

SARS: Suggested actions against SARS from Peter Valentine
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1042

Information on experienced inexpensive solutions
which may also work with preventing
or healing SARS

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"Food Grade" Hydrogen Peroxide. there is a specific difference between regular hydrogen peroxide and 'Food Grade' hydrogen peroxide. For this procedure use ONLY "Food Grade:."

Obtain a gallon of either distilled or pure spring water. Use only water with absolutely no chemicals including fluoride.

Obtain Food Grade hydrogen peroxide, at health store. It's inexpensive around \$2 or less.

Obtain a small 'dropper' bottle. This will enable you to put the exact amount of drops of food grade hydrogen peroxide in the water.

Pour some FG (Food Grade) hydrogen peroxide into the dropper bottle.

Then place one drop of FGHP on the tip of index finger and taste with tip of tongue.

You will note that it slightly burns tongue.

The point is that if the FGHP is diluted with water it can be reduced from a burning sensation to a tang like taste.

The goal is to pour that amount of FGHP drops into the water so that the water has a slight tang taste. The amount of drops that achieve this tang taste is your personal recipe antidote.

Now begin with placing 8 drops into the water. Shake the water then taste it. If the taste is bland it's not right. Add two more drops, shake and taste. Follow this procedure until the tang taste occurs. That's it.

Have a drink in the morning afternoon and night and whenever else you're guided to.

The following information is found in "Alternative Medicine". by Future Medicine Publ.

Use of hydrogen peroxide is called Oxygen Therapy.

Correctly used oxygen therapy destroys disease producing bacteria, viruses and other invading microbial organisms.

It works against AIDS, cancer, yeast infection, parasites, candidiasis, chronic fatigue syndrome, depression, lupis, chronic inflammatory diseases, gangrene, strokes, allergies, asthma, lung infections, diabetes, herpes, wounds, inflamed nerves, muscle spasms.

What I know for fact. A friend indicated someone they new was using this therapy against cancer and having success.

I have had depression for many years. I then discovered the tang aspect and when depressed decided to try it. I had some, lied down to rest then after a short period of time suddenly felt a sense of inspiration, the depression was gone and I got going with a seemingly relentless burst of energy.

Second suggestion

Two years ago 2001, I came down with a terrible lung infection. Endless rolling coughing, weak breath, loss of strength, chills, mild fever, physical weakness. Everything similar to SARS except the easily spreading aspect.

This went on for 7 weeks. I couldn't get rid of it no matter what I did or tried. Then one afternoon in the food store I came across the "Little Herb Encyclopedia" by Jack Ritchason ND. A side note. The Bible refers to herbs, 3,000 times.

(over)

Let me be very clear, 'Siberian Ginseng' is different than regular Ginseng. Siberian Ginseng may be taken by both females and males over a long period of time. For the purpose here stated use ONLY Siberian Ginseng is acceptable.

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The book stated that "There was a study done in East Germany and Russia in the 50's. Eleven thousand people were in the studies with 14 Ph'D's writing their papers on the subject. Their conclusion by consensus showed that when 500 mg. of Siberian Ginseng was consumed everyday without let up, those studied had 100% protection from every viral infection known to man.

I bought Solar brand Siberian Ginseng tablets with 520 mg., took one tablet and the cough and symptoms were gone.

Third

To bolster the immune system use Coral Calcium "Supreme" by Bob Barefoot.

Fourth

Urine Therapy is an ancient method to support many aspects of health. It is a person's own natural medicine. I personally know of a highly education well traveled person who used this method to heal himself of cancer. But for those who need a famous person's OK before they make a move. Tipper Gore uses it. Do your own research.

Books on it are at the 7 Stars Bookstore in Cambridge, MA, Mass. Ave.

Last a spiritual technique.

We are part of totality and therefore we contain the elements of totality within.

Most of these elements are dormant in preference to the physical body's immediate preferences.

Thus our immune systems are vulnerable to harmful body infections that our immune system is dormant to, or not use to counteracting.

But with our imagination as a kind of internet access we can call into us from the realms of infinite potential whatever energies we need to counteract forces which would cause destabilization.

Sit comfortably. Raise arms up, close eyes and with the mind request the energies needed to protect against SARS. You don't need to know what those energies are. Your higher mind knows and will deliver them. Breath easily with mouth slightly open and tip of tongue placed gently behind front upper teeth.

Do this each day as many times as you feel guided, till you feel a sense of fullness. The forces that will come into you will be extremely subtle but will eventually build up to provide and invincible shield. Note, that you should follow this procedure any way for preparatory defense against any uncommon infections.

Contributed by Peter Zak Valentine
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an ultimate multidimensional system of total security
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The Force IS with you, may you be wise enough to be With,
IT

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Communication #7

A communication was received from
Peter Valentine, regarding actions
against SARS.

In City Council April 14, 2003

PLACED ON FILE.