs to drink.

Healthfully,
Aajonus

20081120-0430

Nov 20, 2008

Re: Herpes

Hi Aajonus,

The idea that viruses produce acids which help to dissolve unhealthy tissue makes wonderful sense. Yet, why is it that my herpes virus only expresses itself when I'm the lowest? I fly from one location to another and the stress of flying causes the virus to come out. Ever since I got infected, I lost my hair and energy and it has never come back. I've been doing the fresh grass-fed cow dung, 3 tablespoons per day, and it helps digestion and elimination greatly. However, I've not noticed any difference in energy.

The analysis that all pathogens are nature's recyclers makes abundant sense and I've subscribed to this before I ever met you. However, having dealt with what I've dealt with, I'm considering that perhaps it is a combination of both the microbes being recyclers and that some microbes being perpetual disease producers. Even if you eat raw for years, they are still there and will continue to poop their toxins into one's body until the immune system is strong enough to eliminate them or some technology like Rife can eliminate them. What is your opinion on this? I'm considering getting another Rife device that may eliminate the herpes bug.

Most healing happens during sleep. Most detoxification happens during wakeful states, especially during mild to stressful activity. We must maintain a good blood-fat level to protect us the less we sleep. That means consuming some or a lot of fat every 1-2 hours. However, it is always better to break a detoxification with a long or short sleep.

With better digestion comes better assimilation and absorption, eventually, usually energy increases. However an increase may depend on your fat level. Are you still very thin?

Pathogen means disease-causing. Industrial chemicals are pathogens, not microbes. Viruses are not microbes; they are not alive. Viruses are solvents that detox when tissue is so toxic that microbes cannot do the work. Herpes is metallic-based toxins in the nerves being cleansed from the nerves. Swelling and abrasions are merely symptoms of the caustic toxicity that is damaging cellular tissue when not enough fat or white blood cells cannot harness the toxicity being removed.

Rife and other such therapies do not reduce or neutralize toxicity and therefore are unlikely to assist the body in nerve-ending detoxification. They may stop detoxification temporarily. Fat is the best remedy.

Healthfully,
Aajonus

So are you saying that the herpes only expresses itself in nerves that are toxic with heavy metals? That stress causes detoxification?

Yes to both questions.

It does not seem logical that stress causes detoxification.

More stress hormones and neurological metabolic waste accumulate during and after stress. (The Biology of Emotions by Dr. Elnora Van Winkle, neuro-scientist.) Therefore, greater neuro-detoxification, if you are fortunate.

It seems that the explanation of the immune system being overtaxed and unable to keep the virus in suppression is more accurate.

Viruses are soap (protein particles not live). How can you suppress solvents?

It is these types of details that I'd like to understand that I would like to talk with you on.

20081120-0510

Nov 20, 2008

Re: Chlorine, and air fresheners

Hi Aajonus,

My 5 year old daughter takes 2 hours of dance class a week. She takes 40 minutes of violin once a week. She also takes 30 minutes of indoor swimming classes once a week. This comes to about 3 hours total once a week. She has been doing these activates for about 1 year, skipping a few sessions here and there. She always drinks milk before and after each lesson. We eat very healthy at home and our home is environmentally safe.

The dance studio and the violin place both use Glade air freshener plug-ins in their outlets. I wrote the owners a very well researched letter on the hazards of air fresheners but have not seen any results re them pulling the plugs.

I am concerned about my daughter breathing in this toxic air freshener air and also taking in chlorine from the pool. Like I said, it totals about 3 hours a week.

What food do you suggest before and after she visits these toxic places?

I could tell her that she can't do these activates because of the chemicals, but she will not understand and she will then be isolated from the people and activities she loves. I do not want to hide her in our home for fear of all the chemicals in the world.

I also don't want any harm to come to her because she is breathing in toxic air while doing her dance, violin and swimming.

Thank you.

Yes, a dilemma. A milkshake would be best, but plain milk is also very helpful, 45 minutes prior to and immediately after each exposure. Cheese with butter and a little honey, or avocado and orange together are alternatives.

Healthfully,
Aajonus

20081124-1151

Nov 24, 2008

Re: Populating meat with E.coli

I've inoculated some beef with grass-fed cow feces and have incubated this stuff in several mason jars at room temperature for 3 weeks now. I've aired it out about every three days. The stuff has fungus and I'm sure plenty of other microbes growing on it. The goal being to inoculate my gut with more E.coli and whatever other protein-digesting bacteria my gut will benefit from. Would you consider this stuff healthful to consume?

There is a problem in your methodology if you want E.coli. E.coli is made dormant and usually killed by too much oxygen/air.

If you want to populate meat with E.coli, I suggest that you start the bacterial decomposition with little cubes of meat, as you did for 3 weeks, but without feces. Then, baste the cubes of meat with feces and place them in a jar that has little airspace; keep the lid tight and keep it in a warm place for about 3 days. You will have a lot of E.coli to introduce into your body.

If your intent is to feed your nervous system more, you might want to baste chicken or fish rather than beef.

Healthfully,
Aajonus

20081127-0306

Nov 27, 2008

Re: Mother just had a heart attack. Help please!

Hi Aajonus,

My mother of 82 just had a heart attack. She has read most of your book and eats most of your diet, but does still eat cooked food too. She has been on your diet for about a year now. She has 1 100% blocked artery, 1 artery that is blocked 90% that they put a stent in, and 1 artery that is 60% blocked that they put 2 stents in. She still experiences sharp pain in her chest area on occasion with shortness of breath and heaviness in her chest. The doctor is insisting on Plavix to prevent blood clotting and also aspirin . He is insisting on 2 blood pressure medications as well. I am so anxious to get her off the medications but I wanted to hear from you first. I want to make sure I'm doing the right thing. What can she do to keep her blood running thin to aid the stents naturally and to prevent her blood from clotting? Will grapefruit keep her blood pressure in line to assist this situation? Any suggestions you can offer for this overall health of the heart attack will most gratefully be appreciated. He also has her on 400 mg of magnesium (mag-oxide). Thanks for your time and all that you do for us!

It's sad to learn about your mother's condition. Consider that rationale of the doctors. If you had blocked arteries and the only way you could get blood to circulate was to develop high blood pressure, wouldn't high blood pressure be appropriate? Doctors make no sense.

To thin the blood, I suggest that your mother consume 1 tablespoon of raw apple cider vinegar with 3 tablespoons of unheated honey, mixed together and poured into 2 1/2 ozs of naturally sparkling mineral water, 3 times daily between 6-8 AM, 1-3 PM and 9-11 PM. That much vinegar should be consumed for only 3 months, 5 days weekly. After 3 months, vinegar should be reduced to twice daily for another 3 months. Finally, I suggest that she consume 1T of vinegar once daily for the rest of her life.

You may use grapefruit to lower blood pressure but if her veins are clogged that much, it is likely that her blood pressure will remain high; SHE NEEDS HIGH BLOOD PRESSURE because it is part of the remedy. The high blood pressure will propel the vinegar and honey through the veins to begin dissolving the plaque. I suggest she eat lots of eggs.

Healthfully,
Aajonus

20081202-2135

Dec 2, 2008

Re: Marijuana

Dear Aajonus,
Can you please tell me what effect taking marijuana has on someone if they have taken it regularly over 20 years, every night or several times a week.

Thanks.

Marijuana has approximately 16 times more tars than regular tobacco. Because the tars are cooked at temperatures between 500-1000 degrees F., they may crystallize and harden in various parts of the body. There can be an array of unhealthy conditions that could result, depending on individual weaknesses. If an individual makes excessive bile, they may not have as much tar congestion and therefore less hardening.

Healthfully,
Aajonus

20090124-0556

Jan 24, 2009

Re: A few more Questions about Thailand

Aajonus,

More questions about Thailand:

We will mainly be hanging out in Chiangmai but may also go up to Chiangrai for a few days, and if we have time, down to Koh Samui to see a friend to learn some raw Thai food prep from his partner. We'll be there about 10 days.

1. Do we need a juicer, or are there places we can get greens juiced while we are there?
2. Are the greens in the markets sufficient, or are there reliable places selling organic?
3. Same for eggs and meat.
4. Any milk sources (Chiang Mai or Chiang Rai), or is like with the Amish where you just have to ask around until you finally find a guy with a goat or cow?

Thanks so much.

There is a large outdoor market at the north end of downtown Chiang Mai, along the west side of the river. At the south end of the market, at an alley road at the east corner, there is a coconut cream maker. Ask her to make nam kati (coconut cream) without adding water (mai nam, that is, nam kati mai nam).

At the meat section, in about the central area, ask any Muslim-looking woman for raw milk (nom dip), usually it's goat's milk.

Thais use an outrageous amount of pesticides on their crops.

The only juice I buy there is fresh sugar cane that only lasts about 2 days in refrigeration (nam oy). If any local sugar cane is in season, you might be able to find someone who makes it; ask around at the market.

Usually, I eat only green or bland fruits to alkalinize my blood, in many places in Thailand, such as rose apple (champoo) and pomelo (some O'). However, occasionally, you will find a tiny food stand that has a juicer and will juice celery and carrots.

None of the outdoor market people can afford to feed cows chemical feed and there is always vegetation for animals to eat, so the meat is fine. Eggs are okay and duck eggs are best.

There is a wonderful 10-tier waterfall about 40 minutes north of downtown Chiang Mai in a national forest that is worth going to in Thailand, if you love waterfalls.

Healthfully,
Aajonus

20090125-0915

Jan 25, 2009

Re: Brazilian Model Who Died of Urinary Tract Infection

https://en.wikipedia.org/wiki/Mariana_Bridi_Costa

When people have so much money, they have a tendency to go to medicine for all complaints/detoxifications, and rather than letting it run its course they search for the magic bullet. All of her symptoms toward death resulted from overmedication that resulted in anaphylaxis. A septic urinary tract is most often caused by antibiotics, especially Cipro.

Aajonus

20090209-1837

Feb 9, 2009

Re: Right To Choose Healthy Food Club

Hello,

I need clarification on what it means to be in "The Right to Choose Healthy Food" club.

Please explain very clearly what it means to be a member of this club.

I believe you are charging a price for this service, but I do not know what service you are providing to me as a person who buys dairy products.

Where does the \$25 go? What does my \$25 buy? What am I getting in return for my money or is it simply a donation?

Also, If I buy from several different farmers and each farmer wants me to sign this club membership and pay the \$25, then I am paying \$75 or more to you every year. Is this correct?

Thank you.

Cow share programs have failed in many states. In fact, laws have been enacted to outlaw them. That is an outrage. However, 3 years ago, I wrote a lease agreement that membership clubs have between them and farmers. Our courts uphold leases of all sorts as legal entities. Also, I wrote a legal membership agreement that eliminates all health department jurisdiction for food, packaging, labeling, sanitation and distribution. I was successful in the courts and bureaucracy of California, Los Angeles County, and Pennsylvania thus far this year. My Amish farmers in PA do not even need a permit with these contracts because the herds are owned by the members. Therefore, the milk is owned by club members and not the farmers. The farmer is an agent to take care of, board, milk, bottle and sometimes deliver our milk to its members.

If you want to be under the umbrella of not-for-profit Right To Choose Healthy Food with your membership club, Right To Choose Healthy Food will receive \$25 of each member's yearly membership fee. If you are ever approached by any health department, including the FDA, Right To Choose Healthy Food will handle all correspondence for your membership club. I have not taken any of those moneys for my personal use. They are and will be used to change laws in state and federal governments. For protection, most clubs need your signed membership agreement at their location. If you can make a copy of your canceled check to the club or RTCHF and make a copy of the signed membership agreement (membership form must be the same) with a letter of explanation to other clubs, probably you will not have to pay but once. However, it is up to whoever runs the club.

Healthfully,
Aajonus

20090310-1648

March 10, 2009

Re Article: Experts uncover cause of grayness

http://news.bbc.co.uk/2/hi/uk_news/england/bradford/7920363.stm

Your response?

They did not tell the cause of too much hydrogen peroxide buildup. It is a result of toxic metallic minerals being discarded by being built into the hair, damaging the follicles and destroying PABA.

Aajonus

20090319-2117

Mar 19, 2009

Re: Your books

Sir,

Thanks for taking the time to read my email. I know you're busy so I will be brief. Thanks for writing the two books. I bought them about a year ago and I am coming up to my first anniversary of being on the raw diet.

I have a 'dissolving' jaw, loose and falling-out teeth. Within one week of starting the raw diet, the dairy and fish took the pain completely away. I still have the problem and lost another tooth last month, but there is no more pain. Those burnt-looking sunspots all around both irises have completely disappeared. The spider veins on my legs no longer have that screaming loud black-light color. My doctor informed me that my blood pressure dropped a total of 50, that's right, fifty points in less than nine months. Its down to that of an 18 year old. I am 47!! I am very calm and mellow as when I was a young boy, and can't get enough sunshine and fresh air. After a year, my jaw, teeth and gums are still bad, but hopefully the fish and milk will kick in and reverse the problem before I lose all my teeth.

Again, thank you for writing the books!

Take care.

Thank you for your interest in and appreciation for my work. I am delighted that it has improved your health and life.

Degenerative jaw is usually from dental injections deposited in the jaw and brain, and vaccine toxicity that deposited in the brain. Usually, when detoxification occurs, toxins pass through the gums, salivary glands and tongue. When those chemicals are dislodged, the body requires tremendous amounts of minerals to bind with them to prevent Multiple Sclerosis. It is literally impossible to digest enough minerals to prevent jaw bone and tooth loss under such detoxification. However, you can mitigate it by consuming about 1/2 tsp raw, no-salt cheese every 30 minutes of your wakeful hours, and 1 tsp Terramin clay (moist as I suggest in my books) 1-3 times daily with milk or vegetable juices. Always have an egg with your vegetable juices; whip it into juices immediately prior to drinking.

Healthfully,
Aajonus

20090331-2001

Mar 31, 2009

Re: Emergency- my girl ill

Hi Aajonus,

We are in the Bahamas and my girl has been ill for 5 days now.

Symptoms: Severe diarrhea, SEVERE abdominal pain (screaming non-stop, in pain), a fever of 102, cold sores and cancer sores. Even a tiny sip of water causes severe pain and diarrhea. She is on her 5th day with it, with no end. She is a walking skeleton right now and I am concerned.

A friend said her husband had the same symptoms and had appendicitis, but my girl's cousins are experiencing the same symptoms, and they had spent a day together the day before we left.

Tried: raw egg, banana and honey mixture. I only have with me: raw cow's milk and raw eggs.

I will tell you is she is going through a severe viral detoxification. Feed her only an inch of banana, every 30-60 minutes for 24 hours, then the next 24 hours, 1 inch of banana with 1 T. raw milk. If you can get avocado, you could add 1 T. avocado on the second day to the banana and milk. If you can find any fresh aloe vera leaf, you could scrape the inside gel and give her 3 T. every 3-4 hours for the next 2 days.

Healthfully,
Aajonus

Apr 3, 2009

Hi Aajonus,

Thanks. She is feeling much better after an intense 6 day detox. Found out it was salmonella from some chicken that she and her cousins ate. Wow! Major detox. The eggs, bananas and avocado helped a lot.

Happy to learn that she is better.

They did not have a case of salmonella that caused their detoxification. As I have stated many times, people in a given location will go through detoxification from toxicity when climate and bodies are ready.

How was it determined that salmonella was one of the janitors?

Healthfully,
Aajonus

20090403-2042

Apr 3, 2009

Re: New Honey Pacifica Info

Hi Aajonus,

FYI: Honey Pacifica uses an antibiotic paste in their hives to prevent foulbrood. I did not know this. I only asked because I went to a bee lecture from someone who practices biodynamic gardening and raising bees without chemicals at all, and he does not use them and has never had foulbrood in something like 30 years.

What do you think of the honey from Honey Pacifica, who uses the antibiotics?

Thanks, again.

Yes, it is near impossible to find beekeepers who do not use antibiotics to prevent mite damage. I was able to convert them to cold pack and all, but I could not convince them that they did not have to use mite protection. We always do the best we can.

Healthfully,
Aajonus

20090424-2254

Apr 24, 2009

Re: Chest, throat and nasal congestion

Aajonus,

I called you a few months ago regarding a terrible detoxification I was going through which caused chest, throat and nasal congestion and infection. I had green mucus coming out when I coughed and blew my nose. You recommended two moisturizing formulas a day and an orange smoothie with 1 cup orange juice, 1/2 cup milk, 2 Tbs. coconut cream, 1 Tbs. cream and 1 egg. Within 2 days I was feeling a lot better. Well, I have the same thing happening again, except that it doesn't seem to be getting any better. I immediately started eating the same things as last time, but it doesn't seem to be helping this time. Now I've run out of coconut cream and won't be able to get more until next week. So, I've had to put all dairy dream and no coconut cream in my orange smoothie. I feel like the coconut cream helps me dump some of those toxins into my bowel. The other thing is that I am STARVING!! I feel satisfied immediately after I eat, but then I feel really flush and then I start getting really hungry, even if I have another 2 or 3 hours before I can eat again. Of course, the more I eat the more I detoxify, so I don't want this to become so painful that I cannot even bear it anymore.

Should I continue with the 2 moisturizing formulas and an orange smoothie, even though I no longer have the coconut cream and I'm hungry in between these meals?

Thanks.

I suggest 1 moisturizing formula, 2 milk shakes and 1 orange smoothie. However, only drink 1/2 cup of substance at once, except moisturizing formula; have that 2 tablespoons at a time throughout the day.

Healthfully,
Aajonus

Thank you. I will try that. I completely trust you, but my only concern with the milkshakes is that the milk will cause more mucus and make the ear, nose and throat problems much worse. I definitely have strep throat- it feels like needles in my throat when I swallow. The milk won't make these problems worse??? I'm actually wondering if the milk might help coat the throat so it's not so painful??? I don't know. I'm just talking through it.

Thank you.

Milkshakes help build mucus that will bind with the toxins exiting through the throat and sinuses to protect the throat and sinuses. When mucus binds with toxins, mucus prevents much damage and scarring to mucus membranes. Mucus is GOOD when built with good raw foods, especially milk, combined with eggs and a little honey.

Healthfully,
Aajonus

20090509-0504

May 9, 2009

Re: Infection

Hi Aajonus,

On Monday I was transplanting some veggies for my garden and decided to mix some of my compost into my dirt by hand. I have numerous cuts on my hands (20 or so) and the dirt and compost mixture got into one, on the end of my finger. I developed a pretty good infection. The entire area is so painful to the touch, hugely swollen and the skin is pulled taut. One small area has turned a bit greenish, but the rest is bright red and inflamed. It has been 5-6 days now and the tip of my finger is getting numb and it is beginning to radiate up my finger and it is throbbing. Someone told me it could be staph, or botulism or a number of bacterial infections that are dangerous, and as they said, "life threatening" if not attended to. The numbness thing that just started is what worries me most. I have not taken an antibiotic in as long as I can remember, but the pain is so excruciating and now with the numbness, I am getting concerned. Please help. Thank You!

The rhetoric that infection is life-threatening is medical terrorism. I suggest you take that as you would Hollywood horror fiction. Okay, let's deal with the issue. When probiotics - bacteria from your compost - entered your cuts, your body took advantage of the bacteria and started a detoxification of your hands. Often, it is fungus from antibiotics taken anytime in your life that live in the joints. To ensure that your body detoxifies thoroughly and heals properly, blood flow to the areas increases exponentially - swelling. To help your body not work so hard, I suggest you coat your hands in lime juice for 5 minutes. If you squeeze a half cup, you can continuously gently massage it into your hands for 5 minutes. Let it stand, absorb and dry for 20 minutes. Dry-wipe your hands with a cotton or silk cloth. Wait 30 minutes. Pour a quart of raw apple cider vinegar into a flat pie dish. I suggest you soak your hands for 15 minutes. Rinse your hands with good water. Cover the vinegar and pie dish to keep. I suggest you soak your hands in that solution twice daily until the swelling subsides. If your hands become dry, apply coconut cream or my Primal Facial Body Care Cream. In cases like yours, nerve numbness is the result of high pressure on them from swelling. It is not nerve loss. I have seen such detoxifications last for up to 6 weeks. However, with my recommendations, usually they last no longer than 2 weeks from beginning my suggestions.

Healthfully,
Aajonus

20090510-0333

May 10, 2009

Re: Anthrax Threat

Is there any such thing, or is this scaremongering?

If real, is there a Primal response?

Only if it is man-made; and injected, or blown into your face and inhaled.

So, could anthrax bioterrorism be considered a real threat in your view?

And what would the Primal remedy or protection or precaution be?

It could be, for people unhealthy enough to cause a major sickness; but the antibiotic and chemotherapy treatments for it would be the ultimate killer.

If you are on a 100% raw diet, it would be unlikely to cause more than a flu.

Healthfully,
Aajonus

20090517-2042

May 17, 2009

Re: Dehydrated Food for Puppies

Dear Aajonus,

I was thinking of getting a dehydrator to make raw snacks to use as reinforcers to train our new puppies. What is the scoop on dehydrated food?

Dehydrated food has no bio-activated enzymes. Most of the nutrients are difficult to digest.

It is best to give the dogs lots of chicken bones and some beef bones. They need phenomenal amounts of minerals as they grow. They will likely eat everything, even your furniture, to get minerals. Cheese, although dehydrated, with a little honey will add minerals to their fast-growing bones.

Healthfully,
Aajonus

20090520-1207

May 20, 2009

Re: Emergency – MRI

Hi Aajonus,

I have a herniated disk in my low back, L 5, S1. It herniated 10 years ago in May of 1999. I have lived with it ever since, however, the last 3 years since my second child was born, I have lived with excruciating back pain. The back now is more painful than it was 10 years ago.

I have gone to many doctors, chiropractors, physical therapists. No one is able to help with the low back and disk pain. As I write this, my lumbar disk 5 is throbbing and my low back hurts terribly. My daily activities have been altered because of this low back pain.

The current chiropractor is asking me to get an MRI so he can accurately see what is going on in my low back.

I know you do not like MRIs and do not recommend them.

How bad are they for a one time visit?

What can I do or eat that would stop the negative effects of an MRI?

I really am at the point that I am considering getting an MRI. The low back pain is awful.

Please advise.
Thanks.

An MRI is likely to cause more pain within 2 weeks of the MRI. Probably, I can give you several suggestions to reduce back pain as I did from radiation treatments that damaged my spine and gave me blood and bones cancers. Please call me.

Healthfully,
Aajonus

20090610-0909

June 10, 2009

Re: Room Temperature Milk

Hi Aajonus,

You said to store milk in the fridge at 52 degrees and then take it out and let it come to room temperature before drinking it. Do you mean like 70 degrees, or what? Once it is at room temperature, is it OK to drink it then or does it need to sit out for a day or so before you drink it? I am trying to say that I am doing well with it at room temperature, but not after it has been there for more than 8-10 hours. It starts getting the sour smell, or cow smell - yuck!

Thank you!

70 degrees F. is okay, or warmer, but not colder. Let it stand for at least 4.5 hours. Don't let the cow hear you say that! :-)

Healthfully,
Aajonus

20090610-0910

June 10, 2009

Re: Eyes

Hi Aajonus,

My husband wants to know if he should expect his eyes to get worse before they get better. He says they are getting more blurry. He has had no coconut cream since our visit.

Thank you!

His eyes may get worse before they get better but not necessarily, unless he consumes more than 2 T. coconut cream daily.

**Healthfully,
Aajonus**

20090610-0909

June 10, 2009

Re: Dog's loss of appetite

Hi Aajonus,

Our dog has lost his appetite for almost everything. I cannot get him to eat anything at all in the morning. I have managed to get the cream and cheese in him sometime during the day, but sometimes I have to mix it with hamburger or something like that and sometimes he will only do a tablespoon at a time. Is this OK?

Thank you!

Sometimes dogs and cats go through periods when they will not eat anything or much of anything. They do okay with fasting, whereas we do not. I would not be concerned with him not eating unless he were only skin and bones. You might try giving him 1/4 cup papaya. If that does not work, then he is detoxifying something very radical. If it works, he was simply too enzyme deficient for digestive activity.

Healthfully,
Aajonus

20090617-1525

June 17, 2009

Re: Pancreatic Cancer

Hi Aajonus,

I have a friend who was just diagnosed with pancreatic cancer. I think he is about 62 years old. The doctor said it is a good sized tumor and too advanced to operate on. He gave him about 6 months.

He pretty much already told them that he does NOT want chemo or radiation.

Is this something that you think you can get results with? If so, where is the next place he can see you?

Thanks.

Any cancer can be reversed, but 5% do not reverse. Whether he would be one of the 95% who do or of the 5% who doesn't, I can rarely tell.

I am in Dayton, Ohio until Sunday afternoon. Then I return to Los Angeles and begin a tour in Asia and ending in Australia the first week of September.

Appreciatively,
Aajonus

20090617-1534

Jun 17, 2009

Re: Raw cheese and hot plastic

Hi Aajonus,

I just ordered \$100 of raw, organic cheese. My cheese was delivered warm, very, very soft and looked almost melted. If the cheese had not been wrapped in plastic it would have melted onto my counter top.

I am concerned about the plastic heating up and going into the cheese.

How far does the plastic penetrate the cheese after the cheese has gotten hot?

Should I throw all the cheese in the garbage?

Would cutting off 1 millimeter or 2 millimeters around the outside of the cheese be safe?

Thank you.

Was the cheese ever frozen? If it was, throw it away because the cheese would be very acidic and dissolve some of the plastic. If it wasn't, cutting off 1 mm will be enough.

Healthfully,
Aajonus

20090723-2046

July 23, 2009

Re: Mineral Water / Kangen Water

Hello Aajonus,

I know you recommend mineral water such as Appolinaris. However, I have heard from several people that mineral water leaches calcium from the body. Is this true?

Also, I am interested in the Japanese water system known as Kangen water. What do you know about this purified water with a high alkaline content? I believe the Japanese government is subsidizing the people of their country so all homes will have access to the Kangen/filtered water with high alkalinity. I have heard that Magic Johnson drinks Kangen water as part of his health regime.

Thank you.

All water leaches nutrients, not just calcium. That is why I suggest that people drink very little water. I suggested naturally carbonated waters because they have natural cleansing and dissolving properties and increase nitrogen in intestines and oxygen in blood.

Kangen water is no better than any other processed water and can cause just as many problems as distilled waters if drunk. However, using it for household use is beneficial.

Healthfully,
Aajonus

20090728-1253

Jul 28, 2009

Re: Puppy with a Limp & Spaying a Female
(See also Aug 17, 2009 Re: Puppy in Pain)

Hi Aajonus,

1. One of the 5 month old golden retriever puppies has a severe limp. One of her front legs has an injury or defect. It is hard to keep her from running around. Upon pressing on bones, tendons, and muscles, she doesn't wince, but the limp is progressively getting worse. She eats lots of bone marrow and raw bones; raw lamb, beef, chicken and all kinds of organs; goat and cow milk; butter; honey; and beef fat. The other 2 pups and mom are doing fine.

What should we do? Should I have it looked at without getting an X-ray? Will she be okay if we don't do anything?

2. We are approaching 6 months with the pup.

When should I spay a female?

What questions should I ask of a vet and what requirements should I insist on for the procedure? Does she need to have a general anesthetic? What should I allow and what should I resist in terms of medications?

3. Do you know a veterinarian in our area or someone who might have this information?

Probably, the pup's mother transferred mercury from vaccines during gestation. That is a frequent occurrence. Usually, it takes 6-18 months to remove mercury toxicity. If the pup will eat a little fish, chicken or beef with about 1/2 tsp vinegar and about 5 cilantro leaves, 5-6 days weekly, that would help remove mercury without much scarring and permanent damage.

Rather than have organs removed for birth control, I suggest tying her tubes. Gas is always less damaging than local injections.

I suggest that you search the net for alternative vets.

Healthfully,
Aajonus

20090803-1400

Aug 3, 2009

Re: Diarrhea & Nausea

Aajonus,

On Thursday I woke up in the morning and immediately started having diarrhea. My first mistake was not eating anything during the next several hours and I kept proceeding to have diarrhea over the next several hours that just got more and more watery. With each bout of diarrhea my nausea continued to get worse and worse and I finally decided to sip on some sparkling water and I immediately felt better and the diarrhea stopped (temporarily). The nausea came back but the watery diarrhea got better. Instead of continuing on with the raw food I panicked because we were leaving the next day for vacation so I started eating some homemade chicken soup. It's been several days and I can't seem to get rid of the nausea. Not surprisingly, I can't stand eating the soup. I eat a couple of bites and then I feel like I'm going to throw up. In the middle of the night I wake up around 1:30 a.m. and I can feel the toxins dumping into my stomach even after several days of not eating any raw food. I can't figure out why I am still detoxifying when I haven't eaten any raw food for the last 3 days. The detoxification process usually stops pretty quickly when I stop eating the raw fats but this time it is taking such a long time. I'm afraid to eat the raw fats again because I know it will just bring back the intense diarrhea. I would like to get rid of the nausea and start eating anything again but I don't know what to do. I am wasting away because I cannot eat anything and that makes me even more nauseous because I am so malnourished. I know you do not agree with the cooked foods but I am at a loss of what to do. My last resort is to go to the local urgent care and get some medicine for the nausea so that I can try to eat something and hopefully get some nourishment.

Can you give me some advice? If your advice is to start eating the raw foods again then can you tell me exactly what to eat and what to eat when I have such bad diarrhea? I don't want to spend my whole vacation in the bathroom, but I also don't want to spend the whole vacation with such intense nausea and unable to eat anything. I am pretty close to passing out every time I stand up. Help me!!!

Thanks.

Nausea is always an indication that very caustic poisons are dumping into the stomach. Diarrhea indicates that very caustic poisons are dumping into the colon. Eating cooked food only keeps those toxins in the body and adds to the toxins, so that eventually no matter what you eat, you will detoxify those poisons. More people eating cooked foods have nausea and diarrhea than people who eat Primal Diet foods.

I suggest that you eat lots of unsalted raw cheeses, some every 20 minutes, to absorb the toxins throughout the digestive system. I suggest that after one day of eating cheese and 1/4 cup papaya 4 times daily, you begin eating a good Primal Diet.

Healthfully,
Aajonus

Aajonus,

I did as you said. When I got home from vacation I started eating Primal Diet again. I sip on Moisturizing Formula and milkshakes all day. Within a couple of weeks I was back where I started. I'm either STARVING with terrible hunger pangs or, when I eat, I am nauseous followed by severe stomach and intestinal cramping and then diarrhea. The cheese would probably help with the cramps and diarrhea but eventually makes me more nauseous because I don't dump toxins into my bowels, instead it kind of just sits in my stomach but I never vomit.

This has been going on all summer, pretty much the last 2 months, and it is wearing me down.

I've entertained the idea of eating eggs all day but it frightens me because they cause such intense intestinal detoxification, but I'm wondering if that's the only way for me to climb my way out of this. Would eating eggs make my symptoms better or worse? If I eat eggs should I also eat fat with them?

You told me my intestines were one of the most toxic you've ever seen and I'm wondering how long I'm going to have such intense digestive detoxification. I still can't gain weight because the more fat I eat the worse the diarrhea gets.

Thanks.

I wish that I could presage your journey through this toxicity. All we can do is experiment and explore. To help you reduce toxicity and diarrhea, I suggest that you eat 1/2 tsp cheese every waking hour, maybe with an equal amount of butter. Yes, the eggs are a good idea as well as the cheese and butter or other fat. Probably, eating 1/2 to 1 tsp butter with egg would be more agreeable to your body. Experiment.

Healthfully,
Aajonus

20090806-0830

August 6, 2009

Re: Swelling in Legs

Aajonus,

I have edema in my legs. I have probably had this swelling for some time now. I have been noticing it since two days ago because I feel the pressure of the swelling and my ankles are blown up like balloons. I am scared. I am elevating my legs now when I sit to see clients.

What do you suggest?

Swelling is always an indication of cleansing and healing, as long as you are on the Primal Diet. Since 90% of toxins are supposed to discharge through the skin, I suggest that you elevate your legs and apply hot water bottles to speed perspiration that will help discharge toxins through the skin. Eating a little grapefruit or pomelo will help, also orange.

Healthfully,
Aajonus

20090806-0831

August 6, 2009

Re: Irritability

Aajonus,

I am very irritable.

Have the Nut Formula, or a little cooked rice with an equal amount of butter.

Aajonus

20090812-1310

Aug 12, 2009

Re: Frozen Bones

Hi Aajonus,

Is it OK to give dogs bones that have been frozen? This would include chicken, pork, lamb and beef.

Thanks.

When I fed animals frozen meats including bones, they all developed severe skin problems.

**Healthfully,
Aajonus**

20090817-1735

Aug 17, 2009

Re: bleeding gums

Hi,

I have gums that bleed. This started happening after my son was born about 3.5 years ago.

It seemed to subside for a while, but in the last week or two I can taste a little blood in my mouth almost every day. I do have receding gums, if that matters.

One dentist said it could be an abscess but doesn't know unless he takes x-rays which I refused. Otherwise he said my teeth looked very good and healthy.

My diet is mixed raw with cooked, and cooked is about as healthy as I can make it. We do eat lots of raw all day long except for 1 cooked meal in the evening.

What's going on with my gums?

Thank You.

Probably, the pregnancy caused a major brain detoxification that has not stopped. When heavy metals from the brain detoxify, it is mainly through the gums, tongue and salivary glands. As the metals pass through the gums, they take most of the vitamin K and U with them. Those deficiencies cause gum bleeding. Even if you replace them daily, you still might have some gum bleeding and recessed gums. When it stops, you can reverse the recessed gums to a great extent.

To reduce or stop bleeding, I suggest you drink 4 oz. of raw, fresh, green cabbage juice every 4th day. Also, to control toxins discarding from the gums, I suggest you brush your teeth once daily, only with a mixture of 1 T. clay, 1 tsp coconut cream and 1 tsp vinegar. Also, consume about 1 T. clay daily with veggie juice or milk. Eating fish helps, especially oysters.

Healthfully,
Aajonus

20090817-1740

August 17, 2009

Re: Puppy in Pain

(See also July 28, 2009 Re: Puppy with a Limp & Spaying a Female)

Dear Aajonus,

This is a follow-up from our previous email to you about our dog.

Note: Her parents have never been inoculated or medicated and have been fed the Primal Diet since they were born.

OUR DOG IS IN A LOT OF PAIN NOW AND CANNOT USE ONE OF HER LEGS!

Our 5 ½ month old golden retriever's limp is getting worse at an alarming rate. She is now using 3 out of her 4 legs. She has high energy and passion for life. However, she is now obviously in pain and not acting like herself. She wakes later and sleeps more than her 2 brothers and her ability to cope worsens throughout the day. We have been careful and have limited her exercise.

We have read that it is common for large dog breeds, especially golden retrievers, to develop a limp. The most common reason being that the bones at the elbow joint do not fuse properly, or the cartilage can break off and float around in the joint capsule and thus, stress, irritation, and edema can cause a limp and/or infection.

Note: We are already feeding her cilantro and vinegar for mercury toxicity.

What else can we do to strengthen her fascia and immune system?

Should we have an X-ray done to rule out something that should be attended to, to prevent permanent deformity or incapacity?

She is in pain. What can we humanely do to attend to the pain?

Also, I have chosen to spay her with a vet who will cooperate with our instructions. What should be done to prepare her for anesthesia? And pain? And infection prevention? Is it better to spay her before her first heat and before her uterus becomes more mature? Is it okay to spay her now while she has leg/hip pain? Unfortunately, it will be easier for us to spay her than tie her tubes, because we have two male dogs.

We want to utilize the necessary services, while maintaining the integrity of our beliefs and enlist your support in the process. We are hoping to give her some relief soon from her discomfort. Thank you for your support!

However, the parents' parents were vaccinated. According to the experiments of Pottenger and Howell, it took 5 generations of offspring to become free of such toxins.

I suggest that you feed her about 2 ozs of beet juice one day and 2 ozs of red cabbage juice the next. Do this cycle twice weekly for 7 weeks and continue my other recommendations.

Healthfully,
Aajonus

20090821-0216

Aug 21, 2009

Re: Scrotal Hernia

Hi,

My husband has a very sore bulge in his scrotum. A doctor said it is probably the beginning of a hernia and would take about a year for the full hernia to form. The doctor said to relax over the weekend and see if the soreness in the scrotum goes away.

What are your suggestions for curing a scrotal hernia?

Thank you.

Scrotal hernias are extremely rare and usually happen in children. Probably, your husband's testicles are discarding some toxins stored for a very long time. 90% of toxins are supposed to pass through the skin. Often, they can congest just under the skin, but then can be dissolved gradually (sometimes up to 2 years) and eliminated through the skin. To help dissolve the congestion faster and protect the skin that will bear the brunt of toxicity, I suggest that he or you apply my Primal Facial Body Care Cream on and around the area. When the PFBCC is not made, simply rub butter on it one night and olive oil on it the next, alternating every night 6 days weekly until the lump dissolves.

Healthfully,
Aajonus

20090821-1315

August 21, 2009

Re: Eroding Teeth

Dear Aajonus,

I have deep pockets that have developed where I have porcelain from 2 root canals, unfortunately. Within the next 2 months, I have been told, I will experience pain from infection because the teeth are disappearing and debris is lodging deep down in the areas of the teeth that have cracked more.

It was recommended that I have the teeth removed. I know you are familiar with these consequences from root canals and porcelain.

I am looking for a dentist that is sensitive to my needs. Do you have any referrals? What should I request for myself during this procedure? Should I refuse an X-ray which I am told will be required? How should I have these teeth removed? What pain killers or anesthesia? What kinds of things should I refuse? Pain killers, X-rays, antibiotics, etc.? What kinds of toxic things should I allow? Pain killers, novocaine, anesthesia, X-rays? What other instructions should I give the doctors? What specific foods should I eat before and after the procedure to counteract any toxic substances? Should I have a bridge made or get an artificial tooth? I will be losing the largest lower molars on both sides of my jaw, the second-to-the-last teeth.

Thanks very much.

Always with gratitude and love.

Please do not acquiesce to medical alarmism. It is designed to make you so unstable that you will do anything doctors dictate. From your email, I do not see you following your dentist's dictates, but you have fallen for his alarmism. I have seen that always calmness and patience during such detoxification while on the Primal Diet changes life for the better. I suggest that you refrain from dental work, pack your gums with soft room-temperature cheese and/or thick clay, apply a hot water bottle to your face without applying pressure and allow the body to adjust. If the cheese is too acidic, it could cause excessive heat and more pain. If after 10 minutes of having applied cheese, the area feels much hotter, then remove it and apply thick clay only. I suggest that you consume the Pain Formula with bee pollen and cheese from my book, We Want To Live, rewritten in 2005. Whenever you have pain, it is always swelling from detoxifying industrial chemicals from the area. Swelling provides increased nutrients to the painful area to allow for proper detoxification and healing. Heat applied to the area allows tissues to relax and expand with swelling so that less pain is experienced. When toxins have been removed, swelling reduces. When healing has been properly initiated and balance restored, pain subsides. The objective should be to manage and endure pain until the body finishes its tasks. Otherwise, toxins remain in the tissue and diseases progress.

The body can do its own root canal and limited repairs. I suggest that you wait. Remember that all disease is caused by collections of industrial chemicals, including your tumor. Also, when the brain detoxifies, it usually sends most of the toxins out the gums, tongue and saliva. When heavy metals detoxify through gums, the metals attach to dentine and damage the dentine. Bacteria then occur to eat the damaged dentine so that we can regenerate and heal. Once your body has settled, I suggest that you get composite fillings or crowns, rather than extractions. If your body wants an extraction, it will do it on its own, as long as you eat the Primal Diet.

To absorb the toxicity being discharged from your brain that is causing your tooth decay, I suggest that you sip milk often and eat cheese with a little butter every hour. Minerals in the dairy will bind with the toxins being eliminated through the gums that damage dentine. Brush once daily with a mixture of 1 tsp. of vinegar, 1 tsp. of clay and 1 tsp. of coconut cream.

Healthfully,
Aajonus

Dear Aajonus,

You suggest in your email that I could "get composite fillings or crowns rather than extractions". I already have crowns that are porcelain from two root canals. My body is trying to dissolve and remove nerve and bone toxicity around the teeth with a porcelain crown already in place on the top of the eroding tooth and root.

I am confused by what you mentioned on page 316 of your book about tooth and gum disorders. You mentioned in your book:

"EVEN ON A HEALTHY DIET, the toxicity around the teeth may require more nutrients than most people can eat. Therefore, if persistent infection occurs, it may be preferable to have a root-canal tooth extracted."

I am willing to endure the pain of this process if an end is in sight in the near future. However, I cannot endure more fatigue for years.

Knowing all this, my question is: What effects will the porcelain crown have on this process of infection and the dissolving teeth underneath the crown? Underneath the crown is a stump of a tooth without enamel.

Thanks!

I don't know how much of your fatigue is caused by oral detoxification. I can take a look when I see you.

Healthfully,
Aajonus

20090923-0806

Sept 23, 2009

Re: Rabies

What is Rabies a detoxification of?

Rabies can result from any detoxification that involves extreme metallic or other poisons that affect the brain. Those poisons are sent to the brain to be arrested by fats. If fat in the brain cannot immediately arrest and contain those poisons, and if potent enough, massive cerebral damage occurs.

Healthfully,
Aajonus

20091019-1306

October 19, 2009

Re: Aromatherapy/Essential Oils

Aajonus,

We recently took our dog to a session where the therapist used Essential Oils (Young Living Grade A therapeutic oils). They were very effective in calming and soothing her, as well as recommended for their healing properties for her limp.

What do you know about Essential Oils? Do you know the oils that have the best extractions methods and are the most stable? Can you recommend any brand/company or human that resonate with?

Your thoughts about this would be much appreciated.

Essential oils are distilled oils that penetrate cell walls, even if the cells do not want it. Like any distilled oil, Young's essential oils are radical solvents, but they can help arrest heavy metals. Oils that are heated above 96 degrees F are not living. The word "living" is a fraud. Young even admits in his book that nature distills plant oils between 57-62 degrees F. Essential oils are not easily removed from the body with the toxins and they damage many cells by thinning cellular walls and organelles. They cause people who are very clean, like me, to sneeze and have headaches. You could try Green Pastures cod liver oil with some flax oil. If she continues to be hyper and anxious, something is irritating her nervous system and/or brain. She may not be digesting well. I have some blue butter that might work (blue butter has been predigested by blue fungus, like in blue cheese).

Healthfully,
Aajonus

Thanks Aajonus!

How do I acquire blue butter?

Blue molded butter, that is. You can get it from me.

20091023-0209

October 23, 2009

Re: Cars

Hi Aajonus,

I am looking into buying a new car. Do you have any recommendations for things to look out for? Hybrid or gas? Leather or cloth? Particular things to eliminate or request to reduce toxicity? I am planning to get a large enclosed truck or van to cart around things and dogs.

Honda, Ford, or Toyota?

Thanks.

I suggest that you test all hybrids for low emissions. However, you must consider the EMFs that are emitted in the driver's seat. I suggest that you take an EMF meter with you while someone else drives before you test drive a vehicle. Okay EMF levels are 3 milligauss, but you will find that all vehicles are much higher. My Prius hybrid (Toyota) has an EMF of 8-50. The faster it goes, the higher the EMFs. So, most of the time when I drive, I place my feet on the mound between driver and front passenger where the EMFs are rarely over 18. However, if the CD player plays, the EMFs are 50-100. It might be best to install the CD player in the back of the car. I had leather installed in all of my past cars because fabric upholstery is plastic and lints. It is unhealthy to breath plastic lint. It must be dissolved into the body to eliminate it. After you buy the vehicle, there will be many noxious toxic fumes in the car. I suggest you open all windows and doors and let it bake in the sun for up to 30 days. When driving it during that 30-day drying period, leave all the windows down.

Healthfully,
Aajonus

What about a car that is not a hybrid? Is it much more toxic? I am considering a Ford Expedition or Chevy Suburban.

As I stated, I have no idea about present cars.

20091031-0830

Oct 31, 2009

Re: Inguinal Hernia

Hi Aajonus,

We spoke yesterday about my husband's inguinal hernia. After speaking with you, he decided to cancel his surgery for today. His doctor did not want to use the pig skin mesh saying it was for special cases and his hernia was very routine and did not require the pig skin. The doctor also said the pig skin costs thousands more. Anyway, he is trying to find a doctor who will use the pig skin mesh instead of the Marlex polypropylene mesh.

My question to you: you gave him a recipe of berries, cream, coconut cream and honey to drink daily, taking 1 day off each week. What does this recipe do for him and his health regarding his hernia?

Also, inguinal hernias over time can cause strangulation of the intestines and blockage. How do we know this will not happen while we search for a new doctor? What do you know about the blockage aspect of inguinal hernias?

Thanks.

The berries formula will help him remove metals from the hernia so that it can heal. Without seeing his irises, I would not know how long it is likely to take to remove the metals that prevent healing.

I know of only one person with a hernia that had intestinal strangulation and that was an eighty-eight year old man, who was not on the diet. All of his tissues in his lower abdomen were distended, flabby and hanging with no muscle or tissue strength. That is a scare tactic that pharma/medical use to frighten people into surgery.

Healthfully,
Aajonus

20091103-1310

Nov 3, 2009

Re: Ceramic Knives vs. Stainless Steel

Hi,

What are your thoughts on non-toxic knives to use?

Are ceramic knives safe? How about the ceramic knives made by Raw Star?

What about surgical grade stainless steel? It supposedly does not leach heavy metals.

Thanks.

There are two arguments against steel: one is leaching and two is it disturbs the natural electromagnetic fields of food cells. Ceramic knives are safe, but could leach if left in an acidic solution for several hours. Surgical stainless steel does not easily leach, unless left in an acidic solution for many hours.

What Knives do you use and highly recommend?

Both ceramic and Cutco.

Why Cutco knives? Do they leach? Do you use Cutco and Ceramic?

Surgical steel grade steel and best quality knives. I bought these long before ceramic knives were made. But I prefer ceramic unless I cut pineapple or high meat.

Why do you use surgical steel-grade steel on pineapple and high meat?

Pineapple and high meats can dissolve ceramic enough to slightly leach.

Wow I didn't know that about pineapple and high meat. Are lemon, lime and tomatoes okay since they are acidic? Will they leach the ceramic?

None of those contain the bromelain/citrus combination that pineapple has, nor the dissolving proteins that high meat contains.

**Healthfully,
Aajonus**

20091104-0932

Nov 4, 2009

Re: Wood utensils and mineral oil finish

Hi,

Some companies finish/brush their solid wood utensils with a mineral oil. Is mineral oil okay on solid beachwood spoons? The company says it's non-toxic, but I don't believe them. Does the mineral oil from the wood spoons release into the food?

Thanks.

Yes, it leaches especially with fermented or acidic foods.

**Healthfully,
Aajonus**

20091115-1639

Nov 15, 2009

Re: Emergency – Woman with advanced cancer

Hi Aajonus,

A new client was sent to me for food. She is 54, with advanced cancer of the appendix that has spread throughout her body. The doctors took out her appendix, spleen, part of her liver, part of her diaphragm, rectum, colon, large intestine, part of her small intestine (has 2/3rd of small intestine left), peritoneal lining and part of her stomach. She has a colostomy pouch. When you look at her, she looks healthy. She can go for walks. She is about 5'7", 125 lbs, but is losing weight quickly.

She was sent home from the hospital and told to eat nothing but strained soup broth, jello and Total Parenteral Nutrition (TPN). The TPN makes her sick, so she stopped it. They also have some mix that has 5000 calories in it for her to eat. She is losing weight quickly. If she tries to eat anything else, it clogs her up and she is in such excruciating pain that she has to go on morphine for three days. The doctors said if she gets clogged again it could kill her. She has been sent home to die. She clogs up when her intestine gets inflamed and the tumors press on it causing blockage.

To get her going I told her to stop everything she had been eating. I wanted to get her going on raw and give her raw fats that would keep her system lubricated so she would not back up. She started on butter and honey throughout the day, then added a milkshake, then added a lubrication drink, then added raw fish last night (small amounts about 2 oz twice) and today she has added green juice of celery and cucumber only. The first two days were without the fish, only fats. Then, last night, she added fish (2 oz only once for dinner). Today she added juice and more fish (twice a day today). She has had continual diarrhea (good lubrication so she won't back up). The smell is rank she said (toxic crap dumping I am sure). She is also very nauseous. Today, I gave her no-salt raw cheese to try, but did not want her to eat too much as I did not want her to back up. That is what they want to prevent at all costs. I told her a sugar-cube size of cheese, twice a day, for nausea. You don't think the cheese will back her up, do you? She cannot seem to do fruits, only fruit juice like apple juice.

Now she is doing:

Celery and cucumber juice upon waking
2-4 oz fish with lube formula
Milkshake
2-4 oz juice
Fish, 2-4 oz with lube formula
Milkshake
Juice, 2 oz
Butter/honey between meals
Fish with lube formula
Milkshake if hungry
Milk before bed
Milk at night

Nausea: I told her to shoot raw eggs or try cheese. I want to get weight on her but she is still losing weight. After a few days, she feels full but she is not satisfied.

She came to me initially just to get foods that she could eat, but when she left, she said, "Tell me exactly what to eat and I will do it." Do you think it is too late for her to survive?

Any thoughts or suggestions? Do you think adding more fish per day plus a little bit of cheese will back her up? Should I have her husband, who is taking care of her, contact you?

No one is dead until they are dead. Diarrhea should not be a problem. I had someone in her condition that had diarrhea for 2.5 years. That is not a worry. What the concern is, is to eat foods that require very little digestion for at least 6 weeks so that her body can cleanse, heal and strengthen as quickly as possible. I suggest that she eat 23 eggs daily. She has lost too much of her digestive system to wait for other foods to try and digest. Also, honey and butter. I suggest that she eat 1 egg, then 1 T. honey/butter mixture (1 honey to 2 butter) every 30 minutes of her waking hours. Meats of any kind will likely make her nauseous. I suggest that she continue on that diet for about 6 weeks. By then, she should have strengthened enough to survive and maybe recover.

For nausea, I suggest she make a mixture of 2 ounces of lemon juice and two ounces of honey. When she gets nausea, I suggest that she mix 1 ounce of the mixture into 2 ounces of sparkling mineral water only and sip it over 3-5 minutes.

Healthfully,
Aajonus

20091122-1950

Nov 22, 2009

Re: Allergy to Dogs and Cats

Hi Aajonus,

We have noticed that our 6 year old daughter, who has a raw diet along with a cooked diet, seems to have an allergy to dogs and cats. Her diet is very clean and totally organic. She has never been immunized / vaccinated. You saw her when she was 3 years old and said her eyes looked good and that you did not have to see her again.

Her symptoms around pets are: sneezing, watery eyes, coughs, stuffy nose, breaks out in red bumps and is itchy.

I am confused as to why she is having a reaction to dogs and cats. Please explain.

Also what foods would be good for her to eat to possibly cure her of her allergies to dogs and cats? Is it curable? I know her grandmother and cousin both have allergies to dogs and cats as well. Is it hereditary?

Thank you.

Since your daughter is eating some cooked (processed?) foods, she has toxic chemical byproducts. Many times, children will discard toxins from mucous membranes, causing loss or thinning of the mucus protecting the mucous membranes. Dander from cats and dogs, even if they have not been vaccinated and are on raw diets, have processed food and vaccine toxins from the mother throughout gestation. When those are detoxified from the body of dogs and cats, 98% discharges in and through the skin. Therefore, the dander from those animals will be highly toxic. When inhaled by a child (or adult), dander penetrates the mucus and irritates the membranes.

A child with little or thinning mucus will not be able to protect itself from dander irritation to mucous membranes. Since most toxins are supposed to be eliminated through the skin, absorption of dander toxins often results in skin rashes.

I suggest that you restrict your daughter's cooked and processed foods and have her drink more milkshakes to increase mucus production.

Feed the dogs and cats moist Terramin clay to help those animals neutralize those toxins better so that the toxins are not so caustic in their dander.

Healthfully,
Aajonus

Aajonus,

My daughter never eats processed foods of any kind. Everything she eats is from the earth and in its whole food form, whether raw or cooked. Some of what she eats is cooked, in the healthiest way possible, and the rest is raw. I just wanted to mention this to you since you spoke of keeping her away from processed foods in your response to me. We never eat processed food of any kind.

I am still puzzled as to why someone like her, who eats a healthy food diet, gets an allergic reaction to dogs and cats, while other children who never eat organic or fresh food of any kind and who eat highly processed foods from fast food restaurants have no allergic reaction to dogs or cats. Please explain why other children on extremely poor diets eating cooked food are not allergic to dogs and cats. Also, it's hard to believe that cooked food is the culprit since everyone on earth eats cooked food and not everyone has allergies to dogs and cats.

Is it true, based on your explanation, that if my daughter were to come in contact with a completely wild dog whose mother was wild and other generations were wild, she may not have an allergic reaction at all since no toxins would be present in the dog's lineage?

So she needs to increase her mucus to protect her membranes from being irritated by toxic dander from cats and dogs. Is this right?

I forgot to mention that when she comes near a hypoallergenic dog, such as a Wheaten Terrier, she has no allergic reaction. Wheaten Terriers apparently do not have fur but hair like humans and do not shed like other dogs.

Thanks.

If you try to compare one person's health to others, you will always be confused. Your daughter has problems because her body contains caustic toxins in her body, especially near the throat and lungs. I suggest that you be thankful that her body tries to eliminate the toxins and that they do not easily store from dander. Cooked food is not the greatest culprit. Medical and industrial pollution in everything is our main culprit. Since you did not grow and live on an exclusively raw Primal Diet and did not live in a clean environment, you have a lifetime of toxins in your body. You passed many into your daughter's body while she was gestating. Why her body stored them where it did, I cannot say.

Yes, she would not have reactions to wild dogs as long as she produces protective mucus that prevents dander from irritating and penetrating membranes. And, yes she needs to increase mucus production.

It is not the hair but the skin - dander - that causes rashes.

Healthfully,
Aajonus

20091207-0251

Dec 7, 2009

Re: Coconut oil

It seems like this coconut oil uses the same fermentation process as Wilderness Naturals. Look under virgin coconut oil and how they make their oil. Is the Gold Label Standard Oil a good one?

<https://healthytraditions.com/coconut-oil/what-is-virgin-coconut-oil>

It's the same process, but they let the oil get to a much higher temperature than what is beneficial.

www.thaiorganiclife.com is the only oil that is not heated above 96 degrees F.

Healthfully and appreciatively,
Aajonus

20091208-1219

Dec 8, 2009

Re: Deworming

Hi Aajonus,

We are about to get a puppy in a few weeks. Right now it is 2 weeks old. I asked the person who has the pups to not vaccinate them and she said okay.

However, the person who has the pups right now wants to deworm them with a strong dewormer called Drontal Plus.

What do you know about deworming puppies? Are their safety issues with it?

The pups are nursing right now on their mom but will be weaned soon to a kibble diet. I do not like the kibble dry dog food diet but I do not have control over what the puppy eats until I get the puppy in our home. Once we get the puppy, at 8 weeks old, we will feed it a raw diet.

Let me know about the dewormer. Any suggestions on what raw food the puppy should eat?

Thank you.

Dewormers cause much neurological damage. I suggest that you strongly recommend that she only use dewormers if the pup has signs of worms. I do not ever believe that they should receive dewormers but that is just to placate her so she does not deworm your intended pup.

Or, you could tell her that a pup on an excellent diet will never have worms and that when they have worms, it is to detoxify toxins from an insufficient diet with additives. If a pup eats an excellent diet, that is its natural raw, bacterially infested diet of raw meat including hair, when it has worms, the pup will survive and thrive rather than get sicker and die.

Healthfully,
Aajonus

20091211-1517

Dec 11, 2009

Re: Walnuts and Dates from Jaffe Brothers

Hi Aajonus,

Recently, I found out that organic medjool dates are picked from the tree, and if they are too wet, they are placed in a room of 130-140 degrees to dry them out. Are they raw or not?

LLC DatePac is the supplier to Jaffe Brothers. LLC DatePac states that dates must be dried in a room to take out moisture. LLC DatePac states that they try to mimic the high temperature of the desert environment; that's why they use a room of 130-140 degrees.

Also organic raw walnuts from Jaffe Brothers, their supplier is Ferrari Farms, are dehydrated at 110 degrees before selling them to the public. Jeff Ferrari stated that this is the industry standard for preparing raw walnuts, because if they were sold off the tree directly to the public they would be too wet and mold would occur. Jeff states that the walnuts need to be taken down to 8 percent moisture level and to do so they must be dehydrated at 110 degrees. Jeff also stated that above 110 degrees the oil in the walnuts would go rancid.

I don't know if you were aware of this information.

My question to you is: Are these 2 products still raw by your standards since you recommend that people on your diet eat them? I believe you also stated that anything above 100 degrees kills the food. Please correct me if I am wrong.

Thank You.

LLC DatePac has given you incorrect info. Nowhere in the desert where California dates grow does the temperature reach 130, except the sand a few hours of the day. Dates are 15-60 ft above ground and do not reach temperatures greater than 110 for more than 1 hour daily. I worked for 3 years in dates in the Coachella Valley in the late 1970s. Please send them a copy of my email and ask how long they dry medjool dates at those temperatures.

Regarding walnuts: are they dried at 110 in the shell or shelled? In shell is okay, but out of shell that temperature destroys many enzymes.

Thank you for your research; it seems as though my worker is not being thorough enough. I am disappointed in my paid helper and those companies.

Healthfully,
Aajonus

Hi Aajonus,

Walnuts are dehydrated in the shell by Ferrari Farms and Gibson Farms at 110 degrees. Both Walnut farms are considered reputable and have been around for many years. You said in the shell dehydrating is okay. So walnuts must be okay.

The organic medjool dates dried between 130 and 140 degrees concerns me. Are they being cooked? Are the enzymes dead? Are we eating pure sugar? Are there any nutrients left?

Please let me know what you think about the nutrition level of dates?

Would you still eat them knowing what you know?

And yes, your paid helper / researcher should do better research. It's not hard to ask questions.

Thanks.

I would not eat dates from that source again. I assume that is why I always need to eat more fat with medjool dates.

My product list is 10 pages and there are literally hundreds of producers to call each year. In fact, it is so costly that I only verify every two years. I lose \$6 on every product list sold, but it is an expense that I must afford.

Again, I am very appreciative of your diligence.

Healthfully,
Aajonus

Aajonus,

What is a good source for organic medjool dates? Jaffe Brothers gets their organic medjool dates from LLC DatePac. LLC DatePac dries the dates in a room with temps of 130-140.

If we don't get dates from Jaffe, where from?

Thanks.

There are other types of dates, not just medjools. I will look into a medjool source when I return to the States in March. Ask Jaffe what other kinds of dates they carry and if they are heat dried. Others that I know that might be heat-dried are honey dates and barhi dates.

Healthfully,
Aajonus

20091215-1215

Dec 15, 2009

Re: Daughter vomiting

Hi Aajonus,

My 6 year old daughter will occasionally vomit, out of the blue, for no reason at all.

Yesterday she woke up and said her stomach hurt. Later in the afternoon she ate guacamole and she vomited. A couple of hours later she ate something else because she was hungry and she vomited again. About 7 pm she had some mineral water and she vomited. Finally, at 10 pm last night she was fine and wanted a tangerine. So she ate a tangerine and drank Gerolsteiner mineral water and she was fine. No more stomach pain no more vomiting. This morning she said her stomach felt good. She had a strawberry smoothie with a raw egg in it and her stomach did not bother her.

She has vomited before out of the blue. About 2 months ago she woke up one morning and said her stomach hurt. She vomited whenever she ate something, off and on for two days, and then the pain in her stomach went away and she was fine.

Two years ago we were at Whole Foods about 8 pm at night and my daughter (who was 4 years old then), out of the blue, vomited at Whole Foods in the Produce Dept. We came home, she slept for about an hour and she woke up about 10 pm, was hungry, ate a bunch of food and everything was okay. No more stomach pain and no more vomit.

Why is she periodically vomiting out of the blue? What is causing her stomach to hurt to cause her to vomit?

Any food you would suggest for her to eat?

Thank you.

As I stated in my books, the quickest way to get rid of the most concentrated toxins stored in our bodies is to vomit them. In laboratory tests, vomit has been measured to have many times the lethal quantity of a particular or combination of toxins; yet, when the body dumps them into the stomach and vomit occurs, there are no long-lasting ill consequences. I pray for days with vomit. Rejoice, because your child will have very little ill symptoms.

Healthfully,
Aajonus

20091229-1335

Dec 29, 2009

Re: Ionizing Footbaths

Hi Aajonus,

What do you know about ionizing footbaths?
Safe or not safe?

Thanks.

Toxic.

20091229-1336

Dec 29, 2009

Re: Blood cancer

Hi Aajonus,

What causes blood cancer? How can 3 siblings, all in their 80's, have blood cancer?

I was just told by my father that 3 of his 1st cousins, all brothers and sisters, died of blood cancer this past year within 2-3 months of each other.

2 siblings lived in Columbus, Mississippi their entire lives and one of them lived in Utah from the age of 22 until she died in her early 80s.

Is blood cancer / leukemia environmental as I would suspect? If so, how can one sibling who lived in Utah be exposed to the same toxins in her environment as the other 2 siblings who lived in Mississippi?

Any genetic component in blood cancers?

What is even more interesting is that my mother's sister who lived in Germany her entire life died last April of leukemia / blood cancer as did her husband who lived with her in Germany. He died 10 years earlier with multiple myeloma. They lived a half-a-mile from a car factory where large haystacks of smoke spewed toxins out every day. It seems reasonable to assume that a husband and wife living next to a factory might get blood cancer. But what about the 3 siblings I spoke about above? How do you explain them getting blood cancer?

Please let me know what you think.

Cancer is always the result of industrial chemicals. They are in everything everywhere. The more they accumulate, the more damage is done in the body to the point where the body stops dissolving dead cells and collects them: cancer.

Utah has more hospital beds per capita and more cancers. Mississippi has been the military's proving ground for biological-warfare experimentation.

**Healthfully,
Aajonus**

20100101-1743

Jan 1, 2010

Re: Emergency - Detox still going on

Hi Aajonus,

I am not fully recovered from the detox and it has been 2 weeks now. Next week, I must get back to work. I've been off work 2 weeks and have already lost a lot of income.

I will summarize my symptoms and perhaps you can steer me in a faster recovery direction.

It started 2 weeks ago with intense vomiting for about 8 hours, every hour or so, with diarrhea until my stomach was 100% empty. I could eat nothing without feeling like I would puke it up. I drank water and puked it up.

I slept around the clock, but only 1.5 to 2 hours at a time for the first week. I would eat something that I felt would go down, such as fresh-squeezed orange juice, papaya, pineapple and cultured milk with honey after the curds and whey separation. I had the runs all the time in small amounts as well as blood coming out of the anus for about 5 days.

The symptoms of this eating was nausea, the runs, blood coming out of the anus and severe intestinal cramps every time I went to the shitter. I mean severe cramps. I was also drinking a lot of sparkling water with honey to try and handle the upset stomach.

This continued for about a week and then the cramps subsided after I was so hungry I had to eat meat. I ate cooked chicken as the thought of raw made me nauseous.

I kept up with avocados and papaya, orange juice, sour cream, cooked chicken, raw fish, steamed mushrooms with butter, goat yogurt (honey with everything), cabbage juice along with parsley and celery, and fresh milk. I've been on this a week and then after the meat, my energy level picked up some each day, but my energy level is still VERY LOW. I'm too tired to do much of anything but light administrative work and a bit of walking around.

I sleep now for 3 to 4 hours at a time, but still wake up with my stomach being unsettled and I have to pee or shit. My shit is not a regular firm stool. It is soft, but not the runs. It is still bleeding a bit. I still have cramps, but not severe, just uncomfortable.

Now I am getting pain in my penis before I pee, like when I sleep and I have to piss. But I get up and piss, and it comes out slow and not very much. Prostate?

I slept last night, for 1 to 3 hours at a time, all night from 9:45 PM to 9:45 AM. It was a VERY knocked out super deep sleep. But I still wake up needing to handle my stomach, as it is upset, or to pee as it kind of hurts.

I have eaten raw eggs now, about 4 a day, starting a few days ago. Again, most all things go down well. But the digestion on the other end is so wired.

I also tried this EM stuff they sell at Rawsome - Effective Micro-organisms - along with clay and Green Kamut stuff. It does not seem to make a difference, but it does seem to empty my stomach.

My energy level is very low and I get tired easily. Last night, I packed myself with chicken and fish and some lamb - partly cooked - like warmed or seared on the outside just a tiny bit as I just don't like the idea of 100% raw. And the warm food is very soothing. I must have eaten a pound I was so craving the protein.

I am very concerned as this is the longest detox I have been through and I don't have the money to just not go to work and produce. I've got to get to work next week on Monday.

Please advise.

Firstly, I suggest that you stop eating cooked meats. That is for elderly people just to maintain their status quo. You are unlikely to recover if your protein is being used to detoxify cooked protein; you will not get enough protein to give you strength.

Secondly, I suggest that you eat 1/4 cup steamed organic rice with your raw meat meals, for 3 days only. The raw protein is helping you detoxify, so when you eat it, it makes you nauseous. When you eat cooked rice with it, the rice will absorb the toxins that make you nauseous. Also, have a little honey, periodically, during meat meals.

Cramps and bleeding indicate that you are discarding very caustic toxins that completely usurp all of your body's energy at times and for long periods. Removing them now makes for better energy for the rest of your life.

If you can, eat watermelon as your fruit to help perspire the toxins so all does not dump into the intestines. Continue papaya and avocado in the morning when juggling cramps. Eat lots of cheese and 1 T. of moist clay, 2-3 times daily in 4 ounces of milk each time, to help arrest the toxins in the intestines so they are not so caustic.

I have been experiencing a 3-weeks-long mucus detoxification with grayish-green phlegm as thick as putty. The grayishness is probably elimination of injected metals, and maybe other metals stored. I am looking forward to increased health.

Healthfully,
Aajonus

20100110-1230

Jan 10, 2010

Re: Raw Honey Corrupted with Corn Syrup

Hi Aajonus,

How does one know if raw honey has been adulterated with corn syrup?

I have heard that some bee keepers / companies will bottle corn syrup in with their honey to save money.

How do we as consumers know if corn syrup has been put in our honey?

Thank you.

Usually, the taste will differ from pure honey. It burns my tongue, especially the throat and lingers for about 10 minutes, consuming only 1/4 tsp. to test. However, if the bee keeper uses corn syrup or sugar at any time, I do not buy honey from him/her.

Healthfully,
Aajonus

Aajonus,

Would you ever think that Honey Pacifica would corrupt their honey with corn syrup?

I know they have confessed to feeding their bees corn syrup as of last winter. I do not know if they have done the same this winter.

I am asking because we eat the sage honey from Honey Pacifica and, as consumers, we would never know if it has been corrupted. Just like we never knew they were feeding their bees corn syrup.

Do you trust Honey Pacifica to keep their sage honey clean and pure?

Thanks.

Honey Pacifica promised never to do it again and that it was the first and only time. They did not expect that the bees would run out of the honey they left for them last year; that is why they gave them corn syrup. I stated that they should always dip into their bottled honey to supply the bees in case of emergency and they agreed for the future, including this year.

Healthfully,
Aajonus

Are you going to continue to buy Honey from Honey Pacifica?

Yes, this Spring's crop. I didn't buy any last season because they used syrup. I had 4 gallons stored.

20100110-1736

Jan 10, 2010

Re: Kefir strained in stainless steel mesh strainer

Hi Aajonus,

Does kefir react with a stainless steel mesh strainer for the few seconds that it is in contact with it? Is there metal being released into the kefir?

My 4 year old son has lived on kefir for the last 3 years. It is one of his favorite foods. Is he eating small amounts of metal?

I just learned at a yogurt making workshop that a plastic strainer should be used instead of a stainless steel strainer. What are your thoughts on straining kefir in a stainless steel mesh strainer? I have been making kefir for 3 years now and I use a stainless steel mesh strainer to press the kefir through once it has turned into kefir. Cheesecloth won't work. So it's either stainless steel or plastic. Plastic has its own issues.

I do not use stainless steel for anything else.

I always use glass bowls/plates and wooden spoons for all our food but there is no such thing as a glass or wood strainer.

Thank you.

Any time any food comes into contact with metal, radio waves affect the food. However, if you are surrounded by more solid walls, less radio waves will affect food. Consider that radio waves pass through almost everything and your radio will play as long as there is a signal close enough.

Stainless steel takes at least an hour to begin to dissolve and enter acidic foods, so I would not worry about using a STAINLESS steel strainer for about 2 minutes or less.

Healthfully,
Aajonus

20110122-1341

Jan 22, 2011

Why is Gerolsteiner One of the Worst Waters

<http://breakingnews.ewg.org/bottled-water-2011-search>

Hi Aajonus,

Have you seen this Water Quality Report? Why is Gerolsteiner one of the worst waters to drink?

Hi,

Gerolsteiner received an F, because it does not treat its water at all and does not remove any bacteria that naturally exists in its completely natural water. Rainwater is especially abundant with bacteria. No other water in the world can foster agricultural growth like bacteria-rich rainwater.

According to Environmental Working Group (EWG), who made this study, bacteria in water is bad and therefore Gerolsteiner water is bad by its standards. However, the major reason Gerolsteiner got an F, was because Gerolsteiner did not disclose on its label that it was not treated and may contain bacteria. Any company, calling itself Environmental Working Group, that gives its safest water endorsements to 3 of the most polluting food companies in the world (Gerber, Nestle and Penta), must have its values scrutinized and its roots should be tracked to those companies. Many such so-called environmental groups/organizations are bought, paid-for and even established by corrupt companies for the purpose of falsely elevating their products and/or motives to desirable status. Notice that the word "purified" is in all of Gerber's, Nestle's and Penta's products. "Purified" means that some industrial chemical process was utilized to alter the water.

Remember that we have only 1 human gene in our digestive tracts for every 150 bacterial genes. We have 100-150 bacterial genes to every 1 human gene. I have not found one natural bacteria that is a pathogen in the human body. Consider that I have consumed more "pathogenic", bacterially rich foods than any man in modern society, but I am vitally healthy in my 64th year, when, according to medical pseudo-science, I should have been killed by them. It has been my empirical experience that the only pathogens are industrial chemical toxicity and fraud.

I want natural bacterially rich water that is life-promoting, untouched by industrial manipulation and contamination. What do you want?

Healthfully,
Aajonus

20110201-1826

Feb 1, 2011

Re: OK to Eat Conventional Pineapples?

Hi Aajonus,

Is it OK to eat conventional pineapples, if organic are not available, due to their pretty thick skin? I unfortunately can't find organic pineapples anywhere at the moment.

Yes, but you have to scrub them with a vegetable brush and warm water before you cut into them.

Aajonus

20110202-1650

Feb 2, 2011

Re: Oysters

Aajonus,

You mentioned, a little while ago, consuming oysters. Do they have to be New England oysters, or are North Florida (Atlantic side) oysters also OK to consume?

Any oysters north of South Carolina are good.

Healthfully,
Aajonus

20110305-1759

Mar 5, 2011

Re: Sexual Release During Heavy Detoxification

Aajonus,

When detoxing hard, is sexual release of any kind a good idea or rather does it take away too many nutrients for the effort?

Depends on how your body reacts following ejaculation. If it is favorable, do it. Sex creates many wonderful hormones.

Aajonus

20110310-1540

Mar 10, 2011

Re: BPA in Ball Lids

Hi Aajonus,

Did you know that BPA is in the interior lid of Ball and Kerr canning jars? I just found this out. I know a few years back you said to stay away from the lids that had the gold interior and suggested using the lids with the white interior.

Apparently, the lids with the white-coated interior, the part that comes in contact with food, is lined with BPA.

What are your thoughts on this?

Does BPA go into raw milk?

Thanks.

The distributors of Ball and Kerr are supposedly the same when I spoke with them. They claimed that both lids were sealed with plastic. However, when I scraped the Kerr lid, the plastic coating was apparent. When I scrapped the Ball lid, there was no plastic. So, some people do not know what they are talking about. However, since I am not in the USA, I cannot verify that that holds true 2 years later (since my last purchase of Ball lids and scrapings).

Scrape both and you will know.

Healthfully,
Aajonus

Hi Aajonus,

If you Google "Is there BPA in Ball canning lids" you will get many responses that say Yes.

My raw milk lady made me aware of the BPA in the canning lids yesterday and advised her customers to switch to a different lid.

An alternate lid made by a company called Tattler states that their lids are BPA free, but the problem with Tattler lids is that their lids contain a small amount of formaldehyde which the company says will not leach out unless heated over 250 degrees. Either way, not good as far as I am concerned. Check out Tattler lids at: <http://www.reusablecanninglids.com/>

One option is to use the Ball plastic storage caps which are either a #1 or a #5 plastic. I am having a hard time finding out what kind of plastic is used on the storage caps. The problem I see with these caps is that they don't seal as tight as the metal lids with rubber rings.

Also, as an alternative, there is a German company called Weck that uses glass lids, rubber rings and glass jars. They look good but don't know much about them. Check them out at:

<http://www.weckcanning.com/>

Let me know what you think.

As I stated, there are hundreds of would-be experts who do not know anything because they do not do their own research. Take a sharp paring knife and scrape it across the white enameled lid. If you find a thin transparent or translucent product, it has been plastic-coated. Let me know what you find.

Healthfully,
Aajonus

FYI:

The comment below is from my milk lady:

"Apparently its now an FDA policy that with food containers made from metal, that any areas that come into contact with food must have a layer of plastic containing BPA to prevent leaching from the metal. How silly is that! Typical FDA."

I will try scraping the lid to see what comes off.

Ball lids are enameled.

Hi Aajonus,

I was finally able to talk with a person from the Ball Company about their rubber-rimmed lids with the white interior and their plastic storage caps.

The person looked in her data sheets and confirmed that Yes the white interior lid does contain BPA. She said it is a small amount. She said it would take a 150 pound person 2,400-4,300 jars with the BPA in them to reach the maximum safe daily limit required by the FDA. She went on to say that the BPA must be in the lids according to FDA rules to prevent corrosion. The lid with the white interior is made from a modified vinyl and is not enamel. She also said the modified vinyl does not have PVC in it but definitely has the BPA.

The Ball plastic storage caps are made from polypropylene which is a #5 plastic. There is no BPA or PVC in the storage caps.

She further stated that the Ball Company is researching a new lid which would be BPA free.

Wanted to share info with you.

All my best.

Because the plastic coating is enamel-like, I found that it does not leach into food. If you scrape the metallic-colored lids (Kerr) you can peel-roll the plastic. With the Ball lids, that does not happen. Also, notice that the plastic coating on Kerr lids dissolves rather quickly and the lids rust quickly - evidence that the BPA in the plastic is absorbed into food.

I would be delighted if Ball were able to make a coating that was BPA-free for the environment. Let's hope that the new technology does not produce something worse.

Healthfully,
Aajonus

20110312-1349

Mar 12, 2011

Re: Pain in side

Dear Aajonus,

I have been in great pain on my right side, but particularly the right hip. It was bad last year and again this year. My left one aches too but not as acute as the right. Plus the area where the legs meet the pelvic region feels inflamed or painful too. I have been told I have a slight spinal rotation which seems to mean my right side has the muscles more built up. I also have a rotated right hip or sacroiliac joint problem, which I have had for 24 years. Plus I have bad posture so the right seems to be overstrained. But would this be enough to cause such aching, or is it those toxins in that right side which you said have worsened? My neck always seems to go out of alignment too plus much aching, and I know you said I have more toxins in the brain stem than before.

I have just spent one month in Desert Hot Springs using the hot mineral water three times a day - temperature around 105. Would that be just as good as those detox baths that you recommend?

All health issues result from industrial toxins stored in the body. Sometimes our bodies build more tissue around those toxins to harness and confine them. Discomfort results when our bodies are unable to contain them without local cellular irritation and destruction. In such cases, our bodies want to rid themselves of those toxins whenever they can. Damage results from that process as the body mines, dissolves, harnesses, neutralizes and eventually discharges caustic industrial toxins from our bodies.

The hot springs is better than a hot bath in municipal water, unless the hot springs water is treated with chemicals such as chlorine and fluoride.

To help remove toxins, I suggest that you consume 1 T. moist Terramin clay blended in 3 ounces raw milk, once or twice daily. If constipation results, I suggest a suppository of 3 T. each of raw butter, raw cream and raw coconut cream every few days as needed. Place in rectum before sleep.

Healthfully,
Aajonus

20110312-1415

Mar 12, 2011

Re: Raw, Lightly-Salted Cheese

Hi Aajonus,

I have been out of raw cheese for 4 weeks now. I have been waiting on Organic Pastures' cheese to age. I just called them today only to find out that the cheese they are making is only lightly salted and they won't have unsalted for two more months. I get a considerable break in price from them because I buy their scrap cheese in bulk. Would I get some benefits from the lightly salted raw cheese? Is lightly salted not worth the intake?

Salted cheese is not beneficial. Salt forces the body to re-digest and absorb the toxins that the cheese absorbs. I suggest that you contact someone on my Product List and have them send you raw, no-salt cheese.

Healthfully,
Aajonus

20110314-1835

Mar 14, 2011

Re: Newsletter Article about Chemical Burn
(Newsletter #25)

Hi, I wanted to tell you that the swab on my burn the doctor took 4 days ago came back positive for Staphylococcus Aureus. What does that mean to you? Or, what does it mean to me?

Staphylococcus are responsible for consuming dead and damaged tissue by chemical or heat burn, or abrasion. If you did not have them, you would probably have leprosy. Congratulations, you have the correct bacteria.

Aajonus

Hi Aajonus,

I noticed I made the Primal Diet Newsletter. I feel important :) Too bad it had to come at the price of lots of pain and discomfort.

Also, the doctor did say at my last visit that, yes it is infected, it's very red with green pus coming out and I need to take an antibiotic. And me saying, "No, why should I take an antibiotic killing all the good bacteria in my body when this is a localized wound on my back." She agreed and shut up. The doctor went on to say that she is trained in using chemicals and she does not have holistic knowledge and although holistic alternatives might work she doesn't know how to use them. That was my last visit to the doctor. I used the clay from then on out, working with you over e-mail and following your directions.

The clay worked **wonders** taking away the red infection and the green pus the doctor saw! Amazing about the clay, the raw food and your knowledge for treating it! Very appreciative!

One other thing I thought was good information that I never shared with you was that the doctor's only knowledge of treating the burn was to peel off all the dead skin that was still attached to my body. She wanted to peel off the black skin too, but didn't because of the amount of pain it would cause me. Her reason for doing so was to expose the new skin underneath. She said if she didn't do that the infection would continue. I would then have go to a wound center where they would give me a shot for the pain while they debrided the area by pulling off all the burnt skin exposing new skin underneath and then washing the new skin with antiseptic and giving me an antibiotic. The thought of that whole process was horrifying. The clay method was much more appealing and non-invasive.

Just a few thoughts after reading the Newsletter.

Thank You.

You were the first to document it from the worst stage and describe it well, and continue through the process with me via email. Most of the times that I have dealt with such a detoxification have been on the phone without a written record. Your bravery and follow through will help thousands of people. Thank you so much for making this possible and for your appreciation for my work.

Do you remember my wounds from my chemical burns that scarred lumpy? They are all flat and even now but still discolored from the aluminum, barium and mercury.

After all wounds healed, I used bone marrow on the scars and, every 5-7 days, I rubbed, lightly, either pineapple or papaya on them. I will include photos in my update of my scars in Newsletter #26.

Because there are still toxins in the skin, you will have sensitivity, off and on, for some time, even up to 3 years. The detoxification that you experienced was probably from an infant vaccine such as tetanus in the thigh. Usually, only infants are injected in thighs. The medical poison traveled from the thigh to your lower back and stored. Some of the poisons deposited in all of the passages through which they were transported. Normally, they all detoxify simultaneously: the reason for your sensations emanating from your wound to your leg.

The butter-honey will help strengthen the new cells which are exposed to the poisons or still have them in them so they do not turn into dead scar tissue. I suggest that you apply it daily for several weeks after all wounds have sealed; then after several weeks, apply at least twice weekly.

Appreciatively,
Aajonus

20110314-2050

Mar 14, 2011

Re: After Fukushima

Something very clandestine is transpiring in the world. First the Gulf leak to sicken and destroy the Gulf and Florida and now the HAARP-generated earthquake centered at a nuclear plant at a time when the currents lead only to the West Coast of North America all the way to Illinois. Trillions of fish will die and many humans will fall to radiation poisoning and cancer.

Communications have been purposely downed here, in Thailand, with no physical disaster. Any internet search for "NUCLEAR fallout", "disaster" or whatever is aborted and the internet has been disconnected since last Friday. It is spooky. It took 2 days to get my newsletter announcement sent. I had to buy a different SIM card for my internet stick to do it. My cell phone would not work all Friday night and Saturday, and has only worked periodically since.

Aajonus

20110319-1723

Mar 19, 2011

Re: Kangen Water

Aajonus,

What is your stance on Kangen Water? So many people report a big improvement in their health, disappearance of symptoms, a leaner body, etc. No doubt you are against it, though. For what reasons?

All water is devoid of any nutritional value. Water is a solvent. It may help some people dissolve some compounds in their intestines, kidneys and bladders, but if they continue it, it will dissolve more than they know.

Healthfully,
Aajonus

20110322-1654

Mar 22, 2011

Re: Healing crisis - URGENT in my opinion

Hi Aajonus,

I had a personal consult in October 2010. I'm the one with the inguinal hernia, but I have NOT had any surgery for it. My sore back has been an issue for many years, and I believe that I have instigated a very beneficial detox with your diet (which I have been on 100% since May of 2010, off-and-on for a year or so before that). I have been doing my best to deal with the symptoms, but it is uncomfortably painful.

Attached are pictures. I am having trouble sleeping. I took two hot baths in one day because it was the only relief I could find. After two baths, however, I was left with a splitting headache and had so many muscle cramps that night that my back pain paled in comparison. My back is so tight and painful that I feel I'm on the verge of developing some sort of paralysis. I hope this is just my imagination running away with me. When I am able to curb the muscular pain, I am left with a very uncomfortable rash-pain which is akin to sleeping on razor blades.

I've numbered the attached pictures to illustrate how the rash is around the right side of my body. It appears that the rash is following a trail of some sort. If the "trail" were to continue down my inguinal canal, it would meet my herniated region (you noted the appearance of sulfur and iodine in my iris, coordinating with my hernia). The pain that I am experiencing reminds me of when I took LSD in college and had a bad experience with back pain afterward. I don't remember specifically how that pain felt, but I remember it being difficult to get out of bed (this was back in 1992 or 1993). I am not having any sort of "acid flashbacks" now, however.

Other than my LSD experience, I assume that many other toxins could, can, and do store in the spinal area of the lower back (I read your most recent newsletter #25 on www.want2live.com a day or two before this started to happen to me). I have had the standard barrage of vaccines and injections over the years, so I assume there's much from which to detoxify.

Your rash looks like iodine mixed with something, but does not look like sulfur. Whatever the combination is, it is doing some serious damage to your skin. Thank the universe that it is no longer doing the damage internally. You could use the same clay pack that I suggest for Doris in my newsletter #25 of Mar 11, 2011.

Pure LSD could not have caused your bad trip. You must have taken something other than LSD. I was part of the UCLA LSD experiments of 1966-68 and no one had bad trips on it in hundreds of cases. Some, like me, had no reaction to it by itself.

Answers follow your questions below.

My question to you is how should I proceed to deal with this uncomfortable detox?

What else can you do? Your body is trying to make the inside a more hospitable healthy environment.

If taking baths is OK, do I just moderate the temperature so that I can take them more often?

I just went through a similar detoxification 7 days ago: back pain, nausea and vomit, without the rash, from the radiation treatments I had in 1968. If I had not taken hot baths up to 5 times daily, I think I would have sought morphine. I was unable to sleep during nights and slept as much as I could during days (about 4 hours). Finally, after 4 days, I was able to sleep more and eat again but very little at a time.

What should I put in the bath water?

1/4 cup Terramin clay, 2/3 cup raw milk (soured is best), 1/2 cup tomato puree and 4 T. raw vinegar.

My last two baths I used 1/2 cup of Terramin clay each (along with some coconut cream), and the two before that I used 2 cups of Epsom salts each. I have also been using rubber hot-water bottles for temporary relief when I try and sleep. I also have an inversion table. In the past, I used the inversion table a bit too much and my esophagus began to get irritated. Is a little of the inversion table to help stretch my back OK in your opinion?

Using an inversion table might send the toxins to your brain and headaches are almost assured. I would wait until you are past the back pain.

I have been eating raspberries, blueberries and coconut cream once a day rather consistently as of late (sometimes the berries were quite moldy). I have also been eating Honey Pacifica's Natural Chunky honey, fortified with royal jelly, bee pollen and propolis (with raw cream and/or butter from Amos Miller). Could either of these items be directly responsible for the harsh but beneficial detox?

It is possible that propolis could have initiated it. It is a hardened vegetable oil and should not be eaten, but rarely.

I figured the moldy berries, especially, could be what to thank for this.

Moldy raspberries could have helped initiate the iodine detoxification, but not likely.

I have not been eating berries for the past couple of days just in case.

Raspberries will help to harness and neutralize some of the iodine. Continue as you are but with frequent hot baths that are at least 45 minutes, but not hotter than 102 F. Congratulations on removing those harmful chemicals from inside yourself.

Healthfully,
Aajonus

20110326-1616

Mar 26, 2011

Re: Coconut Cream

Aajonus,

Do you have an updated product list with new suppliers of coconut cream? I've heard there is a lady that is doing it now, but I have no idea how to get her information.

originallivingcoconut.com

20110329-1626

Mar 29, 2011

Re: Bath Stopper

Aajonus,

Do you think the Better Bath Deep Water bath stopper on Amazon will be a good option to block my overflow drain? It is made from vinyl.

Also, should I stick a plant in the bathroom while bathing to absorb any potential outgassing of the tub still left as the room steams?

Bake the stopper for 11 minutes in 211 F. water (almost to boiling point). It will cure after drying for 5 hours.

A plant in the bathroom would be very helpful for oxygen absorption. You are not going to get much or any toxic vapor with the ingredients in the bath.

Healthfully,
Aajonus

Aajonus,

This vinyl stopper I got says it has a fungicide layer to prevent mildew. Will the baking procedure eliminate that chemical?

No, it is made to outgas for years.

Healthfully,
Aajonus

20110401-1824

Apr 1, 2011

Re: Digital Iris Photos

Aajonus,

I have scheduled to meet with a digital iridologist. Would you mind then afterwards looking at the pictures and determining just a general progression? We can do a more detailed look afterwards when you visit.

Most digital iris photos do not show true color, but I will take a look.

Healthfully,

Aajonus

20110404-1458

Apr 4, 2011

Re: Epsom Salts in Bath

Aajonus,

Over the long haul of the last few weeks I've developed mildly penetrating acne scarring which extends all across my back. While I realize this is beneficial detoxification, I'm wondering if Epsom salts in my baths will not possibly enter my blood stream via these openings in the tissue and thus cause high blood pressure; or is that not a consideration as the skin in the acne scarring is still thin enough to avoid it? I get some itching now sometimes when in the bath or getting out, though mild. I use 3 tbsp of Epsom salts currently, but I think I will reduce this in any case.

I prefer sun-dried sea salt to Epsom salts. However, to offset any drying effect from and possible absorption of salts, I use 3/4-1 cup milk.

Healthfully,
Aajonus

20110409-1426

Apr 9, 2011

Re: Diarrhea

Aajonus,

I just had a diarrhea dump that was mostly yellowish and incredibly foul smelling, very chemical in nature. It looked like butternut squash soup almost. Any insights into what this was?

There are several things that cause such fecal formations: penicillin, aspartame and chemical flavorings that attach to cauterized metals. The puree consistency may have been that your body used some fruit pulp like cucumber to help move it out of the bowels safely.

Healthfully,

Aajonus

20110411-1803

Re: EMERGENCY – Horrible Detox

[The following is only part of the conversation.
Much of the conversation was by phone and was not recorded.]

Will you be in Thailand later in the week at another number?

Tue, Jan 25, 2011

Try to call me in 5 hours. I will be in Thailand with a different number on Thursday. I will not know if my old number there will work until I get there.

Aajonus,

Regarding our conversation, I'm not sure how much effect the clay is having. Does it take time to balance me out? I have had it twice so far and will have it again in a few hours. I will also try the Nut Formula today and rice tomorrow. The same horrible detox is starting now, as it did yesterday at the same time. I am hopeful it will at least be not as bad. Should I be having high mercury fish like swordfish now? I'm guessing it could only help the chelation?

Jan 26, 2011

When first used, it takes time to attract and chelate toxins from blood and neurological fluid.

I suggest that you not eat high mercury fish; but oysters would be good.

Feb 3, 2011

Aajonus,

Are you still in Thailand and if so what are your best hours for phone calls?

Aajonus,

Can you recommend some good books to read on the alternative historical view of illness and nutrition in the past? I am curious to learn more.

Feb 4, 2011

I do not think you will find much in health-related books but in political and government-related books, especially on strategies implemented to acquire control of resources and people.

Aajonus

Feb 14, 2011

Aajonus,

I've entered my most violent detox ever, some kind of horrible mind-altering chemical is leaving. Please, if you see this let me know so I can call. You are unreachable right now and I need some reassurance.

It has been going on since 11 PM now and it is not allowing me to sleep or relax for 1 second.

Feb 14, 2011

Aajonus,

It's really an emergency. What I describe has been going on for 12 hours now. My nerves are jumping and firing all over my body in a super-agitated state. The sun has come up and they are still going. I have done clay twice, hot water bottles, 25 min exercise throughout the night. Nothing has calmed my nerves. It is no longer panic, it is more just very aggravated, jumping nerves. It is so aggressive. After I woke from my pathetic 1 hour of sleep, it immediately kicked back in. It is terrifying because my body feels exhausted and severely affected and I have no control to be able to relax. I will try a bath soon and hope that that will finish it off, but I am not hopeful. Please respond at your soonest opportunity. I will try calling in your usual morning hour times.

Aajonus,

I am going to take your advice, but what should I do if the detox returns tonight anyways?

Feb 14, 2011

Simply continue the honey/butter/milk cycle.

Aajonus,

My energy levels are very very low right now, even more than before. Are you sure this is what is most helpful? Or did you anticipate I would be extremely low in energy? I can't even stand up without feeling like passing out now. Before, I didn't have that problem so significantly. I think my body really wants more protein intake. I started to crave meat a few hours ago, but the craving stopped once I began dumping heavily.

Feb 16, 2011

I have been in an area without any phone connection and will be most of the day here.

Yes, but your 3 days are almost over and you may begin eating meat. However, please continue to eat 4 T. honey/butter mixture daily.

Healthfully,

Aajonus

Feb 18, 2011

Hi Aajonus,

I have begun an extremely painful and crippling fibromyalgia symptom - stemming, I believe, from my spinal cord. The pain is excruciating, and even while resting, I am in severe distress. I will call you today for advice and hopefully my bath today will ease the sensation. My blood sugar doesn't seem to be too low anymore but this pain is almost paralyzing.

Aajonus,

My apologies for calling you while you were driving, I calmed down anyways about 45 minutes after we hung up.

I thought you might like this quote by Nietzsche; it applies to the Primal Diet pretty well, at least for me it does:

"One has to pay dearly for immortality; one has to die several times while one is still alive."

Feb 25, 2011

Excellent quote.

Mar 7, 2011

Aajonus,

I think I realize now I may be suffering more because I forgot to go on the nerve fat restoring diet as you recommended. In any case, I would prefer to discuss it briefly with you this afternoon before starting another round.

Mar 9, 2011

Hi Aajonus,

I've had a re-occurrence of an old intestinal pain problem and want to discuss it briefly. Are you available at your Phillipines number?

Hi Aajonus,

Unfortunately, today I've had, and probably am still having to a lesser degree, one of my worst episodes ever of nerve detox to an extremely crippling degree. The bad thing is I think I may need to go on the nerve fat diet again for a few days as my nerves are jumping, but I am not sure I can handle an increased detox. I've been trying to call you but had no luck so far. I would appreciate any insight you might offer or just let me know when you are reachable.

Thanks.

Mar 14, 2011

Yes, resume the butter/honey/milk regime. It won't cause more detoxification if you do it for only 1-2 days every 10 days.

**Healthfully,
Aajonus**

Mar 14, 2011

Hi Aajonus,

In the last hour I went through the scariest moment of my entire life. It was so horrible I can't accurately describe it in writing. Are you available for a call? I very much hope to speak to you very soon about this as it has given me total doubts on everything I am doing.

Aajonus,

I want you to know I appreciate your incredible patience with me in these hard times. What happened to me yesterday still weighs heavily on my mind and worries me tremendously, as I do not want to experience it again. Thankfully, bathing twice a day in the near future should offset any such reactions, but I am hopeful you can tell me what I can do in the next 2-3 days while I wait for the bathtub to arrive to avoid the likelihood of it happening again?

In other words, the best time to use my 1 allotted bath per day, and the best time to have clay in advance? Yesterday's horrible reaction happened right at nightfall so I can only assume the same will happen again today.

Mar 15, 2011

Also, such low-blood-pressure symptoms coincide with low blood sugar. Therefore, I suggest that you consume an egg or honey/butter mixture along with applying a hot water bottle.

**Healthfully,
Aajonus**

Hi Aajonus,

Please give me your best calling times, I do not want to disturb you at the wrong hours.
Thanks.

Fri, Mar 18, 2011

I'm still at a difficult location to get good reception. I hope to return in 2 days. I've been going through a devastating detox myself.

Aajonus,

No worries. I will call you on Sunday then. Please let me know if you happen to return before that time. I hope you recover from your detox quickly. Mine have been very intense this week. Even when bathing everyday, I have had only a minor mitigation of symptoms.

Mar 19, 2011

My detox is ongoing but mitigating with at least 5 hot tub baths daily. I hope to return tomorrow. That would be Sunday morning your time.

Healthfully,

Aajonus

Mar 19, 2011

Hi Aajonus,

I'm glad to hear you will be back tomorrow. I have also been bathing daily to avoid that horrible symptom I had Monday. My bathtub arrives Tuesday.

Mar 26, 2011

Sorry my phone battery charge spent. Call me in 2 hours.

Aajonus,

Just to confirm something we talked about yesterday, my overall organ health is decent and comparable to a normal person, except for the pancreas, gall bladder and intestines. Correct? Also, does the iodine/iron toxicity extend throughout my brain as well?

Mar 31, 2011

Yes, to both questions.

Mar 31, 2011

Aajonus,

Since I'm so prone to emotionally despairing lately and will probably continue to do so for the next 2 months before your visit, can you tell me if it would be worthwhile to buy myself an iriscope such as one of the ones on Amazon, and that way have a suitable iris photo for you to analyze and get just a vague sense of good progress and not the reverse? Do iriscopes work for this purpose or will the resolution be very poor?

It would give me a lot of confidence and reassurance if you could help me in this regard. In any case I am going to try high meat also to help me with my overemotional responses, as my parents' visit along with probable loss of E. coli due to toxins has really affected my emotional stability lately.

Aajonus,

Disregard this email. I have scheduled to meet with a digital iridologist next Friday. Would you mind then afterwards looking at the pictures and determining just a general progression? We can do a more detailed look afterwards when you visit.

Apr 1, 2011

Most digital iris photos do not show true color, but I will take a look.

Healthfully,

Aajonus

Apr 1, 2011

Thank you Aajonus,

I just want to have that extra bit of reassurance so I can keep from getting swept up emotionally.

Aajonus,

I just had a diarrhea dump that was mostly yellowish and incredibly foul smelling, very chemical in nature. It looked like butternut squash soup almost. Any insights into what this was? I detoxed hard last night, it took 1 hour of bathing at high temperatures to finally allow my body to relax enough to sleep.

Apr 9, 2011

There are several things that cause such fecal formations: penicillin, aspartame and chemical flavorings that attach to cauterized metals. The puree consistency may have been that your body used some fruit pulp like cucumber to help move it out of the bowels safely.

Healthfully,

Aajonus

Aajonus,

Unfortunately, I did not continue my flu-like symptoms last night after my bath. I am disappointed and discouraged as I think I still have a long way to go before the symptoms start to taper off. Rather, they seem to be accelerating now as it seems I have no choice but to bathe twice a day now, rather than do so voluntarily. Would you say it is not a coincidence that the intensity has taken off since I put in my bath but rather a choice my body is making? I am just scared by the fact that I seem to have less and less periods of low detox now as I progress.

Apr 11, 2011

You could be accelerating the detoxification if you continually bathe at temperatures above 105 F.

Healthfully,

Aajonus

20111415-1359

Apr 15, 2011

Re: Decaying Filling

[The following is only part of the conversation.
Some of the conversation was over the phone and was not recorded.]

Aajonus,

See the filling in question in the photo attached. It is of poor quality but the best I could do taking it myself. Please advise if the tooth is in fact decaying and also if the size is indeed small enough to not be hugely damaging to my brain at least.

Also, could the sourness in my mouth not also be from leaking out the gums?

Thanks.

It is not as small as I had imagined and it looks as if it has been decaying for years. I would have it removed if I were you, the sooner the better.

Aajonus

Aajonus,

I will do so, but there is no risk of coma or serious brain damage from a filling still at this size, correct?
Also must I 100% refuse any X-ray, even just a single one of that tooth?

It is unheard of, dying from a filling decaying. As I stated on the phone, tell them they can have one X-ray only of that tooth and it has to be the tiniest X-ray-exposure possible.

Aajonus

Hi Aajonus,

Are you taking calls tonight? I have an appointment for tomorrow morning and just want to make sure I prepare properly for it with your help.

Yes, in about 17 hours.

Aajonus,

Can you just tell me if you think it's a good idea for me to bathe early in the morning before going to the appointment? I want to have my nerves relaxed as much as possible of course, but at the same time I don't want to somehow accelerate my midday brain detoxes either.

I would suggest a milk 102 F. bath only.

Aajonus,

Attached are some photos of these rashes I have developed which are definite signs of intense detox. I would like to discuss them when I call.

Aajonus,

One follow up question, is green more decayed than black or is green just a fungus eating at the chemicals on the filling?

Green is usually the mold that helps decay the metals. Black is the color of decayed metal.

Thanks Aajonus,

As long as my vital organs are protected from the mercury vapors, like you say, then I will not worry. Should I limit exercise to small windows at a time to keep from inhaling any in the lungs?

If you put a wax cap on the tooth before, and keep it while exercising, you do not have to limit your exercise.

Aajonus

Aajonus,

This is purely for curiosity, so feel free to not answer if you don't know; but how much overall health improvement do you think I will achieve with the fillings out? Would you guess around 25%?

As for the beeswax from the chunky honey I had, it was invaded with ants and the entire thing is full of dead ants. I'm not so sure I should use it anymore for that reason as I'm not sure why the ants died inside of it to begin with.

They probably did not want to leave such a great stash of food and decided that living and dying there was heaven. Get to the bottom of the jar and use the wax.

Healthfully,

Aajonus

20110417-1629

Apr 4, 2011

Re: Eyesight Deterorating

Hi Aajonus,

Other than putting egg white in my eye, what should I do daily? And using pinhole glasses and eye exercises and perhaps looking at the sun a bit.

Do you know what I could do to prevent my eyesight from getting worse? It's getting worse and I don't want to wear glasses, as the last time I started to do that they for sure got worse. I can only focus and see out of one eye due to damage to the other one. You mentioned something about cataracts, or something stacking up on our last consultation and were surprised I could see as well as I did, if I recall correctly.

What do you suggest?

Red meat helps maintain eye muscles, so be certain to eat at least 4 ozs. of red meat daily. Also, some people have had eye improvement by putting a little raw no-salt butter into their eyes daily before sleep and egg white, mornings. Bell peppers, especially yellow, help improve eyesight, best eaten with a meat meal.

Healthfully,
Aajonus

20110420-1036

Apr 20, 2011

Re: Heart pain

Hi Aajonus,

Over the past two years I have been getting chest pains on my left side very off and on. But, in the last few months, it has been getting progressively worse and worse. It is to the point now that it is continuous, it never goes away and I am getting really scared. It is a pain that feels like it is my heart. I feel it from the front of my chest to the back of my chest, all the way through. I also often get radiating numbness that radiates from my chest up the left side of my neck into the left side of my jaw and, sometimes, also into my left shoulder. It is really bad now and is really freaking me out and I am not sure what to do. Am I having a heart attack? Stroke?

I just checked your irises and you have a load of vaccine-related toxicity stored in your sternum slightly to the right side, and on the left side you have metal deposits just outside your heart that look like some type of inhaled exposure. The lymph around your heart and left chest area all the way to your neck is very congested. It will take 20-30 years to remove that congestion unless you apply heat (hot water bottles) to the area almost nightly. Your heart is in great shape, although you have some scar tissue in the right ventricle, but not enough to cause cardiac arrest. The lymph in your neck is assisting the poor congested lymph in your chest. As I stated above, it could take 20-30 years to relieve the discomfort and pain in that area. I suggest that you apply the hot water bottle(s) nightly to your chest to help facilitate detoxification of lymph so that the lymph can properly remove the vaccine and metallic toxicity from your chest. That should relieve pain through each day until about 5 pm.

Healthfully,
Aajonus

20110426-1432

Apr 26, 2011

Re: Diarrhea from coconut water

Aajonus,

Does too much coconut water cause more diarrhea and is this beneficial or harmful?

I have never seen a case of diarrhea caused by too much coconut water. I have seen and experienced diarrhea caused by consuming too much coconut cream, or too much coconut cream mixed with coconut water. I have seen many cases of bloating, especially in women, who drink too much coconut water.

Aajonus

20110521-0422

May 21, 2011

Re: Blood Tests - Polycythemia

Hello Aajonus,

I eat 100% raw and healed from ulcerative colitis thanks to you, but I haven't been able to convince my ex-wife to let me feed my sons 100% raw.

My middle son's blood sample now has indicated he might have polycythemia which they say is caused by a mutation in the bone marrow causing too much red blood cells in the blood (supposedly incurable, but I don't believe it). The treatment is typically just giving blood to reduce the count.

I personally believe the non-genetic mutation or the symptoms are likely caused by toxins. Can he heal from this condition on a raw diet? If so, are there specific foods indicated for this condition?

Thank you.

I am glad that my work was helpful for you and that you no longer suffer regularly from it.

All doctor's tests were created by Big Pharma to sell medical treatments that always mean drug consumption. I disregard all tests. If your son has symptomatic problems associated with too many red blood cells, the condition can be food-remedied. Mutations only happen from industrial chemical toxicity. Once the stored toxicity is removed or contained, the condition will heal, including RNA and DNA (genes). However, some people require higher red or white blood cell counts for their particular bodies.

Symptoms are the key. What are your son's symptoms?

Healthfully,
Aajonus

20110526-0948

May 26, 2011

Re: Tooth Decay

Hi Aajonus,

I recently had another cavity filled and I've been subscribing to the mailings of Ramiel Nagel, author of "Cure Tooth Decay". Besides my sticking to the Primal Diet and eating good eggs, what products of his do you endorse?

Unwashed egg shells blended until they are powder and fermented in raw milk for 7 days outside of refrigeration. After fermenting, add 1 T. shells to 2 oz.. fresh or fermented milk (kefir or yogurt) once or twice daily.

As you know, I do not endorse any supplements.

**Healthfully,
Aajonus**

Hi Aajonus,

Thanks for the remedy. What are the respective amounts of egg shell powder and raw milk being fermented? Also, is the 1 T. shells referring to the completed fermented blend? How long do I continue doing it?

Equal portions of powdered eggs shells and milk. The 1 T. refers to the whole fermented mixture. Stir it and immediately extract 1 T., beginning with spoon at bottom of jar.

**Healthfully,
Aajonus**

Hi Aajonus,

My Osterizer blender makes a sandy, gravel texture of the egg shells. Is that good enough or does this require a true powdery texture?

Yes, most of it is sandy and that is why it has to be soaked/fermented.

**Healthfully,
Aajonus**

Hi Aajonus,

One last question on this. How long should I take this formula?

For at least one year, or for as long as you can get unwashed eggs.

Hi Aajonus,

Point of clarity: I've been consuming 1T of the fermented formula each day after I added 2 oz. of old milk to the batch. This makes a batch last about 3 days. Did I do it right?

Yes. However, you can make as large a quantity as you like so you will not have to make it so often.

**Healthfully,
Aajonus**

20110805-0028

Aug 5, 2011

Re: Eating Clay

Hi Aajonus,

I hope all is well. As you know I am pregnant and in my 29th week. I have this really strong craving for clay. I bought some at Rawsome and I can't stop eating it all day. Is it okay? I read in your book it provides minerals but I just want to make sure it's safe and not hazardous for the baby.

What brand of clay did you get? Call them and ask if it is bulk Terramin clay. If not, ask which brand.

Hi Aajonus,

I asked him but he did not know where this one was from. He said the guy who gets it is out of the country, but that he eats it daily and the guy who gets it is a clay expert, whatever that means. The problem is I ate most of a small sandwich bag size. I crave it all day long. I feel fine and I am pretty sensitive to stuff, but it still concerns me. Where can I get the right clay? I can't stop eating it.

Also, I did a home inspection with a client whose house had just been tented for termites. The tenting was removed 2 days ago on Tuesday. I was probably there for about 20 minutes and left feeling horrible. What are the risks if I was exposed to gas fumes, and what can I do now? I'm feeling really worried.

Terramin for the nutritional clay or Terrasilk – your choice.

A tented building will be hazardous until all surfaces, including the ceiling and cupboards, are cleaned. Eating clay and cheese, not together, help to rid the body of insecticides.

Healthfully and appreciatively,
Aajonus

20110828-0711

Aug 28, 2011

Re: Berry Mixture

Hi there,

When my children are doing their blueberries, coconut cream, dairy cream, vinegar and honey mixture, how often do they eat this?

Can they eat it every day? Is it okay to eat coconut cream with berries every day or will they detox too much?

Yesterday, one wanted a second helping of the blueberries, coconut & dairy cream. Are 2 servings in 1 day too much?

7 days a week or every other day? Not sure how often to give coconut cream with berries.

Thank you.

Did I suggest another fruit on other days? If not, they may have it once daily, 6 days weekly, but it would be good for the summer to have watermelon and cream once weekly while watermelon is available. Not good twice daily except occasionally.

Healthfully and appreciatively,
Aajonus

20110831-0623

Aug 31, 2011

Re: Psoriasis and the Liver

Hi Aajonus,

For the last 16 months or so, I seem to have developed serious skin itching and what appears to be psoriasis that comes and goes.

A health promotion for a liver & kidney cleanse makes the case that it could be the result of liver stress.

Do products like this have ANY value in your view?

Could this be a temporary liver detox I am experiencing?

Do you have recommendations for liver detoxification?

For about ten years prior to starting the PD, I drank between 500 ml and 2 liters of carrot juice a day, which I believed to be good for the liver. Would resuming doing so help?

Thanks.

There are many reasons for skin disorders. Ninety percent of toxins and body waste are supposed to discharge through the skin, ten percent through the mucous membranes and intestines. We should expect skin disorders such as rashes, acne and hives.

All skin disorders are caused by industrial chemicals. I have seen skin disorders caused by raw meat, when frozen. Freezing in a machine is an industrial process that causes many chemical byproducts. Do not eat meats that have been frozen. But I have seen all skin disorders reconciled by raw butter consumption.

Skin disorders result from industrial chemicals secreting through or built into the skin, damaging cells as they make their way to the skin's surface and evaporating and/or shedding as dead skin. The best way to harness the toxins and mitigate skin disorders, preventing them from causing ulcers, such as psoriasis, is to consume lots of animal fat, especially no-salt raw butter and raw cream.

If the liver is not producing bile that digests fat, then you have a liver problem causing a fat deficiency. If you eat lots of butter and cream and your fecal matter is very dry, your liver is working fine. If your fecal matter is very oily and often liquid, your liver may not be producing bile. Eating no more than 3/4 cup pineapple with 4 T raw butter or 4 ounces of raw cream daily for 10 days, and afterward every other day for as long as it takes, helps the liver produce bile.

Most raw fat is absorbed and utilized prior to reaching the skin. The skin gets very little of the best fats. You can feed your skin directly by applying/rubbing a blended mixture of equal parts raw butter and bone marrow into the skin to help strengthen it, reducing skin cells' reactions to toxins passing through the pores. The best remedy I found for psoriatic tissue is the Moisturizing/Lubrication Formula on page 146 of my recipe book. I suggest that you consume 1-2 daily until symptoms resolve.

Healthfully and appreciatively,
Aajonus

20110907-1507

September 7, 2011

Re: Kombucha

Hi Aajonus,

Do you approve of kombucha tea in any form?

No. It feeds on dead cellulose sugars. So the host for it is cooked.

Some people claim that they can make it with honey, no sugar and no cooking, but I do not know how. Honey is not dry or dead.

I have seen it cause severe hair loss and terrible gastrointestinal issues.

Healthfully and appreciatively,
Aajonus

So the culture itself is bad even if it is added to raw juices?

It is mutated and diseased.

Healthfully and appreciatively,
Aajonus

20110923-1152

Sep 23, 2011

Re: Terramin Clay

Hi Aajonus,

I would like clarification on Terramin Clay (California Earth Minerals) which I have purchased in the past. You say in The Primal Diet that you shouldn't use bentonite clays, and yet I read on the terramin clay site:

<http://www.californiaearthminerals.com/index.php>

that this product is made from that. Do you recommend a different product these days?

Do you know anything about Sacred Clay (pyrophyllite clay)?

<https://www.vitalityherbsandclay.com>

Do you know anything about this type of clay? Do you recommend it?

Thank you.

Normally, when a clay is termed bentonite, it is supposed to be clay from volcanic ash beds. Volcanic clays are full of heavy metals. Terramin clays are the best I have studied and are what I consume (Terrasilk) and use in the bath (Terramin).

Sacred Clay appears to be the same as Terramin. Terramin clays are from ancient thermal beds. I know that the clay from Terramin is mined at a level where the thermal pool was not above 98 degrees F, at which temperature phosphorus begins to cauterize. Therefore, Terramin clays have stable phosphorus and all other minerals. I do not know the temperature which Sacred Clay reached when the thermal pool was active. You could call them and ask.

Healthfully and appreciatively,
Aajonus

20110926-1647

Sept 26, 2011

Re: Newborn

Hi Aajonus,

1. I have not found any 100% rubber nipples except ones made by a company called Natursutten, which appears to be discontinuing the rubber nipple. Everything else that is rubber is made of latex rubber, which I read is toxic. The other option is silicone. Are there any other alternatives for bottle nipples or specific brand names to use?
2. Do I only use raw milk? No colostrum, cream or butter as something additional to feed the newborn?
3. What should I use as a "soap" to bathe the baby once a week in addition to the milk baths?
4. Name brand recommendations for real unheated coconut oil.
5. Do you highly recommend I buy only organic clothing, blankets, etc?
6. Any baby resources (mom groups, individuals or websites) with info I can tap into who follow your diet and have had or have babies?

I assume you have not given birth yet. Latex rubber is less toxic than pure latex and silicone. You simply have to cure any nipple in lemon and water for 24 hours, then set it in the sun for 2 days and wash it with coconut cream and water.

It is best to bathe your son with 1-2 tablespoons coconut cream once or twice weekly, unless he has rashes, then every day until rashes stop. Usually, babies have rashes because they detoxify most everything through the skin.

You may feed your baby raw colostrum and extra cream with the milk. You could put a pea-sized amount of butter on his tongue once daily.

For coconut oil: www.thaiorganiclife.com

Of course, organic clothing and bedding are always better. Never use synthetic fibers, the lint which he will inhale and which will damage his lungs little by little. You will have to search the internet for organic baby clothes; there are many now.

Also, see my product list with baby items at the end, available from the [wewant2live.com](http://www.wewant2live.com) website.

Healthfully and appreciatively,
Aajonus

20111008-1930

October 8, 2011

Re: Greenhouses

I read about the food club investing in greenhouses. Do you not oppose greenhouse produce?

I do not. What I oppose is hydroponic greenhouses. If everything is grown naturally in soil with a non-toxic artificial environment to help plants remain warm and growing, I am for it.

Healthfully and appreciatively,
Aajonus

You don't believe that light wavelengths are lost in greenhouses, distorting plant growth?

About 40 years ago, science developed near full-spectrum glass, however plants do not seem to be ill-effected by fractured sunlight. It is still sunlight. Do you think that you are ill-affected by glass in your home? If so, how? And how do you prove that glass is harmful to you? I have seen healthy plants grown in many modern hothouses.

Healthfully and appreciatively,
Aajonus

Interesting.

I believe it is Mercola and a few others that say burning/damaging wavelengths penetrate glass, and wavelengths stimulating vitamin D production are weakened, creating an imbalance.

Similarly, I also read long ago that sunlight through glass contributes to depression. I come from a city and now live in another city where there are HUGE amounts of sunlight in winter, but where depression, and diseases like MS are highest, per capita, in the world.

As I stated, there is plexiglass that is more full-spectrum oriented. The problem with Mercola is he is a think tank man with little varied experience and not a scientist.

Healthfully and appreciatively,
Aajonus

20111019-1552

Oct 19, 2011

Re: Shaking

Hi Aajonus,

We have done 11 hours at a hot springs. This morning I was shaking like I did last month at the springs as well as having many periods of being short of breath like last month.

Any suggestions as to the source of the problem? Last month I just thought it was the toxicity in the kitchen.

Shaking indicates that high levels of cadmium, aluminum and ammonia are being detoxified at the same time. Please eat 1 tsp of cheese every 10-15 minutes until the shaking stops.

Healthfully and appreciatively,
Aajonus

20111024-1740

Oct 24, 2011

Re: Urgent - Sick Baby, Please Help

(See also:	Oct 28, 2011	Re: Urgent – Baby Liver Formula Follow Up
	Nov 12, 2000	Re: Baby Skin Rash and Formula Ingredients
	Nov 30, 2011	Re: Baby with Cold, Diarrhea & Vomiting – follow up
	Mar 3, 2012	Re: Baby's Diet
	Mar 15, 2012	Re: Urgent – Baby throwing up
	May 18, 2012	Re: Baby's Diet)

Hi Aajonus,

My son is having health issues. He is a month old today.

Sequence of events this past month:

- I breast-fed him the first two weeks.
- Started him slowly on warm raw milk after three weeks (1-2 5oz bottles/day, every couple of days) with 1-2 tbs of raw cream and continued to mix in breast milk.
- He progressively started to get fussy over the course of the next few days.
- By the 4th day he broke into a spell of uncontrollable crying for the next day and a half without much sleep.
- We took him to the doctor who diagnosed him with GERD - gastroesophageal reflux disease or gassy baby syndrome.
- He recommended a more "natural" alternative to Maalox and Prevacid:
 1. Keep him elevated at 30 degrees plus (do not let him lie flat on back).
 2. Maximize burping.
 3. Dissolve the bubbles: Use gripe water to dissolve air bubbles (before feedings) and in between and also to improve burping. Gripe water ingredients are:
 - sodium bicarbonate - active ingredient
 - organic chamomile, ginger and fennel
 4. Neutralize stomach acid: Use gripe water 1-3 teaspoons, 5-15 minutes after feeds or after curdled up milk spit up.
 5. Add organic rice cereal to his feedings.
- We have done all the above and increased the amount of raw milk to three 5 oz bottles/day. I only breast-feed 2-3 times, for 10-20 min each time.
- I started him on your colic recipe and added 1/2 teaspoon of honey with 2 tbs of raw unsalted butter.
- I also added the rice cereal to his bottle.
- His symptoms remain the same, sometimes stable, sometimes just as bad or worse.

His symptoms are:

1. Cries a lot.
2. Stomach appears to be bloated on one side.
3. Cries when I put him down, is relieved when I hold him up.
4. Cries and is relieved when put over the shoulder in burp position.
5. Spits up and has been vomiting the last few days.
6. Severely gags when he drinks the bottle or breast-feeds.
7. Wheezing when he sleeps.
8. Grunts a lot, even while sleeping, and appears to be struggling to push out.
9. Breaking out with small little zits on his face as of the last few days.
10. He struggles to push out and poop, as if in pain.
11. His poop when we first put him on milk was bright green fluorescent. It is now a soft green-yellow.

Questions and comments:

1. Please help! What do we do?
2. Could he be allergic to dairy? Should we try goats milk?
3. Should I stop breast-feeding or stop the raw milk?
4. Is the gripe water OK to relieve the gas and make him burp?
5. If not, how do we dissolve the air bubbles?
6. How do we neutralize the acid in his stomach?
7. Why is he gagging and having difficulty breathing?
8. Should we keep or stop the rice cereal?
9. Is there a blog or phone number of other raw food moms who have gone through this or put their babies on the raw milk this young that I could contact?

Aajonus, I will be honest, it is a bit scary doing the raw milk when everyone around is telling/warning me otherwise. I completely trust you but it is very different to go from trying things on myself versus on my one and only tiny little baby who is suffering in pain. Please help.

Thank you.

As I stated, I suggest that all women raised on SAD (standard American diet) foods do NOT breast-feed their babies. Toxins will always be traveling into the mammary glands and contaminating the milk. Also, the mammary glands are defective because of their development on SAD foods.

Any baby with such symptoms has a low intestinal bacterial count. The body is relying upon digestive acids instead of bacteria to digest food. Digestive juices produce a lot of gas.

Additionally, any milk will be used by the body to attract and dump poisons into the stomach. So, it may seem that babies, children and adults have allergies to milk, but it is the toxins dumping into the stomach, into the milk, that causes the problem. The problem is not milk but toxins stored and stirred up from storage in the body.

I suggest that you make the liver baby formula in my recipe book under "Baby Food". Be sure to cut large holes in the nipple or he will struggle to get formula from the bottle.

Sodium bicarbonate will destroy more of his intestinal bacteria and ensure that his digestion deteriorates. It will not remedy his situation, but continue it.

Yes, when in the prone position, food has a tendency to not move through the intestines, and gas will build where food is halted. Babies can easily sleep sitting. Gravity will help move food on its way through the intestines when his torso is upright.

Neutralizing stomach acid, which is his main source of digesting food at this time, is stupid and very harmful. Gripe water will continue the problem without resolution.

Rather than the rice cereal, which is heavily processed and full of processing chemicals, masticate 1/4 tsp. no-salt raw cheese for him and feed it to him once or twice daily.

I suggest that you also continue to give him the butter and honey, but it is best to put them in the liver formula.

Regurgitation and vomiting are methods to rid the stomach of very toxic substances that have dumped into the stomach.

Apply a small hot water bottle to his stomach to increase peristalsis and digestion.

Until his digestive bacteria increase and are predominant, he will have those symptoms.

90% of toxins are supposed to leave through the skin, so expect zits and rashes; you transferred a lot of toxins into his body during gestation and are now when breast-feeding.

I do not know of any blog or website because government agencies watch and could take children away from parents.

Your friends are not advising you for you or your son's best interests. They know nothing and simply parrot the panic that is instilled in every doctor during internship in emergency wards. People survive such symptoms all over the world where medical intervention is unavailable to them.

When I was autistic and suffered 300 heart attacks from age 15 to 22, I did not die. However, the medical profession tells everyone that 95% of all heart attacks are fatal. That is not true when you know what to do during a heart attack.

I refused to associate with anyone when I went through my cancer ordeals for the reason that my cancer-unknowledgeable friends tried to force me to panic along with their panic. The same is true for your baby-unknowledgeable friends. Please read this to each of them.

**Healthfully and appreciatively,
Aajonus**

Thank you for your prompt response.

I need clarification:

1. Which baby formula do I use? The infant glandular, immune or nervous system booster?
2. How much should he be eating of that liver formula in one day?
3. How often per day? And for how long?
4. Approximately how much should a 1 month old baby be drinking total per day?
5. Are there any symptoms we should expect as a reaction to the formula, such as changes in his poop, more vomiting, etc?

Thank you again!

Liver, milk and honey, but add a little butter – the glandular formula.

He can eat as much as he wants. There is a YouTube video of an 18 month old who drinks 12 oz bottles of it daily.

As much as he will eat at once and as often as he cries for food. I have one child who, at age 7, still makes that his main food.

How much depends on the baby.

I would not presume to know your baby, so cannot predict the changes through which his body will want to maneuver. However, I suggest that you never panic and never treat him with medical stupidity.

**Healthfully and appreciatively,
Aajonus**

Agreed.

Chicken or beef liver?

Do I give him this as his only source of feeding, meaning no more plain raw milk bottles?

I saw the video and loved it.

I do not trust chicken producers. It's better to get beef liver.

Let's see how he takes to it. He may or may not need one or two simple milk feedings, but may not want them.

**Healthfully and appreciatively,
Aajonus**

Sorry. One last question. Do I heat the whole formula to lukewarm, or just the milk and butter, or not at all? And, is it OK to give him a bottle that's been sitting out for 6 hours, or should I always use refrigerated milk?

Always feed him lukewarm food, no matter what it is. If you feed him cold food, some will pass through his stomach wall and cause blood allergy. Food left out for 6 hours is okay.

**Healthfully and appreciatively,
Aajonus**

20111028-1853

Oct 28, 2011

Re: Urgent - Baby Liver Formula Follow Up - Still Throwing Up

(See also:	Oct 24, 2011	Re: Urgent - Sick Baby, Please Help
	Nov 12, 2000	Re: Baby Skin Rash and Formula Ingredients
	Nov 30, 2011	Re: Baby with Cold, Diarrhea & Vomiting – follow up
	Mar 3, 2012	Re: Baby's Diet
	Mar 15, 2012	Re: Urgent – Baby throwing up
	May 18, 2012	Re: Baby's Diet)

Hi Aajonus,

I fed him the liver formula this morning. He drank about 4 ounces, 2 in the am and another 2 ounces around 12pm. Then he puked after that feeding. In his vomit there was a big chunk of clustered-up milk, almost like what you would find in an old bottle of milk, all clumped into one piece. He did not cry after puking. He has been sleeping since. Do I continue feeding him the liver formula?

If you had that cluster analyzed, you would have found some toxins such as chlorine or fluoride. He did not cry, because he was able to totally discharge the toxins. They did not remain in his stomach to cause gaseous swelling. I suggest that you continue with the liver formula as much as possible.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

My son has been drinking the formula since Tuesday morning. He threw up that afternoon (as we discussed). He was fine Wednesday. Today he has thrown up throughout the day - 2 major times. He will have a full feeding of 4oz, but hours later, will vomit. The first vomit today had a few large dairy clumps again. The second major throw up was all liver formula. What do I do?

He is fine. He is vomiting some very toxic substances that could seriously harm him. He is not vomiting all of the food, only enough to carry the toxins from his stomach out of his body. That will happen frequently if his body wants to get rid of the toxins that could damage his growth and development.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

I understand what you are saying. He is continuing to vomit an average of 2 times a day and has some very loose black stool. I am continuing with the formula.

Some questions:

1. Could his digestive system also be having a difficult time digesting the raw liver since he is still so young?
2. Is there anything lighter or additional that he could also eat?
3. After he vomits he seems dehydrated or thirsty. Can I give him mineral water (Perrier)?
4. My mom suggested giving him "Yerba buena" (fresh mint) tea from time to time to soothe his belly which is commonly given to babies in Mexico. Would that be OK?
5. I am having difficulty finding the raw cheese in unsalted. Would lightly salted be OK?

If his stools are black, you transferred a lot of heavy metals into his body during gestation. Vomiting twice daily is no problem.

After vomiting, let him sip on a little Perrier water, without the carbonation, mixed with some raw milk, about 1:3 respectively.

He will not need any additional food and the drink is fine for his system. It is only 1/3 of the formula; 2/3 is milk.

Healthfully and appreciatively,
Aajonus

20111031-1911

Oct 31, 2011

Re Article: The Spice That Fights Food Poisoning

Hi Aajonus,

This might be a newsletter item re herbs.

I am not concerned with food poisoning on the Primal Diet, but preserving meat and aphrodisiac piqued my interest. A concern I have, however, is if the oil can kill some bacteria I would have to assume it can kill all bacteria. I want all my bacteria for my health, especially E.coli.

Love that cilantro!

The problem with most people is not that they have bad bacteria, which rarely if ever cause food poisoning, but the industrial chemicals which store in the stomach and intestines. When certain bacterial janitors clean the stomach and/or intestinal walls, they will have detoxification symptoms. When they take any concentrated oil, the janitorial as well as the digestive bacteria are destroyed. For some people that is a big relief, however they grow weaker and more toward advanced disease resultantly.

However, juicing some turmeric and consuming it can be very beneficial to tissues, but in very small amounts – no more than 1 T. daily.

Healthfully and appreciatively,
Aajonus

20111112-1102

Nov 12, 2011

Re: Baby Skin Rash and Formula Ingredients

(See also:	Oct 24, 2011	Re: Urgent - Sick Baby, Please Help
	Oct 28, 2011	Re: Urgent – Baby Liver Formula Follow Up
	Nov 30, 2011	Re: Baby with Cold, Diarrhea & Vomiting – follow up
	Mar 3, 2012	Re: Baby's Diet
	Mar 15, 2012	Re: Urgent – Baby throwing up
	May 18, 2012	Re: Baby's Diet)

Hi Aajonus,

Questions about my son:

Rash on face, neck, ears, chest:

His rash has gotten worse in the last few days and is beginning to spread to his ears, neck and chest. I have attached two photos. One from a week ago and one from today. I kept him on the liver formula but since he was throwing up so much I experimented with doing more of the raw milk without the liver with a little butter, a dab of honey, raw cream and whey raw kefir (since that was one of the ingredients in a baby formula in the Organic Pastures website).

Could the whey have caused the rash?

I have been putting on him your vinegar and mineral water mix. He has continued to throw up but has gone down to once a day 4 times this past week. I am going to add the liver again today.

Blister on his penis:

He also just got a blister on the side of his penis. I have been putting on the honey and mineral water after his poop diaper changes. Any thoughts on that?

Additional Formula Ingredients:

The Weston Price infant formula recommends to add the following. Do you agree or recommend any of these?

- Oils: coconut oil, olive oil, fish oil.
- Gelatin to make it more digestible for the infant. Will this help?
- Bifidobacterium
- Lactose
- Acerola powder

The rash on your son's face is bile based. It is an adult-based bile so he must have gotten it from you while gestating. It will take some time for his skin to discard it. 90% of toxins are supposed to be passed through the skin.

I suggest that you apply no-salt raw butter and/or bone marrow to his skin to help strengthen his cells from bile burn. Before applying the butter/bone marrow, I suggest rubbing fresh-cut aloe vera or rub fresh-cut cucumber on his skin and allow it to absorb.

More is not necessarily beneficial. All he probably needs is the liver formula, not butter and honey. Kefir may cause him to detox very fast because it has a lot of alcohol in it. Kefir may also cause him to bloat.

Oils are extremely solvent-reacting and may cause more skin rash and burn.

Gelatin prevents absorption of foods and causes brittle bones or too-dense bones.

Other forms of bacteria that are not of human origin will compete with his digestive bacteria and may interfere with his overall growth.

Milk is full of utilizable lactose when raw.

Acerola is an acrid substance that could cause him more rashes and burns.

I suggest that you trust his body to do what it needs to do without panic and with patience. The liver formula is incredibly rich in everything he could possibly need to clear bile and anything else, while it grows and develops his body and brain wonderfully.

Healthfully and appreciatively,
Aajonus

20111113-1026

Nov 13, 2011

Re: Fed Ex and X-rays

Hi Aajonus,

According to a friend, all foods shipped through Fed Ex are subjected to an X-ray scan. Is this true? If so, is it harmful to eat such foods?

Any shipment from any company is subject to X-ray inspection. Yes, it would alter the food and if I knew it was irradiated, I would not eat it.

However, a notation on the box that states, "For Medical Reasons, Do NOT X-ray. Hand inspect if necessary" would eliminate any danger of X-ray.

Healthfully and appreciatively,
Aajonus

20111115-1744

Nov 15, 2011

Re: Ozone Therapy

Hi Aajonus,

2 members of my food club are urging ozone therapy as a remedy for a client of mine who has retentive fluids in her legs and feet. They are very swollen. What is your take on ozone therapy? Would it help the client?

When I studied ozone therapy about 14 years ago, I found that it oxidized fats in the body causing more free radicals and toxins, and forced severe detoxification after several months of treatment. I decided that it was not a protocol that could create more benefit than side effects. I refused to use it.

**Healthfully and appreciatively,
Aajonus**

Thank you. I presume that you don't recommend it for a person with retentive fluids or congestive lymph in the legs?

As I stated it is not a therapy I would use, period.

**Healthfully and appreciatively,
Aajonus**

20111115-2111

Nov 15, 2011

Re: Water Filters for Hot Tubbing

Hi Aajonus,

I did some research on water filtration systems for my hot tubbing and found some info I wanted to check with you.

Aquasana is rated by Consumer Reports as the best water filtration system for household and drinking purposes, evidently.

Basically, it's the 5 micron paper filter, then KDF 55 mineral to get out chlorine before it goes to an acid washed activated coconut carbon. There are 3 separate stages. No sand, but perhaps you don't need it with these other filtration systems - the sand being about 14 to 20 microns for particles.

On my other system, I found that when I put the clay in the hot tub, it clogged the paper filter badly making a need for a paper filter change very much sooner, which is expensive (like \$60.00 every 3 months to change the filter, when the filter should have a life span of about 1 to 2 years). I put in a bypass of the paper filter for this reason, using the paper filter only when I put fresh water into the hot tub once a month or so, and then using the sand filter with carbon the rest of the month.

I suppose skipping the clay in the water and just having the water recirculate through such a system should be enough.

What do you think?

Any additional comments or suggestions?

Since producers of filters have a medical view on microbes, I do not trust them to produce water as I would like it. The Aquasana whole house system certainly looks good, but I would still add a sand filter to that. Sand introduces soil probiotics that are not allowed in the Aquasana system.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thanks! That's great and makes sense.

One other question, what about the pH balance of the water? I just learned today that the KDF 55 filter has 8 lbs of KDF 55 and 1 lb of some mineral that is supposed to help the pH balance – I think from becoming too high acid (too low pH).

Also, I found that with the reverse osmosis drinking water machines, they can get too low pH where things rust much easier, etc.

Do you think adding a reverse osmosis water cleaner on top of this other stuff would be good? Or is that just not needed and overkill?

Also, the UV light is probably not good as they use it to kill bacteria or algae.

I also learned that PVC schedule 80 (the grey stuff) is better than schedule 40 (the common white stuff). The grey PVC has a much higher temp rating and Culligan, who custom design whole house filtration systems, says that's the best to use to ensure plastic does not get into the water after filtration. Schedule 40 may get a small amount in, I guess, but insignificant I would think – just a guess. I've used that since 2008. But to use copper piping after the filtration, that gets toxic metal and copper back into the water. So they re-pipe your whole house with schedule 80 PVC when they install a system.

But for our use in hot tubbing, with this new data, I will just use the schedule 80 when I get new stuff. It's more expensive which is why I did not get it before.

Almost all municipal water is alkaline with the chemicals they put in it to preserve pipes rather than peoples health. Our skin is 5.5 and dries more with a forced high pH. Adding sea salt and other ingredients I recommend resolves pH issues no matter what the pH. If the KDF 55 adds minerals to soften water, that is not good. That is the same as adding potassium chloride or chlorine. The sand filter resolves any other issue.

Osmosis destroys microbes, as you stated; that's not beneficial for bathing.

I use stainless steel plumbing.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

No, I don't think KDF 55 or 85 soften water. It never said anything like that. Just filtering out chemicals.

Since I already have a sand filter with activated carbon, I decided on not going the Aquasana route. I am just getting another sand filter. So I have 2 sand filters: one with rock, sand and activated carbon; another with rock, zeolite (like a salt that goes down to 5 microns) and then the KDF 55 and KDF 85 and more sand. But I will have to cope with schedule 40 PVC for now.

Stainless steel plumbing? Whoa !! Nice!!! But what?? 10 bucks a linear foot? Nice idea for my future planning though.

Then it is like sand. KDF85 may not be necessary if using sand, however; sand does not kill bacteria. I do not know what in KDF85 kills bacteria. Do you? If you were to use it, I would put a sand filter last to help replace bacteria.

**Healthfully and appreciatively,
Aajonus**

20111120-2050

Nov 20, 2011

Re: Tooth Symptom

Hi Aajonus,

No aches to write about. For the last couple of days, however, I notice that when I stomp or thump my foot, I feel a throb (reverberation) from that vibration around my upper right molars. Is that anything to be concerned about or to have checked?

You must have some swelling in your upper right molars, detoxification and/or healing. Probably healing because you do not have pain.

**Healthfully and appreciatively,
Aajonus**

20111130-1401

Nov 30, 2011

Re: Baby with Cold, Diarrhea & Vomiting – follow up

(See also:	Oct 24, 2011	Re: Urgent - Sick Baby, Please Help
	Oct 28, 2011	Re: Urgent – Baby Liver Formula Follow Up
	Nov 12, 2000	Re: Baby Skin Rash and Formula Ingredients
	Mar 3, 2012	Re: Baby's Diet
	Mar 15, 2012	Re: Urgent – Baby throwing up
	May 18, 2012	Re: Baby's Diet)

Hi Aajonus,

I apologize for not explaining in more detail but I had already tried eliminating all of the things we talked about, one by one including the liver, and the symptoms had continued. While I was adding the liver, he was severely throwing up. Once I took out the liver, the throwing up lessened from violent vomits 2-3 times a day to once every 4-5 days. I did this over the course of the past two weeks. I was down to only giving him warm cow's milk with cream half the day and the other half only cow's milk. I was in the process of putting the liver back in because I felt concerned that the milk was not enough nutrition, especially since his growth percentile is high at about 93% and his weight is low at about 40%. That is why I wondered if I could try the liver formula with the goat's milk.

Since my last email, I transitioned him to the goat's milk. The first day I gave it to him he took it well and seemed to really like it. He slept longer than he had, for 4 hours, but then he woke up and had some of the same symptoms, although not as severe. Over the course of the next day he seemed to handle it better. He was not straining as much. Since I felt he was doing well with the goat's milk, I added in the liver the next day. However, he threw up that night and got diarrhea. The diarrhea persisted through the next day so once again I took the liver out and just gave him goat's milk. Once I removed the liver that night the diarrhea dissipated. I gave him a day's break and just gave him the goat milk. He did fine. A day later I added 1oz of the first cow colostrum up to 3 pm. He did fine. Then only the goat's milk after that. The following day I added 1 1/2 tsp of cow's milk butter with the colostrum and some honey up to 3 pm. No major changes.

I wanted to give him a break from the liver just in case it did trigger the diarrhea, and put it back in in a few days; but as of this morning, he woke up with all the symptoms of a cold, which I have had since a week ago. He is constantly coughing, has a very phlegmy cough, is having a real tough time breathing, is wheezing, sneezing, and has a low appetite.

What do you recommend?

What can I give him to break up the coughing mucus?

Is lactose OK if you have a cold?

Should I put the liver back in and when?

Should I continue adding the cow's butter, cream and colostrum, or should I use goat's?

How can I boost his immune system?

Can I add the 1 tsp of pineapple to just the goat's milk?

Should I use the goat's no-salt cheese or stick to cow's?

Anything else?

If he vomits persistently from consuming liver, his liver or pancreas is very toxic. His body dumps the toxins into the stomach for immediate discharge so toxins do not interfere with digestion. If they do pass through the intestines, diarrhea results.

Try just 1 T. liver with 6 ozs. of raw milk.

It is the season for many people to dump the fats and re-lipidate for winter. Colds are normal now. Flu season is usually January - March.

What do you recommend?

When anyone experiences a cold cleansing, it is best to not lie flat. I suggest that you do not place him in a prone position. When the body detoxifies the lungs, or through the lungs, the lung muscles are weakened. Gravity pushes the lungs closed in the prone position. I suggest that he sleep in a near-sitting position such as he would be if he were in a baby's car seat. He will breathe easier and cough less. Coughing keeps the lungs open and working. The lungs will not have to push open (cough) so much when he is in a sitting position.

What can I give him to break up the coughing mucus?

Normally, I suggest my Throat Lozenge formula with ginger, honey, butter and lemon. However, for an infant, I would not give him more than 1 drop on his tongue every 2-4 hours.

Is lactose OK if you have a cold?

The minerals that accompany lactose are most important during colds.

Should I put the liver back in, and when?

Try just 1 T. of liver with 6 ozs. of raw milk once daily. He may continue to detoxify his liver or pancreas for a while, but 1 T. of liver per day should lower his ability to detoxify his liver and/or pancreas.

Should I continue adding the cow's butter, cream and colostrum or should I use goat's?

Cow's cream, butter and colostrum will help him bind with more toxins and allow him to gain more weight. However, as long as his body tends to focus on detoxification, he will be underweight.

How can I boost his immune system?

There is no such thing as an immune system. The body does not need to defend itself in natural environments. The medical/pharma industries created the term immune system to brainwash people into thinking that their body has to always defend itself from nature and itself. There is only the lymphatic system that the body uses to cleanse itself when unnatural and toxic substances interfere with functions. It seems as if his body is already doing an intensely wonderful job of cleansing itself.

Can I add the 1 tsp of pineapple to just the goat's milk?

I suggest that if you add pineapple to goat's milk, you add 1 tsp of raw cream to the goat's milk.

Should I use the goat's no-salt cheese or stick to cow's?

Because raw no-salt cheese does not digest, unless unheated honey is eaten with it, it does not matter whether it is cow's or goat's.

Anything else?

Do not panic and do not worry. Most of his symptoms will disappear after 6 months. That is usually the length of time an infant's body will focus on detoxifying when it receives the nutrients it needs.

Healthfully and appreciatively,
Aajonus

Got it. Do I use regular colostrum or 1st colostrum? By T. you mean tablespoon. Correct?

First colostrum has more butter fat. Regular colostrum has more cream fat. It is more difficult to digest cream than butter so a newborn is given about 5 days of various stages of colostrum until it can digest cream. Cream is very important for the brain and nervous system. If he consumes butter, cream and milk, and his digestion is good, he does not need expensive colostrum. If his feces are well formed and does not stink horrifically, he is probably digesting well.

Yes, T. means tablespoon; tsp. means teaspoon.

Healthfully and appreciatively,
Aajonus

20111211-2245

Dec 11, 2011

Re: Help - Headache will not go away

Hi Aajonus,

I have been really struggling the last couple of weeks. It started with pain and stiffness in my body all over, especially in my joints. Then, it moved into my neck. It's so stiff I literally cannot move it, and it's very painful. Then, a few days ago, I got a headache that will not go away. It is completely debilitating. I cannot do anything and cannot sleep. I still have the body stiffness and some pain, especially in my joints, but the pain in my neck and head is excruciating. Over the last couple of weeks my brain has been really foggy too. I cannot remember anything or focus on things. I have been saying to myself, "Something is going on in my brain," to the point that it is scaring me. FYI: I went to Mexico over Thanksgiving week and stayed at a friend's home. The food there was so disgusting, so I asked the help to get me raw milk and eggs from a local farm. I had that, but for meat I just ate the chicken and beef that the others at the house ate, but I ate it raw and they all ate it cooked. I have no idea where the meats came from. The house staff bought all the food at a local store. Someone has suggested that maybe there was a parasite in the chicken or meat that has migrated to my brain and is causing too fast of a detox.

Any thoughts? You know I only ask for help when I am desperate as I can usually get through a detox after a while but this head fogginess and lack of concentration and memory, and especially the headaches, are too much and is now starting to scare me.

Thank you.

Your detoxification indicates vaccine toxicity and/or canned food toxicity being removed from bone marrow and brain. The body uses a great deal of calcium, phosphorus, magnesium and potassium to neutralize those toxins as they move from bone and bone marrow into the lymphatic system to be neutralized more before being dumped into connective tissue and perspired from the body. Stiffness results from mineral buildup combined with toxins, more frequently heavy metals. Moving those toxins quicker will reduce symptoms.

Symptoms indicate an intense flu, not brain parasites. If you had parasites, you would not have symptoms because they are so efficient. They do not cause the intense swelling that flu causes that results in intense pain.

You are between a rock and a hard place when the brain detoxifies at the same time because it takes hot baths to help the body remove toxins from bones to lymph to connective tissue and through the skin. Hot baths usually cause headaches to worsen. An alternative to baths is to place 5-7 hot water bottles under the covers with you, heating the body without causing the brain to expand that would increase pressure on cerebral meninges, resulting in an increased headache. Since your headache is already intense, it is unlikely that your headache would increase with baths, but if it does, then hot water bottles would be easier.

I suggest that besides the baths and/or hot water bottles, you consume custard with a tiny bit of ginger grated into each one, daily. Also: consuming smoothies containing 2-3 eggs, 3 oz raw cream, 2 oz raw milk, 1 medium orange, 1 T unheated honey and 1/4 tsp raw turmeric 2-3 times daily.

Healthfully and appreciatively,
Aajonus

Great. Thank you again. Will try anything and everything. It feels like a toxic detox of something serious for sure! Messing with my brain, memory and thinking. Not fun when your brain is not working. And, the pain.

Are you overseas already? Thank you again so much!

You are welcome. If the toxins dump into your stomach and you develop nausea, I suggest that you eat small amounts of cheese every 30-40 minutes.

I am in Asia and traveling until March. Just left Australia from a 3-cities tour, and that was very good.

Healthfully,
Aajonus

20111216-1810

Dec 16, 2011

Re: Sinusitis

Hey Aajonus,

Since I moved north, the clogged sinus issue has started up again. It's not gone away. It's persisted pretty intensely these last 5 months.

Do you think you can advise me to fine tune some things so I can breathe through my nose better?

I finally got the hot tub up and working and it's been about a week that I have been going in almost daily. The sinus situation lightened up, but has not handled yet. And last night, it was back to being pretty bad where both nostrils were clogged and breathing could only be done via my mouth.

I was wondering if the cold weather or even the humidity level had anything to do with it, as it's colder than I have been used to. It's 26 degrees F out now. Last night in the hot tub, it was less - about 18 degrees!

I have also been needing a lot of sleep to feel rested -- 8 to 11 hours! I sleep for about 5 hours and eat and go back to bed after a while.

I would really like to be able to breathe through both nostrils so I can sleep better at night. And I would really like more energy, generally, for work and a productive day, not needing so much sleep.

Any suggestions?

Sorry for the delay in response. The government is out of control, suing my farmers.

When you live in a cold climate, your sinuses need 10 times more fats than normal. However, it takes many live cells in the sinuses to absorb and utilize that much fat and produce enough mucus to protect the sinuses. Your mucous membranes are severely scarred. You do not have enough cells alive to protect your sinuses in cold climates. It does not matter how much fat you eat.

Healthfully and appreciatively,
Aajonus

20111223-1345

Dec 23, 2011

Re: Pregnancy and FSH Levels

Hi Aajonus,

We would like to become pregnant naturally with our 3rd child, but it is not happening. I did get pregnant a year ago in November, but it ended in a miscarriage.

Do you know of any foods that will stimulate the brain to make a normal FSH (follicle stimulating hormone) under 10?

FSH is the brain hormone in a female that tells the ovaries to make an egg. For my body to produce a normal healthy egg I need an FSH under 10.

Please let me know your thoughts.

Thank you so much.

Your body was engaged in a very toxic cleansing last year so I am not surprised. However, it is likely that it will be another 18 months before your body will be clean enough from residues so that the fetus is unharmed; it takes about 2.5+ years.

I suggest you be patient for that time and you will not have a problem. Then, consuming 2 milkshakes daily 10 days before ovulation usually will produce healthy ova.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

I have been patient since we have wanted to get pregnant with our 3rd child for the last 5 years now. For some reason we cannot. The funny thing is, is that women around me are getting pregnant in their 40s, but they do not eat healthy. I have a clean diet and am still not achieving pregnancy. I know there are fewer eggs when a woman gets older. I am assuming it has to do with my age. I am 46. If I wait another 18 months as you suggested I will be 48. Sooner, rather than later, would be better. I know I am at the end of my child bearing years.

Will try the milkshakes daily for 10 days.

Thanks.

Women on this diet have gotten pregnant all the way through 59 years old who had not been able to get pregnant for years and some never.

How long has it been since your last child was born?

**Healthfully and appreciatively,
Aajonus**

Last child was born Nov. 2005.

We have used no contraception ever, nothing.

According to ALL tribes, it takes 7 years for the mother to completely recover from her previous child so that a new baby does not suffer any deficiencies except by the mothers diet. Therefore, if your body is following nature, you are due to get pregnant after November 2012.

**Healthfully and appreciatively,
Aajonus**

20120123-1135

Jan 23, 2012

Re: Strong Uncomfortable Urge to Urinate

Hi Aajonus,

Out of the blue this evening, I had a very strong uncomfortable urge to urinate, even though I had already gone to the bathroom. It feels like it did 20 years ago when I had a bladder infection. Keep in mind I have not had a bladder infection in 20 years.

A friend of mine reminded me that I had an emergency D&C (dilation and curettage) last January as a result of a miscarriage that had gone very wrong. Could the strong uncomfortable urge to urinate be a result of the D&C? My friend said they might have used iodine to clean out the uterus and now I am detoxifying the iodine.

What can I do to relieve this strong uncomfortable urge to urinate? It has been going on now for about 3 hours.

Is it a bladder infection or something else?

Please advise.
Thank you.

It takes 40 years on a perfect diet to cleanse the body completely. Remember that an infection is a cleansing. As I stated in my books, any part of the body where there had been a problem has not been properly cleansed and healed and will cleanse and heal periodically with old symptoms returning.

Additional harm to the area may have been caused by iodine used with the D&C. I would suspect that it was because, often, there is a cleansing of tissue following injury or surgery on the anniversary of the injury or surgery. To help eliminate toxins, I suggest consuming a small amount of no-salt raw cheese frequently with a tiny bit of no-salt raw butter, about 2 ounces of fresh pineapple daily and sip raw milk throughout days, along with your normal Primal Diet.

Apply heat to the area at any time with a hot water bottle, especially throughout the night.

Healthfully and appreciatively,
Aajonus

20120131-1153

Jan 31, 2012

Re: Dental Issue

Hi Aajonus,

In early January, the back half of one of my lower molars started breaking off. About 1/3 of it is gone now. It was sensitive to pressure and cold, but no longer. At first, I put lime juice on it for 2 days, and now I have been putting coconut cream on it. It is no longer sensitive to cold, but it shocks me if I forget and chew on it.

I had the exact tooth on the other side removed some years ago and never had a bridge to replace it. Now the tooth next to this hole is tender. So, now I have 2 big holes and a tender tooth, leaving me unable to chew on either side.

If I go to the dentist, they will surely want to fill or remove the 2 damaged teeth and put a bridge in the hole. I need to do something, but I know you will have some do's and dont's for me.

Can you advise me on how to proceed?

Thank you!

Sorry for the delay. I am in the jungles of Thailand and reception is frequently unavailable and my concentration is on legal battles for farmers.

Whenever you have a tooth problem, I suggest lots of cheese without honey; and thrice daily, 2 T. cheese with 1 tsp. honey.

Putting lime juice on a tooth more than once every 2 days could cause more deterioration to the tooth. If you apply it to a tooth, let it sit for only 10 minutes, then rinse it with milk.

**Healthfully and appreciatively,
Aajonus**

20120203-2336

Feb 3, 2012

Re: Candida albicans

Hi Aajonus,

My 8 year old daughter has candida again. She had it last summer and was free of it for the months of September thru December. The candida has come back.

Her symptoms are: stomach hurts, back hurts, head hurts and legs hurt.

A local chiropractor suggested warm baths in Epsom salt to detoxify and to relax the muscles.

Is Epsom salt okay to use? If Epsom is not okay, what should I put in her bath?

What should she be eating?

Any other thoughts from you about candida?

Thank You.

Candida is the big scapegoat for the last 1+ decade. Candida is a symptom and the cure for certain problems. The object is to allow candida to work while mitigating the symptoms, which is usually intense itching. The other symptoms of stomach, back, head and leg aches are not a symptom of candida but toxins stored in those tissues. It is a symptom of poor bacteria and enzyme activity. My Sport Formula, sipped 4 oz at a time 5 times daily, will help this flu-like condition. Also, a 2 inch cube of semi-ripe pineapple helps digestion and removal of lactic acid buildups that cause soreness. Raw milk helps soothe the entire body but also makes for sleepiness that promotes healing.

Healthfully and appreciatively,

Aajonus

Hi,

How often should the pineapple be eaten, 1 time a day or more? Any fat with the pineapple and what kind of fat?

Also, what should we put in the bath water? We are currently on city water. We want to help my daughter's lymphatic system get out the toxins so a bath is probably a good thing.

What are your thoughts about Epsom salt for baths?

Thanks.

I suggest that she consume pineapple only once daily with a combination of 2 T. coconut cream, and 1 T. dairy cream or 2 T. butter; alternating them would be best.

As I instruct in WWTL, at least 3/4 cup raw milk, 3 T. raw apple cider vinegar, 2 T. sun-dried sea or Epsom salt and 2 T. coconut cream. Epsom salt is a high concentration of magnesium and sulfur rather than sodium and natural chlorine. It does not matter which you use because, when in a hot bath, the salts are not absorbed into the skin.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Please explain to me what you mean by poor bacteria and enzyme activity causing the flu-like symptoms. You say that these are not symptoms of candida, but my daughter feels this way when the candida is present. When the candida is gone she does not hurt.

How can she have poor bacteria and enzyme activity when we eat so clean? We eat lots of good bacteria-type foods.

Thanks so much.

When enough bacteria and enzymes are present, detoxification occurs without notice, or at least with minimal notice. Did you have a laboratory test that showed unusual amounts of candida? As I stated in Newsletter #11, candida is a detoxification process, part of the cure for toxins that have been stored and that are problematic. It is not the cause of disease. As I stated in my email to you, the optimal-to-health approach is to provide the right foods and heat.

Our environment is riddled with bacteria and enzyme-damaging technologies - anything from smart meters to WiFi to EMFs and air pollution. I have one client who is so allergic to agricultural chemicals that every time her neighbor applies chemicals to his lawn, she has to stay in a toxic hotel for 3-5 days. The toxic hotel is less toxic than her home at that time.

When your daughter was gestating, you may have passed innumerable toxins into her that are now necessary to remove; and her body is capable of removing them using candida. Candida is not her enemy; the industrial toxins in any shape and form are her problem.

Healthfully and appreciatively,
Aajonus

How about clay for the bath? You mentioned raw milk, apple cider vinegar, sea salt or Epsom salt and coconut cream. Any clay for the bath? We have city water full of chloramines, fluoride, etc. Will the milk, vinegar, sea salt and coconut cream take out the toxins in the city water? I know clay is good for binding with toxins. If clay is good for a bath, how much clay?

Clay is a good option, but the other ingredients will suffice to neutralize municipal water toxins, unless your municipal water is more contaminated than most. If it is, I suggest you use 2 T. It is up to you.

**Healthfully and appreciatively,
Aajonus**

20120204-0145

Feb 4, 2012

Re: Toothache – Intense detox

Hi Aajonus,

I am not sleeping tonight as I am in extreme pain from a toothache. It's the bottom row, on the right side all the way in the back, the back tooth.

My neck was out earlier tonight and I got a neck massage and did ice packs on it and, finally, it loosened up with some cracks when twisting it. There is still pain there, however. I've not been to the chiro since coming north and perhaps it's time to go now.

I've been massaging the area of the tooth and the skin was "mushy" in the back of the tooth. No other signs of abscess or infection. The tooth is a bit loose and when you push down on it, as when eating, the pain increases a lot.

The whole head and neck have been in pain in various areas, coming and going. I've had left ear problems with what I thought was wax buildup about a week ago. I put in olive oil twice and it went away in a couple of days. Now I have pain in my right ear. It does not seem like wax, just pain.

The sinuses got better when I only drank kefir and went off cow's milk. That plus more hot tubbing. The nose is still clogged up, but at least one side works well enough to get about 5 hours of sleep at a time. I am on small amounts of goat milk now, sour cream, kefir, butter and coconut cream. And since I made this change, the sinuses have been better, which means not totally clogged. Another change was when I came north, I started in on a lot of ice cream. I stopped eating this too. Perhaps the cold cream was an issue. I have also been on more juice generally. Over the last 2 to 3 weeks, I have been eating non-organic, no-added-salt crackers (but salt in the cooking mix, from Trader Joe's) with butter and honey frequently. Not sure if this has anything to do with anything but it is a change.

I can't take a defeatist attitude and just consider it is the cold weather regarding my sinus problems and that there is nothing I can do about it. Yes, the cold weather is a change, but so were these other factors as above. But on the other hand, the detoxes from one to another with the sinuses persisting is a new phenomena. The weather does seem to have some effect as the body is not used to it.

I will see about getting clove oil to help the tooth pain and get some sleep.

But I figured I should go to the dentist Monday and I will have to get one X-ray shot and see what they say. The tooth may have been a root canal tooth with a cap, but I am not sure. If the root is dead and the pain persists, I should probably get it pulled. I have been going to Bio Dental in Tijuana and they don't think root canals are good as, eventually, they rot out and create infection when they do. The last tooth I had pulled about 10 months ago was like this - it was causing an infection and it broke. It was not painful, but I did have it pulled as it broke and had to be removed. The X-ray showed the infection. It was a root canal that did not last.

Please advise.

You are certainly exploring things I wouldn't recommend. I would never use ice packs longer than 2 minutes on anything, because it restricts and sometimes completely blocks nutrient flow to the area. I always advise to use heat.

Your symptoms indicate that you are experiencing an overall head detoxification.

Crackers of any sort are likely to be GMO based and contain many additives, even though not labeled. I suggest cooking organic rice instead.

I do not accept the neo-dentists' views on root canals. I have had several root canals, some naturally made by my body and some dental. When an area around the tooth is detoxifying (infected), usually it is not the tooth, but the nerve going to the tooth, and the surrounding gums that are toxic. The nerve may be poisoned from the base of the tooth all the way to the brain, but will usually detoxify out the gums however, sometimes out the face or eyes. Having a tooth pulled only seals off the exit point of detoxification. If the tooth naturally, completely releases from the nerve and bone, then extraction is appropriate.

Cold is a major factor in many conditions and sinuses is one. It is not fatalistic to accept that and move to a climate that promotes better health.

Healthfully and appreciatively,
Aajonus

Hi Aajonus,

Thanks very much! Yes, my eyes have also been sore too.

After 24 hours, and sleeping all day except for eating breaks, with a full meat meal about every 5 to 7 hours, the severe tooth pain majorly went away. I had about 3/4 of a pound of chicken 4 times that day, which is a lot more meat than I had been eating, plus other stuff too: eggs, kefir, butter and veggie juice. It was very interesting to observe the food being absorbed so fast and to be that hungry again so fast. It must have been a "classic" heavy detox! :)

24 hours after this, the pain was almost gone. I went to the dentist 24 hours after that and had 1 X-ray. He said the nerve is dead and recommended a root canal. There is also a cavity at the side of the cap. He recommended one handling of opening up the cap, doing the root canal and then waiting to ensure the root canal will hold and then filling the cap and cavity.

He also suggested implants if I wanted those and wanted to remove the tooth instead. I was going to get a bridge as I have an empty tooth between that tooth and the other one, but I am not sure about doing a bridge on a root canal tooth. The dentist said the root canal can last 10 to 15 years when done right, perhaps a bit more.

It is still sore, but I can live with it for a while; it is not excruciating like it was, but is still sore and somewhat painful. I can't chew with it at all.

How does a body naturally make a root canal?

What do you suggest about dealing with the tooth?

Update Feb 1st:

The tooth is back to normal. No pain at all and the infection is gone and the tooth sunk down to it's original spot. But the cavity in the side of the cap is still there. So at this point, I should at least get the cavity filled and, if I want, I suppose I can get a root canal and bridge.

What do you suggest?

As I stated in my first email about your tooth: I do not accept the neo-dentists' views on root canals. I have had several root canals, some naturally made by my body and some dental. When an area around the tooth is detoxifying (infected), usually it is not the tooth, but the nerve going to the tooth, and the surrounding gums that are toxic. The nerve may be poisoned from the base of the tooth all the way to the brain, but will usually detoxify out the gums however, sometimes out the face or eyes. Having a tooth pulled only seals off the exit point of detoxification. If the tooth naturally, completely releases from the nerve and bone, then extraction is appropriate. Or pull it out yourself when it is that loose.

If the tooth is dead as he claims, no root canal is necessary. The root is already dead and drying or already dried. If there is a cavity in the dead tooth and it can be reached without removing the crown, then have it filled. If it is under that cap, no digestive acids are going to get to it anyway so it will not get worse. I suggest you leave the tooth alone and let it eventually fall out on its own.

Healthfully and appreciatively,
Aajonus

20120303-2340

Mar 3, 2012

Re: Baby's Diet

- (See also:
- Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
 - Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
 - Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
 - Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
 - Mar 15, 2012 Re: Urgent – Baby throwing up
 - May 18, 2012 Re: Baby's Diet)

Hi Aajonus,

Thank you for all of your help with my pregnancy and my son's health. He just turned 5 months. After we last spoke he got better, started sleeping through the night 10 - 11 hours, and has been doing great. He is primarily on goat's milk - 1 cup, 3/4 tsp butter, 1/2 tsp honey and 1 oz of cow's cream. The liver was too harsh on him.

I am getting ready to start him on liver again and slowly introduce it as you mentioned. He is growing a couple of bottom teeth. I am wondering if it's an indication of adding to his diet. Is there anything else I can start giving him? Or would it be better if you saw him during your next visit here to recommend a diet plan for him?

Thank you. I am delighted that he is better. Yes, cutting teeth indicates that he could use a bit more protein such as the liver. He does not need anything else other than what you are giving him now, with a bit of liver added.

If I were to see him, I could tell you what to expect in detoxification for the future.

Healthfully and appreciatively,
Aajonus

At what age should I expect to start adding solids or when should I check back in about his diet?

Solids can be added about 2 months after all of his teeth are in and settled. However, he will always get more nutrients with less food if meats are pureed for him. He will not need much fruit or other foods.

Healthfully and appreciatively,
Aajonus

20120315-1959

Mar 15, 2012

Re: Urgent – Baby throwing up

(See also: Oct 24, 2011 Re: Urgent - Sick Baby, Please Help
Oct 28, 2011 Re: Urgent – Baby Liver Formula Follow Up
Nov 12, 2000 Re: Baby Skin Rash and Formula Ingredients
Nov 30, 2011 Re: Baby with Cold, Diarrhea & Vomiting – follow up
Mar 3, 2012 Re: Baby's Diet
May 18, 2012 Re: Baby's Diet)

Aajonus,

I reintroduced liver today to my son. I put about 2-3 tablespoons of liver into his goat's milk with the usual butter, honey and cream. It's been about 3 hours and he threw up and has some diarrhea. I realize that is what happened last time and that it would be some form of detox but he has continued to convulse and can't stop throwing up. He chokes and can't breathe when he is throwing up. He has nothing left to throw up but he is continuing to try to. What do I do? What can I give him? I am hesitant to give him the goat's milk even without liver as I am concerned he is just going to throw it up. He will not eat raw cheese. Do I let his stomach settle without any food or does he need it to get out toxins?

Once his stomach settles, give him some raw cottage cheese, about 1 BB-sized amount at a time. His vomit will not last long.

Healthfully and appreciatively,
Aajonus

20120321-1129

Mar 21, 2012

Re: Daughter in pain and eyes have a bluish tint?

Hi Aajonus,

We spoke on the phone a few days ago about my 8 year old daughter who is going through body aches and pains. The worst pains are usually her middle to lower back and her stomach. She describes her pain in terms of low, medium, and high. Just a few minutes ago she got out of a bath and told me I don't hurt anywhere, except my head is medium. Or, at other times, she will say I am medium hurting all over. Yesterday there were about 6 hours in the day where she did not hurt anywhere. She seems to be going in and out of the pain with low pain areas or medium pain areas and occasionally she will hurt high / bad all over. When she hurts bad all over she cannot walk or do anything. It seems to be more normal for her to have some pain than to have no pain. So when she tells me she does not hurt this is always surprising and good news. You told me it is toxins in muscles and/or ligaments.

I looked in her eyes tonight and noticed that the whites of her eyes are bluish. My son (6 years old), daughter and I stood in the mirror comparing the whites of our eyes. Mine are the whitest with some red veins and my son's are the next whitest with a touch of bluish, but my daughter's whites of her eyes are noticeably bluish tinted. Is this part of her pain / toxins she is experiencing or what is it?

What is causing the whites of my daughter's eyes to have a bluish tint?

You asked me to give her cheese, honey and butter mashed together twice a day, and I am. Also, you told me to give her the sport drink 4 ounces 5 times a day, and to eat fresh pineapple.

Is there anything else I need to be doing and how long should I continue with all of this?

Keep in mind that she runs and plays and danced for 2 1/4 hours tonight having fun. When she plays, runs and dances she looks healthy with red rosy cheeks. She looks healthier than a lot of kids even though she is having pain and has had it for months now.

Please let me know about the bluish whites of the eyes that she is experiencing.

Thank you.

Blueish sclera indicates that aluminum is in the bone marrow. Aluminum interferes with nerve transmissions and in combination with salt can cause much cellular damage. The only way to get concentrated aluminum is from vaccines, chemtrails, baking soda and some commercial foods. She obviously is not handling aluminum well.

When pain is transient, the body is handling detoxification well. When pain is constant, it means the body is not doing it as efficiently as it is supposed to with proper nutrients.

Once daily, you could give her the combination of 3 dates, 2 T. no-salt raw butter and 2 T. no-salt raw cheese for pain. Raspberries with fat, such as coconut cream, helps the body remove aluminum. I suggest maintaining the diet as suggested.

**Healthfully and appreciatively,
Aajonus**