

Five things you can do to prevent ANTHRAX, naturally

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Five things you can do to prevent ANTHRAX, naturally

By Dr. Jack Tips

Five things you can do to prevent ANTHRAX, naturally by Dr. Jack Tips

Written for An Ounce of Prevention, the newsletter of the Apple-A-Day Service Group, an international organization of naturopathic practitioners based out of Austin, Texas.

At Apple-A-Day Clinic we are receiving many calls from people concerned about Anthrax and other terrorist-initiated diseases.
>From the news, we learn that people are so frightened that they are taking antibiotics that cause dangerous side effects even though they have no known reason to do so. Antibiotics are known to weaken the immune system and cause digestive problems. Taking one as a knee-jerk reaction for "prevention" could actually weaken your body's defenses for the future.

>From this tumultuous environment comes this newsletter with the desire that this information brings it's ounce of prevention with viable solutions and peace of mind.

Here we will share with you what we at the Apple-A-Day Clinic are doing for people who want to protect themselves from susceptibility to Anthrax and other instruments of biological warfare. A simple supplement protocol can help provide an effective defense and help improve your health during this time of specific concern.

1. GARLIC

The Garlic Information Center in England has announced that deadly ANTHRAX is most susceptible to GARLIC!

Five things you can do to prevent ANTHRAX, naturally

Garlic is a broad-spectrum antibiotic that even blocks toxin production by disease organisms [Journal of Nutrition, 3/2001]. This is particularly important regarding ANTHRAX because it's the metabolic toxins produced by anthrax that kills people, not the anthrax bacterium itself.

In the featured test-study, garlic was found to be a more potent antibiotic than many of the drugs used to treat anthrax including penicillin, doxycycline, streptomycin, ampicillin, and cephalixin. Further, garlic was found to be effective against multiple strains of E. coli, Staph and other pathogenic bacteria. [Fitoterapia, Vol. 5, 1984].

Fresh cloves of garlic and garlic powder may be beneficial, but the most beneficial garlic is a prepared, concentrated garlic that can deliver a high potency of its antibiotic components especially the highly-researched compound "allicin." [Warning: if the garlic has been irradiated by the commercial spice manufacturer as a food-preservation method, then it is useless in its antibiotic capacity. Do not rely on the garlic powder in your spice rack.]

The antibiotic activity of one milligram of allicin, the active ingredient in garlic, equals 15 units of penicillin. [Koch and Lawson, Garlic: The Science and Therapeutic Application, 2nd ed., Williams & Wilkins, Baltimore 1996], and doesn't have the side effects of destroying the body's beneficial intestinal flora. This makes fresh garlic and its extracts and concentrates a premier antibiotic.

Garlic capsules that certify their allicin content are preferred. You can calculate the milligrams to know the impact of your dose — calculate ten milligrams of allicin to be equivalent to apx. 150 units of penicillin.

The Apple-A-Day program uses a high-potency, odorless, supplement of garlic grown in the high mountain valleys of California and Oregon, processed by a proprietary quick, cool dry method to preserve the full range of anti-microbial properties of Allicin, Aliin, Thiolsulfanates, and Gamma and Glutamyl Cysteines as well as the total sulfur compounds that also play a role in preventing and overcoming Anthrax. This garlic formula comprises one fifth of the anti-anthrax protocol.

2. SULFUR-BEARING ANTIOXIDANTS

Five things you can do to prevent ANTHRAX, naturally

The ANTHRAX bacterium's toxicity emanates from its metabolic by-products that kills the human immune system's macrophage cells which are vital to engulfing and eliminating bacteria. Studies have shown that SULFUR-BEARING ANTIOXIDANTS (alpha lipoic acid, N-acetyl cysteine, taurine) and VITAMIN C, which elevate levels of L-glutathione, a natural antioxidant within the body, counters the toxicity produced by anthrax. [Molecular Medicine, 11/94; Immunopharmacology, 1/00; Applied Environmental Microbiology, 5/79].

Thus, the sulfur compounds in garlic are particularly helpful. Additionally, the Apple-A-Day protocol includes a supplemental anti-oxidant that provides and assists L-glutathion availability in the body. This supplement also provides additional Vitamin C in the mineral ascorbate form... the preferred form for anti-bacterial issues as opposed

to the ascorbic acid form. This anti-oxidant one part of the anti-anthrax protocol.

3. MELATONIN

Melatonin, an anti-aging, a sleep-inducing, longevity hormone supplement has been shown to help neutralize the lethal toxins from ANTHRAX exposure [Cell Biology Toxicology, Vol. 16, 2000]. It can be taken at bedtime in doses ranging from 10-15 mg. Melatonin boosts L-glutathione levels during sleep thus providing additional support to removing the by-products of pathogenic organisms including anthrax.

In the Apple-A-Day protocol, a dose that promotes restful sleep without any residual drowsiness on awakening is the preferred dosage, usually 1 capsule before bed. Melatonin is one part of the anti-anthrax protocol.

4. METAL-BINDING CHELATORS (IP6)

Virtually all bacteria, viruses and fungi depend upon excessive iron compounds as a growth factor. [Iron & Your Health, T.F. Emery, CRC Press, 1991] Iron-chelating (removing) drugs and antibiotics (Adriamycin, Vancomycin) are medically effective against pathogens through their iron-removing action. Diseases such as the Plague (Yersinia pestis), Botulism, SMALLPOX and ANTRAX could all be potentially treated with non-prescription

Five things you can do to prevent ANTHRAX, naturally

metal-binding chelators that include a wide range of supplement options including alginates, chlorella, and silymarin as well as through amino acids such as dl-methionine.

Phytic acid (IP6), derived as an extract from rice bran, is the most potent natural iron and heavy metal chelator and has strong antibiotic and antioxidant action. [Free Radical Biology Medicine, Vol. 8, 1990; Journal Biological Chemistry, 8/25/87]. IP6 greatly increases the immune system's natural killer cell activity and boosts the body's natural cellular defenses by increasing the levels of inositol phosphates in the cells.

IP6 has been found to have similarly effective heavy metal-chelating properties as the germ-killing, tumor reducing drug desferrioxamine [Biochemistry Journal, 9/15/93]. Note: IP6 rice bran extract should be taken in between meals with filtered or bottled water only (no juice).

IP6 in capsule form is used in the Apple-A-Day protocol for people seeking Anthrax preventative measures.

5. WILD OREGANO OIL

The antibacterial, antiseptic action of wild oregano oil has been described in recent medical literature and may be helpful in fighting biological toxins. [Journal Applied Microbiology, Vol. 88, 2000]. A potent natural antibiotic, more powerful than many prescription antibiotics, is oil of wild oregano.

One study showed that wild oregano oil completely inhibited the growth of 25 pathogenic organisms such as Staph aureas, E-coli, Yersinia ent., and Pseudomonas aer. [Journal Food Protection, 7/01] Oregano oil has been shown to be effective in eradicating intestinal parasites in humans. [Phytotherapy Research, 5/00] and is effective in eliminating the yeast/fungus candida albicans.

Wild Oregano, which is quite different than the variety on most kitchen spice racks, has over 50 antibacterial compounds. Just one drop of wild oregano oil in a 4000

Five things you can do to prevent ANTHRAX, naturally

dilution potency effectively sterilizes contaminated water. [London Times, 5/8/01].

Thus, Oregano Oil capsules is used in the Apple–A–Day Anti–Anthrax Protocol as it helps clean up the internal terrain by ridding the body of organisms that occupy the immune system's attention.

The Apple–A–Day Protocol includes 1) concentrated garlic, 2) sulfur–bearing anti–oxidants, 3) Melatonin, 4) IP6 (heavy metal chelator, anti–microbial, and 5) Wild Oregano Oil. With such a program, people can improve their nutritional health while assisting their inherent immune system's vigilance regarding the threat of biological warfare agents.

Homeopathic medicines also provide a viable prevention and, from the world–wide literature, viable treatment of anthrax. However these "remedies" are best used under the guidance of a trained homeopathic practitioner. There is a time to utilize homeopathic remedies both preventatively and acutely. The best time for homeopathic treatment is IF there is an immediate concern or known possibility of exposure, rather than an injudicious "blanket" approach.

The homeopathic attenuation of Anthraxinum can be used by people with possible exposure to help their body's immediate response.

For more information on the Apple–A–Day anthrax protocol:

<http://www.apple-a-daypress.com/anthrax.htm>

AOL Users

Dr. Jack Tips, N.D., Ph.D. CHom., C.C.N

Anthrax By AirMail!

By William B. Doyle

Anthrax By AirMail! by William B. Doyle

People and businesses have flocked to the Internet for numerous reasons, one of them being the speed

Five things you can do to prevent ANTHRAX, naturally

at which we can send and receive information. Businesses like it due to the cost effectiveness of reaching targeted customers very quickly, unlike the conventional mail system which can be very expensive for the direct marketer.

One of the negatives of the Internet continues to be viruses which can cause havoc with computers. Now we have to deal with a more frightening virus in the offline world, arriving to us at our very homes and offices via the same conventional mail systems which cause marketers to prefer the Internet!

Anthrax is arriving to us by airmail!

Yikes! Now any white powdery substance is automatically causing folks to dial 911 in panic.

DO NOT PANIC.

"Knowledge Is Power." The media is doing a great job of getting the word out about anthrax, its history, appearance and symptoms that a victim may show.

They are also publicizing what folks need to do, step by step, upon finding something suspicious about their mail. Here's an example:

*****SUSPICIOUS UNOPENED LETTER OR PACKAGE WITH/WITHOUT THE THREATENING MESSAGE SUCH AS "ANTHRAX":**
(Or any other disease)

Do not shake or empty the contents of any suspicious envelope or package.

PLACE the envelope or package in a plastic bag or some other type of container to prevent leakage of contents.

If you do not have any container, then **COVER** the envelope or package with anything (e.g., clothing, paper, trash can, etc.) and do not remove this cover.

Five things you can do to prevent ANTHRAX, naturally

Then LEAVE the room and CLOSE the door, or section off the area to prevent others from entering (i.e., keep others away).

WASH your hands with soap and water to prevent spreading any powder (germs) to your face.

What to do next*..

If you are at HOME, then report the incident to local police.

If you are at WORK, then report the incident to local police, and notify a security official, and the Administrator Of The Day (AOD).

Do not show other co-workers the content if you receive it, because then you will be expanding the number of people exposed to the contents.

The AOD will contact the Infection Control Coordinator and Administration.

LIST all people who were in the room or area when this suspicious letter or package was recognized.

Give this list to the Infection Control Coordinator for distribution to both the local public health authorities and law enforcement officials for follow-up investigations and advice.

These simple steps and ALOT more are available in the FREE ebook, HARD TARGET: Bioterrorism Vol 1 – "How To PROTECT Yourself From Anthrax By AirMail!" at <http://www.wbdoyle.com/hardtarget.html> or by sending a blank email to: <mailto:anthrax@getresponse.com> .

This may smack of paranoia but those of us that have experience in law enforcement, physical security, anti- terrorism, etc. know that terrorists & criminals often seek out easier "soft targets" rather than the difficult "hard targets".

By implementing the above techniques and the 143+ other

Five things you can do to prevent ANTHRAX, naturally

methods in the FREE E–book "How To Make Yourself A HARD TARGET For Terrorists", you will significantly enhance you, your loved ones' and friends' safety.

For information on how to obtain your copy, go to:
<http://www.wbdoyle.com/hardtarg.html> ...

...or send a blank email to:
<mailto:hardtarg@wbdoyle.com> .

William B. Doyle served over 20 years in the U.S.Navy and trained over 1000 military personnel, familymembers & DOD civilians as an Anti–Terrorism Training Officer. He also has experience as a Naval Law Enforce–ment, Physical Security and Force Protection Officer.



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Five things you can do to prevent ANTHRAX, naturally

