

## Recovering from Steroid use

### Instructions for healing the body

Okay, first off best thing is for you to do the juicing and the food list for about 2 months.(see Diet schedule) This way you can detox. You should try doing a daily enema to clean out all the steroids residue that is still sitting in the kidney, liver, and pancreas. Go on stinging nettle and dandelion for tea and drink that at least two times a day for about 6 weeks. This should help flush the body. Stay away from meat because it will be defeating the purpose as often antibiotics and steroids are pumped into the animals thus they would be just putting the steroids into the body as they eat. You will need to try to sweat so exercising and a near infrared heat lamp would be good. You can get the lamp hood at a farm supply or hardware store for under \$10 and the red incandescent bulb for around \$20 online. The lamp can be done for 10 minutes at least 3 times a week. This way the mitochondrial cells in the body can repair faster as the steroids as it stops the inflammatory response in the cell thus damaging the cells normal working mechanics and thus it needs to be repaired. Because inflammation is a normal response to fight off infection in the body to start the healing process. Thus it is the reason they give transplant patients

steroids to stop the inflammation so the body does not reject the transplant. But that is not good when you have an infection that needs inflammation such as for healing muscles, an infection in the sinuses, lungs and etc. involving many different physiological processes, from vasodilation (opening up blood vessels thus the blood pressure goes down causing more good blood to circulate in the body for healing) to neutrophil infiltration (white blood cells accumulating in the inflamed area), for the complement system to cytokines (basically the proteins, peptides or even glycoproteins are released to help heal the body and thus create immunity to the cause of the inflammation in the first place). This is why it is so important to get on the diet for the two months to reboot your system. I hope this explains it easy. **During all of this time, you need to drink 2 ounces of Nano-Particle Colloidal Silver per day which I will send to you. Preferable before eating.**

Stick to the schedule. **Remove tomatoes from your diet and substitute with red bell peppers for the mean time.** You need to make sure that you take **magnesium malate** as it is really important. Your body is going thru a massive detox phase right now. You had all the up up up when on the drugs now your body is trying to repair and catch up. Just a heads up. If you do do an upper GI it can scar and ruin the upper GI tract and thus cause more damage to the valve that leads to the stomach. Thus permeate issues in the esophagus and valve before the

stomach. You have the acid problems because your system is over acidic. You need to alkalinize your body. Its that simple. Thus daily eating right will help. Pick up at health food store or online and get slippery elm bark and start to drink that with the magnesium to help sooth and coat the stomach and the valve. This way the acid does not do so much damage as your body is detoxing. We will pray for you as you are going to have to be just as dedicated into changing your diet and heal now. Its not a quick fix. Your body needs time to heal but with proper nutrition and rest it will get better. Provide the optimal conditions for it to do the healing. You need to have plenty of rest. And if you are having headaches, you can drink chamomile tea lavender tea and stinging nettle. You could also take valerian root as it will help with calming of the nerves and anxiety, it helps the body manage stress easier, stops heart palpitations, stops headaches/migraines, it lowers the blood pressure, and eases the stomach because of digestive issues.

### TESTIMONY FROM A MAN THAT WAS ON STERIODS.

He Emailed me with these symptoms:

My symptoms range from chest pressure, feeling lightheaded/dizzy, moments of almost passing out. I'll feel as if I'm dropping from a rollercoaster and that my eyes will begin to close. Sometimes my head

will begin to hurt near my temples. No tingling or numbness but will sometimes feel a tightness in one but generally both arms up to my fingers as if I just did a bunch of arm curls. I do have acid reflux so my doctor wanted to check and see if any of that played or plays a role in why I feel the way I do. At my first check up before getting sent to the er, he was checking me for vertigo but then as I stood up I almost passed out and my doctor stated that when I sat down my hands were beginning to tremble. He said it was seizure like but never stated that's what it really was. The ER doctors diagnosed me with vertigo but my primary doctor doesn't believe it to be. He's honestly not sure what it is but wants me to receive a stress test, echo of the chest area, and a scope in my throat to check stomach region for my acid reflux and see if it's caused any major damage.

Lately I've been feeling better than previously and was also told it could be due to high stress as I've lacked rest due to caring for our children/family, work, school, and other activities such as my kids dance schedule/homework. My blood pressure will also rise from time to time. I've changed my diet up quite a bit but still not as strict as I need it to be.

I spoke to my dad a while back about some performance enhancers I would take from 2011-mid 2015. I've never told him exactly everything I took but was aware of me having taken something as I had a boarderline stroke and was left with severe anxiety back in 2016.

Everything that I've taken is listed as follows.....3-4 different brands of pre work out (loaded with 1,3 dymethylamine), hydroxycut & oxyelite pro (both fat burners), adderall, dianabol (Dbol), and numerous amounts of energy drinks and energy shots.....so I'm well aware I've done some damage and I'm also wondering if this is what's causing me to still feel the way I do.

Any kind of feedback on what can possibly be wrong or what I can do organically/naturally to help get my insides back in order would be greatly appreciated.

Speak with you soon, have a great day and God Bless.

The following is after he followed our instructions

Hi brother,

I just wanted to give you the full update of the detox regimen you sent me a few months ago. I have officially and successfully completed the full detox in its entirety as of this past Sunday Night. I have to admit, it was a very tough process in the beginning and a small few moments I honestly wanted to give in but with prayer for strength and perseverance (because I didn't realize how rough this would be haha) I was able to get through it successfully.

I'd like to inform you that the acid reflux I had is completely gone! I haven't experienced any anxiety attacks or breathing issues due to both the reflux and anxiety since maybe that first week of detoxing which I believe was possibly due to the changes my body was going through. I had much more natural energy than previously as my body was always so high off the workout supplements. I lost a total of 25lbs during the process as well. I've been able to sleep much better and overall, my body both inside and out feel much better than it did before I started the detox due to my poor nutritional decisions.

I give thanks to God for not only seeing me through this process but for providing that outlet to connect with you in obtaining this regimen because it certainly helped a whole lot. I know from here on out, maintaining won't be as much of an issue as my body feels used to everything i've been eating/drinking during this process. Thanks again brother, this was greatly appreciated.