

HERPES VIRUSES

Shingles
HSV-1
HSV-2
Chickenpox
EBV

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NOTE: Those who need immediate relief may skip to [Chapter 9: ACTION SUMMARY](#).

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Herbal medicines are not essential nutrients:

There is no substitute for proper nutrition. Herbal medicines are useful and they are better than pharmaceutical drugs, but the reader should keep in mind that they are not essential nutrients. Pharmaceutical drugs and herbs may deplete essential nutrients (DHA and magnesium being prime examples). Herbal medicines are mentioned in this report but they are not intended to be construed as a priority over the right nutrition; everyone needs DHA, magnesium, and selenium all the time (just as a few examples of essential nutrients the human body must have every day) but not everyone will need to take motherwort every day. I have seen that many people have been confused by the government nutrition advice and by the various schools of thought which are separate from the government advice; I recommend that the reader should thoroughly familiarize himself with the nutritional principles of the Weston A. Price Foundation, to know them forwards and backwards. This report assumes that the reader has already done that and therefore knows that there is a set of dietary guidelines which doesn't compromise one parameter of health for another, and doesn't even compromise good flavor.

This report also assumes that the reader has thoroughly familiarized himself/herself with my book. Readers might suffer from a great deal of confusion (and miss enormous benefits) by not reading that book, which I believe will begin to turn the world right-side-up, with G-d's help. However, it should be obvious that those who need immediate relief do not need to read the book first.

General immune support through the WAPF diet:

The WAPF diet of course includes a number of factors which support the immune system. Among them are cod liver oil, whole raw dairy from grass-fed animals, bone marrow and other organs and glands, butter, egg yolks, liver, lactofermented foods, gelatinous broth, and coconut. All of these will help greatly to support a person who has been suffering from shingles, cold sores or genital herpes. It is assumed that the reader is already following a WAPF diet and consuming all of these foods and more.

***Walkabout* brand emu oil:**

It wasn't so long ago that I learned about the use of *Walkabout* emu oil for Lyme disease, one of the most difficult infections to treat. Lyme disease often doesn't respond to antibiotics—which I never recommend anyway because they destroy the mitochondrial DNA [1] and the good microbes in the gut, and allopathic doctors have made a great mistake thinking they can solve this second problem by giving a little bit of probiotics after everything is wiped out. I knew someone who had chronic Lyme disease that he got from birth (it was transmitted by his mother) and he had a prescription for antibiotics to take all the time, with no end in sight. He had severe chronic fatigue which kept him in the hospital for a while during college. I wonder if this problem may have been caused partly by the destruction of his mitochondria by the antibiotics. Even if a person could spend a hundred years restoring the good microbes that were wiped out by the antibiotics, could they also restore the mitochondrial DNA? In any case, one of the best resources on treating Lyme disease for years has been *Healing Lyme*, 2nd Edition by Buhner, because it gives herbal medicine protocols for controlling and hopefully curing the disease. But I am greatly impressed to have learned that there is a means of curing Lyme disease [2] purely with nutrition, without even relying on any specific herbal medicines. To me, this is natural medicine at its best, since as I've already explained: herbal medicines are not essential nutrients! Note: the man interviewed in reference 2 is not saying that emu oil can cure Lyme disease because that would be a way to go to prison

Now it follows that if the *Walkabout* brand of emu oil can support a person's immune system to take care of Lyme disease, which sometimes doesn't even respond well to the herbal antimicrobial treatments in Buhner's excellent 2nd Edition book, then it should help a person with shingles, cold sores, genital herpes or the like, as these respond very well to herbal medicines.

I am of the opinion, just like Ramiel Nagel in his book *Cure Gum Disease Naturally*, (the sequel to *Cure Tooth Decay*) that Activator X is not merely vitamin K₂. I believe that there is a complex of nutrients included within the term Activator X, as originally described by Dr. Price.

I recommend *Walkabout* brand emu oil because it is the only kind I have heard of that is raised on pasture. The company claims that they tested a couple of other brands of emu oil and found no vitamin K₂ in it. Everyone who knows the Weston A. Price Foundation thoroughly is familiar with the immune support properties of cod liver oil and the fat-soluble vitamins in it: A and D. But the anecdotal reports

of Lyme disease being cured with this emu oil suggest strongly that Activator X is also extremely important for the immune system in a much bigger way than we know. We already know how important it is for healthy bones, joints and teeth, but here is some evidence that it is critical for the immune system, far more so than we ever thought possible.

I recommend very strongly that the reader should listen to the interview on Walkabout emu oil in reference 2.

Coconut:

Coconut is well-known for its powerful anti-bacterial, anti-viral and anti-fungal properties. It is effective against HIV/AIDS—WAPF President Sally Fallon Morell was teaching this about 20 years ago with the release of her book *Nourishing Traditions* and the information has been known longer than that.

Bruce Fife, ND is the world's leading expert on tropical oils including coconut oil. In a long list of other viral infections [3], Dr. Fife lists “Herpes (fever blister/cold sore),” “Chicken pox,” “Shingles,” “Epstein-Barr,” and “Mononucleosis” as some of the specific herpes viral infections that coconut oil helps to prevent and treat. I don't have his books but I'm certain there must be more information on this in his books, and it's probably very extensive.

Coconut is a great food and it should be a primary treatment for herpes infections (shingles, cold sores and genital herpes). It should be eaten and applied to the skin. I was immediately able to find at least one anecdotal account [4] of coconut oil being used to cure shingles; it was eaten and applied topically. I think Dr. Fife's books are likely to be much better sources of information on the use of coconut for shingles than a single anecdote, but I don't have them at this time. I find the anecdote to be credible because I have long recommended people use coconut oil for its antimicrobial properties—these people were successful (I have also administered it directly myself, with good results).

One word of caution with coconut oil: I have seen it go rancid before, at least twice. One container was in a cool pantry and it went rancid after a year or two. Another was in a warm pantry and it went rancid after less than six months during the warm season. Dr. Joel Wallach DVM ND reports that a number of cystic fibrosis children in the 1980s were given large amounts of coconut oil to try to make them gain weight, because they were too thin; they all died very quickly. Never mind that coconut is a weight loss fat. I believe the people who administered the coconut oil just didn't know they had a rancid batch of it, and this accelerated the death of the children just as rancid oils would be expected to do. Coconut oil is 92% saturated—the most saturated fat known to man. For this reason, it shouldn't go rancid quickly. However, I know that it can go rancid.

Questions about dosage and a product called Lauricidin: In an article for the Summer 2009 issue of the WAPF journal *Wise Traditions*, board member Dr. Cowan writes:

...The second characteristic takes advantage of the virus-disabling effect of lauric acid, the 12-carbon fatty acid found in breast milk fat and in coconut oil. Thanks to the work of Mary Enig, readers of this journal are familiar with the anti-microbial benefits of lauric acid and other short- and medium-chain fatty acids found in coconut oil. During digestion, the body breaks

triglycerides (three fatty acids joined to a glycerol molecule) into di-glycerides (two fatty acids joined to a glycerol molecule), monoglycerides (one fatty acid joined to a glycerol molecule) and free fatty acids. It is the monoglycerol of lauric acid, called monolaurin, that has the strongest anti-microbial effects.

For years, I counseled my herpes patients to eat as much coconut oil, as they could stomach. However, in the past year, I discovered a product called Lauricidin, which is a concentrate or pure form of monolaurin. One dose of Lauricidin is the equivalent of taking many tablespoons of coconut oil per day, a practice most people find intolerable. I have been consistently impressed with the ability of Lauricidin to suppress herpes outbreaks, not to mention yeast problems like candida (monolaurin is also a potent anti-fungal agent), and allow people to get off their antiviral drugs. It is a safe extract, which can be taken long term. The usual dose to suppress the herpes is about 1/2 to 1 scoop, one to three times per day. It should be swallowed, not chewed, and always taken with some food. The dose should be increased slowly as tolerated and as gauged by its effectiveness... [5]

Beet kvass:

I recommend that shingles- or otherwise herpes-afflicted individuals should try this lactofermented beverage, starting in small amounts (i.e. one ounce a day, and gradually increasing the dose until 8 oz./day is the routine), because I have found that it has very different antimicrobial properties than sauerkraut, kimchi, or Kosher dill pickles. I don't know if they will find that it is effective against the shingles virus but I think it will reduce the load of pathogens in the body, potentially freeing up resources for other battles. I have personally found that a strong die-off reaction took place when I started drinking beet kvass, and I had previously eaten an entire jar of Kosher dills or sauerkraut in a day with no such reaction at all. Here is not the place to go into detail about that event, but let it suffice to say that there is something very special about lactofermented beets and their ability to kill off pathogens which does not happen with any other ferment that I know of. There can be no doubt that it will improve the energy of the patient, which must be a very welcome change.

Raw dairy!

A 2009 article [6] on herpes infections by Dr. Mercola lists lactoferrin as being effective for herpes infections. Lactoferrin is one of the many heat-sensitive antimicrobials found in raw milk. For a shingles outbreak as well as for genital herpes, cold sores and chickenpox, raw milk is likely to be effective. But I think it would be best to use some cultured form of it to increase the benefits; raw milk kefir is probably the strongest (while raw milk yogurt is also sure to be helpful). However, readers should be aware that raw milk yogurt and kefir have to be made the right way in order to have a good flavor. I recommend the instructional articles on the Cultures For Health website should be used for best flavor and maximum benefit to the patient; these articles clearly explain how to strengthen the kefir grains or the yogurt culture so that it will not be outcompeted by the beneficial microbes in the raw milk which would make it clabber (clabbered milk is safe and healthy, but not the desired result here!).

Kefir testimonial about shingles from the Cultured Food Life website: Thankfully I was able to find a

testimonial about a lady who used kefir to get rid of her lifelong shingles problem. I notice that the testimonial doesn't say anything about whether or not the milk used to make it was raw; when prepared correctly, raw milk kefir will be vastly more health-giving than from heat-treated milk.

Linda Cleary

I have only been using kefir for about 3 months, but it has caused a miracle in my life! At the age of five, I had a bout of head-to-toe shingles. It's a mystery as to why maybe a vaccine? Anyway all of my life I've had shingles and it's gotten worse as I've aged. I have outbreaks any time I'm under the least bit of stress. Even right before a family gathering! I'm now 60 years old, so it's been 55 years of shingles. Recent events would have normally put me right over the edge: my dad was hospitalized, then put in a nursing home...[other stressful events listed]...my dog died, my car broke down and stranded me, my dad's dementia worsened, he became unresponsive and then God mercifully took him home. During all of that stress and drama, not one outbreak! I am so thankful to you Donna and thankful to the good Lord for leading me to want to try kefir. If it's not manna, it should be! [7]

Proteolytic enzymes from tropical fruit:

As described in a Reboot Health page [8] from the UK, two shingles sufferers applied a natural shingles protocol which was developed by a natural health writer. The first person, Max, used colloidal silver, tea tree oil diluted in water, and a mixture of apple cider vinegar and cayenne pepper topically, and he used David Winston's "7 Precious Mushroom" tincture and the tropical fruits pineapple and mango internally. The second person in this anecdote, Heidi, didn't have access to the mushroom tincture and instead used Chinese skullcap, olive leaf powder and vitamin B₁₂, along with some hydrotherapy. Both people were cured within about 7 days. That natural health writer, Sara, writes about the tropical fruit recommendation:

...Lastly, in an attempt to finally nail the shingles, I suggested he start eating three daily portions of either pineapple or mango, both of which contain proteolytic enzymes that can strip away the protective outer layers and heads of viruses. A German study found proteolytic enzymes to be as effective as some standard antiviral medications at relieving the pain from shingles and healing the rash... [8]

I checked to see if I could find that German study. I did find it, and it seems to be from 1995, and it says the following in the "Conclusions" section:

CONCLUSIONS:

Overall, the enzyme combination preparation showed identical efficacy with acyclovir. The results of the prior study were thus confirmed. Further investigations on the immunomodulatory potency, dosage and effects on postherpetic herpes neuralgia are, however, still required. [9]

I also decided to learn about the effects of proteolytic enzymes on postherpetic neuralgia...

[not completed yet]

SIDEBAR: there are commercially-available capsaicin creams that are used for shingles, i.e. under the name Zostrix; I have no experience with these and no knowledge of their inactive ingredients. I have

read that newbies have sometimes applied too much and experienced burning for days after application. I have experience with removing hot pepper residue from burning areas and I recommend using first a thick application of butter or oil followed by lots of rubbing, then lukewarm water with lots and lots of soap and scrubbing, then more butter or oil (this can be repeated as many times as needed to stop the burning—water activates capsaicin and it is fat-soluble and will be removed by fats or oils and with lots of soap; finally the oil at the end soothes the area. Butter works great.).

Lactofermentation—the best way to prepare tropical fruit at home: I'm very excited about the many applications of tropical fruit enzymes. As I mention in my cancer report, I think these enzymes are one of the most powerful natural cancer treatments; Candice Marie-Fox of the UK cured herself of stage 4 thyroid cancer by eating three pineapples a day, which is particularly amazing because pineapples are very sweet and cancer cells are obligate glucose metabolizers. So what is the lesson to be learned? Enjoy the benefits and flavor of tropical fruits without the sugar; make delicious lactofermented beverages with a truly sealed airlock system, and drink them regularly. There are many tropical fruits that can be used for this purpose because they're rich in proteolytic enzymes:

Papaya, guava, mango, pineapple, kiwi, figs, banana are a few. Ginger also has proteolytic enzymes. I suspect that dates have them. There are many tropical fruits that are less commonly-known, and many of them likely have proteolytic enzymes, too.

Proteolytic enzymes are far from weak; we have all made our mouths sore at one time or another by eating too much pineapple and this is because the proteins in the lips start to get digested by the enzymes. Cancer patients, shingles patients, and others can benefit greatly if they properly ferment their tropical fruits to convert all of the sugar into lactic acid.

Please see the Action Summary for recommendations on how to get started; don't go find a random internet recipe because many of them are false and you may regret it as I did!

Mainstream allopathic doctors apparently believe that proteolytic enzymes barely work:

A Winchester Hospital article “Proteolytic Enzymes” said (my emphasis added in bold):

Shingles (*Herpes Zoster*)

Herpes zoster (shingles) is an acute, painful infection caused by the varicella-zoster virus, the organism that causes chickenpox. Proteolytic enzymes have been suggested as treatment.

However, there is little evidence to support their use.

A double-blind study of 190 people with shingles compared proteolytic enzymes to the standard antiviral drug acyclovir.³² Participants were treated for 14 days and their pain was assessed at intervals. Although both groups had similar pain relief, the enzyme-treated group experienced fewer side effects. **However, since acyclovir offers minimal benefit at most, these results don't mean very much.**

Similar results were seen in another double-blind study in which 90 people were given either an injection of acyclovir or enzymes, followed by a course of oral medication for 7 days.³³ [10]

Well, the reader should note that I didn't recommend consuming only proteolytic enzymes—they're just part of the strategy. Similarly, the RebootHealth writer above named Sara didn't find that two people were cured of shingles in 7 days merely by adding some tropical fruit to their lives; they ate tropical

fruit as part of a larger protocol.

Tropical fruit is recommended by the Weston A. Price Foundation for its support of digestion, but it should be used by the shingles patient and the HSV-2 patient for its reported activity against enveloped viruses (specifically herpes viruses in this case).

Other potential sources: The action of the pancreatic enzymes in cancer prevention and treatment is known to be similar to that of tropical fruit enzymes. Pig pancreas enzymes are often given to humans. Strategies such as temporary reduction of protein intake (in the context of a WAPF diet this is okay) are used to spare the pancreatic enzymes that are made in the body of the patient. I also have learned that Chris Kresser has used nattokinase in his practice as another proteolytic enzyme for destroying biofilms in the context of treating gram-positive bacterial UTIs. Supplemental bromelain, if made from organic pineapples—pineapples are one of the most poisonous “conventional” fruits and it is clearly unethical to buy them because the wells of the farmers in Third World countries like Costa Rica are being poisoned, sickening and killing the farmers (!)—should be a great way of breaching that viral envelope.

Beverly Meyer's helpful list of foods to avoid for herpes viral infections:

This nutritionist (a “paleo”/“hunter-gatherer” style, which is a concept I don't agree with) does have some very useful information about foods to avoid during an active herpes outbreak (i.e. shingles, genital herpes). She recommends avoidance of:

- All grains (which are high in arginine)
- All chocolate
- All broth/gelatin/collagen
- All nuts and seeds
- All coconut meat, flour and milk (she says the oil and the water have no proteins in them and are okay!)
- All sugar, because it causes...

...an acid load on the body and a temporary paralysis of white blood cells for a half-day after eaten. When the white cells are sluggish, they literally cannot move fast enough to chase and attack viral “foreign invaders” in your bloodstream.

Peanuts have high levels of Arginine and mold and are off-limits completely. [11]

So let's be clear: the avoidance of bone broth would be a temporary strategy for someone with an active outbreak. This doesn't mean abandoning the WAPF diet.

I also wonder if it may be possible that the amino acid profile of short-simmered broth is different enough from long-simmered broth that the sufferer with active outbreak could use the short-simmered broth on themselves and then re-boil the cartilaginous bones for their family to drink. It is clear that short-simmered broth is much better for people with certain neurological conditions (i.e. epilepsy, migraine headaches, autism and others) that are sensitive to free glutamate. But glutamate is not the same as arginine so I don't know the answer.

“Skin Deep” article from Fall 2010 issue of *Wise Traditions*:

There is a brief mention of shingles in an article called “Skin Deep” by WAPF President Sally Fallon Morell; this was from the Fall 2010 issue of *Wise Traditions*:

...SHINGLES: An herbal combination containing hops, valerian root and passion flower alleviates shingles pain. A combination formula, called HVP, is available from Nature’s Sunshine. One tradition suggests raw apple cider vinegar, taken several times per day in water. Coconut oil, coconut milk and coconut water kefir can help eliminate outbreaks and keep those that do occur to a minimum... [12]

I looked up the product HVP by Nature's Sunshine and the product page [13] refers to it largely as a mild sleep aid, i.e. the valerian, passion flower and hops all are known for that effect. I think the recommendations in this report are enough to cure and soothe the patient, but if not then the HVP might be a last resort to help someone sleep if they have bad shingles pain. Keep in mind that passion flower especially sometimes carries a warning label about driving/operating machinery because it's not impossible that it might cause drowsiness—maybe more so along with the other two ingredients.

The raw apple cider vinegar and coconut fat (as oil) have been discussed elsewhere in this report, so that leaves the coconut water kefir.

Kelly the Kitchen Kop article “How to Get Rid of Shingles”:

Kelly the Kitchen Kop writes extensively for her website, is the author of *Real Food for Rookies* and was formerly a co-chapter leader for WAPF in Grand Rapids, MI.

Her article “How to Get Rid of Shingles” essentially uses only two strategies aside from the WAPF diet which is implied in all of her articles: spore probiotics and vitamin D. She recommends avoiding the chickenpox and shingles vaccines for oneself and one's family, of course, which is consistent with the advice of the Weston A. Price Foundation. But I was shocked to read in her article a history of a young man in his twenties who developed a painful shingles infection and got great relief by simply taking Just Thrive brand spore probiotics:

...Despite his previous reluctance to take his girlfriend's health advice, he immediately started on this spore-based probiotic to get rid of shingles.
The stinging rash improved with the first cap and was totally gone in a week! I wonder what would have happened if he'd taken two or three caps daily, rather than the recommended dose of one?
The boyfriend is a true believer now, and takes his maintenance dose of one cap daily... [14]

Note: Kiran Krishnan who has been interviewed for the *Wise Traditions* podcast also recommends Just Thrive spore-based probiotics. [15]

She also reports great success with the use of tanning beds for her own shingles attack decades ago, long before she learned about WAPF. I don't recommend this partly because of the dirty electricity in

the tanning beds. Exposure to sunlight is a good way to do this—and she recommends ditching the sunscreen as I do, of course—but it's not a modest method of treatment unless perhaps if the person is in an isolated location. Kelly the Kitchen Kop is sure that the vitamin D is largely responsible for this effect, and explains that people can take large amounts of vitamin D often find that their levels do not improve. This is interesting, and justifies a little discussion on my part:

Tim Boyd's review of *The Plant Paradox*: Tim Boyd of WAPF reviewed *The Plant Paradox* by Stephen Gundry MD a couple of years ago, and gave it a thumbs down—narrowly so. His primary concern was that vitamin D supplementation in large amounts could cause toxicity problems and though he acknowledged that many deny the existence of this toxicity problem he said that he believed he'd seen it himself. But he also said, essentially, that discerning readers would be able to glean a lot of useful information from Dr. Gundry's book. I personally believe that it may be a good alternative to the GAPS diet when the GAPS has not yielded the results that patients have been looking for (which of course has usually been the result of people not working with a Certified GAPS Practitioner to guide them!). Mr. Boyd's review also said that in his opinion, WAPF President Sally Fallon Morell's latest book *Nourishing Diets* handled the lectins topic in a better way. Nevertheless, I still think the Plant Paradox diet—if applied in a way that is consistent with WAPF nutritional principles—can be a great way of healing and sealing the gut lining and restoring the beneficial gut microbes (which is also the goal of the GAPS diet, of course). Dr. Gundry essentially stated in an interview with Dr. Mercola that there is or can be a vicious circle of low vitamin D causing leaky gut and leaky gut causing low vitamin D (because if the intestine is pathologically permeable, it can't absorb much vitamin D). This line of reasoning about vitamin D actually fits with the explanation which Kelly the Kitchen Kop gives in her shingles article; she says that in a book she read by one of the original vitamin D researchers (she thinks it was Dr. Robert Heaney) she found that a certain percentage of his patients never responded to oral vitamin D supplementation and he recommended tanning. Kelly the Kitchen Kop recommends careful use of Perfect Supplements brand vitamin D (along with monitoring of blood levels) and has some recommendations for making sure that vitamin D does not become toxic—namely, taking vitamin K₂. [16]

Of course, as Ramiel Nagel explained in two of his excellent books *Cure Tooth Decay* and *Cure Gum Disease Naturally*, vitamin K₂ isn't the entirety of Activator X; Activator X as described by Dr. Weston A. Price is a complex of nutrients and not a single compound. Again, the Walkabout brand of emu oil appears to be one of the very best sources of Activator X. If patients are going to take some of the Perfect Supplements brand of vitamin D, while carefully monitoring blood levels, they certainly ought to be aggressively implementing the WAPF nutritional principles in their lives, having thorough familiarity.

It is important to mention that WAPF doesn't feel that large amounts of vitamin D are needed. However, on the Plant Paradox diet without vitamin D supplementation, I tend to think I might still have leaky gut syndrome and I wonder if very careful supplementation as described above might be worth trying in my case.

We already have seen that Lyme disease was reportedly cured by Walkabout brand emu oil, which is a rich source of Activator X. Kelly the Kitchen Kop reported great results with tanning as a means of curing her case of shingles and attributes that to vitamin D. Vitamin A is certainly well-known for its anti-infective properties, especially in the form of real cod liver oil. Perhaps infectious diseases will hardly if at all be treated in the future with herbal medicines, if such infections may be at some time

defined as deficiencies of the fat-soluble vitamins; I tend to think that perfect nutrition will eventually eliminate the need for herbal medicine. Perhaps not. But it is certain that the fat-soluble vitamins have a central role to play here.

Recommendations for ophthalmic shingles/shingles of the eye:

I recommend raw milk eye drops. We've already established that raw milk should be very good for shingles and other herpes viruses when taken internally—especially when it has been fermented properly into yogurt and kefir. But it will have the same virucidal action when applied directly to the eye with a dropper. There are about 20 known antimicrobial factors in raw milk that are destroyed by heat. In challenge tests, raw milk has been intentionally contaminated with very large amounts of *E. coli*, *Campylobacter*, *Listeria* and *Salmonella* and the pathogen counts went to zero or dropped dramatically after some time had elapsed. [17] I have outstanding personal experience with the use of raw milk eye drops for curing pinkeye—and I do mean curing fast. Aside from the antimicrobial properties, it is also an extremely soothing type of eyedrop and provides very significant relief of the pain of the most severe pinkeye within seconds. I was able to try this out on someone who had developed the worst eye infection I have ever seen. The person was in severe pain and very swollen. The infection had definitely spread to the back of the eye. Great pain relief instantly resulted from administering the raw milk eye drops (human, cow or goat milk will work great) and the infection was gone in a little over a week. I also used raw milk eye drops on myself for a moderate case of pinkeye caused by vitamin A deficiency and getting chicken poop in my eye; I think I applied about 10 drops twice on the first day and then forgot about it because it was so much better that I almost didn't notice the discomfort anymore. All those who are serious students of the Weston A. Price Foundation know very well the use of raw milk eyedrops; a pinkeye article by a prominent chapter leader known as The Healthy Home Economist includes:

...

Anyone Can Use This Remedy
If there is no one breastfeeding in your home, the next best thing would be a few drops of raw cow or goat milk applied to each eye. I recommend treating both eyes even if only one is showing signs of infection, by the way. Pinkeye is so contagious, that treating only the infected eye will usually result in having to treat the other eye within a short time anyway, so might as well do both from the beginning.
Raw cow or goat milk is loaded with immunity boosting probiotics, just like human breastmilk. These beneficial bacteria work immediately on contact to crowd out and eliminate the pathogens at the source of the infection. The probiotic strains in raw dairy are especially suited for clearing a pinkeye infection.
Reapplication every hour or so should eliminate the infection quickly, perhaps not quite as fast as breastmilk, but still faster by a long shot than getting to the doctor and filling a prescription.

Liquid Whey Works Too
If you do not have easy access to raw milk in your community, don't worry. There is an option available at any supermarket that works too! The clear, liquid part of yogurt or kefir known as whey is a great stand-in for raw milk in a pinch.
Yogurt and kefir are cultured with beneficial bacterial strains. Carefully applying a few drops of the liquid whey from these cultured dairy products into the eyes will produce the same

“crowding out” effect of the pathogens. A small amount of yogurt or kefir mixed in with the liquid is fine. The whey does not need to be perfectly clear to be effective. Note that powdered whey or whey protein powder mixed with water does NOT work. This is because there are no live probiotics in such a heavily processed and denatured food. Pasteurized or organic store milk also does not work for the same reason... [18]

Since it is the liquid whey from yogurt or kefir that she recommended applying in a pinch if raw milk is not available, I would think that raw milk would be preferable to whey made at home from raw milk kefir or raw milk yogurt, because the fat component is included without having been coagulated. As we have seen with coconut oil and as students of WAPF know, the short- and medium-chain fatty acids in the butterfat from cow or goat milk is especially active against viruses. So I would say that plain, non-fermented raw cow or goat milk (or human milk) would be preferred for shingles eye infection over raw liquid whey made from any of those.

Raw colostrum would be even better—internally as well as in the form of eye drops: Below I have pasted some explanations from Mr. Doug Wyatt, who has reportedly [19] spoken at the 2016 conference of the Weston A. Price Foundation. If raw colostrum is locally available for the herpes patient, then it will be an even better option than raw milk. Mr. Wyatt's words (my emphasis in bold):

...The next thing that colostrum does is it balances the immune function in the body – brings it back into homeostasis. That’s a medical term for perfect balance. When you do that, then the body can attack and destroy damaged cells like cancer in the body, can attack and destroy cells that are infected with things such as AIDS and herpes and Hepatitis and **shingles** and ongoing other types of viral and bacterial infections. And, I want to tell you how powerful this wound healing process of colostrum is. We did a study with the Department of Defense and Homeland Security where we took wounded soldiers – they’re coming back – that had intractable wounds – couldn’t heal them through any other process whatsoever. These men are dying because of infection, and in fact, the wounds wouldn’t heal. When we applied colostrum directly to the wounds, it not only took away the inflammation and the pain immediately, it took away and destroyed the infection, stopped the infection in its tracks, and accelerated the healing so that these wounds that weren’t healing at all would heal and heal very, very quickly. So, this is what it does to your GI tract, it does the same thing to your outside skin, and it does the same thing throughout the body – accelerating repair. So, this is also why colostrum is so fantastic for athletes and as an anti-aging to keep us young, keep our muscles supple, help us burn fat and help us have robust energy and to eliminate inflammatory responses that are creating pain... [19]

Coconut oil: I am thrilled to inform the reader that world tropical oils expert Bruce Fife ND recommends coconut oil for the eye; he explains:

...Coconut oil can be applied directly into the eye to treat infections and wash out dust, irritants and debris. Coconut oil is perfectly safe for use in the eye. It does not sting or hurt. Heat coconut oil until it melts, but is not hot. Tilt your head back or lie down and using an eye dropper put a few drops of the oil in the eye...[3]

Since coconut oil is already well-established as a treatment for shingles, it should be no surprise that I

would recommend it for ophthalmic shingles. What a blessing!

I have no experience with herbal formulations for the eyes: However, it is clear that Stephen Harrod Buhner does, as he shows in one of his other excellent books called *Herbal Antibiotics*. The book *Herbal Antivirals* does not appear to have any eyedrop formulations. I suspect that if I would write to Mr. Buhner and ask, he would explain that there are many antiviral herbs suitable for use in eye drops that can treat shingles infections in many different ways, including and beyond direct virucidal action. I don't think anyone implementing the strategies explained broadly in this report (and concisely in the Action Summary) will find that herbal eyedrops are needed; however, if they are needed then please contact me and I'll plan on trying to reach Mr. Buhner or another top herbalist with the question.

St. John's Wort:

In the same, previously-mentioned herpes infection article from the Summer 2009 issue of the WAPF journal *Wise Traditions*, Dr. Cowan writes:

...They are encapsulated viruses, meaning they have a lipid or fatty capsule around their DNA, and they tend to have a chronic form that affects the nervous system... [5]

And:

...Regarding the natural treatment of herpes infection, we can take advantage of the characteristics of the virus to impact its tendency to erupt. Since the virus is essentially a piece of DNA surrounded by a fatty layer, if we target this aspect we can largely “disable” the virus. Luckily, we have two substances which are known to target this tendency of the virus. First, the herb *Hypericum perforatum*, commonly known as St. John’s wort, contains a chemical called hypericin. It is hypericin that gives the red color to the oil glands in the leaves, and it is hypericin that selectively targets the lipid capsule of viruses. For centuries, physicians have valued St. John’s wort as a nervine, meaning a medicine that targets the nervous system. Thus practitioners have traditionally used St. John’s wort to treat depression and tooth ache. Remember that the nervous system consists largely of cells with fatty coatings, similar to the encapsulated viruses. The plant in its wisdom contains the active chemical hypericin in an oily base, and because oil only dissolves in oil, it penetrates the oily tissues of the body, that is, the nerve cells, where hypericin then dissolves the lipid coating of the virus. I generally prefer Mediherb herbal products because of their potency. The dose is two tablets twice per day, even for the very long term... [5]

Dr. Cowan finishes that article by writing (my emphasis in bold and explanatory remarks in brackets, i.e. []):

...In addition, we must pay attention to the overall microbial content of our bodies, as we know that good bacteria actually synthesize antiviral substances. For most, this will mean following a nourishing traditional diet containing a variety of lacto-fermented foods; for others a temporary GAPS (Gut and Psychology Syndrome) diet may be needed. The fermented cod liver oil is important at the dose of at least one-half teaspoon per day. **With this regimen** [which includes Mediherb St. John's Wort + Lauricidin + WAPF diet (with possible temporary GAPS diet)] **most of my patients have been able to avoid both the conventional antiviral drugs and the painful symptoms of genital herpes.** [5]

Olive leaf extract:

The brand of olive leaf extract that I buy is called Seagate (from Mexico). The owner, Richard Lentz, has articles on his websites that explain that the active principle in olive leaf extract is not oleuropein,

but is—no great surprise—a complex of plant compounds which includes oleuropein. Therefore, a “whole” extract is preferred over one that is standardized for oleuropein content. However, it should be stated that most olive leaf extract companies are including some dried, powdered olive leaves in the capsule with the extract so I don't think these are going to be totally inactive. Mr. Lentz refers to work done by the old pharmaceutical company Upjohn in which they found that olive leaf would kill 3000 viruses *in vitro* and were not able to reproduce this effect by isolating oleuropein. Therefore, there was no patentable drug developed and the project was abandoned. I've asked around and haven't been able to find the original Upjohn documents or other primary source to confirm this, but that doesn't mean it didn't happen. This is one of those rumors that I think is very plausible. My impression of olive leaf extract is that it can do anything oregano oil can do, without killing any beneficial gut microbes. Olive leaf extract is very gentle. It tastes a little like green tea, but it has no caffeine (I don't recommend caffeine at all). Olive leaf is said by another company that makes the extract (Olivus from California) to be very soothing when applied to shingles-affected areas as a powder. I recommend both taking it internally and applying it externally. I would expect it to help with shingles, cold sores and genital herpes. Mixing some dried, powdered olive leaf into some coconut oil and applying it to the affected area may be soothing and bring the anti-microbial properties right to the affected area. Real olive oil (i.e. WAPF shopping guide will teach you how to avoid the 75-80% of olive oil sold in America that's fraudulent) wouldn't hurt, either.

I once wrote to [Seagate](#) to ask about an upper limit dose for their olive leaf extract. They told me that after about 12 capsules a day the person would not expect to see any additional benefit by taking more, but that no harm would result from taking more. They stressed in their reply that olive leaf extract is not a medicine. Well, of course it's a medicine—it's a powerful but gentle herbal medicine—but I think they meant two things by making that statement:

- (1) Olive leaf extract has a long history of use by mankind and can be considered to be like a food because it is very gentle;
- (2) They aren't making any health claims on a non-drug, for which they might receive warning letters, legal proceedings and/or prison time from the FDA and FTC because they're actually selling the supplement. Of course this has meant that people selling nutrients and supplements have been legally disallowed from telling their customers what the products are good for.

***SOUL* by [Rain, International](#):**

G. Edward Griffin, one of my favorite sources of political information and news, got me interested in this product because of his experience curing himself of post-herpetic neuralgia after a shingles infection. He was told by his doctor that the terrible pain that remained after the infection was gone was expected to stay with him and there was nothing that could be done. Then he got a call from Bradford Weeks MD in Seattle and Dr. Weeks told him that the product was able to clear up the post-herpetic neuralgia. He took it and he's all better. I have a problem with the product: it's loaded with evaporated cane juice. It's good that this is not a genetically modified sweetener, but it is very sweet. I don't know how I could recommend that someone consume that much sugar, so instead I recommend they should make their own version of it at home by grinding up the seeds on demand. I don't know the proportions that are used in the recipe used by [Rain, International](#) in that formula, but I believe that patients are within a certain safety window in making this at home! The seeds are: black cumin (Nigella), black raspberry, and grape seed. [Rain, International](#) uses chardonnay grape seeds but I don't

particularly know whether that makes a difference or not. In any case be sure that whatever you get is free of chemicals. Raspberries and grapes are typically sprayed heavily. WAPF board member and biochemist Chris Masterjohn PhD says that he generally disagrees with the Brian Peskin view on “parent” essential oils/parent omega-6 [20]; for this reason I'm skeptical of the idea that it is the reason why the black cumin/black raspberry seed/grape seed works. Nevertheless, G. Edward Griffin does an amazing job with everything he puts together and I think he is trustworthy, so I don't think he's making up his testimonial that his post-herpetic neuralgia was cured by the product *SOUL*.

I strongly recommend G. Edward Griffin's news platform *NEED TO KNOW*. Anyone can sign up for this service free of charge and get email updates each day, with headlines that hyperlink to full articles. For decades, he has been a tireless advocate for the political ideology of individualism (as opposed to collectivism: socialism, communism or fascism) and has opposed medical tyranny and the UN. He's got an organization called Freedom Force International and a new teaching platform called Red Pill University, and an excellent bookstore called Reality Zone (and a channel on the YouTube by that same name).

Lycopene:

I have run into two different people who said that lycopene, taken as a supplement, was very effective for treating their genital herpes. I would expect this nutrient to be useful for cold sores and shingles as well. However, in a time when most of mankind has been mistakenly tilling the ground, making food tough and bitter, I think it may be good advice for now to avoid tomatoes grown in this way and instead to grow your own without any tilling, in deep mulch.

Some other helpful pointers from a shingles/herpes article by nutritionist Beverley Meyer:

NOTE: I strongly disagree with some of the advice in her article, but some useful recommendations are listed below.

→ Arginine sources to avoid include nuts, seeds, chocolate and coconut (previously mentioned).

→ Lysine can be taken at 500 mg 2x/day or quite a bit more (several grams) short-term for acute infections, but this must be taken “AWAY FROM FOOD.”

→ Olive leaf, monolaurin (from coconut oil), Reishi mushroom, and Systemic Formulas VIVI are recommended by Mrs. Meyer in the article. Systemic Formulas VIVI contains Pau d'Arco and Leptotaenia, which I have no personal experience with.

→ Walkabout emu oil is recommended by Mrs. Meyer for shingles and can also be used topically for soothing and anti-infective properties

→ Coconut oil can be used topically

Her original article [21] is from OnDietAndHealth.com

Dr. Mercola's 2009 article on herpes infections:

In an old article posted 11 years ago in 2009, Dr. Mercola lists the following treatments for herpes

infections:

- Lysine (an essential amino acid)
- Aloe vera
- Lemon balm (*Melissa officinalis*)
- Resveratrol (a very potent antioxidant from grape seed)
- Garlic
- Lactoferrin (a potent antimicrobial protein found in colostrum)
- Homeopathic remedies formulated for herpes simplex or herpes zoster (shingles)
- EFT (tapping)
- Vitamin D

Dr. Mercola writes (my emphasis in bold):

...In addition to these remedies, which all tend to work, in my experience, **the two approaches that work the very best are a homeopathic formulation and the Emotional Freedom Technique (EFT)**. You can generally find homeopathics especially formulated for either herpes simplex or herpes zoster. I've found them to be surprisingly effective. They're also non-toxic so they're very safe, with virtually no side effects.

The Emotional Freedom Technique is a form of psychological acupuncture without needles. By tapping on different acupuncture meridians, you can energetically resolve the emotional precedent that caused your immune system to weaken, allowing the infection to take hold.

Once you get at the emotional root, your immune system tends to get reactivated, along with a number of genes that can help to resolve and heal your physical condition... [6]

I think it is striking that he writes that homeopathic preparations and EFT are “the two approaches that work the very best”; I have only a little experience with homeopathy and no experience with EFT. I will say this: though mechanism of action is not known for homeopathy I can see that the FDA is trying to ban it this year [22,23] and that it is used a lot by allopathic doctors (MDs) in Europe and I have heard but not confirmed that it was extremely widely used here in the USA before the allopathic doctors began to legislate themselves into a protected monopoly. Also Zicam, a homeopathic cold remedy, is available in every grocery store and says right on the label “SHORTENS COLDS” and it used to say “Proven to Reduce the Severity and Duration of the Common Cold” or similar wording. Most people also have used homeopathic preparations of arnica for injuries and pains, and it's probably about the second most common homeopathic medicine in the USA (arnica appears to work nicely for me). I think homeopathy works, and it is certainly not harming anyone. I don't have any doubt that the immune system works better when people have their emotions under control, so anything people can do that is Kosher (approved in Orthodox Judaism) that helps with that should take a load off the whole system and help with herpes infections or any infections; it's not even controversial to the allopathic doctors that emotions help or hurt the immune system. I don't know if EFT is consistent with or at odds with Orthodox Judaism, and I have no experience with it.

Reader: Be careful about the EFT thing if you do it. There is someone I know who got advice from a teacher who dealt with emotions as a means of solving physical pain, though in a somewhat different way than EFT...for one thing that “teacher” (so-called) was telling people they shouldn't try to be a “good” or a “perfect” and that sort of thing—totally against the one true G-d! It should be obvious that anyone who would make cynical comments and refer to sincere people as “goody-goodies” must have

no conscience. Even though the person got good results from that teacher, I believe it was in the context of evil. I don't have any experience at all with EFT so I don't know if it might be anything like that; it could be perfectly fine but I'd rather be too careful than not careful enough. Remember that Pharaoh's necromancers were able to reproduce many of the miracles done by Moses and Aaron when they asked him to let the Children of Israel leave Egypt. Miracles are not a barometer of truth since every religion produces them!

I was able to find that there is a homeopathic shingles preparation available from REMEDIA HOMEOPATHY MANUFACTORY in Eisenstadt, Austria; however, the page says:

[This remedy cannot be shipped to USA due to legal reasons. [24]

Also, at the bottom of the same page there is a message which reads:

[We ship to 213 countries. [24]

There is even a page on their site [15] which lists all the 213 countries they ship to (and of course the USA is not listed there because none of their homeopathic medicines are allowed to be shipped here). That's what kind of a government we have here in the USA, folks.

Dr. Mercola writes about the pharmaceutical antiviral drugs:

...My experience with them, however, has not been favorable. And of course, I am opposed to routinely using drugs for conditions where safe and effective alternatives are available. Fortunately, there are a number of natural therapies you can use for herpes infections... [6]

Vitamin D intake, one of Dr. Mercola's recommended strategies for active herpes infections, should be obtained from a Weston A. Price Foundation diet, particularly cod liver oil in the "BEST" category in the recommended brands section of their "Cod Liver Oil Basics and Recommendations" page. [26] I am quite certain that if Dr. Mercola re-wrote that article on herpes infections today it would include many more pieces of useful information because it is very obvious that he is dedicated to learning constantly.

Herbal Antivirals, a book by Stephen Harrod Buhner:

I recommend strongly that any shingles or HSV-2 patients should get this book! Also, it is February 2020 as I write this report and the coronavirus and SARS information in the book should be especially valuable to the world at this time. Also, the book even has a 2014 addendum about Ebola virus. I don't prefer to have anything in my reports that must be bought; nevertheless it would be theft (a violation of one of the Seven Noahide Laws) to infringe on copyright by copying his information here without permission.

I believe that herbal medicines are not essential nutrients, and I emphasized this at the very beginning of the report. I believe that correct foods are the highest form of natural medicine; in many cases they render herbal medicine unnecessary. I believe that Mr. Buhner has done a very excellent job in this book and many of his other books, but I think the reader should know that the food in this report is the

top priority—a priority over the herbal protocols. This directly contradicts the sort of advice that we have been given by allopathic doctors: the advice that we should ignore nutrition and “just take this pill like I told you.”

The shingles protocol: Mr. Buhner's very well-researched book—one of his many very well-researched books, that is—includes a protocol for active shingles infections. See especially pages 116-119. This protocol even includes a Concentrated Herbal Sore Relief Cream which can easily be made at home with simple ingredients. Buhner writes on page 117 about this multi-faceted approach to shingles:

...The basic treatment for shingles comprises:
1) Systemic antivirals
2) Immune formulations
3) Topical creams for skin outbreaks, and
4) Treatments to reduce nerve pain and regenerate nerve cells... [27]

The herpes protocol: An pages 113-114, Buhner lists 58 herbs that show activity against herpes viruses—and he explains that this list isn't complete. It should be very clear to the reader by now that there is no shortage of options. I don't recommend going cross-eyed over the dizzying array of possibilities. The large number of options should not make people feel disheartened but they should instead feel thankful to the Creator for making healing possible all over the world. The guidance of a truly excellent practitioner can make it easier to know where to start. Mr. Buhner is a very experienced herbalist who has also spent years wading through the scientific literature and so I recommend using his protocols—that's what he made them for: to be used. He answers dozens of emails every day from people with questions. As shown on pages 114-116, Mr. Buhner's treatment for HSV-1 and HSV-2 consists of:

- A systemic antiviral formulation
- An immune formulation
- An outbreak prevention routine
- Treatment of active sores
- Strategies for reduction of nerve pain
- Vaginal herpes strategies
- Herpes eye infection strategies
- A referral (copied below) to Chapter 3 for information about herpetic encephalitis/meningitis
- A word of caution to avoid L-arginine during an *active* herpes outbreak

Herbal treatments for herpetic encephalitis/herpetic meningitis: *Herbal Antivirals* also includes a protocol for viral encephalitis; this is described on pages 82-85 (and the introduction to the viral encephalitis topic is immediately before this—throughout Chapter 3 which starts on page 59). On page 116, at the end of the section on HSV-1 and HSV-2, Buhner writes:

For herpetic encephalitis/meningitis: Use the protocols for viral encephalitis delineated in depth in chapter 3. An ethanol extract of *Cynanchum paniculatum* has been found to be very effective in protecting the brain and neural structures in some studies and may prove useful here... [27]

So if there is a patient with encephalitis from HSV-1 or HSV-2 [28] or from shingles [29], they should

use this protocol in addition to the shingles protocol if they have shingles or the herpes protocol if they have HSV-1 or HSV-2.

The viral encephalitis protocol has many features. Buhner writes on page 83:

The Protocol Overview

Treatment approaches that can reduce the impacts of the encephalitis infections consist of the following steps:

1. Antiviral systemics
2. Stimulation of the spleen and lymph system to actively attack the infection, thus reducing movement into the brain by the virus and promoting the induction of splenic T cell activation
3. Reduction of cytokine/chemokine cascades through the use of specific inhibitors
4. Protection of neural cells and neural mitochondria
5. Inhibition of viral infection of neural cells
6. Regeneration of damaged neural structures
7. Enhancement of healthy immune system responses through the use of adaptogenic agents
8. Inhibition of HMGB1 if sepsis appears likely [16]

Elder is effective against enveloped viruses: As mentioned earlier in the context of proteolytic enzymes from tropical fruit, herpes viruses are enveloped viruses. I see no reason why the shingles or herpes patient should avoid elder, though I think a lactofermented form of the syrup would be the best as the sugar would be gone. So elderberry, known widely for its antiviral properties, could be yet another tool in the kit of the patient and could be added to the shingles protocol in Buhner's book. I expect that the patient won't need all of the tools that are mentioned in this report, and likely only a fraction of them. This shows the great mercy of the Creator of the Universe, blessed is He, Who has given us medicines for our problems in many different climates and on many different continents.

On page 160, Buhner writes (my emphasis in bold):

...The compounds in elder are particularly active against enveloped viruses. These include the influenza viruses, herpesviruses, pox viruses (shingles/chicken pox), hepatitis B and D, the flaviviruses (West Nile, dengue, tick-borne encephalitis, yellow fever, Japanese encephalitis, and so on), coronaviruses (upper respiratory and GI tract infections and SARS) paramyxoviruses, (mumps, measles, respiratory syncytial virus, parainfluenza), rhabdoviruses (vesicular stomatitis virus), bunyaviruses (hantavirus), filoviruses (Ebola, Marburg), and retroviruses (HIV). Various parts of the plant *have* been tested against some of the viruses in these groups and have been found active against them. Further, historical use in a number of cultures includes some of these disease categories. **It seems as if the plant may in fact be a broad-spectrum antiviral for all enveloped viruses...** [16]

Note: *Herbal Antivirals* also contains a protocol specifically for Epstein-Barr virus (EBV).

Seaweed for shingles and other herpes infections:

Seaweed is yet another tool in the toolkit; it seems the red ones may be particularly useful for herpes viruses. Dulse is well-known for its action against shingles, for instance:

...Dulse and the other red seaweeds also have a notable antiviral effect. Now, whenever you hear that an herb is antiviral, your next question should be “against which viruses?” No herb can fight -every- kind of virus out there in the world. In the case of the rhodophyta, they are particularly well-studied for efficacy against the herpes family of viruses: HSV1 & 2, shingles, chicken pox, etc.

Furthermore, the term “antiviral” is actually used in herbalism to mean two distinct categories of effect: one kind directly kills the virus or interferes with its replication, while the other actually stimulates your immune system to be more active in seeking out and destroying virally-infected cells. Red seaweeds seem to be capable of both types of effect: topical applications (poultices or seaweed wraps) applied to herpes lesions or cold sores will interfere with the viral life cycle in the skin, whereas eating the seaweeds stimulates immune activity systemically. Take it both ways, inside and out, for the best chance at success... [30]

I'm not sure that these two paragraphs are entirely correct, but it's useful to have found the article they came from.

A different article [31] alerted me to a study [32] from 2002 about another red seaweed, wakame. Wakame is the most commonly-eaten seaweed in Japan and is considered an invasive species. (I don't recommend eating it from Japanese waters today, even though the government-approved/Associated Press media has nearly been encouraging Americans to go play in the water right next to the reactor.) The study on wakame used a “proprietary preparation” of Tasmanian wakame called GFS and reported:

...Ingestion of GFS was associated with increased healing rates in patients with active infections. In addition, patients with latent infection remained asymptomatic whilst ingesting GFS... [32]

It was a very small study but had good results; the active herpes infection group of 15 patients had resolution of their infections and the latent herpes group of 6 patients had inhibition of outbreaks while on a maintenance dose. HSV-1 (cold sores), HSV-2 (genital herpes), EBV (Epstein-Barr virus which has been known to lead to mononucleosis), shingles and chickenpox were all studied and the implication is that each herpes infection type was helped by the GFS preparation of wakame seaweed.

Seaweed Iceland sells both dulse and wakame.

The shingles epidemic has been caused primarily by the chickenpox and shingles vaccines:

The chickenpox vaccine causes shingles years later: One of the great benefits of childhood infection with chickenpox (aside from lifelong immunity) is protection from shingles. When an adult who had chickenpox as a child comes into contact with his grandchildren who have active chickenpox infection, his immunity is renewed naturally. This is protective against shingles. Now since there is a chickenpox vaccine widely being used and mandated in the population today, for a beneficial disease that is not dangerous, adults are suffering greatly. In typical pharmaceutical fashion, the ostensible attempt at solving the problem is not to remove the harmful product (the chickenpox vaccine) from the market but to introduce another harmful product: the shingles vaccine. Doctors have been prescribing new drugs for years to cover up the side effects of the first drug; of course this never truly works. I learned about this relationship between the chickenpox and shingles vaccines and natural chickenpox infections primarily from Neil Z. Miller's latest book, *Miller's Review of Critical Vaccine Studies: 400 Important Scientific Papers Summarized for Parents and Researchers*.

The shingles vaccine causes shingles and other serious harm: As reported in May 2017 by G. Edward Griffin on his news platform *NEED TO KNOW* (my emphasis in bold),

Merck, the manufacturer of Zostavax, a vaccine for shingles, is being sued for injuries from the jab that include: contracting **shingles, blindness in one eye, partial paralysis, brain damage, and death**. There is a federal law that bars people from suing vaccine manufacturers, however, it applies only to vaccines recommended for children and pregnant women. The shingles vaccine is for adults. Merck has asked for a change of venue in a search for a friendly court to throw out the cases. -GEG [33]

WordPress removed Jon Rappoport's website for the purpose of censoring his work so the original article upon which G. Edward Griffin's article is based has been removed, but he was able to copy the articles to a subsection of his own website, NoMoreFakeNews.com and a copy of that article [34] is there.

A mainstream news organization NBC10 Philadelphia says the following in their June 18th 2019 video called "Hundreds of Lawsuits Pending Against Maker of Shingles Vaccine Zostavax — NBC10 Philadelphia":

...In 2014 the FDA approved a change to the Zostavax warning label, listing shingles as a possible side effect...According to the CDC its federal Vaccine Adverse Events Reporting System (VAERS) received over 37,000 complaints since Zostavax was first approved...The other shingles vaccine, Shingrix, has received more than 16,000 complaints since it was approved in 2017...[35]

That actually sounds like a pretty honest report from NBC10 Philadelphia!

Searching VAERS on 2/11/2020 using "CDC WONDER" for zoster vaccines made by Merck, I found

that there were 39,091 adverse events listed, and almost 10,000 cases of shingles were the most commonly reported adverse event (9,963 cases reportedly resulted from the vaccine). 111 deaths were reported.

Searching VAERS on 2/11/2020 using “CDC WONDER” for zoster vaccines made by GSK, and this yielded 29,885 adverse event reports. Shingles was reported in a smaller group this time—1504 of the reports.

Shingrix by GSK is a recombinant vaccine [36], meaning of course that it is genetically engineered. It has an AS01_B adjuvant [36], which is discussed in reference #203 in *Miller's Review of Critical Vaccine Studies: 400 Important Scientific Papers Summarized for Parents and Researchers* as being a concerning new liposomal oil-based adjuvant.

Neil Z. Miller's latest book, *Miller's Review of Critical Vaccine Studies: 400 Important Scientific Papers Summarized for Parents and Researchers*, includes a number of studies—I think I counted 24—reflecting negatively on the chickenpox and shingles vaccine programs.

Vitamin B₁₂:

It is true that most people in America today aren't eating liver. Even if we were all eating it regularly, the animal that liver came from must have been eating cobalt-rich food in order for the liver to contain enough vitamin B₁₂. So this is one supplement that should not be skipped by anyone with neurological problems of one sort or another—I also think it's important for everyone to take B₁₂ or eat raw or very rare (raw on the inside) liver regularly, knowing for certain the animals are getting plenty of cobalt and other minerals because of supplementation of their pastures and/or their high-quality non-GMO feed, i.e. through Bloomin' Minerals by Youngevity, Sea-Crop or other trace mineral products. Even a good clean seaweed applied to a farm could be a way of doing this and in some areas is free (aside from the time spent harvesting it). It's an understatement to say that shingles is tough on the nerves, so patients should eat plenty of very rare (raw on the inside) liver and take vitamin B₁₂. The supplement should be the methylcobalamin form (also called methylB₁₂).

A WAPF B₁₂ article from 2005:

Dr. Enig and President Fallon-Morell published a B₁₂ article in the Spring 2005 issue of *Wise Traditions*; this article includes some discussion of the beneficial effects on skin (my emphasis in bold):

...Researchers in Germany have reported using **B₁₂ as part of the successful treatment** of a variety of skin conditions, such as hives, seborrhea, dermatitis, eczema, **shingles** and lupus.⁴⁹ One journal article describes a successful treatment for psoriasis.⁵⁰ Huge doses were needed—30 injections of 1000 micrograms each. B₁₂ has been used to treat both hypopigmentation (vitiligo) and hyperpigmentation.⁵¹ ... [37]

WAPF journal *Wise Traditions*—Winter 2019 issue:

In the Caustic Commentary department of this issue, I learned that antiviral drugs (along with antibiotics and antifungal drugs) are associated with an increase in rheumatoid arthritis. The relevant paragraph is copied below:

...

ANTIBIOTICS AND RHEUMATOID ARTHRITIS

It's estimated that around 30 percent of all patients receive at least one antibiotic prescription per year. As antibiotics wipe out gut flora, it's no surprise that antibiotic use is a major risk factor for increased susceptibility to infections and inflammatory bowel disease. Recent studies indicate that antibiotic use increases the risk of autoimmune conditions, including type 1 diabetes and autoimmune liver disease. Now a population-based case-control study links antibiotic use with rheumatoid arthritis (RA). Over twenty-two thousand RA subjects were matched with up to five control subjects each and followed for ten years. The odds of developing RA were 60 percent higher in those exposed to antibiotics than in those not exposed. All classes of antibiotics were associated with higher odds of RA. Antifungal and antiviral prescriptions were also associated with increased odds of RA (BMC Medicine 17;154 2019). These findings should serve as a wake-up call to anyone offered a prescription for antibiotics! ... [38]

Note also that the Fall 2019 issue of *Wise Traditions* did explain that antibiotics are a direct poison to the mitochondrial DNA, like the microwave-transmitting communications technologies (cellular telephones, wireless internet, etc.).

Herpes infection article by Tom Cowan MD in *Wise Traditions* Summer 2009:

Dr. Cowan is on the board of directors for the Weston A. Price Foundation and is the author of many books. About the antiviral drugs for herpes, he writes:

...“Herpes” is among the ten medical conditions most frequently searched for on the Internet. You would think that with so much interest in the condition, the medical “experts” would have more to offer than antiviral medications with their side effects of nausea, vomiting, diarrhea, headaches, dizziness, rash and decreased kidney function... [5]

Introduction:

Despite being extremely safe, homeopathy could cause some problems if the wrong diagnosis has been made. Please be aware that homeopathic medicines are not essential nutrients; I've already emphasized that herbal medicines are not essential nutrients. Many people don't know what homeopathy is. I recommend learning from Joette Calabrese, who writes:

..Remember, homeopathy is *not* a supplement method, an immune booster, or an herbal supplement... [39]

Shingles infections:

Homeopath Joette Calabrese writes articles for WAPF all the time. For this reason, I tend to think her knowledge of homeopathy is excellent.

In this article [40], she writes about success that a student had with someone suffering from a shingles outbreak:

...She had learned in my *Good Gut, Bad Gut* course that the Banerji Protocol for Shingles is *Antimonium crud 6c*, (Apply the discount coupon code – “Joette” – at check-out for an additional 20% off!) taken every three hours. Had there been a fever present, she would have given her *Belladonna 6c* every 3 hours until the fever was resolved. There was no fever, so they skipped this step. The next remedy that was given was *Hypericum 200* for her acute pain. She took it every hour when the pain was extreme; twice a day when it was manageable. My staff member checked back in with her mother-in-law after a few days. The pain was still there, but it was less intense. It continued to decrease and after about two and a half weeks, she reported that her pain was barely noticeable. A month later and it was only a memory. Pain-free without warning labels. What a concept! [40]

However it is critical to mention that she emphasized earlier in the article that it is very important that the patient should not take any of the pharmaceutical antiviral drugs; this is what Mrs. Calabrese teaches her students. Earlier in the article she writes about her student:

...Hoping for a better solution, this mom called her daughter-in-law, who has been taking my courses and using homeopathy for some years now, to get some advice. Correctly, her daughter-in-law's primary concern was to be sure she hadn't started taking any of the drugs yet. This is important. Often, homeopathy can work in spite of allopathic drugs, but not so well when it comes to Shingles. It is my experience that if drugs are begun, homeopathy's ability to clear the case is hampered.

If someone has Shingles and they start taking conventional drugs prescribed for it, then realize said drugs are not helping enough so they switch to homeopathic medicines, homeopathy does not work as well. It takes a lot longer.

It may offer some help, but not with the same alacrity and thoroughness as when only homeopathy has been applied... [40]

This makes sense to me because it is known that all pharmaceutical drugs kill gut microbes [44] and because the antiviral drugs (along with antibiotics and antifungal drugs) are known to increase the rate of rheumatoid arthritis, as already discussed. Health cannot be improved by something that does that.

Herpes infections:

HSV-2: There are at least two articles [39,42] on Joette Calabrese's site which talk about the Banerji Protocol for genital herpes. In the more recently published of the two, she writes:

...Having clarified that, here is the Banerji Protocol for Genital Herpes. Promise me you will use it judiciously, and only after receiving a true diagnosis from a qualified practitioner:

- 1) *Camphor 200*, one dose for one day only for anyone over the age of 12 months old. (This is used to help clear the case and essentially clear the slate.)
- 2) *Mercurius solubilis (or Mercurius vivus) 200c*, twice daily.
- 3) *Arsenicum album 200c*, twice daily... [42]

HSV-1: An article on Joette Calabrese's site [43] gives the following recommendations for properly-diagnosed cold sores:

...With cold sores, however, the treatment is different. In my experience, *Antimonium crud 6* every three hours for two to three days has consistently worked best. Frankly, it's pretty much a slam dunk.

But as we discussed last week, in homeopathy there is usually more than one way to skin a cat. If the cold sores are sun-induced, then in addition to the *Ant-crud* protocol, I would add *Natrum muriaticum 6* twice a day. (*Nat mur* is for people who are super sensitive to the sun.) Alternatively, I also like *Rhus tox 30*, but my favorite go-to is *Antimonium crud*... [43]

Don't negate the effects of homeopathic remedies; avoid the following:

Joette Calabrese's FAQ page: According to a section of the Frequently Asked Questions (FAQ) page on Joette Calabrese's website, the following influences should be avoided because they have been known to keep homeopathic medicines from working:

Antidoting Remedies

The following substances have been known to negate the effectiveness of homeopathic remedies. So, while on a remedy schedule, try to avoid the following:

- Coffee (unless already a daily habit)
- Mint (yes, toothpaste too...sorry)

- Eucalyptus Oil
- Tea Tree Oil
- Oil of Oregano
- Ammonia

Strong odors such as from paint and chemicals Note: These should be avoided the entire duration of a remedy protocol, not just the day the remedy is taken. [41]

I strongly recommend that everyone who swallows coffee or other caffeinated beverages or foods should stop doing that; WAPF President Sally Fallon Morell gives the same advice. Please see my diabetes report for more information.

My cautions about oregano: Oregano was one the first herbal medicines I learned. I found out that it is effective against giardia, a water pathogen well-known to hikers and backpackers and wilderness survival experts. Aside from this, I learned that it appears to be able to kill most anything. But over the years, I have seen people and animals that didn't have an entirely side-effect-free response to the use of the essential oil of oregano—and I'm not referring only to the well-known Jarisch-Herxheimer reaction (or “die-off reaction”). For instance, there was once a steer that I treated for ringworm infection by hiding oregano oil capsules in an apple and applying coconut oil on his skin. He really looked at me with an expression of betrayal because the oregano oil was so harsh, and I didn't forget it. Though the ringworm was cured very rapidly and the hair immediately started to regrow in the previously-infected areas, I knew this was not an ideal or gentle treatment (aside from the coconut oil). If I had to do it over, I think olive leaf would be my choice. I also know someone who has chronic Lyme disease in Oregon, and he takes essential oil of oregano daily to keep their population in check. If he misses doses, the *Borrelia* organisms overgrow more of his brain and body, and then he has the Herxheimer reaction (and sometimes this has been severe) upon resuming the oregano oil (just as would be expected with any successful antimicrobial treatment of Lyme disease that I know of. But importantly, his digestion has been negatively impacted by the oregano oil; both he and I believe that it has killed off a certain amount of the beneficial microbes in the gut. I don't tend to believe essential oil of oregano, as harsh as it is, is as much of a problem in this regard as antibiotics definitely are, but I think it may be capable of reducing the numbers of some of the beneficial microbes. Over time this could be harmful to the patient. Oregano as a raw herb for cooking is harsh enough; usually if it is present in large amounts in recipes it's simmered a long time, such as in I-talian cooking—that takes away the burning, harsh taste. In smaller amounts in Cajun or Mexican cooking it is cooked for a shorter time, but it is cooked. Dr. Cass Ingram has written very, very extensively on oregano and on the specific type that he recommends. I am not disputing his work, but I am instead saying that oregano is not gentle! I also feel that olive leaf may be capable of doing all the same things oregano can do—only gentler. But that's only an impression I have which might not be correct.

Thank G-d for His abundant provision in nature!

It is very clear that natural treatments for various types of herpes infections are not in short supply; the same is also true for any kind of infectious disease. So we must be grateful for this.

Thank G-d for the good and the bad!

The reader is surely already aware that I am a Noahide, a righteous gentile who receives instruction from the Orthodox rabbis.

It is an obligation for mankind to bless G-d for both the good and the bad things that happen in life, because G-d only does good—it's only our shortsightedness that makes for the difference between openly-revealed good and good that may be less obvious or possibly hidden from our understanding in any given crisis.

It is clear that HSV-2 infections (genital herpes) are a warning sign or wake-up call for people to refrain from sexual promiscuity; this is a great blessing from G-d. We shouldn't want to be shameless, brazen, stiff-necked, rebellious people who pretend that G-d isn't constantly calling the entire universe into existence at each moment. Shame is a good thing because we're supposed to be bashful before our Creator. Secular humanism is not the truth! Don't be a hedonistic “libertine” and think that acting like a complete monster makes you free! Counterintuitively, following G-d's law makes us truly free.

In a horrific test from G-d, the righteous man Job—who was not Jewish but was a Noahide—lost all of his ten children and all of his livestock on the same day. He did not sin with his lips, however. So the Accuser asked G-d for further permission to test Job, and afflicted him with boils from his head to his toe. I'm not saying this was a shingles infection or a whole-body form of genital herpes, but anyone suffering from either problem should compare their suffering to that of Job and realize that everything could be much worse. On top of all the problems I just mentioned, Job's wife gave him the worst advice in the world, and three of Job's friends came and harassed him with unhelpful arguments for days on end. Finally a fourth spoke up correctly but did so with his voice raised. The reader of this report has surely been offered physical comforts much more soothing than scratching oneself with a chunk of a broken clay pot.

The basic protocol: *None of this section is optional. Hyperlinks are included throughout for convenience.*

→ Eat a WAPF diet. The basics are here: <https://www.westonaprice.org/health-topics/abcs-of-nutrition/dietary-guidelines/>. For those that have leaky gut syndrome, the GAPS diet may be used temporarily, under supervision of a Certified GAPS Practitioner, to heal and seal the gut lining and restore beneficial microbes. The Plant Paradox diet may be used **if** it is done in such a way that is 100% consistent with WAPF nutritional principles. I remember hearing autism activist Heather Rhodes-White comment that if someone's gut is leaky then their immune system is essentially destroyed (not exact wording). It is certainly not controversial to say that any natural health care practitioner would agree.

→ Lauricidin or similar monolaurin product dosed [as recommended by Tom Cowan MD](#). Additional coconut oil should be used in the diet because it can be assumed that monolaurin isn't the only antimicrobial substance in coconut oil!

→ St. John's wort dosed [as recommended by Tom Cowan MD](#).

→ [Just Thrive](#) spore probiotic. Product page (warning: immodest advertisements at homepage; guard your eyes): <https://justthrivehealth.com/collections/probiotics/products/probiotic-90-day-supply?variant=27742273831012>

→ Coconut oil topically on affected areas.

→ Make and consume lactofermented beverages from organic tropical fruits with the Probiotic Jar or equivalent airlock system—the makers of the Probiotic Jar found that many airlock manufacturers were unknowingly using an oxygen-permeable plastic in the lids and had to develop their own airlock to be able to make consistently mold-free, excellent-tasting fermented foods. Their seminar is at <http://www.fermentingseminar.org/Default.asp>; for those who want more limited but free instruction I recommend going to the “HOW TO FERMENT” tab in the drop-down menu of the homepage for their product site, <http://www.probioticjar.com/>. Use “QUICK START GUIDE” and “EXPANDED GUIDE” for their free instructions (much more limited than their seminar which is either in-person or streaming format). I don't recommend any other group that teaches fermentation; there are very many false recipes and instructions online that will yield plenty of mold—a completely avoidable disaster. I know that figs and kiwis are easy to grow here in this part of Oregon and the same is true for much of the USA. Don't use Hawaiian papayas; they've been contaminated by genetic engineering.

→ Use the same Probiotic Jar airlock systems to make beet kvass, and gradually build your way up to drinking 8 oz/day. Strong die-off reactions are possible with beet kvass even if you eat a whole jar of sauerkraut or Kosher dill pickles every day!!! I had to start with ½ oz. and increase by increments of ½ oz., and I did not have shingles or herpes but something else unknown.

→ Make and consume raw milk kefir from kefir grains, according to the instructions provided by the Cultures For Health website (or else you might get substandard flavor!). Fresh raw milk colostrum is even more health-giving than standard raw milk, of course! If necessary for shingles eye infection, apply raw milk eye drops as much as you like—I'd recommend starting with at least ten drops in each affected eye. The Cultures For Health instructions stated that the kefir maker should start by rehydrating the grains in the first batch with pasteurized milk, letting it culture, and then adding raw milk gradually to each subsequent culture in increments of 25%. Batch 1: 100% pasteurized milk. Batch 2: 25% raw milk, 75% pasteurized milk. And so on. Once 100% raw milk has been reached, the kefir

grains are strong enough to culture it without be outcompeted by the raw milk's beneficial bacteria. I had to type this out because I couldn't find the articles which have been up for years; I suspect the FDA or FTC got after Cultures For Health for telling the truth.

→ Walkabout brand emu oil at <https://walkabouthealthproducts.com/>; I don't know of any other brand that is raised on pasture so it wouldn't be expected to have any significant fat-soluble vitamins (i.e. Activator X).

→ Seagate olive leaf extract capsules—build up to 12/day for active shingles or genital herpes infection, less for a maintenance dose. Product page: <https://seagateproducts.com/collections/cold-and-flu/products/olive-leaf-extract-450mg-250-v-caps>

→ Take Plant-Derived Minerals by Youngevity, along with Ultimate Selenium and Beyond Osteo-FX. All vertebrates need 60 minerals to be free of disease, according to Dr. Wallach, creator of the world-famous *Dead Doctors Don't Lie* audiocassette tape from the 1990s (now CD format) and many, many other works. If you don't think having all the essential minerals will help your immune system, you don't know his work. A cheaper way of getting the Plant-Derived Minerals is to buy Bloomin' Minerals in 40 lb. bags and soak it in spring water yourself for a couple of weeks. Please be advised there are immodest advertisements on the Youngevity homepage; watch your eyes.

→ At minimum, eliminate wireless internet, cellular telephones, smart meters and other microwave transmitters from your life immediately. The integrity of the genome of mankind, plants, animals, bugs and microbes is what is at stake. A moderate approach includes adding the step of turning off the AC power to your whole house at night at the breaker, as recommended by Dietrich Klinghardt MD PhD in order to reduce the problem of dirty electricity. Best is to build an off-grid homestead wired to run only on DC power (and no microwave transmitters, of course—one of the best and most desirable things about an off-grid homestead is that it doesn't have a smart meter).

→ Homeopath Joette Calabrese's protocol either for shingles or for genital herpes, depending on the needs of the patient (make sure a true diagnosis has been made before using homeopathy). Be sure to take care of any influences that might short-circuit the efficacy of homeopathy, including certain herbs and essential oils.

→ Buhner's protocol from *Herbal Antivirals* for shingles, HSV-2, or EBV (depending on the needs of the patient). His protocol for viral encephalitis may be used if the patient is suffering from that. If herpetic encephalitis/meningitis is present, see some of my other reports including the TBI/Concussion report for nutritional support for brain inflammation. Get his book to do these protocols; they're extensive.

→ MethylB₁₂ supplementation to support nerves.

→ No vaccines ever—that includes shingles and chickenpox vaccines, of course. The vaccine topic is beyond the scope of the report but shingles and chickenpox vaccines have been discussed.

→ No promiscuity—gentiles/non-Jews must keep the Seven Noahide Laws in all of their fine details as described in *The Divine Code* by Rabbi Moshe Weiner; Jews must keep the Torah according to strict Orthodox interpretation of Jewish law. HSV-2 (genital herpes), as explained in chapter 8, is in my opinion surely a wake-up call—and therefore truly a blessing in disguise—from G-d.

→ No pharmaceuticals.

→ No sugar.

If that didn't work: *I expect that the basic protocol above will work for everyone, but if it didn't, then I'd be far beyond surprised and would recommend the following.*

→ Please keep in mind that it is likely that you've taken a pharmaceutical antiviral or other

pharmaceutical drug(s) that weakened you; you must now be extremely aggressive about this protocol because virtually all of the practitioners mentioned in this report have already warned that would make your recovery far more difficult!

→ Tentatively, I recommend that the patient should consider trying as an experiment some extra vitamin D intake, using the Perfect Supplements brand in the context of a WAPF diet while really doubling up on the other fat-soluble vitamins to balance it (i.e. extra Green Pasture cod liver oil, butter oil, and Walkabout emu oil). Vitamin D supplementation is in contradiction to current WAPF knowledge which states that somewhat lower levels both of dietary intake and in the blood are desirable, but it might be good as a short-term strategy. Regular blood testing would be needed.

→ Make a black seed blend similar to the product SOUL by Rain International, but make it fresh at home on-demand without any evaporated cane juice. G. Edward Griffin reported that this took care of the very bad post-herpetic neuralgia he had from a shingles infection. Organic seeds needed: Black cumin, black raspberry, grape.

→ Take elder as Buhner says it ought to be prepared (again, see *Herbal Antivirals*); this is another herbal medicine specific to enveloped viruses.

→ Red seaweed, i.e. dulse or wakame.

→ Please ask me for more information.

NOTE TO THE READER: I realize that the basic protocol described above is not very affordable for those buying everything, but I consider everything in the basic protocol to be required and not optional. I think it is likely that people could achieve good results without doing everything on the list. If money is a limiting factor, please don't hesitate to ask about what might be most critical on the basic protocol.

For information on repairing nerves and nerve support related to shingles, mechanical injuries, multiple sclerosis, and ALS, please see my report "NERVE REPAIR" after it is written, G-d willing.

Chapter 10: REFERENCES

- [1] See especially page 28 here: <https://www.westonaprice.org/wp-content/uploads/JournalFall2019.pdf>
- [2] <https://www.westonaprice.org/podcast/143-emu-oil-the-best-fat-youve-never-heard-of/>
- [3] WARNING: Men should ask the assistance of their wives for viewing the following page because it includes immodest pictures of women! The husband should have her scroll to the right places, or copy the text and non-immodest pictures into an office software document, for instance.
http://www.coconutresearchcenter.org/hwnl_9-4.htm
- [4] <http://www.city-data.com/forum/alternative-medicine/2720642-i-cured-my-shingles-outbreak-coconut.html>
- [5] *Wise Traditions*, journal of the Weston A. Price Foundation. Summer 2009. Internet version: <https://www.westonaprice.org/health-topics/ask-the-doctor/herpes/>
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- [7] From the “Lives Touched” Archive page at the Cultured Food Life website.
<https://www.culturedfoodlife.com/lives-touched/>
- [8] <https://www.reboothealth.co.uk/blog/how-to-cure-shingles-naturally>
- [9] <https://www.ncbi.nlm.nih.gov/pubmed/7713467>
- [10] “Proteolytic Enzymes” <https://www.winchesterhospital.org/health-library/article?id=21671>
- [11] <https://www.ondietandhealth.com/foods-to-avoid-with-herpes/>
- [12] <https://www.westonaprice.org/health-topics/modern-diseases/skin-deep/>
- [13] <https://www.naturessunshine.com/ca/product/hvp-100-capsules/940/>
- [14] Please view in Tor Browser: <https://kellythekitchenkop.com/how-to-get-rid-of-shingles/>
- [15] <https://www.westonaprice.org/podcast/69-improve-your-microbiome/>
- [16] Please view in Tor Browser: <https://kellythekitchenkop.com/are-you-taking-vitamin-d-or-calcium/>
- [17] “Raw Milk Safety,” an outstanding 80 minute video presentation from 2009 generously made free to the public by permission of the Weston A. Price Foundation.
Part 1: <https://www.youtube.com/watch?v=MuaMPupIwzo>
Part 2: <https://www.youtube.com/watch?v=nFNA6dqvsrM>
Part 3: <https://www.youtube.com/watch?v=sRf4O8QX908>
Part 4: <https://www.youtube.com/watch?v=3NYaEyWYfRg>
Part 5: <https://www.youtube.com/watch?v=3FPp-7IVW84>
Part 6: https://www.youtube.com/watch?v=_7BwOPhvjvLE
Part 7: <https://www.youtube.com/watch?v=XKfQAIkbh2c>
Part 8: <https://www.youtube.com/watch?v=7-ZSoGpDwqI>
- [18] Please view in Tor Browser: <https://www.thehealthyhomeeconomist.com/pinkeye-fast-and-easy-home-remedy/>
- [19] Interview: “Colostrum: The Forgotten Prerequisite to Immunity” with Doug Wyatt.
<https://www.sovereignlaboratories.com/blog/colostrum-prerequisite-to-immunity/>
- [20] <https://chrismasterjohnphd.com/podcast/2016/06/13/the-daily-lipid-podcast-episode-14-i-13>
- [21] <https://www.ondietandhealth.com/helpful-options-shingles-herpes/>
- [22] <https://homeopathychoice.org/fda-comments-landing/>
- [23] <https://www.westonaprice.org/homeopathic-remedies-are-at-risk-in-the-us/>
- [24] <https://www.remedia-homeopathy.com/en/varicella-zoster-nos/a200919>

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- [27] *Herbal Antivirals*. Stephen Harrod Buhner. Storey Publishing, 2013.
- [28] <https://www.hopkinsmedicine.org/health/conditions-and-diseases/herpes-hsv1-and-hsv2/herpes-meningoencephalitis>
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- [30] <https://commonwealthherbs.com/red-seaweeds-herb-of-the-week/>
- [31] <https://www.greenmedinfo.com/article/proprietary-preparation-japanese-seaweed-tasmanian-undaria-pinnatifida-has-inh>
- [32] Free and legal full text at:
<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/1472-6882-2-11>
- [33] <https://needtoknow.news/2017/05/adult-victims-vaccine-damage-can-sue-manufacturers-us/>
- [34] <https://blog.nomorefakenews.com/2017/05/07/victims-of-vaccine-damage-can-sue-manufacturers-in-the-us/>
- [35] NOTE: I don't recommend that any religious (Orthodox) Jewish men or boys—or Noahide men or boys—should watch this video because there were immodest advertisements in the sidebar of the page. I wasn't able to get the video to display at all in Brave Browser, so I recommend that men should have their wives watch this video for them instead. They also could have their wives play the video so that the husbands can confirm the audio by looking away and simply listening to the audio only, while the wives see the video itself. https://www.nbcphiladelphia.com/news/local/hundreds-of-lawsuits-pending-against-creator-of-shingles-vaccine-zostavax_philadelphia/107040/
- [36] Canadian product monograph for Shingrix by GSK. Revised Nov. 21st, 2019.
https://ca.gsk.com/media/1350788/shingrix_pm-2017-10-13.pdf
- [37] <https://www.westonaprice.org/health-topics/abcs-of-nutrition/vitamin-b12-vital-nutrient-for-good-health/>
- [38] From the “Caustic Commentary” department in *Wise Traditions*. Winter 2019.
<https://www.westonaprice.org/health-topics/caustic-commentary-winter-2019/>
- [39] <https://joettecalabrese.com/blog/homeopathic-protocols-for-genital-herpes/>
- [40] <https://joettecalabrese.com/blog/a-better-medicine-for-shingles/>
- [41] <https://joettecalabrese.com/faq/>
- [42] <https://joettecalabrese.com/blog/homeopathic-remedy-for-genital-herpes/>
- [43] <https://joettecalabrese.com/blog/cold-sores-or-cooties-you-decide/>
- [44] This is a statement made frequently by Russian neurologist Natasha Campbell-McBride MD, creator of the GAPS diet.