



In the case of an existing illness, which may be due to an infestation of parasites, the following points should be observed to stabilise health:

- 1.) Avoid sugar or fruit!
- 2.) No cold cheese (if then only on the pizza), no other processed lactose products except milk with at least 3.5% fat content.
- 3.) No canned food!
- 4.) No packet soups!
- 5.) No ready-made meals, only freshly prepared meals.
- 6.) No combination of fat and carbohydrates. As far as possible, avoid this combination!
- 7.) No sugary drinks or snacks between meals.
- 8.) Soak nuts, muesli, rice etc. in vitamin C for about 10 minutes. Either 1 teaspoon in 1-2 litres of water or in orange juice.
- 9.) Do not mix muesli with milk, only with orange juice - optimally freshly squeezed yourself.
- 10.) Do not use cosmetics if possible
- 11.) If there is mould in the home, remove it carefully or wear an FFP mask in the home for as long as possible. Mask in the flat until the problem has been eliminated.
- 12.) In winter, ventilate every 2 - 3 hours by shock ventilation: Open all windows and doors for 2 - 3 minutes, then close them again.
- 13.) You need to move, and the pulse should be max. 115 at an age of e.g. 65 years.
180 - age!
- 14.) Inhale through the nose and exhale through the mouth in a rhythm of 3 / 3:
You count 1,2,3 and inhale, 1,2,3 and exhale!
- 15.) If possible, start with endurance sport/exercise for 2 hours, e.g. on the ergometer. Start with 15 minutes and increase each day by trying to do trying to do 5 minutes more each day.
 - a. Take a normal shower or bath afterwards. This will flush away all the toxins that are being through the pores.
 - b. Then take a shower as **hot** as you can stand for 1 minute or spray the whole body with a watering can. Spray the whole body!
 - c. Then shower for 1 minute as **cold** as you can stand.
 - d. Then shower again for 1 minute as **hot** as you can stand.
 - e. Dry off briefly and now lie down horizontally for 20...30 minutes and cover up. This starts the "Auto-Cure" programme in the body.
- 16.) Take a day where you don't eat anything for max. 12 - 14 hours, only drink water (non-carbonated, preferably from the tap), if the quality allows it. You can do this every 2nd or 3rd day, increase slowly, don't go wild straight away!



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17.) Remember that you have to pass 1.5 litres of urine a day, no matter how much you have sweated! This is essential so that your kidneys are flushed properly!

18.) In the case of an existing illness that may be due to parasite infestation, a personalised formula consisting of vitamins, minerals and amino acids, among other things, is put together in consultation with the doctor treating the patient. Take the products according to your doctor's instructions.

The formula serves to stabilise the patient's state of health until treatment is possible. The first step is to analyse which pathogenic microorganisms (parasites, worms, amoebae, etc.) are present in the patient's body and are partly responsible for the existing illness.

These are then successively attacked, selectively eliminated and excreted naturally by the patient. This treatment may take several days or even weeks, depending on the severity of the disease.

Write a diary and record your experiences!

If possible, take photos of the bowel movements, especially if they look creepy, or if you suspect parasites, or if there is an unusual smell, or if you suspect parasites or an unusual smell!

Please be prepared for the possibility of more frequent visits to the toilet, especially in the initial phase. The body may excrete toxins, worms, amoebae and other disease-causing organisms. You will probably notice the changes in your body yourself.

If there are any questions or problems, please write to us:

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