

# Win the War of the Mite



**Special Report**

by Richard Kuhns

## **Winning the War of the Mite**

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## **Winning the War of the Mite**

**There are five things that need to know how to do and be done simultaneously to win the war on the mite and that is -**

- 1) How to get them out your skin**
- 2) How to get them out of your environment**
- 3) How to support your immune system**
- 4) How to adhere to a diet that will not feed the mites**
- 5) How to manage stress**

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## **Introduction**

Mites over 80% of the time, are the vector (carrier) of both Morgellons and Collembola. For me, they were the easy part. I simply spread DE everywhere and used it in my clothing and bedding. But they are not so easy for everyone. I surmise I had a bird mite as my infestation came from a bird nest in a tree. They are often visible although I never saw them, except as black specs on my skin after they died. Bird mites do not fly.

There are about 45,000 different species of mites.<sup>(1)</sup> Some are more difficult to deal with as they are airborne infecting walls, ceilings, floors, and float through the air.

### **Important questions and answers regarding life and being infected.**

What does a person do once they believe they have some of the symptoms like spring tails, besides the protocol?

How about going out in public?

Attending a birthday party?

Going anywhere?

How badly do you see this dividing families?

Answers:

- ▶ You are contagious as long as you're itching and feeling biting symptoms or shedding filaments (if you have Morgellons)
  
- ▶ If you go out, keep your distance with others--handshakes--no hugging or picking up children.
  
- ▶ Parasites can divide families in dramatic ways. The sufferer is often treated like a crazy person and has no support and ends up living with carriers of the organisms who deny their symptoms which are usually minor.
  
- ▶ If you take clients in your car, make sure you disinfect it before you take them. And if the organisms are in your air conditioning, you'll need to spray ammonia or clove oil into the system, but be careful not to spray too much so as to damage the electronics, usually enough that you smell it coming through the vents."

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### **Be Ahead of Winning This War - Diatomaceous Earth the Jack of all Trades.**

**Not enough can be said about the wonders of diatomaceous earth as it can be used for the three introductory topics. Ensuring you have a**

**constant supply of this great product ensures you will always have a great weapon on hand that can help in these three vital areas.**

**1) How to get them out your skin**

**2) How to get them out of your environment**

**3) How to support your immune system**

► Consuming food grade diatomaceous earth is recommended for internal parasites and if the organisms reinfect you, as in mites, you'll want to be using it on your skin as described in Chapter III of my book, *How to Get Your Life Back from Morgellons, Chronic Lyme, and Other Parasites*. I used to invert my clothes and dust them with diatomaceous earth before wearing.

► Dust Diatomaceous Earth *where ever you can on furniture and bedding*. Disinfecting foot wear thoroughly by spraying either ammonia or enzymes on the inside, outside, and soles and then dusting the inside with diatomaceous earth and then storing them in a sealed bag (if necessary) with menthol crystals.

Dusting: DE can be lightly dusted with a duster or as easy as putting a tablespoon in a sock or cloth bag and shaking it. Caution: Avoid breathing it. Alternatively you can use a funnel and add about 4 tablespoons to a 32 oz spray bottle, add water leaving enough space to shake it well, and then lightly spray. When it dries, you'll see a white coating so avoid over spraying.

From my experience, I recommend that everyone fighting Morgellons and skin parasites have DE on hand, and it's very inexpensive - only \$10.99 plus postage for two pounds, and if you have a Tractor Supply Co. near you, you can get about 20 or 25 pounds of food grade DE for about \$20.

I'm passing along the email, copied below, that I received from the Diatomaceous Earth (DE) People. We have their two pound bags of food grade DE in our on-line store.

*"In these trying times, many are worried about how they'll cope if exposed to disease and illness. It's important to keep your immune system boosted and as strong as possible.*

*That's why we recommend including food grade Diatomaceous Earth in your daily routine which results in amazing health benefits for the body.*

*Diatomaceous earth (DE) is a gentle abrasive that's also highly absorbent, and it's almost entirely made of silica (4) - an important component of human ligaments, cartilage, and musculature.*

*DE has many applications in cosmetic, agricultural, and cleansing realms. It's included in our Super MSM Gel and our Exfoliant cream. It's been researched extensively, and some interesting benefits have been discovered.*

► *Internal benefits of ingesting diatomaceous earth.*

*Taking food grade diatomaceous earth can help you internally and is considered an amazing dietary supplement. It benefits you by:*

- (1) helping move things out of your intestines*
- (2) helping promote healthier hair, skin, bones, and joints*
- (3) improving cholesterol and heart health*
- (4) providing the body with trace minerals*

*Many that consider trying DE wonder what it tastes like.*

*Good news... If you're eating Diatomaceous Earth, you'll see that it's basically tasteless!*

*DE does have a rough, gritty texture though, so try adding it to a drink with more flavor (lactose free milk, coffee, or even tea!). You can experiment by adding it to chicken soup or some other foods.*

*So, if you're looking for ways to improve your overall health, consider adding food grade diatomaceous earth to your diet.*

*We wish you all the very best during this unprecedented time. Stay healthy, stay safe!"*

Sincerely,  
The DE Team"

And when it comes to the environment, dusting or spraying diatomaceous earth is highly recommended. When an organism touches it by crawling or landing onto the diatomaceous earth, two things happen. First, the DE absorbs water from the organism dehydrating it. Secondly, to any organism it's like walking on shards of glass cutting the organism to pieces. The good news is that it's non-chemical. DE is not toxic like ammonia - no poisons nor a chemical. The only downside is that it's a white visible powder. But it destroys mites, Collembola, bed bugs, ants - every insect, bed bug, carpet beetle, or mite that comes in touch with it.

### **1) How to get them out your skin**

► **"Baby Oil and Clove Oil for your skin.**

12-15 drops of clove oil plus one cap full of Nature's Gift® in a bottle of baby oil. It keeps them off of me and my dogs. So after about 35 days, I am not being bitten but still can feel them crawling. I just squirt some where I feel them and no more. This does not leave a residue that I can detect, maybe others can."

> Clove Oil, Coconut and Natures Gift® Spray for your body.

For your skin, you can make a spray with 10-15 drops of clove oil, some coconut oil, and a few drops of Nature's Gift® concentrate. Spray your skin frequently. You can also add the clove oil to any of Richard's skin creams, lotions or gels in his store.

### Clove Oil for Scabies

Dana wrote in to inform me that clove oil is used for scabies too.

#### ▶ How to initially deal with your skin--

Take 3 soaking baths a day for 30-45 minutes with a capful of 100% Natures Gift® Deriding Soap (NG), and one or more of the following:

Peppermint – up to 20 drops

Lavender – up to 8 or 10 drops

Clove, oregano, tea tree – experiment to see what's best for you.

Apple cider vinegar – 1 ½ cups (best for skin fungus)

White vinegar – 1 ½ cups

3% hydrogen peroxide – one pint or more

Borax – 2 cups

Epson Salts – up to 5 cups

Baking Soda – small box

Pool shock – one to two ounces

Clean-Em-Up-Zyme Enzymes – per instruction on bottle

Bleach – one to 1 ½ cup

Boric Acid – one cup of crystals

MMS – 20 – 50 drops activate with citric acid.

Many of these can be mixed together, however vinegar, peroxide bleach, and baking soda you need to be careful what you mix them with. See my book for more detail.

Tip: When adding the essential oils, first add them to NG concentrate and then to the bath water to keep the oils from floating on top of the bath water.

Skin Care: While some report success without taking baths, I highly recommend using the bathtub with Nature's Gift® (NG) Concentrate and a disinfectant--use a few drops of concentrate as a shampoo. After bathing for 30-40 minutes:

1. shower with bar soap and blot dry.
2. Apply Beauty Forever Xfoliant cream, massage in, and wipe with damp cloth.
3. Apply Diluted Debriding Soap and let dry
4. Apply cream or gel of your choice

NG debriding cream  
Beauty Forever Revitalization Cream  
Claudia's Dream Cream w lavender  
NG debriding cream with cedar  
MSM Gel (Regular or Super (with diatomaceous earth, NG concentrate).

> How to kill organisms and keep skin fungus from spreading.

Use the debriding soap in your bath along with any of the disinfectants listed above. For skin fungus, use either 8 or 10 drops of oregano oil or a cup to a cup and a half of apple cider vinegar.

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## 2) How to get them out of your environment

### Cost effective ways of dealing with mites in the home and what works.

▶ Disinfecting the organism from your surroundings has always been a challenge. I've always recommended ammonia as the first and least expensive choice. However, it's not ideal because of its odor and neuro toxicity. Boric acid has been also used but doesn't seem to be a favorite.

▶ *"I couldn't get the cupboards clear in my little apartment, and I used nuvan strips and after 3 days they are mite free." Robin*  
*Alternatively, use menthol crystals.*

▶ "Remember to put vinyl zippered covers on mattresses, box springs and pillows. You can also put novan strips inside the vinyl mattress covers on the bottom and they will kill anything in there. It makes a huge difference." Robin  
Alternatively, use menthol crystals.

### Chlorine as a disinfectant

▶ I don't recommend using anything with chlorine as a disinfectant other than for putting in the laundry or disinfecting your bathtub or shower - -not for anything else. If you have a Jacuzzi, using the wrong disinfectant could damage your Jacuzzi and void your warranty.

### Resistant Mites

- ▶ *"It takes an incredible amount of energy and persistence to overcome resistant mites. It's important to be diligent and totally persistent.*

*Generally, things like pine sol, Lysol, or alcohol does very little. If ammonia works, consider yourself lucky. With resistant mites it's important to rotate products. I ended up using the triple pesticide and permethrin 10% spray. The triple pesticide is explained in Chapter III of Richard's book "How to Get Your Life Back"<sup>(2)</sup> It's three ingredients are Onslaught, Exponent, and IGR mixed together." Robin*

- ▶ [Mites hate Clove Oil](#)

*I have recently found that mites hate clove oil.*

- ▶ [Roxie writes about ammonia and clove oil.](#)

- ▶ *"I was using the ammonia you recommended to disinfect my house, but the more I used it, the more my house smelled. I have all oak flooring and lots of woodwork in my house, the ammonia was removing some of the finish. I tried a sulfur mixture but was worse than the ammonia.*

- ▶ [A Natural Solution](#)

*"I was searching for a natural product to use and found clove oil kills these mites, along with vacuuming and dusting with lemon pledge. My house smells better and the mites are getting less and less."*

- ▶ [Clove oil solution that does not leave a residue.](#)

*"I had to experiment and found that 40 drops of clove oi is enough to get rid of the mites, and not leave residue. Just a light spray is all you need. One quart of the diluted solution does my entire house which is 2300 sq ft. A light spray on my furniture, which is leather, and 2 or 3 sprays in the room. I close the door and go to the next room with 2-3 sprays per room. I use this every night when they are active."*

**Richards handy hints -**



► Clove Oil and water solution for your home:

*If you add the clove oil to 1/2 cap of NG debriding soap the clove oil will be dispersed in the water when you add to the quart of water.*

► More About Laundry and Morgellons

Disinfecting one's surroundings and or laundry can be one of the biggest challenges. Initially, it was easy for me as I simply used ammonia and dusted my clothes with diatomaceous earth before wearing. I thought that would be the answer for everyone. But then I got reinfected several years ago and discovered that there are more resistant strains of these parasites.

The ultimate answer is to soak the clothing to be laundered in ammonia. Keep this in mind: It's not the liquid that does most of the work, it's the fumes (gaseous state). Eggs of mites have tiny vent valves and liquid can't penetrate whereas the fumes can.

1. Get a large tote with a cover – maybe 2' X 18" X 18" high.
2. Find a way to put a barrier in the bottom about 1" from the bottom – some kind of plastic screen supported by plastic block 1" rectangular by a few inches long to support the screen.
3. Fill the bottom with about ½" or so of liquid ammonia.
4. Add your clothing on top of the screen
5. Cover the tote and let sit with the fumes for several hours – experiment to find the best length of time
6. Prepare your washing machine
  - a. add one or two cups of borax
  - b. add in your laundry treated with ammonia fumes (be cautious when opening the lid to the tote as the fumes may be quite strong.)
  - b. add 6 or more drops of clove oil to a cap full of NG laundry soap and add to the washer
  - c. add a cup of ammonia – optional
  - d. add in one to two ounces of Clean-Em-Up Zyme Caution: enzymes are live

organisms, do not add ammonia, bleach, or any other disinfectant as they will destroy the enzymes

d. start your washing cycle

7. When dry transfer laundered laundry to the dryer

8. Add 8 to 10 drops of clove oil and or peppermint oil to an absorbent article of laundry and put in the dryer

9 Add 1/3 to 3/4 cup of ammonia to another absorbent article of laundry and put in the dryer.

10. Set your dryer for long hot cycle.

11 When dry, transfer to large zip lock bags and store with menthol crystals until needed. Note, if your hands are a source of organisms, wear disposable gloves while removing the laundry from the dryer and transferring to sealed bags.

### A note on dryer sheets

An old stand-by was to use Bounce Sheets or the equivalent in the dryer. But when you check the ingredient of these sheets you'll find that they are highly toxic and can contribute to all kinds of health problems.

### Question about pilling in clothing:

My clothes are outta control with these little Cotton balls with little fibers, how do I get it out of my clothing?

### Possible Solutions:

- ▶ Use a lint roller to clean the debris off your clothes. Disinfect the dryer with ammonia—see section above re laundry.
  
- ▶ Invert your clothes and dust with Diatomaceous earth or spray with ammonia and then turn right side out.
  
- ▶ You can also try MMS Miracle mineral supplement in your washer but not with ammonia. Use one or the other but not both.
  
- ▶ AntiMicrobial – A new product in our store, SafeGuard 90 AntiMicrobial, may provide more results. Four ounces is added to 10 to 12 pounds of dry laundry in the washing machine. The AntiMicrobial attaches to the fibers of the clothing, towels, sheets, and so on. When it dries, it forms carbon spikes, 1/1000 the thickness of a hair. Any microbial organism that touches it is perforated and destroyed. That's viruses, bacteria, protozoan, and fungi. Larger organisms

such as carpet beetles, bed bugs, and mites are too large to be destroyed, however, it's possible that these organisms might be destroyed right after being hatched. Experience will tell. Nonetheless, fungal organisms that often accompany mites and other skin parasites are destroyed. One treatment is usually sufficient for the life of your clothing/bedding. You can also spray your dryer with it.

- ▶ Hang your clothes in a closet and run the ozone generator for a half hour or spray them with the electrostatic sprayer.

### **Electrostatic sprayer has advantage over all other techniques to effectively clean your environment of all skin parasite organisms.**

#### **How it works:**

The environment is negatively charged. The electrostatic device sprays solution of positive charged fine particles that adhere to every part of every surface. No guessing, no missing. For instance, if you fog or spray a door knob, the fog or spray will only wet the front surface that was sprayed. However, with an electrostatic sprayer, the spray literally wraps around the door knob and wets the back of the knob.

Since mites can have a gestation period for as long as 21 days, it's important to treat the area for 21 days straight. Spraying into ductwork intakes is also important to do.

Solutions, available in our on-line store, that can be used in the electrostatic sprayer are:

- ▶ Benefect – an organic thyme based disinfectant
- ▶ Clean-Em-Up-Zyme Enzymes – do not mix with other solutions.
- ▶ MediClean Chemical Disinfectant
- ▶ Surface Guard 90 Anti-Microbial. Note this can be mixed with any of the above disinfectants and per the previous explanation is only needed infrequently

#### **Ozone Treatment**

Ozone Treatment can also be used in the home. The ozone unit produces 5,000 mg/hr and is good for 500 square feet. For larger spaces, use multiple units and space them apart. Close windows and doors when using. Set the timer of ½ hr on, one hr off, ½ hr on, one hr off, and ½ hr on and then off, After 15 min open doors and windows to clear the ozone. Because the gestation period of some mites is 21 days. It's important to repeat the treatment daily for 21 days.

#### **Automobiles**

Many automobiles have been abandoned or discarded because the infestation could not be removed. Treat as follows:

- ▶ Every automobile has a cabin filter in the circulation ventilation system. The first thing to do is to have this filter changed. It's often located behind the glove

compartment. Youtube videos are available to instruct you. I suspect failure to change this filter is the main reason why most autos can't be disinfected.

▶ disinfect with ammonia by spraying under dash board, under seats, console, dashboard, seats, safety belts, doors, head liner, steering wheel and column, floor area around pedals 20 minutes before getting into the car for the ammonia odor to dissipate and after you get out of the car.

▶ disinfect air circulation system by setting to recirculate and spray into the interior intake until you smell ammonia coming out of the vents.

Alternatively use:

▶ Ozone can also be used in your automobile for 21 days. Although some use it for up to an hour at a time, it's not recommended for more than 15 minutes on, thirty min off, 15 on, thirty off, 15 on and the off. Have the internal circulation system on during the treatment so the ozone will go into the duct work.

▶ Electrostatic Sprayer is the fastest and quickest way to disinfect. It takes about ten seconds to point the sprayer in the general directions and spray with the fan on the air circulation system on. Again, when you get out of the car and a minute or two before you get in to drive the car.

> Different approaches that work for different people.

Laundry is a challenge and here are some approaches that work for some people.

Which ever one you try, treat your clothing with Surface Guard 90 Anti-Microbial by adding 4 oz of the ready to use material for each 10 to 12 pounds of dry clothing with any of the following approaches. Remember, you only need to treat your clothing one time with the Surface Guard 90 antimicrobial.

▶ *“For resistant problems with laundry, I created a soap that works great for me after many failed attempts. I use an empty bottle of NG shampoo and the base of the soap is Dr Bronners hemp castille-any kind (fill almost halfway.) I add 15 drops lavender, 15 oregano, 5-10 black cumin, 15 clove, 15 tee tree, a squirt of Super MSM gel, a capful of NG 50 percent concentrate, a splash of witch hazel, and fill up the rest with Fabuloso.*

*Yes, it's a bit complicated, but you can always tweak it if you don't have all the essential oils. Lavender, clove, and oregano are important. Black cumin is a GREAT anti-everything, but a little more expensive. Substitute peppermint if you like, peppermint is also a disinfectant.”*

▶ *”I've been putting diatomaceous earth (food grade) into my loads directly on the clothes about 3/4 cup to start. I soak cycle the load with also 1/2 dropper of peppermint oil, pco choice capful (concentrated cedar oil made for outside bugs), and a capful of Fabiossa. Then when the soak*

*cycle is complete, I run the wash cycle with only a capful of Nature's Gift<sup>®</sup> laundry soap. It is awesome. I also am not afraid of my clothes any longer. I hope this idea is of some use."*

▶ *"I have been able to fully clean laundry successfully. I only do laundry every two weeks. I have 2 large plastic bags, one for clothing, one for sheets and towels. I keep them sealed. When its laundry time, I put arm and hammer packets and a cup of borax too in hot water with extra rinse and spin. I saturate a hand towel with ammonia and put it in with the clothes to be dried. After drying, everything goes into large clear plastic bags, sometimes they get put away most times they stay in bags even in drawers I have never been infected by my laundry. I also sleep in silk sleep sacks I have a few and I use them for 3 nights only shaking them in my bathtub daily then put in plastic bag till sleep time, if I am having a bad night I also use lint roller the sleep sack goes over clean sheets I have a synthetic comforter same one for years and I wash it every other laundry time.. All the soaking and craziness seems drastic. I got all my tips from your site and they work. Borax is KING!*

▶ *Washer: I found that I had to increase the ammonia - I use a full two (2) cups with the wash and soak for an hour. I placed magnetic timers on both washer and dryer so family members can tell at a glance "where we're at" and not mess with the protocol.*

▶ *Dryer: I found adding a full cup of ammonia to the dryer more effective. Also, please hurry (30) minutes before the end of the one-and-a-half hour cycle.*

*Although annoyingly time consuming, the rolling process for clothing is very effective and made for a far more comfortable and peaceful day, therefore, worth the extra effort.*

▶ *I would have killed myself if it wasn't for Cedarcide PCO. I was putting 1 gallon of ammonia in each wash and it did nothing.*

*I use a good sturdy plastic tote with a tight-fitting lid. I put approx. 8 gallons of cold water in the tote and 1-to-1 1/2 cups of Cedarcide PCO. Stir it well. It needs to look like milk and smell strongly of cedar, so adjust as needed.*

*Soak clothes, bedding, and all clothes in it for 1 hour.*

*Wring out the clothes and put in washer on the cycle and water temp for the clothes and then dry like normal."*

## **Bedding**

*“It’s important to wash bedding daily. Presoak in your washer with a cup of ammonia, spin to empty the washer, then wash with 1/4 Cup of Clean-Em-Up Zyme or 1 tsp of Clorox powdered pool shock, and a cup of borax. Caution: do not use powdered pool shock with ammonia as it will create deadly chlorine fumes and do not mix enzymes with any disinfectant as enzymes are live organisms and will be destroyed by the disinfectant. .*

*In the dryer use a spray of peppermint and clove oil on dryer sheets and dry everything on high for 1.5-2 hours. Also add in about 1 to 1.5 cups of ammonia.*

*keep clothes from getting reinfected by putting in zip lock bags or airtight containers.”*

### **3) How to support your immune system and build health**

1. Nature Gift® Multivitamin (formulated specifically for Lyme disease)
2. MaxOne Glutathione Accelerator--recent research indicates that Morgellons production is inhibited by glutathione. Boosting glutathione can dramatically help reduce brain fog, fatigue, swelling and joint discomfort. Start with one capsule per day and go up to 8 per day if needed. Watch for detox reactions.
3. Garcillin™ (allicin) a natural anti fungal, anti-parasitic, anti bacterial, anti protozoan, and anti viral agent from our on-line store. Start with one per day and go up to 6 per day if needed.
4. Nature’s Gift Ionic Minerals are completely bio-available, raise alkalinity, and balanced.

The above four items are available as the Collembola/Lyme pack.

If the mites have also been the vector for Morgellons, the Morgellons pack includes the above four items plus the following three items.

5.L-glutamine for intestinal health. It’s the natural sugar for the mucosa to feed and strengthen them.

6. Restore is a soil-derived, scientifically backed mineral supplement that has been shown in lab studies to strengthen tight junctions in the gut wall, our firewall against toxins entering the body.

7. Nature's Gift® Chitosanase Enzyme Formula is a blend of systemic enzymes to break up chitin (the building blocks of all fungal organisms) and biofilm which almost always is an issue with Morgellons.

8 Boron – said to be the natural antidote for Morgellons.

8 Serracor NK Systemic Enzymes to assimilate fibrin found in organs and other parts of your body.

9. MSM capsules to replenish organic sulfur that is depleted by Morgellons.

10. Calcium Decylex as a inhibitor for fungal growth.

All supplements in this protocol are available individually or in a monthly pack:

10. Lufenuron is a pet medication. The purpose of lufenuron is to inhibit the production of chitin which is what the shells of insect eggs are comprised as well as their mouth parts. Lufenuron does not affect existing chitin. That's where we use chitinase enzymes.

For the many with digestion issues, two digestive enzymes are available: Important: While probiotics are recommended for Morgellons, probiotics feed Collembola and therefore not recommended until your reach late Stage II of the diet.

Probiotics and Digestive Enzymes.

▶ Agro Relief also known as Gluten Relief Digestive Enzymes to be taken with food.

▶ Flouracor Digestive Enzymes with Pre and Probiotics. Not recommended for those with Collembola until they reach mid stage II of the King Diet<sup>SM</sup>

Because skin parasites literally destroy layers of skin, two supplements are available to feed the skin:

▶ Nature's Gift<sup>®</sup> Skin Regenerator blend of polyphenols which because of the ginger content is a potent digestive aid and facilitates the use of Garcillin.

▶ Organixx Clean Sourced Collagens which contains sources of collagen

### Other Options:

**Baking Soda:** For Morgellons, to help raise alkalinity, add a teaspoon of baking soda to a glass of water twice a day on empty stomach as directed on the Arm and Hammer box. Since it has a lot of sodium, watch your blood pressure and fluid retention. You can add in the DE described above and take both at the same time. Note that NG ionic minerals is also alkalizing.

**Food grade 8% hydrogen peroxide**, Start with 12 drops in a glass of water. (on empty stomach ...so first thing in the morning) three hours after a meal. Add 4 drops every day to the protocol until you reach 100 drops (1 teaspoon). Do not use chlorinated water or water with NG ionic minerals.

then taper down to:

1 teaspoon once every other day for 1 week

1 teaspoon once every third day for 2 weeks

1 teaspoon once every fourth day for 3 weeks

**Warning: do not take at the same time as you take baking soda. Take them 20 minutes apart.**

### Ingesting Organic Clove oil

► Put one drop of Organic Clove Oil under your tongue daily.

### **DR. LEONARD HOROWITZ AND SHERRI KANE REPORT ON A REPORTED MORGELLONS CURE AND WHY SUFFERERS ARE NOT “PSYCHOTIC.” (3) THE PROTOCOL ALSO CONTAINS CLOVE OIL.**

The best news we've heard about Morgellons is that a natural healing regime featuring six essential oils cured the horrible and perplexing ailment in several cases.

6x essential oils : Cinnamon bark and leaf, clove, oregano, lemon, red thyme and rosemary – all organic.

Three or six drops of each taken three times per day. The regimen is reported to have produced disappearance of the skin lesions within 48 hours, with long-lasting benefits seen, especially following months of daily use

### This formula is available as the Morgellons Essential Oil Cocktail

*It consists of Equal amounts of Thyme, Oregano, Lemon, Cinnamon, and Clove Essential Oils*

Start with 6 drops in a glass of lemon water, coffee, or lactose free milk without additives and drink. Do this three times a day for three days and then take a break for two days.

After two days, resume with 12-to 18 drops (eventually working up to 30 drops), add to a glass of lemon water, coffee, or lactose free milk and drink.



Caution: You may experience burning from these oils as they are quite strong, so have plenty water to drink as a chaser. If you're not familiar with essential oils, taken like this, they are quite strong and taste terrible.

You may need to do this for up to six months.

**Please note** that the original formula has rosemary oil in it. Since rosemary oil can be a problem for those with Collembola, we have removed it from this formulation. If you are only dealing with Morgellons, you can purchase Rosemary separately and add 10 ml of rosemary to the 1.75 ounces of this bottle.

**Use at your own discretion and risk.**

Use only under the supervision and guidance of a licensed health professional trained in the proper use of essential oils.

### **Intestinal Parasites also an issue with Mites and Morgellons**

In fact, intestinal parasites are the first thing you want to get rid of and it won't happen overnight. It will take a few months. Three things are suggested to do simultaneously:

1. Consume food grade diatomaceous earth as described earlier in this report
2. Consume Nature's® Gift Mouth Wash. Instead of carbon in charcoal form, this is carbon in liquid form. It cleanses the intestinal tract and most likely can pass through the intestinal walls into the blood stream for further cleansing. **80% of your immune system is in the colon and so cleaning out bad gut bugs is your key to empowering your immune system to work for you.**
3. Fenbendazole Dr. Luna suggests 24 capsules of the 444 mg size. He recommends taking one cap a day for three days and then four days off. You could order more, but he believes 24 caps is sufficient.

**Detox Reactions are as a result of cleaning out the body of toxins and debris.**

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► **In overcoming all these challenges you will need to support your immune system and take powerful products to destroy the organism from within. When doing this it's important to:**

Whenever using supplements or meds like Chitosanase Enzyme Formula, MaxOne, **Garcillin**, NG Mouth Wash, Diatomaceous Earth, or lufenuron and fenbendazole, you run a high risk of experiencing one or more detox reactions at some time while taking any of these supplements or meds.

### What causes detox reactions?

Detox Reactions are no fun, but yet often necessary to make progress.

**UNDERSTANDING A “DETOX REACTION”** A detox reaction indicates toxins are being removed from the body faster than the main organs of elimination (bowels, liver, kidneys) can comfortably excrete. This often represents congestion in a bodily system.

Lyme disease was about to put me into a wheelchair around 2008. By adding MaxOne, my symptoms decreased 95%. Around 2015, I took my first capsule of Garcillin™ and immediately detoxed for the first time with extremely painful inflammation in my knee. It took two weeks for the inflammation and pain to go away. At which time I cautiously started taking Garcillin™ again. Detox reactions can be dangerous and threaten one's life in extreme situations. I only wish I had known how to minimize the reaction. But, I was taken by surprise. I had no idea that one tiny capsule of Garcillin™ would raise all that hell in my body.

Detox reactions are caused by a release of toxins such as pesticides, heavy metals, drugs, useless chemicals, and organisms such as internal parasites and other organisms. When they are released or cleaned from your body, they become waste and overtax the body's ability to excrete them. Ultimately, the liver pays the price.

Many have asked me what detox reactions are. Symptoms that may be attributed to a detoxification problem with the body often include the following:

**(5)**

- Fatigue with sleep disruption and brain-fog
- Mood disturbance, especially depression, anxiety, fear, and anger
- Muscle aches and joint pain
- Sinus congestion **(6)**, dark circles under the eyes, and postnasal drip
- Headaches with neck and shoulder pain
- Bloating and flatulence
- Irritable bowel, foul-smelling stools, and dark urine
- Weight changes and loss of muscle tone **(7)**

- Heartburn, recurrent colds, and persistent infections
- Infertility and low libido
- Premature aging and weakness
- Fluid retention and excess weight
- Rashes and canker sores
- Bad breath and adverse body odor"

### Detox Reactions Typically Experienced with Morgellons Sufferers.

- . Rashes
- . Brain-fog
- . Anxiety
- . Fear
- . Anger

It can be a challenge to figure out if you're having a detox reaction. However, I would suspect that these symptoms typical with **Morgellons** would be multiplied many fold during detox.

But what happens to cause this? **(8)** "The vast majority of these toxicants all have the ability to poison the mitochondria in your cells, which can lead to fatigue, obesity, diabetes, and other chronic problems. " And goes on to say, "Your digestive system is the main place where your battle with toxins and toxicants takes place. The intestines are faced with myriad toxic compounds and nutrients and must try to limit the absorption of toxic compounds, while still encouraging absorption of nutritional compounds."

What does this mean? "the toxicants are all mitochondrial poisons, which limit your ability to produce adenosine triphosphate (ATP), the cellular currency that powers the body. The production of digestive enzymes takes a huge amount of energy, and in toxic bodies there is often insufficient digestive enzyme production."

What are Mitochondria? Mitochondria are specialized structures unique to the cells of animals, plants and fungi. They serve as batteries, powering various functions of the cell and the organism as a whole. Though mitochondria are an integral part of the cell, evidence shows that they evolved from primitive bacteria.

Another analogy is: Just as an oil furnace needs oil to create heat, the mitochondria are the furnaces of the cell..

Each cell has one to two thousand mitochondria.(10) Providing plenty fuel for the mitochondria is an important step to contribute to the health of the mitochondria. Their natural fuel is a hi quality special sugar, D-Ribose.

It's important to protect the mitochondria. When they die, the cell dies. One of the functions of glutathione is to regulate the mitochondria for if they are too active, i.e the furnace gets too hot, they die.

### **Protect and diminish yourself against detox reactions**

#### **Diminishing Detox Reactions from Morgellons Using Enzymes, Amino Acids, and Zeolite**

There are two means of protecting the mitochondria from being affected by the detox:

First is to use several supplements:

1. MaxOne is a D-Ribose bonded with L-cysteine. Remember, D-Ribose is a high-quality natural sugar that is the fuel for the mitochondria. Noe it's possible that by boosting glutathione, the glutathione will contribute to detox reactions as well giving you a double whammy. It this is the case, you can also obtain D-Ribose separately while doing the following..

2. "Taking digestive enzymes can help reverse this cycle and has the potential to relieve the body's need to use its vital ATP for digestion, allowing it to possibly be better served in other systems. Digestive enzymes are also vital for the proper breakdown of proteins into their component amino acids."

We have four enzymes:

#### **Agro Relief**

Agro Relief, also known as Gluten Relief is a professional strength digestive enzyme blend formulated to optimize digestion of agro material, vegetables, gluten-containing grains, dairy, legumes, proteins and other foods. Agro Relief enhances nutrient absorption and bio availability\*

#### **Flouracor**

Floracor-GI\* is a full spectrum blend of probiotics, Prebiotics, and enzymes expertly formulates to Maintain a proper balance of intestinal microflora. Floracor-GI\* may assist in maintaining a healthy amount of Candida by the utilization of enzymes to proteolytically deteriorate cell walls and protein within

Candida thus, promoting healthy cleansing and proper nutrient absorption for optimal digestion\* However, if you also are dealing with Collembola, it's not to be used until you reach late Stage II of the diet.

### **Serracor**

Serracor-NK is a professional strength systemic enzyme that by passes the stomach and is distributed to the remainder of the body to clean up debris from your body.

### **Chitosanase Enzyme**

Chitosanase is a professional strength systemic enzyme that by passes the stomach to break down chitin (the building blocks of all fungal organisms and the substance that comprises the mouth parts of mites) as well as dissolve bio-film.

### **The Role of Enzymes**

The human body produces enzymes responsible to support all biological reactions within the body. The different systems in our bodies including our cardiovascular, digestive, and immune systems, would not be able to function without the support of these proteolytic enzymes. Enzymes carry out chemical reactions necessary for simple everyday functions such as our metabolism, breathing, and even our heart rate. It is important for us to supplement with necessary enzymes when our bodies fail to supply adequately.

As we age, our bodies gradually become unable to meet the daily demand of producing enzymes. When this occurs, it is imperative for us to begin to supplement our body with the necessary enzymes to prevent havoc within. With the use of proteolytic systemic enzymes, they can increase the support of many conditions including:

- Cardiovascular and respiratory health\*
- The breakdown of excess fibrin\*
- Promote faster recovery\*
- Immune system regulation\*
- Healthy blood sugar levels\*

3. Amino Acids. "Many of the liver systems for phase two biotransformation — often referred to as “detoxification” — utilize amino acids as the carrier molecules to move toxicants out of the body. Without these amino acids, the entire system backs up."

The end goal seems to insure sufficient amino acids are available to move toxicants out of the liver. Towards this end we have added Nature's Gift™ Complete Amino Acids Formula which is a comprehensive, hypoallergenic source of essential amino acids. Designed to meet the needs of individuals

who require additional amino acids for protein support. This formulation of 20 essential and non-essential "L-form" amino acids uses the highest-quality, pharmaceutical grade, crystalline amino acids in their "free" form to ensure maximum bio-availability and tolerance. Amino Acid Complete supports GI health, the repair and rebuild of healthy muscle and connective tissue, and provides essential nutrients for healthy hair, skin, and nails.

Let's put it all together: Your body needs all the amino acids to function. If the mitochondria are incapacitated, this doesn't happen.

### **Points to note**

Digestive enzymes recommended are either Agro Relief or Flouracor. However, Flouracor also has probiotics which, as previously noted, are not recommended if you're dealing with Collembola unless your well into Stage II of the King Diet™. Take them with food.

MaxOne which contains D-Ribose that feeds the mitochondria and accelerates the production of glutathione which regulates the mitochondria.

**The second method of diminishing detox reactions is by taking zeolite.**

**Two products are available:**

**1 Amazon, RNA ACZ Nano Advanced Cellular Zeolite Extra Strength for \$58 for a 4 oz bottle.**

**2. Zeolite Clinoptilolite Natural Mineral Detox in powder form is also available.**

**Note that quality is important.**

#### **1) Meds to block activity of parasites**

**Research indicates that certain meds block parasitic activity.**

There are several medications that have been reported to do this: ORAP (pimozide), Zyprexa, Wellbutrin, Serequel, Abilify, Risperdal, Claridin, and so on.

Their primary recognized uses are for dealing with Turrets Syndrome, schizophrenia, Depression, Bi Polar and so on. Psychiatrists, for years, prescribed some of these medications because they thought sufferers of skin parasites had delusions of parasites and that they were treating a mental issue when in fact, by reducing dopamine uptake they were actually treating parasitic conditions. So, let's say the meds are repurposed as anti parasitics.

The answer **(11)** "Pimozide inhibits parasite invasion and replication." This article is about Toxoplasma which is the **Toxoplasma gondii** parasite-- According to the CDC, **(12)** "Toxoplasmosis is considered to be a leading cause of death attributed to foodborne illness in the United States." It is a protozoa parasite that is often a co factor in those with Lyme disease and "More than 40 million men, women, and children in the U.S. carry the Toxoplasma parasite."

Does this apply to mites? Obviously, this is only a smattering of research and a lot more is needed.

Of all the physicians I consulted for my parasitic condition only one, a dermatologist, knew of the use of ORAP with a break-out of an infestation of mites at a county fair from the straw in one of the pavilions. ORAP was successfully used to reduce symptoms of parasitic mites. Too bad that episode wasn't written up in the Journal of Dermatology for all the experts who claim that mites can not and will not infest human skin for any length of time.

### **Understanding Why These Medications Work on a Physical Problem**

The research discussed above doesn't connect the why the ORAP reduced parasitic activity. Someone suggested that dopamine was involved so I searched the relationship with dopamine and the medications reported by others that helped them reduce parasitic activity - and found that each of the meds reduce dopamine uptake by the receptors in the brain.

▶ **Zyprexa Olanzapine (13)**

Olanzapine is a serotonin-dopamine-receptor antagonist

▶ **Orap (14)**

Pimozide is a medication that works by decreasing the activity of a natural substance (dopamine) in the brain

▶ **Doxepin (15)**

Doxepin was developed by Pfizer and FDA approved in 1969 as an antidepressant.<sup>11</sup> However, in 2010 it was approved for the treatment of insomnia.

It does not affect dopamine levels and is always used with one of the other medications for skin parasites. It's value is reducing anxiety and helping with sleep. It has never been reported to work by itself, but only in conjunction with one of the other meds listed.

▶ **Abilify (16)**

Abilify is a "dopamine stabilizer," meaning it can act as a dopamine receptor antagonist when the dopamine system is overactive, and a partial agonist when dopamine levels are low. It is able to do this because it has a very high affinity for dopamine receptors, so it binds to the receptor in place of dopamine.

▶ **Zolof:** it has been suggested that clinically it may weakly inhibit the reuptake of dopamine, particularly at high dosages.

▶ Seroquel (17)

quetiapine is a dopamine, serotonin, and adrenergic antagonist, and a potent antihistamine with some anticholinergic properties.

▶ Risperidone is an antagonist for dopamine (18)

▶ Wellbutrin: (19) also known as Bupropion is an atypical antidepressant. It acts as a norepinephrine–dopamine reuptake inhibitor

▶ Dopamine Reuptake Inhibitors (NDRIs) (20)

NDRIs block the action of both the norepinephrine transporter (NET) and the dopamine transporter (DAT). NDRIs are used for clinical depression, ADHD, and narcolepsy.

▶ Drugs that bind to but do not activate DOPAMINE RECEPTORS, thereby blocking the actions of dopamine or exogenous agonists (21)

Dopamine antagonist (22) also known as an anti-dopaminergic and a dopamine receptor antagonist (DRA), is a type of drug which blocks dopamine receptors by receptor antagonism. Most antipsychotics are dopamine antagonists, and as such they have found use in treating schizophrenia, bipolar disorder, and stimulant psychosis.

Lisa, from Hawaii has taken an interest in this subject. She researched it and wrote me the following with her understanding about what's happening. These meds reduce the uptake of dopamine in the brain. Pay attention to the explanation about how parasites produce an enzyme that raises dopamine levels.

*“Aloha Richard*

*I have been trying to understand this dopamine connection and here is what I think might be going on.*

*1. reuptake inhibitors actually cause an increase in the extracellular Dopamine, leading to increased CNS function (alertness and cognitive function is improved). This is because the dopamine cannot reenter the nerves as easily & quickly as normally (a millisecond normally)*

*In Parasitic conditions that have been studied - specifically*



*Toxoplasmosis which approximately 80% of Americans have this infection and don't realize it. The parasite has an enzyme that makes dopamine to excess. The high dopamine INSIDE the cell is seen in these infections in Mice (they don't study brain tissue of humans, as you would need to biopsy the brain - not going to happen).*

*(Researchers believe other parasites may also have this enzyme). So contrary to what you might think the high dopamine inside the cell causes all sorts of behavior (schizophrenia, OCPD, & other) problems. The key is that: it is inside the cell where the problem happens and that is somewhere that they cannot measure. You can only measure Dopamine outside the cell in the blood, fluids, etc. for living people.*

*This seems contrary because high dopamine is the thing that makes something addictive, so high dopamine equals good vibes. Everything that increases dopamine is what makes you feel good.*

*The important thing is that inside the cell high levels of dopamine cause the cell to die (too much of a good thing) or screw up other hormones. It does this by lowering prolactin, another hormone that when low causes infertility, muscle pain, PCOS (polycystic ovaries) . also lowering GH - growth hormone, and thyrotropin, thyroid hormones, and increase androgens in women (facial hair growth), and many other symptoms.*

*So this is a problem with the hormones of many systems being dysregulated via the parasite. Many of the symptoms are widespread (as is toxoplasmosis) in our culture and the toxoplasmosis parasite (carried by cats (FECES) and other intermediate hosts) once you have the cysts they can be controlled but never eliminated, it is impossible to kill the resting toxoplasmosis parasite in the cysts, only when they reactivate and begin to multiply can they be killed.*

*The diet, and other programs you use will help to normalize the hormones, and bring the immune system back to better functioning so it can suppress all the parasites a bit better, but eventually the*

*cysts will reactivate when you are stressed or go off diet etc,*

*I think this is why you are never "cured" but must always keep working on fighting the parasites.*

*I think this is also a problem for Parkinson's which is when the dopamine producing cells have died out (probably from too much dopamine by a parasite), they just give them more dopamine - wrong move - now they are showing that it is too high of dopamine that cause the Parkinson's and by lowering it inside the cell with those reuptake inhibitors they can help them.*

*Well there is a heap of natural herbal reuptake inhibitors and other types of dopamine regulators we can use yeah!!*

*like:*

*Skullcap, StJ ohns Wort, Melissa, Linden, green tea, flowering Quince, turkey corn, periwinkle, ashwagandha passionflower"*

Lisa

It follows to say that when the dopamine receptors uptake this excess dopamine, this dopamine, in part, becomes their fuel or food for the parasites.

The above listed medications are by prescription only through your medical doctor.

What we are doing? Our herbalist has created a formulation of some of the herbs Lisa listed plus some others to replace these medications and achieve the same result – starve the parasites. It's called Nature's Gift Parasites Stop Herbal Formula.

### **Let's Look at Some of the Supplements and Meds**

#### **Nature's Gift<sup>®</sup> Chitosanase Enzyme Formula to break down chitin and break up bio-film**

First. Chitin is found in the mouth parts of mites and is the substance that the shells of their eggs are made. It is also found in the cellular walls of fungi and in candida.

Second. Biofilm consists of microorganisms encased within a self-produced matrix of exopolysaccharides and exoproteins that strongly adheres to interfaces and resists dislodgement. Microorganisms residing within biofilms are highly resistant to antimicrobials including antibiotics and bacteriocins produced by probiotics.

Chitosanase is a unique enzyme formulation that is especially designed to disrupt the biofilm matrix that embeds gastrointestinal organisms.

- ▶ Enzymes in the formula are selected for their ability to lyse the extracellular polymers commonly found in biofilm as well as degrade bacterial and yeast cell wall structures.
- ▶ The enzyme blend was developed using in vitro testing of antibiofilm activity and was found to have significant antibiofilm activity resulting in meaningful degradation of undesirable biofilm communities.
- ▶ This product is intended for use in conjunction with efforts to support normal gastrointestinal function and microbiota.
- ▶ As an adjunct, it is best combined with of healthy intestinal microbial restoration program such as using Restore and prebiotics to build healthy biofilm communities. Probiotics are recommended for Morgellons but not Collembola until mid stage II of the King Diet<sup>SM</sup>
- ▶ The capsules should be taken away from meals to maximize the enzyme effects.

### **Secondly, Lufenuron to inhibit the production of chitin,**

Lufenuron also *keeps the shells of mite eggs from forming and works hand in hand with the Chitosanase Enzyme Formula*. Lufenuron is typically known as a pet med and is available as Program. Lufenuron is probably the only ideal medication that there is. It doesn't react with any other medications and has absolutely no side effects. It's available in capsule form and the recommended dosage is one capsule daily for 96 days with food containing fat (an egg with a pad of butter for instance). Sometimes it's important to repeat for another 96 days. It's ordered at [www.shop4lufe.com/morgellons\\_pricing\\_table.html](http://www.shop4lufe.com/morgellons_pricing_table.html)

Lufenuron has been part of my protocol since 2006 with rave reviews from many people. Of course, if you're not dealing with mites, or fungal issues, then you won't notice a difference.

### **Thirdly, MaxOne to boost glutathione production**

MaxOne is not a glutathione supplement. In fact, glutathione supplements are very inefficient because the glutathione tripeptide molecule is very large in comparison to other substances in the body and most is digested by the stomach so that at most a 20 to 30% boost in glutathione is obtained. Maxone is comprised of D-Ribose (the natural sugar that fuels the mitochondria) and L-cysteine. The glutathione molecule is made up of three amino acids - cysteine, glutamic acid, and glycine. The limiting amino acid is cysteine which is supplied by MaxOne right into the cell where it belongs to combine with glutamic acid and glycine to yield a boost of approximately 270% - the equivalent of ten supplements. The recommended dosage is 2 capsules per day with or without food. To obtain desired results, as many as 8 per day can be taken. Watch for detox reactions.

The other important point is that MaxOne is the only glutathione booster that is totally compatible with the King Diet<sup>SM</sup>. The importance of glutathione is

overwhelming. Unfortunately, glutathione levels in the body begin decreasing after age 20 by approximately 10% per decade because of pollution, poor diet, exposure to radioactivity, physical stress, injury, poor sleeping habits, medications such as **acetaminophen** [24] and so on.

▶ It's the body's major anti-inflammatory agent. All disease is complicated with inflammation.

▶ It's the body's major detoxifier. Injections are given for arsenic poisoning. Morgellons aka Lyme disease loves toxicity as its playground and glutathione reduces toxicity dramatically. In my opinion boosting glutathione with MaxOne is superior to EDTA chelation therapy.

▶ It boosts immune functioning

▶ It boosts haemoglobin's ability to carry oxygen

Fourthly, Garcillin is said to be a natural anti-biotic, anti-viral, anti-protozoan, anti-fungal, and anti-parasitic. [25] It's recommended to start with our regular Garcilin™ Recommended dosage is one capsule per day. You can go up to 6 a day spread out during the day at which time you can switch to Garcillin II™ – a more potent formula and reduce to two caps a day and if necessary to achieve desired results go to 6 per day and then gradually back down to one per day when results have been achieved.

Fifthly, Fenbendazole (Fenben) is another ped medication used to clean the body of helminths (nematodes) – round, whip, pin, flat and some tape worms. It's another medication with very few, if any, side effects and is ordered from Mexico. Their recommended dosage is 24 capsules of the 444 mg size. Taking one cap a day for three days and then four days off until the supply is used up. It's ordered at [www.shop4lufe.com/morgellons\\_pricing\\_table.html](http://www.shop4lufe.com/morgellons_pricing_table.html)

## **The King Diet<sup>SM</sup>.**

While everything before in this report is important, this diet is what makes it all work. So, if you're doing everything, do not expect any progress or results unless you're following the King Diet<sup>SM</sup>. For more detail about the diet, I refer you to chapter IV of "How to Get Your Life Back From Morgellons, Chronic Lyme, and Other Skin Parasites."

The important things to remember is that:

1. There is no theory to this diet and no theoretical diet will work. This diet is detailed and must be followed to the letter.

2. Do the diet, don't try it. Make it work! It's been used by thousands over the last twenty plus years. Some have declared it a cure, but it's not because there is no cure.

3. For many the diet kicks in within a day or so. However, if the diet doesn't kick in, it's for one of several reasons (not because it doesn't work):
- a. You might have just had food containing lots of oil such as tuna in oil, salad with olive oil, marinated steak, and so on in which case it could take a week or so for the diet to produce results.
  - b. You're eating something with ingredients on the "Do not eat" list. For instance, soy is found in 40 different additives any one of which will counter the diet. Even some salt contains sugar.
  - c. You're not strict with the diet and thinking you can "Kinda" be on it.
  - d. You're not getting your environment under control and are being constantly reinfected.
  - e. You're taking one of the meds for ADHD or narcolepsy as listed in update 6/26/19, Medications that Feed Morgellons. Other meds that may also be a problem are Cortisone, Gabapentin, and Neurotin.
  - f. You lacked perseverance to stay with it.

And sometimes, it may be important to "jump start" the diet:

1. Obtain a script for one of the medications discussed above that reduce dopamine uptake.
2. Boost your glutathione levels with our MaxOne product--unfortunately, all other glutathione boosters that I researched contain ingredients not on the diet. We do have a nano glutathione that is administered under the tongue However, it has ingredients like orange oil which may be a problem on Stage I so it's best to spit out the solution after 90 seconds or so.

### 1) How to adhere to a diet that will not feed the mites

**First:** Stage I of the King Diet--Chapter IV of my book. It's very strict. Without the diet, I don't know how to be of value to you.

### King Diet™

Remember, one significant difference in dealing with Morgellons is that the diet is very strict.

The King Diet™ has three stages. The following is copied from my book, "How to Get Your Life Back from Morgellons, Chronic

Lyme and Other Skin Parasites.”

**“Caution: The diet is only a guide—some people actually have problems with either spelt or rice or even black coffee. Likewise, it’s important to know whether you’re dealing with Morgellons or Collembola or Strongyloides. While Stage I of the diet works for all three, those with Morgellons are more flexible with fruits, nuts, legumes, and can also use probiotics - a blessing for vegans.**

And now the good news - -what you can eat on Stage I of the King Diet<sup>SM</sup> or Parasite/Lyme Diet<sup>SM</sup>. Call it the shrimp scampi diet. Chapter V of my book contains some darn tasty recipes:

► Protein:

- Eggs
- Bacon\* or ham\*\* (no sugar, honey, or corn syrup or gelatin)
- White fish, flounder, basa (no cod, salmon, or oily fish)
- Sausage (without fennel) or Costco’s roasted red pepper and spinach chicken sausage
- Beef
- Pork chops
- Chicken
- Lamb
- Veal
- Shrimp
- Lobster
- Clams
- Crabs
- Scallops
- Chocolate: only if processed with alkali--not with soy lecithin. Unsweetened chocolate such as Ghirardelli 100%
- CACO or Baker’s unsweetened chocolate.
- Cocoa processed with alkali
- Carbohydrates:

- *White or brown rice, risotto (no white rice if you have Candida)*
- *Rice bran, spelt flour, and millet*
- *Bread:*
- *Spelt without yeast or soy lecithin*
- *Crackers:*
- *Dark Rye crisp bread (no yeast) Ryvita*

▶ **Oils:**

- *Butter*
- *Rice bran*
- *Lard*

▶ **Vegetables:**

- *Spinach*
- *Romaine*
- *Red or green leaf*
- *lettuce*
- *Tomatoes*
- *Red and white cabbage*
- *Cucumbers*
- *Onions*
- *Radishes*
- *Celery*
- *Peppers and roasted red peppers (in water)*
- *Green beans*
- *Broccoli*
- *Snow peas*
- *Sauerkraut ( this one is weird that it's OK)*
- *Garlic (eat lots of it and add it to everything)*
- *Cold Cuts:*
- *Roast beef*

▶ **Sweeteners:**

- *Stevia without any additives*

► **Condiments**

- *Horseradish*
- *Catsup (sugar and corn syrup free)*
- *Parsley*
- *Oregano*
- *Salt—regular, low sodium, sea salt...*
- *Black pepper*
- *Red pepper*
- *Paprika*
- *Garlic (no corn syrup)*
- *Ginger in powder form – not root.*
- *Cheese: It is best to avoid cheese until you reach stage II of the diet.. Thereafter, if Candida is not an issue, sheep and goat cheeses would be preferred. But remember, most cheese is a fermented product and some are actually injected with mold, which, overall means it's best to avoid.*

► **Fruit:**

- *Lemon and lime*

► **Drinks:**

- *Water (can be flavored with lemon or lime)*
- *Black coffee\*\*\* with stevia sweetener (no additives).*
- *Teas – most teas are a problem because of additives. However, the teas in our on-line store are OK as they have no additives.*

► **Probiotics** (only for Morgellons—not Collembola)

\* *bacon--I found Stop and Shop and Smithy Field low sodium bacon has no sugar or corn syrup.*

\*\* *ham--found Citterio brand prosciutto (ham and salt) no other additives.*

\*\*\* *not all black coffee—especially blends--is safe. Some black coffees cause parasitic activation. 8 o'clock regular is often OK*

► **Foods that Cause Parasitic Activation**

*Please remember, this list is for the first stage of the diet. Some foods I have found caused the parasites to multiply and bite, to*



grow, and; *Candida* to multiply, while in Stage I (listed below), are added back in the second and third stage of the diet. Even though this section is about food, equally important are **nutritional supplements** you are now taking which often contain offending ingredients. If there are offending ingredients in any supplement, even small amounts can render the diet useless. **Compatible supplements** were discussed earlier in this report.

**The following will cause parasites to activate:**

- Sugar (all types), corn syrup, maple syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets. No mannitol, sorbitol or any other sugar substitutes.
- Snack foods such as pretzels, chips, crackers, nachos, cookies.
- Soda and or fermented drinks.
- Yeast or yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mixes etc. flavored foods
- Refined grains, white flour products, cakes, biscuit, most pastas, corn flour, quick rice, all prepared breakfast cereals (*Kashi* has never been tested).
- Whole grain wheat, oats, barley.
- No cured meats with additives like glycine.
- Fermented products, vinegar, pickles, chutney, tofu, soya sauce.
- Alcohol (beer, wine, all hard liquors).
- All teas, Ovaltine, chocolate (containing soy lecithin).
- Cow's milk. Note that lactose free milk without additives as you'll find at Costco may be OK.
- Yogurt (flavored or unflavored), cottage cheese
- Ice cream (most all brands).
- Processed cheese as in American white or yellow, Velveeta, cheese spreads.
- Salad dressings.
- Cheese (at least for the first one or two weeks).
- Fresh or dried fruit, no fruit juice.

- *Oily fish such as Chilean Sea Bass, cod, blue fish, capers, sardines, anchovies, mackerel.*
- *Mushrooms (red and black mushroom are OK)*
- *Foods with MSG and/or soy\*\* such as sushi and Chinese food, or Asian food. See complete list at the end of this chapter.*
- *Peanuts and peanut products, cashews and all other nuts*
- *Starchy vegetables like potatoes, sweet potatoes, guacamole, asparagus, sprouts, okra, and pumpkin.*
- *All flours (except for rice bran, spelt, rye, and millet).*
- *Most anything with gluten (pasta, breads, pizza).*
- *Cooking and salad oils (vegetable, soy, palm, coconut, canola, olive, Crisco vegetable oil, cottonseed oil, peanut oil, safflower, olestra, or anything hydrogenated.*
- *Margarine, butter substitutes.*
- *Wheat germ.*
- *Canned fish or kippers.*
- *Vinegar.*
- *Foods from fast food restaurants (hamburgers may have soy).*
- *Glazed ham (additives in the glazing).*
- *Popcorn.*
- *All legumes, lentils, and beans.*
- *Sesame, pumpkin, and sunflower seeds.*
- *Mayonnaise, salad dressings.*
- *Chewing gum except for Cedar gum from Siberia on Amazon.com which is acceptable - expensive but lasts a long time.*

► **Supplements) and spices caused the parasites to grow and multiply:**

- *Fennel, licorice.*
- *Anisette.*
- *Rosemary.*
- *Cajun spices (check all mixed spices as many have additives on this list).*
- *Cellulose gum, guar gum, carrageenan, xanthan gum.*
- *Soy lecithin or lecithin (often found in chocolate, ice cream, chewing gum).*

- *Carnauba wax, arabic gum (tic tacs).*
- *Pectin.*
- *Mustard.*
- *Monosodium Glutamate (MSG) used in many foods as a flavor enhancer. This is a sneaky one and probably the one forty different foods. Go to the end of this chapter to get a complete list.*
- *A-1 Steak sauce and other similar products,*
- *Modified starch.*
- *Bullion or thickeners for gravies.*
- *Gelatin (found in Jello and capsules or in time release vitamins/meds).*
- *Glycene.*
- *Propylene glycol (medications such as cold and flu syrups which may have propylene glycol such as NyQuill).*
- *Glycol (soups that may have problem ingredients, i.e. chicken soup made with College Inn chicken broth has glycol).*
- *Brewers yeast (many nutritional supplements have it)*
- *Cod liver oil.*
- *Flax seed oil, Omega 3's.*

*Note: I never tested Vitamin E , A, or D in oil form so I don't know if they would be a problem for me but suspect they would be a problem.”*

For Stages II and III the King Diet™, I refer you to my book,

“How to Get Your Life Back from Morgellons, Chronic Lyme, and Other Skin Parasites.”

### **My Experience:**

I had almost fully retired from my business and was busy remodeling my home in my early 60's. Sometime after a serious spider bite, I noticed pains in my knees and as time went on my one knee was tremendously inflamed. The pain became excruciating 24/7 and I was certain my life as I had known it was over.

Lyme disease had surfaced with a vengeance. I had trouble getting in and out of a car. If I didn't have cruise control, I had to use a stick to hold the gas pedal down on long trips in lieu of cruise control. Even getting up from the toilet was a serious chore.

I was so confused with the spider bite that I didn't even think it might be Lyme disease. After all, I had done all the antibiotics with an LLMD.

My general practitioner's opinion was Lyme and not the spider bite. One of my subscribers to my updates on skin parasites introduced me to a nutritional supplement to increase glutathione. She claimed that it was instrumental in getting her life back from Morgellons. I started taking the recommended daily amount of the supplement.

Within 6 weeks I noticed a dramatic reduction in inflammation and pain in my knee - 95%. I was so excited that I did a lot of personal research on glutathione. Why did I just now hear of this substance and not years ago? Answer: years ago there was no way of substantially boosting it in the body to make much of a difference so that one could really see results.

My complete experience plus everything you want to know about Lyme disease is in my free report, "Lyme Disease Doesn't Have to Own You Anymore." [26]

Disclaimer: These products and information are not intended to treat, cure, mitigate, or diagnose any disease. The FDA has not evaluated these statements. The FDA requires that I inform you to consult with your doctor before beginning the diet or using any supplements.

Regarding products, I absolutely do not recommend substituting other products as they may actually have ingredients that feed the skin parasites and strengthen them.

## **5) How to manage stress**

### **Manage Stress**

It's all so overwhelming! Managing stress is vital in order to enable everything you are doing to work better!

#### **Why is this so vital and why is managing stress so often overlooked?**

Simply put when you are not managing stress in this highly stressful situation you are not managing stress hormones that are being released into your blood stream in the form of cortisol. Cortisol (23) being nature's built in alarm system used to enable you to fight or flee from dangerous situations. If this hormone is not utilized by the body to fight or flee it is highly toxic to you and puts your body in a state of high acidity. You can be consuming the healthiest foods and be rigid on the King Diet<sup>SM</sup> and be taking all the perfect supplements to win this war, but if your body is being continually stressed and bombarded with cortisol you are disempowering all the benefits you should be receiving by following the protocol and recommendations previously recommended.

Sometimes it's the simple things that don't cost anything that are the most effective yet because there is no price to pay, these things are easily overlooked and thought to be unimportant. How far from the truth is this when it comes to managing stress!

Deep breathing is your first line of defense against cortisol and all it costs is awareness together with mindfulness of your daily encounters with stress. Simplistically put cortisol is an adrenal sugar spike into your blood stream, whilst we are avoiding all foods with sugar like the plague why are people not placing importance on managing their stress I ask?

I do believe if everyone understood the value of managing stress and applied it to the extent that they deal with their skin, which alone is a dramatic stressful call to action, that there would be far quicker turnarounds in winning this war.

### **Amazing results achieved by managing stress -**

A customer reported that since getting Morgellons and learning how to manage stress by deep breathing that her blood pressure problem of ten years went away and how she no longer needs to take her blood pressure meds. Remember, we're not curing hypertension. In fact, the Physician's Handbook found in every doctor's office states that 80% of all maladies is stress related. So, often by managing stress with basic deep breathing solves the problem. In fact it would be advisable for every physician to have a stress management specialist part of their practice.

In our Sunday free conference calls, we typically do a deep breathing exercise, tapping exercise or QR response exercises to minimize the stress response which, by the way, also lowers IQ and kills creativity.

Panic – panic usually is a normal reaction shortly after you get infected by mites and find no over the counter meds or even help from your doctor. This has been the topic for two Sunday Conference calls posted to Youtube

To join our Sunday calls, watch for email announcements with details on how to join.

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To learn more about the function of glutathione in dealing with skin parasites and improving your health and immune functioning, go to

**<http://www.glutathionehealth.com/Lyme-Disease.htm>**

Our on-line store is at

**<https://theorganicskincare.com/collections/supplements>** where you can find all the supplements.

**Learn all about stress management at [www.DSressDoc.com](http://www.DSressDoc.com)**

**Those suffering from skin parasites often lose their careers or jobs and find their self esteem challenged. Go to [www.SelfEsteemCure.com](http://www.SelfEsteemCure.com) to**

**reclaim your self-esteem.**

**Those suffering from extreme anxiety and agoraphobia will find the deep breathing technique counter productive and that deep breathing exercises may actually make them more anxious. Alternate stress management techniques using outward focus are at [www.PanicBusters.com](http://www.PanicBusters.com)**

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### **About the Author**

Richard Kuhns, an ex sufferer of both Chronic Lyme and skin parasites, is author of How to Get Your Life Back from Morgellons, Chronic Lyme, and Other Skin Parasites. Learn more by visiting [BestMorgellonsCure.com](http://BestMorgellonsCure.com) and [GlutathioneForHealth.com](http://GlutathioneForHealth.com)

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