With the help of G-d and for the sake of His great Name,

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NERVE REPAIR

A REPORT FOR MULTIPLE SCLEROSIS; OTHER DEMYELINATION ILLNESSES; PERIPHERAL NEUROPATHY; and, possibly, NERVE INJURIES/SCI

"Only science which has lost faith in itself must use power instead of reason to convince others."
—Nicholas Von Hoffman, KNX Radio, March 3, 1977

STAPLES

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The globalists weave sin into the fabric of the dictatorship as an 'insurance policy' against ever losing power!

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INTRODUCTION

Don't ignore this report just because the book isn't out yet.

The upcoming book is *Heroes Who Need to Meet Each Other | Nutritional Giants of Our Time*. This book should merge the terrific work of Dr. Raymond Peat, the Weston A. Price Foundation, the recently rediscovered method of growing food from the Garden of Eden, the GAPS diet and other gut healing protocols, the work of Dr. Joel Wallach, a little of the work of Jewish sages such as the Rambam/Maimonides, and a list of "honorable mentions" which are other nutritional schools of thought not requiring lengthy explanations. Chapters are expected to include "Cure Tooth Decay Revisited," "Healing Mental Illness," "Iron Overload," "Chinese Fingertrap: the Corona Breathing Illness," "Consensus Fats," "Consensus Carbohydrates," etc. There is also a prologue called "The Island Without an Oil Change," which is obviously an auto mechanics parable about the legally protected medical monopoly the USA is now laboring under.

The reader should be aware that one of my own great success stories in health involves the fact that in 2018, I suddenly got about 30 cavities but have not had a single filling. Thank G-d for that. Nutritional remineralization of cavities is not only possible but very practical. The extent to which healing can happen through natural medicine is astounding and, I would suggest, can only lead a person to conclude that G-d has designed our world in this way for our benefit and for His honor.

This report will be very quick and written with haste because the main nutrition book, *Heroes Who Need to Meet Each Other*, needs to be finished soon. I decided to write this little report first because I needed to put out a collection of notes and ideas I've gathered and developed over the years on nerve repair because of recently meeting someone who was paralyzed by gunfire from a robbery with attempted murder. (I'm very pro-2A but not pro-murder/pro-robbery.) I don't know if the information here can solve that spinal cord injury problem but I know it would be a great starting point. I also know the allopathic doctors (MDs) are not trained as part of the standard training to look for the low-hanging fruit of discoveries waiting to be made in the realm of nutritional deficiency diseases. Their training is in generally in patented interventions: drugs, technology, surgery, etc. Allopathic medicine, the profession of the MDs, appears to mostly ignore the possibility that any nutritional deficiency diseases have been discovered since beriberi, scurvy, pellagra, and rickets.

Nerve repair has been on my mind for a lot of years because of knowing about a number of people who have been impacted by various kinds of nerve damage, whether that was from Agent Orange, some type of accident or injury, multiple sclerosis, peripheral nerve damage, statin drugs, mercury amalgam exposure, etc. While I haven't collected a large volume on this topic, what I do know should be encouraging. A lot of patients are being told joint replacement surgery is the only option for their mechanical problem. That is certainly not correct. There are a lot of arthritis reversal strategies, enough that Dr. Wallach refers to arthritis as his "favorite disease" because it's one of the "easiest to fix." While nerve repair through natural medicine seems to be a frontier (and in this way is unlike arthritis) and while I don't want to overstate the reasons for hope, to my understanding, the possible options for nerve repair are exciting to learn about and are not scarce.

The solution before the problem.

A simple concept in Orthodox Judaism is that before G-d creates the problem He creates the solution. This might ruffle feathers, but I would suggest to the reader that concept is very much in favor of, and well exemplified by, natural medicine. The mere potential that a laboratory could be

built is not the actual solution being created before the actual problem and seems to defy the plain meaning of this simple concept that is known to all. I would say the solution is actually created in nature before the problem is created, at least when we're talking about a physical health problem. But there is also a deeper cause of health problems. G-d uses health problems as one of the tools at His disposal for creating humility in mankind. And what is even the point of healing the body if the soul of the person is still not interested in following G-d's detailed Instruction Manual on the ways we are supposed to be living: the Torah? Is it really kind for G-d to heal the body if the person would only go and ruin his entire life by not using the Instruction Manual while he has a healthy body? Or is the "check engine light," as Dr. Wallach refers to it, of pain in the body or debility something he should take to heart? Some reading this report may already have correctly guessed that we are living in a dark age of medicine. This was not always the case. In the Orthodox Jewish tradition, there was once a book from a golden age (of medicine and in general) called *Sefer HaRefuos* which included the cure for every illness. The righteous king Chizkiyahu (Hezekiah) made an excellent choice (not that it needs my approval) and actually hid this book so that people would do repentance/seek out G-d's help/gain humility as a result of illnesses rather than find the answer in a book and not strive so hard to improve themselves/be humbled by the blessing of illness.

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, I suspect, some herbs may deplete essential nutrients (magnesium being a prime example). Herbal medicines are mentioned in this report but they are not intended to be construed as a priority over the right nutrition; for instance, everyone needs magnesium and selenium and all 58 other essential minerals 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 schools of thought which are mentioned briefly here. The plan is they should be explained further in my upcoming manuscript, *Heroes Who Need to Meet Each Other*.

This report assumes that the reader is involved in that process 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.

And even though this report is mainly about the details of what might be done in physical terms for natural support of nerve repair, the reader should be under no illusion that anything but the sin theory of disease transmission is the best one. Similarly, references to the American lack of medical freedom are made herein. The reader must not be confused into thinking that anything but the sin theory of dictatorship is the right one. It is hard to see any value in healing the body if the religious problems are not also solved for the person who was sick. For by making a sinner healthier, all any good doctor (one using truly effective treatments without side effects and only side benefits) has done is to make an existing sinner into a monster. And that is a great reason why G-d has been giving mankind the large gift of illness: the governor that lowers the top speed of a go-kart is meant to keep the kids from absolutely killing or mangling themselves. If the kids are better drivers, they won't need the governor anymore. And the Torah is what makes mankind "better drivers," so to speak.

Chapter 1: **BASIC NUTRITION OVERVIEW**

General nutrition.
The reader should become familiar with the nutritional schools of thought which are going to be merged in my upcoming book. However, this should be done in a way so that the eyes are guarded from seeing any immodest things. Please use my guide called "Guard Your Eyes: Shmiras Einayim on the Internet," a free PDF at the Fliers page [1] of my site, to make sure your computer is blocking images for you as a default so that you can more easily avoid seeing advertisements or other photos of women while you take care of the necessary learning. Ideally, a woman should be pre-screening any books or other printed materials or CDs, DVDs, brochures, magazines, journals, etc. etc. for you, also, if you're a man or boy, and removing any photos that are not modest enough. It's true that the germ theory of disease transmission is, at a bare minimum, very overblown, but the sin theory of dictatorship and the sin theory of disease transmission are both correct: nations suffer from dictatorships as a wake-up call from the Creator and individuals have illnesses because of the need for doing repentance from wrong choices. Doing the right thing should be the foundation, not secondary to taking care of physical health through mere physical means alone. Please be careful because the strategies for guarding the eyes I have outlined do not impact PDFs.

Fast ways to learn WAPF's information are easily found on their homepage. One quick way of learning the basics of their work would be to read this. [2] A fast way of learning the basics of Dr. Peat's school of thought would be to listen to the MP3s here which are recorded broadcasts of *Ask Your Herb Doctor*, a show Dr. Peat was frequently featured on. [3] For learning the basics of Dr. Joel Wallach's work, the CD *The Best of Dead Doctors Don't Lie with Q&A* would be a great resource and it is extremely inexpensive at DrJWallach.com. As a spoiler, I'll just let you know that Dr. Peat and WAPF don't agree on fish oils/cod liver oil. I think Dr. Peat is right that they are toxic and PUFA should be reduced to the lowest level practical in the diet. So that would mean the fat-soluble vitamins of cod liver oil would have to be obtained from other food sources such as low-PUFA wild fish such as cod and halibut for the full-spectrum vitamin D and grass-fed beef/lamb liver for the vitamin A, just for a couple of examples.

These resources will give the reader some kind of a starting point on what the basics are in terms of real nutrition. A more detailed understanding of general nutrition from *Heroes Who Need to Meet Each Other* will be very important for the reader of this document to follow up with. For now, however, we're just going to move on to some items that appear fairly promising in this frontier of nerve repair. Reversing tooth decay and arthritis are not really frontiers. They're well-known territory these days among those who are at the top of their fields in natural medicine. But nerve repair is a frontier where there is significant hope.

What are the metabolic and, I would suggest, electromagnetic conditions and light conditions necessary for repairing nerves? I don't claim to have the answers but I have looked and have found some avenues that look promising. At least it is known that peripheral nerve regeneration is not even controversial these days even in allopathic medicine. Maybe by supporting the metabolic processes that are behind that phenomenon a person could do much more than peripheral nerve healing.

Chapter 2: **ASSORTED LEADS**

This chapter is an assortment of leads that could help the reader find viable avenues for nerve repair.

The Wahls Protocol.

I am not in favor of low-carbohydrate diets. I personally ate mostly butter as my primary fuel for about 10 years. I did this for the migraine headaches. I'm glad I successfully avoided the deadliest thing in the food supply: industrial seed oils/vegetable oils. However, I think it was probably always a big mistake to eat a low-carb diet. I also believe that eating carbohydrate-rich foods is something that is encouraged in the Torah so the guidance is far from arbitrary. That being said, Dr. Terry Wahls MD is someone who did reverse her own very severe case of multiple sclerosis with a nutritional and supplement protocol she devised herself. Her multiple sclerosis was rapidly worsening to the point that she needed a special type of wheelchair that reclines or sits the person up automatically with a motorized system. She unsuccessfully tried all of the experimental MS drugs that were available at the time. But then she decided to do her own learning on the computer about nutrients that could help the problem. And after learning up on various dietary strategies centered on special animal foods (including liver and organ meats) and various nutrients that can be taken as supplements (such as alpha lipoic acid), Dr. Wahls tested her protocol on herself and got gradually better, with a most remarkable level of success. Dr. Wahls now has regained so much function as to be involved in significant athletic pursuits, a far cry from the previous need for a mechanized wheelchair! When last I heard about this, the results were almost a cure. Dr. Wahls has authored a book called *The Wahls Protocol* and also has had at least two studies going (through the University of Iowa) on MS patients using her nutrition and supplement protocol.

Combination PQQ + CoQ_{10} supplementation.

A well-known radio host has sold a product which combines these two nutrients in one formula. (Coenzyme Q_{10} is an important part of the electron transport chain in the mitochondria and PQQ recycles CoQ_{10}.) That radio host said that he'd previously had nerve damage to his finger from a boating accident such that his finger was unable to feel any sensation but that within weeks of using this product, the damaged nerve regrew and his finger went back to normal. It was years ago that I heard the news of this nerve regrowth and that was at a time when I think the product was named and formulated differently. [4]

How do these claims of a radio host stack up against available evidence? PQQ is known to have many health effects, including stimulating mitochondrial biogenesis and also nerve growth factor (NGF). [5] I don't think many citations are needed to back up the claim that NGF is stimulated by PQQ or that it helps produce new mitochondria because there are plenty of allopathic medical resources about this. It seems that a person doesn't even have to go outside of allopathic medicine into natural medicine fields to find a lot of encouraging things about PQQ. So that much doesn't appear controversial.

A 2005 paper in Microsurgery called "Enhanced rat sciatic nerve regeneration through silicon tubes filled with pyrroloquinoline quinone" made 8 mm gaps in sciatic nerves of rats and then measured the amount of regeneration once those gaps were bridged with 1 cm (10 mm) silicon tubes. One group got PQQ in the tubes and the other did not. And they reached an answer about whether PQQ helps:

> "We conclude that PQQ is a potent enhancer for the regeneration of peripheral nerves." [6]

I am certainly no expert in PQQ supplementation but I have to conclude that the radio host's story is credible. A friend of mine taught me that PQQ recycles CoQ10 and this, I suspect, may be a reason they were put in the formula together.

Is there some way to 'cook up' PQQ in the kitchen? We already know animal hearts are good sources of CoQ10. Beef and lamb hearts, anyone? Please see the section later about the DMSO article for a little more discussion of this.

Note: Georgi Dinkov, a prominent student of Dr. Raymond Peat's work, recommends very strongly that people avoid the reduced forms of CoQ10 supplementation and go instead for the less expensive ubiquinone form (not ubiquinol). I would like to see him discuss this with Dr. Peter Langsjoen, MD, the cardiologist from Texas, who appears to have the opposite preference for the ubiquinol form in his work as described in some articles about the CoQ10 wars. [7, 8]

Dr. Langsjoen has long been known for being a cardiologist working hard for his patients. As WAPF describes, he has been telling his patients to buy the landmark WAPF book *Nourishing Traditions*, eat a high-fat diet, get off of statin drugs, take CoQ10, and use cardiotonic herbs such as hawthorne. I suspect that he would really want to know about the work of Dr. Raymond Peat, including and especially the claims that: PUFAs actually are not essential and fat intake should be as saturated as possible; carbohydrates should be the main fuel and the Randle Cycle, not sugar intake, is the problem when carbs and fats are eaten together in large amounts; great dangers of omega-3 fats for the brain and heart and cancer; history of fish oils in the paint industry and efforts to market that waste product when petroleum paints arrived; etc. It may seem like a small question as to whether ubiquinone or ubiquinol is going to be better for those seeking to regenerate nerves. But here I see two established great men in their fields are not agreeing about which is better so I am pointing out the difference. I am leaning towards the older, less expensive ubiquinone form as this is what's being recommended by someone very familiar with the kind of high-carbohydrate diet for which I'm advocating.

Alpha lipoic acid supplementation.

Alpha lipoic acid is one of the supplements featured prominently in the Wahls Protocol that is mentioned above. However, Dr. Wahls's work in reversing multiple sclerosis is not the only place where impressive results have reportedly been obtained with alpha lipoic acid. In *Remedies*, a free magazine known to be distributed at health food stores, Cheryl Myers RN reports that her use of 600–1200 mg/day of this supplement restored 90% of the nerve damage that she had in the mouth from a dental procedure after 3 months of supplementation. That article also includes a mention of vitamins B_1 and B_{12} and curcumin, along with citations to the papers “Efficacy of α-lipoic acid in diabetic neuropathy” from *Expert Opinion on Pharmacotherapy*, Volume 15, 2014, Issue 18; and “Treatment of carpal tunnel syndrome with alpha-lipoic acid,” Eur Rev Med Pharmacol Sci 2009; 13 (2): 133-139.

Alpha lipoic acid also is said to help people with “diabetes” (Note: Dr. Peat's articles refer to it as “so-called diabetes”) get through the night without low blood sugar problems. This would be consistent with its ability to improve liver glycogen. [9] As we'll see later, restoration of efficient respiration in the mitochondria so glucose is used properly is the mechanism which Georgi Dinkov points to as a recommended approach in efforts at reversing multiple sclerosis. It does appear that alpha lipoic acid may be one of the many substances able to help the patient with this goal.

I have heard of side effects from alpha lipoic acid so I'm not claiming caution is unnecessary. [10] I am not sure at this point what to make of the side effects. Dr. Raymond Peat was said to have been generally in favor of it. A page on the Ray Peat Forum (not maintained or launched by

Dr. Peat, who has passed away) suggests it's a good substance. [11]

If alpha lipoic acid is used in an attempt at nerve regeneration, I would advise caution since it doesn't seem to be 100 percent free of side effects/might increase need for other nutrients. A vitamin C expert Thomas Levy MD has written a white paper on alpha lipoic acid that discusses the risks of this supplement, along with its recycling of vitamins C and E and more than two dozen benefits. [12] His paper does point to redistribution of heavy metals as a reasonable guess as to the cause of some reports of symptoms from taking it.

Note: There is an omega-3 fatty acid that goes by the acronym ALA. This is not the same as alpha lipoic acid.

Vitamin C + DMSO experiment in cats.

According to the book, [12a] a study was done in which the spinal cords of cats were severed and the cats were given a combination of vitamin C and DMSO. This combination prevented the oxidation of the nerve tissue and their spinal cords were able to heal. It sounds to me like the theory behind the use of vitamin C and DMSO was as a way of preventing scar tissue from forming from reactions caused by the oxygen in their blood. Note: Most vitamin C supplements were found to be very harmful, according to Dr. Peat, because of having a lot of heavy metal content in the supplement. So much harm was caused that the damage was worse than from exposure to x-rays. Another problem I know of is that greater than 90 percent of the vitamin C on the market has been derived from genetically engineered corn. [13] I do know of high-fructose corn syrup being a high source of mercury so it seems possible that's the reason for the heavy metal toxicity of vitamin C supplements. Certainly, the reader would want to be very careful to be getting something that is only good and not harmful if taking any vitamin C.

DMSO article on spinal cord injury by A.M.D.

A recent article called "How DMSO Heals the Spine and Reverses Paralysis" appeared on a webpage produced by A.M.D. [14] I have a friend who has used some DMSO and has seen no ill effects. He explained to me there was a story from decades ago of DMSO spilled on a road in a logging area and deer licking it up. I don't have personal experience with it and I have not done any great amount of learning on the topic. I would point out that it is not a food so I don't know that I would give it an absolute presumption of innocence, in natural medicine terms. In my view, foods are generally recognized as safe and have a long track record of use. Minerals and other nutrients tend to be very safe, as well. Herbal medicines can also have a long track record of use in human beings. Pharmaceuticals are guilty until proven innocent. So a degree of caution is advised with DMSO for the reason that it's not natural. That said, I haven't heard of any significant side effects with normal use.

It would be irresponsible not to mention this article by A Midwestern Doctor, someone who is currently practicing as an MD but makes posts anonymously about natural medicine topics because he doesn't want to lose his license in today's monopolistic environment and intolerance of innovation, especially innovation with unpatentable substances, etc. There is obviously overlap between the work in A Midwestern Doctor's article and the vitamin C/DMSO cat study from decades ago. And I'll just add that Georgi Dinkov used to use DMSO as one of the carriers for his products which are on his product site but discontinued it because there had been some complaints about the smell not being great and about some skin irritation. I've previously read a little bit elsewhere

about those being complaints regarding DMSO. I would note that WAPF sources do list DMSO as a healthier blood thinner [15] and as a beneficial iron chelator. [16]

Soy dangers related to DMSO article: What about the study A Midwestern Doctor describes, in the article "How DMSO Heals the Spine and Reverses Paralysis" (the same one mentioned above), as screening about 17,000 compounds in its computer analysis and finding only 3 were candidates for nerve repair? Those three are listed [17] as "...genistein, isoflavone, and dimethyl sulfoxide..." and I have some ideas to share about that.

In natural medicine we do need to be aware that there is a significant risk of controlled opposition causing harm to our movement. Whether from industry or from government, various individuals could have been previously recruited for planting false information or carrying out government directives with several possible purposes. Here we see that the list of three substances includes one that has considerable evidence for it in nerve repair and the other two are highly estrogenic compounds from a plant the government wants Americans to think is a health food: soy. I'm not declaring outright that it's impossible these two substances are able to help nerves with regrowth/repair. But there exists a very strong possibility the study in question was doctored for the purpose of leading the public astray, down a path of false hope that is certainly known for sterilizing a vast amount of the population already. Perhaps no group has done more to warn the public about the dangers of soy than WAPF. Their soy prison lawsuit worked hard for many years to try and get justice for a number of prisoners in this nation. And five states have made what is simply a form of chemical castration into the standard feeding practice for prisoners in their state systems. I would say that "quietly, officially," (borrowed wording of Dr. Wallach from a different subject) it is known that is what the soy feeding is for. Someone once told me he spent about a month in jail in a nearby state for writing a fake prescription for renewing his wife's medication when there was a lapse or something. And the jail staff told him why the soy was being fed to the inmates at that jail: for its anti-androgenic effects. This sort of thing might not be admitted by the incarcerating institutions today but that is the purpose.

Similarly, WAPF has warned that infants, based on their bodyweight, are getting the estrogenic equivalent of five birth control pills per day when consuming soy formula exclusively. [18] This has been devastating to the development of boys in the USA. That is what the government and its approved medical agencies intend from this. In case anyone thought, "Oh, they're just telling folks through the media and the educational systems about how they believe the population is too high but they aren't doing anything about it," we do know otherwise. Here is an example from Letters, Fall 2018 from the Wise Traditions journal. [19] The type of result mentioned there is exactly what is intended by the national policy of recommending soy formula. Certainly all such things could be reversible with a miracle, and I wonder if anything from this report will prove useful in terms of relevant natural medicine strategies since it aims for reversal of spinal cord injury and even mentions the subject of limb regrowth in animals. So we should not give up on wondering if more healing can occur than seems possible.

The government does not want people to have children and they have been taking much action in this arena. In one of the two most prominent of the classic dystopian novels that have commonly been assigned reading in American high schools, "mother" had become a curse word in the society! "Be fruitful and multiply" is a blessing for non-Jews (Noahides) and an outright commandment for Jews. Rabbi Smith from RabbiSmith.org, who is one of the leaders at the tip of the spear of the health freedom movement, urges people to follow G-d's plan to have as many children as possible.

The science of soy as an estrogenic tool of political oppression is fairly uncomplicated. The ostensible controversy behind it only seems to exist because there is so much power behind

promoting it to the general public, with the goal of flooding even more estrogen into the population (in this case from a plant), which masculinizes females and feminizes males. The Egyptians included a special technique for subduing the Hebrews as part of the slavery leading up to the Exodus: they assigned the work of the men to the women and the work of the women to the men. In this way of fraudulently inverting gender roles was the crushing of the spirits of the population attempted. And of course we see today that the government-approved medical agencies are recommending transgender "services," etc. And certainly, there is a significant goal today of making the American men into stay-at-home moms, nearly, and the women into career businessmen, nearly. This is because it is known that the ideal is for the husband to be the financial provider and the wife to be a stay-at-home mom. Rabbi Smith remarked that he knows someone who works in an Orthodox Jewish school as a teacher and she can tell, without even a word from the students but only by looking at faces, whether a specific girl is from a home where the mom stays at home to raise the children or works outside of the home. That is the degree of impact this has on the children. But of course, the government wants to end the family unit and wants both parents working (certainly with the mother earning far more than the father, may G-d save us) and the children in state schools and state daycare with G-dless communist propaganda curriculum and with any and all of the state medical interventions and nutrition dictates and wireless tech mandates implemented, may G-d save us. The Founders fought off British rule. And brave, intrepid pioneers came over here on the Oregon Trail to settle this area. And look at what's happening now at the hands of this government. Anybody remember learning about that stuff? G-d has given us a dictatorship so we should know to repent and be redeemed much like the days of the Exodus.

Now, if two strongly estrogenic soy compounds are on this list of 3 candidates for nerve regeneration among the 17,000 compounds searched out, DMSO itself also might be called significantly into question as to whether it is a legitimate option. Overall, I do not have the impression DMSO is a bad possible choice, however, for those seeking nerve repair. But I do acknowledge there's a certain logic to saying it's called into question by being in that list of three compounds.

Then again, looking at it from another perspective, maybe estrogen is needed for local inflammation to get the healing process going and without it, we'd be in trouble. Unopposed estrogen is a problem without question, from what I understand. And a set of studies in the very same A Midwestern Doctor article did purport to show reductions in myelin loss, edema (swelling), inflammation, axonal damage. That is strange enough to seem anomalous (<u>if</u> accurately reported) because in Dr. Peat's school of thought, estrogen is very inflammatory and is even a main cause of swelling/edema. But maybe it is a question of timing of when each of these parameters are measured. We know that prolotherapy (which is very effective and mentioned later) intentionally causes local inflammation for a short time and I can't imagine estrogen not rising locally for a short time, in an effort at healing connective tissues like tendons and ligaments.

<u>The unsolved mystery of a veterinary product called NZYMES</u>: Yet with all of that said, I'll go further and explain the statement that I'm truly <u>not</u> certain if genistein and isoflavone are substances that couldn't possibly help nerve repair (in which case they would have been fraudulently put on the list for nefarious purposes). There's a veterinary product called NZYMES which claims to support the ability of dogs to walk again after they have lost mobility. To the best of my memory, the original product contained selenium and sprouted soybeans as the only two ingredients or at least the main active ingredients. Now I have become aware they have a line of 8 products and I'm not sure how much updating there has been. I do remember speaking with the owner and he was aware that WAPF has warned against the dangers of the highly estrogenic soybean and was disappointed that WAPF's work educating the public about this was a force

keeping people away from NZYMES. I don't know what his position was on soy in general but I'm sure he was adamant about the benefits of the product and I have no reason to doubt his account. As I understand it, unfermented soy that has not undergone traditional fermentation methods (I believe these include mainly natto, miso, and tempeh)(James B. Yosef and Hannah Yosef MD warn in their books against mycotoxins in soy sauce since their books are about the dangers of statin drugs, which are mycotoxins) is what WAPF warns against so much. But I don't consider myself very knowledgeable about what makes soy safe or at least safer. (Tofu, edamame, etc. are obviously not safe because of the lack of fermentation.) Also they are not recommending soy as a staple but as a possible flavoring source if it's been treated correctly first.

The traditional preparation methods involving fermentation have been known to reduce the estrogen problem and certainly natto is known for some effects that could be considered medicinal, e.g. the nattokinase enzyme being good at thinning the blood, etc. I do not know if NZYMES undergoes any type of fermentation or whether it is made with sprouting only. I don't know what, for instance, the author of *The Whole Soy Story*, Dr. Daniel, would conclude about the product NZYMES. I met somebody whose dog recovered, in a big way, its ability to walk as a result of using NZYMES and this is how I first learned about the product. I was able to observe the dog myself and his walking problems. I have no reason to doubt the account that I was told and I don't have any reason to doubt the many dog recovery testimonials that are linked to the NZYMES product. I don't know if this would be attributable to selenium supplementation alone. We know from the work of Dr. Timothy Marshall, PhD, as mentioned later in this report and in my TBI report, that selenium is one of the minerals in the supplementation protocol he uses for patients with TBI and other similar illness. That protocol is strongly supporting of neural stem cells, NGF, BDNF, etc. The immense importance of selenium is probably emphasized best by Dr. Joel Wallach and Dr. Gerhard Schrauzer and I don't think it's farfetched at all to think the effects could be from selenium alone. It is very supportive of both the nervous system and skeletal muscle, without any doubt.

But with that being said, one of the owner's other very emphatic comments was that he insisted he knew somebody who had very great improvement with the menstrual cycles as a result of taking NZYMES (a human being, that is). Because of the profound estrogenic properties of soy, this is exactly the opposite of what would be expected, for instance, in the Dr. Raymond Peat school of nutritional (and hormonal) thought. Yet I have no reason to discount his claim. Could it be that the preparation of that soy actually altered it so much that it had effects more so resembling progesterone rather than the hugely negative effects of estrogen? I really do not know one way or the other. Dr. Mercola, the world's most famous alternative doctor, recently has been extra-ordinarily diligent in adding the work of Dr. Peat into his own life and his own worldwide teaching through his website, books, etc. He believes that no human being should be taking estrogen and that every adult should be taking progesterone.

Yet another possibility might be that PQQ is somehow formed in the processing which this company is doing on the soy. Natto, miso, and tempeh (especially natto most of all) are significant sources of PQQ, which is great for nerve regeneration as we have already discussed. And I have also read from a WAPF article that black beans can be used in place of the soybeans in making natto but I don't know if this changes PQQ levels in the end result. And I wonder if other beans could be used instead of black beans. I have seen very conflicting information on the estrogen levels in various types of common dried beans (black beans were one of the highest according to one source but low in estrogen at another source). If PQQ is part of the success of the formula behind NZYMES, is this working only in spite of or partly because of estrogenic plant compounds from the soy? At this point, the product called NZYMES remains a bit of a mystery to me. But I think there are a lot of testimonials about dogs walking again from using it after previously losing the function of the hind

legs, a most relevant account for the purposes of our nerve repair topic here.

Dr. Peat-style reversal of leaky gut and implications for nerve repair.

In the work of Dr. Raymond Peat, the ability of the human body to produce enough cellular energy in the form of ATP is strongly linked with physiological structure. A theme seems to be that low ability of the body to produce cellular energy in the mitochondria would be expected to lead to structural degeneration (or the reverse would cause the opposite: regeneration). One of the prominent students of Dr. Peat's work uncovered a study on niacinamide being successfully used for reversing leaky gut syndrome. [20] This is absolutely astonishing to someone like me who has been a big proponent of natural medicine for so long and has been aware of the wide range of elimination diets aimed at achieving the all-important health goal of restoring integrity of the intestinal lining (the GAPS diet, the Autoimmune "Paleo" diet/AIP, the "Body Ecology" diet, the "Plant Paradox" diet, etc.). A lot of these protocols are centered around addressing the prevalent issue of plant toxins and also the very harmful homemade production of endotoxin from feeding starch and fiber to a microbially imbalanced large intestine.

And so while I am working on determining how best to solve my own leaky gut challenges, this nerve regeneration topic is on my plate alongside the gut regeneration topic. Vitamin B_3, given in the niacinamide form, is such a simple intervention that it sounds almost too good to be true. It's known that vitamin B_3 is very important in carbohydrate metabolism and this would be consistent with Dr. Peat's view that the ability of the body to produce enough energy would be able to lead to structural healing. (Obviously, structural healing would be needed for nerve repair, whether large or small nerves are being considered.) Restoring the gut lining is known to reverse all food allergies, of course. Without enough ATP, it appears that structure of organs is known to be able to deteriorate. One of the most obvious examples of this is muscle and brain tissue being shredded by cortisol just to bring the blood sugar up in the person adhering to a low-carb diet. I can't help but wonder if low-carb diets in and of themselves, while they can be low in endotoxin-producing inputs (which is a partial explanation of the benefits people are getting from low-carb diets), may not be able to supply the basic fuel necessary for nerve repair just as low-carb diets are unable to supply even the basic fuel necessary for muscle development and for preventing catabolism of brain tissue as an emergency rescue for low blood sugar. And if a Dr. Peat-style diet or maybe some variation thereof were able to reverse leaky gut, as I suspect is the case, then obviously that would be a diet supplying the necessary fuel for gut repair, as well. (And no low-carb diet is a Dr. Peat-style diet.) Maybe principles from Dr. Peat's nutritional school of thought will help also with repair of nerves, just as we've now seen the very Peat-friendly nutrient niacinamide is able to reverse leaky gut.

The GAPS Diet.

As previously stated, I no longer recommend low-carb diets. Yet it would be reckless not to mention that the GAPS Diet has been one of the gold standards for gut repair. There's a worldwide network of Certified GAPS Practitioners, people who have been trained in the use of this temporary therapeutic diet. Autism and schizophrenia are some of the conditions most commonly treated with this diet. It is hard to imagine someone with leaky gut syndrome reversing a spinal cord injury and not hard (for me, at least) to imagine someone becoming able to reverse the injury after healing the gut. Whole grains (especially when not prepared with traditional methods) are among the foods most guilty of causing gut damage. But even with traditional methods, most of them also

would be a high source of PUFA in Dr. Peat's school of thought and avoided for that reason.

Therapeutic use of CO_2 gas.

Serotonin is an important part of the fibrosis/scar tissue process. Scar tissue formation is an important part of nerve damage in spinal cord injury and if SCI can be healed, scar tissue has been known to stand in the way of healing. CO_2, having anti-serotonin effects (which is a good thing), is able to dissolve scar tissue. "The Underappreciated Role of Carbon Dioxide in Health – Interview With Georgi Dinkov" is a great place to start in learning about this. And of course, I should say because of the content there that I don't recommend Eastern religions or their meditation or anything outside of the Orthodox Jewish tradition after having verified by comparison that it's the correct religion (whether someone is Jewish or a Noahide like myself). And actually, Mr. Dinkov himself warns in that interview that the available research shows meditation is known to induce mental illness de novo and warns against this sort of thing, in stark contrast with the common recommendation that everyone should get into "meditation." [21]

For the patient serious about finding a way to naturally reverse spinal cord injury (something I suspect is possible in human beings), the CO_2 recommendation that is probably the strongest would be to get one of the suits developed for CO_2 delivery to the human being through the skin and to get a cylinder. That's really the practical way of doing this. Georgi Dinkov knows the brand of suit. I think it must be Cardisuit, but please be careful because I think I saw there's an automatically playing video on that site and I have no idea about the modesty of any clothing. [22]

And if a person is not sure he or she wants to jump into making that kind of investment right away, certainly familiarizing oneself with Dr. Peat's writing on CO_2 and also trying out the "dry ice dry bath" in an actual bath tub are strong motivators for the significant choice to fund this investment! The dry ice dry bath will certainly convince the skeptic that CO_2 going across the skin is no wimpy therapy at all and produces immediate improvements in health. I'd note also that CO_2 in bath water (which is not at all the same as the dry bath) is known to go across the skin against a concentration gradient, meaning the human being essentially pulls CO_2 to itself: even if the bath water is lower in CO_2 than the tissues of the human being, it still goes across the skin to accumulate further in the person. I would suggest it is a 'nutritious' gas.

For those who are unfamiliar with CO_2's therapeutic uses, it may help to mention a few more things:

CO_2 in Dr. Peat's school of thought:

Dr. Peat taught that bag breathing (with a brown paper bag of the lunch bag size) about 6 times/day for maybe 2 minutes at a time will tend to drop the blood pressure by about 30 points within a few days in those with high blood pressure and the effect stays with the person even after the bag breathing sessions are discontinued. The metabolic production of CO_2 is increased by eating carbohydrates as the primary fuel. High-altitude living allows more CO_2 to remain in the person and not get pushed out so easily by the higher partial pressure of oxygen at or near sea level (and Dr. Peat explains this is the mechanism behind a discovery made by insurance companies about 100 years ago that cancer is a smaller problem in high-altitude areas).

A friend of mine was able to convince someone he knows to do the bag breathing for their high blood pressure and their experience confirmed this 30-point drop, just as claimed. CO_2 is the primary vasodilator and also is responsible, through the Haldane-Bohr effect, for getting oxygen to leave hemoglobin to get into the peripheral tissues. Permissive hypercapnia (ventilating slowly to allow some CO_2 to build up) is used in surgery but for some reason CO_2 has mostly been forgotten in allopathic medicine these days. There used to be a U.S. brand name of resuscitation gas called Carbogen (a mixture of CO_2 and oxygen).

Dr. Mercola, the world's most famous alternative doctor, has been delving into the work of Dr. Raymond Peat in the last few years. "CO_2 is my new passion," he says in an interview with Georgi Dinkov, one of the prominent students of Dr. Peat's work. Naked mole rats are 99.9% genetically identical to ordinary rats but live for more than 10 times the lifespan of ordinary rats: 30 to 40 years! The reason may be, as suggested by Dr. Peat, that they pile up dirt at the entrance of their holes, allowing quite a lot of CO_2 (about 6 percent) to build up in their underground living spaces. Bats also are very similar to mice but have very long lifespans and this may be because of CO_2 building up in the caves. Naked mole rats don't have menopause, have a reported 1 in 10,000 risk of death at any age, and appear to be a non-aging mammal. [23] The drug known for helping with altitude sickness, acetazolamide, is a carbonic anhydrase inhibitor and increases the CO_2 in the body as its therapeutic action. (A carbonic anhydrase inhibitor is being used for glaucoma as well.)

I would personally make a comment that the recent ventilator usage during the new corona breathing illness would have probably been improved with widespread knowledge of the benefits of CO_2, seeing as Dr. Cameron Kyle-Sidell warned the ventilator protocols were incorrect and stressed also that the symptoms were like altitude intolerance, a hint for those who know Dr. Peat's school of thought that CO_2 may have been of enormous help. An artificial respiration expert also expressed her concerns about the ventilator usage during that time in an article published by WAPF. And Georgi Dinkov certainly has emphasized that oxygen saturation measurements with a pulse oximeter really are not addressing the important question of whether sufficient CO_2 is present and that higher saturation numbers may not always be better.

Dr. Peat taught in his articles that CO_2 does impact stem cells in a beneficial way. One such article [24], if I understand correctly, appears to be saying that the slow breathing during sleep is actually a beneficial thing because it allows CO_2 levels to rise (and today we know that permissive hypercapnia is a damage control strategy used by surgeons). That same article says that stem cells and mitochondria can increase in number if the oxygen levels get low enough and CO_2 levels high enough due to the slow breathing during two stages of sleeping. He has also remarked about the people he's known to have successfully regrown fingertips, such as with a tube around the area. And he flat-out states this in two of his articles:

> ..."Stem" cells turn out to be ubiquitous, and the failure of regeneration and restoration seems to be situational. In the 1950s a magazine article described the regeneration of a finger-tip when the wound was kept enclosed. Decades later, friends (one a child, the other a man in his forties) had accidental amputations of a finger-tip, down to the cuticle so that no visible nail remained. The boy's mother fitted his finger with the tube from a ballpoint pen, and the man used an aluminum cigar tube as his "bandage." Within a few weeks, their fingers had regenerated to their normal shape and length. I think the closed environment allows the healing tissues to be exposed to a high concentration of carbon dioxide, in equilibrium with the carbon dioxide in the capillaries, and to a humid atmosphere, regulated by the osmotic or vapor pressure of the living tissues...
>
> [25]

> "...The regeneration of finger tips, including a well-formed nail if some of the base remained, will occur if the wounded end of the finger is kept enclosed, for example by putting a metal or plastic tube over the finger. The humidity keeps the wound from forming a dry scab, and the cells near the surface will consume oxygen and produce carbon dioxide, keeping the ratio of carbon dioxide to oxygen much higher than in normal uninjured tissue..."
>
> [26]

I did find a recent article about the use of some techniques, including injection techniques, used by a doctor in India in regenerating much of the tissue of a severely damaged fingertip. [27] The article seems to be in large part about the use of stem cells derived from the young man's blood so this may be a technique similar to PRP, long known for its use in racehorses. I'll note that to the best of my understanding, it seems that allopathic medicine in the USA recently has been extensively using various forms of prolotherapy. This appears to be vindication because for decades, prolotherapy was said by allopathic medicine to be unsafe.

Progesterone/high metabolism amputation studies found by Georgi Dinkov.

One of the prominent students of Dr. Peat's work, Georgi Dinkov, found the relevant science and put it into an article. [28] If entire limbs can regrow in non-human creatures, that would involve growth of nerves as part of the limbs. Mr. Dinkov's explanation there is particularly interesting since he does cover the use of the oxidative therapy hydrogen peroxide as something which has similar effects to progesterone. He emphasizes the therapeutic use of the progesterone was only for about 24 hours and that longer than that interfered with regeneration.

One of the central themes of Dr. Peat's work is in restoring the human being to a high metabolic rate and high body temperature as would be found in the child, with most Americans today being (in Dr. Peat's view) hypothyroid and running at a temperature that is far too cold (not 98.6° F).

I would also point out that my own journey with remineralization of cavities saw a new chapter as soon as Dr. Peat's work became a big focus of mine. I don't know all the reasons for this. But given that Dr. Mercola's blood sugar markers in lab testing were good on his high-fat diet and even better once he started eating about 60 pounds of fruit per week (when he started "Peating") I would suggest better blood sugar control might be among the reasons why I'm still getting good results with the teeth, despite a somewhat lower amount of fat-soluble vitamins in my diet. Another reason would be higher calcium intake: I consume a large amount of very finely ground eggshell powder that I grind up with a very large mortar and pestle. Maybe an even stronger reason would be simply having a much higher metabolic rate and, therefore, more energy available

for repair of tissues such as the teeth. More CO_2 production probably is another reason for getting good results. The human body makes a lot more CO_2 when the primary fuel is carbohydrate. I would think that since these results are good in terms of supporting maintenance and repair of even hard tissues such as teeth, maybe a similar approach also would help for producing conditions necessary for repairing nerves.

To highlight what a big change Dr. Mercola has made in his own life as a result of Dr. Peat's work, I'll say this. He's the author of *Fat For Fuel*, which was the number one bestseller at the time it came out (that's not just in health books but books in general in the USA). If anyone would have a reason not to take Dr. Peat's work seriously, it would be Dr. Mercola. But he did take it seriously and he did so at just about the same time as my local rabbi got me very interested in Dr. Peat's work because of somebody he knows who was cured of health problems using that good advice. I would point out that the Jewish people were told in advance of this sort of thing in *Bereishis* (Genesis) 22:18, [29] where it's stated that because of listening to G-d's voice [doing His will], all the nations of the land will be blessed through Abraham's children. In other words, "You heard it here first" applies when it comes to Dr. Peat's work. Once I learned that Dr. Mercola was spending hours each day learning Dr. Peat's nutritional school of thought, making good use of his impressive level of discipline, I had only just recently become very interested in Dr. Peat's work due to the recommendation of my local rabbi and, for the most part, its consistent alignment with nutritional truths I had already verified over about one decade of learning and self-implementation from the best of the non-Dr. Peat schools of thought (benefits of saturated fats, benefits of very high salt intake, etc., etc., etc.). Also, so much of Dr. Peat's work confirms Torah nutrition concepts.

Progesterone very effective for peripheral neuropathy.

Thank G-d, I was blessed to find a 2024 review [30] of 72 studies on progesterone. It concluded from the evidence it used that the microscopic changes and the chemical changes from peripheral neuropathy were usually reversed with progesterone.

I would comment/speculate that maybe progesterone is supposed to be very elevated at the beginning of the healing process for limb regrowth and nerve regeneration as we saw in the study Georgi Dinkov highlighted that the use was for 24 hours. Maybe applying natural progesterone dissolved in vitamin E on the skin (made at home as Dr. Mercola recommends) at/near the site where nerve regeneration needs to occur would be a strategy for kickstarting healing of nerves (and/or limbs). Providing the other factors mentioned in this report for making the chemical environment supportive of this healing might not be as time-sensitive as the progesterone could be. Or maybe a lower concentration of progesterone is supportive through the whole duration of healing but maybe a large concentration locally should only be used at the beginning of stimulating the healing process.

Another comment needs to be made now: shotgun approaches (using multiple things at one time) are typically not being used by allopathic medicine. "One disease, one drug" has been a preferred strategy. If something would take more than one nutrient to cure, would it be easily found by allopathic medicine? So if anyone might feel inclined to cynically tell me "Giving progesterone on its own can't cure spinal cord injury just because it may cure peripheral neuropathy," then whether or not that, on its own, is technically true, it's sort of like saying, "Locking up a horse where it can get only water might eventually kill the horse." I'm interested in finding out what combination of environmental conditions is needed for the problem to heal.

Any conceptual connection between prolotherapy and progesterone? In its original forms, prolotherapy used injections such as dextrose to produce local inflammation at the site where

healing of connective tissue was needed. Ligaments that were chronically too loose, for instance, have been healed very successfully with this safe regenerative method. With the original types of prolotherapy, the goal is actually to inflame the local area once and then wait a number of weeks for healing to occur there. (And this cycle can repeat.) This is very much the opposite of injections of strongly anti-inflammatory (but harmful if used over time) cortisone and prednisone, which are very well known by those who give them to their patients to lead to destruction of connective tissue over time. We learned from that limb regeneration study that the progesterone was used for about 24 hours (not longer), otherwise the regeneration was less effective. Even though progesterone is one of Dr. Peat's favored protective hormones and not considered inflammatory, maybe it is an early chemical signal in that type of healing (or healing in general) that spikes to very high levels for a short time and this could be duplicated to induce the healing we're aiming for.

Progesterone would be good to dissolve in vitamin E at home. The types of liquid vitamin E as Dr. Mercola and Georgi Dinkov would recommend + a natural progesterone powder might be a good option. People tend to apply these to the gums for internal use or the stuff can also be used topically. Dr. Mercola believes all adults should be taking progesterone and that nobody should be taking estrogen.

Ginger: a booster of progesterone. We just saw that progesterone is able to be a stimulus for beginning limb regrowth with about 24 hours of exposure and not longer, basically. Dr. Peat has written extensively about one particular herbal medicine which requires a lot of carbohydrate intake to be used safely, without spiking cortisol, but which he considers one of the safest of herbal medicines in the world. Ginger is actually not that herbal medicine. He has written that the other herbal medicine raises the levels of all the hormones considered "protective" in his body of work. I suspect that fresh/frozen ginger will similarly raise the protective hormones (and that olive leaf extract will also do so, but that's another story). It is known to raise testosterone and also to raise progesterone so much so as to compare with the decades-old fertility drug clomid:

A 2017 paper called "Comparison of the effects of Ginger extract with clomiphene citrate on sex hormones in rats with polycystic ovarian syndrome" was released by *Int J Reprod Biomed*. (2017 Sep;15(9):561–568) and it shows that the higher dose of ginger extract used in that rodent study dropped estrogen close to as much as the clomid group and boosted progesterone to just a bit higher than the clomid group, which is a very favorable outcome in terms of reversing "estrogen dominance," the term we've all heard of that was actually coined by Dr. Raymond Peat himself (a fun fact I didn't know until many years later when I actually began to take his work seriously)! [31]

What's more is that anyone who knows ginger knows that herbalist Stephen Buhner has urged again and again that the fresh juice of the ginger root must certainly be considered a completely different medicine (this comes both from his own work and from earlier Chinese medicine records) and that dried ginger is "useless" in terms of the goals for which he recommends it in his books. For many, many health purposes, Mr. Buhner recommended very large amounts of ginger juice combined with something sweet (raw honey). He lists several cultures that have ginger as part of their tradition and use fresh ginger root (not dried) along with various sweeteners, apparently depending on the type of sweet things available in the local area (palm tree sap, mango tree sap, sugar). Mr. Buhner explains there is a reason why they all use ginger in this sort of way in Congo, Burma, India, China, and the Philippines in basically the same way: fresh (not dried) ginger juiced into water or boiled in water with some kind of sweetener (no, definitely not stevia). I now know that ginger, like aspirin and some other things Dr. Peat has recommended (e.g. coffee), lowers blood sugar. So I conclude that it must be that each of these cultures realized that not only does

ginger taste good with sugar, but the sugar is metabolically needed along with the ginger, just as it would be needed to make aspirin safe to consume due to greatly increased demands for fuel from faster metabolism.

An Orthodox rabbi told me that the Talmud says fresh ginger is very healthy; is certainly distinguished from dried ginger; can be used in large amounts; and is good for literally every body system. This sounds exactly like Mr. Buhner's work: large amounts, very safe, good for everything, must be fresh. I have used frozen ginger with good results. Mr. Buhner quickly noted that fresh ginger juice (his preferred form) sometimes helped burns heal when applied topically. I suspect, then, that topical progesterone at the area where nerve repair is needed may not be the only option.

Growing sort of like tomatoes: I recently learned that ginger, even though it requires a long growing season, can be grown outdoors with total success/good yield in areas at least as cold as USDA Hardiness Zone 7 (and I suspect colder areas, too)! What's needed is to grow it in the no-till deep-mulch type of garden I recommend; to start the roots waking up with 100 percent humidity and warm environment indoors maybe 1 to 2 months before planting them out around the time of tomato + pepper seedlings going out; to make sure they grow in partial shade and plenty of humidity (which should be easily achieved by putting them near orchard trees and/or using vines over the top for partial shade and humidity); and pulling them up out of the mulch once the upper greenery starts to die off, just like for potatoes. I had assumed they would want full sun but now I sort of think no plant does. Anyway, it's clear that ginger really needs a warm, shady, humid place to grow and hasn't been known to thrive in full sunlight at all.

Storage: I think the roots will freeze very well and doing so right after harvesting would prevent surface mold. Further, they could be later juiced without any concern for mangling bugs because probably a few days in the freezer would kill all bugs if any remained on the surface. The tea made from steeping leftover juicing solids in hot water would be very good but wouldn't include the helpful proteolytic enzymes the fresh juice would have (and frozen, probably). But for keeping roots to plant for the next season, my best guess is a cold cellar or cold shed with only slightly damp, black compost in containers into which the roots would be placed and fully covered. That would probably keep them for the winter, so long as they never freeze. In theory, that should keep them from molding, from drying out, and from freezing but I haven't tried it yet. This is my plan. Ginger easily rots even under mulch if there is a whole lot of rain, as I learned the hard way. Easier still might be covering them in literally a few feet of mulch if you live in a place with a mild enough winter. That might be able to keep them from getting too wet even in heavy rain. Or it may not. Don't put 'all eggs in one basket' when experimenting. I think it is worth a try.

Because of its ability to compete with clomid and increase the birth rate without a prescription, I think the globalists probably really, really do not want people to know about these great benefits of ginger, e.g. as a substitute for clomid. I suspect turmeric (a cousin of ginger) shouldn't be used in huge amounts like ginger as I think it could be a little estrogenic or maybe conditionally so.

What about DHEA and pregnenolone?

These probably also would help with nerve repair and have been written extensively about by Dr. Peat and those who also use his nutritional school of thought.

Urea.
Urea is available as a nutritional supplement for kidney patients. Like the various carbon dioxide therapies, it was also recommended by Dr. Peat for cancer treatment as a very nontoxic substance. It is used as a feed additive for nutrition of cattle. It is produced by the human body. I also happen to remember that I learned years ago it's been used as a cosmetic ingredient for skin products. Because of its ability to prevent scar tissue formation, I suspect this material could be another avenue for nerve repair. I have read that it doesn't have a great flavor but certainly, it's a powder that can be bought for human ingestion as in the kidney products available today. Urea is something that really has hydrophilic properties. So it could be used topically as well as swallowed in water. This is a guess on my part. And I did find a paper [32] showing urea was a substance that helped along with NGF, though not alone, in a rat brain study.

Dr. Marshall's combination mineral therapy for TBI.
A discussion of this topic is an important part of my TBI report. The reader should certainly find that and learn about it. As a reminder, we've just gone over the importance of CO_2 for our discussion of nerve repair. Well, it appears from Georgi Dinkov's work that the mineral lithium may be responsible for raising CO_2 levels as one of its protective actions. Lithium supplementation raises BDNF, NGF, etc., as can be seen in the outdated TBI report. NGF in particular is of great interest for nerve repair purposes. Lithium, selenium, zinc, and magnesium are discussed at length in that part of the TBI report and that's definitely required reading. That segment of the TBI report even goes over the fact that copper repletion is known to make possible the production of myelin, something folks will need for nerve repair. So obviously, zinc supplementation should be done along with copper supplementation in the proper balance. I'll take notice here that a supplement in Dr. Joel Wallach's product line contains about a 10:1 ratio of zinc:copper and I think this is a good ratio or at least a good starting point because these two minerals antagonize each other and should be taken together, not separately. By 10:1 ratio I am referring to the elemental zinc supplied relative to elemental copper supplied. WAPF has warned that too much copper (e.g. from vegetarianism/veganism) makes people more susceptible to non-native EMR. I know for certain that zinc and copper and magnesium can all be bought for very little money as pure powders without fillers in bulk from non-China sources. Magnesium glycinate or bisglycinate, zinc picolinate, and copper gluconate are good examples. Copper chloride is not a safe supplemental form. The paper by Dr. Marshall cited in my TBI report does briefly include a mention of the benefits of lithium for spinal cord injury, among many other conditions. Lithium (as a supplement, not a drug) is called a “super-salt” by the work of the great physiologist Dr. Raymond Peat PhD.
Copper and B_2 (riboflavin) for ALS: Georgi Dinkov found a number of studies over the course of about 5 years relating to the prospect of using copper supplementation as a treatment for ALS. (Again, it's not safe to do so without zinc supplementation.) He also found a case study of reversal of ALS symptoms with riboflavin supplementation at high doses similar to doses used for migraines. [33] The B vitamin and the copper both, not surprisingly, are used in the electron transport chain in the mitochondria. And the copper is in Complex IV, cytochrome c oxidase, which is so impacted by the prometabolic intervention red light therapy which Dr. Peat recommended so strongly. Someone I know who uses red light said it's so effective that it is, in his experience, easily able to induce symptoms of hyperthyroidism in somebody who knows what hyperthyroidism feels like (because of taking thyroid as Dr. Peat recommended).

Therapeutic use of H_2 gas.

In writing an earlier report on traumatic brain injury (TBI)/concussion, I took a week off of the day job in the court reporting industry so I could put that together for someone our family knows who had a very severe TBI and was in a medically induced coma for a significant period of time. Some studies on therapeutic use of H_2, molecular hydrogen, are available in that report (also free at the Insulting Consulting website). So in this subsection I'll just update whatever I think is currently newer to my understanding and/or uniquely relevant to this topic of nerve repair. And the reader can go find that older report for some information on H_2 that I had pulled out for TBI purposes.

What impresses me, though, is the two-part interview series George Wiseman did with Dr. Thomas Cowan MD on the topic of H_2 and specifically, Mr. Wiseman's personal account of nerve regeneration with regular, sustained use of a machine that produces H_2 gas at a concentration for inhalation by human beings. He explained that his ability to balance easily on one foot in a challenging scenario was restored through his own use at a high level (many hours per day) of this machine with nasal cannula delivery method. Basically, when he's using the computer, he's inhaling the gas.

Mr. Wiseman does sell a machine of his own but emphasizes that his goal is to get people using H_2 through the inhalation method (as opposed to drinking H_2-enriched water, for instance, which delivers a much smaller amount of molecular hydrogen) regardless of the brand of machine. I find his goal to be a sincere one and that his story is credible. His discussion in the two interviews in Dr. Cowan's podcast involves his views on both H_2 and what he calls ExW. And his views on ExW are reportedly supported by Dr. Gerald Pollack PhD of University of Washington, who is known for his 'controversial' views on a gel state of water, etc. Dr. Pollack's work is certainly very well known in the field of natural medicine. In any event, Mr. Wiseman appears to be saying that machines such as his would supply H_2 and ExW, while others designed to supply only H_2 could be supplemented by other methods supplying electrons to the patient. Reportedly, by about the fifth grade in Russia, students are taught that earthing/grounding is a healthy practice based on the known mild electrical properties of the earth. In this light, Dr. Peat's long-standing recommendation of negative ion generators (for improving indoor air supply in buildings) would appear to have a common thread with ExW (from Mr. Wiseman's machine or other Brown's gas generators) and with grounding/earthing: supply of electrons to the patient. All of this is to say that Mr. Wiseman's recommendation appears to be that it's possible folks can get approximately the same benefit from other brands/other machines. So I don't have the impression he's saying, “Only my machine will work” or some variation on that theme. Another thing people may have heard of would be the water alkalizer machines (such as the Kangen brand, etc.). Molecular hydrogen gas (dissolved in the water by the action of the machine) appears to be one of the most important therapeutic elements of all of these alkalizer machines, though probably not the only one. And that's because they electrolyze the water.

The Molecular Hydrogen Institute is an organization that promotes H_2 for health purposes and has a number of scientific resources available on this topic, not to mention that Tyler LeBaron PhD is the one running MHI. But I bring up George Wiseman's information because of his emphasis on the idea that while it's true H_2 is becoming popular and better known in the health/natural medicine world, water that has had H_2 gas bubbled into it really isn't anywhere near enough to produce the dramatic healing effects George Wiseman has observed in himself and others ever since he dove into this world of using H_2 for health. His decision to start using this was spurred by one of his customers' use of his earlier HHO torch invention for bubbling gas into drinking water. I don't know how many people there are in the world who breathe a nonflammable concentration of H_2 gas mixture for 6+ hours per day while doing computer work, etc. like George Wiseman often

does or how many people have youthful skin to the extent he does or how many people have reported such dramatic healing as he has. So while it is true there are a lot of educational materials available on H_2 gas as a therapy, these are in the context of the recommendation for using H_2 bubbled into drinking water and not so much the recommendation to breathe it for many hours each day.

It is known that Dr. Peat was in favor of the anti-inflammatory properties of H_2 used as a therapy. I am far more impressed by what I know so far of the H_2 gas therapy than I am of various oxygen-based therapies such as HBOT. However, those aren't to be ignored. We saw earlier that hydrogen peroxide was something that could have been used to stimulate healing like progesterone could (though I'm not saying those two have similar action). Mr. Wiseman does explain that oxygen-based therapies should be balanced by use of protective H_2 and that its use at the exact same time as the oxygen-based therapies actually cancels out their inflammatory effect. I wonder if the use of CO_2 and the use of H_2 make the oxygen-based therapies (above and beyond normal atmospheric oxygen) unnecessary. And if that's true, it might be consistent with Dr. Peat's work, which argues that hormesis actually is not a good thing to aim for! Regardless of those questions about the theory behind why things work, we have some options available.

Here's something CO_2 and H_2 have in common: they both balance harms of oxygen and they both are produced by a healthy colon/large intestine. One of Dr. Peat's articles on CO_2 even begins with this quotation:

> "Over the oxygen supply of the body carbon dioxide spreads its protecting wings."
> —Friedrich Miescher, Swiss physiologist, 1885

[34]

One of Dr. Mercola's aims in adding Dr. Peat's nutritional school of thought into his repertoire is to find a way to make starch healthy again in the human patient, such that feeding starch doesn't produce endotoxin. (And this would be consistent with the concept by the Rambam/Maimonides that bread and meat are food for normal/healthy people.) But George Wiseman, in teaching about the benefits of H_2, has explained that a family in Japan was found to have a very high average lifespan, with many in the family living beyond 100 years. Another family was found to live to their fifties and sixties, if I remember correctly. A comparison of the families was done scientifically. It was discovered that the large intestines of the shorter-lived family were not producing H_2 while the large intestines of the 'longevity family' were producing plenty of H_2. So another frontier, obviously, would be finding a way to improve the metabolic production of H_2 in the human being. Dr. Mercola found that *Akkermansia* helps human beings by strengthening and even patching the gut barrier and that since energy is needed to exclude oxygen from the large intestine, many people have been unable due to vegetable oil consumption to support the species like *Akkermansia* which don't produce endotoxin but instead produce beneficial substances like butyric acid, propionic acid, and acetic acid. So maybe discoveries will be made as to how people can restore the ability to produce H_2 in the gut, as well, and in amounts large enough to make the machine and nasal cannula unneeded. But for now, I would be not doing a good job if I didn't mention that nerve regeneration has been reported with long-term, daily use of Mr. Wiseman's machine.

So CO_2 and H_2 both are endogenously produced gases the body normally makes. Both work to counter the damage that can be caused by O_2. Both can be supplemented externally. At the least, these gases would be indicated for preventing O_2 harm in the acute phase after injury just like vitamin C and DMSO were used on the cats to prevent oxidation of the nerves.

Note: In contrast with the manner in which others promote grounding/earthing, Georgi Dinkov thinks excess electrons are dissipated by grounding, lowering reductive stress. [34a]

Papain and other proteolytic enzymes for reversing scar tissue.
Emphasis on the benefits of tropical fruits is a common theme both from Dr. Peat's work and also from WAPF. And they arrived at this independently. For Dr. Peat, it's arguably primarily the antiestrogenic (and therefore also anticancer) properties of oranges and guavas. For WAPF, it's the strong proteolytic enzymes (molecular meat tenderizers, really) of the tropical fruits. Proteolytic enzymes also are anticancer substances. Ginger includes at least zingibain. The use of such enzymes, like CO_2 and urea, would seem to work against both the formation and the maintenance/continuation of scar tissue which may be important to break up to support healing of nerves that were injured, for instance.

Vitamin B_{12}.
I'm aware that B_{12} was mentioned earlier in the context of the nurse who used alpha lipoic acid supplementation. However, I just want to stress that it is critically important for nerve health, according to the Weston A. Price Foundation. It's actually one of the few supplements they might recommend for healthy people to prevent nerve damage. B_{12} intake in some significant form is not optional for healthy people and certainly not for anyone aiming to regenerate nerves! Raw grass-fed beef liver would be a good source if the cow is grazing on cobalt-rich pasture. This makes supplementation a sure source where food might not be. In the case of this particular nutrient, I don't think people can afford to go against Dr. Wallach's advice in favor of taking all the essential nutrients every day. I have noticed that 5,000 mcg tends to be the upper range of what most of the B_{12} supplements contain. Over the years, I have repeatedly had tingling or slight numbness of peripheral nerves go away from supplementing with a 5,000 mcg B_{12} supplement. It occasionally came back but then went away after supplementation for a while.

Dr. Trower's warning about the dangers of EMR for the myelin sheath + other electrical factors related to nerve regeneration.
The myelin sheath around nerves reportedly forms in 122 layers over a span of 22 years! A not-perfectly-modest illustration of a pregnant woman is found in Dr. Barrie Trower's paper about the dangers of wireless internet (and this is part of the PDF so it would have to be modified by a woman to make it not problematic for men and boys). But that paper from 2013 [35], which warns that 57.7% of women are expected to have birth defects in their children within 3 generations of exposure to wireless internet, also warns about wireless technology interfering with the development of the myelin sheath around nerves.

It stands to reason that regeneration of nerves would involve repair of the myelin sheath, too, and that it would be best for people to be free as much as possible of the influence of wireless technology in healing from nerve damage. I am not claiming at all that wired-only computers are safe. *The Invisible Rainbow* by Arthur Firstenberg clearly featured a study of an ordinary wired desktop computer from the early 1990s (no wireless internet) which caused horrendous deformities in tadpoles. However, it does seem to me that radio transmitters are even worse, orders of magnitude worse, than wired-only electronics. According to Cell Phone Task Force, there are only about 30,000 studies [36] showing dangers of radio waves. One of my upcoming projects is to write a book called *The Big Boycott: End of the Wireless Age*. Amazingly, those who campaigned against 5G in the 2020s and those who campaigned against SmartMeters in the 2010s often or usually did not give up their cell phones. Thankfully, I got rid of the cell phone and wireless internet around 10 years ago after I found out about the horrendous health disasters from wireless technologies. Most of the

advice from those who say they are concerned about EMR dangers is not nearly enough. Most of them say some variation of "Turn off your wireless internet router at night" and/or "put your cell phone in a Faraday bag most of the time and only keep it for emergencies." But none of these statements do anything to recommend simply boycotting the wireless sector of tele-communications, which prevents the towers from going up in everyone's 'backyard,' so to speak. As Mr. Firstenberg has explained, in order for a person to use the cell phone [even just in an emergency], all the towers have to be there.

The author of *The Invisible Rainbow*, Arthur Firstenberg, argues that human beings are even more so electrical beings than chemical beings. I would not be surprised if this turned out to be especially true for nerve regeneration, as well. As we'll see from the NerveSciences.org article, peripheral nerve regeneration involves the body producing a guide tube. It does appear that directionality of repair is a key element of the process. Designing scaffolding for nerve repair is part of allopathic medicine's investigation in this topic. It is known that there are electromagnetic bone growth stimulators on the market today in allopathic medicine. And certainly, there are those who believe that DNA is more of an antenna than a blueprint in and of itself but that would be a larger question than this report needs to cover. The fact that electromagnetism has such an impact on hard tissues like bone should begin to allay the concerns of skeptics who might contend that it's not even plausible electromagnetism could have anything to do with nerve repair.

A journal article from *Nature* does mention an electrical method of regenerating peripheral nerves. [37] And NerveSciences.org does talk about some of the nutrients and conditions known to be needed for nerve regeneration. [38]

I would point out again that the ExW which George Wiseman talks about as being one of the components produced by his molecular hydrogen inhalation machine would be a source of electrons such as a person would get from grounding/earthing or from a negative ion generator for indoor air improvement or from negative ions in the air as found in natural environments (forests, orchards/gardens, etc.) I had thought no studies would have been done on negative ions in the air, but I was mistaken. [39] The structured water/gel water work of Gerald Pollack PhD of University of Washington is also closely related. As far as I'm aware, these are among the kinds of things that would provide 'directionality' to any nerve healing processes that could happen in a person. It is not uncommon for those in the field of natural medicine to be already acquainted with one or more of these several related concepts (structured water/gel water, grounding/earthing, ExW, negative ion generators and/or negative ions in the air from natural environments, etc.). The point I'm making is that the nerves have to have a way to heal in some particular direction and that supporting that process today somehow in the jangling mess of electrosmog is important.

As a Noahide, my personal suspicion is that Torah study would be the most important of all of them (even if it has not been studied) as it is referred to as "a cure for all flesh." Children are said to need "structure." And from what I've heard of recorded court proceedings in my day job doing legal transcription for the court reporting industry, it does seem to be true. Children of G-d also need structure and that's what the Torah is for. It's a scaffolding for human growth.

There are those who today think that DNA actually is really more so an antenna than a blueprint in and of itself. Georgi Dinkov, who is one of the students of Dr. Peat's work, wrote in 2019:

> "...Subsequent research showed that by controlling the electric current of the organism, the so-called "electrome", by applying external electrical current or by manipulating ion channels with drugs many other diseases can be treated including deep wounds, cancer or even severed limbs in non-regenerating species. As those studies showed, it is the "electrome" that controls the organism, not DNA..."

[40]

It might be controversial to recommend information and steps related to the electromagnetic nature of the human body in a report about nerve repair. I don't really care. I'm supposed to tell it like it is. And to the best of my health knowledge, it would be reckless not to mention how this could be very impactful on the healing or non-healing of the individual, even though it is, in some ways, a frontier science field. If somebody said, "You have no proof!" I would tend to agree. But ignoring evidence because it hasn't yet reached a level of proof is just a recipe for never finding proof in the name of maintaining the approved viewpoint.

Mushrooms for supporting nerve repair.

The reader should take caution not to ignore essential nutrients. Just because lion's mane is impressive and widely available and supports NGF doesn't mean it's a replacement for minerals, for example. Just a simple comparison with Dr. Marshall's mineral protocol for TBI reveals that his is made up of essential nutrients and if someone were overly enthusiastic about paying to get lion's mane to the exclusion of four such critically important minerals for so many hundreds of known enzymes in human beings, it would be a mistake.

> "Lion's mane is the only commonly available supplement known to stimulate nerve growth factor (NGF) production."

[41]

That's an impressive statement that certainly should get the reader interested in lion's mane. However, Dr. Marshall's mineral protocol for TBI also does that. The minerals are commonly available and probably are less expensive when made as a homemade powder blend but the effect isn't widely known yet.

The reader can find in my TBI report that there is already some information there about the use of lion's mane related to TBI/concussion. It's widely known that lion's mane modulates BDNF.

I do think people need to be careful about herbal medicines, though I have not heard about significant problems with this one. And another thing is Dr. Peat was very careful to recommend people should use, in their daily lives for culinary purposes and health benefits, the ordinary white button mushrooms that have been simmered 3 hours to deal with the toxin agaratin. And this doesn't make white button mushrooms gross in texture, surprisingly.

"Avoid stepping on the landmines."

This is the wording Dr. Wallach gives as part of his general health advice. However, in the context of nerve regeneration, this could include at least the following 'landmines' seemingly able to prevent nerve repair:

- ➔ Vitamin B_{12} deficiency (as already discussed);
- ➔ Agent Orange exposure in Vietnam veterans;
- ➔ Statin drugs (such as the 2009 paper "Statin Therapy Inhibits Remyelination in the Central Nervous System" [42]);
- ➔ Sources of mercury could include amalgam fillings, improper removal of amalgam fillings, vaccinations including trace manufacturing residue of the ethylmercury compound

thimerosal or vaccinations intentionally including thimerosal preservatives such as childhood shots or multi-dose vials of flu shots, fluorescent tube breakage, occupational exposure, etc.;

- ➔ HepB vaccine, which is known to produce multiple sclerosis, a demyelination illness;
- ➔ Vaccinations in general because of the risk of ASIA/Autoimmune Syndrome Induced by Adjuvants, a term coined by an immunologist from Israel named Dr. Yehuda Shoenfeld PhD;
- ➔ Methanol in the food supply, as warned about by Dr. Woodrow Monte PhD. He has identified methanol, wood alcohol, as a primary cause of multiple sclerosis. Obviously, mercury exposure is another primary cause of MS but methanol is probably not generally known as well in natural medicine for this. Canned (in metal or glass) vegetable/fruit matter and/or TetraPak vegetable/fruit matter, smoked foods, and anything containing aspartame are all prime examples of foods that contain lots of methanol. The enzymatic conversion of methanol to formaldehyde leads to pickling of live tissues like the action of embalming fluid, which is formaldehyde (structural modification of proteins). For this reason, methanol is another large cause of Alzheimer's disease, too.

None of the above 'landmines' are recommended for the reader or patient but it's not a comprehensive list.

The statin drugs are being heavily pushed on the American public by allopathic doctors today and are known for memory loss; reproductive harm; muscle wasting and muscle pain; accelerated aging; transient global amnesia as NASA flight surgeon Duane Graveline MD (SpaceDoc) warned about in his books (*Lipitor: Thief of Memory* and others); driving abnormalities; and the "statin shuffle," a shuffling gait caused by that class of drugs. So if someone got way too enthusiastic about growing and canning and eating (without simmering 3 hours with an open lid, which is to say nothing of nickel toxicity with stainless steel) massive quantities of Cherokee Purple tomatoes because of his no-till, deep-mulch garden using a method rediscovered from the Garden of Eden, there appears to be some risk of methanol toxicity. We wouldn't want him to get the Cherokee shuffle.

Dr. Marshall's mineral protocol.

This would be a very high priority for the patient endeavoring to repair nerves with nutritional interventions, etc. His protocol using supplementation of lithium, selenium, magnesium, and zinc is covered in detail in my TBI report (which of course needs to have any recommendation or implied recommendation of omega-3s removed or clarified to prevent the reader from stumbling on that dangerous fish oil). And selenium, of course, is the most prominent antidote to mercury exposure. A paper by Dr. Marshall [43] reveals that he found research showing magnesium even supports sciatic nerve regeneration.

D_3 for remyelination.

The human-equivalent dose in this study, according to Georgi Dinkov, was about 5,000 IU/day for a 160 lb. man for about 4 weeks. [44] Note: WAPF does caution about vitamin D supplements and, it seems, essentially doesn't recommend them. If a person used a lanolin-derived D_3 supplement, there certainly should be caution to make sure the other fat-soluble vitamins are abundant (A, K2, E, etc.) and people should pay attention to make sure no imbalances in health are noted. It's hard to imagine 4 weeks of that dose would hurt a person and I think it would be worth it if it worked.

T3 thyroid hormone for remyelination.
This study [45] about a synthetic T3 analog worked to study an apparently patentable analog of a natural substance, T3. The paper said there was a concern that simply giving the patient T3 would affect the whole body. But I don't think that T3 affecting the whole body is a bad thing! One of the most foundational pieces of the Dr. Raymond Peat nutritional school of thought is the concept that the vast majority of adults are suffering from hypothyroidism/running too metabolically cold and too slow.

It would be worth digging to find out if any "hyperthyroid" individuals (I don't think such people are common) have any incidence of multiple sclerosis in their population. A reasonable guess would be that MS would be much lower.

Georgi Dinkov's trend towards a unified theory of demyelination diseases.
This concept would seem to turn on its head the low-carb theory of reversing demyelination. "Thiamine+biotin can treat Huntington Disease (HD), by restoring glucose metabolism" is the name of his post about this scientific finding. I'd really like to quote all of his words from there but without author permission, that wouldn't be fair use under U.S. copyright law so I'll just include a link. [46]

A closely related article is the one called "MS Tied To Glucose Deficiency Due To Endotoxin And Fat, Extra Glucose May Treat It" [47]. Another closely related article is "Multiple sclerosis (MS) may be due to low metabolism / glucose oxidation". [48]

NerveSciences.org article about conditions for regrowth of peripheral nerves.
This very short article [49] lists the following substances or conditions as being required for regeneration of of peripheral nerves: NGF; acetyl-L-carnitine and CoQ10 as examples of support for making mitochondrial energy (and there are many more examples of other such substances in this Insulting Consulting report on nerve repair); some protection against oxidation of the nerves (perhaps like that vit. C/DMSO study with cats I mentioned earlier); enough in the way of B vitamins to support making myelin; and enough blood supply. The article briefly describes the process of remyelination as Schwann cells (that make myelin) producing a guide tube along which growth occurs at about 1 mm per day or 1 inch per month. This NerveSciences.org article seems helpful because it's a list of several items or conditions that are needed and doesn't focus on just one at a time.

Vitamin E.
We already know that vitamin E has been shown to restore the gut barrier. [50] And from the mainstream article directly above, we know that "antioxidants" are important for supporting regeneration of peripheral nerves. I'd like to point out that as part of incorporating Dr. Peat's school of thought, we should be aware of how there can easily be some confusion about the term "antioxidant." The efficient oxidation of glucose as a fuel (burning of glucose as a fuel) and the prevention of reductive stress (prevention of backing up of electron flow in the mitochondrial electron transport chain) are to be supported while 'rusting' of the living cells/tissues (a different type of "oxidation") is to be prevented.

Red light.
We already know from Georgi Dinkov's article above, which I stated is leading towards a unified theory of demyelination, that a variety of Dr. Peat-style metabolic interventions that increase ATP should be expected to very much improve the remyelination part of nerve repair. Along these lines, I would hypothesize that the red light devices as recommended by Dr. Peat would greatly improve the metabolic rate of the patient and might support nerve repair. I already explained that red light treatments are so effective they can even induce a state similar to mild hyperthyroidism! That is, I already explained that people using red light in the form of the heat lamps Dr. Peat recommended should be able to induce a high enough metabolic rate to feel as if hyperthyroid, which is remarkable. And then a person can back off a little from that dose to find the balance point. Probably the healthiest would be the chicken-type heat lamps Dr. Peat recommended but running on a clean source of DC power, such as in an off-grid homestead that doesn't have an inverter. Since those are regular incandescent bulbs, they would work either with AC or DC power. The LED red light therapy systems would consume a lot less power in making red light but not produce the beneficial heat. Heat lamps plugged into the AC grid would be bringing dirty electricity near the person's body but still producing beneficial heat. I don't know how much this variety of options has been studied. The heat lamps are the most inexpensive. I heard from Daniel Rodman that Dr. Peat believed it was possible for the LED red light systems to induce cancer. Since the LED replacements for ordinary indoor lighting are known for their negative health impacts due not only to the intensely blue light which Alexander Wunsch has warned about, but also due to the power supplies needed for those LEDs, I suspect that the cancer induction from LED red light therapy devices probably doesn't have to do with the bulbs themselves but the power supplies. *The Invisible Rainbow* certainly warned very much about switch-mode power supplies (which are the small AC adaptors that make DC power for a variety of things that run on DC power). These have become very small recently and are much worse than earlier, larger transformers. And in fact, their conversion from AC to DC involves induction so I don't even know how anyone knowing anything about electricity could claim that nothing about that field could possibly impact health. If LED bulbs were plugged into a clean DC power source (without a transformer of any kind such as in an off-grid setup), I think they would not produce cancer but would simply lack the very beneficial heat of incandescent bulbs while still supplying the healthy red light.

Iron overload.
This is one of the most common health problems today among adult men and postmenopausal women. My upcoming book manuscript on general health (*Heroes Who Need to Meet Each Other...*) should have a chapter on this. This article [51] lists vitamin E among others as a substance that can reduce iron body burden. (And of course those familiar with Dr. Peat's work in general already know vitamin E is good for preventing and reversing lipofuscin, the age pigmentation/age spots: a combination of iron with oxidized PUFA in the human being.) I recently learned elsewhere that zinc has strong antagonism against iron accumulation, which is great news for those who already know (for instance, from Dr. Wallach's work) that copper is the main iron mobilization nutrient that prevents iron overload because zinc and copper have to be supplemented together or otherwise consumed together. Don't eat copper chloride, by the way. WAPF has listed true vitamin A (retinol), which is only in animal foods (such as liver), as another means of preventing iron accumulation. It is hard to imagine nerve repair happening in a person with existing iron overload that is going unaddressed. Here in this abbreviated discussion of iron overload, we can begin to appreciate that it's true what I mentioned at the beginning of this little report: herbal medicines

are not essential nutrients. We can see that there are several essential nutrients that, in combination, appear to be what may really be foundationally needed for solving the problem of iron overload far more so than mere phlebotomy/blood donation or just using plants that block or remove iron. Please follow up by reading that chapter in the upcoming manuscript!

"So-called diabetes," as Dr. Peat called it.

What can be said for the patient who has been told by doctors, allopathic or otherwise, that sugar is a deadly thing to consume, that fructose (fruit sugar) is a poison for the liver, and that the nerves cannot tolerate sugar consumption or else risk all kinds of glycation? It appears to me that it's not the fact sugar is being consumed that has been the problem but that the Randle Cycle has caused very elevated blood glucose when too much fat has been eaten with the carbohydrate foods or when it is coming quickly out of the tissues (especially as stored PUFA). Please see the section in this report called **Georgi Dinkov's trend towards a unified theory of demyelination diseases.**

What about ketones for MS?

It appears to me that the Georgi Dinkov explanation (and he could be asked to clarify as to whether this is truly his understanding or not) would be: ketone bodies, yes, can supply an alternative fuel for glucose-starved brain cells; and, yes, this can be done without the large stress of ketosis if coconut is used; but this is all missing the point, at least in the way ketones are usually being promoted today, because restoring the ability of brain cells to use glucose would be more ideal/should be the goal, rather than letting them limp along with little glucose utilization possible and some ketone bodies as a secondary fuel just to keep cells from dying off. A May 2026 article about glucose and ketones and their impact on myelin reveals the glucose is needed in development for myelin to grow and that ketones can provide an alternative fuel source for producing myelin. It is hard to know for sure but it does seem that the research in that article may have a goal of promoting ketones over glucose, yet the summary does essentially say glucose is the standard route of fueling during development. [52]

What about acrylamide?

In *Fighting the Food Giants*, author Paul Stitt describes an unpublished study in which rodents (rats, I believe) were fed either a commercially available cereal or the box that the cereal came in. The ones that ate the box lived much longer and died of starvation, while the ones eating the cereal became aggressive and fought each other and had seizures and died much earlier than the rats that starved. It appears that acrylamide, formed by 'abuse,' I might call it and WAPF might call it, of the starch in foods, may be the culprit. It is a known neurotoxin. It is present to varying degrees in a number of fairly common foods. Superheated starch of any kind will contain some acrylamide. But of course with the extruders used in making many boxed cereals subjecting the grains to extreme pressures comparable to that of pressure washers, it seems acrylamide is formed in abundance. Dr. Peat's work warns about ordinary starch and its known harms. But abundant sources of acrylamide should be known to the individual seeking to reverse nerve damage.

The toxin acrylamide is known to build up in the body over time. I don't know the mechanisms of its removal. One researcher appears to believe that it never gets removed by the body. However, I think adherence to the nutritional principles advanced in this report would help remove acrylamide from human beings. One reason I think this is time and again, I have found that

various extremely toxic substances do get removed from the body with repletion of certain nutrients. An example would be that the true vitamin A (retinol) in animal foods such as liver is the nutrient behind a primary mechanism that helps a person to reduce excessive levels of uric acid, preventing or reversing gout. The current WAPF vice president revealed this in an article a long time ago. Another example would be that same nutrient (retinol) from foods such as liver is known to be the body's defense against dioxins, some of the world's most poisonous substances which are found in bleached paper and in wood smoke. So I would be greatly surprised if it were found that no nutrient(s) was/were able to protect from acrylamide and/or help remove it. Bread is certainly all over the Tanach (Jewish/Hebrew Bible) and there's no question G-d intends for mankind to eat bread, but it does have some acrylamide which I think is generally in the crust. I don't know if acrylamide is causative for gradual nerve damage processes such as multiple sclerosis. But I do know it doesn't make sense to include it in a protocol intended to reverse MS or other nerve damage. Eating a bunch of the stuff wouldn't be a therapy.

A 1994 paper in Journal of the Neurological Sciences called “Ultra-high dose methylcobalamin promotes nerve regeneration in experimental acrylamide neuropathy” used rats and showed that B_{12} could regenerate nerve damage caused by acrylamide. [53] Today B_{12} is legal as a supplement, despite the fact that it is helpful.

Green potato peels.

These are known to cause nerve damage. Sprouting/turning green from sun exposure makes potatoes toxic. WAPF even recently warned that if any part of the potato is green, the whole potato is unsafe to eat. This is news to me! I used to think it was sufficient to remove any parts that turned green due to sun exposure. There are actually three traditional South American methods of making potatoes safer to eat. Potatoes, however, are one of the rare favored starch-containing foods in the Dr. Peat school of thought. But Dr. Peat recommended for convalescent people a potato juice made with a centrifugal juicer and scrambled. Yes, scrambled potato juice. That would be free of the starch and I am not experienced with this therapy myself but it is supposed to contain helpful ketoacids.

I do not know if green potato toxins are causative for gradual nerve damage processes such as multiple sclerosis. But I do know it doesn't make sense to include them in a protocol intended to reverse MS or other nerve damage. Combining Dr. Wallach's school of thought with this potato peel discussion and the acrylamide discussion in the previous section, I would also need to mention that on Dr. Wallach's list of “10 Bad Foods” the skin of a baked potato is listed. That would be because it's a high source of acrylamide. Delicious, but probably just what somebody would want to avoid if they're trying for nerve repair.

Olive leaf extract.

I wrote in my 2019 book manuscript that olive leaf extract probably would be shown to cure just about anything. I didn't know when I wrote that how true it would turn out to be. I later learned from the work of Dr. Thomas Levy MD that it is known to restore vitamin C synthesis in human beings with its 5-hydroxytyrosol. After that, I also learned that it is androgenic and thermogenic (meaning a thyroid helper). After that, the thermogenic aspect was verified further by a student of Dr. Peat's work, who found that during his time using a lot of olive leaf extract, his free T3 went to its highest level. (Second-highest free T3 was with 5 liters of milk per day, hopefully raw.) [54]

Seagate's head, Richard Lentz, has written very much about how he recommends water

extracts of olive leaf should be made so that they extract the whole complement of substances rather than focusing on oleuropein and trying to standardize for that component, something much of the olive leaf extract market has been doing differently than his company. If this is correct, it would be in line with what herbalist Stephen Buhner wrote about in terms of not focusing on isolated herb components to the exclusion of the rest. It would also mean that people may be able to even more easily make their own olive leaf extract from leaves purchased in bulk or grown at home in bulk if water is the only solvent needed instead of ethanol. If PUFA can be minimized somehow if there is any significant PUFA remaining in olive leaf extract, then I suggest it's more than worth it for people to grow olive trees for the leaves even if they would get no mature olives whatsoever if their growing region.

The picture of the dove with an olive leaf in its beak returning to the ark to Noach + family is actually described in terms of independence: the classic Orthodox Jewish commentary includes a discussion of how the dove would rather have its food from G-d and for it to be bitter food than food from the hand of mankind and sweet as honey. Is it possible that olive leaf includes several restorative things in it which help reverse/restore the epigenetic state of mankind being unable to make vitamin C or, maybe, having trouble with producing enough thyroid hormone, for instance? These would be examples of greater metabolic independence. It is hard to think of a more Biblical herbal medicine than olive leaf. Folks, repentance is what causes true freedom from oppressors, health problems, etc. We shouldn't imagine that the religious factors are the cart when really they're the horse pulling the cart full of happy health discoveries.

Given that T3, and vitamin C (a recycler of vitamin E), and vitamin E itself are all mentioned favorably or very favorably in this report as playing key roles in nerve repair, it would be irresponsible not to mention this emerging evidence on olive leaf.

General comments.

Though I didn't have this report started until recently, it's a topic I have had years to think about off and on. And in practical terms/in terms of what to actually do, the important thing the reader should know is that I'm now really significantly updating my advice for nerve repair. For years my advice would have been primarily to implement something resembling the GAPS diet and/or the Wahls Protocol (or to simply use either one of those protocols) and probably to add on some extras.

Now I am coming to terms with the fact that the GAPS diet frequently has taken about two years to implement and that carbohydrates are, without any question, the most ideal fuel for human beings to use in today's electrosmog-laden world. (Those interested could reference the chapter “The Transformation of Diabetes” in *The Invisible Rainbow* by Arthur Firstenberg for some discussion of the relative mitochondrial inability to process both fats and carbohydrates with the emergence of the power grid as we know it. The Randle cycle, in my opinion, exists or is greatly exaggerated because of electrosmog. So I believe mankind will be able to use a wider range of the two fuels, fats and carbohydrates, when the pollution of non-native EMR is cleaned up from our world as people come to recognize it is much worse than chemical cigarettes. For now it is clear that using carbohydrates as the main fuel produces 30 times lower reactive oxygen species, ROS, but I don't think fat as a fuel will be a problem without electrosmog. That being said, I also don't think I'll ever again adopt the wrong idea that people should eat a low-carb diet for health because it is extremely stressful and structurally damaging, causing the shredding of muscle and brain tissue through elevated cortisol.)

Particularly alarming to me was the paper Georgi Dinkov found about a certain specific dose of niacinamide (a form of vit. B_3) reversing leaky gut syndrome and endotoxemia (endotoxin in the

blood). Given that B_3 is so important for mitochondrial use of glucose, this gives us a clue that Dr. Peat's assertion was correct that physiological structure has a lot to do with the ability of the body to produce cellular energy in the form of ATP. Stated differently, restore the ability of the body to use carbohydrates efficiently and the physical structure of cells, cell components, and body parts will change. Dr. Peat himself gained an inch of height in his 40s while taking thyroid. He also gained about a half-inch, I believe it was, later in life taking low-dose DHEA. These hormonal signals directly impacted the structure of his body in an easily measurable way: his height. So the structure of the gut can be improved through gut repair: it goes from having holes in it to no holes/no excessive permeability.

So what if it is actually a challenge, rather than a benefit, which is presented by the low-carb nature of the GAPS diet and of the Wahls Protocol? What if the GAPS diet could be much shorter in duration if it utilized carbohydrates as the main fuel? And what if the same were true for the Wahls Protocol? The GAPS diet and Dr. Peat's work both greatly recognize the problems with starch and fiber feeding endotoxin production in an imbalanced gut. This, after, all is a big reason for the promotion of fruit juices by Dr. Peat's work (particularly fresh orange juice without the pulp from fully ripened oranges). And given that various cell types prefer carbohydrates as their fuel, what if the one thing we have been so afraid of, sugar, is actually the fuel needed for faster gut repair? What if no amount of throwing such healthy B vitamins at the patient through consumption of the nicest grass-fed liver can fully make up for the low-carb nature of the GAPS diet and the Wahls Protocol, at least in their early stages? Is that like making a spark only for the fuel to run out almost immediately, causing metabolic stress and stopping healing? Is it possible progress is slowed by the carbohydrate intake being so low? And would eating any of the non-starch carbohydrates, which are in fact sugars and glycogen, solve the problem? These are exactly the kinds of questions we need to be asking about both gut repair and nerve repair. I have read there is such a thing as a glycogen supplement. Is that healthy? Is it best obtained only from food?

Certainly, it is known in the Dr. Peat school of thought that eating just one whole egg causes such plummeting blood sugar as to need about 1 whole glass of orange juice just to balance that egg. And meat also causes blood sugar to fall quickly (but of course OJ isn't the recommended answer there because of iron absorption increasing with vitamin C intake). Broth raises blood sugar to balance this effect of meat lowering it. And un-aged meat also includes the storage carbohydrate glycogen, unlike meat that has been aged a long time in cold storage. And Georgi Dinkov's Dr. Peat-style “Bulgarian burger” recommendation to eat ground beef with calcium carbonate, with gelatin, and of course with plenty of carbohydrates and plenty of salt does balance the otherwise negative effects of this food so it becomes very healthy rather that actually making him feel cold when he eats meat. (Feeling cold is a sign of thyroid suppression, something we don't want to induce in general or especially when attempting nerve repair.)

Does cane sugar of all things, because of its non-starchiness, become even one of the preferred fuel sources for the patient seeking to restore the gut lining using elements of/principles of the GAPS diet and/or the Wahls Protocol? Does it need to be dissolved fully in whatever liquid it's consumed with to prevent it from reaching the large intestine intact to produce endotoxin as starch might do in an imbalanced gut? Or is that more than adequately taken care of by digestion? What about pulpless fruit juices prepared at home from ripe fruits? Are these another preferred fuel? (Note: As it stands, honey is allowed on the existing GAPS diet, except for the earliest stages when Dr. Campbell-McBride recommends limiting honey.)

It is clear to me that G-d has put His sense of humor into the situation we all find ourselves in today, where low-carb and ketogenic diets are very popular and seem to be often recommended as the answer for most problems. It turns out, I have found from Dr. Peat's work, that sugar is

healthy and fish oils are not. (For people who care about taste, this is good news.) This is very, very funny because we live in a time when fish oils are promoted as being very healthy and sugar in many forms is said to be a killer. It was a big surprise to me to find in Dr. Peat's work that sucrose and fructose have historically been used successfully as therapies for diabetes (!) and also to find the history of fish oils being used for paint until petroleum paints arrived. Previously, I did not know much about his work and would not have taken the information seriously. I also was recently told by somebody who traveled that in Vietnam, sugar cane juice is a treatment for diabetes. I did find a Vietnamese webpage that warned against this folk medicine practice and claimed it was very dangerous, with two emergency hospitalizations reported. I wonder if those two people got sick from some other cause.

Preliminary Notes on Multiple Sclerosis.

> *The following was handwritten a few years ago before I knew about Dr. Peat's work and, until now, has not reached a printable/electronic format stage. I'll include it here (now slightly edited) because if I add in explanatory comments in a different font* `(like this)`*, it may help the reader to see how my understanding seems to have improved by adding Dr. Peat's work in the last few years and also how much some of the ideas in the previous chapter seem to be supported well by a number of things I was able to dig up. Multiple sclerosis does require remyelination for healing. I would expect that spinal cord injury, if it can be healed with nutrition, etc., will have many similarities. For this reason, this is one report called Nerve Repair instead of a separate report for nerve damage due to mechanical injury and another report for multiple sclerosis. Obviously, other demyelination illnesses may be closely related, too. Going back and forth between two different fonts should help the reader to understand that my updated take on my own older notes from a few years ago back when I still believed in low carbohydrate intake is now colored by adding in Dr. Peat's school of thought. Key: I am commenting here on my own notes. Let's now take a look back in history to a few years ago when my knowledge of Dr. Peat's work was effectively zero but many related concepts are supported well by the resources collected at that time.*
>
> *Another thing that readers might find very interesting is the fact that I probably first heard about Dr. Raymond Peat's work in November 2011 (not a typing error) but ignored it for the most part until my local rabbi told me about it in 2021 and didn't even try to eat mostly carbs until July 2023. That is very, very slow in a blessing starting to come to fruition!*

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Since I do not have permission to use the large, large number of
quotations I'd like to use here, I'll summarize and paraphrase and
list the page numbers so those who own the books can follow along!
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The Wahls Protocol was mentioned and it was emphasized that the story of Dr. Wahls includes eating liver twice a week. The "Autoimmune Paleo" diet (AIP) is also used successfully for multiple sclerosis. [55] In general terms, allopathic doctors have been stopping their own success in healing people by using only patentable "treatments" because it is the standard training. Key: The international directory of Certified GAPS Practitioners. [56] In practical terms, Certified GAPS Practitioners are truly required for being sure a person is doing the GAPS diet properly and I am living proof of this because I tried to do it on my own. In theory, it would be possible to implement it without help of a certified practitioner but very difficult. Many other conditions are curable with the GAPS diet. The Weston A. Price Foundation also includes some useful information about MS.

General nutrition for patients who have recovered from MS must include Dr. Monte's food list (methanol sources to avoid) and must include WAPF and must include the work of Dr. Wallach.

> And now it must include Dr. Raymond Peat's work, too!

Growing food with the method rediscovered from the Garden of Eden is important because of the results: food that is tender and sweet, not tough and bitter. People have reported reversing all food allergies by eating only what they grow in this type of garden. To me, that says the expectation of low or nonexistent plant toxin load in the eater is a reasonable expectation and follows what people seem to know by the flavor: the food is extremely sweet and juicy and not bitter and toxic. To the best of my knowledge, tilling the ground makes plant foods very bitter and the resultant food damages the gut. From the wrong education people are getting and also from the results of tilling the soil, it's no wonder people think mankind "evolved" as "hunter-gatherers" but that way of growing food sure proves that wrong.

Three primary causes of MS:
(1) Methanol in the food supply as we've been warned about by Dr. Woodrow Monte PhD. He believes it is "the" cause.
(2) Mercury amalgam fillings. The forward to *Cure Tooth Decay* by Timothy Gallagher DDS, president of the Holistic Dental Association, includes his account of his feet going numb because of exposure to mercury in his profession! Mercury toxicity is extremely well known for being a cause of MS, for those who are willing to look. The Amalgam Wars have raged for over 100 years in this country. There were always opponents to the "silver" fillings, which are about 50 percent mercury.

> I recently learned there have even been state gag orders to dentists regarding toxicity of amalgam fillings. [57] Multiple sclerosis is among the conditions FDA warned about in its 2020 warning about amalgam fillings, though the warning is clearly not anywhere close to severe enough. [58]

(3) Vaccinations. Please see notes to follow from two books on this topic. Demyelination reactions to vaccines have actually been commonplace: multiple sclerosis and GBS (Guillain-Barre syndrome) have been common reactions to vaccines. Vaccine reactions in general are common.

> The ratio of adverse events reported from vaccinations was found to be 1 adverse event report for every 39 shots administered, roughly, in a 2010 study of 715,000 Americans by Health & Human Services, the parent agency of the CDC. The CDC of course has been saying for years that vaccine injuries are 1 in a million. [59]

B_{12} supplementation really is essential for any patents endeavoring to repair nerves.

It would be helpful to list all nutrients known to be required for myelin to form.

EMR (electromagnetic radiation) pollution is a root cause of "autoimmune" disorders, as shown in *The Invisible Rainbow.* MS is said to be an "autoimmune" disorder.

> If people want to reverse nerve damage such as MS or mechanical injury or peripheral neuropathy, my advice does

include ditching the cell phone, wireless internet, and all other wireless technologies. After *Heroes Who Need to Meet Each Other*, another book manuscript of mine shortly after that should be *The Big Boycott: End of the Wireless Age*. I've spent a long time collecting information and now others should benefit.

Relevant notes from *Miller's Review of Critical Vaccine Studies | 400 Important Scientific Papers Summarized for Parents and Researchers* by Neil Z. Miller:

Index references to **demyelination** by page number: 170, 63, 61, 53, 50.
Total number of unique studies linking vaccinations to **demyelination** in this book: 5.

Index references to **multiple sclerosis** by page number: 271, 168, 165, 161, 128, 127, 59, 57, 53, 50, 49, 46, 44.
Total number of unique studies linking vaccinations to **multiple sclerosis** in this book: 7.

Take-home message/theme from reading his summaries on this topic of demyelination/MS: All adjuvants in vaccines cause MS. Two studies show HepB vaccine triples risk of MS.

While perhaps more controversial, it should be easier to avoid vaccinations than for people to give up wireless devices. They're probably less addictive. For those in the throes of a vaccine addiction, "Molech Therapy," the extra near the end of my recent book manuscript *Job's Leviathan: A Parable for Guarding the Tongue*, should help. The opening called "The Island Without an Oil Change" from my upcoming book manuscript *Heroes Who Need to Meet Each Other* should help a lot, also, so please stay updated.

Those who previously knew about the dangers, generally, of vaccinations and have been aware of the topic for years are certainly knowledgeable about Guillain-Barré syndrome (GBS), a known demyelination reaction to vaccines. I would note that when I searched for this to verify the spelling for this report as of 6/22/2026, the Wikipedia result included "Medical Condition (new)" as the subtitle for the article called Guillain-Barré syndrome. It's anything but a new medical condition, as knowledge of this condition was popularized in this country to the general public in the 1970s. [60]

Relevant notes from *Nourishing Traditions*, listed by page number:

"Myelin": 22. Damage of myelin through protein glycation caused by eating sugar.

Here I would ask the question: Was it the Randle Cycle that was responsible for this glycation rather than the sugar

> consumption in and of itself? In other words, could it be possible that the fat consumption itself, by percentage of calories, including and especially PUFA, was really responsible for stalling glucose oxidation in the mitochondria, thereby causing unused sugar to stack up in the blood at high enough levels to cause glycation at a time when the mitochondria burn fat and are ostensibly unable to burn the sugar? This would be consistent with Dr. Peat's school of thought.

"Myelin": 602. Galactolipids (which come from raw milk) are very important for building myelin.

"Multiple Sclerosis": 38. Vitamin B_1 is used as a treatment for MS.

> Elsewhere WAPF has taught that B_1 is rapidly depleted by sugar consumption. Certainly, neither those who use Dr. Raymond Peat's work nor WAPF would disagree that if people are going to eat a high-sugar diet (setting aside whether or not they believe this is a good idea) then there should be plenty of B_1 intake.

"Multiple Sclerosis": 39. Vitamin D is protective against MS.
"Multiple Sclerosis": 56. MS is linked to food allergies. ← Gut repair reverses them
"Multiple Sclerosis": 158. Shrimp contains 8 times more vitamin D than liver. (Note: Shrimp is not kosher for Jews. Note: Anyone eating shrimp should get shrimp that is killed humanely because that's a challenging thing to do with shrimp and should be certain that it comes from a clean, wild source.)
"Multiple Sclerosis": 227. Deficiency of vitamin B_{12} is known to cause MS.
"Multiple Sclerosis": 289. A quotation from Royal Lee DDS in his work *Butter, Vitamin E and the "X" Factor of Dr. Price* here indicates that the whole vitamin E complex from milkfat is a very important part of the multiple nutrient deficiencies which are part of MS.

> In the Dr. Peat school of thought, vitamin E is highly protective against PUFA and even able to destroy linoleic acid from the tissues and to destroy lipofuscin (PUFA + iron overload → age spots). Maybe PUFA has driven a lot of nerve damage. It wouldn't be any great surprise. I did find a science paper [61] suggesting vitamin E may be part of the normal process of nerve repair.

Relevant notes from *Nourishing Broth*, listed by page number:
"Multiple Sclerosis": 36. This page includes an encouraging early testimonial from an MS patient.
"Multiple Sclerosis": 84–5. Chondroitin sulfate is described here as being useful for MS and many other diseases. *Mycoplasma fermentans* is associated with MS and many other diseases.

> Here I would mention that I now see the concept of contagion largely through the lens of *The Contagion Myth*, a later book by WAPF's president and vice president, with the exception

of the historical disease *ra'asan* as described in the Talmud which apparently was a parasite that actually was very contagious (this sort of thing I do consider to be the exception, not the rule). *The Contagion Myth* does seem to be one of the greatest health discoveries of the century and does seem to update the terrain theory of disease transmission far more so than other resources. And as always, the sin theory of disease transmission is the most important.

"Multiple Sclerosis": 85. This page includes a compelling testimonial from an MS patient who used to be a vegan but, based on finding Dr. Wahls' work, incorporated broth and liver and was amazed at how much both of these foods helped her to feel much healthier and noticed the big difference between the type of nutrient-starvation which veganism induced.

Relevant notes from *Gut and Psychology Syndrome*, listed by page number:

"Multiple Sclerosis": 50–3. Even those who studiously avoid methanol-containing foods (those warned about in Dr. Monte's work) may still be consuming or producing a substance that also alters the structure of proteins [aside from the formaldehyde generated by methanol intake, that is]! Russian neurologist Natasha Campbell-McBride MD shows in one of her books, *Gut and Psychology Syndrome*, that in people with yeast overgrowth, yeast through alcoholic fermentation makes the following reaction: glucose → ethanol + acetaldehyde. People don't have to be drinkers in order to have some typical symptoms of alcoholism and to be drunk from carbohydrate intake. This has even caused FAS (fetal alcohol syndrome) in nondrinkers!

I wonder if the ethanol produced in that reaction (glucose → ethanol + acetaldehyde) actually is protective against the acetaldehyde, just as it is protective against formaldehyde. Dr. Monte added a certain small amount of vodka to his daily supply of drinking water for this reason, explaining he's not been a reliable drinker of alcohol but this method kept him with a steady slight intake of alcohol to protect him against methanol in the food supply (with formaldehyde, a protein-warping chemical used to preserve dead tissue as it has been used in embalming fluid, being a metabolic product of the methanol).

So if the ethanol does protect from acetaldehyde, this would show that the way G-d designed the body was with such foresight that even this undesired reaction in an unhealthy gut would have something built in (ethanol) to protect against acetaldehyde, the highly toxic result. Note also that the hypothyroid person (most people today) would be moreso expected in the Dr. Peat school of thought to have such extreme gut dysbiosis as to be making lots of alcohol there, since the carbohydrates would not be getting used by the person quickly enough before they could be fermented by

what appears, in this case, to be probably a case of SIBO.

A breastmilk sugar helps to repair myelin.
[62] Looks like we have yet another excellent reason, then, to recommend raw grass-fed milk for "nursing back to health"! And as a reminder, WAPF warned us that galactolipids from raw milk are very important for building myelin.

Here I should mention how raw honey is excellent for wound healing and manuka honey is being used by some in surgical mesh instead of antibiotics (and I don't know how there couple possibly be any more invasive use of a material than to use it in surgical mesh, so it must be very trusted to have this use today). Article: "How a Manuka honey 'sandwich' could be the key to fighting infections". [63] Of course, the honey really should be raw because most of its benefits are lost with heating. And allopathic medicine really hasn't wanted to use it without heating. (Please see also the amazing monograph on raw honey in Buhner's *Herbal Antibiotics, 2nd Ed.*, which is almost like a small chapter unto itself.) But all these years knowing about the great benefit of raw honey for wounds and I still didn't know the sugar component itself was actually good for supporting healing. Oh, sure, I had thought that because of its very high concentration it would have antimicrobial effects locally, just as people widely know concentrated syrup is a preservation method. But I didn't know that it must be that the sugar supports the cells. I had attributed most of the benefits of raw honey to the 5,000-or-so enzymes, traces of plant compounds, etc. But Dr. Peat's work exposes the little-known historical use of ordinary cane sugar topically for treating wounds, something I had never even known about before finding his work. So maybe it really is fair to make a guess that healing is supported/accelerated when plenty of sugar (yes, I mean sugar and that's not a typing error) is available to the tissues. And clearly, the way G-d designed honey is not arbitrary (and yes, that includes its main ingredients: glucose and fructose, which I'll note Dr. Campbell-McBride writes are usable by the impaired gut of the GAPS patient).

I had thought I was going to make a remark about how starch is not used for wound care but then found a paper in which the researchers designed a topical wound care system involving, among other things, starch, an enzyme glucoamylase which turns starch into glucose, and the glucose oxidase enzyme which turns glucose into hydrogen peroxide. This material seems in part like it might be a man-made approach based on the processes known to happen in raw honey. [64] It has long been known that raw honey contains glucose oxidase which slowly releases hydrogen peroxide (I'd say "as needed," as a guess). But raw honey is not sterile (even though that's not a problem except that it's not recommended for babies) or patentable so it might be of much less interest to a lot of the allopathic medical field.

Significant digestive processes including amylase, etc. are needed for breaking down starch into something we can use. But the readier forms of glucose and fructose that are about 50/50 in honey or cane sugar (since sucrose is a 1:1 glucose-fructose polymer) may well be very useful to the cells healing in the area of a wound. So from this, also, can we extend a bit more (as with the dental argument I've already made regarding carbs, not fats, as the ideal primary fuel) and suggest perhaps the use of simpler sugars would be more beneficial for nerve regeneration than using fats as the primary fuel?

And doesn't the topical use of honey for diabetic ulcers make absolutely zero sense—and I do mean absolutely zero!—unless considered through the lens of Dr. Peat's work, which emphasizes that the history of successful temporary therapeutic use of basically a zero-fat diet for diabetes type I and type II, often achieved with consumption of such startling things as white rice, white sugar,

and grapes in large amounts, has shown that, (1), the Randle Cycle and, (2), PUFA consumption/PUFA storage with PUFA liberation from tissues through excessive lipolysis are really the problem here?

It is understandable, then, why Dr. Peat refers to it as "so-called diabetes" and an 'elephant' remains in the room that the patients using honey on diabetic ulcers might have just as easily been prescribed eating very large amounts of the honey many decades ago and might have gotten well from it, rather than coming back again and again for treatment.

In other words, why is it that honey (ideally raw) on the diabetic ulcers is helpful? Importantly, even honey that is not raw does significantly help this problem. Could it be partly or largely that it is supplying a ready-made source of fuel for cells in the local area that need to do healing and doing so in a way that balances out, through an effect resembling dilution, any release of stored PUFA from those tissues and/or any circulating free fatty acids from the diet that would be halting, in the mitochondria, the oxidation of glucose? And as for support of nerve regeneration, I wonder if topical use of honey or cane sugar (whether unrefined evaporated cane juice or white sugar since I'd like them to be compared) applied to the injured area also would help healing go faster or slower or make no difference at all.

Human breastmilk, which is raw milk and which I think everybody now agrees is a perfect food for babies (unless of course the benefits of nursing are expected to become, officially, the next 'conspiracy theory'), has a high sugar content, so much so that WAPF's raw-milk-based infant formula recipe does include a significant amount of added lactose: 4 tablespoons for every roughly 4 cups of formula (with significant water and several other ingredients added to the raw dairy components). This is to mimic the high sugar levels of human raw milk because imitation of nature was considered a guiding principle in all stages of developing the formula. (Note: I think applying Dr. Peat principles to the formula recipe will change several things for the better and eliminate harmful aspects of it. For starters, Dr. Peat recommends PUFA depletion of the human being and I think this would make a big difference in the profile of lipids in the milk of mothers, such that no omega-3 and omega-6 oils would be added to the raw milk to imitate natural ratios in the formula recipes.) I greatly respect WAPF and the work of Dr. Enig, by the way, and I know WAPF does not agree at this time. The point, though, is raw milk is a staple of the WAPF school of thought and it is so widely known for its regenerative abilities (as with my teeth, for example). People did travel hundreds of miles across state lines to get their "mooshine" when it was less available/more prohibited nationwide than it is today. Available in all 50 states.

https://www.realmilk.com/raw-milk-finder/

Healing without scars: a clue for repair after mechanical nerve injury and for MS.

This is just a comment of my own. One of the key side topics mentioned in Dr. Peat's work is the concept of healing without scars and how such things as CO_2 and high metabolic rate (as of children) can achieve this sort of thing.

So if anyone thinks it is farfetched to even talk about such things, they should be aware that people do have choices to make. They do have free will and can choose to go with the advice of those who apparently have learned, due to the guiding force behind the standard training in their profession, to take actions which have had the effect of squashing out (through ridicule, legislation, financial warfare, etc.) many frontier ideas of nutritional regeneration and nutritional prevention before any research has been done, usually just by mere "standard of care" practices for the majority of those implementing the policies and actually not by malice for nearly all individuals

involved. And of course they should turn back from their standard training and let their letters (MD) stand for "medical defector." It is as if that profession has its mind made up that there are no nutrient deficiency diseases remaining to be discovered; and that if any would be discovered in the future, it would be up to the profession not looking for those discoveries to make the discoveries; and that it would be up to the profession which has been told to consider nutrition as almost a non-issue to be the source of nutrition breakthroughs.

The reality is that if G-d built our world so that natural medicine were king, with all the shiny buildings and big money behind it, plus freedom from side effects and only side benefits, along with a total lack of any monopolistic protection racket in the legal system for any style of medicine, we would have essentially no free will to do anything else in terms of physical means of addressing physical health but to enjoy natural medicine. Strangely, it is one of G-d's gifts that allopathic medicine has an enormous amount of money behind it, plus the heavy weight of the approval of an enormously bloated socialist government ordering police to treat natural doctors's cancer clinics/offices and raw milk farms [65], for example, as if raiding cocaine cartels. This is because in a world where the truth is very nearly disallowed, we human beings have very real and meaningful free will to choose the truth and be on the right side of history.

We saw that there is evidence of reinjection of growth factors for regrowth of finger components. And this sort of thing is certainly met without any skepticism by those who fully believe in allopathic medicine. But if basically the same allegations are made about fingertips regenerating due to CO_2 and humidity and high metabolic rate, as we saw Dr. Peat has explained in his work, the very same people might be expected to discount such regrowth as impossible. And maybe this is because Dr. Peat isn't a government-approved doctor for his open promotion of high salt consumption, for instance. This comparison highlights that the totally illogical medical problem we are facing in this country has a religious foundation: people deserve horrendous medical care because of sin and G-d takes away common sense so people actually punish themselves with bad health decisions. So we must be deserving of better and the rest will follow. And that can be explained and helped with my current book manuscript *Job's Leviathan* in the extra section called "Molech Therapy" and also in "The Island Without an Oil Change" from the beginning of my upcoming manuscript *Heroes Who Need to Meet Each Other*.

Georgi Dinkov's anticancer protocol using B vitamins + aspirin.

This student of Dr. Peat's work has been doing rodent studies and also has been recommending doses of B_1 + B_3 + B_7 + aspirin for reversing cancer. He has had some of the most promising results of anyone in all of natural medicine. In line with Dr. Peat's work, he has also been recommending exogenous CO_2 for the human beings using his information in treating themselves for cancer.

The B vitamins supplemented in his protocol for cancer do appear to have great overlap with the B vitamins which appear to be helpful with MS. A notable exception appears to be B_{12}. If my suspicion is right that restoring mitochondrial respiration in using glucose as fuel may be key in reversing multiple sclerosis (and therefore, we might take a guess, with reversing other nerve injuries) then the pieces of his existing anticancer protocol used tremendously successfully in rodents (and human beings) would also be useful for MS and other nerve damage. So let's glance at the details when it comes to B_1 + B_3 + B_7 + aspirin.

B_1: As mentioned, Cheryl Myers RN used B_1 as part of her alpha lipoic acid treatment for reversing nerve damage after dental surgery. On page 38 of *Nourishing Traditions*, WAPF explains that B_1 is used as a treatment for MS. Elsewhere, *Nourishing Traditions* warns that B_1 is rapidly depleted by sugar consumption. (And I am recommending sugar consumption, just in case that wasn't already

clear.) "Thiamine+biotin can treat Huntington Disease (HD), by restoring glucose metabolism" is the name of a post by Georgi Dinkov summarizing science on this topic. B_1 is thiamin(e). B_7 is biotin. These clues are pointing us to the conclusion that B_1 is a key chunk of this puzzle.

B_3: Please see the various mentions of niacinamide in this chapter where I argue that if this stuff can reverse leaky gut, it should be anticipated to help with nerve repair and this might not only be through supporting gut repair but also by supporting respiration in the mitochondria, where glucose is burned. Clearly, leaky gut is one of the causes of multiple sclerosis so if I were wrong about how B_3's role in supporting mitochondrial respiration could help nerves directly, there would still be reason enough to consider B_3 as a helper for nerve repair if the only mechanism were support of gut integrity.

B_7: We just covered again, two paragraphs ago, the article "Thiamine+biotin can treat Huntington Disease (HD), by restoring glucose metabolism." However, before the Haidut website was launched, Georgi Dinkov was posting useful things on the forum such as a biotin/MS study [66] so successful that Mr. Dinkov later wrote [67] that the company had petitioned the FDA to ban over-the-counter biotin with a dose greater than 1 mg. So far, I have not been able to find out which company he is referring to and haven't been able to confirm this.

Note: Raw egg whites are known to contain avidin, a biotin blocker, so shouldn't be overeaten. They also have trypsin inhibitors which could get problematic in large amounts. Combining advice of WAPF (avidin warning) + the Dr. Peat nutritional school of thought (very-low-PUFA pastured eggs, please) yields good results when it comes to egg consumption.

Aspirin: I wasn't expecting to find any evidence that aspirin would help MS/nerve repair in any way. I had thought $B_1 + B_3 + B_7$ would have evidence supporting their use but that I wouldn't turn up anything on aspirin. But it turns out Georgi Dinkov already beat me to it: A page he posted long ago on the Ray Peat Forum [68] in 2018 shows that sunlight and aspirin are good for MS, to put it mildly. (Note: Sun exposure should be modest, in terms of not showing off to neighbors, not going to mixed beaches, etc.) [69] At that time, he stated that he thought it was to be expected that the FDA would ban, G-d forbid, biotin and aspirin for anything other than prescription use. I have recently had a strong impression that exactly that sort of thing is expected in the near future with aspirin and other good things.

Homemade sources of B vitamins: Then, of course, there are things like long-rise homemade bread and homemade kombucha. B vitamin supplements were not always available and it's known they have sometimes been low-level problematic for those taking them (not severely problematic). What if there is a way to make a type of bread (or gluten-free bread for those who need it) or a type of kombucha or similar that would be able to supply what is needed and yet still fit within Dr. Peat's nutritional principles? What if there is some other kind of fermented food (not bread or kombucha) that would supply all of the necessary B vitamins in optimal amounts? It seems Dr. Peat's objection to tea was that the estrogenic substances in the plant were harmful and the benefits of the caffeine made up for some of this. For at least this reason, he recommended coffee. So is there a way to make kombucha out of coffee instead of tea? And are the estrogenic substances in tea destroyed by the fermentation process seeing as the stuff is ready, according to WAPF's recipe, when it no longer tastes like tea? After all, there are sources that allege the caffeine and sugar are entirely destroyed by a longer-than-usual kombucha fermentation of 2 weeks (not that I any longer think sugar and caffeine are bad now that I am learning Dr. Peat's work).

Or what about making homemade coffee cider vinegar? Would this be inferior to coffee kombucha due to a lack of liver-supporting glucuronic acid? And what about Dr. Peat's other specific objection to kombucha, the histamine? Is there a way to make it so it is low in histamine

and/or to block the effects of histamine in the user? The Foundation for Functional Fermented Food/The Probiotic Jar have successfully taught mold-free lactofermentation for years, in a world where popular misinformation (or disinformation) about this topic says people can make sauerkraut with an open mason jar with a cabbage leaf on top (and to just "scrape off the mold" later). The lactofermented vegetables they teach how to make are actually free of histamine after months in the airlock system (long after being transferred to cool storage after the primary fermentation, that is) since they go all the way through Stage 4 fermentation. Commercially, this might not be all that practical since they're already a not inexpensive value-added product and needing far longer to go to Stage 4 might be expected to increase the cost a lot more. People sensitive to histamine have been able to eat the fermented vegetables made with their refreshingly scientific and foolproof methods (and their airlock system which uses a glass lid instead of oxygen-permeable plastic)(it's certainly not that there couldn't be any other brands out there doing something comparable but I don't know of any at this time). But then, kombucha requires oxygen so I don't think a similar method would work. Of course, mold-free, histamine-free lactofermented vegetables are still sources of plenty of lactic acid and must not be eaten in quantities causing a lactic acid problem in the eater, which could depend on so many factors...

In the long run, it doesn't seem affordable, as far as I'm aware, to indefinitely eat a B vitamin supplementation protocol like what Georgi Dinkov has successfully used in rodents and human beings to reverse cancer and I am seeking inexpensive methods from traditional food preparation. A person would need to be getting their B vitamins from somewhere. And liver is a great source that should be used regularly but I don't think people can expect to indefinitely use it three times a day or something like that. If high sugar consumption is good in a certain context, as this report is trying to argue, then it would be in the context of having all essential nutrients in optimal amounts. B vitamins are some such key nutrients. There must be one or more healthy ways of having a B vitamin factory in the kitchen that tastes good and has no side effects and no great cost. And speculatively, I'd ask the question: What if the reported cancer cures using kombucha have been largely because of its B vitamin content restoring efficient glucose oxidation in the mitochondria, as would be consistent with Dr. Peat's body of work? Yes, there are things in kombucha considered problematic in the Dr. Peat school of thought which might be expected to push against efficient oxidation of glucose rather than encourage it. I'm not ignoring that. But it would be irresponsible not to mention these questions since we're aiming for...

NERVE REPAIR!

Chapter 3: **ACTION SUMMARY**

What with this report being so early,
this chapter currently has far less clarity than I would prefer.

Explanation of the report's themes before the numbered list.
I suspect the reader should be implementing the basic fuel recommendations from the Dr. Peat school of thought (that is, to avoid inducing the Randle cycle with the wrong ratio of the two fuels) and should be implementing other prometabolic interventions from that school of thought, seeing as various key players or substances mentioned in this quick report, those being...

> thyroid sufficiency; niacinamide/vitamin B_3; vitamin E; red light 'supplementation;' iron overload avoidance/reversal; proper intake of the other B vitamins; vitamin D intake; emphasis on four key minerals from Dr. Marshall's protocol for TBI; avoiding the 'landmines;' B_{12} intake; H_2 therapy; CO_2 therapy; PQQ + CoQ10 supplementation; progesterone/ginger supplementation; possible urea supplementation; possible alpha lipoic acid supplementation; possible DMSO use; possible vitamin C supplementation if certain it's real and safe

...all seem consistent with pushing the body towards efficient metabolism of glucose as fuel and making plenty of energy at the cellular level. There are many recommendations from both the GAPS diet and the Wahls Protocol that obviously are helpful for the individual seeking to cause nerve regeneration. (And that is not speculation. We know that Dr. Wahls reversed the vast majority of the multiple sclerosis that she was dealing with and I will emphasize that is a type of nerve regeneration. I realize there is a high bar here for any idea being considered credible at all because we are talking at least in part about a goal of reversing spinal cord injuries said to be incurable. So I'm pointing out that she didn't reverse most of her MS problem without supporting nerve regeneration, nerve regeneration which happened and is now being trialed in other MS patients.)

However, some parts of the GAPS diet and the Wahls Protocol would be inconsistent with the Dr. Peat school of thought. Cod liver oil might be the prime example. The very important vitamins available in CLO must be obtained from other foods. The damaging effects of fish oils rival even those of vegetable oils, the deadliest thing in the food supply. If T3 is strongly supportive of remyelination, why supplement with fish oils as bears use to slow the thyroid for hibernation? But the use of gelatinous broth and organ meats are examples of food interventions that are consistent with Dr. Peat's work and expected to be very helpful. So the reader needs to have some working understanding of the basic elements of each of the main nutritional schools of thought which are going to be discussed at some length in my upcoming book manuscript, *Heroes Who Need to Meet Each Other*.

Long previous discussions about gut repair: And the long discussions here about gut repair, while they could seem to be a side issue, are simply because that would be expected to be one of the necessary foundations for nerve repair and it is also likely a process with some similarities to nerve repair. If someone had a nerve damaged by some kind of incident like a gunshot wound, we simply don't know if the person's gut barrier is intact or not and we shouldn't assume that it is intact, even though that obviously wasn't the original cause of the problem. A high percentage of folks with chronic illness have leaky gut and some people may have it without extremely obvious symptoms.

Food allergies, for example, don't have to present always in the most debilitating forms and take over a person's life to be a positive indication of leaky gut. To the best of my understanding, if the person has any food allergies, he or she has leaky gut. Any condition referred to as a GAPS condition would be an indicator of leaky gut. And that covers a huge percentage of the population.

Further, Dr. Wallach has warned us that as much as 90 percent of a person's food + supplement nutrients might not be absorbed if there is a gluten problem because of the contact enteritis (not so unlike the contact dermatitis of the skin known for poison oak/poison ivy) reaction in the intestine leading to swelling and eventual destruction of villi in the small intestine such that on autopsy, not that I'm recommending autopsy as a treatment or otherwise, people have been found to have abnormal areas of the small intestine with totally smooth surfaces where there should be the finger-like villi protruding. This greatly, greatly reduces the surface area of the small intestine and, as stated, has been known to reduce absorption by as much as 90 percent, leading to multiple deficiency diseases! Would I be doing a good job of suggesting ideas for nerve repair if I did not make a big deal about this highly significant teaching of Dr. Wallach?

Structural repair follows energy sufficiency of tissues: Similarly, the study showing niacinamide repaired leaky gut (the same one I keep coming back to) uncovered by Georgi Dinkov clearly shows us that structure or structural repair (literally, in this case, the gut either having holes in it or not having holes in it) follows energy sufficiency of that tissue, which I think is one of the big but startling points Dr. Peat was conveying in his work. In other words, if we know the gut can repair when carbohydrate metabolism/mitochondrial respiration is supported with vit. B_3, why would there be any great surprise or huge leap in suggesting maybe the same general theme is true for nerve repair?

Healing of hard tissues: Another thing I must mention before the numbered list is the healing of hard tissues. My own reversal of so many cavities did happen, for the most part, while following the recommendations in *Cure Tooth Decay* by Ramiel Nagel. But later I really started implementing Dr. Peat's work and this began by switching over to eating mostly carbohydrates for fuel starting in late July 2023. (Gasp!) The theory behind it seemed solid: based on the Randle cycle concept, the blood sugar wouldn't be a problem if I either kept the fat very high and carbs low or kept the carbs very high and fat low. So I did try the very high carbohydrate diet I expected could never work. I have been eating a really large amount of oranges (a lot of them but not all of them as fresh juice) as part of my implementing Dr. Peat's work in my life. And thankfully, even with all this acid on my teeth and no more cod liver oil, my teeth have done very well. The story is longer and more detailed than that and should be told in the upcoming manuscript in a chapter called "Cure Tooth Decay Revisited." But for now, I'll just state that I'm getting results at least as good with keeping tooth decay inactive (and probably somewhat better results) than previously, back when I was eating a massive amount of fat and taking cod liver oil, a strongly thyroid suppressing liquid. I also was eating a lot of wild salmon: rich in full-spectrum vitamin D and helpful for the teeth in that regard, yet very anti-thermogenic from the oiliness/the PUFA. I'm very glad for the change and I believe I now understand why I became so extremely tired of it.

When I ate a low-carb diet, I had to always have both cod liver oil and raw grass-fed dairy going in at the same time or else tooth decay would come back fast. (To be fair, I had so many holes in my teeth at the same time so it was very amazing that any nutritional cure presented itself, with G-d's help.) I verified this need for consuming both at the same time many times over when I ran out of either of them due to financial problems. Various possible reasons for the better recent results come to mind: (1) Better blood sugar control on a high-carb diet Dr. Peat-style diet than on

a low-carb diet, as Dr. Mercola has shown with his improved blood sugar marker<u>s</u>, plural, in blood test results eating about 60 lb. fruit/week versus eating mostly fat for fuel previously; (2) Better energy sufficiency of the various soft tissues supporting dental repair and/or possible preference of those tissues for carbohydrate fuel; (3) Vastly lower cortisol levels; (4) Very high calcium intake due to use of eggshell powder as Dr. Peat recommended; etc. The fat-soluble activators in the diet outlined in *Cure Tooth Decay* and *Cure Gum Disease Naturally* are the main key to the original success. Now eating somewhat less of those in this very high carbohydrate diet, I think I'm getting somewhat better results. That is a surprising result and it says a lot.

It is my understanding that today, only people consuming either high-fat diets (with low carbohydrate intake) or high-carbohydrate diets (with lowish fat intake) are reporting decent health results of any kind. I don't think people who are using something in the middle are getting good results. And this would make perfect sense because of the Randle cycle: the concept that mitochondria have only been able to burn one kind of fuel at a time. As Dr. Mercola explains it, that would be like a train not being able to go down two tracks at the same time. I now see that I got stuck in the low-carb, high-fat diet habit for probably more than 10 years and ate butter as my main fuel, not knowing that avoiding carbohydrates is very harmful and that I would have been better off following Dr. Peat's nutritional principles on fuel types: high carb intake, specific carb types, mostly saturated fats as the fat intake, extreme minimization of PUFA. (And that doesn't mean I'm throwing away other terrific information learned elsewhere, as should be very obvious by now!) I have two rhetorical questions for those who still might think I must be completely wrong about carbohydrate foods and sugars being good:

(1) <u>To the general public</u>: Wasn't there a time when the government was warning Americans about how hypothyroidism in foreign countries has caused a lot of mental retardation and iodine was being added to salt in an effort to prevent this? Isn't it a high priority that Americans don't cause profound harm to thyroid function (and thereby cause mental retardation) with a low-carb diet for themselves, their children, their friends and neighbors? (I'm not recommending iodized salt, by the way, though iodine is needed and selenium prevents its toxicity to thyroid.)

(2) <u>To those in various low-carb diet schools of thought, such as WAPF, AIP, "Paleo," intermittent fasting, etc.</u>: Broth/gelatin, organ meats, saturated fats (the more saturated the better), dangers of soy, dangers of estrogen, dangers of vegetable oils, dangers of vaccinations, potential dangers of starch and fiber, potential dangers of goitrogens in certain plant foods...aren't these all topics you have already addressed and agree with wholeheartedly? So at that point, what if Dr. Peat's evidence on fish oils being harmful and sugar being beneficial were things you could bear to bring yourself to read?

So for these reasons, it is my strong suspicion that a high-carbohydrate 'version,' so to speak, of the GAPS diet and/or the Wahls Protocol could be a good foundation of an effort at restoring damaged nerves. If not, those protocols exist and I'd at least recommend staying away from the fish oils, oily fish, etc., to reduce harm and replacing those with organs, etc. that include the same fat-soluble vitamins. But this has been an extended argument in favor of trying a variation with high intake of carbohydrate foods, Dr. Peat style!

LIST OF ACTION STEPS:

1. Please eat a diet consistent with Dr. Peat's work, including but not limited to a carbohydrate/fat intake that won't induce the Randle Cycle.
2. Along with Item 1, please implement strategies outlined in this report in *Chapter 2*: ASSORTED LEADS. In many cases, it may help to add them one at a time and thereby get a sense for what is obviously helping. For a high percentage of folks, this all requires a total lifestyle change: learning to make your own bone broth, finding the raw milk farm, etc. So how does someone swallow a whole beef cow? One bite at a time and hopefully not aged beef. My suggestion is just pick something that stands out as an exciting possibility to try first. Add it to your life and find out if it is helping. If it is helping, keep it and use an invention called a pencil to mark it off your list. Then try adding in the next thing. One bite at a time. One day at a time. And you can just go step by step to make it all easy, unless of course you want to make big changes fast and/or traditional food preparation is already familiar.
3. Please think of what you are doing in terms of the Bulgarian burger, an invention of Georgi Dinkov. He has explained that eating meat did cause him to feel cold (indicating thyroid suppression) unless he ate it in the style of the Bulgarian burger: with gelatin/gelatinous broth, with a large amount of calcium carbonate powder or very fine eggshell powder, and with plenty of carbohydrates. Based on Dr. Peat's work, Dr. Mercola recommends ⅛ tsp. eggshell powder 3x/day. It must be extremely fine. I've heard of gut irritation if it's coarse. It's preferred to use un-aged red meat if that is available since the meat will have about a 50/50 ratio of carbohydrate calories to protein calories if un-aged, due to glycogen content. Aging of red meat causes the glycogen to go away and be converted into lactic acid, while also making some substances Dr. Peat has written about as being possibly undesirable. Further, Georgi Dinkov has warned that phosphorus, abundant in meat, is a nephrotoxin (kidney toxin) and, for our purposes in this report on nerve repair, is a direct toxin to the mitochondria. We want to support efficient mitochondrial respiration of glucose, not supply the mitochondria with a steady overload of phosphorus. So while the GAPS diet and the Wahls Protocol include many excellent components for supporting nerve regeneration, even the one single example of this "Bulgarian burger" concept shows how essential Dr. Peat's school of thought really is. Just feeding someone a lot of liver and muscle meat, and a lot of broth, and no carbohydrates, and no eggshell powder would be expected to crash the blood sugar, drive cortisol very high, starve cells of fuel (glucose) they might need for healing, and greatly reduce the efficiency of the mitochondria from that load of phosphorus. Despite this, these amazing protocols achieve a great deal of healing. I believe that goes to show just how powerful as health foods liver, broth, etc. really are. And with carbohydrates as the main fuel (gasp!) and a whole lot of calcium to block the phosphorus, maybe the results will be much faster. I do not know how many people could have already tried this before now. Eating meat without the broth is a terrible idea, including and especially for any individual hoping to support nerve repair. It mimics the amino acid profile in human blood of fasting, signaling the thyroid to slow down dramatically. Basically, in fasting, as Dr. Peat explains it, the human being is on an all-steak diet: he's using the stress hormone cortisol to chew up brain and muscle tissue (the "steak") to supply amino acids (these are 'alphabet letters' if a protein is a 'sentence') which go to the liver to be turned into glucose to keep the person from going into a diabetic coma. That's how necessary blood glucose really is and it's a reason why fasting and low-carb diets make cortisol go high. More inexpensive types of meat (ground beef instead of the most expensive steaks) may sometimes include significantly more connective tissue of the kind found in broth, making them healthier than steaks that are very free of gristle.
4. Please use the Dr. Wallach-style homemade supplement routine, including Dr. Timothy Marshall's set of recommended minerals.
5. Please really familiarize yourself with the main nutritional schools of thought listed at the

beginning and use their work. For instance, you'll want to use the WAPF's dietary guidelines, minus anything that's inconsistent with Dr. Peat's work. Please be sure to read *Heroes Who Need to Meet Each Other* when that comes out. If the reader is unfamiliar with my work, that book or book manuscript will add credibility such that the ideas here will be shown to be certainly worth investigating and trying. Different readers have come from different backgrounds, with some backgrounds pushing them to require more persuasion.

6. Please read Dr. Peat's article on multiple sclerosis. [https://raypeat.com/articles/articles/multiple-sclerosis-hormone-related-brain-syndromes.shtml]
7. Please read my older, outdated TBI report. It does have a lot of very relevant and useful information in it. The section on exploring and explaining Dr. Marshall's mineral protocol will help a lot, for example. However, please be aware that I have updated my understanding on a number of things while I'm in the process of adding Dr. Peat's nutritional school of thought into my own life: sugar is good, fish oil is bad, black pepper is bad, CO_2 and H_2 are very important and balance harms of oxygen, etc. I believe those four points are the existing main weaknesses of that outdated report.
8. Everything should be beyond organic. There is an OMRI list of approved chemicals for application on USDA Organic food and certain preservatives are allowed. Cavin Blaster's explanation in his book of why organic food is necessary should be sufficient, but I'll also point out the outrageous levels of mercury that are in some non-organic produce because of the use of biosolids/evaporated sewage sludge from runoff from sewage (which includes runoff from dentists' offices which is full of mercury these days). Dr. David Lewis, EPA whistleblower, has a book about this; since there is no Clean Soil Act (but a Clean Air Act and a Clean Water Act), unlimited amounts of this sludge are allowed on non-organic farms and other places and the mercury levels can be extremely high (along with pharmaceutical residue, etc.). I learned about Dr. Lewis's work around 2017 from an interview he did with Dr. Joseph Mercola. And nice job to Dr. Mercola for getting blacklisted by the bad guys for being on the right side of history!
9. Required reading: A Midwestern Doctor's very encouraging article on DMSO and SCI (spinal cord injury). This might be best obtained by reaching out to me to forward the email version of it which I got May 2026 because in that format on Protonmail the videos were successfully blocked for me. Someone with better technical proficiency could help teach me to block videos.
10. Recommended reading: [https://www.westonaprice.org/health-topics/toxic-iron-and-ferroxidase-the-master-antioxidant/#gsc.tab=0] It is hard to imagine reversing MS or SCI with a big overload of iron!
11. Please thank the Creator for His abundant provision of solutions to a challenging problem.
12. Please reach out to the author of this report if any questions or updates come up. Thank you for reading!

DR. WALLACH-STYLE HOMEMADE SUPPLEMENT ROUTINE:

Note: This has not been reviewed by Dr. Wallach.

1. Vinegar-dirt-water recipe: Please get the 40-lb. bag of Bloomin Minerals and the large plastic canister of the same (which I think is 5 lbs.). The bag is what you use to refill from as you go. Use perhaps a very large mortar and pestle and grind up a scoop at a time, then mix thoroughly with water so you can drink the minerals that are suspended. Vinegar may be used to acidify the liquid to increase uptake of minerals into the water. I use a very large mortar and pestle and don't have to spend a long time grinding it up because any grit/larger pieces remaining can be added to compost once spent. This is based on the verbal description [70] Dr. Wallach gave for the manufacturing process for the Plant-Derived Minerals liquid supplement: the coffee-grounds type of material is mined from southeastern Utah, where a gold prospector once went to try and find gold but instead cured his arthritis by drinking water from a funny-tasting stream. Then this material (ancient plant compost containing all 60 essential minerals) is mixed with spring water onsite, along with a bit of an acid for getting the minerals effectively into the liquid, and left to sit for two weeks. Then the liquid is bottled without the solids. Tip: If guests come over, you now have the option to politely offer "vinegar-dirt-water Not For Human Consumption" as an appealing beverage choice. The mineral deposit from SE Utah was studied by Dr. Gerhard Schrauzer PhD, selenium and mineral expert, and he considered it to be a good one, according to Dr. Wallach. I do not know the ideal dose to give and I'd like to find out more about the dose but I also don't think it will be something to cause imbalances whether taken in medium amounts. Something to try as a starting point would be using one scoop of the stuff, grinding it up, and using it in water until it is spent such that over the course of a 24-hour period, one ground-up scoop is used for a person of roughly 150 lbs. body weight. This seems to be a moderate dose but I am guessing. I don't know how much this equates to relative to his Plant-Derived Minerals supplement and would like to be able to compute this. Bloomin Minerals is labeled Not For Human Consumption or something like that but I do use and recommend lots of things labeled like that (veterinary or otherwise). This isn't the only possible source in the world of all 60 minerals. I don't know of other deposits that may have been studied by Dr. Schrauzer or others and what they contain. There are many humic + fulvic shale products and shilajit products on the market that would have some or all of the minerals in this stuff. **This approach described here, the vinegar-dirt-water recipe, will supply very small amounts of all 60 minerals Dr. Wallach has found to be essential.** Some others are good to supplement in larger amounts, which we'll come to soon. I consider it an impossibility that Bloomin Minerals (or the deposit it was mined from) would have been favored by Dr. Schrauzer had there been an undesirable ratio of Se:Hg, for instance. And much like sea salt, the deposit does have trace amounts of just about everything.
2. Unrefined salt of good quality: This will include all essential minerals, though the person is limited in how much of it can be eaten on food before it starts to taste bad. That is a reason why it is good to have Item 1 in this list! Dr. Peat's recommendation on salt is to eat the maximum amount that still tastes good on food. Dr. Wallach's recommendation is basically the same. Same for WAPF/GAPS. I'm currently using Sea-90 for livestock and, thank G-d, it's a great price and Not For Human Consumption. Currently $9.99 per 25 lb. bag at Azure. I checked in about the cleanliness of that salt and it appears agrochemical runoff doesn't reach the Sea of Cortez because the river water has been getting used up before that point.
3. A quick note about fillers. In my opinion, fillers can be necessary and good in a way but ingredients used today (cellulose-type capsules; cellulose-type fillers; magnesium stearate) have been known to be significantly harmful. If you're mixing up your own supplements, you don't want to be pulling out a scale to measure things every time you need to consume your

formulation. So tiny measuring spoons are a good option. Pourfect has a made-in-USA set of measuring spoons that go all the way to 1/64th teaspoon and up to 2 tablespoons, with many in between. But there are many things out there for which 1/64th teaspoon would be too much. Copper is an example. So you can use zinc as a filler! Whatever else in your homemade mineral powder blend is needed in very small amounts can be treated similarly to the copper. Zinc picolinate powder could be used as if it is a filler because the copper powder would be too concentrated to be practical even for tiny scoops (1/64th t. would be far too large) if it's not mixed with something. (That sentence was redundant because it's good to repeat for the reader just to make sure.) Mix thoroughly, please. And then a set of measuring spoons going all the way down to 1/64th teaspoon could be used to measure approximate amounts for supplementing daily with a Zn/Cu blend of about 10:1, all without spending much money. Various forms of supplemental minerals will have different amounts of the element they're supplying, e.g. zinc picolinate has 18 mg elemental Zn per 100 mg of powder and copper gluconate has 14 mg elemental Cu per 100 mg powder. And the computations start from there. Now you know the theory. Let's walk through the computations.

4. Computations: Here I'll provide a sample of computations that could help with convenient powders mixed at home to save a lot of money. The materials should not be from China.

   Zinc + copper powder. Zinc supplementation without copper is dangerous and vice versa. Roughly 10:1 (Wallach) or 8:1 (WAPF) is in the ballpark of the ratio that is needed. Going with a 10:1 ratio, let's proceed:

   Assume pure copper gluconate powder in bulk and pure zinc picolinate powder in bulk (no fillers) for this example. 18 mg elemental Zn are in 100 g zinc picolinate (which I'll abbreviate Zn_{Pc}). 14 g elemental Cu are in 100 g copper gluconate (which I'll abbreviate Cu_{Gluc}).

   (10 Zn/1 Cu) * (100 Zn_{Pc}/18 Zn) * (100 Cu_{Gluc}/14 Cu) →7.7875:1 ratio of Zn_{Pc} to Cu_{Gluc} by mass

   So about 31.15 g Zn_{Pc} and 4 g Cu_{Gluc} are needed to balance each other to get that 10:1 ratio of elemental zinc to elemental copper. Based on the density of the powders I was using, this worked out to about 2/64th teaspoon for 23 mg elemental Zn and 2.3 mg elemental Cu, but other brands of mineral powders or other batch numbers, even, could possibly have different densities. By shaking up the two powders in a reused spice jar, I was able to verify that the blue copper and the white zinc powders were evenly mixed and these weights of powders (4g + 31.15 g) allowed for enough room in the jar to lead to complete mixing almost immediately.

   Selenium. At this time, I haven't found just the non-China powdered selenium supplement I want so I don't have real example numbers to contribute here. Amino acid chelated forms are recommended by Dr. Wallach and to callers on the radio show *Dead Doctors Don't Lie*, he has commonly recommended up to 9/day of the Ultimate Selenium supplement by Youngevity, which would contribute 900 mcg/day but this is in the context of a very extensive nutrition and supplement program and depends on bodyweight, also. Dr. Gerhard Schrauzer recommended 400 mcg/day as the dose for cancer. If I find a brand of Se powder I like, I may be able to update this section so the Zn + Cu would include it.

   Lithium. At this time, I haven't found just the non-China powdered lithium supplement I want so I don't have real example numbers to contribute here. Dr. Marshall recommends starting with 5 mg lithium orotate and then moving up to 10 mg/day. He also notes that Dr. Jonathan Wright has had patients on 20 mg/day with no ill effects. This mineral is generally highly neglected today. If I find a brand of Li powder I like, I may be able to update this section so the Zn + Cu + Se would include it.

   Magnesium powder. Glycinate or bisglycinate powders are good. I have been taking a very large amount for the migraines and I think I recently purchased about a year's supply of the bisglycinate form in bulk for just under $100.00, including shipping. Take separately, not mixed with other powders, so you can consume this in an amount that is ideal for your bowel tolerance purposes. (Georgi Dinkov says the best time to take Mg is about 30 minutes after niacinamide, 50 mg, which is taken 3 times/day with meals as 1/64th t. of niacinamide pure powder for general health in Dr. Peat school of thought. In this way, the Mg should have enough ATP available

so it's absorbed and doesn't just cause diarrhea). (Dr. Peat recommended the carbonate form and I do not know why that is. I have yet to try it.)

5. It could make sense for a person attempting nerve repair to ask for a free consultation with Dr. Timothy Marshall PhD. He works with the doctors of TBI patients, etc., to develop specific supplement protocols for the patients. I believe this is based on the conditions they have and their body weight, mainly.

https://www.drtimothymarshall.com

Chapter 4: **ADDITIONAL RESOURCES**

Miscellaneous items that might be of further interest are listed here.

Vitamin C.
Irwin Stone, the author of the vitamin C book called *The Healing Factor*, was in a severe car accident in a rural place where the hospital was very small. They couldn't do very much for him. He healed very quickly, though, and attributed this to taking one gram of vitamin C per year of life. So if he was 40, for instance, that means he was taking 40 grams/day. This is a very large dose and I do not know which forms were being used. Genetically engineered corn is used to make most vitamin C today. Also, most forms of vitamin C are good at depleting copper and do not come with their necessary complement of bioflavonoids, or vitamin P, as they are called, which are part of the vitamin C complex, rutin being one of them. This is why the plant powders like amla and acerola are much better and more balanced ways of getting vitamin C. At least, so goes the theory. (I wonder if Dr. Peat's school of thought calls any of that into question. Certainly, he has warned about some vitamin C supplements being so toxic due to heavy metal contamination that they produced more harm than X-rays. And it seems possible that Dr. Levy's work and Irwin Stone's work might conflict with the theory that the bioflavonoids need to go with ascorbate, such as in Mr. Stone's description of vitamin C amount produced in a stressed versus unstressed goat—do goats worry about making payroll?) However, it can't be denied that Mr. Stone wrote a very compelling book and the same can be said about Dr. Thomas Levy who also is recommending very, very high doses for a lot of different illnesses. Apparently, the hospital Mr. Stone went to thought his injuries probably would have killed him but he had a remarkable recovery. However, I do not know what the injuries were.

Here are some related links (but I don't think I found the original study on cat spinal cords):

"Effect of vitamins C and E on recovery of motor function after spinal cord injury: systematic review and meta-analysis of animal studies" [https://pubmed.ncbi.nlm.nih.gov/31800057/]
I'm not able to access this one or even an abstract: "Regeneration of severed nerve fibers in the spinal cord of the adult cat" [https://pubmed.ncbi.nlm.nih.gov/13233357/]
I'm not able to access this one or even an abstract: "Regeneration of spinal cord fibers in the cat" [https://pubmed.ncbi.nlm.nih.gov/13252144/]
A study called "Does vitamin C have the ability to augment the therapeutic effect of bone marrow-derived mesenchymal stem cells on spinal cord injury?" showed that vitamin C enhanced the stem cell treatment given to rats after spinal cord injury. [https://pubmed.ncbi.nlm.nih.gov/29323045/]

What about folate?
"Researchers Discover How Folate Promotes Healing In Spinal Cord Injuries
NIH Funded Study Deciphers Chemical Sequence of Nerve Regeneration in Rats."
[https://www.nichd.nih.gov/newsroom/releases/062410-folate-promotes-healing]
A key quote from this NIH news release (not that I trust NIH in the slightest) is this one:

> "Interestingly, the more folate we gave, the more regrowth we saw, eventually achieving almost a tenfold increase in axonal regeneration," Dr. Iskandar said.

The rats's recovery peaked, reportedly, at a dose of 80 mcg/kg of body weight.

Look, folks, first of all, this is from NIH so I can't really say that I have any confidence this article could be anything but a starting point. Perhaps the primary task of the federal health institutions has been, for decades, to reduce the birth rate of the American public and certainly the promotion of vegetable oils and one of the most estrogenic imaginable plants (soy) in the food supply, along with other strategies, have done a remarkable job of achieving so much of their misguided goal. NIH is not trustworthy in any sense of the word. So don't count on the study (or perhaps reporting about it) to be reliable. However, it would be irresponsible not to mention "almost a tenfold increase in axonal regeneration" through use of one supplement, whether it turns out to be true or not.

Poisoning through folic acid:
Brucha Weisberger reposted an article by a Dr. Clare Craig that uncovered this in an article called "The Great Folic Acid Poisoning: How the "preventative" for spina bifida killed unborn babies in the only large randomized trial ever conducted. Results were buried."
[https://open.substack.com/pub/truth613/p/the-great-folic-acid-poisoning-how?utm_campaign=post-expanded-share&utm_medium=web]
It appears from this work that folic acid is a toxic and selective abortifacient substance that harmfully takes the place of necessary folate, which sounds like a process equivalent to or similar to "functional deficiency" in which a nutrient is present but made unavailable. Apparently adding folic acid to nonorganic grains has been mandated in the USA since 1998 and is expected to be in place in the UK as of December 2026. And reportedly, for each baby supposedly rescued from neural tube defects, nine died through spontaneous abortion in the one trial of healthy women/folic acid.

Georgi Dinkov warns folate and B_{12} have increased cancer:
He seems to be recommending restricting folate to some extent and not supplement with it and he has excluded folate and B_{12} from him B complex product. [https://haidut.me/?p=2596] Properly questioning the genetic theory of disease transmission, he notes that a trial is working on finding out whether Ehlers-Danlos syndrome is reversible with a supplement of the active form of folate since its inactive form is elevated and active form low in those with Ehlers-Danlos syndrome. [https://haidut.me/?p=2222]

Given the promotion of prenatal folic acid supplementation as a good practice in the NIH news release above and given the stark comparison with the article called "The Great Folic Acid Poisoning...", I can say that I have suspicion about the honesty of that news release and curiosity about whether folate does as NIH says it does or whether it may be working to promote folic acid. If a PR campaign were going to start somewhere, where would it start? With a news release, maybe?

Miscellaneous.
Page with compilation of nerve repair links: This page has a number of videos on food for nerve regeneration, including by doctors and TED talks, though of course I'm not recommending TED talks. https://nutritionofpower.com/nutrition/diet-for-nerve-regeneration/ I think the comments section is fake/generated by AI and/or does not include real names of commenters.
Deuterium-depleted water:
This is a theme of Dr. Tom Cowan's book *Cancer and the New Biology of Water* and it stands to reason that the beneficial effect on the mitochondria of not being loaded down with deuterium might greatly help not only the cancer patients but also for nerve repair.

Note to self: The following links may be useful when I come back to this DDW topic someday.
https://www.dexafit.com/blog2/metabolic-water-your-mitochondrias-most-overlooked-output
https://www.mdpi.com/1467-3045/45/1/5
https://link.springer.com/article/10.1007/s11306-024-02173-4
https://www.nature.com/articles/150021a0
I don't have clarity on fats versus carbs as the main fuel when it comes to deuterium-depleted water being generated in the mitochondria as metabolic water.

Boron. *(This section is slightly edited and pasted from by TBI/concussion report.)*
I think Dr. Tim Marshall also mentioned boron as being one of the important minerals for neuroregeneration. Knowing how important boron is, I hope I hear something about this from Dr. Marshall and can add an update. Like calcium and iodine (and now we should add lithium to the list), it is another antidote to fluoride poisoning (and turmeric saves the brain from the ravages of fluoride). And the important trace element lithium is also known to be depleted by fluoride.

Chapter 5: **CONCLUSION**

Abraham created something out in the desert that was essentially an elaborate orchard and inn. He would consistently welcome weary travelers and feed them a bountiful meal of delicacies while explaining to them that G-d is the one taking care of them and lovingly causing them to come into existence at every moment, continuously. He would talk to them while they were eating. The episode with the angels involved beef tongues (one for each man, with the animals having been slaughtered fresh especially for those guests and specifically for the purpose of supplying beef tongue as a delicacy), cream (and I'm sure that was not Pasteur-ized), and fresh bread. The orchard also supplied a variety of fruits. What a feast! After feeding the travelers, Abraham would tell them they have to bless the one who gave them the meal. So they would start to bless Abraham and thank him for the food. But instead he would teach them to say, "Blessed is the G-d of the universe from Whose bounty we have eaten." And if they didn't want to do that, he would have the policy of drafting up a check for the meal. Some believe this must have been a hefty bill that would have climbed into the thousands of US dollars today because it might cost a lot to maintain those kind of facilities in the desert. And, so, Abraham would give them the choice. Either they can bless the One True G-d or they can pay a large bill. So they chose to bless G-d. This report should be the same idea. If you think it is really my ideas that you have benefited from here in this report, you should think again. I'm not the one who invented all of the perfect foods and the herbal medicines which mankind is only starting to learn about.

Please remember that great ruler of Israel named King Hezekiah who hid the book called *Sefer HaRefuos*, "Book of the Healings." It contained the means of healing any illness. But King Hezekiah actually concealed (hid) the book because the effect was that people were not reaching a level of humility before G-d as a result of their illnesses. They could just look in the book and know how to cure the problem. In a way, that's really not good enough because the deeper cause is not being addressed. In our own times, illness does actually serve a similar purpose of creating humility in our society and causing people to cry out to G-d. If we instead seek G-d and use Torah study for creating humility, illness will become obsolete. And if we love and fear G-d more than we love and fear the rogue government and its boards and its scary expert panels and its harmful scrutiny and its tyrannical standards of care, we may actually notice the simple solutions G-d makes clear to us right before our eyes. In my experience, they have side benefits, not side effects.

To any readers who have multiple sclerosis, nerve damage from Agent Orange, spinal cord injury, peripheral nerve injuries, peripheral neuropathy, or similar damage, or unrelated damage, I wish you *refuah shleimah* (complete healing). And may any good lessons G-d wants mankind to have from illnesses be fully retained so that people do not merely heal their bodies and yet become monsters!

Appendix A: **CLAIMER**

THIS REPORT IS INTENDED TO BE A REPLACEMENT for medical advice; allopathic medical dictatorship/legally-protected allopathic monopoly must be replaced.

The author is free to make such statements and free to use the words 'cure,' 'prevent,' 'treat,' 'mitigate,' and 'diagnose' in any capacity without fear of imprisonment because:

(1) He does not have a license (i.e. MD, ND, DO, etc.) in the health care profession;
(2) He does not sell dietary supplements;
(3) This report (and each future update thereof) is free in electronic format;
(4) Most importantly: the one true G-d must surely be protecting the author—otherwise he would have been destroyed a long time ago!

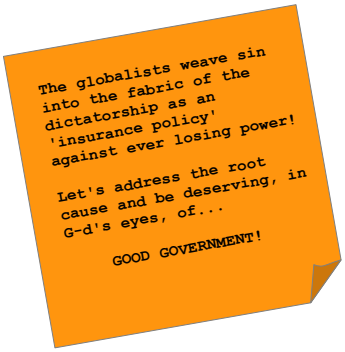
Therefore, no state medical board can strip the author of a medical license that he does not have and the FDA and FTC cannot launch lawsuits against the author to continue to protect that which has been a long-standing monopoly: allopathic 'medicine'. At this time it seems that any credentialed health care professional or salesman of supplements or books would—bravely—be risking imprisonment by using the "five forbidden words" to describe a non-drug; this should be concerning to anyone who thinks the First Amendment of the US Constitution is important.

Thank you for reading! Now take action!

—John

Appendix B: **REFERENCES**

Modesty Warning:



⇒ Books;
⇒ Educational websites;
⇒ Fliers/Brochures;
⇒ Magazines;
⇒ Journals; and
⇒ Documentary films cited here

...all need to be checked
for kosher modesty purposes!

So do like the Orthodox Jews do!
Have the women/girls check
on behalf of the men/boys!

The website problem can be reduced with my free handout,
"Guard Your Eyes: *Shmiras Einayim* on the Internet," at the Fliers page:

→ https://insultingconsulting.net/fliers.html

And using that may nearly solve the problem when it comes to verifying information at many of the links listed here.

But that doesn't address problems with PDF files or videos or any printed materials (e.g. books, fliers/brochures, journals/magazines). **Please be careful and do like the Orthodox Jews do:** have the women/girls check those on behalf of the men/boys.
Before each reference that has a **PDF** or a **video** or **printed material** that certainly will need to be checked or modified, I'll include as a warning **a bolded marker** like this:

Modesty warning: [PDF]. **Modesty warning: [VIDEO].** **Modesty warning: [PRINTED MATERIAL].**

Note: Please be cautious when learning about the recommended nutritional schools of thought because the breastfeeding tri-fold by WAPF (from among their 13-or-so tri-folds) is not modest and the art gallery on Dr. Peat's site is not modest. The breastfeeding tri-fold in printed form (or maybe electronic form with permission) could be modified by a woman/girl to simply remove the image(s) and thereby make the information accessible for religious men/boys. And as for Dr. Peat's site, the articles are amazing so just use them and don't go to the art gallery if you're reading his work.

[1] **"Guard Your Eyes: *Shmiras Einayim* on the Internet,"** at the Fliers page: https://www.insultingconsulting.net/fliers.html
[2] https://www.westonaprice.org/health-topics/abcs-of-nutrition/principles-of-healthy-diets-2/#gsc.tab=0
[3] https://www.westernbotanicalmedicine.com/pages/ask-your-herb-doctor
[4] Today one called DNA Force Plus is available for sale but I do not know if it's 'new old stock.' I think the account I remember hearing from years ago was regarding one called DNA Force (without Plus in the name) and that the formula was different.
[5] A number of sources are here: https://drlewisclarke.com/pqq-the-benefits-and-why-your-brain-cells-need-it/
[6] https://onlinelibrary.wiley.com/doi/10.1002/micr.20126
[7] https://www.lifeextension.com/magazine/2015/4/coq10-wars
[8] https://www.lifeextension.com/magazine/2026/6/coq10-free-market
[9] https://lowtoxinforum.com/threads/r-ala-stimulates-bile-flow-dramatically-lowers-lactate-and-ffas-triples-liver-glycogen-protects-against-endotoxins.53633/
[10] https://lowtoxinforum.com/threads/iv-ala-has-ruined-me-and-i-have-a-brief-due-thursday-advice-on-how-to-treat-potential-mercury-redistribution-caused-by-iv-ala-use.49862/
[11] https://lowtoxinforum.com/threads/r-ala-stimulates-bile-flow-dramatically-lowers-lactate-and-ffas-triples-liver-glycogen-protects-against-endotoxins.53633/
[12] https://www.tomlevymd.com/downloads/ALA_white_paper_09.27.13.pdf
[12a] **Modesty warning: [PRINTED MATERIAL].** This cat experiment is discussed in a book I'm in the process of having modified for modesty purposes so I can guard the eyes while also learning the details of the experiment. *Life Extension: A Practical Scientific Approach Adding Years to Your Life and Life to Your Years* by Durk Pearson and Sandy Shaw.
[13] **Modesty warning: [PRINTED MATERIAL].** From *Cure Tooth Decay* by Ramiel Nagel.
[14] A Midwestern Doctor (AMD) is the author. Note: I wasn't able to get the video thumbnails to stop displaying when this was opened from the following link and I don't know if the clothing of everyone is modest enough, according to Orthodox Jewish standards. So I found it was better to open it from the copy that went my email address, where I was able to read the text with not only all photos blocked but all videos not displaying. If you want me to forward this from my email address, I was able to get it to do this is Protonmail as long as certain settings were used in Protonmail to block all such things. **Modesty warning: [VIDEO].** [https://www.midwesterndoctor.com/p/how-dmso-heals-the-spine-and-reverses]

[15] https://www.westonaprice.org/health-topics/common-side-effects-of-anticoagulants/#gsc.tab=0
[16] https://www.westonaprice.org/time-for-a-new-look-at-tb-infectious-bacillus-or-iron-poisoning/#gsc.tab=0
[17] https://pubmed.ncbi.nlm.nih.gov/40216309/
[18] https://www.westonaprice.org/health-topics/soy-alert/soy-infant-formula-birth-control-pills-for-babies/#gsc.tab=0
[19] https://www.westonaprice.org/letters-fall-2018/#gsc.tab=0
[20] https://haidut.me/?p=2151
[21] https://podcasthealth.com/podcast/the-underappreciated-role-of-carbon-dioxide-in-health-discussion-between-georgi-dinkov-and-dr-mercola/
[22] **Modesty warning: [VIDEO].**
[https://www.consciousbreathing.com/products/cardisuit]
[23] https://www.smithsonianmag.com/smart-news/naked-mole-rats-may-be-immune-age-related-deaths-180967986/?itm_source=related-content&itm_medium=parsely-api
[24] https://raypeat.com/articles/articles/protective-co2-aging.shtml
[25] https://raypeat.com/articles/articles/adaptive-substance.shtml
[26] https://raypeat.com/articles/articles/regeneration-degeneration.shtml
[27] https://www.srinjoysaha.com/post/fingertip-regeneration-brought-a-lost-finger-back-to-life
[28] https://www.lowtoxinforum.com/threads/high-metabolism-and-or-progesterone-can-regrow-amputated-limbs.26355/
[29]
https://www.chabad.org/library/bible_cdo/aid/8217/showrashi/true
[30] https://link.springer.com/article/10.1007/s11011-024-01480-y
[31] https://pmc.ncbi.nlm.nih.gov/articles/PMC5894472/
[32]https://www.sciencedirect.com/science/article/abs/pii/S0306452204008346
[33] https://haidut.me/?p=882 Copper and B_2 links are there.
[34] https://raypeat.com/articles/articles/genes-carbon-dioxide-adaptation.shtml
[34a] https://podcasts.apple.com/us/podcast/crucial-facts-about-your-metabolism-part-2-discussion/id1286870871?i=1000628143425
[35] **Modesty warning: [PDF].**
[https://ec.europa.eu/health/scientific_committees/emerging/docs/emf_117.pdf]
[36] https://www.cellphonetaskforce.org/frequently-asked-questions-2/
[37] https://www.nature.com/articles/s41536-023-00334-y
[38] https://nervesciences.org/articles/nerve-regeneration-science
[39] https://link.springer.com/chapter/10.1007/978-981-15-1373-2_12
[40] https://haidut.me/?p=230
[41] https://www.advancedmycotech.com/lions-mane-nerve-repair/
[42] https://ajp.amjpathol.org/article/S0002-9440%2810%2961045-0/fulltext
[43] https://www.jpands.org/vol22no2/henricks.pdf
[44] https://haidut.me/?p=2132
[45] https://haidut.me/?p=1021
[46] https://haidut.me/?p=2156
[47] https://haidut.me/?p=388
[48] https://haidut.me/?p=2448
[49] https://nervesciences.org/articles/nerve-regeneration-science
[50] https://haidut.me/?p=2227
[51] https://haidut.me/?p=2039
[52] https://multiplesclerosisnewstoday.com/news-posts/2026/05/04/brain-sugar-levels-act-signal-myelin-growth-study-finds/
[53] https://www.jns-journal.com/article/0022-510X(94)90290-9/abstract
[54] **Modesty warning: [VIDEO].** (Note: **There's not video on this page** but elsewhere on his site it has been found and would need to be checked or excluded because it was not modest.)
[https://hansamato.substack.com/p/the-14-hidden-reasons-youre-not-getting?publication_id=4517914&post_id=197087897&isFreemail=true]
[55] https://chriskresser.com/5-steps-to-personalizing-your-autoimmune-paleo-protocol/
[56] https://www.gaps.me/find-a-gaps-practitioner.php
[57] https://iabdm.org/fda-acknowledgement-of-mercury-amalgam-risks-is-a-big-step-forward-says-biological-dental-group/
[58] https://www.fda.gov/news-events/press-announcements/fda-issues-recommendations-certain-high-risk-groups-regarding-mercury-containing-dental-amalgam
[59] **Modesty warning: [VIDEO]. (No video at these specific pages but videos are common on the first site in general.)** Please see at least: [https://childrenshealthdefense.org/news/vaccine-injuries-ratio-one-for-every-39-vaccines-administered/] and [https://digital.ahrq.gov/ahrq-funded-projects/electronic-support-public-health-vaccine-adverse-event-reporting-system]
[60] **Modesty warning: [VIDEO]. [THEFT/COPYRIGHT WARNING.]** November 4th, 1979, broadcast by CBS *60 Minutes* on the 1976 Swine Flu vaccine. A fine example of real journalism. One day I think it will be put through a Noahide-owned service I think I will call DocuBlocker™ so that it's altered by a woman to make it 100 percent modest, but that would be after it would be ordered by a judge to be released from the archives by CBS so that copyright laws are not being used by supposedly private news companies to push the limits of official state censorship. Maybe in our country news broadcasts will be put under a different set of laws so they can't be hidden from the public as they now are? But that won't be necessary because only repentance can solve this problem and once it is solved, there's no need to make that law. News broadcasts, science journal papers, etc. are so very, very easy to steal. And it is sin that is causing the dictatorship we're under. And the dictatorship knows that by putting stumbling blocks before the citizens, they have been keeping themselves in power. Repentance is the answer. Don't steal! Don't see things that aren't modest!
[61] https://www.mdpi.com/2076-3921/14/10/1236
[62] https://multiplesclerosisnewstoday.com/news-posts/2020/10/09/simple-sugar-molecule-may-be-potential-myelin-repairing-therapy-multiple-sclerosis-mouse-study/
[63] https://www.frontiersin.org/news/2019/12/04/manuka-honey-sandwich-fighting-infections/
[64]
https://www.sciencedirect.com/science/article/abs/pii/S0141813022018554
[65] **Modesty warning: [VIDEO].** (**I didn't see video here** but assume there could be autoplay videos because I couldn't reach the article. It was blocked for having no membership to the Washington Times site.) [https://www.washingtontimes.com/news/2014/apr/16/editorial-got-raw-milk/] and also the Rawesome raids in CA (SWAT team or at least SWAT-style): [https://www.forbes.com/sites/erikkain/2011/08/03/swat-team-raids-raw-milk-farm-rawesome-arrests-owner/]
[66] https://lowtoxinforum.com/threads/biotin-as-a-treatment-for-multiple-sclerosis-ms.6830/
[67] https://lowtoxinforum.com/threads/low-dose-aspirin-blocks-multiple-sclerosis-ms-and-reverses-its-damage.26662/
[68] https://lowtoxinforum.com/threads/sunlight-and-aspirin-can-treat-multiple-sclerosis-ms.18837/
[69] https://www.israelnationalnews.com/news/195082 Note: I include the article because I agree with what the rabbi said and I don't have any real knowledge about the specific news outlet!
[70] I believe this was in some kind of recorded interview or recorded presentation given by Dr. Wallach. I don't remember which one it was and would caution that there are many stolen/pirated/copyright infringed recordings of Dr. Wallach online!