

## Want to be Healthy?

**The main thing that stands in your way is contamination!** The 1/6/05 Report from the Pesticide Action Network *UK* reveals that pesticides are everywhere. For the first time, a year's official reports of pesticides in our food, water, and the environment have been brought together. In *People's pesticide exposures - poisons we are exposed to every day without knowing it*, government data are set out beside the results of PAN *UK's* unique surveys.

PAN has discovered that, in some drinking water tests, every single pesticide, of dozens tested for, is detected - mostly below the legal limit. Problem pesticides occur repeatedly. Certain local authorities responsible for private drinking water supplies have not tested for pesticides since 1991, when regulations were introduced.

'Drinking water is not as pesticide-free as we like to think', says Alison Craig of PAN. 'Who wants a lifetime of small doses of multiple poisons in their food and water? Some scientists suspect these toxins as a cause of chronic disease. We shouldn't have these exposures.'

Food contamination is a growing problem and now an acknowledged risk to young children and the elderly. According to the latest European Commission figures, safety thresholds for toddlers are drastically breached. PAN's unique analysis reveals a cocktail of chemicals in food. Mostly, but not always, below legal limits, 65 per cent of them are recognised hazards to health: 35 per cent are suspected cancer-causing chemicals, 12 per cent are hormone-disrupting chemicals, and 41 per cent are acutely toxic.

**The PANUPS article only concerns itself with pesticides. Many other contaminants, including food additives, preservatives, cleaning compounds, medications, heavy metals and many other industrial and commercial pollutants, are also "normally" found in our food, air and water and this contamination is increasing yearly with no end in sight.**

Because of all this contamination, it is now "normal" for many toxins including PCB's, dioxin, trichloroethylene, perchlorate, mercury, lead, benzene, arsenic to be found in our bodies. One property of Mother's breast milk is that its high-fat and protein content also attracts heavy metals and other contaminants. When you Mothers now nurse your babies, you are feeding them not only the fats, sugars and proteins that fire their immune systems, metabolisms and cerebral synapses. But, you also feeding them them in ever increasing amounts; a cocktail that contains a wide variety of dangerous and still untested contaminants.

Your blood, adipose tissue and "healthy" breast milk tells the decades-old story of your personal consumption of water and food and your life-long exposure to various environments; including your neighborhoods, your households, your offices, stores, restaurants and your travels. Virtually everything you have been exposed to including DDT and chlordane, incinerator dioxins and chromium, asbestos, lead paint, automotive exhaust, the off-gassing of your furniture and carpeting, paint, cleaning and drycleaning fumes, termite, mosquito and cockroach control POISONS, disinfectants, mercury from your teeth and/or in last week's fish, the benzene from your gas, the preservative parabens from your face cream, food additives and preservatives, medicines, cleaning compounds and many other chemicals have all been accumulated by you and now these stored toxins are all "normally" found in you and your blood, fat and milk. **We all live "downwind" and we are all truly are becoming toxic waste dumps! So what can you do?**

### Alternative Healing by Stephen L. Tvedten

First of all, I want to caution you that the Author is only sharing anecdotal and/or general information with you, the reader, and not recommending or prescribing anything that you should specifically use. The descriptions of medical conditions and treatments the Author discusses should be considered a reference source only. They are not intended to substitute for a health care practitioner's diagnosis, advice and/or treatments. If you personally decide to incorporate ANY of these various alternatives into your health care regimen you should first consult with your physician and/or qualified health care provider. This is especially true if you are taking ANY medications, either prescription or over-the-counter, if this is the case, you should discuss any changes with your health care provider and your pharmacist as well. Even a simple vitamin or mineral can react with different drugs/chemicals and cause you great harm. You need to thoroughly discuss any/all information, potential changes and/or alternatives with your health care provider and pharmacist before you make them. This recommendation for adequate medical counsel should always be followed, not only because of the various laws and potential

liability, but people who self-medicate or even exercise without adequate guidance can sometimes do more harm than good to their health. That said, many of us suffer on daily basis with all kinds of diseases and the following information can provide you with clear, concise information on several wonderful alternatives the Author and others have successfully used to preserve their health and lives when traditional therapies and/or drugs proved ineffective and/or dangerous.

## **You are what you eat**

Hippocrates once observed: "Food is your remedy, your remedy is food." It has been observed that the average American today consumes 150-pounds of synthetic (and virtually untested) chemicals in their diet every year. It is now considered "normal" for us to have 500 to 1000 chemicals stored in our bodies that were not in our grandparents. That creates an astounding amount of detoxification work for your immune system, filtration systems (liver, kidney, bladder, etc.) to handle. Many of these additives, preservatives and pesticides are quite toxic. Treated fats are also harmful to the body. Always eat the most pure, whole foods you can find. Free range meats and eggs are the healthiest because they aren't treated with hormones, antibiotics, growth hormones, etc. They also tend to provide a more humane life to the animals as well. Olive oil is very good for you. Real butter is far better for us than any of the substitutes. If G-d made it, eat it. If man made it, do not eat it.

If you are currently eating or drinking anything with synthetic sweeteners, stop now! A great deal of research is available on the hazards of all of the various synthetic sweeteners. You can look up the various synthetic sweeteners and other man-made "foods" on the Internet search engines and decide for yourself. Most health stores carry healthy alternatives, e.g., stevia, for people who need to avoid sugars. For those who don't have blood sugar problems, raw honey is a good alternative to refined sugar.

You are essentially a small contaminated ocean, about 60% - 65% water, so drinking pure spring, filtered or distilled water in a glass container is a great choice of a beverage to dilute and/or help flush out the contaminants. Fruit and vegetable juices are not only great sources of water; they are also excellent sources of vitamins and minerals. Herbal teas are wonderful, healthy beverages. If you must drink a pop or soda - do so only between meals. If you drink a soda with your meal, the natural calcium in your meal may not be absorbed. Drink at least 8 glasses of pure water every day. Never drink distilled water that was stored in a plastic container.

There is a great deal of ongoing research being done on the nutritional value of organic foods vs. conventionally grown foods. Most organic foods are much richer in microorganisms, vitamins and minerals than the chemically-grown variety. Taste alone will usually indicate this is true to you.

Other than consuming good food and clean water, what else should I take and/or do?

## **Vitamin and Mineral Supplements**

The Author believes many health problems are caused not by missing "something" in our diets but by needing "something" to be removed. But you do need to ensure that your body system has all of the necessary ingredients and/or tools it needs to maintain, heal, detoxify and rebuild itself. Liquid multi-vitamin and minerals are generally more easily absorbed. But liquids are very difficult and expensive to ship. If you can't find a good liquid, Safe Solutions, Inc. food supplement capsules are the second best for breaking down in the stomach. Nutrients from natural sources are usually far superior to man-made materials in a lab. Natural vitamin E lists the source as d-alpha. If your vitamin E says dl-alpha, then it was created in a lab. Store your vitamin E in the refrigerator. Do not forget to take extra vitamin C, especially during the cold and flu season and remember it helps if the vitamin C you choose contains some bioflavonoids for good absorption. Take a full-spectrum antioxidant supplement with your multi-vitamin and mineral supplements, especially if you are not "feeling up to par". Consult with your health care provider about the proper nutritional amounts for you personally.

If you are not feeling well, take some ginger root everyday to help control nausea and keep your blood running thin. **Caution: NEVER take ginger root if you are on any blood thinning medications, as you risk getting your blood too thin and unable to clot. Nausea can also be alleviated with bentonite clay.**

Many health care providers advocate the use of many natural juices; while these may be helpful, remember that Noni juice, pomegranate juice, blueberry juice and/or any other juices, contain sugars and if you are on a

restricted sugar diet; you need to talk with your health care practitioner before using any of them.

The Author believes the main impediment to good health is all of the toxins you carry in your body's adipose tissue and/or blood. These must be removed. At one time, the Author was so "intoxicated" with various chemicals he was unable to add up change. He had tremendous emotional, physical and mental problems. Once the Author was able to remove these toxins from his body he was no longer "intoxicated" and the health problems disappeared.

### **How Does Your Body Normally Detox?**

The body's major organs of detoxification are the liver, kidneys, large intestine, lungs and skin. The liver is your largest internal organ and it filters your blood and transforms the various toxins so they can be eliminated from your body. Many toxins can damage the liver: alcohol, drugs, pesticides, food additives, prescription drugs and heavy metals. When the liver is damaged, many health and emotional problems develop. The kidneys normally receive the liquid toxins the liver has broken down into less harmful materials and you then excrete them in your urine. When the kidneys are stressed and/or damaged, you may retain water and mineral salts which increase blood volumes making your heart work harder than normal. The large intestine eliminates solid waste through the rectum. Without adequate fiber or water in your diet, food allergies, inflammation and other health problems can develop. The lungs eliminate poisonous gases. Pesticides, cleaners, perfumes, smog, exhaust, tobacco smoke and industrial pollutants can damage your lungs' ability to remove carbon dioxide, resulting in fatigue and other health problems. Lung congestion can also be caused by over-eating, especially mucus-forming foods, e.g., dairy products or products made from flour and sugar. The skin is your largest organ and it weighs 20 pounds or more in an adult. The skin is sometimes called "the third kidney," but in order to work properly you must sweat to remove toxins, e.g., pesticides, medications, heavy metals and other pollutants. If you do not sweat, the other organs must work harder, but if they can not "keep up" the burden falls back to the skin. Acne, boils, rashes and other eruptions should alert you that something is wrong with the internal organs' ability to detox your system properly. If you do not detox and learn to control or eliminate stress, anxiety and negative emotions, your immune system will begin to crash and you will eventually die after you suffer more and more from diseases, infections and other health and emotional problems. The Author came "back from death" by learning to properly detoxify himself and he continues to do so on a daily basis.

### **Detoxification Overview**

Your body is constantly being exposed to and inundated by numerous pesticides, cleaning compounds, medications, food preservatives and additives and a myriad of other toxins; one of the best things you can do is to learn how to help your body detoxify itself quickly and effectively. Heavy metals are one of the hardest elements to detox from the body. However, there are many people who have used Not Nice To Toxins®, Safe Solutions, Inc. Bentonite Clay, Foot Pads and/or their food-grade diatomaceous earth (see below) with good results. **Caution: Any product that does detox the liver should be avoided by anyone on medications as that detox product may also remove the beneficial medicines right out of your system.**

### **Respiratory Ailments and Sinus infections**

In France many medical doctors use essential oils and herbs to control respiratory infections.

Black pepper is a powerful circulatory stimulant. Echinacea has been used as a treatment for blood and yeast infections, abscesses, boils and to cure many inflammations. Essential oils of cinnamon barks, clove bud, oregano, savory, tea tree and thyme have the strongest natural control of infectious microbes.

Cinnamon bark (*Cinnamomum zeylanicum*) essential oil should be avoided if you are pregnant and can irritate sensitive skin and mucous membranes. This oil should not be used undiluted and is a stimulant for the digestive and circulatory systems and an analgesic for treating aches and pains. This oil's main ingredient, cinnamaldehyde, also has strong antibacterial, anti-fungal and antiviral qualities. Cinnamon bark oil is used to treat infections of the bladder, digestive tract, respiratory system and skin. It also repels mosquitoes.

Clove bud (*Syzygium aromaticum*) essential oil is used to numb a toothache. Clove bud oil is an analgesic for treating pain and has strong antibacterial, antiseptic and antiviral qualities. In small doses it can remove intesti-

nal parasites and topically it can help control athlete's foot, lice, measles and scabies. May cause skin irritations and/or raise blood pressure.

Oregano (*Oreganum vulgare*) essential oil should not be used if you are pregnant or for long-term use. It is found in a wild plant in Spain (not on your kitchen shelf) and its main ingredient is carvacrol, a natural bactericide. This oil also has anti-fungal and antiviral, carminative, diuretic, expectorant and emmenagogue qualities. It is used to help alleviate viral infections, e.g., bronchitis, colds, flu and pneumonia. It is effective for treating all respiratory conditions, e.g., pulmonary tuberculosis and whooping cough. Topically, oregano oil can be used to treat athlete's foot and/or fungal nail infections.

Savory (*Satureja hortensis*) essential oil should not be used if you are pregnant. This oil has antibacterial, antiviral, astringent, anti-parasitic, air antiseptic, expectorant and vulnerarey qualities. Dilute before using on the skin.

Tea tree (*Melaleuca alternifolia*) and Eucalyptus (*Eucalyptus globulus*) essential oils are widely used for their antibacterial, anti-fungal, antiviral, anti-inflammatory, antiseptic, analgesic, decongestant qualities; they can stimulate sweating and reduce body temperatures.

Thyme (*Thyme serpyllum*) essential oil is a natural antiseptic used to treat infections, especially in the respiratory system. Thyme oil is also antispasmodic, anti-parasitic, a diuretic and expectorant, will expel worms from the digestive tract and is warming (increasing the metabolism), stimulating, fortifying and helps the nervous system cope with stress. Do not use if you are pregnant, have high blood pressure or a thyroid disorder.

**Use Safe Solutions, Inc. freshly ground flax seed and/or Serrapeptase to relieve asthma and other respiratory difficulties.**

### **Colloidal Silver**

Colloidal silver is effective against over 600 bacteria's, but, remember, it kills both good and bad bacteria. Colloidal silver, 30 ppm, can be taken internally for five days in order to help improve colds and flu symptoms. Colloidal silver, 10 ppm, can be used in a eye dropper or, better yet, in a nasal spray applicator. Colloidal silver is an old remedy that is still being used to kill (good and bad) bacteria; the tiny (ppm = parts per million) particles of silver attach themselves to bacteria and kill them rather quickly. At the first sign of a sinus problem, apply a few drops of sprays of colloidal silver in each nostril up to three times per day. If the infection is chronic, it may take a few more doses. Colloidal silver should only be used as a "pulse" treatment and then only when there are symptoms, not as a preventative. Silver is a heavy metal and can accumulate in the body causing harm, so it should only be used when a "treatable" problem develops. Colloidal silver does have a long shelf life and should be stored in a cool, dark place. Colloidal silver should never be taken for longer than 10 days as silver poisoning may result. **Talk to your health care provider and get more information before deciding if this is a good remedy for you.**

### **Cholesterol Reduction**

Consume freshly ground Safe Solutions, Inc. flax seed and or Serrapeptase per label directions.

### **Coughs and Lung infections**

Put two drops of the tea tree oil in a mug and then pour rapidly boiling water onto the drops and up to the top of the mug. Then stand over the steaming mug and inhale the steam twice a day until your lungs are clear. Tea tree has antiviral, anti-bacterial, anti-fungal and anti-parasitical properties. Never take tea tree internally as it is toxic when ingested and some people are highly sensitive to tea tree oil.

Keeping your respiratory system moist is always a good thing especially when you have a cold. The respiratory system needs moisture to work effectively and it is simple to do. Put your head over a pot of boiling water and inhale the steam. You can find a little blue bulb in most store's baby section that is used to extract mucus from the nose. If you fill it with distilled water, a SMALL pinch of sea salt and squeeze the bulb into one nostril, holding the other closed, it does a good job of washing out the sinus cavities. Take a one gallon steam humidifier and

add 8 oz. of hydrogen peroxide to it, fill the rest with distilled water and breathe the vapors. If you wish, you can add a few drops of tea tree oil or colloidal silver.

Another good natural antibiotic was discovered by the Pasteur Institute in France. They spent years testing natural sources looking for a reliable, effective antibiotic and came up with grapefruit seed extract. Capsules are what most people take as the liquid is very, very bitter. **CAUTION: Many of the current heart medications contraindicate with grapefruit.**

**Try using Safe Solutions, Inc. Serrapeptase and freshly ground flax seed. Always talk to your health care provider before using anything new.**

You can install a good Hepa air filter in your bedroom to help improve your lung health. Wear a good filter mask outdoors.

Buy Safe Solutions, Inc. Enzyme Cleaners with and without Peppermint. Most commercial cleaners, especially glass, tile, etc., are really hard on the lungs. Some of the chemicals used in home cleaners are actually forbidden to be used in warfare.

### **Blood Clotting**

Another rising health syndrome is blood clotting too quickly. One of the things that traditional Chinese doctors and Eastern Indian medical people have used for centuries to prevent blood clots is ginger root. The herb ginkgo biloba has been shown in trials to prevent platelet aggregation. Recent research has indicated that ginkgo biloba has helped people with memory problems. Caution: If you are taking any pharmaceutical blood thinners, DO NOT take ginger root or ginkgo biloba. Take Serrapeptase and/or freshly ground flax seed to help lower cholesterol, blood triglycerides, plaque and clots in your arteries. **If you believe for any reason your blood is clotting too readily, see a health care practitioner immediately as blood clots can be fatal.**

### **Burns**

Apply lavender (*Lavandula augustifolia*) essential oil or aloe to the burned area. Lavender essential oil is an analgesic, antibacterial, anti-fungal, anthelmintic, anti-inflammatory, antiseptic, antispasmodic, antiviral and a decongestant.

### **Memory Loss = Intoxification**

Start eating freshly ground flax seed. Check with your health care practitioner if you decide to use flax seed and/or oil. The B vitamins are critical to brain function, so you should supplement extra B's. There is a product called Emer'gen-C that is a powder that you mix with water that has all of the B's. Emer'gen-C is very high in potassium. **CAUTION: Most people are able to eliminate excess potassium very easily; however, some people have a condition in their kidneys that interrupts potassium metabolism. Too much potassium can be fatal for these people so it is very important to talk with your health care practitioner before supplementing in extra potassium.**

Ginkgo biloba is an old Chinese remedy and seems to help many. In essence, it thins the blood allowing more to get to the brain. If you are on blood thinners, DO NOT take this herb as your blood may not clot properly. Always buy your herbs from a good, reputable source as many of the "drugstore" variety have questionable value. An herb, which is a plant, must be grown correctly, harvested correctly and processed correctly. Many of the cheaper brands don't meet this standard.

Amino acids are important for all brain function. "Exercise" your brain. The more you use it, the stronger it becomes.

### **Loss of Energy = Intoxification**

Each year the world's oxygen supply is slowly decreasing. Every cell in our bodies needs adequate oxygen and this is becoming increasingly difficult to find, especially at higher altitudes. Freshly ground flax seed increases



your utilization of oxygen and nutrients.

Increased toxic loads, over-eating and the ever decreasing loss of oxygen are the biggest culprits to our decreasing energy levels. Heavy metals are now contaminating our bodies, taxing our immune systems and poisoning our whole bodies.

Detoxing, drinking pure water, breathing clean air and eating good food and properly using the right vitamins and minerals will help our bodies. Detoxing will help us most initially, as we expend more energy detoxifying than any other bodily function. We naturally detoxify our body each time we breathe out, urinate, have a bowel movement and/or sweat. **Safe Solutions, Inc. Foot Pads, Diatomaceous Earth, Not Nice To Toxins® and Bentonite Clay all help to safely and effectively remove toxins from your body, even if you do not sweat.**

### **Gastrointestinal Distress = Intoxification**

People who eat a poor diet are suffering more health problems than those who eat properly, so clean up your eating habits. This is the first step.

Many, many people are complaining of nausea; so eat small amounts of food at the onset of the nausea. Secondly, another product that is really helpful to control for nausea and general stomach distress is Safe Solutions, Inc. food-grade diatomaceous earth and/or their bentonite clay. See below.

### **Clogged Lymphatic System = Intoxification**

Because of all of the toxic insults to our bodies these days, it is critical to keep the lymphatic system open and running.

Briefly, the lymphatic system is responsible for gathering and clearing toxins from the body. It is essentially one long railroad track running through the body, stopping at "stations" to pick up debris. If it becomes clogged and overloaded, we get lumps, cysts, inflamed and swollen areas. Many people are complaining of soreness and swelling under their ears and chins. This makes sense because these are the primary lymph glands that gather up toxins coming into our eyes, nose and mouth.

Unlike blood which is pumped through the body by the heart, the lymphatic system must be moved, either through exercise or manual manipulation. Gently stroking the swollen area often helps.

Here are helpful ways to improve lymph drainage:

- \* Get all of the additives, preservatives, etc. out of the diet.
- \* Drink lots of water, juices and herbal teas as they help detox the lymph's.  
All tight clothing restricts the flow of the lymphatic system...it takes very little pressure to completely shut the system down....bras are especially bad because they shut down the system right under the chest which clears toxins from the breast and lungs...If you must wear a bra, make sure the pressure is over the ribs, not directly under the breasts...sports bras usually work well.
- \* Vitamin E often helps with cysts which may indicate a blocked lymph area.
- \* Simply jumping up and down helps to move the lymphatic system.
- \* **Use Safe Solutions, Inc. products to help detox your body.**

### **Depression and Anger = Intoxification**

Depression has many sources and it is important to talk with a professional about this problem. But, there are some natural remedies that seem to help.

- \* Pure, whole foods...avoid all synthetic sweeteners, chemicals and/or food preservatives in your diet.
- \* A good, multi-vitamin and mineral...current research is linking nutritional deficiencies with depression.
- \* The herb St. John's Wort is used world-wide for mild depression...in fact, it is the number one prescribed medicine in Germany for this condition. Research indicates that most people need at least 950 mg per day for it to be effective. Talk to your health care practitioner to decide if this is right for you.

- \* Essential fatty acids seem to play a role...freshly ground flax seed is a good source of essential fatty acids. Anger is, in many ways, depression turned outwards. Obviously, there can be many, many reasons for anger. Road rage, spousal abuse, etc. are now quite common. It is pretty hard to get an intoxicated person to stop being angry or depressed. Detox and see if most of your worry, negativity, anger and/or depression dissipates.

For mild, occasional anger, the herb Kava Kava can be very helpful. It comes from the Pacific Islands and has been used for hundreds of years. A recent report has noted that Kava Kava harmed the liver. It was determined that the wrong parts of the herb, or plant, were used in processing. This is why it is so important to buy your herbs from a reputable company.

### **Kidney Stones**

To safely and effectively remove calcium kidney stones, take 30 to 40 drops of gravel root tincture and 30 to 40 drops of hydrangea root tincture in a glass of apple cider twice a day. To help prevent their formation, take 2 - 50 mg B6 tablets and 1 - 250 mg tablet of magnesium before sleeping. Drink lots of distilled water from a glass (not plastic) bottle.

### **Night Sweats = Intoxification**

Consuming food-grade diatomaceous earth (DE) daily makes most night sweats go away. The food grade DE earth has a charge that attracts metals and carries them out of the body.

### **Colds and Flu = Intoxification**

At the slightest first sign of a cold or flu:

- \* Increase your vitamin C and use of freshly ground flax seed.
- \* Spray your nose with colloidal silver 10 ppm and put a few drops under your tongue until your symptoms disappear. But, remember, colloidal silver should not be taken for longer than 10 days.
- \* Make a soup with distilled water, carrots, onions, garlic, celery, parsley, sea salt, pinch of cayenne pepper and free-range chicken drumsticks. Cook the drumsticks in boiling, then simmering water for about 35 - 45 minutes...remove them and take the meat off the bones; then add the meat back into the same water; then add the vegetables, salt and cayenne. This is then boiled; then simmered for another 30-minutes.
- \* Sambucol is actually the extract from the elderberry. Sambucol goes after viruses which are the normal cause of colds and flu.
- \* Chinese mushrooms, reishi, shiitake, maitake also have antiviral properties...you can find these in most health stores.
- \* The Eastern Indian spice called turmeric is showing antiviral properties in lab tests...it is the bright yellow color in curry. Turmeric can be found in many health stores and would be a good thing to take in capsule form at the first sign of a cold or flu.
- \* Antioxidants are critical to the immune system and very important in times of healing.
- \* Try grapefruit seed extract.
- \* Try Safe Solutions, Inc. Serrapeptase.

**Note: If you think you are seriously ill, see a health care provider immediately.**

### **Headaches and Migraines = Intoxification**

- \* Herbs, Etc. liquid extract called Migrafree....people who take a half dropper under the tongue at the first sign of a migraine and another half dropper about one-half hour later have reported that it stopped the migraine before it really got going. We advise the use of Serrapeptase.
- \* Before aspirin was made into a drug, white willow bark was available in its natural state and still is at most health stores. Aspirin, the drug version, can cause stomach upset and colon distress. Some people shouldn't take aspirin in any form, so before using willow bark, talk to your health care practitioner.

**Simple Detox Formula** - Jan Morales, D. O. has found a simple way to detox without sitting in a sauna for hours: Put one tablespoon of (cold pressed) sunflower oil under your tongue for 20 minutes. Swish the oil around while holding it in your mouth. Spit the oil out after 20 minutes into the toilet. Brush your teeth with half baking soda, half salt to get the oil out. Do this on an empty stomach. The procedure can be done 1 - 3 times per day. Quite often this simple procedure will remove intense headaches - virtually immediately.

### **Teeth and Gum Disease**

Pregnant women frequently suffer tooth and hair loss if they aren't taking a good vitamin and mineral daily. The body will "steal" nutrients from what it deems non-essential areas to feed the more important or vital organs.

Help your body as mentioned by eating well with a good vitamin and mineral daily.

Floss daily, power wash your gums with a warm water spray containing salt or a few drops of colloidal silver; then use a natural bristle brush and use an all natural toothpaste. Bentonite clay also can heal bleeding, tender gums and gum and tooth abscesses.

### **Water**

Drink lots of clean, filtered water.

### **Bentonite Clay**

CAUTION: If you decide to incorporate the Bentonite clay (see below) into your daily regimen, remember it will also attach to important trace metals our bodies need like copper, iron, etc. So, it becomes very important to replace these with a good, natural vitamin and mineral supplement daily. Take it right before bedtime. If you are anemic or have a tendency in that direction, it is extremely important to replace the iron.

### **Heart Health**

It is VERY important that you see a professional if you are concerned you may have heart disease. If you are already on heart medications, DO NOT take anything without telling your heart specialist as serious problems can arise.

Lack of oxygen, being overweight, being angry and lack of exercise puts a heavy strain on the heart. Heart disease is already the leading cause of death in this Country.

There is a remarkable herb that has been used for centuries to strengthen and regulate heart beat. It is very unusual because unlike most herbs, which are unidirectional, it is bi-directional. This means if the heart rate is high, it has the ability to lower it. If the heart rate is too slow, it will increase it. Hawthorne is in an extract form that contains both the fruit or berries and the flowers. Please talk to your health care practitioner before taking hawthorne to decide if it is right for you and how much to take, as hawthorne is a powerful herb, so do NOT self-medicate!

Olive Oil has been shown in research to do wonders for the heart. Treated fats can cause heart problems, so make your primary oil for cooking, salads, etc. a good, organic olive oil.

Proper exercise is critical to heart health. Don't forget to take a small aspirin every day. A recent report linked anger as one of the primary causes of heart disease.

**Safe Solutions, Inc. Serrapeptase and freshly ground organic flax seed help prevent and/or cure arteriosclerosis and atherosclerosis.**

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**Safe Solutions, Inc.**  
proudly presents the following alternatives/supplements  
for safely and effectively healing you and yours.

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**1. Safe Solutions, Inc. Body and Foot Pain Removal and Detoxifying Pads**

**Some Toxic Facts**

Many people do not even consider that when their body is contaminated with toxins, this toxic contamination can create a significant number of health symptoms. These symptoms can include breathing problems, pain, constipation, stomach bloat, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, depression, body odor, bad breath and even death. Our bodies are daily being exposed to an incredible amount of toxins now found to be routinely contaminating our food, water air and environment. It is estimated that we now have 500 to 1,000 chemicals in our bodies that were simply not found in our grandparents. Our bodies' natural detoxification systems simply cannot manage to excrete them all, and these toxins are then allowed to accumulate in our bodies in harmful quantities, or they are converted into even more toxic substances that can interfere with virtually all of our life processes. The invention of the amazing pain removing/detoxifying pad has created much interest and excitement in the Japanese medical industry, receiving high recommendations from medical experts. These Safe Solutions detoxifying pads help assist the body achieve its optimum state of health by improving blood circulation, removing toxins, increasing metabolism, activating blood cells, providing relief for joint pains, enhancing quality of sleep and expelling bodily fluids.

**Lymphatic Fluid (Body Toxin)**

The lymph system is the "waste disposal system" within the body. It acts as the body's internal defense system. The lymph system rids the body of toxins, bacteria, cell debris, excess water and proteins. Without this important system we would die within 24 hours. The lymphatic system is similar to the blood system and has just as many vessels, but they contain lymph, which is clear and cannot be seen (unless a suitable dye is injected). The lymphatic system differs from the blood system in that the blood continually circulates through each part of the body while the lymph just drains from each part. The lymphatic system plays a vital role in the body by regulating the immune system. When the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates, causing the entire system to become toxic. "The Safe Solutions Pad" also helps assist in the natural extraction of lymphatic fluids from the body and also assists in clearing blockages, eliminates metabolic wastes and toxins from the body, transports nutrients to cells and increases metabolic efficiency, all adding to the reduction of excess fluid and assisting weight reduction. It also appears to have a calming effect on the nervous system and helps relieve stress and tension. Frequent use of these wonderful Safe Solutions Pads is also a very effective beauty treatment for the face, helping to improve the appearance of the skin and reducing puffiness. It helps rejuvenate collagen fibers and assists in slowing the aging process.

**"The Detox/Pain Removing Pad" from Safe Solutions, Inc.**

The exact secret behind how and why the Safe Solutions healing/toxin-absorbing pad works is unclear. One theory suggests that the body contains an invisible life force, or subtle energy, similar to the concept of qi in traditional Chinese medicine. When this energy is blocked or restricted, illness can result.

The feet have long been regarded as a "keyboard" to channel, control and release the subtle energy patterns. It is thought that stimulating some of the more than 7000 nerve endings on the foot can unblock and increase the flow of this vital energy to various parts of the body and thus promote natural healing.

According to Chinese medical knowledge, our human body has over 360 acupuncture points, with more than 60 found on the soles of our feet. These acupuncture points are known as the second heart because they are the reflective zones of our major organs. They are also the favorite homes for toxins. When our blood circulates to the soles of our feet, "The Safe Solutions Pads" extract the toxins and contaminated red blood cells from these various acupuncture points.

After many years of research inspired by the longevity and resilience of forest trees, it was discovered in Japan that certain aged tree extracts have the unique property of absorbing bodily toxins. Further research and the

addition of other natural active ingredients produced the Safe Solutions Toxin-Adsorbing Pads. They are safe to use and not only aid in detoxification but have many holistic healing effects.

These Safe Solutions Pads are used by sticking them (shiny side out) onto the soles of the feet just before bedtime. After 4 hours, results are immediately seen and felt. The Safe Solutions Pads turn from a dry white pad to a damp, brownish-gray pad on which you can clearly see the pain-causing toxins extracted from your body. The darker a Safe Solutions pad becomes, the larger the amount of toxins adsorbed. The user will feel energetic and relaxed and pains and aches related to bodily toxins are greatly eased. It is a great help to those suffering from arthritis, gout and rheumatism!

### **Health Benefits of “The Safe Solutions Pad”**

The primary benefit of “The Safe Solutions Pad” is detoxification. As toxins are naturally extracted from the body, one experiences improved blood circulation, easing of muscle and joint pains, and a more relaxed and restful sleep. Four (4) hours after applying “The Pad”, the blood circulates to the previously cold foot and the temperature of the foot rises allowing one to sleep more restfully. You may also apply these Safe Solutions pads at the following sites:

### **List of the Natural Ingredients in “The Safe Solutions Pad”:**

- ◆ Wood and Bamboo Vinegar (Help extract wastes from body.)
- ◆ Tourmaline (Promotes healing and far-infrared energy.)
- ◆ Chitin and Chitosan (The most well-known weight-loss product known for isolating fatty tissue and dispelling it out of the body safely.)
- ◆ Eucalyptus (A powerful antiseptic that also increases cardiac action.)
- ◆ Loquat Leaf (Known as a “Healer Of All Diseases”) Dokudamin or Houttuynia Cordata (Provides drainage to infections, detoxifies and expels bacteria, lymphatic fluid, and bacteria.)
- ◆ Dextrin/Starch/Vegetable Fiber (Helps bind extracted bodily fluids)
- ◆ Vitamin C (Assists in absorbing the toxins from the body.)
- ◆ Cayenne (Contains a pain-relieving ingredient call capsaicin.)
- ◆ Mugwort (Valued as a nervine and emmenagogue, it also has diuretic and diaphoretic action.)

### **Some Safe Solutions Holistic Healing Effects:**

Besides detoxifying the body, “The Pads” help the body achieve its optimum state of health by improving blood circulation, increasing metabolism, activating blood cells, providing relief of joint pains, enhancing quality of sleep and expelling unhealthy body fluids. There are many anecdotal reports of pain removal, and the healing of rheumatism, kidney problems, painful and swollen legs, insomnia and headaches.

The key to healthy living lies in having a clean bloodstream and adipose tissue. Contaminated blood is not favorable for good health. The best way to cleanse your bloodstream and adipose tissue is to detoxify your body. Remember, you are routinely being contaminated so you should routinely help detoxify your body. **There simply is no easier and simpler way to help assist your body to detox than by routinely using Safe Solutions Pads.** The Author has used these amazing pads to remove the swelling and discoloration of his lower legs.

**This research information is for informational and educational purposes only. Please consult a health care professional for medical treatment and/or regarding the applicability of any opinion or recommendation with respect to your symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease or sickness.**

“The thing that never ceases to amaze me is that most “health professionals” insist that you need to put “something” more into your system to feel “better” when the truth is you need to take “something” out of your system to really feel BETTER. To safely and effectively cleanse or detox the body is what I am now working on and researching, but the best answer always is not to become contaminated in the first place.” — Stephen L. Tvedten

“The Amazing Safe Solutions Detox/Pain Removal Pad” is currently certified by the FDA (U.S. Food and Drug Administration, Center for Devices and Radiological Health). The Registration Number is: 3004588376 with an

Active Status and 2004 is the Date of Registration Status. **The Author uses this product on an as-needed basis.** The cost of these pads is \$9.95 per pair plus freight and the cost of 5 pairs of these pads is \$7.95 per pair and the cost of 10 pairs of these pads is \$4.95 per pair freight paid.

**Safe Solutions, Inc.**  
**2530 Hayes Street**  
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## **2. Safe Solutions, Inc. Organic Flax Seed**

**Flaxseed naturally protects against bowel cancer and also is a natural laxative.**

Dietary fiber is important because it keeps your digestive system functioning properly. It enhances your body's ability to use other dietary nutrients. Fiber goes through our digestive tract almost completely undigested. Once it reaches your colon and/or the large intestine, fiber is then broken down.

**Diets lacking sufficient fiber can lead to:**

- Chronic Constipation
- Hypertension
- Cancer
- Weight Control problems
- Heart Disease
- Diabetes

The role fiber plays in a healthy diet became startlingly apparent in the late 1800s, when processes for refining sugar and milling flour were developed. As people began consuming these new "wonder foods" void of dietary fiber, they simultaneously began suffering from digestive and bowel disorders. Now, after three generations have been raised on processed foods, up to 100 million Americans currently suffer from some form of digestive disease. Vibrant health begins in the colon, and supplying your body with adequate dietary fiber every day is essential to bowel and colon functions.

### **Lignans**

Lignans are found abundantly in flax seed. Lignans are natural plant chemicals. They are molecules with anticancer, anti-viral and antibacterial properties. Flax seeds are the richest source of lignans. Diets high in lignans can lead to a lower chance of getting colon, prostate and breast cancer.

These plant hormones are also believed to block the formation of hormone-based tumors. Lignans also boost the production of a substance attached to estrogen and carries it safely out of your body.

Researchers believe lignans also have antioxidant properties. Flax seed has 75 to 800 per cent more lignans than other vegetables and grains! So, including flax seed in your diet is worth the investment.

### **Vitamins and Minerals**

The vitamins and minerals found in flax seeds are vitamin E, carotene, B-group vitamins, magnesium, zinc, iron, calcium, sulfur, potassium, phosphorous, manganese, silicon, copper, nickel, molybdenum, chromium and cobalt.

### **Protein**

For every 100 grams of flax seeds, you get about 25 - 30 grams of protein, which is great considering the other beneficial nutrients you get when you consume flax seeds.

## Fat

Flax seed is one of the best sources for the essential fatty acid alpha linolenic acid. Alpha linolenic acid is vitally important to your body because it “enhances insulin sensitivity within muscle cells.” The omega-3 fatty acid also has many other beneficial health effects. In addition to the omega-3’s, flax seeds contains omega-6 and omega-9 essential fatty acids.

**Recent scientific reports point out that consuming powdered flax seed can have a positive influence on everything from lowering cholesterol levels to preventing cancer and/or strokes and/or heart attacks. Here are some of the natural benefits of eating flax seeds:**

- ◆ Preventing strokes.
- ◆ Preventing heart attacks.
- ◆ Lowering hypertension.
- ◆ Helps remove heart pain.
- ◆ Assists in the removal of cholesterol and triglycerides from your body.
- ◆ Stimulates pancreatic enzyme activity.
- ◆ Helps stabilize blood glucose levels.
- ◆ Supports weight loss by providing a feeling of fullness.
- ◆ Helps reduce calorie absorption.
- ◆ Enhances absorption of bile acids and salts.
- ◆ Stimulates sluggish bowels for reduced constipation.
- ◆ Research shows low incidence of breast cancer and colon cancer in populations that have high amounts of lignan in their diet. Flax is 100 times richer in lignan than most whole grains.
- ◆ Studies show that omega-3 fatty acids help lower cholesterol and blood triglycerides and prevent clots in arteries, which may result in strokes, heart attacks and thromboses.
- ◆ Helps protect the body against high blood pressure, inflammation, water retention, sticky platelets and lowered immune function.
- ◆ Shortens recovery time for fatigued muscles after exertion.
- ◆ Increases the body’s production of energy and also increases stamina.
- ◆ Accelerates the healing of sprains and bruises.
- ◆ Eases weight loss in people afflicted with obesity.
- ◆ Stimulates brown fat cells and increases the metabolic rate making it easier to burn off fat.
- ◆ Improves the absorption of calcium.
- ◆ Strengthens finger and toenails.
- ◆ Helps improve eyesight and perception of colors.
- ◆ Helps to improve the function of your liver.
- ◆ Helps relieve the side effects and stop development of many forms of cancer.
- ◆ Helps relieve some cases of asthma.
- ◆ Flax seeds are helpful in the treatment of eczema, psoriasis and dandruff.
- ◆ Helps relieve the symptoms of rheumatoid arthritis and/or the symptoms of diabetes mellitus.
- ◆ Helps alleviate some allergies.
- ◆ Helps prevent atherosclerosis (the accumulation of fatty deposits inside the blood vessels, especially the large and medium-sized arteries, that you may experience during the aging process).
- ◆ Helps to lower high blood pressure.
- ◆ Has been scientifically proven to treat some cases of depression.
- ◆ Helps improve the mental function of many older people.
- ◆ Helps in the treatment of multiple sclerosis.
- ◆ Helps improve the behavior of schizophrenics.
- ◆ Helps relieve some cases of premenstrual syndrome (PMS) in females.
- ◆ Flax seeds are a good source of energy.
- ◆ Flax seeds reduce muscle soreness.
- ◆ Flax seeds generate increased utilization of oxygen.
- ◆ Flax seeds also Increase the utilization of other nutrients.
- ◆ Flax seeds help create overall better health.
- ◆ These are just some of the beneficial effects of consuming ground Safe Solutions, Inc. Organic Flax

Seeds that contain omega-3’s. Omega-3’s are sometimes defined as “anti-fats”. This is due to their ability to

speed up the metabolic process and aid in fat loss.

### **Why use the Flax Seeds rather than flax oil?**

Most of the nutrients are contained in the flax seed. So from a nutritional standpoint, flax seeds are the way to go.

### **How to Use Safe Solutions, Inc. Organic Flax Seeds**

When you use Safe Solutions flax seeds, make sure the flax seeds are freshly milled or ground. Otherwise you won't be able to absorb them properly. You can add the ground flax seeds to smoothies, yogurt, cereal, salads, protein shakes, rice or just eat them plain. If you grind your flax seeds in order to get the maximum nutritional value from them, remember that flax seed oil is prone to rancidity. Light and oxygen will and can breakdown the essential fatty acids. So, make sure you store your freshly ground flax seed powder in dark containers and make sure you then refrigerate the container to help extend its shelf life.

Because of its link to good health, flax seed is fast becoming a new food additive, e.g., bakers and commercial food companies are now adding flax seed powder as a unique ingredient in everything from yeast breads to bagels and cookie mixes. Not only do muffins and breads baked with flax taste great, but studies also find that these foods provide many natural health benefits. Eating 50 grams of flax seed per day (baked into muffins) helped increase the frequency of bowel movements and the number of consecutive days with bowel movements in a group of older Canadian adults.

Total cholesterol levels dropped 9% and LDL (the "bad" cholesterol) decreased 18% when a group of nine healthy women ate 50 grams of powdered flax seed a day for four weeks (as flour or cooked into bread) along with their regular diets, according to a report from the University of Toronto.

In a similar study with men and women, 50 grams of flax seed (eaten daily in muffins) lowered total cholesterol and showed a constant trend of about 11% to 16% lower serum lipids (fat in the blood).

Omega-3 enriched eggs from hens fed rations containing flax seed are also very popular. These eggs contain 8 to 10 times more omega-3 fatty acids than regular eggs. Two of the enriched eggs supply more than half Health Canada's recommended daily intake of omega-3's for adult men and women.

### **Why should you add Safe Solutions organic flax seed to your own diet?**

Many nutritionists, researchers and scientists now believe that these flax seeds and/or their oil may be the most important health-promoting supplement next to a multi-vitamin. Nearly every system in your body can benefit from flax seed oil's natural properties, including your cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as your joints. **The Author takes this product on a daily basis.**

The cost for one (1) 2# package of Safe Solutions Organic Flax Seed is only \$9.95 plus freight.

The cost for five (5) 2# packages is only \$7.95 each plus freight.

**All of the preceding research/information is for informational and educational purposes only. Each person is an individual and can react far differently to what may be considered the usual or "normal" reaction. Please contact a health care professional for any medical treatment and/or regarding the applicability of any opinions or recommendations in this report with respect to your own symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease or sickness. The FDA has not reviewed this report or these products.**

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### **3. Safe Solutions, Inc. Serrapeptase Enzymes**

#### **Why You Should Use Serrapeptase Enzymes....Health Conditions That Are Alleviated By Serrapeptase.**

**Adhesions**

**Aging**

**Arthritis**

**Arteriosclerosis**

**Asthma**

**Blood Clots**

**Cardiovascular**

- ♦ Arterial Diseases - Angina, DVT, Blood Clots
- ♦ Circulation problems
- ♦ Hardening of the arteries
- ♦ Varicose Veins & Thrombophlebitis

**Carpal Tunnel Syndrome**

**Cholesterol Reduction**

**Chronic Inflammations, coughs and colds**

**Common Cold Inflammations**

**Cystic Breast Disease**

**Cyst Removal**

**Diabetes**

**Ear, Nose & Throat problems**

- ♦ Catarrhal Rhinopharyngitis
- ♦ Chronic ear infections
- ♦ Ear, nose and throat pathologies
- ♦ Hayfever
- ♦ Laryngitis
- ♦ Runny nose
- ♦ Sinusitis problems
- ♦ Sore Throat
- ♦ Swollen Glands

**Enlarged Prostrate Reduction**

**Eye Problems**

- ♦ Blocked veins
- ♦ Inflammation

**Headaches and Migraines**

**Heart Disease**

**Inflammations of any kind**

- ♦ Breast Engorgement
- ♦ Chronic Sinusitis
- ♦ Colitis
- ♦ Crohn's Disease
- ♦ Cystitis joints or muscles
- ♦ Fibromyalgia
- ♦ Fibrocystic Breast Disease
- ♦ Headaches & Migraines
- ♦ Improves the elimination of bronchopulmonary secretions
- ♦ Inflammatory bowel diseases
- ♦ Lupus
- ♦ Lung & Chest Problems
- ♦ Asbestosis
- ♦ Bronchiectasis
- ♦ Bronchial Asthma

- ◆ Bronchitis
- ◆ Coughs
- ◆ Cystic Fibrosis
- ◆ Emphysema
- ◆ Pulmonary Tuberculosis

#### **Multiple Sclerosis & other Neurological Problems**

- ◆ Damaged Nerves
- ◆ Multiple Sclerosis

#### **Nephritis**

#### **Pain of any kind**

- ◆ Ankylosing Spondylitis
- ◆ Arthritis
- ◆ Back Problems
- ◆ Diabetes
- ◆ Leg Ulcers
- ◆ Osteoporosis
- ◆ Polymyalgia Rheumatica
- ◆ Prostate Problems
- ◆ Repetitive Strain
- ◆ Rheumatoid Arthritis

#### **Respiratory Problems**

#### **Scar Tissue Reduction**

#### **Sinusitis**

#### **Sore Throats**

- ◆ Relief in about 30 minutes when you chew 1-2 tablets

#### **Stroke**

#### **Swelling and Fluid Retention**

#### **Tennis Elbow**

#### **Trauma**

- ◆ Sports Injuries
- ◆ Traumatic swelling/Oedema/Edema
- ◆ Post Operative & Traumatic Swelling
- ◆ Post Operative Scars & Lesions

#### **Varicose Veins**

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### **What is the inflammatory Response?**

The Inflammatory Response is normally an important mechanism for protecting the body from attack by invading organisms, faulty cells and trauma. When the immune system becomes dysfunctional, it loses its ability to differentiate between innocuous and potentially dangerous substances. This dysfunction results in a wide array side effects. The benefits and long-term risks associated with the use of NSAIDs, especially in cases of rheumatoid arthritis, need to be weighed very carefully. If not successfully treated, the inflammatory process itself can lead to limitation of joint function and destruction of bone, cartilage and articular structures.

#### **NSAIDs:**

NSAIDs are widely prescribed drugs used to treat rheumatoid arthritis and other inflammatory joint conditions. They inhibit the biosynthesis of prostaglandins by irreversibly blocking cyclooxygenase, the enzyme which catalyses the reactions of arachidonic acid to endoperoxide compounds.

#### **The Side Effects of Drugs:**

The neurological and gastrointestinal side effects of these agents have been reviewed in considerable detail. All of the NSAIDs, with the exception of Cytotec, inhibit prostaglandin E1, a local hormone responsible for gastric mucosal cytoprotection. A common side effect from these medications is gastric ulcers. Some of those who have ulcers also have symptoms which include bleeding. In some of those who have bleeding ulcers, the

bleeding is sufficiently severe to result in hospital admission, and may cause death. More serious adverse reactions such as blood dyscrasias, kidney damage and cardiovascular effects have been noted. Most physicians rotate among the 10 most widely prescribed NSAIDs, as soon as one causes side effects or stops working.

### **Looking for a Safe, More Effective Anti-Inflammatory Alternative?**

The search for an effective alternative that offered safe but powerful anti-inflammatory properties, thus averting the terrible side effects, ended when *Serratia peptidase* (Serrapeptase) enzyme was discovered in the early 70's. Serrapeptase is now in wide clinical use throughout Europe and Asia as a viable alternative to salicylates, ibuprofen (sold as an OTC in the U.S.) and the more potent NSAIDs.

### **What is Serrapeptase?**

Serrapeptase, also known as *Serratia peptidase*, is anti-inflammatory, proteolytic enzyme isolated from the micro-organism *Serratia E15*. This enzyme is naturally processed commercially today through fermentation and was originally discovered in the silkworm's intestine. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histological studies reveal powerful anti-inflammatory effects of this naturally-occurring enzyme that has no inhibitory effects on prostaglandins, is devoid of gastrointestinal side effects and offers a sensible alternative. Note: The silkworm has a special relationship with the *Serratia E15* microorganisms in its intestines. The enzymes secreted by the bacteria in silkworm intestines have the ability to dissolve avital tissue, but have no detrimental effect on the host's living cells. Thus by dissolving the silkworm's protective cocoon (avital tissue), the winged creature is able to emerge and fly away. In addition the silkworms use this same enzyme from the bacteria in their intestines to break down and digest their staple food, mulberry leaves, which have a tough cellular structure.

Because of Serrapeptase's natural ability to break down dead tissue or matter throughout the body, this enzyme can be used to treat a wide range of conditions. These range from sinus problems, adhesions, scar tissue, cysts, arteriosclerosis, vascular disturbances, etc. In Germany, Serrapeptase is currently being used to treat diabetes. Serrapeptase digests non-living tissue, blood clots, cysts and arterial plaque and inflammation in all forms. The residue that is created by the digestion is mainly converted to basic amino acids and is usefully recycled into the body. Any other residue is excreted in the normal manner. The late German physician, Dr. Hans Nieper, used Serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase also protects against stroke and is reportedly more effective and quicker than EDTA chelation treatments in removing arterial plaque. He also reports that Serrapeptase dissolves blood clots and causes varicose veins to shrink or diminish. Dr. Nieper told of a woman scheduled for hand amputation and a man scheduled for bypass surgery who both recovered quickly without surgery after proper treatment with Serrapeptase.

### **Side Effects of Serrapeptase:**

No side effects have been found in over 25 years of studies and usage of Serrapeptase enzymes. Many people take very high doses to speed-up their relief; taking up to 30 tablets per day with no side effects. It is even safe for children 2+ years of age for treatment of a wide range of conditions: asthma, lung problems, arthritis, etc.

### **Enteric Coating for Intestinal Absorption:**

When consumed in unprotected tablets or capsules, this serrapeptase enzyme is quickly destroyed by the stomach acid. It is known that proteases and peptidases are only absorbed in the intestinal area. Several research groups have also reported the intestinal absorption of serrapeptase. Serrapeptase is well absorbed orally when formulated with an enteric coating. Enterically-coated tablets enable the enzyme to pass through the stomach unchanged, and be absorbed in the intestine. Serrapeptase is then found in negligible amounts in the urine, suggesting that it is transported directly from the intestine into the bloodstream.<sup>(15,16)</sup> These enzymes are mobilized directly to the blood and are not easily detectible in urine. Other enzymes with structural similarities have been reported to be absorbed through the intestinal tract. Chymotrypsin is transported into the blood from the intestinal lumen. Horseradish peroxidase can cross the mucosal barrier of the intestine in a biologically and immunologically active form. Several studies have appeared so far which refer to the systemic effects of orally given proteases and peptidases (e.g., Serrapeptase), such as repression of oedema and repression of blood vessel permeability induced by histamine or bradykinin. These enzymes also affect the kallikrein-kinin

system and the complement system, thus modifying the inflammatory response.

Clinical studies show that Serrapeptase induces fibrinolytic, anti-inflammatory and anti-edemic (prevents swelling and fluid retention) activity in a number of tissues, and that its anti-inflammatory effects are superior to other proteolytic enzymes.<sup>(17)</sup>

Besides reducing inflammation, one of serrapeptase's most profound benefits is reduction of pain, due to its ability to block the release of pain-inducing amines from inflamed tissues.<sup>(18)</sup> Physicians throughout Europe and Asia have recognized the anti-inflammatory and pain-blocking benefits of this naturally occurring substance and are using it in treatment as an alternative to salicylates, ibuprofen, and other NSAIDs.<sup>(19)</sup>

In Germany and other European countries, serrapeptase is a common treatment for inflammatory and traumatic swellings, and much of the research that exists on this substance is of European origin. One double-blind study was conducted by German researchers to determine the effect of serrapeptase on post-operative swelling and pain. This study involved 66 patients who were treated surgically for fresh rupture of the lateral collateral ligament of the knee. On the third post-operative day, the group receiving serrapeptase exhibited a 50 percent reduction of swelling, compared to the controls. The patients receiving serrapeptase also became more rapidly pain-free than the controls, and by the tenth day, the pain had disappeared completely.<sup>(20)</sup>

### **Cystic Breast Disease**

Serrapeptase has also been used in the successful treatment of fibrocystic breast disease. In a double-blind study, 70 patients complaining of breast engorgement randomly were divided into a treatment group and a placebo group. Serrapeptase was superior to the placebo for improvement of breast pain, breast swelling and induration (firmness). 85.7 percent of the patients receiving serrapeptase reported moderate to marked improvement. No adverse reactions to serrapeptase were reported and the researchers concluded that "serrapeptase is a safe and effective method for the treatment of breast engorgement."<sup>(21,22)</sup>

### **Serrapeptase and Sinusitis**

Due to its anti-inflammatory properties, serrapeptase has been shown in clinical studies to benefit chronic sinusitis sufferers. In this condition, the mucus in patients' nasal cavities is thickened and hypersecreted. This thickening causes mucus to be expelled less frequently. Japanese researchers evaluated the effects of serratiopeptidase (30 mg/day orally for four weeks) on the elasticity and viscosity of the nasal mucus in adult patients with chronic sinusitis. Serratiopeptidase reduced the viscosity of the mucus, improving the elimination of bronchopulmonary secretions.<sup>(23)</sup>

Other clinical trials support serrapeptase's ability to relieve the problems associated with chronic sinusitis. In one study, 140 patients with acute or chronic ear, nose and throat pathologies were evaluated with either a placebo or the active serratiopeptidase. Patients taking the serrapeptase experienced a significant reduction in severity of pain, amount of secretion, purulence of secretions, difficulty in swallowing, nasal dysphonia, nasal obstruction, anosmia and body temperature after three to four days and at the end of treatment. Patients suffering from laryngitis, catarrhal rhinopharyngitis and sinusitis who were treated with serrapeptase experienced a significant and rapid improvement of symptoms after 3-4 days. Physicians assessed efficacy of treatment as excellent or good for 97.3 percent of patients treated with serrapeptase compared with only 21.9 percent of those treated with a placebo.<sup>(24)</sup>

Respiratory diseases are characterized by increased production of a more dense mucus modified in viscosity and elasticity. Traditionally, in respiratory diseases, muco-active drugs are prescribed to reestablish the physicochemical characteristics of the mucus in order to restore respiratory function. Some of these drugs, however, cause a functional depletion of mucus, whereas Serrapeptase alters the elasticity of mucus without depleting it.<sup>(25,27)</sup>

A powerful agent by itself, serrapeptase teamed with antibiotics delivers increased concentrations of the antimicrobial agent to the site of the infection. Bacteria often endure a process called biofilm formation, which results in resistance to antimicrobial agents. In an attempt to prevent this bacterial immunity, researchers have experimented with various means of inhibiting biofilm-embedded bacteria. Their search may have ended with

serrapeptase. One study conducted by Italian researchers suggests that proteolytic enzymes could significantly enhance the activities of antibiotics against biofilms. Antibiotic susceptibility tests showed that serratiopeptidase greatly enhances the activity of the antibiotic, ofloxacin, and that it can inhibit biofilm formation.<sup>(28)</sup>

Another double-blind randomized study evaluated the effects of administering the antibiotic cephalexin in conjunction with serrapeptase or a placebo to 93 patients suffering from either perennial rhinitis, chronic rhinitis with sinusitis or chronic relapsing bronchitis. The serratiopeptidase treated group experienced significant improvement in rhinorrhea, nasal stuffiness, coryza and improvement of the para-nasal sinus shadows.<sup>(29)</sup>

Researchers witnessed equally impressive results in the treatment of infections in lung cancer patients undergoing thoracotomy. Serrapeptase and cefotiam, an antibiotic with a broad spectrum of activity against both Gram-positive and Gram-negative microorganisms, were administered to 35 thoracotomy patients with lung cancer. The patients were divided into two groups. A single dose of cefotiam was administered to the 17 subjects in Group I. The 18 subjects in Group II received a combination of Cefotiam and serrapeptase. The level of the antibiotic in the tissues versus the blood was significantly higher in the serrapeptase group than the single dose group.<sup>(30)</sup>

### **Cardiovascular Implications.**

Hans A. Nieper, M.D., an internist from Hannover, Germany, studied the effects of serrapeptase on plaque accumulations in the arteries. The formation of plaque involves deposits of fatty substances, cholesterol, cellular waste products, calcium and fibrin (a clotting material in the blood) on the inner lining of the arteries. Excessive plaque results in partial or complete blockage of the blood's flow through an artery, resulting in arteriosclerosis, or hardening of the arteries, and an ensuing stroke or heart attack. The evidence to support serrapeptase's role in preventing plaque build-up is anecdotal. Still, further studies are called for in this area as Nieper's research indicated that the protein-dissolving action of serrapeptase will gradually break down atherosclerotic plaques.<sup>(31)</sup>

### **The Safe, Economical, Effective and Only Logical Choice.**

Regardless of whether serrapeptase is used for inflammatory diseases or to prevent plaque build up on the arteries, it is well-tolerated by most people. Due to its lack of dangerous side effects and anti-inflammatory capabilities, serrapeptase is a logical choice to replace harmful NSAIDs. Thanks to the tiny larvae of the silk moth, researchers have taken a large step toward finding relief for inflammatory and cardiovascular disease sufferers.

### **The Author takes this product on a daily basis.**

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**Serrapeptase Studies - <http://www.serrapeptase.info/studies.htm>**

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**PRICING FOR SERRAPEPTASE ENTERIC TABLETS/CAPSULES:**

**Serrapeptase Bioactive Enzyme** with 60 tablets per bottle, each capsule is 200 mg in size and contains 40,000 units of Serrapeptase per capsule. Retail price: \$18.50 per bottle plus freight. The cost for 3 bottles is \$16.50 per bottle plus freight and the cost of 10 bottles is only \$14.50 per bottle freight paid.

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**4. Safe Solutions, Inc. Food Grade Diatomaceous Earth**

**All Diatomaceous Earth (DE) is Not the Same.**

Though it is mined from the ground, diatomaceous earth (DE) is not an earth, but fossilized deposits of microscopic shells that are created by single one-celled plants called "diatoms". On land, the basic food for all land animals is grass. Those animals that do not eat grass, eat the animals that do eat grass. The silica content of all living organisms is linked with the diet. Silica is highest for the pure plant eaters and lowest for the pure meat eaters. In all water, tiny one-celled plants or plankton live by the billions of billions of billions, and they are the basic food of the water dwelling animals. Even the great whales could not survive without the diatoms. As these tiny creatures die, by the billions of billions of billions, their shells or exoskeletons drift to the bottom of the ocean or lake, building up large deposits. Each dead diatom exoskeleton now is a tiny piece of porous sand. Geologic changes put these deposits on dry land, making them accessible to mankind.

Because of water currents, most deposits are very impure, some even contain arsenic and can be very dangerous, but Safe Solutions, Inc. deposits come from a deposit so pure that it meets the standards required to be called "food grade". Many people tend to think that all diatomaceous earth is the same. Nothing could be further from the truth. There is a great diversity of DE deposits, just as there is a great diversity in all of G-d's creation. Safe Solutions, Inc. carefully monitors the quality of its food-grade and/or FOSSIL SHELL FLOUR PRODUCTS for the protection of its customers and the health of their animals and the control of their pest problems!

Millions of years ago, in all the waters of the earth, microscopic one-celled plants called diatoms took the minerals from the waters and created protective shells for themselves. Diatoms once lived in quantities far beyond the mind's ability to conceive, and as they died their shells drifted to the bottom of the sea beds. In this manner, vast deposits of diatom shells were laid down. Through the history of man's existence, a wide variety of valuable uses have been found for what has come to be called "diatomaceous earth." There are now more than 1,500 ways in which man benefits from this incredible material left by diatoms, Silicon Dioxide, along with a smattering of trace minerals.

There are more than 25,000 species of diatoms and only two primary types of diatomaceous earth deposits. Not all diatoms are aquatic; some exist in moist conditions, but since three-fourths of the earth is covered with oceans, most deposits are of the saltwater type. Just one liter of sea water may contain as many as ten million one-celled pieces of algae. There are deposits which also occur in fresh water lakes, and within this second type of deposit, the purity is exceptional. **Safe Solutions, Inc. Diatomaceous Earth (DE) or Grass of the Sea®** is so pure that the Food and Drug Administration has given it a "food-grade" designation. The governments of the United States and Canada recognize that fossil shell flour is safe to use in animal foods in an amount not to exceed 2% by weight of the total feed ration. When added at this percentage, fossil shell flour prevents "clumping" of feed particles by keeping them separate, so there is improved flowability, mixability and handling of the animal feed. This in turn, creates two big advantages to the animals who consume fossil shell flour in their recommended feed ration. First, acting as an anti-caking agent to prevent "clumping" of feed particles, the surface area of feed exposed to the digestive processes - both bacterial and enzymatic - is increased and therefore more feed is actually digested and utilized. Secondly, fossil shell flour contains a small amount of 14 trace minerals. Thousands of animal owners and livestock breeders have discovered that adding fossil shell flour to their animals' rations has produced a number of incredible benefits. While other insecticide poisons kill chemically as neurotoxins, the insect pests (over time) develop a resistance or an immunity to the chemicals, food-grade DE kills bugs physically and insects have not been known to develop immunity to its physical action. Food-grade DE is certain death to insects because it kills by actually puncturing the insect's exoskeleton, disrupting its soft waxy shell structure, chewing up its digestive organs and causing death in a short time by dehydration.

Some of the ways insects are physically destroyed by DE:

1. Laceration of the chitin in the bellows of the joint.
2. Severance of the muscles of the tracheole valve.
3. Perforation of the walls of the trachea and tracheoles.
4. Mandibular damage by abrasion.
5. Esophageal laceration.
6. Peritonitis due to perforations in the walls of the digestive system.
7. Severance of the constrictive muscles of the malpighian system.
8. Absorption of the wax, allowing dehydration.
9. Starvation of the larvae.
10. Plugs the spiracles.

The DE particle scrapes punctures into the body of the insect causing a loss of fluid. An insect does not have blood vessels as do higher forms of life. They have a shell that is semi-porous—more or less like unglazed porcelain. In order to keep their body fluids from evaporation through their shells, nature also puts a waxy coating on the outside. If you were to take a brand new shoe shine and put Safe Solutions, Inc. Diatomaceous Earth on one shoe and leave it for 20 minutes and blow it off, you would have no shine. The DE would have absorbed the wax. You have much the same situation with insects. Once the protective coating is gone, the insects slowly dehydrate. National Geographic tells about cockroaches that died in 12 hours after exposure. DE also stops up the breathing apparatus of insects. They ingest it and it lacerates them inside, and yet this same material, if we inhale it, really doesn't damage a person all that much. The Author has described the use of Safe Solutions, Inc. food-grade DE to control insect and arachnid pest problems throughout this entire work and wants everyone to know that: It is imperative that only natural diatomaceous earth be used for insect control.

This noncrystalline silica (food-grade) is not a hazard as the human body apparently can dissolve it. "Silicosis refers to lung contamination and irritation by crystalline or free silica (SiO<sub>2</sub>). Crystalline describes the orientation of the SiO<sub>2</sub> molecules which occur in a fixed pattern in contrast to the nonperiodic, random molecular

arrangement defined as amorphous. Exposure to free silica is an occupational hazard to workers." *Common Sense Pest Control Quarterly*, volume III, number 1, Winter 1987.

The World Health Organization cautions that DE with a crystalline (free) silica content over 3% is dangerous for ingestion by humans or animals. Safe Solutions, Inc. brand of food-grade DE has less than 1% free silica. Swimming pool DE ranges from 60% to 70% free silica and is considered to be carcinogenic. There are very few deposits of DE that meet these free silica minimum standards. Because inhaling any dust is not a good idea, even Safe Solutions, Inc. recommends the use of a simple dust mask. Customers have fed DE to their animals for a long time and are evidently satisfied that it does something positive for their animals. It would also be very important to know if the DE you plan on using was processed under safe and sanitary conditions. Safe Solutions, Inc. DE is all food-grade and handled as a food product. There were two vets who said there is one worm called Strongyles that apparently diatomaceous earth does not kill, but it cleans out all the others. We have had treated beef cows go through slaughter. An affidavit was made to the effect that there were absolutely no internal parasites in those that had been fed food-grade DE. The microscopic shells in Safe Solutions, Inc. diatomaceous earth (DE) are composed of silicon dioxide and around 14 trace minerals. Being formed under water, they will not dissolve in water. In fact, even in the stomach of animals or birds, surrounded with powerful digestive (acidic) juices, they pass all the way through the body almost complete. A very small amount is leached out. As it passes through the stomach and intestinal tract, a number of important things happen. These happenings occur as physical actions, not CHEMICAL, not NUTRITIONAL. JUST PHYSICAL! AND SAFE!

The shape of these shells and the size of the holes in the surface of these shells is very important. Many harmful things entering the body have a positive charge. Silica is a semi-conductive mineral which when warmed by body heat becomes negatively charged and gives off electrons. These negatively charged mineral ions and/or individual shells attract bad microbes, free radicals, positively charged waste and other harmful things. Acting as magnets, the negatively charged shells and/or ions attract and absorb positive things that are small enough to go through the holes. Add a sugar molecule and you can trap toxins into the porous food-grade DE particle which is then excreted safely out of the body. Because of the strong charge, each shell can absorb a large number of positively charged substances, whether they be chemical or in the form of bacteria or viruses. They pass on through the stomach and intestine, taking these harmful substances out of the body.

In today's world, most all food (animal or human), all water and air contains harmful substances, which taken internally causes stress on the immune system, using energy that could go for the production of milk or meat. For example, Dr. Johnson, a Canadian veterinarian, discovered that DE absorbs the bacteria causing "scours." Takes them out of the body and the animal is protected from unnecessary stress and possible death. Passing through the digestive system, food-grade DE rubs against parasites and, being very abrasive, causes serious damage, causing the parasite to die and pass out of the animals with no negative side effects. The effect on the animal is nothing but beneficial. Most living creatures are in contact with parasite eggs and toxic substances on a daily basis. Kill parasites today, yet you also pick up and consume their eggs at the same time. Subsequent and continuing parasitic damage is done and energy is lost until the next worming process. Having Safe Solutions, Inc. fossil shell flour or food-grade DE in the diet every day tends to keep the animal free of parasites and toxic chemicals so it can get maximum benefits from the food and water it consumes. Vet bills tend to reduce around 75%.

#### **Beneficial effects of silica per Gerhard Leibold, N.D.**

- ◆ Stimulates cell metabolism and cell formation.
- ◆ Inhibits the aging process in tissues.
- ◆ Necessary for the structure and functioning of connective tissue.
- ◆ Strengthens and stimulates the immune system.
- ◆ Silica is important for the development of healthy nails and hair and regular intake can stop unnecessary hair loss.
- ◆ Strengthens and stimulates the vascular system; lowers blood pressure and improves the condition called arteriosclerosis.
- ◆ Increases elasticity and firmness of the blood vessels.
- ◆ Silica is indispensable for the elasticity of lung tissue and, therefore, is a basic therapy for lung and respiratory disorders.
- ◆ Has anti-inflammatory disinfecting, absorbing and odor binding effects.

Some of the disorders that benefit from regular silica intake include: Disorders of the throat, nose, ears and teeth, disorders of the digestive and secretive organs, bone injuries and problems, skin problems and injuries including itching, rashes, abscesses, boils, acne, calluses, warts, eczemas, burns, frostbite, benign skin sores, insect bites and bed sores, female illnesses and as a base therapy for cancer treatment.\* \*Cancer occurs mainly in middle and older ages at a time when the human body contains less silica. Silica especially influences the degenerated white blood cells of cancer patients, activates the regeneration of normal protein and increases the immune system against cancer. Silica helps support the healing process. The Author takes this product on a daily basis.

The cost of 1 - 10 oz. container (1 month supply) of Grass of the Sea is \$15.95 plus freight; the cost of 5 containers is \$13.95 each plus freight; the cost of 10 containers is \$9.50 each, freight paid. The cost of 1 - 20 oz. (2 month supply) container of Grass of the Sea is \$27.45 plus freight; the cost of 5 containers is \$24.95 each plus freight; the cost of 10 containers is \$17.45 each, freight paid.

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## **5. Safe Solutions, Inc. Bentonite Clay**

### **Clay Bath Directions for Detoxifying Heavy Metal Poisoning- Information Provided by Perry A~Smith**

Use up to 2 cups of powdered bentonite clay (but not more than 2½ cups) into the bathtub and then run very hot water over the clay, as hot as it gets. Use a wire whisk to stir the clay around and to help it dissolve. When you've got about 3 inches of water in the tub and the clay is dissolved, start adding cooler water until the water reaches the desired temperature.

The bath should neither be too hot nor too cool, but should be nice and warm, as warm as is comfortable. Bathing time depends upon your condition, but can be anywhere from 10 to 20 minutes. Please don't overdo it! If you stay in too long you may have what is known as a cleansing reaction and experience fatigue, headaches, muscle soreness, etc.

Another option is to take about a cup of extra thick liquid bentonite clay and put it into the bath water. Others have used a full quart and more. It is highly effective in drawing out toxins. But too much, or too long exposure, will dry out your skin. If so, follow the bath by applying a good body lotion or emu oil.

In Energy to Heal by Wendell Hoffman and through his own research, Hoffman found that a pure high-grade bentonite clay used in a bath can actually **draw out toxic chemicals through the pores of the skin**. After many experiments, he concluded that optimum results are obtained by immersing oneself in a tub of very warm water mixed with a very pure bentonite clay for exactly 20 minutes! Not just any clay will do. It is crucial to use "clean clay".

Extreme amounts of bentonite clay used in a bath have been known to help the body detox from severe heavy metal poisoning ( one can tell, because if it works, the clay turns black ). Eyton's Earth.

Some people may notice the clay turns dark and may even take on a tar like consistency. Use rubber gloves and scoop out as much clay as possible and then clean the bath tub. Usually 1 – 2 baths is sufficient to draw out the toxins.

Clay baths using 1 cup of powdered bentonite clay or 1 cup of thick liquid clay is good for soaking tired, sore muscles.

Note: When making liquid clay, take the powder and initially mix an equal portion with water for 5 - 10 minutes; then let sit overnight and finishing mixing in the morning. Store in a tightly sealed jar.



## External Uses of Healing Clay

### Topical Bentonite Clay Treatments: Clay Packs, Compresses

**Brush teeth** - Bentonite clay acts as an astringent to gums, removes tartar, controls bleeding gums and pyorrhea.

**Bone and Muscle Damage due to Traumatic Injury** - Bentonite clay pack applied immediately after injury, applied ½ - 1 inch thick and covered, changed as needed (½ - 12 hrs.), duration to maximum tolerance.

**Carpal Tunnel Syndrome Tendonitis** - Bentonite clay wrap around entire area if possible, ¼ - ½ inch thick, covered, for 20 minutes to an hour initially, increased to overnight applications as tolerance permits, for 3 days to 3 weeks.

**Treatment of Internal Organs** - Bentonite clay compress (dressing saturated with hydrated clay) applied to cover the organ to 1 hour as tolerance permits—as needed with internal cleansing support. for 20 minutes per application to start, tolerance carefully monitored, extended to 1-hour applications as tolerable, progress to clay pack and 20-minute treatments, then to 1 hour as tolerance permits, as needed with internal cleansing support.

**Chronic Headaches** - Bentonite clay pack applied to the nape of the neck for twenty minutes, then applied to the forehead for 20 minutes (continue to alternate as needed).

**Skin Conditions (acne, athletes foot, eczema, pimples, rashes, warts, yeast fungus, poison ivy, cold sores, canker sores, shingles, cuts, boils, staph around fingernails, more)** - Depending on the condition, bentonite clay compresses or packs can be used (any cystic condition requires dense packs applied for an extended amount of time) along with 1 teaspoon of powdered clay taken internally each day.

**Rapid healing of injuries (bruises, sprains, burns, etc.)** - Thick bentonite clay packs applied to sprains, bruises, breaks, etc. Thin clay strips, covered, or compresses applied to burns. For any injury that includes a break in the skin, never allow the clay to dry. Simply change out the dressing as needed.

**Severe Bacterial Infections** - Wounds cleaned thoroughly with liquid bentonite clay packs applied at least ½ inch thick, dressings changed as often as required due to drainage, never allow clay to dry on damaged tissues.

**Skin rejuvenation and deep cleansing** - 1 to 12 cups of bentonite clay added to a hot bath; hydrated bentonite clay used as a normal soap; clay masks applied to the skin; clay formulations used in a massage treatment.

**Radiation** - Bentonite clay must be used internally and immediately. Clay baths repeated to tolerance with as much hydrated clay as the individual can tolerate (based on their stamina) for 20 minutes to one hour. Compresses or thick clay wraps, alternating treatment to key locations of the body (targeting the lymphatic system and primary organs, treatments based on tolerance).

**Eye strain** - Thick bentonite clay packs applied to both closed eyes, covered and left on from between 20 to 90 minutes.

**Bite and Sting Relief** - Calcium bentonite clay hydrated with water (applied as a poultice) will relieve stings and/or bites of fire ants, bees, wasps and hornets. Reapply as needed. Calcium bentonite clay hydrated with 10 ppm colloidal silver can be applied as a thick poultice to relieve brown recluse and other spider bites and to help stop necrosis.

It is highly recommended that all external treatments with healing (bentonite) clays be combined with a gentle internal cleansing program designed to support the body's elimination system and liver function. Surprising things can happen during such treatments.

## **Powders, Tablets, Gels and/or Hydrated Bentonite Clay**

**Internal Treatments** - Bentonite clay can be of help with colitis, diarrhea, hemorrhoids, stomach ulcers or any abnormal condition of the alimentary canal.

**Surgery** - The use of bentonite clay internally before and after surgery gives remarkable benefits.

**Osteoporosis** - Astronauts in the United States space program ingested bentonite clay tablets (rich in calcium) to reverse the effects of osteoporosis caused by zero gravity.

## **Anecdotal Personal Case Histories Using Living Clay**

**Bleeding, tender gums** - Dissolved several clay tablets in the mouth several times a day. Gum abscess packed with clay cleared up in 4 days. Tooth abscess took 2 weeks.

**Strep throat** - Gargled with clay solution every 15 minutes. Relieved pain when held in the throat a few minutes.

**Stomach ulcers** - ½ tsp. clay was taken just before eating. When acid was noticed, repeated use. This condition was controlled and corrected with daily use of 1 tsp. clay in water.

**Nausea** - Drank ½ tsp. clay in water on arising. Older people found it alleviated nausea caused by medication.

**Rectal bleeding** - Used 2 tsp. clay in cup of warm water; inserted with syringe. Pain and bleeding stopped.

**Diarrhea in small children** - Corrected condition with ¼ tsp. clay in applesauce or any baby food several times a day. Some added it to liquids in bottle. Mothers put some clay in foods when traveling and found children more contented and less susceptible to stomach upsets. Diarrhea common in older patients was controlled with several clay tablets with meals and at bedtime.

**Fire ant/wasp stings** - Covered them quickly with thick clay paste. No pain was experienced.

**Athlete's foot** - Dusted entire area; all signs gone in 2 days. Dust shoes to prevent infection and odors.

**Cuts** - Clay stopped bleeding and pain.

**Acne** - Severe acne was cleared in 4 months. The entire back was covered with clay pack once a day as well as the face. Left on for 30 minutes and removed. After healing, clay was continued until discoloration was gone.

**Boils** - Packed with wet clay and covered. Replace pack every 2 hours. Boils drained and cleared in 3 days.

**Yeast infection** - Used clay solution for douche. Immediately relieved itching and cleared infection with regular use for 2 weeks.

**Burn from hot water** - Covered with clay pack and ice. No blistering occurred. Sun burn will also respond. Cover pack with chipped ice as well.

**Eczema of the scalp** - Covered with moist clay overnight. Repeated until healed.

**Hemorrhoids** - Took ½ tsp. clay or 4 tablets 4 times a day. Relief the first day. Regular use of clay prevented reoccurrence. For pain, inject daily as in rectal bleeding.

**Nursing mother sore nipples** - Spread smooth paste over nipple after nursing; used olive oil before nursing. When infant has yeast infections, clay protects the breast from the infection.

**Diaper rash** - Severe blistering soothed and healed by putting a smooth covering of clay paste on buttocks. Dusting with the clay at each diaper change prevented reoccurrence.

**Blood lead level** - Reduced from 7 to 2 in 6 months. Using 10 clay tabs a day. Mercury blood levels cut 50% in 3 months with 10 tabs of clay a day.

**Pets** - Clay eating is usually instinctively accepted by animals. Adding it to the daily food ration keeps a pet in good health. All forms of life benefit from clay use.

**Fish** - Add to aquariums to control algae or fungus. Put ailing fish in a bag containing clay and shake to coat them. Return to water quickly. Several treatments may be needed. Clay reduces stress in aquarium fish.

**Dogs** - Stool eating use clay in food, drinking water. Controls anal itching.

**Cats** - Add to litter box.

**Horses, Cows, Pigs** - Add to feed; gives stamina and prevents colic. Bonding agent in hay cubes and pellets.

#### **Other Uses of Clay**

- ◆ Add clay to water of fresh cut flowers.
- ◆ Add clay to watering tanks to control algae.
- ◆ Dip roots of plants in clay water before transplanting.
- ◆ Decontamination of water.
- ◆ Filtering agent for cooking oils.
- ◆ Place on top of soil in potted plants to control insects.
- ◆ Removes and controls mildew on tile on bathrooms.
- ◆ Increases seed germination when added to soil.

**CAUTION: Do not use clays found near waste disposal dumps!**

The Author has used bentonite clay on an as-needed basis.

The cost of 250 tablets is \$45.90 per bottle plus freight; the cost for 5 bottles is \$42.50 per bottle plus freight and the cost of 10 bottles is \$35.90 per bottle freight paid.

The cost of a 16 oz. bottle of Bentonite Clay is \$20.75 plus freight; the cost of 5 - 16 oz. bottles is \$18.95 per bottle plus freight; the cost of 10 - 16 oz. bottles is \$16.75 per bottle freight paid.

The cost of a 32 oz. bottle is \$34.50 per bottle plus freight; the cost for 5 bottles is \$32.20 per bottle plus freight and the cost of 10 bottles is \$29.50 per bottle freight paid.

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#### **6. Safe Solutions, Inc. Not Nice To Toxins®**

**Not Nice to Toxins®** - A Dietary Supplement that contains carefully selected and time proven ingredients to help stimulate the body's natural ability to detoxify itself and purge out internal parasites. Another excellent product utilizing "The Science of Natural Health" concepts of Prescriptive Nutrients.

**NOT NICE TO TOXINS®** is just the beginning... to restore the essential nutrients that the body will lose during cleansing... be sure to eat organically and drink plenty of water and take good vitamins and minerals. Detoxifying 3 - 4 times a year helps eliminate various parasites and/or toxins and mucus, reducing allergies, cholesterol, cellulite, obesity, skin problems and arthritis. It increases energy and mental clarity, eliminates weight-loss inhibiting toxins. Decreases sugar, caffeine, nicotine, alcohol and other cravings. Not Nice to Toxins® offers you a complete cleanse. The synergistic herb formula helps purify the lymphatic system, blood stream, colon and major organs, improves nutrition absorption, resistance to disease and overall health. Not Nice to Toxins is a unique blend of herbs that assists the body in the elimination of toxic metals, parasites, pesticides, toxic metals and other chemical toxins.

**EDTA 100mg:** (Ethylene diamine tetra-acetic acid) is a man-made amino acid chelating agent with a particular affinity for toxic metals such as lead, mercury, cadmium and aluminum. Should EDTA meet up with such toxic substances, the material is sequestered, then secreted in body wastes.

**Red Clover 100mg:** It is an anti-inflammatory agent and also, as an expectorant, helps remove excess mucus from the lungs.

**Milk Thistle 100mg:** It is believed that silymarin prompts the manufacture of new, healthy liver cells without encouraging the growth of any malignant liver tissue that may be present. Silymarin, it is thought, also serves as an antioxidant, protecting liver cells from damage by free radicals, which are harmful by-products of many bodily processes including cellular metabolism.

**Black Walnut (*Juglans nigra*) 25mg:** Constipation, fungal and parasitic infections and mouth sores. It is believed to relieve toxic blood conditions.

**African Bird Pepper 100mg:** (Strong bowel stimulant; helps stop bleeding)

**Dandelion (*Taraxacum officinale*) 25mg:** Natural diuretic while also supplying potassium, a nutrient often lost through diuretic use. The plant is rich in vitamins A and C — antioxidants that are believed to help prevent cancer.

**Hyssop (*Hyssopus officinalis*) 25mg:** Used as an expectorant, digestive aid, sedative and muscle relaxant.

**Garlic (*Allium sativum*) 25mg:** Strengthens the cardiovascular system, by reducing cholesterol and lowering blood pressure and intestinal and digestive disorders.

**Ginger (*Zingiber officinale*) 25mg:** Improves digestion, soothes the abdomen and relieves excess gas. Sarsaparilla 25mg: supports the body by purifying the blood, cleansing the colon and urinary tract, treating various skin problems, and lowering blood pressure.

**Wormwood 25mg:** Powerful parasite exterminator.

NOT NICE TO TOXINS® is just the beginning... to restore the essential nutrients that the body will lose during cleansing... be sure to eat organically and to drink plenty of pure water and take Safe Solutions, Inc. good vitamins and minerals. **These statements have not been reviewed by the FDA. This product is not intended to treat, diagnose or prevent disease.**

**The Author uses this product on a daily basis.** The price for an 180 count bottle is \$39.99 plus freight; the price for 5 bottles is \$36.50 per bottle plus freight; the price for 10 bottles is \$32.95 per bottle freight paid.

**Safe Solutions, Inc.**  
**2530 Hayes Street**  
**Marne, Michigan 49435-8781**  
**1-888-443-8738**  
<http://www.safesolutionsinc.com>

**Before beginning any Safe Solutions, Inc. Recommended Cleanse Program** - You should consult with your medical provider and prepare mentally for at least a two-week fast wherein you will eat a diet consisting of at least 75% raw organic fruits and vegetables and you will drink lots of distilled water (from a glass bottle) and/or only organic fruit and vegetable juices. You should limit yourself to no more than two fish portions per week (in order to avoid Vitamin A - a damaged liver can not tolerate vitamin A). During the fast, you must not consume any alcohol, recreational or over-the-counter drugs, any animal products, fried or fatty foods, no sugar or sugar substitutes, no milk, butter or other dairy products, no spices or caffeine, no white rice or white flour, no preservatives, no margarine, no nuts or oils subjected to heat, no smoking or overeating. Do not forget to eat fresh organic vegetables high in carotenoids, e.g., carrots, squash, sweet potatoes and the cruciferous vegetables, e.g., broccoli, kale, brussel sprouts, cauliflower, and kidney beans, peas and soybean products that have not

been genetically engineered. If you plan to use a cleansing sauna, make sure you consult with a knowledgeable physician.

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### **7. Safe Solutions, Inc. Recommended Colon/Liver Cleanse**

**Recommended Safe Solutions, Inc. Colon/Liver Cleanse** - Grind and properly store flax seed in the refrigerator. Take one heaping teaspoonful 4 times per day. Not Nice to Toxins - Take 1 - 2 capsules 3 times per day. Grass of the Sea (Food-grade DE) - Take 1 heaping teaspoonful twice a day. Fat Burner Plus - Take 1 - 2 capsules 3 times per day. The cost per kit is \$84.95 plus freight.

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### **8. Recommended Safe Solutions, Inc. Blood Cleanse**

**Recommended Safe Solutions, Inc. Blood Cleanse** (By the way, when you do this particular cleanse we recommend you eat "tons" of green leafy vegetables and drink lemon, beet, carrot and/or alfalfa juice and drink as much as two cups of [unsweetened] green tea daily.) Grind and properly store flax seed in the refrigerator - take one heaping teaspoonful 4 times per day. Not Nice to Toxins - Take 1 - 2 capsules 3 times per day. Grass of the Sea (Food-grade DE) - take 1 heaping teaspoonful twice a day. Siberian Ginseng - Take 2 capsules 2 times per day. Acidophilus - Take 3 capsules 3 times per day. The cost per kit is \$96.95 plus freight.

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### **9. Safe Solutions, Inc. Body Building Supplement and Nitric Oxide Stimulator**

**Safe Solutions, Inc. Body Building Supplement and Nitric Oxide Stimulator** - Promotes increased cellular oxidation and nutrient absorption. AKG-V-C After/before the cleanse use Mighty 2000 Aminos and Safe Solutions newest vitamin and mineral supplements (that contains no vitamin A) for the chemically sensitive that will be out shortly. The cost per bottle with 90 tablets is \$39.99 plus freight.

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### **10. Safe Solutions, Inc. will post it's entire line of vitamins, minerals and other food supplements within the next few weeks. Please stay tuned for this release.**

All of the preceding research/information is for informational and educational purposes only. Each person is an individual and can react far differently to what may be considered the usual or "normal" reaction. Please contact a health care professional for any medical treatment and/or regarding the applicability of any opinions or recommendations in this report with respect to your own symptoms or medical condition. No statement in this information should be construed as a claim for cure, treatment or prevention of any disease or sickness. The FDA has not reviewed this report or these products.

**HOW TO ORDER: Call Safe Solutions, Inc @ 1-888-443-8738 or 1-800-221-6188 or 1-616-677-2850.**