

THE PELOPONNISIAN FRIEND

**THE CHEMTRAILS DETOXIFICATION
HANDBOOK**



Toxic

The Chemtrails Detoxification H and- book

The Peloponnesian friend

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Contents

Prologue

PART ONE- EATING & DRINKING

Chapter 1 - Countermeasures

Chapter 2 - T horns of health

Chapter 3 - The good cousin

Chapter 4 -H₂O +Mg effect

Chapter 5 - Protect your kidneys

Chapter 6 -Yellow submarine.....

Chapter 7 -Moonchild.....

PART TWO - STONES & CRYSTALS

Chapter 8 – A stone for life

PART THREE- BATHS & SAUNA S

Chapter 9 –Poseidon’s reign

Epilogue to a victory of the people

Introduction

The following information about chemtrail detoxification techniques is based in true and applied knowledge acquired from a variety of men and women working in the field of secret services.

I myself had the opportunity to apply these methods with outstanding results for my health and wellbeing.

This information isn’t medical advice or any kind of therapy instruction.

Prologue to a war of the two final classes

During the cold war period Soviet Union and the US gave their true effort to develop and apply some of the most unbelievable non-nuclear weapons. The target at that time was clear –the enemy-no matter what should at any time be eliminated.

The variety of these weapons was vast stretching from sophisticated lasers and LSD tests to strange occult manipulation techniques telepathy and mind control.

The amount of the knowledge that both world powers gain by that race was by no means small.

Then the Berlin wall fell and the enemy were not so clear.

The battle for world domination has just started but this time the enemy is you –the simple citizen of your state who still hope for a better future.

The key world power players are now more and ever determined to put you and your family in to state of modern-like slavery so they eventually achieve the ultimate goal of total domination and manipulation in everything and everyone.

So who are these people?

The usual suspects , N.W.O employees, trilaterals, bilderbergers , bankers etc.

They decided that overpopulation is strangling the globe and absorbs earth's resources so rapidly than in a few years long there wouldn't be a sustainable planet left.

What a joke –what hypocrisy.

So we are overcrowded and these folks decided criminally to reduce our number

But as many of you know to kill an animal is better first to give him disruptions so it could easily and without reaction to stand and die.

They came up with a plan –first make them like zombies through mercury poisonous vaccines and chemfoods then proceed to infected air and delete them quietly.

Wonder how neurodiseases cancer and breathing deficiencies spread so fast in our times?

How the morning awakening seems so hard?

Noticed headaches, dizziness and a sense of a lost mind all day long?

While the plan is known the method is over our heads several days per month.

Chemtrails the name-yep strange civilian (?) military (?) aircrafts spread around our necks deadly minerals like Aluminum and Barium easily absorbed but extremely harsh to expel from our bodies.

Harsh yes but not impossible there are ways to take them out from our system-this book shows how .

This new century began with a new type of war - neither civil nor conventional in any other way surely inhuman ditto brutal and more accurately - a global holocaust.

Only this time Adolph is not home ultra elitist scams with serious mental issues are and the war is between us and them.

This is a Survivor struggle between two classes - the very few and billions of us.

Lost is just a TV series - don't be .

Enjoy

PART ONE EATING & DRINKING

Chapter one

Countermeasures

This guide deals with various ways of throwing out of our body the toxins that chemtrails gave us either dangerous minerals or chemicals .

By the moment a toxic element enters the body begins a race among our internal organs to stay fit - human organism has a natural system of get rid of all the conventional toxins.

The same function applies to the more unconventional too.

But in this case our body fails in the long term.

Aluminum and barium due to their synthetic composition are hard competitors for disqualification because our system fails to recognize them as potential enemies and thus to extract them.

So is like a blind man had been attacked by an intruder.

If he has a knife he can do little but what about a shotgun with a sensor movement detector?

There are herbs and everyday cooking supplies that can do the job with no side effects.

There are baths and water usage that can do the same

There are natural stone magnets that eliminate the false messaged reaction between the body cells and toxic minerals that eventually turn in to cancer.

A few words about me:

Journalist and keen researcher with contacts here and there very angry with the feeling that I'm a potential murder victim by my own government and dark agencies like a small toy to play with.

Few years ago I was covering the issue of the poisoned Ukrainian president Viktor Yushchenko with the really mess up face .

If you only could see and hear from his staff and ordinary citizens how vibrant smiling and gentle was that man before been target from the few global scams

But he was tough and lucky the poison did enter his system but fortunately with no irreversible damage.

The Russians were mobilized as allies Putin send his best scientists to examine and try to apply the right antidote for the select poison after all we know historically that from the time of the soviet union and so on they have developed the highest expertise on the subject.

With the collaboration of a well-known detox center in Austria step by step they reversed the toxic course of the poison and president Yushchenko was saved.

Then again couple years later Yasser Arafat was poisoned by nuclear element polonium and died shortly after been exposed to it . Over 50 military and civilian doctors examine him without positive result about the cause of his strange illness , nothing came out.

In Kiev I met, made and still preserve undeniably very strong and useful contacts some in the fields of intelligence and security others in the field of politics and mass media.

In a usual after dinner meeting in a club between drinks a major in the Ukrainian internal security drop to our discussion the matter of chemtrails. For my American colleagues the matter was known but bit boring “no major headline” they said. I asked clarification about what they are.

Well chemtrails according to **Space Preservation Act of 2001'**

Are

107th CONGRESS

1st Session

H. R. 2977

To preserve the cooperative, peaceful uses of space for the benefit of all humankind by permanently prohibiting the basing of weapons in space by the United States, and to require the President to take action to adopt and implement a world treaty banning space-based weapons.

IN THE HOUSE OF REPRESENTATIVES

October 2, 2001

Mr. KUCINICH introduced the following bill; which was referred to the Committee on Science, and in addition to the Committees on Armed Services, and International Relations, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned

A BILL

To preserve the cooperative, peaceful uses of space for the benefit of all humankind by permanently prohibiting the basing of weapons in space by the United States, and to require the President to take action to adopt and implement a world treaty banning space-based weapons.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

Section 1. Short title .

This Act may be cited as the `Space Preservation Act of 2001'.

Section 2. Reaffirmation of policy on the preservation of peace in space .

Congress reaffirms the policy expressed in section 102(a) of the National Aeronautics and Space Act of 1958 (42 U.S.C. 2451(a)), stating that it `is the policy of the United States that activities in space should be devoted to peaceful purposes for the benefit of all mankind.'

Section 3. Permanent ban on basing of weapons in space .

The President shall--

- (1) implement a permanent ban on space-based weapons of the United States and remove from space any existing space-based weapons of the United States; and
- (2) Immediately order the permanent termination of research and development, testing, manufacturing , production, and deployment of all space-based weapons of the United States and their components.

Section 4. World agreement banning space-based weapons .

The President shall direct the United States representatives to the United Nations and other international organizations to immediately work toward negotiating, adopting, and implementing a world agreement banning space-based weapons.

Section 5. Report .

The President shall submit to Congress not later than 90 days after the date of the enactment of this Act, and every 90 days thereafter, a report on--

- (1) The implementation of the permanent ban on space-based weapons required by section 3; and
- (2) Progress toward negotiating, adopting, and implementing the agreement described in section 4.

Section 6. Non space-based weapons activities .

Nothing in this Act may be construed as prohibiting the use of funds for--

- (1) Space exploration;
- (2) Space research and development;
- (3) Testing , manufacturing, or production that is not related to space-based weapons or systems; or
- (4) Civil , commercial, or defence activities (including communications, navigation, surveillance, reconnaissance, early warning, or remote sensing) that are not related to space-based weapons or systems .

Section 7. Definitions .

In this Act:

- (1) The term `space' means all space extending upward from an altitude greater than 60 kilometers above the surface of the earth and any celestial body in such space.
- (2)(A) The terms `weapon' and `weapons system' mean a device capable of any of the following:
 - (i) Damaging or destroying an object (whether in outer space, in the atmosphere, or on earth) by--
 - (I) firing one or more projectiles to collide with that object;
 - (II) Detonating one or more explosive devices in close proximity to that object;
 - (III) directing a source of energy (including molecular or atomic energy, subatomic particle beams, electromagnetic radiation, plasma, or extremely low frequency (ELF) or ultra low frequency (ULF) energy radiation) against that object; or
 - (IV) Any other unacknowledged or as yet undeveloped means.

(ii) Inflicting death or injury on, or damaging or destroying, a person (or the biological life, bodily health, mental health, or physical and economic well-being of a person)--

(I) through the use of any of the means described in clause (i) or subparagraph (B);

(II) through the use of land-based, sea-based, or space-based systems using radiation, electromagnetic, psychotronic, sonic, laser, or other energies directed at individual persons or targeted populations for the purpose of information war, mood **management, or mind control of such persons or populations; or**

(III) By expelling chemical or biological agents in the vicinity of a person.

(B) Such terms include **exotic weapons systems** such as--

(I) Electronic , psychotronic , or information weapons;

(ii) chemtrails;

(iii) High altitude ultra low frequency weapons systems;

(iv) Plasma , electromagnetic, sonic, or ultrasonic weapons;

(v) Laser weapons systems;

(vi) Strategic , theatre , tactical, or extraterrestrial weapons; and

(vii) Chemical biological environmental climate or tectonic weapons.

(C) The term 'exotic weapons systems' includes weapons designed to damage space or natural ecosystems (such as the ionosphere and upper atmosphere) or climate, weather, and tectonic systems with the purpose of inducing damage or destruction upon a target population or region on earth or in space.

Chemtrails should not be confused with the normal contrails that jets leave behind them as they fly high in the sky. Contrails are simply visible trails of water droplets or ice crystals that disappear rather quickly, whereas chemtrails left by jet airplanes do not disappear. Chemtrails can linger in the sky for many hours. Oftentimes jets crisscross the sky with chemtrails that eventually spread out, creating a haze that can partially block the sun. When this occurs one can observe actual weather changes brought about by chemtrails

So basically chemtrails are a biochemical poisonous weapon system designed to progressively undermine human nervous and immune systems in order for the global elite controllers to transform us in to zombie style slaves .

Later on hanging out with these guys was an opportunity for me to understand how a person could detoxicate his body from slow applied poisons after all it was by using herb and bath remedies that many victims of deliberately poisoning stay alive and well.

I asked my contacts were these remedies adequate for chemtrails too?

The answer was clear

“think my friend if this therapy was successful for extremely lethal poisons the impact on the less serious what could it be?”

I came back with a question about if there were any tests to confirm this?

“Ask the Americans» my contact said with a sense of irony that I dint understand then “ they know well “

Meaning? I reply.

“ During the Vietnam war they made serious attempts to measure the toxicity aftermath and find a possible <<cleansing>> procedure for the toxic sprays against civil population regardless of the content of each spray because at the same time many GI’s were victims too as collateral damages” .

“ So they tried various combinations of drugs chemotherapy vitamin supplements etc some improvement occurred followed by a modest percentage of cured patients.

At the same time in the iron curtain scientists from East Germany developed a more low-cost traditional therapy for spy poisoned victims more precisely their STACI spies.

Dated from the days of Hitler the Germans knew that a certain family of plants produced outstanding results against poisoning. They also had Knowledge about a team of magnetic stones that had the very interesting ability to interact with dangerous minerals and force them out of the body system ” .

The bet now was to find the names of these antioxidant factors
It took a while but who dares wins and finally I got them with some cash help certainly!

Chapter two

T horns of health .

Scotland is basically an infertile land but has a national emblem plant that with a first glance looks inappropriate for the role, harsh , offensive with scary thorns and inferior looking truly poor and ugly.

But my fellow reader is probably the most beneficial herb in the world!
Milk thistle -top liver detoxification tool and regenerator not only heal but is the only herb that actually helps the organ to rebirth!

Moreover several scientific researches came to the conclusion that helps other organs too like the heart lungs and kidneys all the basics!

The botanical name for milk thistle is *Silybum marianum* (L.) . Milk thistle is also referred to as holy thistle, Marian thistle, Mary thistle, Our Lady's thistle, St. Mary thistle, wild artichoke, Mariendistel (German), and Chardon-Marie (French). The plant is indigenous to Europe but can also be found in the United States and South America . Traditionally, the leaves have been used in salads, and the fruit of the flower has been roasted as a

coffee substitute. The seeds of milk thistle are the medicinal parts of the plant. The primary active constituent of milk thistle is silymarin despite milk thistle's long history of being used to treat liver and biliary complaints, it was not until 1968 that silymarin was isolated from the seeds of the plant, and it was proposed that silymarin might be the active ingredient. Silymarin was later determined to be a flavanolignan that is composed of four structurally similar compounds: silybin, isosilybin, silydianin, and silychristin. Researchers have investigated the role that silibinin may play in the treatment of hepatitis and cirrhosis. Most studies have investigated the isolated compound silymarin or its most active isomer silybin, rather than the herbal plant in its whole form.

Silymarin is most well known for its purported effects on the liver. In laboratory studies, silymarin has been found to stabilize cell membranes, thus preventing toxic chemicals from entering the cell. Laboratory studies have also demonstrated that silymarin stimulates synthesis and activity of enzymes responsible for detoxification pathways and exhibits antioxidant properties. Specifically, silymarin has been shown to stimulate the glutathione S-transferase pathway and alter the intracellular concentration of glutathione (a potent antioxidant). Silymarin has also been shown to neutralize a wide range of free radicals.

Laboratory experiments conducted using cancer cell lines have suggested that silibinin enhances the efficacy of cisplatin and doxorubicin against ovarian and breast cancer cells. Silybin appears to have direct anticancer effects against prostate, breast, and ectocervical tumor cells. Silybin may also affect the cell cycle in cancer cells by slowing down cell growth, as demonstrated with prostate cancer cell lines. Laboratory studies using leukemia cell lines found that silybin did not stimulate growth of leukemia cells.

History

Milk thistle has been used for more than 2,000 years, primarily as a treatment for liver dysfunction. The oldest reported use of milk thistle was by Dioscorides, who recommended the herb as a treatment for serpent bites. Pliny the Elder (A.D. 23–79) reported that the juice of the plant mixed with

honey is indicated for “carrying off bile.” In the middle Ages, milk thistle was revered as an antidote for liver toxins . The British herbalist Culpepper reported it to be effective for relieving obstructions of the liver. In 1898, eclectic physicians Felter and Lloyd stated the herb was good for congestion of the liver, spleen, and kidney . Native Americans use milk thistle to treat boils and other skin diseases. Homeopathic practitioners used preparations from the seeds to treat jaundice, gallstones, peritonitis, hemorrhage, bronchitis, and varicose veins . The German Commission E recommends milk thistle use for dyspeptic complaints, toxin-induced liver damage, hepatic cirrhosis, and as a supportive therapy for chronic inflammatory liver conditions.

Several research studies have investigated the effects of silymarin or silybin in a non-cancer context. These studies have tested silymarin or silybin:

- In healthy animal liver and kidney cells.
- **As a prophylaxis against toxic chemicals .** (chemtrails included)
- **In stimulating detoxification pathways (enzyme concentrations and activity).**
- For antioxidant properties.

Silymarin or silybin has also been investigated in cancer models. The effects of silymarin and/or silybin have been investigated in prostate, breast , hepatic epidermoid, colon, ovarian, histiocytic lymphoma and leukaemia cells. In animal tumour models , tongue cancer, skin cancer, bladder cancer, and adenocarcinoma of the colon and small intestine have been investigated. These studies have tested the ability of silymarin or silybin to:

- Mitigate the toxicity associated with chemotherapy agents
- Enhance the efficacy of chemotherapy agents.
- Inhibit the growth of cancer cell lines and inhibit tumour initiation or tumour promotion.

Although many of these studies have produced encouraging results, none of the findings have been replicated in human clinical trials.

Laboratory data suggest that silymarin and silybin protect the liver from damage induced by toxic chemicals . Animal studies have found that liver cells treated with silybin and then exposed to toxins do not incur cell damage or death at the same rate as liver cells that are not treated with silybin. This finding suggests that silybin can prevent toxins from entering the cell or effectively exports toxins out of the cell before damage ensues. Alternatively , this may be related to the effect of silymarin on detoxification systems. *In vitro* data have shown silybin to stimulate and/or inhibit phase I detoxification pathways in silybin-treated human liver cells. However, this effect was found to be dose-dependent, and these levels are not physiologically attainable with the current manufacturer dose recommendations.

Silymarin and silybin have also been found to accelerate cell regeneration in the liver through stimulation of precursors to DNA synthesis and enhancement of production of the cellular enzymes required for synthesis of DNA. Laboratory studies have also shown silymarin and silybin to be potent antioxidants. Silymarin has been shown to mitigate oxidative stress in cells treated with pro-oxidant compounds.

Silymarin has also been investigated as a possible adjunctive agent in mitigating some of the toxicity associated with chemotherapy agents. Silybin and silychristin exerted a protective effect on monkey kidney cells exposed to vincristine and especially cisplatin chemotherapy. Silybin (200 mg/kg body weight) administration with cisplatin in rats resulted in statistically significant reductions in measures of kidney toxicity. Significant decreases in weight loss, faster recovery of urinary osmolality measures, and depressions in the increase in activity of urinary alanine aminopeptidase ([AAP], a marker of kidney toxicity) were observed. **Silybin had no effect on magnesium excretion (EXTREMELY IMPORTANT SEE CHAPTER FOUR)** or glomerular function. Silybin (2 g /kg body weight) administration in rats receiving cisplatin prevented reductions in creatinine clearance, increases in urea plasma levels, and large increases in urinary AAP. No effect on magnesium excretion was observed.

Silybin did not interfere with the antineoplastic effects of cisplatin or ifosfamide in germ cell tumours . In experiments with ovarian and breast cancer cell lines, silybin potentiated the effect of cisplatin and doxorubicin . IdB 1,016, a form of silybin bound to a phospholipid complex, was found to enhance the activity of cisplatin against A2780 ovarian cancer cells but had no effect on its own. Silybin increased the chemo sensitivity of DU 145 prostate cancer cells resistant to chemotherapy.

Studies have also investigated the effect of silymarin on tumour initiation and promotion. Silymarin appears to have a chemopreventive effect through perturbations in the cell cycle, altering cell signalling that induces cellular proliferation, affecting angiogenesis, or through its anti-inflammatory properties. These findings have been supported in human prostate, breast, ectocervical, ovarian, hepatic, leukaemia, and epidermoid cell lines. An investigation of the effect of silymarin on ultraviolet B radiation-induced nonmelanoma skin cancer in mice found that silymarin treatment significantly reduced tumour incidence ($P < .003$), tumour multiplicity ($P < .0001$), and tumour volume ($P < .0001$). These findings suggest that silymarin plays a prominent role in the reduction of cancer cells and in preventing the formation of cancer cells. A number of studies have investigated the mechanism through, which silymarin may affect tumour promotion in mouse skin tumour models. Studies have found that silymarin reduces transcription of markers of tumour promotion and activity, inhibits transcription of tumour promoters, stimulates antioxidant activities, interferes with cell signalling , inhibits inflammatory actions, and modulates cell-cycle regulation.

How to use it

First of all in our case although there are many reliable milk thistle products we refer primarily to the use of silibis marianum cooking oil (not essential oil) for the first two to six months depending on the gravity of poisoning (derived by the frequency of the sprays) followed by some weekly artichoke meals for the rest of the schedule .

The program below is for an average spraying operation of three to four times per week in a two months period.

First week

Drink daily one soup spoon every second morning

Second to six th week

Three times per week one soup spoon (separate not all together)

Seventh to eleventh week

As you please but normally three tea spoons per week is adequate.

Annually

After this basic treatment your body will be fully cleaned from all the toxins that had absorbed during th e past years but you could also consume a soup spoon or two per month just for the preservation of your health during the year long.

But in periods of massive chemtrail operations after they stop consume a tea spoon daily for a week because is better to prevent that to heal isn't it?

Important notice

Please during the first week do not drink caffeine and coco products including cola type drinks modest consumption for the next first month-free for rest of the treatment.

Chapter three

The good cousin .

Sylibum marianum's cousin Artichoke is an excellent choice for
Healthy detox dishes

According to the U . S . Department of Agriculture Artichoke contains one
of the highest amounts of superior flavonoid antioxidants .

<http://www.ars.usda.gov/nutrientdata>

History and Legends of Artichokes

According to an Aegean legend and praised in song by the poet Quintus Horatius Flaccus, the first artichoke was a lovely young girl who lived on the island of Zinari . The god, Zeus was visiting his brother Poseidon one day when, as he emerged from the sea, he spied a beautiful young mortal woman. She did not seem frightened by the presence of a god, and Zeus seized the opportunity to seduce her. He was so pleased with the girl, whose name was Cynara that he decided to make her a goddess, so that she could be nearer to his home on Olympia . Cynara agreed to the promotion, and Zeus anticipated the trysts to come, whenever his wife Hera was away. However, Cynara soon missed her mother and grew homesick. She snuck back to the world of mortals for a brief visit. After she returned, Zeus discovered this un-goddess-like behavior. Enraged, he hurled her back to earth and transformed her into the plant we know as the artichoke.

Artichoke origins dates back to the time of the Greek philosopher and naturalist, Theophrastus (371-287 B.C.), who wrote of them being grown in Italy and Sicily .

Pedanius Dioscorides (40-90 A.D.), a 1st century A.D. Greek physician of Anazarbus, Cilicia , wrote about artichokes at the time of Christ.

While travelling as a surgeon with the Roman army of Emperor Nero, he collected information on the remedies of the period and wrote a work on The Greek Herbal of Dioscorides . Originally written in Greek, Dioscorides' herbal was later translated into Latin as De Materia Medica . It remained the authority in medicinal plants for over 1500 years.

Ancient Greeks and Romans considered artichokes a delicacy and an aphrodisiac. In Ancient Greece, the artichoke was attributed to being effective in securing the birth of boys.

In 77 A.D., the Roman naturalist Caius Plinius Secundus, called Pliny the Elder (23–79 A.D.), called the choke "*one of the earth's monstrosities.*" Evidently he and his colleagues continued to enjoy eating them. Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin, so that the treat would be available year round.

Beginning about 800 A.D., North African Moors begin cultivating artichokes in the area of Granada , Spain , and another Arab group, the Saracens, became identified with chokes in Sicily . This may explain why the English word artichoke is derived from the Arab, "al'qarshuf" rather than from the Latin, "cynara.". Between 800 and 1500, it's probable that the artichoke was improved and transformed, perhaps in monastery gardens, into the plant we would recognize today.

Artichokes were first cultivated at Naples around the middle of the 15th century and gradually spread to other sections of Europe . After Rome fell, artichokes became scarce but re-emerged during the Renaissance in 1466 when the Strozzi family brought them from Florence to Naples .

1500s - In the 16th century, Catherine de Medici (1519-1589), married to King Henry II (1519-1559), of France at the age of 14, is credited with making artichokes famous. She is said to have introduced them to France when she married King Henry II in the mid 16th century. She was quoted as saying , "*If one of us had eaten artichokes, we would*

have been pointed out on the street. Today young women are more forward than pages at the court."

The chronicler, Pierre de L'Estoile, in his Journal of June 19, 1576 talks about the occasion of the wedding of Marquis de Lomenie and Mlle de Martigues, *"The Queen Mother ate so much she thought she would die, and was very ill with diarrhoea. They said it was from eating too many artichoke bottoms and the combs and kidney of cockerels, of which she was very fond."*

From the "Book of Nature," by Dr. Bartolomeo Boldo in 1576, *"it has the virtue of . . . provoking Venus for both men and women; for women making them more desirable, and helping the men who are in these matters rather tardy."*

1600s - Martha Washington's Booke of Cookery contains a 17th-century recipe entitled "To Make Hartichoak Pie."

1800s - French immigrants brought artichokes to the United States in 1806 when they settled in the Louisiana Territory . But though the first commercial artichoke fields were developed in Louisiana , by 1940 they had mysteriously disappeared. They were later established in Louisiana by French colonists and in California in the Monterey area by the Spaniards during the later 1800s.

Johann Wolfgang Goethe (1749-1832), poet and dramatist, shunned the artichoke. In his book Travels through Italy , Goethe says, *" The peasants eat thistles,"* a practice he could never adopt.

20th century - In 1922 Andrew Molera, a landowner in the Salinas Valley of Monterey County, California , just south of San Francisco , decided to lease his land previously dedicated to the growing of sugar

beets to Italian farmers that he encouraged to try growing the "new" vegetable. His reasons were economic as artichokes were fetching high prices and farmers could pay Molera triple what the sugar company did for the same land.

By the early 20th century, Fannie Farmer noted in her ninth edition of her cookbook that California artichokes were selling in Boston for 30 to 40 cents each.

In the 1920s, Ciro Terranova "Whitey" (1889-1938), a member of the mafia and known as the "Artichoke King," began his monopoly of the artichoke market by purchasing all the produce shipped to New York from California at \$6 a crate. He created a produce company and resold the artichokes at 30 to 40 percent profit. Not only did he terrorize distributors and produce merchants, he even launched an attack on the artichoke fields from Montara to Pescadero, hacking down the plants with machetes in the dead of night. These "artichoke wars" led the Mayor of New York, Fiorello La Guardia, to declare "the sale, display, and possession" of artichokes in New York illegal. Mayor La Guardia publicly admitted that he himself loved the vegetable and after only one week he lifted the ban.

Artichokes contain phytonutrients (“fight-o-nutrients”), or plant compounds that have antioxidant properties and promote human health. **Some of the most powerful, polyphenol-type antioxidants** are found in Artichokes, a few of which are highlighted below :

Quercetin

A flavonoid that works as an anti-carcinogen and antioxidant to protect against cancer and heart disease.

Anthocyanins

Colour pigments in Artichokes that are associated with a lower risk of certain cancers, urinary tract health, memory function and healthy aging.

Gallic Acid

An antioxidant also found in red wine and black tea. It has been shown to inhibit cell proliferation in prostate cancer cells.

Luteolin and Cynarin

Polyphenol antioxidants that may lower cholesterol levels. Artichokes contain cynarin, which may also help in regeneration of liver tissue .

Caffeic Acid and Chlorogenic Acid

Contain anti-cancer, antimicrobial, anti-LDL (bad cholesterol) and antiviral properties

Silymarin

This antioxidant aid the liver in regenerative tissue growth (see milk thistle)

Chapter four

H2O effect

History

You know all about it the most important fluid in nature is also our main detoxifier.

Various forms of hydrotherapy have been recorded in ancient Egyptian, Persian, Greek and Roman civilizations. Egyptian royalty bathed with essential oils and flowers, while Romans had communal public baths for their citizens. Iranians classified spa waters according to effect of spa water in treatment of illness. Hippocrates prescribed bathing in spring water for sickness. Other cultures noted for a long history of hydrotherapy include China and Japan, this latter being centered primarily around Japanese hot springs, or (onsen). Many such histories predate the Roman thermae

In the mid-19th century there was a popular revival of the *water cure* in Europe, the United Kingdom, and the United States. During this time the term *water cure* was used synonymously with *hydropathy*, the term by

which hydrotherapy was known in the 19th century and early 20th century. However, the therapeutic use of water precedes this popular revival. Its use has been recorded in ancient Egyptian, Greek and Roman civilizations.

In the 19th century, a popular revival followed the application of hydrotherapy around 1829, by Vincent Priessnitz, a peasant farmer in Austria, This revival was continued by others such as Captain R. T. Claridge, who introduced hydropathy into England in the early 1840s via writings and lectures .

Other popular forms of water therapy included the sea-water treatment of Richard Russell, the contemporary version of which is thalassotherapy. This however was never known or marketed as water cure in the sense that became synonymous with hydropathy, now hydrotherapy. Rather, Russell's efforts have been credited with playing a role, along with broader social movements, in the populist "sea side mania of the second half of the eighteenth century", which itself was of some significance, with some activities reminiscent of modern day of modern day spas. Indeed,

In Europe, the application of water in the treatment of fevers and other maladies had, since the seventeenth century, been consistently promoted by a number of medical writers. In the eighteenth century, taking to the waters became a fashionable pastime for the wealthy classes who decamped to resorts around Britain and Europe to cure the ills of over-consumption. In the main, treatment in the heyday of the British spa consisted of sense and sociability: promenading, bathing, and the repetitive quaffing of foul-tasting mineral waters.

The spa movement itself became especially popular during the 19th century when health spas devoted to the "cure" were well-known medical institutions for the upper-class, especially those with lingering or chronic illness.

Water cure practitioners ranged from qualified doctors to self-taught enthusiasts. For example, a famous water cure in Malvern, Worcestershire was begun in 1842 by Dr James Gully using Malvern water. Famous patients of Gully included Charles Darwin, Charles Dickens, Thomas Carlyle, Florence Nightingale, Lord Tennyson and Samuel Wilberforce.

One form of water therapy advocated by some alternative medicine proponents is the consuming of a gutful of water upon waking in order to 'cleanse the bowel'. A litre to a litre and half is the common amount ingested. This water therapy, also known as Indian, Chinese, or Japanese Water Therapy, is claimed to have a wide range of health benefits; or at least no -- adverse effects. Advocates of water therapy claim that application of water therapy at first will cause multiple bowel movements until the body adjusts to the increased amount of fluid.

While ingesting about a litre-and-a-half of water is generally considered harmless, excessive consumption of water can lead to water intoxication, an urgent and dangerous medical condition.

Before World War II, various forms of hydrotherapy were used to treat alcoholism, and it is used today in alternative medicine. For instance, the basic text of the Alcoholics Anonymous fellowship, *Alcoholics Anonymous*, reports that A.A. co-founder Bill Wilson was treated by hydrotherapy for his alcoholism in the early 1930s.

Hydrotherapy involves a range of methods and techniques, many of which use water as a medium to facilitate thermoregulatory reactions for therapy while physiological mechanisms were initially poorly understood, the therapeutic benefits have long been recognized, even if the reason for the therapeutic benefit was in dispute. For example, in November 1881, the *British Medical Journal* noted that hydropathy was a specific instance, or "particular case", of general principles of thermodynamics. That is, "the application of heat and cold in general", as it applies to physiology, mediated by hydropathy. In 1883, another writer stated "Not, be it observed, that hydropathy is a water treatment after all, but that water is the medium for the application of heat and cold to the body". Thus, the "active agents in the treatment (are) heat and cold", of which water is little more than the vehicle, and not the only one".

How to use it

Just drink 2 to 3 litres daily during chemtrails period.

Always choose to drink water of the highest purity and adequate mineral content especially rich in **Magnesium** .

Why?

Because Magnesium is a top body detoxicator and protector of our nervous system –a system brutally targeted and abused by toxic chemtrail minerals. **Magnesium is utilized by the body for all sorts of detoxification pathways and is necessary for the neutralization of toxins, overly acidic conditions that arise in the body, and for protection from heavy metals** . It plays a vital role in protecting us from the onslaught of man-made chemicals all around us. Glutathione, an antioxidant normally produced by the body and a detoxifier of mercury, lead and arsenic among others, requires magnesium for its synthesis. A deficiency of magnesium increases free radical generation in the body and causes glutathione loss, which is not affordable because glutathione helps to defend the body against damage from cigarette smoking, exposure to radiation, cancer chemotherapy, and toxins such as alcohol and just about everything else.

When our bodies are replete with magnesium (and in balance with the other essential minerals) we are protected from heavy metal deposition and the development of associated neurological diseases. **Research indicates that ample magnesium will protect brain cells from the damaging effects of aluminum, beryllium, cadmium, lead, mercury and nickel (chemtrails)**

. We also know that low levels of brain magnesium contribute to the deposition of heavy metals in the brain that heralds Parkinson's and Alzheimer's. It appears that the metals compete with magnesium for entry into the brain cells. If magnesium is low, metals gain access much more readily .

The sun God

An excellent way to filter your tap water becoming purified is to put it in to **glass** bottles and let them out in the sun light for two to three hours. By that you loose all unnecessary chemicals like fluoride .Some <<specialists>> argue that it is better to use plastic PVC bottles for the procedure ! Sorry guys that 's wrong ! The sun will add to the water toxins made by the plastic fabric that targets kidneys function.

Chapter five

Protect your kidneys

Second only to liver - kidneys - are a class A detox organ. Unfortunately during the detoxification process they put strong effort to clean you so sometimes they need herbal back-up to stay fit.

Celery **and** its health benefits have been known for centuries. In ancient times, it was also considered a medicinal herb used to treat a variety of sicknesses. In the early Middle Ages celery juice was used for curing ailments such as gallstones, constipation, menstrual problems and for health disorders of the liver and gall bladder.

... Celery juice is highly nutritious and very hydrating. Because it is incredibly alkalizing, it equalizes the body's PH, which is essential for good health. All parts of celery are packed with minerals, vitamins and nutrients. Celery leaves are high in vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C and dense in potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and essential amino acids.

This super food also contains important concentrations of plant hormones and healing essential oils that give celery its characteristic smell. These oils help to regulate the nervous system, and are very calming.

Sodium that is available in celery is soluble and organic (living), and is essential for the body. Organic salt allows the body to use the other nutrients that are taken into the body. Every cell in our body is constantly bathed in a salt solution, and if the salt level is not in balance, dehydration occurs. This is why celery juice is a perfect rehydration drink for athletes.

Vitamin

C Source - Celery is rich in vitamin C, a very important antioxidant and immune system booster.

□ **Detox Diet Super Food** - Celery is highly recommended in most detox diet plans as a cleanser to add to your juicing recipes . It has excellent cleansing properties that help to aid digestion, regulate body fluid by acting as a diuretic and curbing sweet cravings.

□ **Cancer Prevention** - Studies found that celery contains a at least eight compounds that help prevent cancer cells from spreading. Certain compounds called acetylenics have been shown to stop the growth of tumour cells. Celery contains other compounds called phenolic acids that block the action of hormone-like substances called prostaglandins, which encourage the growth of tumour cells. Coumarins, another phytonutrient in celery helps prevent free-radicals from damaging cells and prevent the formation and development of colon and stomach cancers.

□

□ **Lowers Cholesterol** - Laboratory studies also indicate that butyl phthalide, a chemical in celery, may help reduce LDL (bad)

cholesterol. Celery also helps to increase bile acid secretion which helps to remove cholesterol from the body.

- **Improves Digestion** - Celery is a natural laxative that helps to relieve constipation. Special nutrients in the fibre are released during juicing that aid bowel movements.

- **Diuretic** - The potassium and sodium in celery juice are powerful body fluid regulators that stimulate urine production to help rid the body of excess fluid.

- **Anti Inflammatory** - The polyacetylene in celery is an amazing relief for all inflammation including rheumatoid arthritis, osteoarthritis, gout, asthma and bronchitis. A study found that another powerful phytonutrient called luteolin blocks the inflammation pathway in the brain. Luteolin also inhibits the excess production of TNF-alpha, a direct cause of inflammation.

- **Lower blood pressure** - Chinese medicine has long recognised Celery's potential for reducing high blood pressure. Studies show that drinking celery juice every day for 1 week can significantly help lower blood pressure. A compound called pthalides helps relax the muscles around the arteries, dilating the vessels and allowing blood to flow smoothly. Pthalides also reduce stress hormones, one of whose effects is to cause blood vessels to constrict.

- **Insomnia** - Celery juice is said to have a calming effect on the nervous system, making it beneficial for insomniacs. Its high magnesium levels help people to relax into a soothing and restful sleep.

- **Weight loss** - Drinking celery juice frequently throughout the day is a popular natural appetite suppressant. Snacking on celery during the day will help fill you up without adding extra calories.

- **Elimination and Prevention of Stones** - Celery juice is great for cleansing toxins from the body and a good natural remedy for dissolving and passing of urinary and gall stones. Drinking it regularly will help to keep them from forming again.

- **Increased Sexual Drive** - Celery juice is beneficial for weak sex drive without the effects of an uncontrollable urge that some pharmaceutical drugs have.

How to use it

Simply add it in to your salad

Chapter six

Yellow submarine

Lemon the cancer destroyer is 10.000 times more powerful than any chemotherapy. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ... The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract not only destroys malignant cancer cells and does not affect healthy cells

How to use it

Drink lemon juice made by one to three lemons periodically straight - **never with sugar or salt** –I repeat never!

Especially mixing salt with lemon is dangerous for the blood causing even leukemia.

Also for smokers , overweight persons and every potential heart patient drink half a cup daily with lemon juice (one lemon) a soup spoon of honey and garlic (Real one not powder or supplement) for a period up to three months .Your arteries will be open and circulated as new.

Chapter seven

Moonchild

Selenium (Greek σελήνη *selene* meaning "Moon") was discovered in 1817 by Jöns Jakob Berzelius and Johan Gottlieb Gahn

Selenium came to medical notice later in time because of its toxicity to human beings working in industries. Selenium was also recognized as an important veterinary toxin, which is seen in animals that have eaten high-selenium plants. In 1954, the first hints of specific biological functions of selenium were discovered in microorganisms. Its essentiality for mammalian life was discovered in 1957 in the 1970s, it was shown to be present in two independent sets of enzymes. This was followed by the discovery of selenocysteine in proteins. During the 1980s, it was shown that selenocysteine is encoded by the codon UGA. The recoding mechanism was worked out first in bacteria and then in mammals .

SELENIUM FOR ANTIOXIDANT DEFENCE

Antioxidants like Vitamin E, Vitamin C and Co-Enzyme Q10 neutralize free radicals by becoming free radicals that are less harmful than the ones they neutralize. But the free radical forms of antioxidants must be

regenerated or they cannot continue to be effective antioxidants, and may even be damaging.

The glutathione and thioredoxin antioxidant systems function to regenerate other antioxidants while themselves providing the primary antioxidant defence in the water phase of the body. Glutathione peroxidase and thioredoxin reductase are two natural antioxidant enzymes that contain selenium and depend upon selenium activity for their antioxidant functionality.

Both the glutathione and thioredoxin systems enhance their own antioxidant activity by inducing the production of other natural antioxidant enzymes. Selenium and selenomethionine supplementation have been shown to significantly reduce oxidative DNA damage (8-OHdG formation) due to ultraviolet radiation.

In 1989 the United States National Research Council established a Recommended Daily Allowance (RDA) for selenium based on maximization of plasma glutathione peroxidase activity [NATIONAL RESEARCH COUNCIL: RECOMMENDED DIETARY ALLOWANCES; 10th Edition; Washington, D.C., National Academy of Sciences, 1989]. Making conservative allowances for body weight and safety, 70 µg/day for adult men and 55 µg/day for adult women were established as the RDAs for selenium.

SELENIUM AND CANCER

In 1996 the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION published the results of a multi-centre, double-blind, randomized, placebo-controlled cancer prevention trial based on 200 µg/day selenium or placebo to 1,312 patients over a mean period of 4.5 years. The study reported a 50% decrease in total cancer incidence as well as a 63% reduction in prostate cancer, a 58% reduction in colorectal cancer and a 48% reduction in lung cancer. Only 6 of the 1,312 subjects had selenium blood levels below that achievable by the RDA prior to supplementation. Not only was this study a powerful refutation of the claim that dietary supplements are of no benefit, but its results were so impactful that it would be unethical for

anyone to repeat it. After extensive scrutiny of the data only the evidence for reduction of prostate cancer is now accepted as statistically significant (for a 42% reduction in prostate cancer). The data still shows a total cancer mortality reduction of 51% .

Selenium has so many anti-cancer actions that it is difficult to establish which ones are predominant. Selenium affects oxidative stress, DNA methylation, DNA repair, inflammation, apoptosis, cell proliferation, carcinogen metabolism, hormone production, angiogenesis and immune function .

Cancer begins with DNA mutation, aberrant DNA methylation or defective cell-cycle control. DNA is normally protected from cancer-causing substances by methyl groups, but selenium deficiency (like folic acid deficiency) can result in decreased DNA methylation and therefore increased DNA damage and mutation. **Selenium also promotes the activity of p53 protein, which is often called "the guardian of the genome"**. Well over half of all cancers have defective p53 protein. When DNA is damaged, p53 either stimulates DNA repair or causes cells to self-destruct (apoptosis) if the DNA damage is irreparable. The thioredoxin reductase system promotes p53 induction of DNA repair enzymes. Cells exposed to selenomethionine have shown a 3-fold increase in p53 activity.

SELENIUM AND IMMUNITY

AIDS patients who are selenium-deficient are nearly 20 times more likely to die from HIV-related causes as patients with adequate selenium. Selenium deficiency increases the virulence of viral infection by causing more pro-inflammatory immune response

The major non-cardiac cause of death in American hospitals is sepsis due to infection, resulting in more than 100,000 deaths per year in the US . Two thirds of those cases occur in patients who have been hospitalized for other conditions. Selenium not only protects against sepsis by boosting the immune system, but it acts directly against bacterial lipopolysaccharide (LPS), a large molecule that contributes significantly to endotoxic shock (death due to bacterial infection) . Multiple organ failure, the leading cause of death in intensive care units, is often caused by systemic sepsis. Elderly

people worried about the risk of hospital infections should also consider selenium supplementation as part of their protection against influenza.

How to use it

Take Selenium supplement 100mg daily for 3 months then 200mg periodically is enough .

Exception to the above refers to HIV+ or AIDS patients –you must have daily for about a year 200 to 400mg then you ‘ill see wonderful results.

It is preferable though to consume straight selenium supplement not with vitamin C enrichment because vita C destroys part of the Selenium .

PART TWO - STONES & CRYSTALS

Chapter eight

A stone for life

Some stones are functioning like magnetic body healers.

The most important family of these is the Tourmalines.

They are so popular and accepted as healing properties that in Japan a country who has special sensitivity in life quality issues Tourmaline foot patches are broadly use to detox the body.

Also in Europe an entire new everyday treatment is in motion –

biomagnetic jackets invested in Tourmaline magnets proved to be extremely helpful in many medical conditions body detoxication included.

They came with various forms colors and attributes but their main characteristic is the abi lity to balance body energy and force dangerous toxins to extract the body.

Either in their original simple mine assembled stone form or as a crystalloid companion they give a very satisfactory healing. Tourmaline gemstone is a semi-precious mineral stone well known for its incredible ability to aid in the detoxification process of the human body. It is one of only a handful of minerals that have the ability to emit negative ions and far-infrared rays.

The word tourmaline takes its origins from the Singhalese phrase "tura mali ," meaning "stone mixed with vibrant colours ." From magenta to teal-blue, meadow-green to vibrant yellow, and even black, this powerful healing stone is known to change its colour in different forms of light. Some say that there are no two tourmalines with the exact same color, and for this reason it has been historically revered as a "magic" stone capable of protecting whoever wore it.

The tourmaline gemstone has the uncanny ability to become its own source of electric charge, as it is both pyroelectric, as well as piezoelectric. When the gem is put under greater amounts of pressure or when it is dramatically heated or cooled, it creates an electrical charge capable of emitting infrared waves and negative ions. Today it is a well-known fact that tourmaline gemstone can seamlessly aid the body's detoxification process.¹

The Health Benefits of Tourmaline Gemstone

Studies have shown the increased incidence of chronic disease is directly related to toxic overflow in the body. Tourmaline gemstone is known to aid in relieving stress, increase mental alertness, improve circulation and strengthen the immune system. It is a powerful agent for reducing toxin-related ailments .

Furthermore, tourmaline produces a detoxifying, cleansing effect on the nervous system, as well as the organs and tissues of the body. It has been shown as a useful aid for improving circulation, reducing stress, improving brain alertness and activating the immune system. This colorful gemstone has a highly stabilizing effect on our nerves, due to its capacity to generate

its own heat. This ability to self-produce an electrical change makes it one of the only minerals that can emit far infrared heat, as well as negative ions.

Shocking Fact!

Preliminary research using tourmaline gemstones on animals and plants found that the gemstone has an activating effect on both animal and plant metabolism.

Why are we interested in a mineral that can emit Far Infrared Rays and negative ions?

Far infrared rays and negative ions gently heal, soothe, stimulate and detox the physical body, as well as the mind. Far Infrared Rays are invisible waves of energy that have the ability to penetrate all layers of the human physical body, delving into the inner-most regions of the tissues, muscles and bone.

They also very gently increase blood flow by expanding the capillaries that carry blood, which in turn promotes oxygenation and regeneration of the blood, deeply detoxifying it for the improved functioning of all of the major organs of the body which depend on blood for energy. This detoxification is on the deepest level, allowing hidden toxins in the blood to be dissolved.

Negative ions are also incredibly important in determining mood. The action of the pounding surf creates negative air ions and we also see it immediately after spring thunderstorms when people report lightened moods. Furthermore, Columbia University studies on depression in winter has shown that depression can be relieved as much through negative ion generators as it can through the use of antidepressants, without the negative side effects. These ions increase the amount of oxygen flow to the brain, increasing awareness and mental energy.

Many professional athletes have reported great performance improvements after using therapeutic gemstones, such as tourmaline. Swedish Olympic world-swimming champion, Glen Christiansen, was reported as having stated that, "The green tourmaline necklace gives me a lot of strength, and allows me to recover faster from hard workouts." "Curiously enough," she also added, "it gives me more sexual interest and power."

This gem has been reported to actually have the power to boost sexual energy in men, as it increases the blood flow and circulation in the body. The gemstone is also reported as helping to ease emotions, increasing vitality and vigor in both men and women.

How Is Tourmaline Gemstone Good For You?

The far infrared rays that Tourmaline emits create the same resonance in the body as is normally found in water. This has a very soothing effect on the nerves. Three-quarters of the human body is composed of water, this form of resonance absorption creates increased vitality in living tissues, enhancing energy levels and increases metabolism.

Tourmaline gemstone can help reduce many toxin-related ailments

Here are just a few of the powerful effects from Tourmaline:

Detoxification

Helps aid fat loss

Reduces water retention
Improves blood circulation
Expels unnecessary waste
Helps cleanse the liver and kidneys
Helps heal skin disorders

Reduction in emotional maladies such as anxiety and depression

Relief from acute and chronic illnesses

Aids in elimination of heavy metals, poisons, and carcinogenic material from our bodies (Chemtrails)

Reduces lactic acids and free fatty acids .

Tourmaline History

Tourmaline was known by centuries by the name schol. Colou red crystals were imported from Sri Lanka at the beginning of the 18th century. During medieval days tourmaline was thought to heal physical and mental disorders as well as prevent death. This is used as a gem for over 2,000 years. In addition to its use as a gem, tourmaline is employed in pressure devices because of its piezoelectric properties. It has been used in depth-sounding apparatus and other devices that detect and measure variations in pressure. The colou red crystals of tourmaline are very strongly dichroic i.e., they are of different colour when viewed in the direction of different axes.

Tourmaline Colour

Tourmaline gemstone comes in many colours such as blue, yellow, pink, red, black, green and clear. Colour can be called as the most distinguishing property of a Tourmaline. Because of its various colours it is named in different way. Some can be mentioned as Ruby like red Tourmaline. This is

called the Rubelite. Again there is green emerald like colours of Tourmaline, which is called Green Tourmaline. Paraiba is another variation of Tourmaline that possesses a bright greenish blue colour . Canary Tourmaline refers to the yellowish Tourmaline. It is this range and combination of colours that has made this gemstone a favourite to both the traders as well as to the scientists. Green is from iron, chromium and vanadium, pink from manganese. Some crystals are pink at one end and green at the other.

Tourmaline Types

There are usually three types of tourmaline, distinguished by the predominance of certain elements. These can be mentioned as Iron tourmaline that is black in colour , Magnesium tourmaline that is brown in colour, alkali tourmaline, which may be pink i.e. rubellite, green i.e. Brazilian emerald, or colourless i.e. achroite.

The two most important types for chemtrail detoxification are the Black and the Watermelon Tourmaline . Considered a grounding stone, black tourmaline is most effective in manipulating energy fields. It is capable of creating a grounding circuit where the earth's shifting energetic. It tunes energies in ways where people can gain protection against feelings of stress and negativity. Hence, it creates a supportive form of energy that moves the [earth's energetic field](#) into alignment with all the present subtle changes. Among the popular attributes of black tourmaline, must be its ability to promote etheric purification that is most popular. It gives its wearer a refreshing dose of cleansing for the auric field from all dimensions of the etheric body. Such Clearing influence delivers significant improvements to one's physical and spiritual state.

How to use them

Fortunately you don't need to spend much money j ust buy one peanut size or larger piece of the stone (size depends on you r taste) and carried with you especially during sleep.

First wash and let it drain out in the sun light for few hours and by that your stone has been recharge - repeat that every six months.

For better result use the stone to make a **SILVER** ring or necklace.
Silver boosts Tourmaline's capabilities as a natural purifier.
Crystals are excellent indoors choice for a well protected house simply use them as ornaments .

PART THREE – BATHS & SAUNAS

Chapter nine

Poseidon's reign

All over the world different civilizations in different times and different regions knew and still appreciate the extremely high importance of the external water usage as detoxi fi cator.

It is a choice of treatment for many conditions for conventional medicine especially in Russia and Japan .

Bathing in Greek and Roman times

Some of the earliest descriptions of western bathing practices came from Greece . The Greeks began bathing regimens that formed the foundation for modern spa procedures. These Aegean people utilized small bathtubs, wash basins, and foot baths for personal cleanliness. The earliest such findings are the baths in the palace complex at Knossos , Crete , and the luxurious alabaster bathtubs excavated in Akrotiri, Santorini; both date from the mid-2nd millennium BC. They established public baths and showers within their

gymnasium complexes for relaxation and personal hygiene. Greek mythology specified that certain natural springs or tidal pools were blessed by the gods to cure disease. Around these sacred pools, Greeks established bathing facilities for those desiring healing. Supplicants left offerings to the gods for healing at these sites and bathed themselves in hopes of a cure.

The Spartans developed a primitive vapor bath. At Serangeum, an early Greek *balneum* (bathhouse, loosely translated), bathing chambers were cut into the hillside from which the hot springs issued. A series of niches cut into the rock above the chambers held bathers' clothing. One of the bathing chambers had a decorative mosaic floor depicting a driver and chariot pulled by four horses, a woman followed by two dogs, and a dolphin below. Thus, the early Greeks used the natural features, but expanded them and added their own amenities, such as decorations and shelves. During later Greek civilization, bathhouses were often built in conjunction with athletic fields.

The Romans emulated many of the Greek bathing practices. Romans surpassed the Greeks in the size and complexity of their baths. This came about by many factors: the larger size and population of Roman cities, the availability of running water following the building of aqueducts, and the invention of cement, which made building large edifices easier, safer, and cheaper. As in Greece, the Roman bath became a focal center for social and recreational activity. As the Roman Empire expanded, the idea of the public bath spread to all parts of the Mediterranean and into regions of Europe and North Africa. With the construction of the aqueducts, the Romans had enough water not only for domestic, agricultural, and industrial uses, but also for their leisurely pursuits. The aqueducts provided water that was later heated for use in the baths. Today, the extent of the Roman bath is revealed at ruins and in archaeological excavations in Europe, Africa, and the Middle East.

The Romans also developed baths in their colonies, taking advantage of the natural hot springs occurring in Europe to construct baths at Aix and Vichy in France , Bath and Buxton in England , Aachen and Wiesbaden in Germany , Baden , Austria , and Aquincum in Hungary , among other locations. These baths became centers for recreational and social activities in Roman communities. Libraries, lecture halls, gymnasiums, and formal gardens became part of some bath complexes. In addition, the Romans used the hot thermal waters to relieve their suffering from rheumatism, arthritis, and overindulgence in food and drink. The decline of the Roman Empire in the west, beginning in AD 337 after the death of Emperor Constantine, resulted in Roman legions abandoning their outlying provinces and leaving the baths to be taken over by the local population.

Thus, the Romans elevated bathing to a fine art, and their bathhouses physically reflected these advancements. The Roman bath, for instance, included a far more complex ritual than a simple immersion or sweating procedure. The various parts of the bathing ritual — undressing, bathing, sweating, receiving a massage, and resting — required separated rooms which the Romans built to accommodate those functions. The segregation of the sexes and the additions of diversions not directly related to bathing also had direct impacts on the shape and form of bathhouses. The elaborate Roman bathing ritual and its resultant architecture served as precedents for later European and American bathing facilities. Formal garden spaces and opulent architectural arrangement equal to those of the Romans reappeared in Europe by the end of the eighteenth century. Major American spas followed suit a century later.

How to use them

In house have a very hot bath (how hot it's up to you). Get in all the way to your neck (deep baptism) and stay for at least 15 minutes you will then see the toxins getting out –but again I must stress that it must be very hot.

In steam baths and saunas stay at least 10 minutes get out have a shower to clean you off the toxins that got off and repeat the drill for two to three times

Important notice

If you have any medical condition that may cause you problems by taking the bath treatments please ask your doctor first for directions.

EPILOGUE TO A VICTORY OF THE PEOPLE

As you can see a major arsenal against chemtrails exists and appeared before you.

Every day cooking ingredients humble vegetables cheap stones and liberating baths organized this method so you can stay healthy in your body free in spirit and very satisfied that eventually it was you that won this war against these humanoids who aim for your life.

Don't forget to inform your relatives and friends for this method
You 'ill make them a great gift from your heart.

Thank you all for reading this

Live long with health and prosperity.

The Peloponnesian friend - region of ancient Helida - Greece August 2012.