

*Surviving the Pandemic  
and Thriving*



Dianne Ellis

Lyme, Cancer  
and Chronic Illness  
Survivor

**The most  
powerful  
self-healing guide  
for all disease  
and illness**

# Introduction

## Protection against viruses, parasites and bacteria

### COVID-19 summary

**Part 1** summarizes all of the remedies and methods most relevant for COVID-19:

- The most powerful methods to quickly kill pathogens
- COVID-19 suggestions from doctors and practitioners who saved my life and have been treating this illness successfully since it began.
- Powerful immunotherapies to repair and strengthen our own immune system
- Techniques to release stress, fear, energetic blockages, cellular and genetic memory in our body

### COVID CURE

Many treatments are proving to have almost 100% success rate preventing and treating COVID-19 including:

- Oxidative therapies
- Hydroxychloroquine
- Ivermectin
- Orthomolecular medicine and many more

[Click here for the Orthomolecular Medicine News Service list of COVID-19 cures with proven results](#)

### Overcoming disease and illness

**In Part 2** of this book I provide a detailed extensive list of medical, natural and alternative healing methods I have used to successfully overcome a lifetime of chronic and life-threatening illnesses. Links to practitioners and vital resources are included.

## Surviving the Pandemic and Thriving

Most people don't realise their illness could be easily eliminated. There are many great doctors and specialists finding the answer to illnesses and disease, while others claim some of these underlying causes or treatments for ill-health are false. Yet the results speak for themselves. Unfortunately, many of these so-called experts send their patients home very sick, tell them they are fine and it's all in their mind.

These are some of the underlying causes and treatments I have found to be most helpful for each condition I have experienced:

Condition	Method
<b>Zoonotic diseases</b> (from animals to humans) <b>Tick-borne infections</b> <b>Lyme disease</b> Lyme bacteria can be an underlying cause of nearly all physical and mental health conditions. Many children with autism test positive.	For acute conditions, eg after a tick bite: <ul style="list-style-type: none"><li>• <a href="#">Eliminate pathogens</a></li><li>• <a href="#">Dr Kalcker's CD Protocol</a></li><li>• <a href="#">Repair immune &amp; cellular function</a></li></ul> For chronic conditions: <ul style="list-style-type: none"><li>• <a href="#">All recovery methods</a></li><li>• <a href="#">Kerri Rivera's CD Protocol</a></li></ul>
<b>Autism-like symptoms</b> <a href="#">Lyme disease</a> gave me many symptoms of autism	<ul style="list-style-type: none"><li>• <a href="#">All recovery methods</a></li><li>• <a href="#">Kerri Rivera's CD Protocol</a></li></ul>
<b>Asthma</b> Can be <a href="#">parasites</a> in the lungs ... Dr Clark	<ul style="list-style-type: none"><li>• <a href="#">Eliminate pathogens</a></li><li>• <a href="#">Avoid allergens</a></li><li>• <a href="#">Diet/Gut Health</a></li></ul>

	<ul style="list-style-type: none"> <li>• Eliminate allergies (See below)</li> </ul>
<b>Allergies</b> Almost always <u>parasites</u> ... Dr Clark	<ul style="list-style-type: none"> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens including retroviruses</a></li> <li>• <a href="#">Cleansing and detox</a></li> <li>• <a href="#">Bioresonance</a></li> </ul>
<b>Anxiety/Depression</b> (See <a href="#">Hidden causes of anxiety and depression</a> ) <b>Trauma/grief</b> <b>PTSD</b> <b>Insomnia</b>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Balance biochemistry</a>                * <a href="#">Zinc</a>, <a href="#">Gaba</a>, <a href="#">L-tryptophan</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">Spinal alignment</a></li> <li>• <a href="#">Energy Healing</a>*</li> <li>• <a href="#">Emotional Healing</a>*</li> <li>• <a href="#">Soul Healing</a>*                * <a href="#">Breathwork</a>                * <a href="#">Genome Healing</a>                * <a href="#">PSYCH-K™</a></li> </ul>
Recommendations for <b>Teenage depression</b> <b>Suicidal tendencies</b> are often linked to <u>parasites</u> , <u>biochemical imbalances</u> especially <u>zinc</u> deficiency. Some people do well on antidepressants while	All of the above but especially: <ul style="list-style-type: none"> <li>• <a href="#">Zinc</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Mebendazole/pyrantel pharmaceutical medication</a></li> <li>• <a href="#">EMF protection</a></li> </ul>

## Surviving the Pandemic and Thriving

<p>some can become suicidal ... Dr William Walsh</p>	<ul style="list-style-type: none"> <li>• <a href="#">Diet Gut Health</a></li> <li>• <a href="#">Spinal alignment</a></li> </ul>
<p><b>Chronic fatigue</b></p> <p><u>Usually hidden viruses, parasites and bacteria</u></p> <p><u>Often retroviruses</u></p> <p><u>Congested liver</u></p> <p><u>High oxidative stress</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">PEMF</a></li> <li>• <a href="#">Repair immune &amp; cellular function</a></li> </ul>
<p><b>Cancer</b></p> <p>Many cancers including breast cancer have been linked to <u>root canals/dead teeth or hidden infections.</u></p> <p><u>Retroviruses</u> have been found in tumours</p> <p><u>My experience:</u> I chose not to have invasive testing but thermal imaging confirmed abnormalities in many areas including my back, spine, breasts and abdomen. It was worse on the right side linked to a <u>dead tooth</u> and <u>hidden abscess.</u></p>	<p><a href="#">All recovery methods</a> especially:</p> <ul style="list-style-type: none"> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Diet/ Gut Health</a></li> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">GcMAF</a></li> <li>• <a href="#">Oxidative therapies</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> <li>• <a href="#">PEMF/Bioresonance</a></li> <li>• <a href="#">Balance Biochemistry</a></li> <li>• <a href="#">Progesterone cream</a> (for women &amp; info for men)</li> <li>• <a href="#">NRF2</a></li> </ul>

<a href="http://hugginsappliedhealing.com">hugginsappliedhealing.com</a>	<ul style="list-style-type: none"> <li>• <a href="#">Essential oils</a></li> <li>• <a href="#">Mind/body healing</a></li> </ul>
<p><b>Digestive disorders</b></p> <p><u>Usually always parasites or bad bacteria</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver Cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Peppermint oil capsules</a></li> <li>• <a href="#">Balance Biochemistry</a></li> <li>• <a href="#">Magnesium for good bowel movement</a></li> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> </ul>
<p><b>Immune dysfunction/disorders</b></p> <p><u>Often associated with wrong medications</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a> especially:</li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Repair the immune system; GcMAF, NFF2, Redox signalling molecules</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">EMF protection</a></li> </ul>
<p><b>Fibromyalgia</b></p> <p><u>Usually always hidden pathogens in the muscles</u></p> <p>Bicarb soda diluted in spray bottle on skin can provide blissful relief</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bicarb soda</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">PEMF</a></li> <li>• <a href="#">Essential oils</a></li> <li>• <a href="#">Repair immune system</a></li> <li>• <a href="#">EMF protection</a></li> </ul>

## Surviving the Pandemic and Thriving

<p><b>Neurological problems</b></p> <p><u>Stress</u> creates weaknesses but then <u>pathogens</u> get into the nervous system making recovery very difficult</p>	<ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a> especially:</li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">Energy Healing</a></li> </ul>
<p><b>Skin</b></p> <p><u>Pathogens</u></p> <p><u>Toxins</u></p> <p><u>Allergies</u></p> <p><u>Sun damage</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate Pathogens</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Detox</a></li> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Bicarb Soda</a></li> <li>• <a href="#">Immune therapies</a></li> </ul>
<p>At 12 yrs old my daughter had been experiencing:</p> <p><b>Fainting spells</b></p> <p><b>Early signs of mini seizures</b></p> <p><b>Dyslexia and learning disorder</b></p> <p><b>Fatigue</b></p> <p><b>Persistent colds</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Dr Clark's Zapper</a>: One zapper treatment against pathogens/parasites eliminated symptoms very quickly.</li> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> </ul>
<p><b>Hormonal imbalances</b> (including hot flushes)</p> <p><u>Congested liver</u> affects all hormonal processes including thyroid</p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver Cleanse</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Balance biochemistry</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">AmpCoil/bioresonance</a></li> </ul>



(Good for Men and women)	
<b>For improved sporting performance and endurance</b>	<ul style="list-style-type: none"> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Detox/Liver cleansing</a></li> </ul>
<b>Brain fog, cognitive ability, memory, concentration etc</b>  Often <u>pathogens</u> and <u>toxins</u> in the brain and gut	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Balance biochemistry</a></li> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Detoxify</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Dental cleanse</a></li> </ul>
<b>Injuries</b>	<ul style="list-style-type: none"> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">PEMF</a></li> <li>• <a href="#">AmpCoil/PEMF</a></li> </ul>

Conditions I have seen disappear in friends and acquaintances	
<b>Arthritis</b>  <u>Body too acidic, pathogens</u>  <b>Rheumatoid arthritis</b>  Usually <u>pathogens</u> , often <u>Lyme disease</u>	<ul style="list-style-type: none"> <li>• <a href="#">Bicarb soda/alkalize the body</a></li> <li>• <a href="#">Eliminate Pathogens</a></li> </ul>

## Surviving the Pandemic and Thriving

<b>Seizures/Convulsions</b> Almost always <u>pathogens/parasites</u>	<ul style="list-style-type: none"><li>• <a href="#">Eliminate Pathogens</a></li><li>• <a href="#">Immune therapies</a></li></ul>
<b>Migraines</b> Sometimes <u>pathogens</u>	<ul style="list-style-type: none"><li>• <a href="#">Mebendazole/pyrantel</a></li><li>• <a href="#">Eliminate pathogens</a></li></ul>
<b>Ross River Fever</b> ( <u>mosquito borne-virus</u> )	<ul style="list-style-type: none"><li>• <a href="#">Oxidative therapies</a></li></ul>
<b>Heart</b> ( <b>Arrhythmia, murmur,</b> <b>palpitations</b> ) <u>Parasites/bacteria</u> <u>Oxidative stress</u>	<ul style="list-style-type: none"><li>• <a href="#">Eliminate Pathogens</a></li><li>• <a href="#">NRF2</a></li><li>• <a href="#">AmpCoil/Bioresonance</a></li></ul>

### Disease and illness do not have to be feared

I nearly died from viruses, parasites and bacteria and have spent ten years intensively researching and trialling the best methods to kill pathogens and protect from disease and illness. Every doctor I saw was unable to help me, but I kept searching and found medicines and methods proven to kill all pathogens they have been tested against, including COVID-19. I found practitioners who are using these inexpensive methods every day to help their patients. I learnt methods to eliminate disease and illness quickly. **Unfortunately, medicine has become big business and a means for political bargaining and control.**

## **Death in isolation**

One of my first memories at three and a half years old is at the hospital looking through a glass wall at my adopted mother in isolation soon before she died. It was Christmas day. I know the full extent of what it feels like to lose someone from a communicable disease and the effects of isolation. I used to be terrified of disease and illness. But not anymore.

**Ten years ago, I nearly died** when over twenty ticks injected a cocktail of viruses, parasites and bacteria into my body. Despite seeing every medical doctor, specialist and natural practitioner I could, no medication or treatment I was given stopped my downhill slide to near death. It was a living hell.

I was not going to leave my children the same way my mother had left me. I knew I had to do whatever I could to get well again. So I searched the world for answers. After losing my home and many years of my life, ten years spending tens of thousands of dollars' trialling remedies and healing methods, I learnt that some of the most simple, natural remedies are the most powerful and effective. Combined with natural immune therapies to heal cellular damage in my body, I now feel empowered and strong.

## **Doctors unite**

There are many incredible doctors and practitioners working hard with simple and effective answers to almost every disease and illness, including COVID-19, but are restricted by unwarranted and harmful legislative constraints. Many doctors now realise they have been lied to about the illness, and the directives they have been given regarding treatment options. Thousands of doctors internationally and six hundred in Australia have come together against the unnecessary lockdowns and harsh restrictions that have caused more harm than good.

## Surviving the Pandemic and Thriving

### **Pandemics were already here**

COVID-19 is new, but the political and medical fiasco we are all witnessing is not. This sort of mistreatment and mismanagement of medical conditions has been going on for many years. We have already been experiencing a pandemic of many chronic health conditions which have been killing and disabling people for years.

### **Suppression of medical treatment**

Over the past eight years I have experienced and watched incredible suffering and many people die needlessly, denied treatment for many viruses, parasites and bacteria, and many illnesses including Lyme disease. When inadequate testing does not reveal the underlying cause, patients are told they have psychiatric problems and are left to suffer for years.

### **Safe and effective medicine banned**

Just like Lyme disease, medicines for COVID-19 have been withheld. Some political leaders, governments, medical authorities and big pharmaceutical companies have lied and manipulated. People all over the world have been left confused and without proper information and medical options. **Many doctors and politicians now realise they too have been deceived while people in high positions set harmful legislation and restrictions which they are powerless to override.** The devastation in people's lives due to the illness and unnecessary lockdowns is heart-breaking.

In August 2020, a meta-analysis, of studies involving 2.66 billion people from many countries worldwide, [c19study.com/](http://c19study.com/), confirmed that hydroxychloroquine is a simple and effective cure for COVID-19. Data has shown a **79% reduction in death rate** in those countries which allowed early use of Hydroxychloroquine.

## **Needless deaths and suffering**

Dr Klinghardt says many of his colleagues were unable to access hydroxychloroquine, a medication they previously prescribed liberally when needed, which has been listed as safe and used for over 50 years. Reports show this is only happening in Western countries where, in some places, it was banned or restricted at the beginning of this illness and is still inaccessible to many practitioners and patients. Many individuals, doctors, practitioner groups and politicians are **equalling this to murder**. August 2020, new legislation in Queensland, Australia, can see **doctors jailed for prescribing Hydroxychloroquine**.

*“It is now clear that some medical centers and the physicians that represent them will actively suppress the dissemination of this information. Conscientious physicians who speak out to the contrary face losing their hospital-based employment, and many also face challenges to their licenses from state medical boards.”* [Orthomolecular Medicine News Service 21 Aug 2020](#)

## **My experience of suppressed medicine**

My journey back to health was a lot more difficult than I ever imagined it would be. Not only because of the severe illnesses I suffered, but because of the suppression of information and proper medical options by people or organizations who stand to profit. I began talking to hundreds, and soon thousands of people and discovered this was leaving so many around the world with Lyme disease and many other illnesses with insufficient treatment. I was shocked then, and I am devastated now, to see it happening on a massive scale all over the world.

### **Media blamed**

While I have been very upset about what I have witnessed in the past I am shocked at the scale of the deception on all levels in the government, medical departments and media that I am witnessing now. Many doctors internationally, including specialist Dr Klinghardt, are blaming mainstream media for creating unnecessary fear all over the world.

### **Thousands of testimonies**

I have spoken with thousands of people over the years who are in a situation just like I was, seriously ill and unable to get proper medical care. We have all gone searching for answers to our health problems and connected through support networks in person and online. We share our experiences learning what is working well and what is not. We support each other and share precious life-saving information from many doctors and specialists who work behind the scenes, helping people without restrictions from vested interests. This helped me find remedies and methods that truly heal, practitioners who are open minded and up-to-date with the latest medical research, and gave me enormous confidence and faith in the information I now share.

### **Patients supporting patients when the health system fails**

While sharing this information is good, there are still many who are seriously ill and not able to access appropriate medical treatment, despite regular doctor and hospital visits. Myself and others who are either recovered or still sick from various conditions, currently support many of these people. We are happy to volunteer our time, but with billions of tax payer's dollars funding our health care system, a complementary, integrative approach should be adopted to provide efficient and effective medical treatment.

## **Mind/body healing**

As a Breathwork and Genome Healing practitioner and PSYCH-K™ facilitator, I also share simple techniques I found helpful to transform stress and fear, and unlock the emotional connection to physical illness. While I know that addressing medical issues is vital, I have no doubt there are deeper meanings to life and using the principles of quantum physics, we have the power to recreate our own reality. Truly amazing transformations can occur.

## **Let go of fear**

There has been a barrage of negativity and fearmongering in mainstream media outlets, leaving people feeling powerless. This state of fear prevents people from thinking clearly and has a very detrimental effect on every function of our body including our immune system. Don't believe everything you hear or read. Open your mind. Listen to independent doctors and specialists to hear every option available to you. Do your own research. Knowledge is power.

## **Empower yourself**

There is nothing more important than the health and happiness of ourselves and our loved ones. Doctors are brilliant at helping us in acute situations but it is up to each of us, every individual, to make our own choices about what we put into our bodies, the way we think and the way we live our lives. Empower yourself and live a life of optimal health and happiness.

# Surviving the Pandemic and Thriving

## About the author



Dianne Ellis has studied extensively the emotional, genetic and environmental connection to physical illness. An expert in mind/body healing she has an intricate understanding of how stress, hidden pathogens, and our experiences, can shape our whole self and well-being. Di is a Genome Healing and Breathwork practitioner, PSYCH-K® facilitator, health coach and radio host. Having overcome her own ill-health and trauma, Di is well placed to assist readers to lead an enriching life.

## Health links and information

This book contains an extensive list of home remedies, natural medicine and medical breakthroughs, many which you can make or buy yourself. In the past there has been harsh suppression of safe and effective medical treatments. I am proud to be affiliated with two companies that I have no doubt saved my life, and have worked very hard to make their products available to the people who need them.

If you would like more information or to buy NRF2 or Redox signalling molecules, or to be affiliated with these products, please email me or return to the person who may have referred you. Also email me for GcMAF links.

**The healing process back to optimal health is simple but can be confusing. I will endeavour to answer all of your questions on my social media pages.**





### **A gift from Di**

Everything I share is from lived experience. This book represents a lifetime of ill-health, decades of intensive study and trialling experimental treatments, and the practice of authentic methods of true healing. It has not been easy. Many years of going against mainstream recommendations

and beliefs were often lonely and filled with pain and fear. I trust you will cherish this information that I share from my heart for the benefit of all, but particularly for our children and their healthy future.

Please share with anyone you feel may benefit.

### **Connect with Di**

Email: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

Website: [dianneellis.com.au](http://dianneellis.com.au)

MeWe: [mewe.com/i/dianneellis1](https://mewe.com/i/dianneellis1)

Twitter: [di.ellis8](https://twitter.com/di.ellis8)

Facebook: [Di Ellis Health and Photography](https://www.facebook.com/DiEllisHealthandPhotography)

Instagram: [@di.ellis](https://www.instagram.com/di.ellis)

Youtube: [youtube.com/channel/UCNY5Lo7RbQsWStljPiibPPA/videos](https://youtube.com/channel/UCNY5Lo7RbQsWStljPiibPPA/videos)

## Surviving the Pandemic and Thriving

**Copyright** ©2020 by Dianne Ellis

Design & cover photo by Di Ellis.

Layout & editing with help from Jenny Bridge |  
mygadgethelp.com

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews. I give permission to freely share ONLY the full pdf version of this book which is available at [dianneellis.com.au](http://dianneellis.com.au)

ISBN: 978-0-6487430-2-6

# Contents

<b>Introduction .....</b>	<b>3</b>
Disease and illness do not have to be feared .....	10
COVID CURE.....	3
Overcoming disease and illness .....	3
Disclaimer.....	23
Acknowledgements .....	25
Up to date treatment and prevention resources .....	25
<b>PART 1</b>	
<b>Coronavirus COVID-19 .....</b>	<b>28</b>
The most simple, effective way to protect yourself now .....	29
How deadly is COVID-19?.....	30
My daily COVID protocol.....	33
Hand, face, surface and air sterilization.....	33
Oxidation .....	37
<i>Chlorine Dioxide (CD/MMS1)</i> .....	37
<i>HOCl (Hypochlorous acid)</i> .....	47
<i>Hydrogen peroxide</i> .....	47
<i>Ozone</i> .....	48
Essential oils .....	49
Alkalize your body .....	50
Immunotherapy .....	51
EMF Protection.....	52
Energy Healing devices.....	55
Homeopathic.....	56
Important Preventative Steps .....	56
Practitioner Information and Resources.....	58
Dr Klinghardt's COVID-19 Treatment Suggestions.....	59
<i>Hydroxychloroquine</i> .....	59
<i>Ivermectin ... worldwide success</i> .....	61
<i>Complementary medicine</i> .....	63

## Surviving the Pandemic and Thriving

<i>Dr Klinghardt's preventative protocol</i> .....	65
<i>Dr Klinghardt's Liposomal herbal mixture</i> .....	66
Orthomolecular Medicine .....	69
<i>Cure and prevent COVID-19</i> .....	69
<i>Orthomolecular Recommendations</i> .....	70
Kerri Rivera's suggestions .....	72
Poultices .....	73
<b>The Emotional Connection to COVID-19 .....</b>	<b>74</b>
Quantum Physics.....	74
<i>Love and fear</i> .....	77
<i>Breathwork exercise ... Transform fear</i> .....	78
<i>Genome Healing exercise ... Step out of foreign events</i> .....	82
<i>Prayer and surrender</i> .....	85
<b>Facing our current reality .....</b>	<b>87</b>
Conflict, control and corruption revealed.....	87
<i>Medical doctors suspended</i> .....	90
<i>A broken health system</i> .....	90
<i>COVID-19 and Lyme disease parallels</i> .....	91
<i>Biological Warfare Experiment</i> .....	92
<i>Will a vaccine save us?</i> .....	93
<i>Lies, deceit and media manipulation</i> .....	100
A time of awakening & positive transformation.....	103
<b>Part 2</b>	
<b>Self-healing and Empowerment ... A comprehensive guide .....</b>	<b>107</b>
The foundations of health.....	111
My Story .....	112
Quantum Health Introduction .....	126
What I Wish I Knew Then .....	127
<b>Hidden Causes of Chronic illness .....</b>	<b>128</b>
<b>Hidden Causes of Anxiety and Depression .....</b>	<b>130</b>
<i>Are medications or supplements needed?</i> .....	133

## **My Step by Step Basic Protocol .....135**

KISS – Keep it Simple Sweetheart! ..... 135

*Slowly and gently is the way to go* ..... 136

## **The Healing Journey .....144**

Epigenetics: Belief and Biology ..... 144

Chronic Illness and herxheimer reactions..... 144

Breakdown, repair and regenerate ..... 145

Cancer recovery ... allowing the healing process ..... 145

Emotional connection ..... 146

Finding a deeper meaning? ..... 146

The Whole Picture..... 148

Testing ..... 149

Open your mind ..... 150

What should I do? How to take away the confusion ..... 151

More on the underlying causes of disease and illness ..... 153

What is the answer to good health? ..... 155

Activate your body's own self-healing abilities ..... 156

Trust in your body ..... 156

All in your head? The mind/body connection..... 156

Do you give away your energy, your life force? ..... 157

Take control of your health..... 158

Lyme literate doctors ..... 160

Mainstream medicine ..... 161

Overseas clinics ..... 161

Natural approach ..... 161

*My preferred treatment if bitten by a tick* ..... 162

## **Extensive protocol Recovery of Optimum Health.....163**

Steps to health ..... 163

1 Detoxification ..... 165

*Kidney and liver cleansing* ..... 165

## Surviving the Pandemic and Thriving

<i>Kidney cleanse</i> .....	166
<i>Liver Cleanse</i> .....	166
<i>Dental Cleanse</i> .....	167
2 Stress Release and Positive Intention .....	176
3 Diet/Gut health .....	178
<i>Ayurvedic principles</i> .....	182
<i>Chinese Medicine</i> .....	183
4 Alkalize Your Body .....	186
5 Immune therapies/Repair cell function .....	190
<i>NRF2 Gene activation</i> .....	190
<i>Redox signalling molecules</i> .....	191
<i>GcMAF</i> .....	192
<i>Medical cannabis</i> .....	195
6 Eliminate Pathogens .....	198
7 Balance Biochemistry .....	220
8 Realign Your Body .....	223
9 Exercise .....	225
10 Energy Healing .....	227
11 Emotional Healing .....	242
<i>Genome Healing</i> .....	246
<i>Breathwork</i> .....	247
<i>PSYCH-K™</i> .....	252
12 Soul Healing .....	254
Venturing Within... Going Deeper .....	256
Venturing Out ... with Your Inner Self .....	266
My Ongoing Health Recovery Protocol .....	272

## **Disclaimer**

All material in this book is purely for informational purposes. It is not intended as a replacement for professional health treatment or advice. It is a guide to help you find the right practitioner for you. If you have any concerns about your health or suspect any illness please see a qualified health professional. Dianne Ellis is purely sharing information and her own experiences.

The opinions and methods outlined are not intended to provide direct treatment of physical, mental or emotional illnesses and diseases. Information and statements by Dianne Ellis have not been evaluated by the Food and Drug Administration (FDA), Therapeutic Goods Administration (TGA) or any other regulatory body and are not intended to diagnose, treat, cure or prevent any disease by direct means, beyond the help of qualified fully certified practitioners. Quotes or information which Dianne shares from health professionals or other individuals may be incorrect or outdated. Dianne does not take any responsibility for accuracy of any information.

Readers are encouraged to confirm the information provided with the direct source or other sources. Patients and consumers should not take any action on any remedies, methods or treatments mentioned in this book and should always review any information carefully with their professional health care provider.

Doctors and individuals mentioned in this book will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from any action taken on any information provided. Dianne Ellis will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from any action taken on any

## Surviving the Pandemic and Thriving

information provided. If you suspect you may have a disease or condition you should consult a licensed healthcare practitioner.



## Acknowledgements

I would like to acknowledge all of the people I have connected with around the world who have shared lifesaving information with me and supported me when I was very unwell. Sharing your experiences and providing encouragement. A huge heart-felt thank you.

And to the doctors, specialists, nurses and individuals caring for people throughout the world. To holistic practitioners, researchers, scientists, engineers and revolutionaries whose heart-felt work helped me and contributes to the health and wellbeing of humanity every day. While I share a lot of information in this book, it's only a small piece of the vast amount of information, experience and knowledge that is available.

## Up to date treatment and prevention resources

There are many incredible doctors, naturopaths and specialists sharing the most effective methods to prevent and treat COVID-19. The doctors I quote are some of my most trusted sources who have provided me with life-saving information for many years and give regular COVID-19 updates. You can also go to many naturopathic and complementary health organisations for valuable health information. **This information is constantly changing as new information comes to hand. Please go to the links I share to confirm any information provided.**

### Dr Dietrich Klinghardt

Dr Klinghardt provides resources which have helped hundreds of thousands of people to recover their health from almost all conditions. He provides updated information about the most

## Surviving the Pandemic and Thriving

effective methods he and his colleagues around the world are using and discovering for COVID-19.

Dr Klinghardt's comprehensive COVID-19 treatment summary

<https://klinghardtinstitute.com/wp-content/uploads/2020/04/Dr-Klinghardt%E2%80%99s-COVID-Summary-final-April-2020-p6.pdf>

[www.facebook.com/klinghardt](http://www.facebook.com/klinghardt) [www.sophiahi.com](http://www.sophiahi.com)  
[klinghardtinstitute.com](http://klinghardtinstitute.com)

### **Dr Andreas Kalcker**

Dr Andreas Kalcker freely shares information on preventing and treating many health conditions for medical practitioners and the public. His chlorine dioxide protocol has been used successfully against COVID-19 in many countries.

<https://andreaskalcker.com/wp-content/uploads/2020/04/chlorine-dioxide-against-coronavirus-v2.1.pdf>

[andreaskalcker.com/en](http://andreaskalcker.com/en)

### **Dr Joseph Mercola**

Dr Mercola has a huge resource of information on treating all conditions and a COVID-19 resource page. He is providing a free report on strategies to stop COVID-19; a detailed report for medical practitioners and a condensed summary for individuals. This is highly recommended.

[www.stopcovidcold.com/covid-research.html](http://www.stopcovidcold.com/covid-research.html) [mercola.com](http://mercola.com)

### **The Journal of Orthomolecular Medicine**

The Orthomolecular Medicine News Service is comprised of doctors from all over the world.

<http://orthomolecular.org/resources/omns/index.shtml>

**International Society for Orthomolecular Medicine (ISOM)**

<https://isom.ca/>

**The World Doctors Alliance**

An alliance of doctors and health professionals have united to re-establish universal determinance of psychological and physical wellbeing for all humanity.

<https://worlddoctorsalliance.com/>

## **PART 1**

### **Coronavirus COVID-19**

The information I share here will help you to empower yourself and allow you to feel safe without fearing disease and illness, now or in the future.

With so many conflicting medical recommendations and media reports it's no wonder so many people are confused and scared of what's happening in both the medical and political arena regarding COVID-19. And of course, the illness itself is a serious concern but is proving to be very easy to prevent and treat with the appropriate methods.

#### **Viruses, parasites, bacteria and disease**

Pathogens, combined with toxins, have been found to be a major cause of nearly all disease and illness including:

- Alzheimer's
- Parkinson's
- Multiple sclerosis
- Motor neuron disease
- Fibromyalgia
- Cancer
- Autism
- ADD, ADHD
- Learning disorders
- Asthma
- Mental health conditions
- Anxiety
- Depression
- Bipolar
- Schizophrenia
- Self-harming
- Digestive disorders
- Neurological disorders
- Allergies

Many people around the world with these conditions have tested positive to Lyme disease and/or other parasites, viruses and bacteria. After eliminating these underlying hidden pathogens and toxins, and repairing their immune system and cell function, many have lost their diagnoses and

regained health. There are many Lyme disease associations around the world who will give you more information and resources about many viruses, parasites and bacteria and health professionals who treat these conditions effectively.

[lymedisease.org](http://lymedisease.org) [lymediseaseuk.com](http://lymediseaseuk.com) [lymedisease.org.au](http://lymedisease.org.au)

### **Kill COVID-19 almost immediately**

Hypochlorous acid, chlorine dioxide and hydrogen peroxide when used correctly are all safe, natural oxidants which meet the United States Environmental Protection Agency's criteria for use against SARS-CoV-2 which causes COVID-19.

[epa.gov/disinfectants-use-against-sars-cov-2-covid-19](http://epa.gov/disinfectants-use-against-sars-cov-2-covid-19)

Doctors in many parts of the world have been using oxidative therapies to treat and prevent COVID-19, as they have for many years with numerous other diseases and illnesses.

Published studies have shown oxidation will kill every pathogen they have been tested against, including HIV and COVID-19.

### **The most simple, effective way to protect yourself now**

#### **Hydrogen peroxide against COVID-19**

Dr Joseph Mercola states that nebulized hydrogen peroxide is without doubt the very best and safest way to treat an upper respiratory infection and **no prescription is required**. It has been used effectively to treat many people with COVID-19 and Dr Mercola believes everyone should have the equipment at home available before it might be needed.

Doing so will help you to feel safe and enable everyone to get on with living a productive, healthy and happy life.

## Surviving the Pandemic and Thriving

Only food grade hydrogen peroxide is recommended, diluted down to 0.04%. Go to this link below for instructions from Dr Mercola.

<https://articles.mercola.com/sites/articles/archive/2020/04/09/hydrogen-peroxide-therapy.aspx>

[orthomolecular.org/ curing viruses with Hydrogen Peroxide](https://orthomolecular.org/curing-viruses-with-hydrogen-peroxide)

### **Chlorine dioxide against COVID-19**

Dr Andreas Kalcker's protocol has been used successfully against COVID-19 in many countries.

<https://andreaskalcker.com/wp-content/uploads/2020/04/chlorine-dioxide-against-coronavirus-v2.1.pdf>

### **How deadly is COVID-19?**

COVID-19 has caused the tragic deaths of thousands of people. However, doctors, specialists and major health organizations around the world now acknowledge that data has been inaccurate and the threat of COVID-19 has been severely exaggerated, creating unwarranted amounts of fear. In the majority of healthy people COVID-19 can present simply as a cold or flu. It is now widely known the elderly and immunocompromised are most at risk of the lethal form of the illness. These are the people who particularly need protection and immediate access to preventative and curative treatment.

### **Gene sequencing**

As I discovered with Lyme disease, COVID-19 carries a lot of controversy. When scientists provide answers that do not align with the mainstream narrative, which is often funded by vested interests, this information is usually ignored or discredited.

There is a lot of debate about the potency and even existence of COVID-19. Having experienced Lyme disease, I know first-hand that all illness needs to be taken seriously. When reports of the illness first broke out, I immediately went to my trusted sources for information which I know to be accurate and helpful.

In April 2020 French virologist and Nobel Prize recipient, Professor Luc Montagnier, said the COVID-19 virus cannot be naturally occurring due to a small HIV RNA sequence that can only have been inserted into its genome by a very skilled microbiologist. He says some authorities try to suppress this information. He is not accusing anyone. He is simply exposing the facts.

While this information is disturbing, Professor Montagnier continues on to say that nature does not tolerate an unnatural virus from another virus, and the genetic code is changing quickly. That whole chunks of the genome, particularly those that carry the HIV sequence, are mutating faster than others. He says it disappears by deletions; it is demolished and no longer works. This is also being revealed in the observations of patients whose symptoms are not as severe as they were.

### **COVID-19 and ongoing chronic illness**

After the acute form of COVID-19, ongoing chronic illness has been reported in some cases. This can happen with a number of illnesses when hidden viruses, parasites and bacteria remain in the body undetected. This is a serious concern and needs to be addressed. It is becoming far too common and is often ignored by health authorities leaving people without proper treatment. Given safe and effective treatment these underlying ailments can disappear very quickly.

### **Is there really a COVID-19 pandemic?**

While COVID-19 can be a serious illness and has tragically claimed many lives, statistics from all over the world show that it should never have been classified as a pandemic. The actual figures are not all that different to a normal flu season and had these people been given access to all options for treatment many deaths could have been prevented.

Many more lives have been lost due to stress, suicide and serious conditions that have been left untreated.



## **My daily COVID protocol**

I have spent ten years researching, testing and trialling treatments and methods from every medical, natural and alternative practitioner I could see in my battle against viruses, parasites and bacteria.

We are currently bombarded with conflicting advice and opinions about COVID-19. All of this information from government health officials, health organizations, hospitals, independent medical practitioners and specialists, the mainstream media, social media and even from friends and family can be overwhelming and confusing. The following information is recommendations from doctors, which I know from my experience to be the most effective and safe for killing pathogens.

**Click on the links** to go to more information in Part 1. There is even more detailed information in Part 2. Don't forget the page history button on your pdf reader to find your way back.

### **Daily steps**

#### **Hand, face, surface and air sterilization**

March 2020, when COVID-19 was a serious threat, Dr Klinghardt provided these suggestions. If you are vulnerable or in a high-risk area you may find it useful.

Use a HOCl (hypochlorous acid) disinfectant spray for eyes, nose, hands and surfaces frequently throughout the day. Also in a diffuser/humidifier in the home and workplace used at least 15 minutes per room every couple of days. This has anti-viral effects and is equivalent to strong chemical disinfectants but is not toxic (not to be used in the same diffuser as essential oils or it will inactivate the HOCl). A device called a fogger is

## Surviving the Pandemic and Thriving

useful in larger spaces. When travelling he suggests to spray with HOCl every 2 hours and gargle regularly.

The Orthomolecular Medicine News Service also says similar results can be achieved using hydrogen peroxide and Dr Andreas Kalcker uses chlorine dioxide in this way. Many people also choose to use essential oils for sterilization.

- [Chlorine dioxide](#)
- [HOCl](#)
- [Hydrogen peroxide](#)
- [Essential oils](#)

### Chlorine dioxide protocol

I cannot say enough good about this protocol. Click the link to read more. Dr Andreas Kalcker's protocol is being used successfully in many countries to treat and prevent COVID-19. Chlorine dioxide has been legalized in Bolivia as a COVID-19 where they are reporting huge success.

- [Dr Kalcker's CD Protocol](#)

I have used Dr Andreas Kalcker, Kerri Rivera and Jim Humble's chlorine dioxide protocols successfully for Lyme disease for many years. I cannot recommend this but suggest you speak to your health practitioner about it.

### Supplements

These supplements, which are affordable and easy to take each day, are in a number of recommended protocols:

- [Vit C 2000mg/day or to bowel tolerance](#)
- [Zinc](#)
- [Green tea or grape juice](#)
- [Vit D - adequate sunshine on my skin](#)

- [NRF2 \(also listed in immunotherapies\)](#)

## Herbs

If I decided to take herbs for prevention or treatment of COVID-19 I would use:

- [Dr Klinghardt's liposomal herbal recipe](#)

I take these herbs daily for maintenance liver cleansing, dandelion being highly recommended in Dr Klinghardt's COVID-19 protocol:

- [Dandelion/St Mary's thistle tea](#)  
(for COVID-19 and [liver cleansing](#))
- [Juniper berry \(Kidney cleansing\)](#)

## Alkalize your body

I often take one teaspoon of bicarb soda in the morning at least 45 minutes before breakfast. Hydroxide or hydrogen water may also be helpful. Alkalizing the body has been a huge part of my healing process and has been reported as helpful by a doctor treating COVID-19.

- [Bicarb soda](#)
- [Hydroxide water](#)
- [Hydrogen water](#)

## Immunotherapies

These three natural immune activators have had a profound effect on my immune system assisting my body to heal itself and protect against pathogens:

- [NRF2](#)
- [Redox signalling molecules](#)
- [GcMAF](#)

### **EMF Protection**

Harmful electromagnetic frequencies have a detrimental effect on our cellular and immune function.

Dr Klinghardt has observed that 5G and strong wi-fi systems have had an impact on the severity of some cases of COVID-19. He insists taking preventative measures is a priority when working to overcome acute and chronic illness:

- [Home and personal EMF protection](#)
- [Limit exposure](#)

### **Energy healing**

I have an AmpCoil which provides PEMF and bioresonance frequencies which are helpful for our body's self-healing mechanisms. The AmpCoil is not readily available at the moment but there are many other devices that work in similar ways. PEMF energizes the cells and has shown to increase oxygen levels in the blood.

- [Energy healing devices](#)

## **Oxidation**

### **Chlorine Dioxide (CD/MMS1)**

Chlorine dioxide saved my life and gave me huge relief from excruciating symptoms and many conditions caused by viruses, parasites and bacteria. I had been to every medical and natural practitioner I could see and nothing else was proving to be sufficiently effective.

#### **Therapeutic use for covid-19**

Chlorine dioxide (CD), is being used by a number of practitioners to treat and prevent COVID-19. In liquid form it is given internally, intravenously, with vaporizers and in enemas. It is also in sprays and vaporizers for hand sanitation and to disinfect surfaces and the air. It is also used to disinfect human blood bags against pathogens such as HIV.

Dr Klinghardt mentions doctors in Berlin who are using only chlorine dioxide for Covid-19 and having great success. Kerri Rivera reports similar results and Dr Andreas Kalcker has documented great results (see below).

#### **CD ... The simple science**

Sodium chlorite has the same chemical composition as salt, but with one more oxygen molecule. When it is activated with lemon juice or hydrochloric acid (HCl) it becomes chlorine dioxide. It is then diluted with water to safe levels for drinking. Once in the body it breaks down to salt and oxygen, the extra oxygen molecule being the agent to kill pathogens and neutralise heavy metals.

#### **World Health Organization (WHO) Guidelines for Drinking water quality**

## Surviving the Pandemic and Thriving

The WHO have listed chlorine dioxide, up to levels of 24mg/l safe to ingest in their guidelines for drinking water quality.

This higher dose has been identified as a single dose NOAEL (a no observed adverse effect level).

2.5mg of chlorine dioxide consumed every day for 12 weeks is also considered a no observed adverse effect level (NOAEL).

[who.int/water\\_sanitation\\_health/dwq/chemicals/chlorateandchlorite0505.pdf](https://www.who.int/water_sanitation_health/dwq/chemicals/chlorateandchlorite0505.pdf)

### 5. EFFECTS ON HUMANS

#### 5.1 Chlorine dioxide

Six different doses of chlorine dioxide (0.1, 1, 5, 10, 18 or 24 mg/litre) in drinking-water were administered to each of 10 male volunteers using a rising-dose protocol. Serum chemistry, blood count and urinalysis parameters were monitored. A treatment-related change in group mean values for serum uric acid was observed, which the authors concluded was not physiologically detrimental. The highest dose tested, 24 mg/litre (about 0.34 mg/kg of body weight per day), can be identified as a single-dose NOAEL (Lubbers et al., 1981).

The same male volunteers drank 0.5 litres of water containing 5 mg of chlorine dioxide per litre each day for approximately 12 weeks and were then kept under observation for 8 weeks. Serum chemistry, blood counts and urinalysis revealed no abnormalities, except for a slight change in blood urea nitrogen, which the authors

13

### CHLORITE AND CHLORATE IN DRINKING-WATER

concluded was of doubtful physiological or toxicological significance. This exposure, equivalent to 36 µg/kg of body weight per day, can be considered a NOAEL (Lubbers et al., 1981).

In a prospective study of 197 persons, a portion of the population of a rural village exposed for 12 weeks to a chlorine dioxide-treated water supply (containing 0.25–1.1 mg of chlorine dioxide per litre and 0.45–0.91 mg of free chlorine per litre) experienced no significant changes in haematological parameters, serum creatinine or total bilirubin (Michael et al., 1981).

### **Proven safe - Controlled double blind study**

As referenced in the WHO guidelines for drinking water quality, in 1981 a controlled study was undertaken to assess the relative safety of chronically administered chlorine water disinfectants in man. Common to investigational drug studies, the clinical evaluation was conducted in the three phases.

- **Phase I**; a rising dose tolerance investigation examined the acute effects of progressively increasing single doses of chlorine disinfectants to normal healthy adult male volunteers.
- **Phase II**; considered the impact on normal subjects of daily ingestion of the disinfectants at a concentration of 5 mg/L for twelve consecutive weeks.
- **Phase III**; chlorite at a concentration of 5 mg/L, was administered daily for twelve consecutive weeks to a small group of potentially at-risk glucose-6-phosphate dehydrogenase deficient subjects

The three phases of this controlled double-blind clinical evaluation of chlorine dioxide and its potential metabolites in human male volunteer subjects were completed uneventfully. No obvious undesirable clinical sequelae were noted by any of the participating subjects or by the observing medical team.

<https://www.sciencedirect.com/science/article/abs/pii/S0272059081800425>

<http://andreaskalcker.com/wp-content/uploads/2016/04/2.-Controlled-Clinical-Evaluations-of-Clo2-in-Man.pdf>

### **Dr Andreas Kalcker's Covid-19 success**

Dr Andreas Kalcker has published the first official success of treatment against COVID-19 using chlorine dioxide with over 100 people recovered after just four days. Dr Kalcker is

## Surviving the Pandemic and Thriving

conducting a clinical trial registered with the United States NIH (National Institutes of Health). Dr Kalcker's data proves that chlorine dioxide increases oxygen in the tissues and mitochondria and facilitates the rapid recovery of patients with lung diseases. He says, it is perfectly observed under the microscope, blood that is in poor condition recovers in seconds and this is the true reason for the success of CDS (chlorine dioxide solution) against Coronavirus. It improves blood flow, increases oxygen, kills pathogens almost immediately and does not generate any toxins or carcinogens like chlorine does.

### **Ecuador**

Ecuador have had thousands of deaths from COVID-19. Given the emergency situation, having trained in Dr Kalcker's protocols, doctors from AEMEMI (the Asociacion Ecuatoriana de Medicos Expertos en Medicina Integrativa) applied the chlorine dioxide protocol on themselves after being affected by the illness, and then on their families with 100% success. They have continued on treating many people with great results.

### **The World Medical Association Declaration of Helsinki**

Chlorine dioxide is not approved for medicinal uses. However, based on the emergency legislation and the World Medical Association Declaration of Helsinki which gives every physician the right to try an unproved intervention if in the physician's judgement it offers hope of saving life, re-establishing health or alleviating suffering, doctors went ahead with this treatment.

With informed consent the AEMEMI doctors were able to recover almost all patients affected, with 97% efficiency in the remission of severe symptoms within 4 days of application.



[wma.net/what-we-do/medical-ethics/declaration-of-helsinki](http://wma.net/what-we-do/medical-ethics/declaration-of-helsinki)

## Unproven Interventions in Clinical Practice

37. In the treatment of an individual patient, where proven interventions do not exist or other known interventions have been ineffective, the physician, after seeking expert advice, with informed consent from the patient or a legally authorised representative, may use an unproven intervention if in the physician's judgement it offers hope of saving life, re-establishing health or alleviating suffering. This intervention should subsequently be made the object of research, designed to evaluate its safety and efficacy. In all cases, new information must be recorded and, where appropriate, made publicly available.

[Back to Top](#)



© 2020 The World Medical Association, Inc.  
All Rights reserved.

## End the COVID-19 pandemic

In March 2020 Dr Kalcker called for the implementation of oral uses of chlorine dioxide in this coronavirus emergency situation which he believed would halt the pandemic quickly.

Dr Kalcker shares a lot of vital information, studies and resources on his website including coronavirus information for physicians and researchers;

<https://andreaskalcker.com/en/coronavirus-special-information-for-physicians-and-researchers/>

## Surviving the Pandemic and Thriving

<https://andreaskalcker.com/en/scientific-papers/>

### **Registered clinical trials of chlorine dioxide**

[clinicaltrials.gov/chlorinedioxide](https://clinicaltrials.gov/ct2/show/study?q=chlorine+dioxide)

### **Chlorine dioxide and cancer**

[https://www.cancertutor.com/chlorine\\_dioxide/](https://www.cancertutor.com/chlorine_dioxide/)

<https://www.cancertreatmentjournal.com/articles/chlorine-dioxide-as-a-possible-adjunct-to-metabolic-treatment.html>

### **False claims throughout mainstream media costs lives**

While tens, if not hundreds of thousands of people around the world successfully use chlorine dioxide for many conditions including COVID-19, mainstream media continue to attack this lifesaving solution calling it a toxic bleach.

While Bolivia report great success, numerous media outlets around the world report that lawmakers go against the health ministry's warning to approve toxic bleach as a COVID-19 cure. They forget to mention it is approved for use in drinking water all over the world. The same story, word for word, appears in every online search while all positive reports and data is nowhere to be seen.

### **Success and Legalization in Bolivia**

However, when something that is natural, easily accessible, inexpensive, is NOT toxic and is saving thousands of lives, the truth prevails.

Going against the recommendations of some health organizations, Bolivia's congress continues to promote the use of chlorine dioxide for prevention and treatment for COVID-19. By August 2020 the lower and upper house of parliament passed a bill legalizing the production and supply of this product allowing access to the population without a

prescription. The bill orders subnational governments to ensure the provision of the chemical to the public health sector.

Reports state that Dr Carla Carola Claire did not wait for chlorine dioxide to be approved and made use of the announcement broadcast by her mayor, Mr. Germain Caballero, to honor her Hippocratic Oath: Save lives.

She undertook a relentless fight against COVID-19 in San José de Chiquitos. She was rewarded for her work when they ran out of COVID-19 patients apart from two. She presented a report with clinical details to the press. Many nearby municipalities and doctors from various countries were very interested, calling for these successful treatments of COVID-19 using chlorine dioxide to be shared.

<https://erbol.com.bo/nacional/asamblea-sanciona-ley-que-autoriza-el-di%C3%B3xido-de-cloro-contra-la-covid>

### **Chlorine dioxide approved for water purification**

Chlorine dioxide is approved for use as water purification and has been used in municipal water around the world since the 1940's. It has been praised for saving millions of lives by improving water quality and is listed in the World Health Organization's 'Guidelines for drinking water quality'.

[https://www.who.int/water\\_sanitation\\_health/dwq/fulltext.pdf](https://www.who.int/water_sanitation_health/dwq/fulltext.pdf)

<https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water>

### **Buy chlorine dioxide in the form of sodium chlorite for water purification purposes**

<https://www.nzwaterpurifier.com/wps.land/list.html>

[naclo.com](http://naclo.com)

### **Huge relief of serious illness**

Dr Andreas Kalcker, Kerri Rivera and Jim Humble have protocols using chlorine dioxide to eliminate viruses, parasites and bacteria. When I was very sick from Lyme disease and many infections from tick bites, chlorine dioxide was suggested to me by a professional. At first I was very wary, thinking it was toxic chlorine, but after researching I realised it was probably safe.

In desperation I gave it a try and had almost immediate relief of many disease symptoms. I had no side effects apart from the detoxifying effects and on the rare occasion when I took too much I had a small amount of diarrhoea and a few mild stomach cramps. Having used it successfully for over six years I have no doubt it saved my life. I have also used CD for infections, colds, immediate relief of food poisoning and I've seen it eliminate Ross River fever, a mosquito borne illness, within a day or so. In part 2 I discuss my experiences in detail.

## **CD Protocols**

### **Dr Andreas Kalcker's protocol**

Dr Kalcker shares a lot of his work freely and deeply values simple acts of kindness, happiness from the heart, and seeing people healthy and well. Standing up against continual attacks from health authorities and governments with ulterior motives, he continues to provide information, research and treatment to those in need.

Dr Kalcker has been working with chlorine dioxide for over thirteen years and has developed protocols to eliminate many conditions. He also has an intensive parasite protocol which is key to success. He has conducted extensive studies and provides a wealth of scientific information regarding the

therapeutic uses of chlorine dioxide on his website. Thousands of people all over the world have gained benefit from his work healing with the use of this inexpensive, natural remedy.

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocols](http://andreaskalcker.com/en/protocols)

### **Kerri Rivera's protocol**

This is the most gentle protocol for extremely sick and/or sensitive people.

Kerri has a son who became autistic after a vaccine. She spent many years with numerous practitioners exploring methods to help her son recover his physical and mental health. She discovered CD worked very hard for many years to remove toxins, viruses, parasites and bacteria from his body and repair

Kerri has implemented Dr Kalcker's protocol into her Autism protocol which has provided enormous relief and improvement for hundreds of children. I have also spoken with hundreds, if not thousands of adults with many conditions including Lyme disease and cancer who have found her protocol very helpful.

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook>

[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

### **Jim Humble's protocol**

When I first learnt about Jim Humble's protocol I thought it was crazy until I looked at the science and realised it is basic chemistry and common sense. Having a radio show, I interviewed Jim and found him to be one of the most beautiful men I have crossed paths with in my lifetime. A brave and generous soul, he is a hero to so many people whose lives he has saved and health he has recovered.

## Surviving the Pandemic and Thriving

Jim was gold prospecting in Africa many years ago and two of his men came down with Malaria and were seriously ill with migraines, vomiting and diarrhoea. A days walk from medical help he asked them if he would like to try his water purification drops. They did and that night they were well enough to eat their dinner and the next day were back at work. Jim went on to cure thousands of people in Africa of malaria and many other conditions in all areas of the world.

Jim found vested interests didn't like him curing so many people with this inexpensive, natural solution and authorities came down on him. He created the Genesis II Church of Health and Healing, with sacraments for taking the miracle healing water, to protect from those attacks. People from all over the world who have had great improvements in their health became passionate to help others and formed branches of the church in their local areas, going on to help hundreds of thousands, maybe even millions of people.

Since COVID-19 health authorities and media in some countries have severely attacked and shutdown branches of the Genesis II church, while some countries have embraced the chlorine dioxide protocols with great success. The media outlets, reporters and individuals who viciously attack Jim, his methods, and the church he created, are either ill-informed or extremely deprived and sad people.

On behalf of myself and hundreds of thousands, if not millions of people around the world, I give thanks and gratitude to Jim Humble, Kerri Rivera, Dr Andreas Kalcker and everyone who has helped to provide access of chlorine dioxide to the populations.

[jimhumblebooks.co](http://jimhumblebooks.co)  
[genesis2chile.cl/](http://genesis2chile.cl/)  
[genesischurch2.com/](http://genesischurch2.com/)

## **HOCl (Hypochlorous acid)**

As suggested by Dr Klinghardt I use a solution of hypochlorous acid in a spray bottle to disinfect my hands, face, surfaces and in a vaporiser to disinfect the air.

Hypochlorous acid is made by our own body to kill pathogens. Neutrophils, a form of white blood cell, release this powerful oxidant which kills pathogens almost immediately in our body.

Hypochlorous acid can be created from salt and water using a process of electrolysis. It is 100 times more powerful than chemical bleach and is completely non-toxic.

### **HOCl Generator**

I bought a HOCl generator so I can make my own hypochlorous acid which I use in a spray bottle or humidifier for personal, household, car and workplace sterilization.

Higher quality HOCl generator with a warranty:

[ecoloxtech.store/ecoone?afmc=4t](http://ecoloxtech.store/ecoone?afmc=4t)

Lower cost HOCl generator with no warranty:

<https://hoclsterilizer.com/product/hypochlorous-acid-maker-for-household-sterilization>

### **HOCl bottled liquid:**

[www.hydro-e.com.au/discount/HOCL28](http://www.hydro-e.com.au/discount/HOCL28)

[sophianutrition.com/search?type=product&q=hocl\\*](http://sophianutrition.com/search?type=product&q=hocl*)

## **Hydrogen peroxide**

As mentioned above Dr Joseph Mercola states that nebulized hydrogen peroxide is without doubt the very best and safest way to treat an upper respiratory infection and no prescription is required. It has been used medicinally since the

## Surviving the Pandemic and Thriving

early 1920's with reports of successful treatment of pneumonia using an infusion of hydrogen peroxide during an epidemic soon after the first world war.

<https://articles.mercola.com/sites/articles/archive/2020/04/09/hydrogen-peroxide-therapy.aspx>

A word on hydrogen peroxide from the Orthomolecular Medicine News Service;

*"It is important to note that this article seeks only to describe a therapy that is highly effective, potentially accessible to any person on the planet, exceptionally inexpensive, and easily available without requiring a prescription. I am not trying to convince the reader to just nebulize HP and do nothing else. It is vital to your general health as well as to overcome COVID-19 to take all of the quality supplements available and affordable to you, including, but definitely not limited to, vitamin C, magnesium, vitamin D, vitamin K2, iodine, zinc, and quercetin. [1] That said, however, prompt HP nebulization can be expected to reliably eradicate respiratory and pharyngeal pathogens and to facilitate the rapid recovery from any infection entering the body through the nose or mouth, including COVID-19."*

Buy food grade hydrogen peroxide from a pharmacy or maybe even your local supermarket. No prescription required.

[orthomolecular.org/resources/omns/v16n43.shtml](https://orthomolecular.org/resources/omns/v16n43.shtml)

## Ozone

Ozone(O<sub>3</sub>) is comprised of three oxygen molecules and naturally occurs in nature. It has been used medicinally for over 100 years and can be inhaled, injected and infused into liquids and ingested. Many people with chronic conditions



have turned to ozone therapy when nothing else has helped them.

Here is a long list of publications about the use of ozone for COVID-19:

<https://pubmed.ncbi.nlm.nih.gov/?term=ozone%20covid>

## **Essential oils**

Studies on essential oils and their effect on COVID-19 have shown they are effective antiviral agents that have potential to inhibit the viral spike protein.

<https://pubmed.ncbi.nlm.nih.gov/?term=essential+oils+covid19>

Essential oils are beneficial for every aspect of health physically, mentally, emotionally and spiritually. Not only do essential oils fight infections, relieve stress and anxiety and boost the immune system, they also have a frequency which can enhance and strengthen the frequency of our own bodies. I was astounded at the relief ylang ylang gave me, helping my body to settle when I was seriously ill.

Enteric coated peppermint oil capsules provided great relief of severe digestive burning, cramping, tingling and bloating. Peppermint oil down my spine gave enormous relief of severe back problems when I was treating for suspected cancer. Some oils can be applied directly to the skin while others need to be diluted with a carrier oil. Only the highest quality organic essential oils are recommended for ingesting. Some people may be very sensitive to essential oils and need to use them slowly at first.

I have experienced positive results with essential oils for:

## Surviving the Pandemic and Thriving

### **Addressing bacteria, viruses and parasites:**

- Oregano
- Cinnamon
- Thyme
- Tea Tree
- Vetiver
- Lemon
- Lemongrass
- Clove
- Bergamot

### **Relief of anxiety and stress:**

- Lavender
- Rose
- Vetiver
- Ylang Ylang
- Bergamot
- Chamomile
- Frankincense

### **While addressing suspected cancer:**

- Citrus oils
- Clary Sage
- Frankincense
- Lavender
- Lemongrass
- Myrrh
- Peppermint
- Spearmint

For more information on essential oils or to buy:

[health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Alkalize your body**

- Bicarb soda
- Hydroxide water
- Hydrogen water

Pathogens can't survive in an alkaline environment. Lyme specialist Dr Richard Horowitz reported seeing improvements in a COVID-19 patient when he was given an alkalizer. I had huge relief of Lyme symptoms and areas of damaged cells

showed great improvement in thermal imaging after taking only bicarb soda for six months.

[ketokerri.com](http://ketokerri.com) [safesoda.com.au](http://safesoda.com.au)

[alkaway.com/shop/hydrogen-water-tablets/](http://alkaway.com/shop/hydrogen-water-tablets/)

## **Immunotherapy**

A strong and healthy immune system is the most powerful immunization we can have. Comprised of cells, glands, proteins, chemical reactions and much more, this complex system is finely tuned to hunt down and destroy invaders in our body much more efficiently than most medicines. Never underestimate the effectiveness of a healthy immune system to protect us from disease and illness. Some of the most successful health recoveries are being achieved by using immunotherapies to repair and activate our own immune system. Some of these are medical breakthroughs while some occur naturally and can be made at home.

### **Immune activators**

- **NRF2**

Doctors are reporting seriously high levels of oxidative stress in COVID-19 patients, particularly related to the pneumonia symptoms. NRF2 activates our body's own antioxidants; glutathione, catalase and superoxide dismutase. In 30 days 40% of oxidative stress is removed from the body. Lyme disease specialist Dr Richard Horowitz reports treating a patient for COVID-19. The patient with breathing trouble had good improvements when given glutathione. Nearly two years ago when I began taking NRF2, thirty years of chronic fatigue stopped overnight.

## Surviving the Pandemic and Thriving

- **Redox signalling molecules**

When a pathogen tries to invade a cell, that cell sends a signal to call in white blood cells to attack the germ. These redox signalling molecules, which also activate a healing response in the cells, have been replicated and stabilized in a salt water solution. This product gave me rapid improvement in strength in areas of damaged cells in my back and spine.

- **GcMAF**

A protein our body makes, GcMAF uploads vitamin D and activates our own macrophages, a form of white blood cells. When I began using this immune stimulant I experienced great relief of Lyme disease symptoms and could feel my immune system activated in areas of abnormality.

Detailed information here: [Immune Therapies](#)

For more information where to buy:

[health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## EMF Protection

### Wi-Fi

Dr Klinghardt believes harmful EMFs are the number one illness causing factor of our time, even worse than mercury. He states that EMFs alter the proteins in our body in a similar manner to nuclear bombs and this damaged DNA can be passed onto our children. These harmful frequencies have a very detrimental effect on our cellular function and immune system and makes it hard for patients to recover.

Dr Klinghardt believes 5G and strong wi-fi systems have had an impact on the severity of some cases of COVID-19 and insists taking preventative measures is a priority when working to overcome acute and chronic illness including Lyme disease.

Dysregulation and de-synchronisation of normal biological rhythms can occur, negatively impacting growth, development, metabolism and repair mechanisms to maintain health. Use Wi-Fi as little as possible and always turn off at night time. Use wired wherever possible. A Himalayan salt lamp in the home especially in rooms where you spend a lot of time can be helpful.

There are many forms of EMF protection:

- Mobile phone
- Home and personal
- Workplace
- Car
- Shielding curtains, blankets, fabrics,
- Wall shielding paint

For a number of years after receiving tick bites I was very sensitive to EMF's which previously did not cause a problem. Many times while sitting inside I could feel the effects of wi-fi. I often yelled out asking my daughters if they'd turned it on and sure enough they had. My whole nervous system was extremely sensitive and I felt a very uncomfortable shaky, humming vibration through my body. Turning the wi-fi off noticeably eased the problem. Unfortunately though, avoiding exposure completely in this day and age is almost impossible.

## Surviving the Pandemic and Thriving

### Scalar waves

One of my doctors invited me to a health conference where I learnt about scalar waves; nature's life-promoting energy field, positively affecting everyone and everything within. These positive frequencies have been replicated with electronic devices and will eventually replace the harmful microwave and radio waves currently in use.

### Blushield Tesla devices

At this conference I learnt about Blushield Tesla protective devices. I began using them and felt profound relaxation in my body. Blushield devices create a subtle energy field, mimicking nature but much more powerfully. This coherent field overrides all ambient EMF fields and stops the body responding with the hazardous frequencies. Our body will begin to resonate with the enhancing frequencies from the Blushield device rather than the harmful EMFs that now surround us constantly.

### Purchase Blushield protective devices

Personal, home, car and work protection devices are available. Having felt so much relief using Blushield devices I am proud to be affiliated with this company.

Other countries can find links on both of these sites. **For information or to purchase click here:**



U.S. customers only use 10% discount code; *shieldme*

## Energy Healing devices

A lot of past and present research shows that every living and non-living thing, including our own body and any pathogens that may be living within us, has a frequency. In fact, as shown by quantum mechanics, everything in existence is compiled of frequency and sound vibration, sound being the basis for form and shape and that which holds life together. A number of people have devoted their lives to working and experimenting with frequencies which are forms of bioresonance, including pioneers such as Dr Royal Raymond Rife, Nikola Tesla, Antoine Priore, Dr Bob Beck and Dr Hulda Clark. They have invented and used healing devices with the aim to neutralize negative energies, detect and destroy pathogens which underlie many diseases and illnesses, stimulate bodily tissue to encourage healing and strengthen the immune system, enhance our own healthy energy vibrations and harmonize our body. Some of the devices used for this are:

- Pulsed electromagnetic field therapy (PEMF) mats and devices
- AmpCoil
- Dr Clark's Zapper
- Rife machine
- Tens machine
- Vega machine
- Theraphi machine
- Scalar wave energy enhancement

[ampcoil.com](http://ampcoil.com)

[pemf.com.au](http://pemf.com.au)

[drclark.net](http://drclark.net)

### Homeopathic

The government of India has recommended people use homeopathic to prevent COVID-19 infection. So too have Cuban health authorities.

You probably have a homeopath in your town or appointments are available online. You can also look for registered homeopaths with an organization in your country.

[homeopathyoz.org](http://homeopathyoz.org)

[itchgoes.com.au](http://itchgoes.com.au)

### Important Preventative Steps

It is believed the Corona virus can survive for extended periods of time on surfaces, possibly even 24 days. If you are worried about exposure, Dr Klinghardt recommends when you come in from the outside world go straight to the bathroom, wash hands thoroughly with soap and water for at least 20 seconds. Always use HOCl spray on the doorknob. Avoid touching eyes, nose, mouth. Avoid contact with sick people. Clean and disinfect regularly.

#### Facial mask?

There is conflicting advice regarding face masks from many health professionals and departments. While it would seem sensible to wear a mask to prevent catching the virus Dr Klinghardt says facial masks are NOT recommended if you are not sick because the warm moist environment in the mask creates a breeding ground for viruses. However, they are recommended if you ARE sick to prevent spreading infection but it's best to self-isolate if this occurs.



## **Soap**

Highly overlooked, soap is a potent antimicrobial which is better than all sanitizers. Hand wash with soap and water regularly.

## **Vitamin D**

Produced by our body when we are in the sun Vit D has a powerful enhancing effect on our immune system. Get plenty of sun without burning or take a supplement if need be.

## **Probiotics**

Dr Joseph Mercola states that prebiotics, probiotics and sporebiotics may be of significant use against the inclusion of prevotella bacteria in coronavirus.

## **Diet**

Eat a healthy diet to keep nutrients in your body high, therefore empowering your immune system. Mushrooms for B vitamins and nutrients are suggested. The allium genus plants including onion, garlic, shallots, leeks, chives are helpful against viruses.

### **Practitioner Information and Resources**

Due to the tireless dedication of many practitioners and researchers, fast and efficient treatment of COVID-19 has been found, studies are published and more on the way.

The treatments and remedies from health professionals are only suggestions about the current outbreak of coronavirus. This is NOT medical advice. It is purely for informational purposes only. If you are concerned about your health or suspect a disease or illness please find a qualified licensed health professional who can help you. These protocols and suggestions may change as new information becomes available. Please go to the links for any new information or contact practitioners for advice.

Dr Dietrich Klinghardt was involved in the treatment of another coronavirus; SARS, Severe Acute Respiratory Syndrome. While SARS had a death rate of 10% Dr Klinghardt did not lose one patient. He suggests some powerful medications. In his work he also goes back to the plant-based medicine, explaining that most modern antivirals were developed from certain plant compounds. Over the past seven years I have been involved in national and international support groups including Lyme disease, cancer and chronic illness. Myself and many thousands, if not hundreds of thousands of people around the world highly regard Dr Klinghardt as one of the leading experts on health recovery from severe and chronic illness due to parasites, viruses and bacteria. Dr Klinghardt also thanks researcher Doris Loh for her tremendous contribution to the following:

## **Dr Klinghardt's COVID-19 Treatment Suggestions**

Dr Klinghardt has been successfully treating COVID-19 patients and at the time of writing this book not one has progressed into the lethal form of the illness. If treated early when symptoms begin, he says the following protocol is elegant and easy. Dr Klinghardt believes if the world can have access to these treatments there would be no problem with this illness. I do NOT take any credit for any of the information in Dr Klinghardt's protocol. I am purely sharing information to help him in his quest to provide answers to the COVID-19 pandemic to as many people as possible.

Please contact Dr Klinghardt for advice and confirmation of this information. This is not medical advice and is purely for informational purposes only.

### **Hydroxychloroquine**

As mentioned earlier, in August 2020 meta-analysis of studies involving 2.66 billion people from many countries worldwide confirmed that hydroxychloroquine is a simple and effective cure for COVID-19.

The [c19study.com/](https://c19study.com/) data showed a 79% reduction in death rate of COVID-19 in those countries which allowed early use of Hydroxychloroquine. This drug has been used safely for a number of conditions in children, pregnant women, the elderly and fragile patients for 60 years. [drleecowden.com](https://drleecowden.com)

- Hydroxychloroquine
- Azithromycin
- Zinc

## Surviving the Pandemic and Thriving

The following is an overview of Dr Klinghardt's protocol which I originally wrote in March 2020 in the hope to spread this valuable information. Although it may still be relevant please see Dr Klinghardt's full protocol and consult your own health professional about these suggestions:

<https://klinghardtinstitute.com/wp-content/uploads/2020/04/Dr-Klinghardt%E2%80%99s-COVID-Summary-final-April-2020-p6.pdf>

### **Day 1**

Hydroxychloroquine (Plaquenil), 400 mg, twice a day

Azithromycin, 500 mg each, one-time dose

Zinc

### **Day 2-6**

Hydroxychloroquine 200 mg twice day

Azithromycin 250 mg

Zinc

Collaborating with colleagues all over the world who are successfully treating COVID-19, Dr Klinghardt says this virus is not very strong and is killed easily with relatively low doses of Hydroxychloroquine (Plaquenil), a commonly used malaria drug, combined with Azithromycin, an antibiotic often used for a variety of infections and zinc.

Dr Klinghardt says people on respirators no longer needed them within hours. He says it is important for every doctor to do simple checks for warning signs of high ferritin and low lymphocyte count. Most people do not progress to lethal cases but 5% can.

Dr Klinghardt has used Hydroxychloroquine safely for his entire career of 47 years to treat rheumatoid arthritis and

other pain conditions, some patients having been on it for decades. Using it for six days for COVID-19 is a very safe treatment he says.

## **Ivermectin ... worldwide success**

In March 2020 Dr Klinghardt stated that he believed anti-parasitic drug Ivermectin would prove to be a very fast and efficient cure for COVID-19.

August 2020, Ivermectin has been confirmed as a successful prevention and cure for COVID-19 as an endless list of published studies and documented patient recoveries are reported all over the world.

## **Monash Uni**

Ivermectin has been proven to kill coronavirus within 48 hours as shown in a study led by the Monash Biomedicine Discovery Institute, collaboratively with the Peter Doherty Institute of Infection and Immunity. This drug is available worldwide and is listed as an essential medicine.

## **A list of Ivermectin trials and papers**

<https://pubmed.ncbi.nlm.nih.gov/?term=ivermectin+antiviral>

<http://thefoolishnessofgod.blogspot.com/2020/08/ivermectin-vs-covid-19.html>

[https://www.researchgate.net/publication/344251319\\_COVID-19\\_IVERMECTIN\\_PROPHYLAXIS\\_IN\\_ADULT\\_CONTACTS\\_First\\_Report\\_on\\_Health\\_Personnel\\_and\\_Post-Exposure\\_Prophylaxis?channel=doi&linkId=5f6ac352458515b7cf46e75f&showFulltext=true](https://www.researchgate.net/publication/344251319_COVID-19_IVERMECTIN_PROPHYLAXIS_IN_ADULT_CONTACTS_First_Report_on_Health_Personnel_and_Post-Exposure_Prophylaxis?channel=doi&linkId=5f6ac352458515b7cf46e75f&showFulltext=true)

[19 IVERMECTIN PROPHYLAXIS IN ADULT CONTACTS First Report on Health Personnel and Post-Exposure Prophylaxis?channel=doi&linkId=5f6ac352458515b7cf46e75f&showFulltext=true](https://www.researchgate.net/publication/344251319_COVID-19_IVERMECTIN_PROPHYLAXIS_IN_ADULT_CONTACTS_First_Report_on_Health_Personnel_and_Post-Exposure_Prophylaxis?channel=doi&linkId=5f6ac352458515b7cf46e75f&showFulltext=true)

## Surviving the Pandemic and Thriving

<https://preview.redd.it/o37gbthfuti51.jpg?width=1273&format=pjpg&auto=webp&s=bb479b41adfdc32952f66cab90fc3ae20260fe16>

<https://www.mja.com.au/journal/2020/213/6/skin-infections-australian-aboriginal-children-narrative-review#2>

<https://www.mdpi.com/2073-4409/9/9/2100>

<https://www.thecompleteguidetohealth.com/?fbclid=IwAR12iKq9KUO2Ya1yymOZPDE8svUOGMfLebJZ73uSNvWZy1pR4ywa3yqD08s>

<https://www.sciencedirect.com/science/article/pii/S0166354220302011>

<https://www.monash.edu/discovery-institute/news-and-events/news/2020-articles/Lab-experiments-show-anti-parasitic-drug,-Ivermectin,-eliminates-SARS-CoV-2-in-cells-in-48-hours>

## **Complementary medicine**

### **Natural Ionophores**

Most important to know is that hydroxychloroquine works to kill the virus by means of being a carrier molecule, an ionophore, to carry zinc into the virus affected area of the cell. Taken with zinc, Quercetin and Green tea can be used as natural ionophores to carry the zinc into the cells.

- Quercetin (found in many foods including berries and red grapes)
- Green tea extract
- Zinc 20mg daily

### **Extra support for lethal cases**

#### **Propolis**

When inhaled propolis stops COVID-19 related cough. 15- 20 minute treatment twice a day. Organic propolis is showing in recent literature to have all the properties of being the most effective of many anti-virals. Use as an oral spray and in capsules. Also in humidifiers around the house and workplace, alternated with HOCl.

#### **Melatonin**

Intensive care units are confirming the addition of melatonin is having a very positive effect. A hormone produced in our brain, melatonin is a well known anti-inflammatory and anti-oxidant, anti-viral, antibacterial, antifungal and neutralizes many toxic metals.

- 400 mg as a suppository at bedtime calms down inflammation

## Surviving the Pandemic and Thriving

- 250 mg transdermal cream during the day

Dr Klinghardt discusses the benefits of melatonin for corona patients and as this article suggests it can help critical care patients by reducing vessel permeability, anxiety, sedation use and improving quality of sleep.

<https://www.sciencedirect.com/science/article/pii/S0024320520303313>

It is good to also use binders to help remove toxins that are often released when taking melatonin (see part 2). Melatonin will also protect against inflammatory effects of wi-fi.

### **Ozone therapy**

Dr Klinghardt quotes a published case of a patient treated with intravenous ozone who came from crisis situation to being back home in a very short time.

### **Liquorice**

Dr Klinghardt states that from the medical literature it is clear that glycyrrhizic acid, found in liquorice extract, is beneficial for its anti-inflammatory and immune boosting properties. Glycyrrhizic acid has been found to have higher anti-viral properties than many anti-viral drugs. He suggests half a teaspoon of liquorice extract 2-3 times a day.

### **Vitamin C**

Successful treatment of COVID-19

Vitamin C has been used as a successful treatment of COVID-19 by a medical team from the Second Affiliated Hospital of Zi'an Jiaotong University in China who specialize in infectious disease and have taken care of hundreds of patients. Due to these reports, many hospitals in New York began this form of



treatment when cases skyrocketed, with significant improvements compared to patients who did not receive it.

Dr Klinghardt mentions that cures have been reported when intravenous vitamin C is given early and will stop patients dropping into cytokine storm crises. He has treated all patients who present with an elevated temperature or cough in this way with no one progressing to any serious illness. It is non-toxic and costs are minimal.

## **Dr Klinghardt's preventative protocol**

For prevention Dr Klinghardt says it is most important to take regular **Andrographis** and **vitamin C** 2000mg/day (preferably liposomal). Dr Klinghardt says taking 2000mg Vit C every day will provide comparable levels of intravenous Vit C.

### **Cistus tea**

The only thing that has shown to prevent the virus from attaching itself to mucous membranes has been cistus tea.

6-8 cups of cistus tea per day

Bath in it, steam it, put in every orifice – nose, mouth eyes. Use same tea leaves three times as they release different polyphenols and flavonoids with each boil.

### **Andrographis**

The herb Andrographis, he says, is fantastic for the lung complications especially for the exact ones they see with COVID-19.

### **Dandelion**

Dandelion has been shown to be very powerful against inflammatory changes that occur in the lungs of these patients.

## Surviving the Pandemic and Thriving

Vit B6, Resveratrol, Scullcap, Vit D3, Broccoli sprouts also good for 'taming the cytokine storm'.

### **Dr Klinghardt's Liposomal herbal mixture**

Using calendula, liquorice, scutalaria (skullcap), rosemary, andrographis, artemisia annua and dandelion, Dr Klinghardt says to put the weekly total amount of herbs into a blender with 14 gms of Vit C powder and 100ml clean water. Add two tablespoons of Microphos phospholipids and blend for several minutes. Keep in a glass in the fridge and use one seventh each day. This creamy liposomal mix treats Lyme, mould, knocks out old viruses and is aimed at preventing this virus. Typical dose is two dropper-fulls twice a day for prevention, 4 dropper-fulls if you are in treatment. There are more instructions on the internet on how to make liposomal mixtures. (For treatment and prevention)

This information is thanks to Dr Dietrich Klinghardt. It is not medical advice. It is purely for informational purposes. Information on dosages may contain mistakes. Please do not use any of this information for medical or dosage purposes. Please contact your own health professional or Dr Klinghardt for advice and follow his work for regular updates.

[sophiahi.com](http://sophiahi.com)

[klinghardtinstitute.com](http://klinghardtinstitute.com)

### **More medical suggestions from Dr Klinghardt**

Dr Klinghardt mentions three more medications, chloroquine, alinia and remdesivir, which have been shown during in vitro studies to kill the coronavirus COVID-19.

### **Chloroquine phosphate**

An old malaria drug which began to be used by doctors for Lyme disease related illnesses has shown to have acceptable

safety and efficacy against COVID-19 associated pneumonia. Multicentre clinical trials have been undertaken in China and the drug is recommended to be added to the guidelines, issued by the National Health Commission of the People's Republic of China, for the prevention, diagnoses and treatment of pneumonia caused by COVID-19 in large populations in the future. 500mg twice day for 10 days. Hydroxychloroquine has been derived from chloroquine.

[www.ncbi.nlm.nih.gov/pubmed/32074550](http://www.ncbi.nlm.nih.gov/pubmed/32074550)

### **Alinia (Nitazoxanide)**

A highly effective antiparasitic and strong anti-viral, the most successful antiparasitic drug in the world, often used to treat travel and Giardia related diarrhoea. Also effective against toxoplasmosis. Available by prescription. Based on the Wang article/in vitro study of COVID-19 in Cell Res 2020, and MERS-CoV (Middle East Respiratory Syndrome) experience, Dr Klinghardt believes 1000mg Nitazoxanide twice daily for ten days could be helpful.

### **Remdesivir**

Developed to treat Ebola, Remdesivir is a drug which is currently being trialled to treat COVID-19 in many areas around the world by numerous health organizations. This drug has now been approved as a COVID-19 treatment.

[www.ncbi.nlm.nih.gov/pubmed/32020029](http://www.ncbi.nlm.nih.gov/pubmed/32020029)

### **More about Dr Klinghardt**

Dr Dietrich Klinghardt MD, PhD, is Founder of the Klinghardt Academy (USA), the American Academy of Neural Therapy, lead clinician at the Sophia Health Institute and Medical Director of the Institute of Neurobiology. He is also Founder and Chairman of the Institute for Neurobiology in Switzerland

## Surviving the Pandemic and Thriving

and Germany. Klinghardt Academy (USA) provides teachings on biological interventions and Autonomic Response Testing assessment techniques to the English-speaking world.

Klinghardt has lectured at the universities of Utah, Illinois, Freiburg, Capital, Adelaide, University (Washington DC) and others, and the medical schools of Zurich and Geneva. He was Associate Professor at Department of Applied Neurobiology, Capital University, between 1996-2005. Dr Klinghardt is regularly invited to teach workshops at the International Lyme and Associated Diseases (ILADS) conferences and the prestigious Medicine Week in Baden-Baden, Germany. One of his books, Psychokinesiology A new Approach in Psychosomatic Medicine, provides insight on his groundbreaking techniques on muscle feedback-guided psychotherapy. Available through his website are many of his teachings, manuals, seminar DVD's and clinical tools.

***Disclaimer:*** All advice given out by Dr Klinghardt and the Klinghardt institute is for general guidance and informational purposes only. Readers are encouraged to confirm the information provided with other sources. Patients and consumers should review the information carefully with their professional health care provider. The information is not intended to replace medical advice offered by other physicians. Dr Klinghardt and the Klinghardt Institute will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising therefrom.

[klinghardtinstitute.com](http://klinghardtinstitute.com)

[sophiahi.com](http://sophiahi.com)

## Orthomolecular Medicine

On 3 March 2020 the International Society for Orthomolecular Medicine (ISOM) president Dr Atsuo Yanagisawa, MD, PhD, held a press conference in Tokyo Japan. He shared the recommendations by ISOM for the prevention and treatment of COVID-19 using oral dosing of specific micronutrients with Vit C, vit D3 and zinc being the most important.

- Vit c 3000mg (or more) or to bowel tolerance. Divide into daily doses
- Vit D3 2000 IU daily (start with 5000 IU daily and reduce to 2000)
- Magnesium 400 mg daily (in citrate, malate, chelate, or chloride form)
- Zinc 20mg daily
- B-complex vitamins and vitamin A

## Cure and prevent COVID-19

On July 18 2020 the Journal of Orthomolecular Medicine published this list ([click here](#)) of methods to cure and prevent COVID-19:

- Vitamin C (prevents, improves, cures)
- Vitamin D (prevents, improves)
- Zinc (prevents, improves)
- Magnesium Chloride (prevents, improves, may cure)
- Ozone (improves, cures)
- Hydrogen Peroxide (prevents, improves, cures)
- Hyperbaric Oxygen (may improve, may cure)
- Ultraviolet Blood Irradiation (improves, may cure)
- Chlorine Dioxide (improves, cures)
- Dexamethasone (improves)
- Budesonide (may prevent, improves, may cure)

## Surviving the Pandemic and Thriving

- Convalescent Plasma (improves, may cure)
- Chloroquine and Hydroxychloroquine (prevents, improves, cures)
- Radiotherapy (improves, cures)

## Orthomolecular Recommendations

### **General Recommendations by Thomas D. Levy, MD, JD Orthomolecular Medicine News Service:**

*While many supplement regimens can be used for COVID-19 prevention, such regimens should include at a minimum vitamin C, vitamin D, magnesium chloride, and zinc. Any of many additional quality nutrient and antioxidant supplements can be added as desired, largely dependent on expense and personal preference.*

*Nebulizations of powerful antipathogen agents, especially hydrogen peroxide, can readily prevent respiratory viral infections like COVID-19 from taking hold, and initiating such nebulizations even after an infection has been contracted will still make a substantial contribution to a more rapid and complete recovery.*

*As noted earlier, interventions such as ozone and ultraviolet blood treatments have the potential to be effective monotherapies, although it is always a good idea to accompany such treatments with the baseline supplementation regimen and nebulizations as mentioned above.*

*In the hospitalized setting, intravenous vitamin C and dexamethasone should always be part of the treatment regimen. Nebulizations with hydrogen peroxide and budesonide can accelerate recovery substantially. Also, patients already on ventilator support should always be given*

*vitamin C and dexamethasone along with these nebulizations in addition to anything else felt to be indicated by the attending physician.*

*Low doses of hydroxychloroquine or chloroquine along with zinc should always be given in the setting of high-risk exposure. Azithromycin can be taken with these agents as well. Higher doses of these agents should always be part of any regimen in the treatment of a suspected or diagnosed COVID-19 patient, whether asymptomatic or already in the hospital.*

<http://orthomolecular.org/resources/omns/v16n37.shtml>

### **Orthomolecular Medicine Press Release**

The Orthomolecular News Service also discusses the importance of vitamin C as the treatment of choice when treating the pneumonia in Coronavirus patients. The International Society for Orthomolecular Medicine released this press conference on 11 March 2020:

[www.youtube.com/watch?v=yzJiKQ8O3IE](http://www.youtube.com/watch?v=yzJiKQ8O3IE)

## **Kerri Rivera's suggestions**

### **Chlorine dioxide**

Kerri has a full CD protocol which has been used by thousands of people around the world for many conditions. She also has a COVID-19 protocol. Please check her website for an updates.

### **Colloidal silver**

- If you get sick take 120ml/ 4 ounces colloidal silver every single hour
- Nebulizer/ humidifier – breathing it in will kill pathogens in the lungs
- In a spray bottle mist onto face and into eyes

### **Prevention**

- 10 ml of colloidal silver on a daily basis as preventative medicine, hold under the tongue in your mouth for 1 minute then swallow. Do that twice a day.

Please do your own research as Dr Klinghardt has stated that some studies suggest colloidal silver is not having as good a result as hoped.

Kerri also passes on recommendations of supplements that will be most useful:

Rosemary, Oregano oil, Calendula, liquorice, Vitamin C, Relora, Curcumin, Forskolin

[kerririvera.com](http://kerririvera.com)

[cdautism.org](http://cdautism.org)

[ketokerri.com](http://ketokerri.com)



## **Poultices**

A COVID-19 patient has reported success using an old home remedy of onion poultices on her chest when experiencing the pneumonia related symptoms.

Onion, potatoes, cabbage, essential oils and herbs are just a few of the things that have been used successfully for many different conditions as poultices. My homebirth midwife who used age old remedies shared this method with her clients. I applied poultices on my girl's chest and soles of their feet when they were sick as youngsters and they worked well.

## **The Emotional Connection to COVID-19**

### **Quantum Physics**

Many scientists and researchers, including cell biologist Bruce Lipton, have proven that our thoughts and beliefs have a direct effect on our cell function. Quantum physics has revealed our thoughts and feelings can even affect physical matter. German New Medicine has shown a direct correlation with emotional trauma, illness and disease. Louise Hay worked with thousands of people and recognised an underlying emotion that correlates to specific diseases and illnesses. Is it possible all of humanity was experiencing an underlying emotional tone that contributed to the COVID-19 pandemic? For some this may seem completely absurd. For others this makes absolute sense.

During the illnesses I have experienced there was a lot of pain and loss on so many levels. At times I was unable to continue on with my day to day living and was forced to find a deeper meaning to life. I also needed to find and remove any underlying stresses that may have been contributing to my ill-health leaving me vulnerable to pathogens and disease. To my surprise I discovered a very strong emotional connection to the health conditions I was experiencing. Although it seemed inconceivable, I began to realise the deep hidden pain and self-doubt that I carried was being reflected in my health and outer life. This in turn affected my immune system. When I learnt methods to release hidden energy blockages in my body and negative subconscious thoughts and beliefs, just the right remedy or practitioner appeared, and my health and my whole life transformed in ways I never thought possible.

I look at what has happened around the world either directly due to the COVID-19 illness, or because of the fear of it, and I

see a process of transformation on a massive scale. Each individual has been affected in different ways but on the whole, we as humanity have been forced to take a step back and re-evaluate. Medical breakthroughs were meant to make us healthier. Why is it we have been more chaotic and sicker than ever? We have seen for many years the rapid decline of our environment and the fears for our future generations. No matter what the cause of COVID-19, humanity has been forced to take a new direction.

### **Devastation and suffering**

The pain and suffering the COVID-19 illness has caused is horrendous. So too is the financial hardship and struggle for those who have been affected by the collapse of businesses and economies around the world. Just as difficult can be the loneliness and isolation due to lockdowns and the shutdown of communities. So how can there be a deeper emotional connection to these situations that have been forced upon us? And how could this possibly hold something valuable for many of us to learn or experience?

Not for one second do I want to belittle or dismiss the difficulties many have endured and continue to endure. On the contrary, what if these difficulties are like a siren screaming at us, alerting us to something within ourselves that we can learn or change to allow us to move forward to an easier and happier life?

### **Transforming negative subconscious thoughts and beliefs**

If you are directly affected by illness ask yourself if there is any part of you that you don't like? A part of you that you just wish did not exist? If you're affected by hardship, could there be a part of you deep down that believes you don't deserve abundance? If you often look for activities or sports to entertain you and keep you happy and are now forced into

## Surviving the Pandemic and Thriving

isolation, ask yourself if you are happy within yourself, content with who you are? Or if you have been trying so hard to keep up with social pressures of how you should or should not be so that you are accepted, is there a part of you that does not love or accept yourself?

As I explain in more depth in the final sections of this book, all of our experiences and negative feelings can be used as a tool to find places within ourselves where we hold hidden tension, and negative subconscious thoughts and beliefs about ourselves. When we transform them, we can spontaneously transform hurt into happiness, struggle into abundance, disease and illness into optimal health, and loneliness into a life filled with love.

While this may sound airy fairy to some, I do not say it lightly. I was seriously ill, nearly lost my life, spent many years in agony, lost my home and everything that I had ever tried to achieve, and I struggled just to get through each day. Despite trying with all my might, I was unable to make any successful changes in my outer life. With no other choice, I went within. I searched for meaning and purpose. I learned to listen to my inner self, to access a deep universal wisdom. Strange coincidences occurred and the answers and remedies I needed for my health came to me. I learned mind/body healing techniques and my life transformed in ways I could never have imagined. Somehow, I effortlessly manifested a new life filled with an incredible amount of love and good health.

### **No fear required but useful?**

While all health threats need to be taken seriously, as each day passes, evidence shows the severity and death rate of COVID-19 has been highly exaggerated. Dr Klinghardt says COVID-19 is actually very easy to kill and illness can be

prevented with very small doses of hydroxychloroquine just a couple of times a week. Ivermectin has proven to have the same protective qualities as does chlorine dioxide. If these drugs were made available to vulnerable people we would not have to fear COVID-19, we could all relax and get on with our lives.

Fear is a necessary tool required to help us to stay safe. Excessive fear however can be very damaging not only to our mental health but it can have devastating effects on our immune system as I discuss in much more detail in Part 2.

*Empowered with knowledge and tools to protect ourselves we do not need to be consumed with fear due to any disease or illness including COVID-19, no matter how bad they may seem.*

## **Love and fear**

When fear does enter our lives though, we can use it as a very helpful tool for transformation. Fear is one of the most powerful emotions we have. The other, on the flip side of the coin, is love. Fear only exists when we fear losing something or someone we love. Think about it. Fear of losing loved ones, our health, our home, our income which supports us and our loved ones.

Anytime when we are hurt or frightened in our lives, our natural response is to close off that part of ourselves for protection. We shut down our emotions, our wants and desires and toughen up. Later we may even forget what we were worried about. We may even forget about that more sensitive, happy and spontaneous part of ourselves.

When we feel fear, no matter what the situation is, we can use those emotional triggers to find places within ourselves where energy is blocked, where we have shut down the sensitive parts of ourselves, or our wishes and desires.

## **Breathwork exercise ... Transform fear**

You can do this exercise for five or ten minutes, or for a deeper more profound experience, thirty to sixty minutes is good.

- Get yourself comfortable either sitting or lying down.
- Think about the biggest fear you have in your life, past or present. As soon as you read this sentence the most important issue will most likely be very obvious to you.
- Close your eyes. Allow yourself to feel that fear to its depth, but at the same time imagine you are watching yourself, observing what happens within you. Focus your attention on your body and your breath. If you want to, cross your arms and legs to activate both hemispheres of your brain.
- Feel where those feelings of fear are in your body. It could be just a thought but usually there are one or more areas of strong sensation in your body. Maybe a lump in your throat, a sinking feeling in your belly, tightness or tension or a range of feelings in any area of your body.
- Welcome any feelings you have to their depth. Imagine they are your friend. Once we release traumas or energy blockages, feelings of joy, love, peace and oneness can spontaneously arise. There is no need to fear the feelings of fear.
- To transform fear, we need to connect to the energetic charge or cellular memory held in the cells of our body. We can do this simply through

awareness, acknowledgment and allowing our feelings.

- Let go of any thoughts and keep your attention on the feelings in your body. They may transform into other feelings such as anger or sadness. Allow them to their depth. If you need to, imagine saying or doing whatever you need to.
- Or you may feel purely physical feelings. If you haven't noticed any feelings in your body, don't worry, still keep your awareness on your body and your breath.
- Breathe nice full relaxed breaths deep into your belly.
- Allow the feelings to do whatever they want to, watching and observing what happens in your body. The sensations may move to different areas of your body, they may become stronger or weaker. Just watch and allow. This process allows blockages of energy in your body to move and release and actually changes the frequency of your body.
- Relax and allow. Keep your awareness on your body and your breath.
- If you have any thoughts, images, pictures or colours come to your mind they might be related to the origin of past fears. Notice them, allow them, but always bring your awareness back to your body and your breath.

## Surviving the Pandemic and Thriving

- Remember to breathe nice full relaxed breaths. If you notice your thoughts wander, just bring your awareness back to your body and your breath.
- Stay with this for as long as you choose.
- If those negative feelings shift or transform, notice how you feel now, whether it is relief, relaxed, happy, joyful or oneness. There is no right or wrong. If you don't notice any changes that is fine too. It may take practice to tune in to the sensitive vibrations of your body. Allow whatever is, to be.
- If you don't notice any spontaneous positive feelings, you can now activate happy emotions. Think of anything that makes you feel love, joyful, ecstatic, blissful, gratitude, calm, peaceful or any positive emotion.
- Gently breath into those positive feelings allowing them to grow and expand within your body. Ask yourself, 'How good can I feel?' 'How relaxed can I feel?' 'How much love can I feel?' 'How safe can I feel?' Activate those feelings within you.
- Now say some positive affirmations such as:
  - ♦ I am safe
  - ♦ I am loved and appreciated
  - ♦ My life is filled with abundance
  - ♦ I trust the universal (or divine) plan
  - ♦ I am strong and healthy
  - ♦ My family, friends and loved ones are safe



- Breathe nice full relaxed breaths into your belly. Imagine the energy of those positive affirmations being carried into your body, into every cell of your whole being.
- Breathe out gently and deeply, releasing any remaining fragments of negative thoughts, beliefs or feelings. See that energy releasing from your cells and your whole body.
- Repeat the positive affirmations. Breathing deeply into your belly again, visualise the energy of your breath, carrying those affirmations into every cell of the lower part of your body. The lower back and abdomen, hips and pelvis, the upper and lower legs, the feet and toes. And breath out when you're ready.
- The next breath, inhale into the top of your lungs, chest, up to the shoulders, top of your head, and down to your fingertips. Feel the energy of those positive affirmations expanding all of those areas. Breathe out when you are ready.
- The next breath, take deep into the belly again. See the energy of your breath filling and expanding every cell of your whole body, then expanding thirty centimetres outwards. Feel the energy of your body, your whole being, expanding outwards.
- The next breath, feel your energy expanding wider than your body, wider than your room, your house and neighbourhood. Keep expanding until you visualise and feel your own energy as wide as the earth and the whole universe!

## Surviving the Pandemic and Thriving

- Stay with these feelings of love, safety and expansiveness for as long as you like.
- When you're ready become aware of your body. Feel yourself on the chair or mattress. Have a wiggle and stretch. Open your eyes.
- Write down or draw any thoughts, images or words of wisdom that came to you during this process, or anything else you would like to remember.

Doing this exercise regularly will allow you to slowly and gently tune into any areas of tension or upsets hidden within you, and transform them. It will also help you to access inner wisdom and guidance. This process has the potential to transform your life and your health.

### **Genome Healing exercise ... Step out of foreign events**

Genome Healing provides some of the most gentle, fast and effective mind/body healing techniques I have experienced. Based on the fundamental principles of quantum physics and ancient spiritual wisdom, the simple Genome healing processes are powerful transformational tools. This very simple exercise works on the level of the higher self and the subconscious mind.

With deep gratitude I share this healing practise from the founder of Genome Healing, my friend and mentor, Carol Roberts. Please sit with this process and experience it fully. You may be pleasantly surprised with the results.

“As we all know, there is so much fear and confusion within the group consciousness of humanity in these unprecedented times of unrest and it is easy to get dragged into these massive fields of negativity if we are not careful.”

“Here is a great exercise to be able to instantly extricate yourself from foreign events which are not yours. This can be used for any family, workplace or political dynamic which could be draining your energy and leaving you feeling disempowered.”

1. Envision a fast flowing river. Imagine that you and everyone are going down this river of turmoil together.
2. Make the following statement with firm intent:
  - ◆ *For the good of all beings I stand in the power of my soul and I see and act as the Creator does. I step out of foreign events onto the river bank. I go my happy and peaceful path of the Creator. All events and participants go their happy and peaceful paths of the Creator. Our traumatic paths do not cross. We do not participate in any of this turmoil. It is done, it is done, it is done and so it is!*
3. Visualise yourself taking a path where you are safe and fully supported and there is no trauma.
4. Now once up on the river bank, ask yourself how you perceive the entire event now. You should now be able to view it as an event only, without getting drawn into it. If this is not the case then do the exercise again

## Surviving the Pandemic and Thriving

with more intent. I have found this method simple but profound and very easy to do on the go. Enjoy!

### **Take advantage of triggers**

It's very helpful to sit down and do a mind/body healing exercise to transform any worries we have. At times profound transformations can occur. However, sometimes the very best results are gained when we notice the day to day events that trigger us; when we get mad or upset about someone or something. This is a time we can immediately utilize breath and Genome Healing exercises and within minutes we can enable a transformation. You may notice a dramatic relief of negative feelings you may have been experiencing, or there may be just a profound but subtle shift.

After experiencing incredible levels of love and bliss during breathwork and meditation practices, for a long time I found it difficult to fit back into society. Like I just didn't belong in the world the way it was. Now I see our whole world, all of humanity going through an incredible process of transformation. I too was thrown into panic and worry about everything that was happening with the medical emergency and lockdowns. But I reminded myself to take a step back, to trust in the universe or the divine, knowing the incredible powers of healing and abundance that are possible.

This truly is a time of huge transformation for humanity and our world. I believe this is the conscious evolution, as Bruce Lipton calls it. A time when we can all come back to the most precious aspects of life. To appreciate and savour our connections with loved ones, the food that we eat and the roof over our heads. We can develop more acceptance and compassion for ourselves and others. As a community we will move forward with more contentment, health, abundance, connection and love.

## **Trust in the divine or the universe**

Do the best you can to fulfil the physical, financial, health and emotional needs of yourself and your family. Take a breath and find a place of deep faith and trust in yourself, the divine and the universe. Embrace this time of healing. Learn and practise some of the mind/body healing techniques I discuss more in Part 2. This will allow you to access the powers within you to transform and manifest a life that you desire, which in turn will help to recreate our whole reality.

## **Prayer and surrender**

In our world today, often due to conditioning, fear, desire for security, or acceptance from others there is an overwhelming desire to push ourselves to achieve, or reach a goal in many aspects of our lives. In this process we lose our ability to listen to our inner self and the deeper meanings to life. When we are not well, or any aspect of our life is not working as well as we would hope, the universe may be pushing us towards a different pathway or deeper purpose in life.

Many people have a belief in a higher power, while others may simply aim for deeper love and connection within themselves and others. Whether your belief is in a divine supreme being such as God, Krishna, Shiva, Allah, Yahweh, Jehovah, a divine energy or the universe, by connecting to this higher source with prayer or intention, we can completely surrender our fears. Again, I don't say this lightly. I have been on the edge of death for an extended period of time, lost everything and life was hell. But I found a deeper love and meaning within myself and an enormous trust in the universe.

Even if you don't have any specific beliefs, that is fine. It's all about finding the deeper love and acceptance within ourselves and with each other to create happy and harmonious lives. We are all being pushed towards a deeper

## Surviving the Pandemic and Thriving

level of love and acceptance, where in turn we can experience a higher level of consciousness and awareness. From here we can recreate a life filled with all that we need and desire. An abundant utopia on earth.

[dianneellis.com.au](http://dianneellis.com.au)

I have gained enormous benefit listening to the work of scientists, revolutionaries and inspirational media such as;

[brucelipton.com](http://brucelipton.com)

[anitamoorjani.com](http://anitamoorjani.com)

[ebenalexander.com](http://ebenalexander.com)

[greggbraden.com](http://greggbraden.com)

[drjoedispenza.com](http://drjoedispenza.com)

[upliftconnect.com](http://upliftconnect.com)

[gaia.com](http://gaia.com)

## **Facing our current reality**

I feel very relaxed knowing I have the protection I need against all viruses, parasites and bacteria, including COVID-19. I am also positive and optimistic about our future here on earth. But the fact is, to transform our lives and our reality to one filled with compassion, acceptance, care and generosity, we have to face our current reality which is not ideal.

Just like feeling the fear in our body to transform it, we need to realistically look at the problems that are currently affecting our lives, our societies and our world so we can transform them. That does not mean taking the world and everyone else's problems on our shoulders. It just means taking a realistic view of what is going on and the impact it is having on all of our lives.

### **Do not allow yourself to be deceived anymore**

Sadly at the moment, our reality is corrupted like a bad virus in a computer. Unless we know we have a virus or parasite in our system, leeching all of our energy; our own life force, we can't do anything about it. It's just like many people with disease or illness who don't realise the underlying cause of their condition is often parasites, viruses, bacteria, a compromised immune system, and/or toxins in the body. But once these issues are addressed there is no stopping us!

So, is COVID-19 the real cause of what has gone so wrong in our world now?

### **Conflict, control and corruption revealed**

There are medical and natural health professionals all over the world right now desperate to use their training and capabilities to safely and effectively prevent and treat not only COVID-19 but also most diseases and illnesses. However,

## Surviving the Pandemic and Thriving

there is a hierarchy of power and control over them preventing them from doing so.

I would like to think our elected representatives, employed individuals and health officials in government and positions of authority have the very best intentions for our health and wellbeing. Thankfully many of them do, but unfortunately, as the whole world has now witnessed, COVID-19 has revealed the conflict, control and corruption that is occurring and has actually been occurring for many years.

### **Medical negligence and neglect**

Many people are not aware of the huge amount work that has been going on for years to campaign medical authorities and members of government to address serious downfalls in health care. I speak to patients suffering with illness due to viruses, parasites and bacteria every day who have been without proper medical treatment or support and have been left to suffer for years, many dying.

I have attended numerous meetings with patients, specialists, doctors, pathologists, health departments, politicians and senate inquiries. Many concerns regarding the lack of adequate medical care and treatment for numerous conditions have been brought to the attention of medical authorities who refuse to address these problems leaving thousands of people with unresolved health issues.

### **Senate inquiry into tick-borne illness**

To give you an understanding of events very similar to the COVID-19 situation that have been occurring for years, this is an extract from my book *Quantum Health*:

*During 2016 a senate enquiry into Lyme-like illness in Australia has been underway. Having attended the Brisbane and Sydney hearings it was heartening to meet such caring and*



*understanding senators who are determined to have proper recognition, diagnoses and treatment of tick-borne illness and Lyme disease in Australia. Evidence shows Australia does have one or more forms of Borrelia bacteria which could possibly cause all of the symptoms of Lyme, but there is heated debate about whether Borrelia Burgdorferi, the specific bacteria which is linked to classic Lyme disease, is here.*

### ***Outdated testing***

*Representatives from health departments argue they have been unable to confirm Borrelia Burgdorferi in Australia. With persistent questioning from one of the senators, who is becoming very frustrated with the ignorance that is being displayed, **they are forced to admit the testing methods in Australia are outdated.** All of the people in attendance are horrified to hear a continual lack of professionalism regarding such a serious issue. Patients like myself don't care which bacteria it is or what it's called. Many of us know we were bitten by ticks and have many, if not all of the classic Lyme symptoms. We just want proper support and treatment. Jenny Bourke, an independent Australian pathologist confirms that their internationally accredited laboratory, Australian Biologics, has detected Borrelia Burgdorferi for many years in patients who have never left Australia.*

### ***Health recommendations ignored***

*The senators meet with and listen to hundreds of patients across Australia, local and international doctors, researchers and specialists. Resulting is a senate report tabled in parliament which recommends that, **federal, state and territory health agencies, through the Council of Australian Governments Health Council, develop a consistent, national approach to addressing tick-borne illness. As a matter of urgency, they are to develop a cooperative framework which***

***can accommodate patient and medical needs with the objective of establishing a multidisciplinary approach to addressing tick-borne illness across all jurisdictions.***

*There is much excitement with the release of this report which soon turns to bitter disappointment. While there are some committees and meetings set up to address the shortfalls that have been found, no action is taken. In fact two weeks later I attend a suicide prevention meeting and two local doctors inform me they have received official notice from medical authorities that there is no Lyme disease in Australia. No talk of addressing tick borne illness at all. I am devastated and disgusted.*

### **Medical doctors suspended**

By August 2020, the problems have only been compounded even further. Salt rubbed into the wounds of those struggling every day with life-threatening infections. Not only is information about treating and preventing tick-borne illness and Lyme disease withheld from doctors, some medical doctors who treat patients with confirmed *Borrelia Burgdorferi* have had their licences suspended or revoked. The only assistance provided for patients is for counselling and psychological support. This in itself creates horrendous psychological harm to patients when they are struggling with serious physical illness and they are told it is all in their heads. It is demeaning and highly unprofessional behaviour.

### **A broken health system**

Paid government employees spending thousands of hours and millions of dollars to set up committees to hold meetings to discuss what was addressed at the last meeting. Then, reports are made to report about what was discussed at the last two or three meetings. Guidelines are drawn up about Lyme disease which 'doesn't exist' in Australia which means there

aren't actually any guidelines at all apart from how to prevent and treat tick bites but not the infections they transmit. Funding is granted for studies to research what studies may be helpful in the future while we watch hopelessly as the health system chases its own tail in circles providing nothing of benefit to the patient.

Meanwhile the infections of viruses, parasites and bacteria in people's bodies multiply, invading every blood cell and muscle, the organs including the heart, brain and liver, and the nervous system. The patient slowly but significantly deteriorates, their life force dwindling along with every physical, emotional, mental and financial aspect of their lives. Some die and others teeter on the edge close to death for years. But it's alright. The health department has provided psychological support. Right?

### **COVID-19 and Lyme disease parallels**

No, it's not alright. People are sick and suffering and this can't be ignored. Just as with COVID-19, people are now being left to die untreated while proven safe medications have been banned or listed as useless. It's NOT alright. It will never be alright!

I knew there was something seriously wrong with our medical and health system, but I didn't realise it was this bad. I am shocked by the incredible lies, mismanagement and medical malpractice the whole world has now witnessed. What myself and millions of people around the world have experienced regarding Lyme disease is almost identical to the COVID-19 controversy confronting all of humanity now. The only difference is that authorities around the world have been hiding the full extent and consequences of Lyme disease, while they exaggerate the devastation of COVID-19.

## Surviving the Pandemic and Thriving

COVID-19	Lyme disease
• Reportedly a biowarfare agent	• Reportedly a biowarfare agent
• Medication suppressed	• Medication suppressed
• Doctors restricted from treating	• Doctors restricted from treating
• Conflicting information from government and medical officials	• Conflicting information from government and medical officials
• Studies and specialists ignored	• Studies and specialists ignored
• Patients left untreated	• Patients left untreated
• Thousands die, others report ongoing symptoms	• Thousands die, others report ongoing symptoms

### Biological Warfare Experiment

This is an extract of my original book written in 2014;

*"There is something wrong and I need to have some answers. It must be Lyme disease and there must be something else I can do about it, I think to myself. I desperately search the internet for more information. According to statistics approximately 300,000 new cases of Lyme disease are diagnosed in the US each year. From one website to the next I find myself staring at the computer screen in disbelief. In horror. This cannot be possible I think to myself as I read, 'Public Health Alert - Biological Warfare experiment on American Citizens Results in Spreading Pandemic.'*

*I read more and more stories, more and more evidence, 'Continuing experiments on the public, treatment denial, watching people's symptoms as the disease takes its natural course.' My head spins. I feel like I'm in one of those sci-fi movies. One of those awful conspiracy films that you watch, but you don't really worry about because you know it's too far-fetched to ever happen for real. But this is real. And I am in it! A sickening churning dread fills my stomach. I have to put it out of my mind. I just have to beat this thing!"*

## **Will a vaccine save us?**

Originally I planned to avoid this topic due to its sensitive nature. However, since health authorities are not providing any options for treatment of COVID-19, and have shut down lives, businesses and economies in wait for a vaccine, many questions need to be asked, and answered.

### **It is time to put judgement aside**

It doesn't matter if you are pro-vax, anti-vax or just don't care. At the moment we need to put all of our views and judgements aside, question everything, study the science and find the best possible solution.

My first memories of my adopted mother in hospital soon before she died from a communicable disease had a massive impact on my life. The grief and terror I have experienced due to disease and illness is truly horrendous. What scares me more now though, is the deception that's occurring in the health system on a massive scale around the world.

### **My vaccine experiences**

I was fully vaccinated. From my experience with many diseases and illnesses a vaccine will not provide adequate protection from COVID-19 or any other illness. These are some of my experiences and information I have discovered

## Surviving the Pandemic and Thriving

about vaccines that you will not see in mainstream news or on health department websites.

This is an extract from my full story of healing;

*“To have this direct access to the latest research, studies and experiences from all over the world is an invaluable resource, providing vital information on steps for health recovery. This is a good thing. A very good thing. Yet sometimes what we discover may be shocking and disturbing.*

*I have no doubt that being able to fully surrender and trust in life, trust in the divine, is a vital part of our happy existence here on earth. There are times though when the complete opposite is essential, when everything should be questioned and scrutinized and steps put into place to protect ourselves. And now is one of those times. With this access to information from all over the world I realise the extent to which many effective treatments have not only been ignored, but suppressed.*

### **Cancer enzymes**

*A report comes out about Dr Bradstreet who was murdered just before he was about to reveal proof that he found vaccinations to be contaminated with a cancer enzyme called nagalase. It seems this doctor had been conducting research when his own son became autistic after a vaccine. Dr Bradstreet is reported to have found nagalase in the vaccines, a protein often made by cancer to stop our immune system from attacking it by targeting the GcMAF in our body. GcMAF is a vitamin D binding protein which activates our macrophages, a type of white blood cells. Without it our immune system is disabled. Dr Bradstreet was using GcMAF in his treatment of over one thousand autistic children.*

### ***Serious side effects***

*I think back to when I became sick as a teenager. It suddenly hits me. It was not long after a tetanus vaccine. I am shocked. I share this information in one of my Lyme disease support groups. I hear from many others saying their Lyme came on after a vaccine. A mother then contacts me and says her daughter became unwell after a Gardasil (HPV) vaccine and since tested positive to Lyme and there are hundreds of them. Hundreds of girls with exactly the same symptoms. They are often referred to as the Gardasil girls. Exactly the same symptoms I had as a teenager, but much much worse. Not only do they have the nasty array of flu-like and chronic fatigue symptoms, but they are dealing with Lyme as well, many of them crippled. I am shocked at what I'm reading. I contact some of the mothers and talk to them personally. Hearing their stories is truly heart-breaking. I share widely all the simple remedies that have helped me thus far.*

### ***Retroviruses***

*I continue learning more about the down side of vaccines and continue to be shocked. I do research and discover that millions of Australians and New Zealanders were knowingly given polio vaccines in the early 60's, which were **contaminated with the SV40 virus, a cancer-causing monkey virus**. The government knew of the contamination but **allowed the vaccines to be administered until the next lot of vaccines were available**. This virus has been found in the tumours of grandchildren of those who received the vaccines. I wonder if my grandfather or mother received it or another vaccine that was contaminated.*

*Again, I have to put all of those horrific thoughts out of my mind. I search the internet for information on GcMAF. Websites, articles, scientific literature from all over the world.*

## Surviving the Pandemic and Thriving

*It seems all tumour cancers including breast, prostate, lung, pancreatic and melanoma are treated successfully. GcMAF has been shown to inhibit angiogenesis, meaning it stops blood supply to tumours, reverts cancer cells into healthy cells, or destroy them. It has also been shown to reduce the metastatic potential of human cancer cells in culture. With the ability to modulate the immune system GcMAF seems to be effective at eliminating or reducing the effects of nearly all diseases and illnesses including chronic inflammation and viral infections, autism, chronic kidney disease, depression, acne, colitis, chronic cirrhosis of the liver, Crohn's, fibromyalgia, hepatitis, herpes, periodontal disease, LMBBS, ME/CFS, osteoporosis, psoriasis and various types of Immune dysfunction including allergies. Research shows GcMAF can halt deterioration in multiple sclerosis (MS), Parkinson's, dementia and ALS, and due to its ability to modulate the immune system it can reverse autoimmune conditions such as lupus and arthritis. It is also shown to be helpful with wound healing and increasing energy production at the mitochondrial level of our cells.*

*Immediately I know this protein is something I need to get hold of. Clouded by fear and secrecy it's difficult to find where to access this product but I search the internet, ask questions and find a link to a supplier in Bulgaria. It's expensive but I don't care, I need it. My package arrives and I begin taking GcMAF. I notice marked improvements in my symptoms as the cramping in my muscles and anxiety in my body diminish further. I'm absolutely amazed at the incredible difference I feel within my body. Instructions advise to have good levels of Vit D from the sun or a good supplementation of Vit D/K combination. Since we've had cloudy weather, I take the Vit D/K drops. A few days later the clouds part and the sun shines brightly, so I bask in its beautiful warm rays.*



*To my utter astonishment within fifteen to twenty minutes I have a strong but bearable herx reaction. It seems different and not as bad as many of the reactions I've had after some treatments. I find a GcMAF support group where I revel in the sharing of success stories for almost all diseases and illnesses. I hear about a yoghurt called Bravo which allows you to make your own GcMAF and a cream available from France. I purchase the cream and apply a small dab to the lymph nodes as recommended and feel good results. Some people I speak to can't even handle a pin head on the back of the leg because it activates the immune system too fast for their body to be able to cope with and detoxify the die off quickly enough. Every time I'm in the sun now within ten to fifteen minutes I feel my immune system activating, the strange tingling and cramping sensations filling my body. Different to the usual Lyme symptoms. To be honest it seems as though I can feel the macrophages jumping into action and attacking the bacteria and damaged cells. Amazing! I pay my respects to Dr Bradstreet who unwittingly gave his life for this sweet little cream and the amazing benefits of GcMAF to be known to the world.*

*I've been cautioned that once you start GcMAF you need to be aware that you can become sensitive or even in pain as the immune system is activated and the macrophages begin to attack tumours and any cancerous areas. When this happens those areas break down and need time to repair and rebuild. I'm glad I was warned of this and I'm glad to have some pain in the troublesome area near my liver. Glad because I know it's working. My spine becomes even more delicate and I can feel many areas breaking down. I know this is a powerful healing process and I need to be patient and allow it to occur.*

### **Judgement, vilification and murder**

One of the most horrendous things I have witnessed in my life is the devastating harm and death that has occurred to children from wrong medications and harmful vaccines. Equally as bad is the subsequent vilification of parents who attempt to gain help for their children using complementary methods and warn other parents. The suppression of information and medications that has proven to help these children is criminal. I have seen and experienced the censorship that occurs at all levels, to prevent people finding simple, natural and inexpensive ways to regain their health.

### **Natural herd immunity**

I was fully vaccinated and had every medicine and procedure doctors advised. Despite this, I struggled with ill-health and disease for many years. I turned to complementary medicine, removed hidden pathogens, detoxified my body and organs, repaired my immune system after vaccine damage, and have regained optimal health and wellness.

I chose not to vaccinate my daughters and instead made sure they had good food, sunlight, exercise, sleep, love and access to effective complementary healing methods. They had every childhood illness between them. Rubella they caught from children who were fully vaccinated. Whooping cough we all caught from a fully vaccinated child and gave to another fully vaccinated child whose parents thought it was safe to visit despite our warnings.

My girls are now strong, fit and healthy adults. I learnt that childhood illnesses can have a positive effect by firing up their immune system preparing them for life in a world of germs. They now have full natural immunity to childhood illnesses and very strong immune systems to resist all disease and illness. They will pass immunity on to their children when they

are young and the natural herd immunity process will continue.

## **Conclusion**

I have spoken to thousands of people regarding the safety, effectiveness, harm and serious consequences of vaccines. In 2020 it was reported that Australia had the highest rate of flu vaccination in 2019 yet we had the worst flu season. I do not believe a vaccine for COVID-19 will be effective or safe. Our own immune system is extremely effective at protecting us from disease and illness, especially when we use methods to build and strengthen it. In the case of acute illnesses, when used properly, we have medication and complementary methods that kill viruses, parasites and bacteria including COVID19 very effectively, quickly and safely.

Almost every 'anti-vaxxer' used to be pro-vaccine until they, their children or someone they know was damaged by a vaccine. The media has played a despicable role intentionally villainizing thousands of people whose lives and health have been devastated by the side effects of harmful vaccines. Brave people speak up hoping to protect the lives of other children and adults and prevent more injury. Some, scared of criticism and attack, only have the strength to get through each day caring for their own health or that of their damaged children. It is a horribly tragic situation.

Dr Suzanne Humphreys is a board-certified kidney specialist who noticed some patients dying after the flu vaccine. Despite horrendous attacks to her reputation her passion for medicine and to fulfil her oath of 'First do no harm' has led her to write a book, *Dissolving Illusions*, dispelling all the myths regarding vaccines.

After learning about the extent of vaccine injury in children all over the world former U.S. president's nephew Robert F

## Surviving the Pandemic and Thriving

Kennedy Jr formed an organization, *The Children's Health Defense*. He has brought awareness to millions of people and has taken legal action against companies responsible for harm.

<http://www.dissolvingillusions.com/> <https://drsuzanne.net/>

<https://childrenshealthdefense.org/>

<https://www.vaxxed.com/home/>

<https://avn.org.au/>

### **Lies, deceit and media manipulation**

Vested interests have control over our health departments, hospitals and medical licensing departments, leaving all health professionals or individuals who work in these areas, at the risk of losing their job if they voice their concerns. Those who do speak up are often blacklisted and humiliated by the media, made out to be a villain putting everyone's health at risk, just as we see now with COVID-19 when someone doesn't comply with regulations.

Unfortunately, most of the media and many politicians will say and do anything to keep us happy in the short term while undermining the health and wellbeing of our whole population with no regard. I am flabbergasted by the extent of the lies and deception I see on a daily basis from politicians, health representatives and news reporters in the media.

### **Doctors and lawyers standing up**

October 2020, it brings joy to my heart to see doctors and lawyers in the hundreds joining together in each of their respective professions, standing up to the government and health authorities who do not have the best interests of the public at heart. It is a very exciting time of change and empowerment.

Doctors themselves have been lied to and betrayed, fed false studies and manipulated data. They have been encouraged at times to administer harmful medications and prevented from dispensing life-saving medication. While many have now seen the awful position they have been forced into, it is still difficult for some of them to accept the full gravity of their own situations and the harm they may have unwittingly caused.

### **What to do now?**

Being open and aware of what is going on is the first, most important step. Ignorance from anyone is no longer acceptable. Putting our own heads in the sand and kidding ourselves this isn't happening won't help either. We need to take control of our own health and our own lives. Stand together and support the health professionals who are using safe, effective complimentary methods to truly bring health and wellbeing to all of us.

Support media, politicians, lawyers and people in positions of authority who actually have our best interests at heart. This is difficult to determine while so many lies are being spoken. Keeping an open mind and doing research for ourselves is very important. **Not responding to fear is also very important.** Is the television or radio you are listening to continually bringing you down, fearmongering and providing no answers or solutions? Ask yourself why they are doing this, when there are many options and solutions? Who is funding those T.V. programs? What is their objective?

### **Get out of the rat race**

All of our lives we have all been conditioned to want more no matter how much love or abundance we have in our lives. The cost of living goes up and up despite huge advances in modern technology which was supposed to make our lives easier. Life has become faster, harder and much more robotic. Everyone

## Surviving the Pandemic and Thriving

compartmentalized, particularly when raising children. We have forgotten how to be just content in ourselves. Always looking outside of ourselves for something else to make us feel fulfilled.

Let's all take a little step back. Well, most of the world has been forced to do so. What is really important in our lives? In the panic to get where we were going, have we forgotten or lost something? A valuable part of ourselves or our lifestyles that our forefathers valued every day?

## **A time of awakening & positive transformation**

Is there a much deeper purpose or reason for what is happening in our world right now. Is there a deeper meaning and purpose for our own lives?

By the time chronic illness begins to show signs of dis-ease in our body, it has probably already been there for a very long time. Until we realize it's there, we don't usually do a lot about it. This is exactly what is happening with humanity right now. Worldwide, even before COVID-19, there has been a pandemic of chronic and life-consuming illness which has been increasing very quickly every year in adults and particularly children. But life has continued on as if nothing is happening ... until now. COVID-19 has revealed serious failures in governments and health organizations worldwide to protect the physical and mental health and wellbeing of their people. It has in fact revealed the lies, deceit, manipulation and corruption at the core of many of these organizations that has been going on for years.

This is a very wonderful thing. Millions of people around the world can no longer be lied to or deceived. Many safe, affordable and effective treatments and remedies are now being revealed for all sorts of conditions alleviating the pain and suffering of many.

### **Finding a deeper meaning**

Twenty years ago, my young family was threatened by a neighbor with a gun. The trauma we experienced lasted for a few years. It was one of the most difficult times of my life. What happened during that time though, pushed me to seek support. I was lucky to meet an amazing breathwork practitioner who helped me to venture within myself and explore a deeper meaning and purpose to life. What I

## Surviving the Pandemic and Thriving

discovered was nothing short of miraculous. I detail my experiences in my book, *Quantum Health*.

During this COVID crisis I have never felt scared of the illness, but I have felt very similar feelings to the trauma and fear I felt with our neighbor; very fearful, intimidated and angered by the harmful and devastating decisions made by some authorities.

At times I want to fight, scream and yell. But I remember the incredible healings and transformations that occurred in my life when I ventured within myself, my own feelings and consciousness. Using the deep fear that I felt, I was able to reconnect to a deeper love within myself, that I had come away from, almost forgotten about when life and situations had taken me in a different direction and it was easier to just get on with life.

### **My own COVID-19 fear transformation**

One day in the middle of lockdown in Melbourne I was feeling very angry and upset with the blatant lies and deception I was hearing from people in positions of power. I was furious about medication being withheld and the loss of lives and businesses. My partner, who is relatively new to all this 'airy fairy' inner healing stuff, asked me if there was something I would like to work on. I felt so much anger I didn't answer him. I really wanted to be angry and vent, but I sat silently feeling the anger and deep fear within in me, within my belly. It was like a deep, dark never ending vortex. He didn't realize that I was, to some degree, attempting to deal with this intense anger. He patiently repeated his question a few times until I finally stated, 'I'm doing it!'

He sat by me allowing me room for this process. The feelings of fear in my belly were very intense. I surrendered to it. I really didn't want to, but I did. After a while I noticed a



sensation between my eyes, almost as if something was moving there. This surprised me. It was a very nice sensation. I allowed myself to keep feeling it, wondering if this is what people mean when they talk about the third eye and energy moving and all that business.

The fear had gone. Those bad feelings had completely transformed into very positive feelings. How did that happen? Simply by being aware and allowing them. This is exactly the type of experience I had when I first started breathwork and exploring mind/body healing practices. And these simple yet powerful processes have since provided miraculous transformations in my life. I believe this can, and is happening in our world now; a huge process of transformation.

### **Look forward and stay strong!**

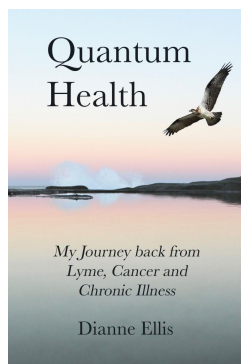
Every day, especially during the COVID 'pandemic', there are so many affected by physical or mental health conditions, economic hardship and collapse, or the intense fear of what our future brings. If this is you, in spirit, I sit with you. I acknowledge the struggle and the pain. I hope my story inspires you and gives you hope. Having been unwell for most of my life, I never imagined my body could heal so well, or that I would feel so empowered. Nor could I imagine my life would be so filled with love again.

This is a time of transformation, to reclaim our inner strength and connection. We have the medical knowledge and technologies to create a sustainable, healthy future with abundance and freedom. We will come through this and life and our planet will be healthier and happier than ever.

## Surviving the Pandemic and Thriving

**Part 1** has been a summary of COVID-19 relevant information from my book which details my life's healing journey;

*Quantum Health ... My Journey back from Lyme, Cancer and Chronic Illness.*



Available from all retail book sellers including:  
[barnesandnoble.com/w/quantum-health-dianne-ellis/1135280095?ean=9780648743002](https://barnesandnoble.com/w/quantum-health-dianne-ellis/1135280095?ean=9780648743002)

### Health links and remedies

For more information and remedy links that I cannot provide publicly, email: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

**Part 2** is an extract from this book therefore some information has been repeated.

## **Part 2**

# **Self-healing and Empowerment ... A comprehensive guide**

**An extract from my  
full story of healing;**

# Quantum Health



*My Journey back from  
Lyme, Cancer and  
Chronic Illness*

Dianne Ellis

## Testimonials

*'Dianne is a loving and compassionate angel and a true emissary of light in this world. Her vast knowledge gained through decades of research in overcoming her personal illnesses, combined with her unrelenting dedication in going to the depths of her body's wisdom, has fuelled an enormous fire within her to take her message to the world. In sharing her profound healing experiences, she brings joy, empowerment and enlightenment to those who hear her and has been a true inspiration to me and to so many who have attended my courses.'*

Carol Roberts, Genome Healing Founder

*'**MIRACLES** happen at Genome Healing courses... and Di Ellis is living proof of that. Di's unwavering belief in Genome Healing's "heal, seal and protect" techniques has transformed her life of illness and suffering into a life full of energy and effervescence. What impresses me most about Di is not only that she has recreated her life, but also her expression of gratitude for the 'gift of healing' which she fully embraces. She truly is exemplary and an inspiring woman, full of joy and happiness and, above all, love, which she freely shares with anyone she encounters.'*

Peter Murphy, Genome Healing Master

## **Dedicated to ...**

### **My beautiful girls**

You sat by me in the depths of my illness and gave me the will to keep going. Pushed me to be stronger. Nurtured and supported me when I was broken.

### **My Love**

I hid the seriousness of my health conditions for a long time. I was scared to tell you. But you loved me even more.

### **Jen, my Mum (in spirit)**

For the endless love and faith you have in me, and for being you.

### **My dad**

My rock. For your love, dedication and commitment.

### **My Health Workers**

To all of the holistic practitioners, healers, midwives, nurses, ground breaking doctors, researchers, mentors, teachers and truth seekers (some who have passed) who share their knowledge, wisdom and many secrets to life. Those who nurtured and supported me, empowered me and gave me strength. Those who sat by me when I was deathly ill, nursed me and prayed for me. Thank you will never be enough to express my gratitude.

## **The foundations of health**

The foundations for our health are set before we are born and throughout our childhood. But it's never too late to rebuild them. If we have a strong immune system and we're healthy and well, we get on with life and enjoy it as much as we can. If we get sick, take a medicine and we're back to normal again, that's great! Other times we try to take medication to mask the symptoms of ongoing discomfort. But to overcome disease and illness, and reach optimum levels of true health and wellness, with vitality and vibrance in our lives, it's much more effective to take time to rebuild the foundations of our health on all levels. No matter what your age, it's never too late to do this. The sooner you start the easier it is.

### **Epigenetics**

We are born with the genes we're born with. That's a simple fact. However, epigenetics, which is the affect our environment has upon us, plays a huge role in whether those genes are activated or not. Everyone knows the food we eat directly influences our cellular function, but did you realise our emotions can also have an immediate and profound effect. Happy thoughts create endorphins and happy hormones, while negative thoughts create adrenalin and cortisol etc. Every emotion we have releases chemicals into our blood which activate and deactivate our genes. Every aspect of our mental, emotional and spiritual self is deeply interwoven with our physical health.

### **Our body barometer**

We do not need to go delving into the past, rehashing bad memories. By doing so we may be reactivating pain that is better left alone. If there is something we need to address, once we set positive affirmations for what we would like to

## Surviving the Pandemic and Thriving

achieve in our life whether it's health, work etc, anything that is holding us back will come to our awareness. I repeat this a number of times in this book as it is very important to remember.

When we have an illness or condition there is usually always an emotional connection. Our symptoms are signals that can hold the keys to unlocking emotional and energetic blockages. In my case I held a lot of tension and pain, and I suppressed my own needs and wishes. My illnesses were screaming at me letting me know there was something I needed to address so I could reclaim true health and happiness and love of myself.

Although at times it was very painful, I enjoyed exploring the inner workings of my conscious and subconscious mind, experiencing the spontaneous joyful transformations that often occurred. Not everyone needs to delve as deeply into their inner self as I did. Whether your focus is addressing your physical, mental, emotional and/or spiritual needs, the rewards are very much worth the effort.

## My Story

I have had quite a complex life history which gave me an opportunity to study the genetic, inherited, environmental and emotional aspects to health and wellbeing. I trust this brief overview of my story gives you an understanding of the depth of my passion for true health and wellness on all levels. I will take you back to the very beginning, not a place where all stories begin, but a place where I discovered the origins of my health problems.

### Adoption

I was born the illegitimate granddaughter to a deacon of the church. You can just imagine how that went down! And the consequences for his teenage daughter? Hmm, and my



father, I hear you ask? Well, that's part of the long story and somewhat a mystery that we won't go into today.

I was taken straight from my mother at birth without her seeing me. Three weeks later I had a new family. A new mum, dad, two sisters and one brother. One sister was also adopted. The other two were my parent's natural children, the same age and older than my birth mother. Don't worry, it gets much more confusing. Apparently, Dad tells me, my allergies began early so they had a good supply of goat's milk rather than dairy.

### **Communicable disease and death**

When I was three and a half years old my adopted mother died from hepatitis. A dedicated stay at home mum, the doctors didn't know how she caught it, but it certainly took its toll. Dad of course was devastated. My sister and I lived with my older brother, his wife and young child for one year and then back with Dad.

### **Mental health and shock treatment**

Dad remarried when I was around five or so. Therefore, I had a new mum ... again. Plus two more sisters and two more brothers, again, one or two of them older than my birth mother! My new mum officially adopted me and my sister. To save confusion, we'll call her my step mother. She was a good mother. Very strict but always looked after us well. Unfortunately she suffered with what they diagnosed as manic depression. I didn't really notice it, or know any different, except every couple of years when she was hospitalized and we went to visit her. I just remember all the zombies walking around in white coats. And my mother was one of them. A horrible place. The sort of place you never, ever, want to go to. You can imagine the picture being painted in my mind of hospitals.

### **Asthma, flu and chest infections**

The first time I remember having bad asthma was at my aunt's house, waking all night unable to breath properly. I guess I was five or six. For my whole childhood I relied on that one blue puffer to breath every day and a handkerchief for my sneezing and continually runny nose. Otherwise I was very fit, active and healthy. Except when the flu came along each year. Then I would be in the hospital, rushed through emergency with severe chest infections, unable to breath. Many days of my life were spent struggling for breath. Not a nice experience, that's for sure.

### **Chronic fatigue**

When I was nineteen another one of those flu's hit. As usual I went to the hospital. Some temporary relief, but this time the drugs weren't working so well anymore. So I had more drugs. And then even more drugs. I was confused. The doctors had always been able to fix me before. I kept returning, accepting whatever they recommended; allergy injections, flu vaccinations, sinus washouts and later more sinus operations, all to no avail. My health only deteriorated. I gave up work, couldn't run, ride my bike or horses anymore. I was bedridden for months. I saw a naturopath, changed my diet and slowly regained health but never my previous fitness or vitality. I put up with a variety of symptoms throughout my body, throughout all systems of my body; muscular, joints, heart, digestive, concentration and more. I soon discovered these were all classical symptoms of chronic fatigue. Someone told me it can last for ten or twenty years. I remember thinking I'd do away with myself if that happened. After a year or so I could be active, surf and do a lot of fun things on the weekends, but spent the week recuperating. That was the way I learnt to live for the next thirty years.

## **Homebirths**

At twenty-five I fell pregnant with my first child. I took looking after my health to the next level and felt really good. Of course the underlying fatigue always remained but I didn't overexert myself so it wasn't a problem. Apart from a threatened miscarriage my pregnancy was wonderful. A beautiful planned homebirth with a midwife and my daughter was born.

## **Self-sufficient living**

We moved to Tasmania, built a log cabin in the bush, and began living a self-sufficient life. Our only neighbour in sight turned out to be what was described to us as 'a drug dealing gunman', who threatened our family. The police did what they could to help, but told us someone would be shot one day. Just what I didn't need to hear.

## **Shock and PTSD**

With many incidents, I went into a form of shock. This in turn triggered trauma and grief from my birth and childhood. Or I could now say, the vibration or frequency from my birth and young childhood that remained within me, attracted this situation to me, enabling me to access very deep and sensitive parts of myself which had been shut away even since birth. I certainly didn't think that's what was happening at the time, and I most definitely would not have believed anything of the sort. But now, I see it so very clearly. This certainly doesn't excuse the neighbour and his abusive and harmful behaviour.

## **Inner Journey/Breathwork**

My second daughter was born in our cabin on the hill. I was supported by a lovely hospital midwife and it was beautiful. I continued on with fortnightly breathwork sessions exploring and transforming the grief and trauma I held within. I was

## Surviving the Pandemic and Thriving

determined not to pass on any of the patterns of trauma within me to my children. With continued harassment from the neighbour we moved north to the paradise of a Northern NSW coastal town.

### **More mysterious ill-health**

In my early thirties I had a tooth filling which gave me severe pain for a day or so. I soon developed mysterious ill-health and neurological problems. I had the tooth checked but was told all was ok. I developed early signs of multiple sclerosis with tingling in my hands and feet, neurological symptoms and uncharacteristic weakness, especially down my right side. I had back problems and sought regular chiropractic treatment. I was used to struggling with underlying health conditions so kept on pushing through.

### **Homeschooling**

I chose to homeschool my girls. We were in a number of groups and did all sorts of fun activities for learning and enjoyment. When the girls were young they looked forward to their work and often picked up their books any time of the day progressing well with very little effort. As they grew older we usually sat down at 9 am and were done by midday or before. Sometimes we did five days a week, sometimes only three. The rest of the time was reading, crafts, activities, playing in nature, dancing or sport.

I enjoyed every day raising my children. Don't get me wrong, it certainly had its challenges. They pushed me to face many emotions and rigid generational patterns within myself, and sometimes still do. I made a conscious choice to appreciate each day I had with them. They started mainstream school at year 6 and 8 respectively when I became sick. Despite my fears about their level of schooling, they slotted into the system no problem. I was very happy when the teachers were

surprised of, and praised their level of interest and interaction with the teachers and class activities. Jemma was at a high level in her classes. Lily, however, struggled with a learning disorder and dyslexia. As I describe [here](#), all of that disappeared when we did a zapping treatment to kill parasites and she reached high levels in many of her classes. They have both since been to university and are strong independent individuals. Despite my fears and doubts about going against the mainstream way of raising children, I will always be very happy and proud of my choice to homeschool my girls.

### **Home remedies self-empowerment**

The only time I remember seeing a doctor in fifteen or so years was for routine blood checks for each pregnancy, and once with a severe flu and bout of asthma. I did anything I could to avoid them. I joined a homebirth group when I fell pregnant and we discussed many natural and simple ways to support ourselves and our children's health to enable them to be as strong and healthy as possible. Many midwives attended the meetings to share information and advice, empowering us ready for birth. My midwife shared wonderful home-remedies handed down through the generations. This connection and shared wisdom was nurturing and empowering.

### **Childhood illnesses**

#### **Fear/maternal instincts**

When my first daughter was born I was very fearful of disease and illness for my delicate new baby. But my midwife reassured me that I knew what my baby needed and all would be fine. This incredible reassurance and guidance to help me tune into my own inner maternal instincts was one of the greatest blessings I have ever received in my life.

## Surviving the Pandemic and Thriving

My older daughter did not see a doctor until she was fifteen. My younger daughter's first appointment was at twelve years old due to an infection from swimming in water contaminated with an algae bloom. They had all the childhood illnesses and they got through it fine with help from natural health professionals. Whooping cough was nasty and very difficult. Although we had herbal treatments, I wish I'd sought homeopathic remedies earlier as it worked well when we did. I also wish I'd known about Dr Suzanne Humphries protocol which I have heard is very effective. I look forward to the days these fast and effective treatment options are well known to the public.

### **Fever**

All of the natural practitioners I have seen welcome a fever which is the body's way of killing pathogens. I never even owned a thermometer when my girls were young despite strong fevers during the childhood illnesses. At times they were very listless and it was concerning, but I nurtured them with plenty of fluids, natural remedies and rest, always reminding myself to be calm and tune in to my own instincts.

### **Medicine is valuable when needed**

At fifteen my older daughter was very sick. I knew this was something bad. I took her to the doctor for the first time and he said it was a virus and sent us home with no medication. I was surprised but thought, ok. A day or two later she was very bad so I took her to the hospital. I told this doctor what the previous doctor had said. He agreed with that diagnoses and said she could be put on a saline drip to help her rehydrate. I politely said she had no trouble drinking water, I'd prefer she didn't have the drip, and I felt she needed antibiotics.

## **Doctors aren't gods**

Unfortunately doctors can at times seem offended when you decline their recommendations. Again we were sent home with no medication despite deep concern from the nurse about my daughter's condition. I was not happy. I knew she needed something as the natural remedies weren't helping. Something inside me just knew.

The next day she was too weak to get out of the bath. I took her straight to another private doctor who immediately rang the hospital and told them to expect us. He said she had pneumonia and needed to be on antibiotics. I took her there immediately and they put her on oxygen due to low levels. After a couple of hours she was borderline. I had the choice for her to stay the night in a bigger hospital with a children's ward an hour away, or to go home. I said as long as she had the antibiotics I would feel confident to take her home. After all my years with severe chest infections and asthma as a child, with care and attention I knew she'd be ok.

Doctors and health care workers are invaluable and deserve the deepest gratitude and recognition. However, they are not gods. They are human and they do make mistakes. Unfortunately the institutions that provide their training are almost entirely funded by pharmaceutical companies with an agenda and rigid guidelines which doctors are influenced to adopt. A good doctor will listen with care to his patient and provide options, not railroad them into a specific course of action, which they have no right to do.

## **Protection from interference**

My girls now have full natural immunity and a very strong immune system. With all of the health challenges, pain and suffering I have experienced in my life, the one good thing to come out of it is what I have been able to give my children; the

## Surviving the Pandemic and Thriving

strong foundation for health they now have. To do this, we don't need to know more about what we should do. We need to know more about what NOT to do!

Thousands of unvaccinated children like my girls have grown to be perfectly healthy adults with very few of the chronic health conditions and learning disorders plaguing the youth of today. This is a tragic situation which is being ignored by many health professionals. Unfortunately they have been deceived for many years, most of us were deceived for many years, just as we are now seeing with the misinformation about COVID-19. But ignorance is not bliss and is no excuse when so much scientific information is now available, let alone the testimonies of tens of thousands of parents. To ignore this and criticise these parents is a cruel and heartless act. Thankfully more and more doctors are being shown the statistical facts and science to reveal what is actually going on.

Most babies are born with an incredible, **perfect** immune system. Any intervention with injections throws this complex dynamic of interactive processes into confusion. **Do not interfere** with a child's immune system. Support it and allow it to strengthen. Clean air, water and environment, healthy preferably organic food and a lot of love. This is all they need to thrive. There is nothing on this planet more important.

Natural and homebirths have a very high success rate. Why? Because women were created to give birth. The more a woman can be empowered to follow her natural rhythms, the natural process of birth, the better the outcome. Yes, sometimes intervention is needed and that is a blessing. But in these times the overwhelming number of interventions and time constraints do not nurture a woman's natural processes which leads to complications. As my midwife said, her role is to protect the mother from any outside interference so the



mother can birth as she is instinctively and naturally programmed to do.

While I did not intend to add these last couple of paragraphs in this updated book, it is so vitally important. Probably more important than any other information I provide. If a child's immune system is strong and healthy, without interference from outer medical procedures, they may never need any of the treatments and remedies I discuss in this book.

### **Viruses, parasites and bacteria**

At thirty-nine I was bitten by many ticks which injected a cocktail of pathogens into my body. I became very unwell immediately. I went to the doctor who gave me one course of antibiotics. After one week of fevers, sleeplessness, heart palpitations, chest pains and many strange symptoms, I went to the hospital. The doctor checked me, gave me a little white tablet and told me I had anxiety. I said it only came on after the tick bites. He said they set it off. Having grown up with horses and dogs, ticks never worried me before. I knew something was seriously wrong. The image of my step mother, vague and distant, every day on sedatives came to me. I was not going to touch that.

### **Knocking on heaven's door**

For the next six months I saw every doctor and natural practitioner I could. Nothing stopped my downhill slide. I became severely underweight, could barely walk, sleep or eat. I spent a week in hospital. I knew I was dying. I wrote a note which I kept under my pillow, telling my children what good girls they were, in case I didn't see the night through.

### **Anxiety?**

The doctors couldn't find anything wrong and again I was told these were all the symptoms of anxiety. I sure did have

## Surviving the Pandemic and Thriving

anxiety when I was so incredibly sick and they couldn't find what was wrong and gave me no treatment options. But I began doubting myself, wondering if it was possible all these horrendous symptoms could possibly be something within me due to my traumatic past. I was discharged with antidepressants. I surrendered and took them. Now, not only was I losing my physical health, I was losing my mind as well, something I had always held onto and valued so deeply. It was unbearable.

### **Liver cleansing saved my life**

A naturopath took me off all medications, many which my liver could not process, and saved my life with simple liver cleansing alfalfa leaf tea. A year or so later she told me she thought I only had days to live when I came to her. It was a relief to hear that, to have someone acknowledge what I knew was happening within me, rather than telling me it was all in my mind.

### **The power of intention**

Although I was now able to look after myself and my girls again, my body was in agony every day. Eighteen months since the tick bites, in despair I recommenced training to be a breathwork practitioner. I didn't know how this would help me but I needed something. Anything. I set intentions to be fit and healthy, running, surfing and swimming. Within two weeks an abscess appeared on my gum. For years I had suspected that tooth was causing trouble even though I'd had it checked a number of times. Straight away I know this was a major cause revealing itself. These are some of the strange and miraculous 'coincidences' that often occur with the power of mind/body therapies.

## **Deadly teeth**

I went straight to a healthy dentist who removed the tooth revealing a large abscess. He said it would have taken years to get so big and would have been poisoning me. Although serious problems in my body remained, my strength gradually but dramatically improved over the next four months.

## **Surfing ... passion and pain**

I was strong enough to be back in the water on my surf board. It was the only place I felt relief from the mysterious and agonizing symptoms consuming my body and my life every day. The surfing gave me a passion in life, helped me to be stronger and fitter, while temporarily taking away my pain. But I knew something had to give. People saw me going surfing and thought I was fit and healthy. Little did they realise I was in severe pain every moment of every day. My life revolved around managing what I could do to get through that day until the next. The only thing keeping me on this planet was my girls. I had to be here for them.

## **Lyme disease/Molecular biologist**

Although testing in Australia continually returned a negative result, I knew my illness had to be related to the tick bites. I searched the internet and found a molecular biologist who is a Lyme specialist, herbalist, naturopath and nutritionist. With all the classical symptoms of Lyme disease, which is often transmitted by tick bites, she gave me a clinical diagnoses which was later confirmed by independent testing. She prescribed treatment to kill the pathogens and heal my body which gave me some immediate and welcome relief.

## **Cancer**

After noticing a scaly itchy spot on my back I used an ointment that eats away only cancerous cells but doesn't damage

## Surviving the Pandemic and Thriving

healthy cells. I did a few applications and it ate away a very large area of the skin on my back. I realised the problem was a lot worse than I'd first thought. It was bad enough having to deal with Lyme disease let alone cancer as well. It seemed to be one thing after another in every aspect of my life. My doctor gave me natural treatment for cancer. Over time my back worsened. One day I went to pick a weed out of the garden and had strong tearing feelings in my back and tingling in my feet. I dropped to the ground, terrified of what was happening in my body. Healing again took on another whole new level. Things were really serious now. Time for the heavy treatments and no messing about.

At times the twisting action to turn the shower on hurt, so too did opening a window. As a single mum my daughter lifted the shopping out of the car and did the heavy work around the house and garden. If I felt up to surfing she lifted my board for me. As long as I kept my back straight I could carry it down to the beach. I knew I had to stop surfing when the pain in my back, or the tingling in my feet or fingers got too bad. It took a couple of weeks to recover enough strength to surf again. I chose carefully the conditions I went out in to ensure I wouldn't jar my back. Once I got a fright when the whitewash hit my head with pain in my neck and tingling in my left fingers. I walked a fine line between life and death for a long time. I guess after coming so close to death already, and finding my way back, deep down I knew I would come through this too. Not to say it didn't terrify me at times. Or make me angry and hate life. It certainly did. But you learn to surrender. There is nothing else you can do.

### **Genetic inheritance**

Via genes and epigenetics I have inherited my grandfather's condition. He died of cancer of the spine. Thermal imaging confirmed abnormalities through my back, spine, shoulders,

both breasts and something going on in my abdomen. Again I was happy to have these results. Happy to have confirmation of something I already knew. I must say I was surprised to find it was also in both breasts. But hey, when it's through your spine, what's it really matter in your breasts as well.

### **Intensive treatment**

My next five years of treatment was intense, but natural and also very gentle. As I mention in my healing protocol, I learnt to give my body time to deal with the reaction from killing off pathogens, clearing out toxins, and the activation of my own immune system as it is fired up to repair or destroy damaged and abnormal cells.

### **Transformation**

I continued exploring deeper and more powerful mind/body healing techniques. I became a PSYCK-K™ facilitator and Genome Healing practitioner, experiencing profound transformation in my physical health and my life. Most of my ailments are gone. I am comfortable, strong and pain free most of the time. I surf, bike ride, mow the lawn and dig in the garden, sometimes for hours with passion. Yes, dig in the garden! And even lift heavy furniture. I couldn't believe it when I was able to do these things without the tearing feelings in my back anymore. For me, this was a miracle.

As I have mentioned I lost everything. But I learnt to surrender to the path life was taking me, to trust in the universal plan and wait for the next little miracle to occur. I could do nothing else. I discovered a deeper love and respect for myself that I had not previously had. A continual cascade of co-incidences that could never have been orchestrated occurred and I found myself living a parallel life filled with incredible acceptance, support and love.

### Quantum Health Introduction

When I first became unwell thirty years ago I never imagined the journey ahead. There have been many times when I didn't know if I would live or die. Many times that I just didn't have the strength to keep trying. After a lifetime of chronic ill-health I gave up on reclaiming my previously unbridled energy. I learnt to put up with and find peace in feeling unwell. But after receiving a number of tick bites, the excruciating symptoms which ensued were unbearable. I bounced from doctor to naturopath, hospital to homeopath and every other practitioner I could find. Nothing stopped my descent into a serious life-threatening condition. I had to find something, anything to escape this hell. Would I ever find my way back? I thought it impossible to be active and healthy again.

I now know the deep trauma and grief I have experienced in my life are deeply interwoven with my chronic illnesses. When we find the way to unlock and release trauma from our body and remove the underlying causes of ill-health, our body has an amazing self-healing ability. Likewise, when we delicately untangle and reframe the negative thought patterns and beliefs which underlie our illness, love and happiness will often spontaneously and unexpectedly fill our lives.

In my full book: *Quantum Health, My Journey back from Lyme, Cancer and Chronic Illness* I share my lifetime of amazing healing experiences of adoption, death, separation and deep grief. The beauty and healing power of nature and the ocean. I also detail the methods which enabled me to come to peace with some of the most traumatic events and relationships in my life, and how I came to the realisation that each one of them actually represented a part of myself, a very deep subconscious part of me that had given up on life due to the

pain I had experienced. I believe the turmoil and panic filling the world now will lead to a dramatic transformation, but in this process we need to be very strong within ourselves. We particularly need to protect our own personal energy, come back into our own personal power and have faith in the universal theme of whatever may be happening now. I cover this in detail in the energy, emotional and soul healing sections of this book. I hope to give you, the reader, a sense of hope and trust in the journey forward amid the day-to-day experiences we have to deal with in these chaotic and traumatic times. I have spent thousands of hours gathering this information along my healing journey and I trust it will be beneficial for you. This information is a guide to help you find peace within yourself, the appropriate professional advice to protect yourself and your loved ones, and to give you enough information to enable you to ask more informed questions in your quest for health.

## **What I Wish I Knew Then**

Is it possible that a few simple home remedies can save your life when you are seriously ill? Can some of the most highly advanced atomic medical research provide simple answers to reactivate and repair our immune systems and our own self-healing abilities? Can a highly sophisticated yet simple electrical device bring harmony to every cell, organ and system within our body?

Here I share a summary of the simple steps which have helped me to overcome a lifetime of chronic and serious health conditions. Chronic illness is epidemic. Every day, people are desperately searching for answers to find relief from agonizing, life-threatening symptoms.

I do not give medical advice but I happily share information which I have gathered during my healing journey. Some of

## Surviving the Pandemic and Thriving

these methods are commonly used, some are considered alternative or controversial, while others are ancient time-tested natural and home remedies. The methods and techniques that I mention might not be suited to some people, but I have complete faith in these remedies and methods due to the dramatic improvement they have provided for my health. I also share simple yet powerful techniques I have discovered to release the emotional connection to physical illness.

When someone is seriously ill or in agony every day, the priority is to treat the physical body. I have seen as many mainstream, natural and holistic doctors, specialists, and practitioners as I possibly could and have used thousands of dollars' worth of remedies and treatments. A number of these saved my life. Some of the most simple methods were the most effective to help me regain health and provide desperately needed relief. Please note, the information below is purely for informational purposes. I trust it is helpful. I recommend you find a holistic or biomedical doctor who can assist you in your healing process.

## Hidden Causes of Chronic illness

Many doctors and scientists have found pathogens to be the underlying cause of most diseases and illnesses. Dr Hulda Clark devoted her life's work to researching and removing the underlying causes of disease and illness. She correlated certain parasites, viruses, bacteria and toxins to particular diseases. Dr Clark then used simple methods to remove these from the person's body enabling a partial or full recovery. Dr Andreas Kalcker provides an intensive protocol to clear parasites from our body. This is incorporated in Kerri Rivera's protocol which I have used with great results. Removing pathogens is also the basis to Jim Humble's protocols.



Biomedical imbalances, including genetic predispositions, are linked to many health conditions. Doctors can do simple blood tests to determine deficiencies or excess levels in your body.

Louise Hay supported many people to improve their health by removing negative thoughts and beliefs linked to specific diseases and illnesses.

When we remove the underlying causes of disease our body can make a dramatic recovery. However, if our immune system has been damaged or severely weakened, using methods to repair and activate our body's own self-healing mechanisms may be needed.

- Biochemical imbalance
- Pathogens
- Trauma or stress (past or present)
- Negative subconscious thought patterns or beliefs
- Wrong medication

### **A note about allergies**

Dr Clark noted that many allergies are caused by parasites which thrive on certain foods. When an allergic person eats those foods, they are actually feeding the pathogens. When the pathogens are removed often the allergies disappear. Dr Clark also found allergies would disappear after cleansing the liver. I experienced this when my forty year milk allergy disappeared after simple liver cleansing herbal teas.

Many parents whose children suddenly and mysteriously become allergic to certain foods, or even anaphylactic, don't realise this can be due to small amounts of those foods in vaccines. This situation is more complex to remedy than simply removing pathogens or liver cleansing, due to the confusion of the immune system from the vaccines.

## Surviving the Pandemic and Thriving

Anaphylaxis has become far too common in adults and children particularly after vaccination. Removing pathogens and repairing the immune system is important but can take time. It is best to avoid all allergens especially in the case of anaphylaxis.

Iatrogenic deaths, meaning wrong medication or procedure, is one of the leading causes of death. There can be numerous side-effects to medications including vaccinations. Unfortunately, the public are not made aware of this and may go on suffering for years not knowing the cause. For many years vaccines were thought to improve health but new research has shown a negative impact on the immune system has led to many chronic conditions either immediately, months or years later. Many doctors have become aware of this but with strict vaccination legislation in place they risk losing their licence if they speak up about it.

## Hidden Causes of Anxiety and Depression

The previous list also applies to anxiety and depression. Dr William Walsh can look at someone's blood chemistry and determine with accuracy what mental health disorder they may have. Parasites, viruses and bacteria can get into every part of our body including our nervous system and create severe anxiety which is never ending. Biochemical imbalances and pathogens have also been linked to ADD, ADHD, learning disorders, autism and suicidal and self-harming tendencies. Dr Walsh states that some people, depending on the methylation processes in their body, can do well on anti-depressants while others can become worse or even suicidal (see [Balance Biochemistry](#))

There is no doubt trauma and stress create anxiety. Breakdowns can often lead to a personal or spiritual

awakening of sorts (see [Emotional](#) and [Soul Healing](#)) but when anxiety and depression consistently affect everyday life it's worthwhile exploring the possibility of pathogens and biochemical imbalances, e.g. zinc deficiency leads to high copper which is linked to depression (see [Balance Biochemistry](#)).

As a mind/body therapist I support people to transform negative thoughts, beliefs and traumas. But if someone has persistent anxiety along with physical symptoms, particularly gut trouble, I always insist they consider pathogens as an underlying cause of their inability to process their emotions effectively or relieve the tension and anxiety in their body (see [Eliminate Pathogens](#)).

### **Suicidal tendencies**

A few common causes of suicidal tendencies which can be easy to eliminate:

- **Hidden pathogens**

Many hidden pathogens have been linked to suicidal tendencies. Well known, but not often discussed, is *Toxoplasma gondii* which causes toxoplasmosis.

Kerri Rivera has many parents who report cessation of suicidal tendencies in their children after commencing her parasite protocol for a range of different pathogens (see [Eliminate pathogens, Kerri Rivera's CD protocol](#))

- **Zinc**

With a high level of teenage suicide in my area, I spoke to a biomedical doctor about this situation. He then called Dr Walsh in America to see what he thought could be the main cause. Dr Walsh said low zinc levels is the most common cause of depression which can lead to suicidal thoughts and often goes undetected and untreated. When girls start

menstruating and boys ejaculate this uses up a lot of zinc which leaves low levels in their body. If a girl begins using contraception that can heighten copper levels which in turn lowers zinc levels even more. Buying a bottle of zinc tablets from the local pharmacy, health shop or supermarket might make all the difference. A simple blood test will confirm any deficiencies (see [Balance Biochemistry](#)).

- **Wrong medication**

Dr Walsh states that some people, depending on the methylation processes in their body, can do well on antidepressants while others can become worse or even suicidal (see [Balance Biochemistry](#)).

- **Spinal misalignment**

One of my chiropractors informed me that he had a patient, a teenage girl who was suicidal. He knew misalignment of a neck vertebrae can often be linked to this condition. After an one adjustment all suicidal tendencies disappeared (see [Realign your body](#)).

### **Caution and disclaimer**

This is not medical advice. There is no medical advice contained in this book. Everything I share is purely for informational purposes. If you have any concerns for your physical or mental health please consult a qualified health professional.

I have learnt about things I would rather not know, for example, greedy people and organisations that put profits way above the health and wellbeing of other people. Many of these people are happy to slander and criticize scientifically validated treatments to increase the sales of their own toxic medications. While some of the protocols I have used have been strongly criticized or ridiculed, they have saved my life

and helped me to regain optimum health. Many are very inexpensive and affordable to everyone.

When I was seriously ill and dying, I was sent home from hospital with anxiety medication and no further help. I was desperate. I had spent years eating a healthy diet and being very careful with anything I put into my body.

### **Jim Humble**

When a health professional suggested I look into MMS and Jim Humble's protocol I thought it was crazy. Jim was gold prospecting in Africa many years ago and two of his men came down with Malaria and were seriously ill with migraines, vomiting and diarrhoea. A days walk from medical help he asked them if he would like to try his water purification drops. They did and that night they ate their dinner and the day were back at work. Jim went on to cure thousands of people in Africa of malaria and many other conditions. He found vested interests didn't like him curing so many people with this inexpensive, natural solution and authorities came down on him. He created the Genesis II Church of Health and Healing, with sacraments for taking the miracle healing water, to protect from those attacks.

After doing my own research I felt wary but confident to give it a try. I am so happy I did. While I discuss my experiences and what I choose to do when confronted with a health situation, I do not recommend this or any other remedy, treatment or method. Like all medications, some of the remedies and treatments I have used and talk about can be harmful if taken or used the wrong way.

### **Are medications or supplements needed?**

Some vital medications may be necessary. But, when we remove what is harming our body, replenish what is needed,

## Surviving the Pandemic and Thriving

and activate our body's own self-healing mechanisms, we shouldn't need to be taking countless medications and supplements. Our body is an amazing compilation of finely tuned systems capable of creating almost everything it needs for regeneration and vitality. Be open to exploring how much your body can heal itself and how strong and vibrant you can be. I know people in their eighties who have changed their diet and their blood pressure dropped to normal levels. They worked with their doctor to decrease blood pressure medication according to their health needs. We all have an amazing self-healing ability.

## My Step by Step Basic Protocol

The most simple and effective steps I found to healing! This protocol is aimed at chronic illness.

### KISS – Keep it Simple Sweetheart!

Ahead I detail all the remedies and treatments I have used, and some that I haven't but are recommended by trusted practitioners. This list is extensive and potentially very confusing. Therefore, in this **Basic Protocol** I share a few of the most simple home remedies, medical breakthroughs and methods which are the foundation of my protocol and have provided the most relief and improvement in my health.

This is a combination of techniques and treatments used by a number of doctors and healers. They are not my techniques. They are simple methods I have found to be most helpful for regaining optimum health and have been used by people wanting to overcome minor conditions and serious life-threatening diseases. Guidance with a health professional is highly recommended. There are many different treatments and remedies that may be more suitable for you. This is not medical advice. It is simply what has been the most effective for me.

I wish I knew about these methods when I was seriously ill and dying. Unfortunately, my condition was undiagnosed and I was sent home from hospital barely able to walk, sleep or eat and diagnosed with anxiety. I went to every doctor and natural practitioner I could. I reacted badly to almost every pharmaceutical medication and natural remedy I was given. I also reacted badly to every piece of food I put in my mouth and anything I put on my skin or breathed in. I now know my liver was congested causing these bad reactions. It was a living hell which gave me the passion to share this information

with others. Due to the relief and improvement I gained, not only is this what I would do if I had my time again, these remedies are the basis of my ongoing protocol now.

### **Slowly and gently is the way to go**

Early on my body would not have handled the detox or die off reaction from some of the remedies when pathogens are killed and the immune system is fired up. Cleansing the kidneys and liver is definitely the first step no matter what condition you have.

### **Herxheimer reaction**

Often when people with chronic illness begin a protocol to kill off pathogens, they experience a die off reaction when pathogens are killed and toxins are released. This reaction is called a herxheimer reaction and can be temporarily worse than the illness itself.

(See [Chronic illness and herxheimer reactions](#))

### **Step 1**

#### **Kidney and liver cleansing teas**

One teaspoon of alfalfa leaf tea seeped in a mug of hot water half an hour before breakfast and dinner saved my life when I was seriously ill. My liver flushed out and my body slowly began functioning properly again. This process is very gentle and effective. A number of different herbs can be used as a tea to flush out the kidneys and liver as listed. From my experience and the recommendations of many health professionals, cleansing the kidneys and then the liver is the most important first step anyone should take when beginning treatment for any health condition. If the liver is congested it will not filter the blood effectively having a negative effect on every area of the body. As I experienced, this may not show



up on blood tests. Kidney and liver cleansing teas can be bought online or in health shops

([see Detoxification](#))

[drclark.net](http://drclark.net) [sandracabot.com](http://sandracabot.com) [mullumherbals.com.au](http://mullumherbals.com.au)

## Step 2

### **Bicarb soda or hydrogen water to alkalize the body**

Parasites, viruses and bacteria cannot survive in an alkaline environment. Bicarb soda provided almost immediate relief of agonising Lyme disease symptoms, including fibromyalgia symptoms with continual pain and cramping in my muscles. It also minimised the symptoms of herxheimer reactions. Before I took bicarb, thermal imaging confirmed abnormalities of suspected cancer in many areas of my body including my back, spine and both breasts. Due to the enormous amount of relief I gained using the bicarb that is all I took for six months. My next results showed some areas the same, some improved and some completely resolved.

While there is a belief taking bicarb due to its neutralizing effect on stomach acid, the profound relief I had outweighed the possible side effects. This is something to be aware of and research or seek professional advice if you feel the need. If you have stomach acid problems, hydrogen water or Kerri Rivera's Hydroxide water may be a better option if you (as listed in Part 2).

Simply dissolving bicarb in water and spraying on the body was incredibly effective to reduce muscular pain, tension and anxiety. Following recommendations, I took one teaspoon four times a day, forty minutes to one hour before food. Starting with a smaller amount may be required particularly for people with arthritis as reports have shown it will breakdown calcium build up very quickly.

## Surviving the Pandemic and Thriving

(See [Alkalize Your Body](#)).

### Step 3

#### Diet

A basic diet of whole fresh vegetables, healthy natural oils, some fruit, and protein is the way to go. I found it very important to **eliminate grains**. When I did so I was surprised with the significant improvements I gained. I have trialled many diets including vegan and vegetarian but really struggled. I have found that I do best on the paleo type of diet, occasionally also doing the keto diet.

**Fermented food and drink** provide beneficial bacteria which is crucial for gut health.

(See [Diet/Gut Health](#))

### Step 4

#### Positive Intentions and Stress Release

When we're stressed our body is in fight or flight mode. This will create tension in the muscles restricting blood flow, and cause our cells to be in protection mode rather than repair and regenerate. Even if you don't feel it is possible, set intentions and positive affirmations about being well, such as;

- 'My body can heal and repair in every way'
- 'I am strong, healthy and well'
- 'I am safe and loved'

Even if you are seriously ill and need medical care, this is a simple step to take and will help to calm and relax your body and create a healing effect on a cellular level (see [Emotional Healing](#)).

## Step 5

### Eliminate viruses, parasites and bacteria

There are many ways to kill pathogens. Most people have parasites but don't realise it. Testing is never accurate. Many people have seen parasites eliminated after treatment which did not show up in testing. Recommended treatment is never usually sufficient. Everyone, especially children should be wormed regularly.

I found Kerri Rivera's protocol below the most simple and effective way to kill most pathogens. However it is not approved for therapeutic use in many countries. Best to speak to your doctor about it.

(See [Kerri Rivera's protocol](#))

The next most effective method I have used is **essential oils** which have been found to have strong anti-microbial, anti-viral and anti-parasitic properties.

(See [Essential oils](#))

Pharmaceutical medications **Mebendazole** (Vermox) and **Pyrantel** (Combantrim) are highly recommended in Dr Kalcher's parasite protocol. He says these medications are very effective with minimal side effects. He does however recommend three months of treatment rather than just one dose as listed on the packet bought from the pharmacy. Larger quantities at a much more affordable cost can be prescribed by your doctor. Kerri Rivera includes this protocol in her CD protocol.

(See [Eliminate Pathogens](#))

### Step 6

#### Repair the immune system

There is nothing more powerful and effective at healing our body than our own immune system. These steps are advised to be taken slowly. Each one of these products can fire up our immune system dramatically, potentially causing a reaction when our own immune mechanisms attack pathogens or unhealthy cells. This is a good thing; a very good thing, but if you have a chronic illness it needs to be done slowly. If you are simply wanting to enhance your health and vitality, not as much caution will be needed and you'll probably notice fast improvements.

(See NRF2, Redox and GcMAF below)  
(and [Activate self-healing/Immune repair](#))

#### NRF2

From the day I began taking NRF2 thirty years of chronic fatigue disappeared. Yes, for me this was a miracle. Dr Joe McCord found that oxidative stress and damaged mitochondria are linked to the beginning state of all disease and illness. He and his team worked to develop NRF2 which regulates gene expression; upregulating helpful genes and downregulating harmful genes. Some of these genes are involved in the production of our body's own antioxidants. This in turn activates detoxification at a cellular level. NRF2 also detoxifies the liver. From the first day I began taking it, thirty years of chronic fatigue stopped and at the time of writing it has now been close to two years! I wonder if my lifetime of ill-health was due to high levels of oxidative stress which my body, due to toxins or imbalances, had not been able to detoxify.

For more info or to purchase: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## Redox signalling molecules

Within minutes of using redox signalling molecules I felt a nice tingling sensation in many areas of my body with a strange tightening then relaxation. Dr Gary Samuelson, an atomic medical physicist who worked to replicate and stabilize this product, explains that redox signalling molecules are a number of compounds produced by the mitochondria and act as either cellular messengers or cellular activators. They play a vital role in almost every function of our body, including repairing of cells, regenerating and replenishing, energy production, detoxification and activation of the immune system.

My grandfather died of cancer of the spine. When I had tearing feelings in my back and tingling in my feet, I suspected the same. Thermal imaging confirmed abnormalities through my spine, back, shoulders, and both breasts. Within a number of months after using redox signalling molecules I felt a profound strengthening in my back with less tearing and tingling sensations. The relief and gratitude were immense.

For more info or to purchase: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## GcMAF

When I began using GcMAF I felt strong herxheimer reactions when my own immune system was activated and pathogens were being killed off. GcMAF is a protein our body makes which is found in high levels in mammalian milk. It helps to upload Vitamin D and activate our macrophages, a type of white blood cell which is a vital part of our immune system. Many people are low in GcMAF.

For information where to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### Step 7

#### Organic Essential Oils

When I was extremely ill my whole nervous system felt like it was on fire. I was overly sensitive to all stimulation both physical, mental and emotional. Sounds, being touched and stress all triggered extreme discomfort in my body. Ylang Ylang oil rubbed on my ears provided a surprisingly high level of relief. It was only temporary but helpful each time. Peppermint oil capsules or a drop on my tongue dramatically eased digestive problems. Later, with severe back troubles, peppermint oil down my spine was incredibly beneficial providing deep relaxation of the muscles and relief of pain.

(See [Essential oils](#))

For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### Step 8

#### Balance biochemistry

A biomedical doctor can conduct a range of blood tests to see if you have any imbalances, genetic predispositions, toxins, pathogens etc that may be affecting your physical or emotional health. Specific treatment and supplementation can then be given.

(See [Balance Biochemistry](#))

### Step 9

#### Dental cleanse

Hidden infections and toxic fillings can have a profound effect on our health. A simple filling gone wrong led to a dead tooth and hidden abscess which poisoned my body. I had dramatic improvement when the tooth was removed.

(See [Detoxification](#))

## **Step**

### **10 Love**

The more love we feel within ourselves and have in our lives, the more happy hormones are released into our blood. Exercising, eating, meditation, sex, being in love, spiritual practices and connecting with nature can all produce endorphins, dopamine, serotonin, oxytocin and more. These happy hormones have been scientifically proven to regulate gene activity and create a healing response in our body.

(See [Energy](#), [Emotional](#) and [Soul Healing](#))

## The Healing Journey

### Epigenetics: Belief and Biology

Our genes are hereditary, passed down from our mother, father, and all of our ancestors. So too are many of our conscious and subconscious thoughts and beliefs. Pathogens, that have been linked to particular diseases and illnesses, can also be passed down through the generations. The expression of our genes can be altered depending on our environment, the food we eat and the stressful or happy thoughts that we have. This is called **epigenetics**.

This begs the question, 'Are the illnesses we experience, which often run in the family, due to:

- A. Our genetics
- B. The food we eat and environment we are exposed to which affect our gene expression
- C. The mental or emotional family conditioning and patterns we have grown up with that also affect our gene expression  
or
- D. The viruses, parasites and bacteria that have been passed on within families?

Science is proving the answer to that question to be: **All of the above.**

### Chronic Illness and herxheimer reactions

By the time a condition becomes chronic, parasites, viruses and bacteria have usually entered many parts of our body. There is often an accumulation of toxins and many systems within our body may not be functioning properly. Therefore, care must be taken not to overburden your body when you



begin treating these conditions. Take time to allow your body to detoxify, readjust, recover and repair.

People with chronic illness must always start any new protocol slowly in case of a die off reaction when pathogens are killed and toxins are released. This reaction is called a herxheimer reaction and can be temporarily worse than the illness itself. When this happens it is recommend to lessen treatment or stop altogether and begin again at a slower pace when you feel better. It is essential to have a good detox programme (see [Detoxification](#)) in place to help your body to deal with the released toxins. I have found bicarb soda to be incredibly effective at reducing or stopping herx reactions.

### **Breakdown, repair and regenerate**

It is extremely important to follow your instincts and tune in to what feels right for you. Once initial treatment has commenced, recovery from chronic illness can take time and adjustments to treatment protocols are often needed as time goes on.

### **Cancer recovery ... allowing the healing process**

I was told that when using treatments for cancer those areas can become sensitive as the immune system is activated and goes to work breaking them down. This is exactly what I experienced as areas of suspected cancer in my body became very tender. This at times may be confused with a problem in the body. I found I needed to allow this process of breakdown, repair and regeneration to unfold as my body was ready for it. I took higher doses when I felt up to it, and if I felt too drained or weak I lessened or stopping treatment until I felt ready for more. Seek professional support if you have concerns. Whether the feelings in your body are a problem getting worse or a natural healing process, never forget to tune in to your intuition as it is usually right.

### **Emotional connection**

I was always a one pill wonder type of person. Just give me the medicine so I can get on with enjoying life. Until I became so dependent on more and more medication and eventually it didn't work anymore. I have discovered that when we clear the emotional connection to illness, health can be restored much more quickly. In acute or life-threatening situations there is no point looking for the emotional connection. Treatment has to be the priority. Once the situation is no longer serious, this is when the emotional connection to physical illness may present itself or be addressed if you choose to do so.

The underlying spiritual and emotional connection to all physical and mental dis-ease is not loving oneself fully.

### **Finding a deeper meaning?**

Is there a message or something positive that can be found within your illness or negative experience? Is it possible you are carrying a burden of genetic memory passed down through the generations? Can your illness be alerting you to parts of yourself that have been hurt and closed down in defence? By listening to the messages of our body are we able to discover a deeper love within ourselves?

After a lifetime of chronic illness and suffering I can answer yes to all of the above. I have experienced all of these to be true. I've been on an incredible journey of healing, a journey I certainly would not have chosen to take, but what I have learnt and the strength I have gained has given me so much. I can't say I wouldn't take it all back, because I have been to the brink of death, to the darkest depths of my soul, and it was hell. A living hell that I never, ever want to experience again.

But by searching for a deeper meaning to it all, what I have found within this journey, within myself, is so very precious and wonderful. Illness has pushed me to let go of people or experiences that were not nurturing me. To face my fears and turn them into love. Instead of being filled with fear and struggle as I previously was, trying so hard to make life work, I now find life flowing so easily and effortlessly, filled with love and joy. I have learnt to love myself fully. At times I find myself walking around smiling, beaming with happiness and contentment, a contentment I never felt before.

My health is not yet one hundred percent, but I'm living a full and active life. Before I got Lyme disease I surrendered to chronic fatigue, stopped trying to get any better and lived a limited life. I gave up my search for improved health. But now I may be healthier than many people who feel well, or think they have as much vitality as they can at their age, because I found the underlying causes of most ailments and the way to remove them. Most people don't realise how easy it might be to do the same and regain a huge amount of health and vitality.

I know I can achieve even more so I won't limit myself. As feel comfortable, I strive to achieve higher levels of health and vibrance. For many years I had to be very careful due to the delicate state of my health, but slowly I began to feel the cause of my illnesses falling away. Step by step, I became stronger and healthier. Now, I can do more, lift more and surf more than I have in many years. I feel myself continuing to grow stronger every day. I have seen and spoken to many others who have had similar recoveries after thinking it was never possible. Believe me. It is possible.

### **The Whole Picture**

Healing the physical body is so much more effective when combining methods for healing the whole self; mind, body and soul. My healing protocol combines all of the most effective and useful information I have gathered over my lifetime from many varying protocols and treatments. There are many places you will find much more information. I have just brought together what has been most effective for me. When I was gravely ill, I kept thinking there must be someone or some health organisation who has the answers to the horrendous illness I was experiencing. Thankfully there was, but it wasn't just one answer or one resource.

I have discovered there are many doctors and researchers doing some brilliant work which has been extremely helpful, but unfortunately their work is not available through mainstream channels. It took me years to find the answers I needed and to put them all together in a way which worked for me. Some of these remedies are so simple and have been incredibly effective at helping me to regain health after nearly dying and being seriously ill for many years.

I have suffered with varying chronic and serious illnesses for most of my life, including chronic and severe asthma, allergies, recurrent sinus infections, headaches, digestive problems/IBS, chronic fatigue, post-traumatic stress disorder, depression, anxiety, early symptoms of multiple sclerosis, fibromyalgia symptoms, Lyme disease and suspected cancer throughout many areas of my body. I say suspected cancer because I chose not to have a biopsy or invasive testing.

Some experts believe puncturing a tumour or cancerous area can release cancerous cells into the blood stream which may then spread to other areas of the body. There are also reports that radiation used in testing can amplify problems. One of

my doctors recommended thermal imaging which confirmed areas of moderate level abnormalities in my back, spine, breasts, shoulders and neck, much of this on my right side leading down from a hidden tooth abscess. Thermal imaging also detected inflammation from partially dead teeth which did not show up as an obvious problem in x-rays. The worst of my trouble presented in my spine with pain and tearing sensations, accompanied with tingling in my hands and feet, and weakness and partial paralysis especially down my right side. For a few years I was very fearful of what was happening in my body but I kept going, searching and trying more and more remedies until I felt improvement in my overall health.

## **Testing**

I have had a lot of testing in the past which has never been accurate to diagnose my different conditions over the years. Although a correct diagnosis can be helpful, I was able to overcome serious life-threatening illness without knowing at the time exactly what was wrong. When you activate your body's own self-healing mechanisms and your own body heals itself, it doesn't really matter what was wrong. As long as you get better, that is the desired outcome. Seven years after being sent home from hospital, told I had anxiety when I was at death's door, I finally had independent testing to confirm a number of serious conditions. By then I was well on the road to recovery.

When testing for tick borne illnesses including Lyme disease, I used Australian Biologics in Sydney who have internationally recognised testing methods:

[australianbiologics.com.au](http://australianbiologics.com.au)

Thermal imaging can detect changes in cells before a tumour develops, therefore it has been found to be more effective than mammograms. There are a number of thermography

## Surviving the Pandemic and Thriving

specialists in Australia and other countries. I have used a fantastic service on the Gold Coast by:

[goldcoastthermalimaging.com.au](http://goldcoastthermalimaging.com.au)

Ultrasound has been recommended to me as a fairly safe alternative to potentially harmful testing methods such as x-rays and MRI. It seems counterproductive to use methods which potentially cause cancer to detect cancer. I would only use these methods if absolutely essential and as little as possible e.g. a dental x-ray before removal of a tooth. All doctors can give you a referral for an ultrasound.

### **Open your mind**

‘Be open to new learnings’. This is one of the most important statements for every individual on this earth. Somehow people have been caught in a rut believing only one side of view regarding so many issues. This unfortunately keeps us stuck in ignorance unable to process new information which could be valuable and lifesaving.

There are many different options in health care. There are so many lessons and experiences available to us in life. Be open and inquisitive when a new way of thinking or an alternative treatment or remedy presents itself to you. It may just be what you or your loved ones need.

During my lifetime with all the practitioners and experts I have been to and listened to, many have conflicting views and advice. Some criticise the work of others even when good results are achieved. There have been and continue to be so many new and incredible discoveries made every day, simplifying and/or revolutionising medicine. Many times I have been advised that a certain remedy is useless or even harmful, but it turned out to be very beneficial. We are all

individual. Something may work well for one person but not for another.

We need to give people the freedom and respect to make their own informed choices of medical treatment. At the same time everyone needs to be wary of poor advice and con artists taking advantage of the vulnerable which can happen on all levels, from individual practitioners to large companies charading as respected health advisors. With overwhelming levels of illness in many societies around the world, individuals, practitioners, scientists, researchers and regulators need to accept and respect the work of genuine health professionals or pioneers who are having success for their patients without causing harm.

## **What should I do? How to take away the confusion**

### **Mental/emotional choices**

We all know about the brain in our head, but did you know we also have a brain in our heart? Yes, some people may say men have a brain elsewhere too. And then there's our gut instinct which can give us signals and messages. They all come in handy at times and have very important roles.

To be able to make the right choices for our overall health and wellbeing, we need to be silent and calm. To really tune in to our own inner wisdom or divine guidance, and trust in our own instincts. As documented by the **HeartMath Institute**, the best way to do this is to be heart centred. When we react due to fear, we often can't think clearly and make choices that are not in our own best interests. But when we take a moment to become heart centred, all of the signals from our heart to our brain are coherent and synchronized, we can think clearly, tune into our own inner wisdom, and make choices best for us. Reaching this space of peace and calm is also said to be the place best for receiving divine guidance.

### Heart Centred Breathing

- Simply put your hand on your heart
- Breath full relaxed breaths into your belly
- Imagine the energy of your breath filling your heart
- Activate a positive feeling such as love, acceptance, caring, gratitude.

<https://www.heartmath.org/>

### Physical choices

There are so many possible options to take when you are not well. How do you know what is right for you? It would be ideal if we could follow one protocol set by experienced health professionals but due to the complexity of current health conditions and each person's individuality, treatment protocols are very dependent on the effectiveness and response from each individual.

After seeing as many practitioners as I could, with symptoms still remaining, I began to read and learn more about any treatment or remedy I was interested in or had been prescribed. I took advice from practitioners and listened to the feedback from other people. I began to develop an understanding of what was happening in my own body. I began to trust in my own common sense and intuition.

Introducing more unconventional treatments became confusing at times e.g., bicarb, an antioxidant, cannot be taken with MMS, an oxidant, or the MMS will be negated. Probiotics cannot be taken at the same time as antimicrobials or the beneficial bacteria will be killed. I experimented to find what worked best for me. After a number of years taking many of these remedies, I knew very well the effects they would have on me and when the best time for me to take them was.



Early on, out of curiosity I began to use a pendulum, checking and cross checking the results. While I've been very sceptical of this in the past, I was quite surprised by the accuracy. I stated, 'My name is Dianne,' and the pendulum swung clockwise. I then stated 'My name is George,' and the pendulum swung back and forth. 'MMS1 is the best for me now.' The pendulum swung clockwise. 'MMS1 is not best for me now.' The pendulum swung back and forth. Time and time again when I tested and retested all the different remedies with the pendulum it gave me clear direction. Every day I checked and cross checked to confirm which remedies were best for me to take at that time.

Later I learned from someone to draw a large semicircle, similar to a protractor, on a piece of paper with lines numbered one to ten. Then, hold the pendulum at the centre point and when asking about a particular remedy or situation ask the question, 'How beneficial is this for me now?' followed by, 'How harmful is this?' I was shocked to discover how accurate this can be when the results coincided with all my experiences I'd had so far.

While I was amazed how the pendulum confirmed my choices, the most important thing to do is make sure you research, learn, and follow your own common sense and intuition about what treatments and remedies are right for you.

### **More on the underlying causes of disease and illness**

Much of the latest research worldwide shows that most diseases and illnesses, including cancer, Lyme disease, neurological and autoimmune disorders are caused by toxins and/or pathogens; parasites, viruses and bacteria. This corresponds with my experiences. Parasites have been discovered inside cancerous cells, and once the parasites are killed the cells can repair or die off. Many people with multiple

## Surviving the Pandemic and Thriving

sclerosis, Alzheimer's, Parkinson's, autism, mental health problems and more, have had incredible recoveries when treating for Lyme disease caused by a bacterial infection.

Rather than just treating the pathogens, for full recovery we need to look at why our body was vulnerable to the pathogens. It doesn't matter what you are treating for, the same overall methods to truly recover health are the same. And that is exactly where the focus needs to be; not on overcoming the illness, but recovering overall health, for illness and disease cannot survive in a healthy body. Even if we do eliminate disease, if the body is not healthy, disease will usually return in one form or another.

I've had treatment in person, over the phone, and online with a huge number of local doctors and specialists, naturopaths and holistic practitioners, international doctors, energy healers and so called 'snake oil sellers'. I have used numerous protocols, eaten bugs and experimented with many gadgets, devices and seemingly toxic substances. I have followed the work of many doctors, specialists and researchers from around the world. I've spent six years participating in online support groups, every spare moment, often from daylight until after dark speaking to hundreds, thousands of unwell people. From all over the world, using all and more of the methods I list for nearly every disease or illness you can think of, they share their experiences, hardships, setbacks and successes. The underlying principle for successful recovery of their health is always the same whether treating for Lyme disease, cancer, allergies, digestive problems, neurological or autoimmune diseases, mental health conditions, chronic fatigue or anything else, despite whether or not they have even received a diagnosis.

## **What is the answer to good health?**

The answer is getting rid of what is harming the body and the mind and replenishing what is needed. Simple right? Yes, it is simple but it can be hard work. If you have been unwell for a long time reversing the steps that led to chronic ill-health can be tedious and take time, precious time that you need to allow yourself. But the rewards are well worth it! For recovery of optimum health we need to commit fully to ourselves, body, mind and soul, from what we put into our body, to the way we think and what we believe. We also need to take a close look at the people and experiences we allow into our lives. I believe we can have good health instantaneously but it's letting go of old patterns that may not be nourishing us any longer that can be challenging. The ways we have lived our life, the food we eat, our thoughts and beliefs and our deep inner feelings.

Looking back over my life each different form of illness I've experienced has been successfully overcome using basically the same treatment principles:

- Cleanse and detox (including dental)
- Whole food diet
- Kill pathogens
- Replenish good gut bacteria
- Repair immune function
- Repair cell function
- Realign the body
- Balance biochemistry
- Harmonise the frequencies of the body
- Unlock the underlying emotional connection to physical illness and the corresponding cellular memory held in the body
- Connect to a higher love and oneness

### **Activate your body's own self-healing abilities**

There is nothing more powerful than your own immune system. The intricate processes within our body interact with perfect precision. When this is disturbed, thrown out of balance and not functioning properly, disease states form. Many of the steps I share will help to restore health, but it is our own immune function that will ultimately enable us to regain and maintain good health.

### **Trust in your body**

When you cut your finger how does it heal? It just does. Our body knows exactly what it needs to do to heal itself. It's just that we humans are destroying our external and internal environment. When you take away what is harming your body and give it what it needs, trust fully and wholly in your body's own ability to heal itself!

### **All in your head? The mind/body connection**

The worst thing most patients with chronic illness hear is that it's all in their head. After years of undiagnosed chronic illness at times I was told it was simply anxiety. I spent many years exploring within myself to find how and when these conditions could have been created in my mind. After many years I finally received test results proving it wasn't all in my head and pathogens had been causing much of my ill-health over the years. In the meantime, I did find and release many underlying stresses that had left my immune system weakened and vulnerable to those conditions.

Each time I released a trauma or energy blockage within my body I found improvements, either due directly to the release of stress within my body, or thanks to a treatment or remedy that I would coincidentally read or hear about which was particularly helpful for me at that time. This was a seemingly

miraculous process that occurred so many times I learnt not to question it, but simply to have faith in and appreciate it. My experience corresponded with Louise Hay's teachings that each illness has an underlying emotional connection, and it reaffirmed my belief in the words of many wise teachers who state that when we do the inner work the outside world will follow suit.

This is not to lessen for one moment the severity of some physical conditions and their absolute need for medical or natural treatment. I know people who have had miraculous healings, including a good friend of mine who had relief from serious, long term chronic illness due to Lyme disease and tick-borne infections, after receiving reconnection healing. While I have wished so many times to have this type of experience, I have come to the conclusion my need for physical remedies has helped me to become grounded and centred within my body which I have found difficult to do most of my life. I also suspect I needed to do the hard yards to clear so much of the pain I carried, which actually became a blessing, enabling me to reach deeper levels of love than I had ever experienced before. Nonetheless I believe energy medicine and the power of our mind should never be underestimated.

### **Do you give away your energy, your life force?**

While much of the latest research shows that parasites are an underlying cause of most diseases and illness, Louise Hay suggests that parasites in our body represent giving away our power to others. Therefore, the people, past and present, that we have in our lives, and our conscious and/or subconscious thoughts, beliefs and feelings about these relationships, has a direct and significant effect on our health or ill-health. This coincides with the work of Dr Klinghardt who insists that psychological work is a vital part of health

## Surviving the Pandemic and Thriving

recovery, emphasising that addressing parasites needs to be a priority for all chronic conditions.

Dr Klinghardt has found big emotional shifts occur when we cleanse parasites from our body and we need to be prepared for the possible release of long held traumas or emotional hurts when doing so. Although this concept may be new to some, just being aware of it may be beneficial to understand some of the experiences you have before, during or after treatment. I had this experience during liver cleansing but didn't realise the connection at the time. Due to traumatic events in my early life I had done a lot of counselling and breathwork before I became seriously ill with Lyme disease. This helped me to deal with the experiences that were arising. I was also very aware of the effect my feelings about the relationships with people in my life, past and present, had on my physical body. I have no doubt this is a very significant key in our recovery from chronic illness.

### **Take control of your health**

While the basic principle to health recovery is the same, I don't know one person who has had identical treatment to another. There are always variables to consider such as what we eat, the exercise we do, our individual biochemistry and the different practitioners, medications and treatments we have access to and so on. One treatment for parasites might not go well for one person but is perfectly suited to another. At times two highly regarded practitioners may provide you with conflicting advice. Therefore, it is very important for each of us to work out what is working well for us. Study, research and speak to others who have had the condition you are experiencing. If you are able to, seek out a team of good practitioners you feel confident with and don't hesitate to obtain a second, third or twentieth opinion.

If you begin a treatment and it isn't working for you, be open to investigating why that might be. Are you taking the correct dose? Maybe you are having a herxheimer reaction, which often occurs before improvement. Talk to your practitioner. Unfortunately, sometimes due to the intensity of some illnesses people find it difficult to receive enough practitioner support. This is where online support groups can play a vital role. If you feel something isn't right always listen to that voice within. Is the alarm going off for fear of uncertainty, or is there a genuine reason for you to be concerned and a change in your course of action is required?

It would be very easy if we could just go to a doctor, take a pill and be done with it. With the complex conditions occurring in current times, recovery of optimum health usually takes a little more than that, but it is very achievable. I have spoken to people in wheel chairs with multiple sclerosis and mothers of severely autistic children who have experienced huge recoveries by taking control of their health and following the basic principles that I discuss here.

What to do if you are bitten by a tick, suspect Lyme disease or have symptoms of any disease or illness which is mimicked by Lyme disease?

If you are bitten by a tick, even if you don't have any symptoms, many forms of bacteria can lay dormant within the body for years so it is strongly recommended to take preventative action. Lyme disease can become serious and life-threatening. When treated early within the first 6-8 weeks treatment can be very successful. Left untreated it can become chronic and very difficult to treat. Unfortunately, most health departments in many countries don't provide adequate treatment for Lyme disease or tick-borne illness and suggest that Post Lyme Disease Syndrome is the cause of on-

## Surviving the Pandemic and Thriving

going symptoms when they are unable to treat it properly. This belief has been ridiculed by Lyme specialists and patients.

I found a Lyme specialist online in America who is a molecular biologist, herbalist, homeopath and nutritionist which I found very helpful. There are very few medical or natural health professionals in Australia who are knowledgeable enough to treat Lyme disease, Lyme-like or tick-borne illness effectively. Even if they are up to date with the latest protocols, unfortunately, doctors may not be able to provide that treatment due to regulations on treating Lyme disease. In Australia a number of doctors have had their licence restricted for doing so.

The Lyme Disease Association of Australia have a comprehensive data base of information about Lyme disease and tick-borne illness, including recommended treatment protocols, Lyme literate practitioners, and the current medical and political stance in Australia. The Karl McManus Foundation is also dedicated to prevention and treatment in Australia. Many countries have Lyme disease organisations providing similar information in their country which can usually be found easily online.

Australia – [lymedisease.org.au](http://lymedisease.org.au)

America – [lymedisease.org](http://lymedisease.org)

### **Lyme literate doctors**

Many Lyme literate doctors and associations who are knowledgeable about treating Lyme disease will recommend six weeks of antibiotics, after receiving a tick bite. If you have a chronic condition, long-term antibiotics may be recommended. Short and long-term antibiotics can have mild to severe side effects. Some holistic Lyme literate doctors may recommend natural alternatives which can be very powerful or a combination of both.



## **Mainstream medicine**

Some people who are bitten by a tick and present to a doctor in Australia are given the recommended 6 weeks antibiotics. Unfortunately, most people report being sent home with inadequate treatment. The health department in Australia, at the time of writing this book, does not recognise Lyme disease therefore treatment is not readily available. In fact many doctors have been reprimanded for using unconventional treatments, which are commonly used overseas, to address the symptoms of Lyme disease.

## **Overseas clinics**

There are numerous clinics around the world, such as in Germany and Cypress, which provide specialised treatment for Lyme disease using many natural and advanced treatments. Occasionally some people don't have good results but most people have improvement.

## **Natural approach**

There are many natural remedies and treatments which have been used to kill bacteria that may have been transmitted by a tick including:

- Essential oils
- Herbal tinctures
- Homeopathics
- Silvercillin/colloidal silver
- MMS1/CD
- Redox signalling molecules
- AmpCoil
- Rife / Dr Clark Zapper
- Bioresonance
- Hyperthermia
- Ozone treatment

## **My preferred treatment if bitten by a tick**

If I am bitten by a tick I always use MMS and I may use one or a number of the following as well:

- MMS1/CD and MMS2 following Jim Humble's protocols
- Essential oils
- Colloidal silver
- Antimicrobial herbs
- Homeopathics
- AmpCoil

## **Extensive protocol Recovery of Optimum Health**

With incredible advances in modern technology and research methods, new medical discoveries are being made all the time. Therefore, the protocols I have used are always open to change depending on new advancements in treatments and their outcomes. I have listed almost every remedy I have used but not all that have been prescribed by complimentary doctors or the molecular biologist who treated me. This is purely because the information is very complex and I do not feel confident with my knowledge to share all those details.

The basic principles to health recovery always remain the same - remove what is harming your body and replenish what is needed. Below are the steps towards health recovery that I have found to be the most effective in order of importance and accessibility. You can immediately change what you put into your mouth, what you think, and what food you buy from the shops. It is also very important to get the detoxification pathways and self-healing mechanisms in your body working as soon as possible, hence the order of steps I list here:

### **Steps to health**

For full recovery of optimal health these are the steps I cover in great detail in this section:

- 1 Detoxification
- 2 Stress release and positive intention
- 3 Diet/Gut health
- 4 Alkalize your body
- 5 Activate self-healing/Immune repair
- 6 Eliminate pathogens - parasites, viruses, bacteria and mould
- 7 Balance biochemistry

## Surviving the Pandemic and Thriving

- 8 Realign your body
- 9 Exercise
- 10 Energy Healing
- 11 Emotional Healing
- 12 Soul Healing

# 1 Detoxification

## Kidney and liver cleansing

The most important step before commencing any treatment or protocol is cleansing our two main filtering organs. Many processed unnatural foods are hard for our body to digest and can lead to congestion in all areas of our body. Parasites and toxins can also create blockages. We change the filters in our cars and appliances regularly but rarely cleanse the filters of our body. Imagine if your sewerage pipes blocked up, what a mess there would be. This is what happens in our body which needs to deal with excess waste which is not being filtered properly when our kidneys and liver are congested.

While there are many methods to detoxify the body, cleansing these two major organs is a vital first step. There is no doubt simple liver cleansing saved my life. It is recommended to commence a kidney cleanse before the liver cleanse so the kidneys can be prepared and ready to handle what is released by the liver. I was given Juniper berry tea for one day to cleanse my kidneys but I was in such a serious condition my naturopath put me straight onto the liver cleanse. My health was deteriorating so quickly I have no doubt this was a wise step for me and saved my life. Many kidney and liver cleansing herbs can be bought over the counter at health food stores, herbal dispensaries or online. Tinctures are also available and can be stronger than teas. I have been happy to stay with the warm, soothing effect of the teas rather than tinctures which was recommended by one of my practitioners. I was instructed to take one teaspoon of one herb, or a mixture of herbs, half hour before breakfast and dinner.

[drclark.net](http://drclark.net)

[sandracabot.com](http://sandracabot.com)

[mullumherbals.com.au](http://mullumherbals.com.au)

### **Kidney cleanse**

The kidneys filter our blood to produce urine composed of extra fluid and waste products. They work to balance sodium and water, acidity and alkalinity. The kidneys play a vital role in removing heavy metals. There are many herbal teas for kidney cleansing such as:

- Juniper berry
- Hydrangea
- Gravel root
- Marshmallow
- Goldenrod
- Ginger
- Parsley

### **Liver Cleanse**

The liver is one of the most important organs in our body. It filters our blood removing parasites, viruses, bacteria, dead cells, cancer cells and toxins. If the liver becomes congested many of these substances recirculate throughout our body having a detrimental effect on every system. When using treatments to kill parasites, viruses and bacteria, liver cleansing is a vital step to remove these pathogens and the resulting toxins and to minimise 'herxheimer' reactions.

I cannot repeat it enough; liver cleansing was the most valuable and effective method to improve my health when I was seriously ill. There is no doubt that just one simple mug of alfalfa leaf tea morning and night saved my life. Within one day the area of my liver felt very swollen as though I had a football under my ribs. Later that day I went to the toilet and knew my liver was flushing out. From then on my health slowly began to improve. After a number of months, I realised

all my food allergies were gone. I use a number of herbal teas for cleansing the liver daily such as:

- Alfalfa leaf
- Dandelion leaf
- St Mary's thistle
- Liquorice root
- Skullcap
- Peppermint
- Fresh lemon and ginger

## **Dental Cleanse**

Bacteria and hidden infections such as those beneath root canals and dead teeth have been linked to cancer and serious heart conditions. The bacteria from these dead teeth goes directly into the blood stream potentially poisoning the whole body. As my dentist says, most people with amalgam fillings will have a mouth that is shut down by workplace health and safety. Amalgam fillings release heavy metals, mercury being the most toxic. Removal of these fillings is recommended, but must be done with extreme caution by a highly trained dentist using specifically designed safety methods to prevent mercury poisoning. Protective methods used will be a rubber dam to prevent any filling material falling down the throat, separate oxygen supply, and very high speed suction to remove filling material and the air around it while drilling occurs. Unsafe removal of amalgam fillings can result in serious heavy metal/mercury toxicity.

Removal of amalgam fillings and dead teeth can be a big shock to the body. When I was seriously ill, I know my body would not have handled the procedure of either. I had done a lot of liver and kidney cleansing with the herbal teas when I discovered a hidden abscess and subsequent removal of the tooth enabled significant improvement in my health.

## Surviving the Pandemic and Thriving

Thankfully my amalgam fillings had been safely removed many years before.

Since finishing part 1 of this book, I rubbed the redox gel on the gum of a tooth I had been suspicious of for a long time, but was avoiding losing any more teeth. Later I felt tenderness and a slight shooting pain. Immediately I was sure there must be a problem. Thermal imaging confirmed inflammation feeding down my throat in the area of two teeth which didn't show obvious problems on an x-ray. While I avoid x-rays my dentist does recommend an OPG before any major procedure. He did a cold test on all my teeth and detected one that was unresponsive, meaning the nerve was dead, and one which was over-responsive, which is often due to one or more dead nerves in the molar making the other nerve/s extra sensitive. Due to my health history, I insisted on removal of both teeth which were confirmed to be almost all dead but one nerve.

Hal Huggins - [hugginsappliedhealing.com](http://hugginsappliedhealing.com)

### Heavy metals

The harmful effects of heavy metals on the body are well documented and are proving to have a much bigger link to disease and illness than first recognised. Heavy metals are everywhere in our environment and are found in our air, food, water, medications, tooth fillings and can be held in every area of the body with potentially detrimental effects to every system of the body.

There are a number of methods recommended to remove heavy metals from our body. These are called chelators. I have used:

- MMS1/CD
- Homeopathics
- Cilantro



- Spirulina
- Chlorella
- Diatomaceous earth
- Activated charcoal
- Bentonite clay
- AmpCoil

Also highly recommended are:

- High silicon mineral water
- Ionic foot spa
- DMPS

## **Binders**

When detoxing heavy metals it's important to use binders. When taken internally these substances will bind to toxins and heavy metals in our body enabling them to be more easily eliminated and prevent reabsorption into the body. A binder will help to excrete heavy metals through the gastrointestinal system in the faeces rather than via the kidneys, therefore having a protective action:

- Cilantro
- Spirulina
- Chlorella
- Diatomaceous earth
- Activated charcoal
- Bentonite clay

Kerri Rivera recommends MMS1/CD to neutralize heavy metals. It seems that aluminium is one of the metals causing the most health concerns at present. Professor Christopher Exley shares the simple method of drinking mineral water high in silicic acid, the biologically available form of silicon, to easily rid the body of aluminium. He demonstrates in his research that aluminium comes out of the body with silicon in the urine

## Surviving the Pandemic and Thriving

along with other metals. Dr Klinghardt highly recommends ionic foot spas explaining that during an ion cleanse detox foot bath session, large concentrations of negative hydrogen ions are released during the process of electrolysis. These ions are absorbed into the body by osmosis through the epidermis of the foot. Once entered into the system, these negatively charged ions act as an ultra-high powered antioxidant.

There are many chelating agents to draw heavy metals out of the body, but this needs to be done carefully because if the metals are not released from the body straight away, they can be redeposited in other areas causing more harm.

Dr Klinghardt states that supporting the kidneys to remove these metals from the body is the safest way to do so. He says DMPS is a powerful method to assist the kidneys to release heavy metals. DMPS (Sodium 2,3-dimercaptopropane-l-sulfonate) is a sulfonic acid salt that forms complexes with heavy metals such as mercury, cadmium, arsenic, lead, copper, silver, tin, and others. It was first developed in China then introduced to Russia to be used for workers injured by exposure to heavy metals. DMPS is best used under the guidance of a health practitioner. It is recommended to have amalgam fillings safely removed before some heavy metal detoxification processes such as the use of DMPS as it may draw the metals out of the fillings.

Strangely, as stated below in the parasite section, Dr Klinghardt finds that some parasites can have a positive effect on our body by up taking heavy metals and therefore lessening the load on our systems. Thus, it is very important to have a detox program in place before killing parasites.

[ketokerri.com](http://ketokerri.com)

[klinghardtinstitute.com](http://klinghardtinstitute.com)   [sophiaeducate.com](http://sophiaeducate.com)

## **Mould**

Mould toxins can have severe and debilitating effects on our body; therefore it is highly recommended to treat mould in and outside of the body. Any other steps to regain health will be hampered until this is addressed. There are many different treatments for mould including:

- MMS1/CD
- Bicarb Soda
- Bentonite clay
- Probiotics/fermented foods
- Ginger
- Garlic
- Goldenseal
- Cayenne
- Activated Charcoal
- Chlorophyll
- Essential oils including Eucalyptus, Tea Tree, Sage, Thyme, Clove, Cinnamon

Jim Humble states that while MMS can treat some mould, it is not always effective. In this case he recommends bentonite clay. The essential oils listed are some of the most popular for mould but many have anti-fungal properties. In the home bicarb soda, vinegar, hydrogen peroxide and/or an essential oil diffuser work well.

## **Liver flush**

When I was seriously ill there is no way my body would have handled the liver flush process. I used the gentle liver cleansing herbal teas for eighteen months before learning about this method. I completed the Dr Hulda Clark liver flush many times and was astounded with the results. This process uses a recipe of epsom salts, olive oil and grapefruit juice to

## Surviving the Pandemic and Thriving

flush stones, parasites, toxins and congestion out of the liver. It is quite an intense and at times uncomfortable process. I have spoken to people who have had great success with the flush and two or three people who were very ill. It seems the people who were ill unfortunately did not carry out the parasite and kidney cleanses which Dr Clark insists must be undertaken before commencing the flush. I think it is also a good idea to do the gentler liver cleansing teas before the flush.

After feeling improvements and having exhausted all other treatment options available to me, following directions strictly, I completed twenty-three flushes during eighteen months with no trouble apart from some temporary nausea. I removed over 1000 stones during this period and felt improvements in my health each time. Some stones were partially calcified but most were not, these being called cholesterol stones. Dr Clark believes we all have congestion in our liver and up to two thousand stones which can be cleared using the liver flush. This may remedy many health conditions including food allergies.

I have since learnt about methods to dissolve stones such as consuming large amounts of apple juice. Also essential oils, being natural plant terpenes, have been used. I believe these combined with liver cleansing herbs and enemas or colonics may be very effective. I am sure the flush removed many parasites and toxins from my body as well as stones and due to the very noticeable improvements in my health, I believe it is a very valuable process. This type of liver flush is recommended as a vital part in a number of cancer protocols such as 'The Perfect Storm Cancer Protocol'.

[drclark.net](http://drclark.net)

[cancertutor.com/perfect\\_storm](http://cancertutor.com/perfect_storm)

## **Salt water flush**

A salt water flush is a good way of cleaning out your whole digestive tract, especially the colon. It is recommended to drink a mixture of two teaspoons of pure sea salt in one litre of water, adding lemon if desired. First thing in the morning before eating is preferable or at least an hour or two after. I came across the salt water flush when researching more about Kerri Rivera's recommendation to drink ocean water for replacement of minerals as mentioned in her MMS1/CD protocol. Kerri's advice to mix purified water with ocean water prevents loose motions and allows the salt water with all its mineral to be absorbed into the body. I drink ocean water each day and occasionally I drink it pure as a salt water flush.

## **Enemas and colonics**

Enemas and colonics are very effective at cleansing the bowel of parasites and waste material, including build-up of waste on the bowel walls. Coffee enemas have a strong detoxifying effect on the liver and bile ducts. MMS1/CD enemas will kill many parasites, viruses and bacteria in the bowel. I have done water, coffee and MMS1/CD enemas. They all seemed to be helpful to a degree also.

## **Fasting**

There are many types of fasting people carry out such as juice and water fasting where their dietary intake is just that; juice or water. There are some reports of people having great success and their immune system being repaired within days. Fasting can activate a state of autophagy and mitophagy. Autophagy is where the body will consume its own tissue, particularly damaged or cancerous cells. Mitophagy is when damaged mitochondria are removed from the cell via

## Surviving the Pandemic and Thriving

autophagy. Dr Joseph Mercola highly recommends fasting, and intermittent fasting, alternating with times of feasting. He acknowledges there can be side effects and it's not suitable for everyone.

From my experience of fasting, I believe when our body is already in a high state of stress it can send the signal that something is wrong, therefore the body's processes may be disrupted even more. Also, pathogens in the body that are used to being fed regularly will get, as Kerri Rivera calls it, POWS; pissed off worm syndrome. I have spoken to a couple of people who have had disastrous results, most likely due to pushing themselves too hard in this process.

But, when we are ready and able to, I have no doubt fasting will accelerate our body's healing processes. For a long time I felt very unwell if I missed meals and realised my body would not cope with any fasting. When my body became stronger I began intermittent short term fasting by simply missing breakfast. As my tolerance to fasting grew I also began to miss lunch; therefore fasting throughout the day. I maintained remedies to kill off pathogens and activate my immune system and felt them working more effectively while fasting. I also noticed benefits to my digestion.

Now I only fast when it's convenient and if I don't have a busy day ahead. I believe I can feel the benefits Dr Mercola describes as my body has the opportunity to clear out toxins and dead cells, repair and rejuvenate. If you attempt fasting, be strong in your conviction to give it a go but don't push yourself to a point of harm. Try small steps. Listen to your body. Be gentle with yourself.

[mercola.com](https://www.mercola.com)

## **Juicing**

There are many wonderful benefits to juicing, the obvious being the immediate availability of high level nutrients into our body. This can give our cells, organs and all the systems in our body a boost. There are some beliefs that consuming juice without the fibre of the fruit or vegetable can be excessive for our body. Research this topic and do what feels right for you.

## **2 Stress Release and Positive Intention**

In this moment before we have the time to go and see a practitioner, buy a remedy or put food in our mouths, we have the ability to immediately change our thoughts and beliefs. As cell biologist Dr Bruce Lipton states, every thought we have has an effect on our body. If we have stressful thoughts, stress hormones are immediately released into our blood. If we have happy thoughts, happy hormones are released. Every cell in our body responds to these hormones. Muscle tension and restriction of blood flow may result. All bodily and cell functions can be impacted.

Even if you are terrified by a condition you may be experiencing in your body, simply by stating to yourself a few times, 'I am safe', your body will settle to a degree on some level, even if you are not aware of it. It's also very important to set intentions to let go of painful situations and dis-ease from the body, with ease. To the best of our ability, opening to and filling ourselves with love is one of the easiest, most effective ways to do this.

Regulating breathing patterns, taking nice full relaxed breaths into your belly, putting your hand on your heart and thinking loving thoughts can shift the heart into a smooth, flowing rhythm. When we are able to shift into this coherent mode, many changes occur in our body. On a neurological level the heart and brain become more synchronised, neurons in the brain operate at a higher level of efficiency, hormones throughout the body become more balanced, cognitive functions are enhanced, short and long term memory improve, and our ability to focus and make decisions is enhanced.

It is well documented that stress is one of the biggest underlying causes of ill-health. Many diseases and illnesses



are triggered by emotional and/or physical stress. In acute situations, addressing only the stress caused by that condition is a priority. If a condition becomes chronic, addressing the long term underlying stress or anxiety that may have left the immune system more vulnerable to that condition is recommended.

[heartmath.com](http://heartmath.com)

### **3 Diet/Gut health**

If we are unwell, we have the ability to make an immediate improvement in our health simply by controlling what we put into our mouth. Nothing is better than a diet of fresh whole fruit, vegetables and protein. Many accredited doctors who have great success with their patients recommend ketogenic or paleo diets, preferably organic. Many doctors highly recommend a ketogenic diet which contains a high consumption of healthy fats, moderate intake of high-quality protein and minimal amounts of carbohydrates with little or no grains. This type of diet will induce our body into a state of nutritional ketosis so we burn fat instead of carbohydrates which is our body's preferred source of fuel.

Dr Joseph Mercola recommends cycling in and out of a ketogenic diet and combining intermittent fasting which has shown to provide significant health benefits, including decreased risk of cancer and inflammation, improved muscle mass, lower insulin levels, improved mental capacity and increased longevity. Dr Mercola also believes cycling between feast and famine is very beneficial. Fasting upregulates autophagy and mitophagy which are the natural cleansing processes necessary for optimal cellular renewal and function. Stem cells are activated and mitochondrial biosynthesis stimulated. During the feasting stage when carbohydrates are increased rejuvenation processes take place.

I have been vegan and vegetarian at times due to my previous allergy to dairy and my spiritual and animal welfare beliefs, but felt very weak and struggled greatly. I noticed huge improvement in my health and reduction of Lyme symptoms when I stopped eating grains or any processed food and ate only whole foods such as vegetables, meat, fish, eggs, healthy

fats and fruit. Of course some individual's needs may vary, and vegetarians may choose alternatives.

[mercola.com](http://mercola.com)

[evolvenetwork.tv](http://evolvenetwork.tv)

[bodyecology.com](http://bodyecology.com)

## **Stop feeding disease and illness**

Underlying many diseases and illnesses are pathogens. Many of these pathogens thrive on grains and sugars which also create an acidic environment within our body allowing the bad bugs to thrive even more. Removing all processed and sugary foods from your diet and eating whole fresh food creates an environment which is less conducive to pathogens will have an immediate, positive effect on your health.

## **Parasites cause most gut problems**

If you have digestive or gut health problems is it almost a certainty that you have parasites.

Parasites are linked to constipation and/or [diarrhoea](#). In the case of constipation parasites such as tapeworms can release chemicals which can have a paralysing effect on the bowel. Pathogens including Lyme bacteria can thrive on **magnesium** causing low levels in the host which in turn can lead to constipation. A good magnesium supplement is helpful but always ensure you are also using a protocol to kill the pathogen otherwise it will thrive on the higher levels of magnesium.

Pure Vega, Mag O7

'The Ultimate Oxygenating Digestive System Cleanser' is highly recommended. You will find it online from various suppliers.

### [Eliminating parasites](#)

### **Replenish**

Replenishing the vitamins, minerals and good bacteria in our body is a vital step towards regaining health. Harmful bacteria, viruses and parasites deplete our body of these crucial substances. I have taken many processed supplements but now find the simple steps below, combined with any supplements recommended by my biomedical doctor, to be ample. Be wary of taking too many supplements that may not be correct for your biochemistry. They may also contain ‘fillers’, congest the liver and could do more harm than good (See [Balance Biochemistry](#)).

### **Probiotics**

While it is vital to rid our body of harmful bacteria, good bacteria are essential to our health. Bacterial cells are much smaller than our own cells but incredibly there are more of them in our body than our own cells. Much of our digestive system is comprised of good bacteria, often referred to as microbiome, which plays a huge role in the digestion and absorption of our food and nutrients. It plays a large role in activating and deactivating genes, breaking down food, enhancing the immune system and even produces serotonin, a happy brain hormone. Introducing probiotics to your diet can be commenced as soon as possible. I must say though, I have noticed a very significant activation in my immune system often when taking fermented foods, which can at times be too strong. This has particularly happened when taking homemade GcMAF using milk kefir, so if you are chronically ill taking small amounts to start with is good. I make my own probiotics including:

- Fermented vegetables

- Water kefir
- Milk kefir
- Kombucha

When I began making and ingesting my own fermented foods, to my surprise I had a significant improvement in my health and weight. Fermented vegetables and kefir contain much higher concentrations of beneficial bacteria than most probiotic supplements, the bacteria are active and the fermentation process predigests the food which is filled with vital nutrients, minerals, enzymes and amino acids.

[bodyecology.com](http://bodyecology.com)

You can buy probiotics at your local health shop or contact me: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Clean water**

It is important to drink at least 2-3 litres of clean water a day. Not only is that our daily need for optimal function, but being well hydrated will help our body to detoxify especially when we are undertaking cleanses.

Most water supplies throughout many countries are either contaminated with toxins, pollutants or pathogens. A lot of treated water has been found to contain chemicals which have been linked to cancer. A good filter can remove most of these unwanted substances. As recommended by Jim Humble I use MMS1/CD to purify water especially when travelling.

[clarencewaterfilters.com.au](http://clarencewaterfilters.com.au)

## **Ocean water**

To replace minerals in the body, Kerri Rivera highly recommends drinking ocean water, the natural minerals of the earth, which we are able to easily absorb and contains ninety minerals which is the entire periodic table. We need

## Surviving the Pandemic and Thriving

minerals especially in any detoxification protocol. Ocean water also revitalizes our cells and provides conductivity in the brain. In her CD protocol Kerri recommends drinking ocean water up to tolerance, even up to one cup per day for adults.

Though I live near the beach and spend a lot of time in the ocean I did not take this step for a very long time, purely from lack of interest. That was a big mistake! Since taking ocean water each day, I have noticed huge improvements in my energy and feelings of wellbeing. On occasions I have run out and missed it for a couple of days and begin wondering why I am not feeling as well as I had been! It seems ocean water has all the minerals at the correct ratios/levels that we need. It is in fact almost identical to human blood. If you do not have a clean supply of ocean water or if you live inland there are packaged options and salt protocols available and worth looking into.

Since discovering benefits of fulvic-humic acid, Kerri has updated her protocol to include this as a powerful mineral supplement.

[naclo.com](http://naclo.com)

[ketokerri.com](http://ketokerri.com)

*These next two forms of healing cover many aspects of healing, not just diet and gut health.*

### **Ayurvedic principles**

We all have an individual constitution, some of us being naturally slender and light, or strong and sturdy, a tendency to be hot or cold, patient or fiery. These are all qualities attributed to differing types of constitutions, also called Doshas as recognised in Ayurveda as Vata, Pitta and Kapha.

Each Dosha is a combination of two of the elements. Kapha is water and earth. Vata is a combination of ether and air. Pitta is fire and water.

When a Dosha becomes excessive we can become out of balance physically, emotionally and mentally. While these ayurvedic principles are relevant to all areas of our lives, I found them particularly helpful with my diet.

Finding out which Dosha you are can help you to make simple but important changes in your dietary and lifestyle choices to help your whole system stay in balance. When I was told I was predominately Vata and cooked foods would be more beneficial for me, I put on some weight and felt stronger. I had been eating cooked foods for breakfast and dinner but cutting down salads for lunch and adding more cooked food made a big difference. Someone who is Pitta and has more heat in their body will do better with cooling foods such as salads. It is likely you can determine which Dosha you are by learning about each of their qualities.

Seeing an Ayurvedic practitioner can be very beneficial. Search in your local area or online.

[omhealing.com.au](http://omhealing.com.au)

## **Chinese Medicine**

Traditional Chinese medicine uses a holistic approach of prevention, diagnoses and treatment which identifies disharmony within our body's energetic system. Techniques including herbal medicine, acupuncture and massage are used to treat the underlying cause of the problem and re-establish balance within the body.

## Surviving the Pandemic and Thriving

I have experienced and witnessed the incredible techniques used when a traditional Chinese doctor felt the pulses of myself and my family, and successfully diagnosed all the conditions we were individually experiencing along with our emotional states. He then prescribed a concoction of herbs which provided significant results.

A number of aspects are addressed in traditional Chinese medicine including:

### **Qi (energy):**

- Yin (feminine)
- Yang (masculine)

### **The five elements:**

- Wood
- Fire
- Earth
- Metal
- Water

### **Zang fu:**

The organs within our body that produce and regulate qi are interconnected.

The **Zang** organs, which are yin (feminine) are:

- Heart
- Spleen
- Lung
- Kidney
- Liver

The **Fu** organs, which are yang (masculine)



- Stomach
- Small Intestine
- Large Intestine
- Urinary Bladder
- Gall Bladder
- Sanjiao (does not have a western anatomical equivalent)

Seeing an Ayurvedic practitioner can be very beneficial.  
Search in your local area or online.

## 4 Alkalize Your Body

### Bicarb Soda

Bicarb soda was a game changer for me. It provided huge relief of horrendous Lyme symptoms and it is very easy to access. If our body is too acidic it can be detrimental to every system in our body. For our everyday survival our blood pH level needs to be between 7.35 and 7.45. When acid levels are too high our body will rob alkaline minerals from our bones and organs to help neutralize acids which can lead to weakened organs and osteoporosis. Calcium can build up as arthritis. There are many diets and methods to alkalize the body. Most of us eat a diet or grew up with a diet which promotes an acidic environment in our body. This can be difficult to reverse using diet alone. Pathogens that cause disease and illness thrive in an acidic environment but cannot survive in an alkaline environment.

Taking one teaspoon of bicarb soda dissolved in a glass of water four times a day, half hour before or one and a half hours after meals gave me almost immediate relief of Lyme symptoms including severe fibromyalgia symptoms of muscle pain, cramping, tingling, severe anxiety, and herxheimer reactions.

My body felt much more relaxed and I was able to sleep much better. In fact, I felt so much relief, for six months this was the only remedy I used. I felt the bicarb working in the areas of suspected cancer, and my next six monthly thermal imaging showed some areas of improvement and some areas of resolution.

Spraying a dilution on my **skin**, I felt the bicarb absorb in very quickly providing immediate relief from many Lyme disease symptoms. During the first few months of using the spray I

also noticed sun damage and what appeared to be small cancerous spots breaking out in sores and then healing. I have no doubt the bicarb was killing cancerous cells. With continued use over the years my skin has remained free of any signs of abnormalities.

I have spoken to many people with different conditions taking bicarb and most seem to notice either small or dramatic improvements. It is advised there may be slight side effects, which are symptoms of detoxification, and some people may experience pain when **arthritis** or damaged areas of the body break down. This has been the case with a number of people I have spoken to but lowering the dose to allow the process to occur at a slower rate as recommended does provide relief. I have not heard of anyone having herxheimer reactions from taking bicarb soda.

Bicarb can reduce stomach acid and interfere with digestion therefore it should not be taken near mealtimes. There are some beliefs it should not be taken at all due to this. However, I have taken it for years and did not experience any negative digestive effects. Due to the incredible relief of daily agonizing symptoms I place it on the top of the list, particularly for fast accessible relief of physical anxiety and Lyme symptoms. If you have stomach acid problems hydrogen water or Kerri Rivera's Hydroxide water may be a better option if you.

I buy bicarb soda from a local health shop, online or from [safesoda.com.au](http://safesoda.com.au) who provide a wealth of information.

## **Hydrogen Water**

Hydrogen water is becoming very popular as a powerful way to alkalize the body. It has a role as a cell signalling agent, is anti-inflammatory, anti-oxidant, anti-allergy and has an effect on gene expression. Athletes are noticing improved recovery rate and positive effects on lactic acid build up.

## Surviving the Pandemic and Thriving

Emerging as a medical gas, research is revealing the therapeutic potential of hydrogen.

I have recently used hydrogen tablets which have been helpful. A friend who is a personal trainer highly recommends with them.

[alkaway.com](http://alkaway.com)

<http://www.molecularhydrogeninstitute.com/hydrogen-an-emerging-medical-gas>

### Hydroxide water

Kerri Rivera has developed **Hydroxide Water™** from limestone which has a powerful alkalising effect without being detrimental to stomach acid.

Kerri believes bicarb soda interferes with stomach acid levels disrupting digestion too much so she uses what she calls Hydroxide Water™ developed from food grade calcium hydroxide, which is limestone.

*“Interestingly, although water is made up of two hydrogen protons and one oxygen proton, when it splits apart it always splits into one hydrogen proton, and a hydrogen proton and an oxygen proton remain together,” Kerri explains. “The hydrogen proton and oxygen proton that remain together are called hydroxide (OH<sup>-</sup>). Hydrogen protons and hydroxide ions do not like being separated and a strong electro-magnetic bond attracts them to each other. When hydroxide is introduced into an environment where excess acidity exists, it immediately seeks out the hydrogen protons to combine with them and become water. This is why hydroxide is such a strong acid eliminator. This results in hydration of the body with the creation of more water molecules. Inflammation is reduced. Detoxification, energy and oxygen levels are increased.”*

I have not tried Kerri's Hydroxide water yet but look forward to using it. [ketokerri.com](http://ketokerri.com)

## **5 Immune therapies/Repair cell function**

### **NRF2 Gene activation**

Dr Joe McCord was the first doctor to discover oxidative stress in the body and its connection to nearly all disease, illness and injury. One molecule of Vitamin C will remove one free radical in our body, while one molecule of our own powerful antioxidants will remove one million. So Dr McCord worked with a team of doctors to find something to activate our body's own antioxidants; glutathione, superoxide dismutase and catalase. They found that a specific combination of five herbs, turmeric, milk thistle, green tea, bacoba and ashwagandha, will activate the release of the NRF2 protein in our cells, which in turn signals our genes to produce more of our own antioxidants. In the last five years Dr McCord has discovered that not only is NRF2 activating the genes which produce our own antioxidants, it's also having a positive effect on over four to five hundred other genes. He explains that it upregulates the genes that help our cells survive and decreases the genes that are doing damage and causing problems.

I was very sceptical that this seemingly simple combination of herbs could have such a profound effect on people's health until I experienced it myself. I then spoke to others who gained relief from back pain, arthritis, depression, fatigue, lung disorders, eczema, learning disorders and much more.

A combination of Acetyl L-Carnitine, Coenzyme Q10, Alpha-lipoic acid, Grape Extract and Quercetin, has also been developed to activate the NRF1 pathway in our cells. This helps to repair and increase production of mitochondria which are the energy systems of our cells. Most disease and illness is linked to mitochondria dysfunction, therefore keeping these little powerhouses healthy is vitally important.

For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Redox signalling molecules**

Redox signalling molecules are a number of compounds produced by the mitochondria and act as either cellular messengers or cellular activators. They play a vital role in almost every function of our body, including repairing of cells, regenerating and replenishing, energy production, detoxification and activation of the immune system. They also give our cells the messages to kill pathogens and protect against parasites, viruses and bacteria.

Dr Gary Samuelson, an atomic medical physicist, has found a way to replicate identically and stabilise redox signalling molecules in a safe bio-compatible salt water solution and in gel form. He talks about its ability to flip the genetic switches that help the cells to rebalance when there has been damage. Hearing Dr Samuelson discuss how the action of the redox signalling molecules, which are reactive oxygen species, ties in with the oxidation mechanisms by which MMS1/CD works fascinated me. It also confused me a little because for many years we've all heard a lot about the harmful effects of oxidation and the powerful benefits of antioxidants. Dr Samuelson explains it is vital for us to have a balance of both.

Many people report improvement from almost all health conditions from immune and digestive disorders, autism and Lyme disease to cancer, head injuries and more. The redox gel has received praise for clearing up skin conditions and for cosmetic purposes. Although I have given little thought to skin enhancing cosmetic processes in the past, having been a surfer, as I age I am now appreciating all of the properties of this gel.

I have experienced huge levels of improvement in the areas of suspected cancer in my back since applying the redox

## Surviving the Pandemic and Thriving

molecules. So much so that I believe Dr Samuelson's comment that 'redox signalling molecules are the biggest breakthrough since penicillin' is very true. A friend of mine who had cancer has a naturopath who sent away for blood tests on several cancer patients, all with differing cancers. These tests were to determine which treatment out of all remedies available, mainstream or holistic, would be most effective for each form of cancer. She was astounded to learn the redox products came out on top of the list for every form of cancer.

For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### **GcMAF**

GcMAF can immediately activate our immune system to kill pathogens and clear out damaged and cancerous cells. A protein in our body, GcMAF is a vital part of our immune system which uploads vitamin D to activate macrophages, a form of white blood cells. Most of us are lacking GcMAF and without it our immune system is disabled. Many people have high levels of nagalase which depletes our body's own GcMAF. Supplementation with this protein will very quickly activate the immune system, override high levels of nagalase, and enable our own levels of GcMAF to rise. Being an immune modulator, GcMAF can be helpful in every area of health. Reports show that all tumour cancers including breast, prostate, lung, pancreatic and melanoma can be treated successfully. It has been shown to inhibit angiogenesis (stop blood supply to tumours) and revert cancer cells into healthy cells or destroy them. GcMAF has also been shown to reduce the metastatic potential of human cancer cells in culture.

With the ability to modulate the immune system, GcMAF is reported to be effective at eliminating or reducing the effects of nearly all diseases and illnesses, including chronic



inflammation and viral infections, autism, chronic kidney disease, depression, acne, colitis, chronic cirrhosis of the liver, Crohn's, fibromyalgia, hepatitis, herpes, periodontal disease, ME/CFS, osteoporosis, psoriasis and various types of Immune dysfunction including allergies. Research shows GcMAF can halt deterioration in multiple sclerosis (MS), Parkinson's, dementia and ALS, and due to its ability to modulate the immune system, it can reverse autoimmune conditions such as lupus and arthritis. It is also shown to be helpful with wound healing and increasing energy production at the mitochondrial level.

It is recommended when using GcMAF to be aware of increased sensitivity as the immune system is activated and may attack pathogens and breakdown cancerous areas in the body. When I began supplementing GcMAF and gained good levels of vitamin D from sun exposure, within fifteen minutes I felt a very strong activation of my immune system. Each time I was in the sun I felt mild to strong herx reactions. I also felt the areas of suspected cancer become extremely sensitive.

I found this quite incredible and reassuring to be able to feel my own immune system activating. It gave me huge relief of Lyme symptoms and improvement in areas of suspected cancer. I have used drops and cream successfully. Using moderate strength creams, the herx reactions I experienced were quite mild. Using a newer very high strength cream at times it felt too much for my body to cope. I lessened the amount I was using or at times stopped taking it to give my body time to detox and repair.

Some people with Lyme disease I have spoken to report no herx reaction and immediate relief of symptoms, while others experience severe reactions using just a tiny amount of GcMAF. I have spoken to many people using it for cancer who report very positive results. After reading about how to make

## Surviving the Pandemic and Thriving

your own, I bought some milk kefir grains from a health shop, added milk and colostrum, the colostrum apparently being a vital ingredient which already contains GcMAF. It is recommended to also add specific probiotics, but I thought I would see if it works without them. The results were profound as I felt a very strong activation of my immune system. Homemade GcMAF ingredients:

- **Milk kefir grains**
- **Organic milk (preferably raw)**
- **Colostrum (preferably organic)**

Some great information here-

<https://saisei-mirai.or.jp/en/category/gcmaf/>

For information on where to buy email:

[health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### **Rerum/Chondroitin Sulphate, Oleic acid and Vitamin D**

Dr Marco Ruggiero, who worked with Dr Jeffrey Bradstreet on GcMAF, developed what he calls Rerum. Dr Ruggiero thought it was the GcMAF protein in his Bravo probiotic yoghurt that was so beneficial for his patients who had remarkable improvements from many conditions, including cancer, autism, HIV and more. To his surprise when he removed the GcMAF from the yoghurt the health benefits remained. He discovered it was the Chondroitin Sulphate, Oleic acid and Vitamin D combination which he called Rerum which provided the most beneficial results.

I have not used this product but Kerri Rivera has found the autistic children who use the Chondroitin Sulphate, Oleic acid and Vitamin D combination do not have herxheimer reactions in the way they have done when using GcMAF. She has seen incredible improvement in children's overall health, some

beginning to speak or regaining speech after many years of being non-verbal.

[ketokerri.com](http://ketokerri.com)

## **Circadian Rhythm and Sleep**

Our internal body clock, or circadian rhythm is a twenty four hour cycle particularly affecting our sleeping, waking and eating patterns. It is influenced by stimulation from our environment such as sunlight, temperature, the food and times of day that we eat. In response to this stimulus, signals are sent to the hypothalamus which governs the circadian rhythm and produces hormones such as melatonin, which causes sleepiness. Many of our biological and psychological processes are governed by our circadian rhythm. This is why it is very important to have good amounts of quality sleep every day and regular routines.

## **Medical cannabis**

Medical cannabis or marijuana, has been labelled a miracle plant useful in treating virtually all diseases and illnesses including cancer, epilepsy, neurological and autoimmune diseases, anxiety, nausea, insomnia, pain and much more. Cannabis oil is said to be antibacterial, inhibits cancer cell growth, neuro-protective, and promotes bone growth. It also reduces seizures, convulsions, blood sugar levels, inflammation, risk of artery blockage, nausea, vomiting, pain, anxiety, muscle spasms and more.

We all naturally produce cannabinoids. The endocannabinoid system (ECS) is a physiological system with a complex network of receptors playing an important role to bring balance to all biological systems within our body. If our ECS becomes weakened and our own levels of cannabinoids are low, plant cannabinoids which mimic natural endocannabinoids can be

## Surviving the Pandemic and Thriving

very beneficial. Cannabinoid receptors are found in our brain, lungs, liver, kidneys, immune system and virtually all of our tissues, embedded in cell membranes. The medical benefits of cannabis occur when a cannabinoid activates a receptor.

There are a number of different forms of cannabis oil/cannabinoids including CBD, CBDA, CBG, CBGA, CBC, CDCA, THCA, THC and THCV, each containing varying properties which can be more suited to particular illnesses than others. CBD (Cannabidiol), does not contain THC (Tetrahydrocannabinol), the ingredient in cannabis which gives the 'high'. THC is only activated when the plant is heated. A number of specialists say the only time there may be concerns of side effects are when using THC due to its ability to make you 'high' which can cause anxiety.

I have only used THC and CBD at different times. I used the THC early in my recovery process and did not like the effect it was having on me. I took one drop of the oil at night time and felt washed out and quite shattered the next morning. I do believe I was probably experiencing a die off effect combined with the effect of the 'high'. Taking the drops at night minimised the effects of the 'high', which I found unbearable on the occasion when I took it during the day. I kept at it for a while but preferred to focus on my other treatments. A year or two later I used CBD oil, which does not give the 'high' and I felt immediate and profound benefits, almost as though a switch had been flicked inside me, disabling anything that was affecting my body negatively and activating a strong healing process within.

I am not sure if the CBD simply agreed with my body and the conditions I was using it for rather than the THC, or whether more time on my other treatments enabled my body to be ready for the profound healing effects of medical cannabis. I may never know, but I certainly do know the powerful benefits

of this incredible medicine. Due to the amount of research I have seen that pathogens are the underlying cause of most diseases and illnesses, I have a personal belief that medical cannabis also has a disabling effect on these parasites and bacteria, allowing our body's own defence systems to regain the upper hand.

While I believe it is important to be careful of overuse due to possible psychosis and paranoia in some cases, as a recreational drug I believe cannabis can be much safer than alcohol. A high quality product with correct levels of the most appropriate oil for certain conditions can be difficult to access, but seems to be more available as many countries take steps towards legalising medical cannabis.

## **6 Eliminate Pathogens**

### **Parasites, Viruses and Bacteria, Mould and Candida**

There has been evidence for years that parasites, viruses and bacteria are one of the main causes of almost all diseases and illnesses. Removing these underlying causes can often result in improvement or recovery from many conditions. Ironically studies also reveal the valuable symbiotic role parasites may play in our body. As mentioned previously, Dr Klinghardt has found that parasites will extract toxins from their host, including heavy metals which otherwise could have been at critically high levels, literally helping them to survive.

That said, once undertaking safe detoxification methods, removal of parasites is the most important step in overcoming chronic illness, as recommended by many practitioners worldwide. Especially for someone who is chronically ill, when killing parasites it can be important to use methods to remove them whole to avoid heavy metals and toxins being released back into the body. Kerri Rivera recommends enemas and castor oil to do this. Other people use methods such as a salt water or Epsom salt flushes.

### **Breaking down biofilm**

Many pathogens create a biofilm, a slimy gel like substance where viruses, parasites and bacteria can live unaffected by our immune system. Many of the drugs and remedies used to kill these pathogens are also unable to penetrate the biofilm in which the nasty little critters hide. Therefore, breaking down biofilm is a very important first step in treating pathogens. Many remedies are used to do this, often breaking down the biofilm and killing pathogens at the same time. I have used:

- Essential oils; eucalyptus, cinnamon, peppermint, tea tree, rosemary
- Garlic
- Silvercillin/colloidal silver
- Oxidants; ozone, MMS1/CD, MMS2

## **Killing pathogens**

There are numerous remedies and treatments to kill unhealthy parasites, viruses, and bacteria. Be aware of herxheimer reactions when pathogens are being killed off especially for sensitive people and/or those who have a chronic illness. I have seen and experienced profound and immediate results using the AmpCoil and Dr Clark's zapper. See the Energy Healing section below for more information. Here are the remedies and treatments I have used to kill pathogens:

- AmpCoil
- Dr Clark's zapper (See in Energy Healing)
- MMS1/CD (Kerri Rivera's protocol)
- MMS1 and MMS2 (Jim Humble's protocol)
- Essential oils (organic)
- Herbs
- Redox signalling molecules
- GcMAF
- Homeopathics
- Silvercillin
- Mebendazole, Pyrantel (Kerri Rivera's protocol)
- Ozone

## **Mebendazole/Pyrantel**

While it is very rare that I use or recommend pharmaceutical drugs they can be useful and needed at times. It is simple and easy to access over the counter parasite medication which has

## Surviving the Pandemic and Thriving

provided dramatic relief to some serious and painful conditions. I know a teenage girl who was having migraines every day. She had pinworm and her mum treated it with over the counter parasite medication. Although they didn't suspect the parasites to be the cause, the migraines disappeared immediately.

Interestingly Mebendazole has also been known and used as a successful treatment for cancer for many years. Less interesting is the fact that the availability of higher doses has been restricted from over the counter, to prescription only. Nonetheless it is available from pharmacies.

Following her work with thousands of children with autism, Kerri Rivera has found it is extremely difficult to rid their bodies of large parasites using only natural products. Therefore, she recommends Dr Kalcker's parasite protocol, which uses Mebendazole and Pyrantel. Some parasites killed with these drugs and removed using enemas have been over two feet long. The patients have had huge improvement in their physical and mental health, their aggressive and self-harming behaviours often disappearing.

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocols](http://andreaskalcker.com/en/protocols)

[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

### Ivermectin

Again, I prefer to use natural methods but due to the results I have witnessed, this treatment needs a mention. While proving successful as a prevention and cure for COVID-19, it has been used to relieve many other conditions. I know someone who was having continual spasms and convulsions. One dose of Ivermectin and she had relief for the first time in months. Many people with Lyme disease have also used Ivermectin with good results.



## **Chlorine dioxide (MMS1/CD)**

Millions of people around the world have consumed chlorine dioxide in municipal water. Hundreds of thousands have used it successfully to kill viruses, parasites and bacteria, and for almost all diseases and illnesses including skin conditions, digestive problems, autism, cancer, autoimmune and neurological diseases, malaria, Ross River fever, and Lyme disease.

Chlorine dioxide is one of the most effective and simple methods I have found to protect against and treat disease and illness. It is used to:

- Kill parasites, viruses, bacteria
- Oxygenate the blood
- Neutralize heavy metals
- Reduce or eliminate inflammation
- Stimulate the immune system
- Destroy biofilm
- Eliminate toxins

Also called Miracle or Master Mineral Solution, chlorine dioxide is used in a number of protocols. This is an alternative method which has attracted a lot of controversy. When you are on death's door and have been sent away by conventional medicine with no answers you ask yourself, 'What else can there be?'

Hundreds of thousands of people around the world have regained their health thanks to Chlorine dioxide. Despite this, in some countries, practitioners and protocols that use CD/MMS for therapeutic purposes have been blacklisted by health authorities and have received a lot of negative criticism in the media. However, countries which have embraced this amazing natural product have had incredible success and

## Surviving the Pandemic and Thriving

have, in some cases, legalized the therapeutic use of chlorine dioxide.

A veterinarian whose wife died of Lyme disease suggested I look into something called MMS or Miracle Mineral Solution. I learned about Jim Humble and two products he Since I have been so careful with everything I put into my body I was very reluctant to use this product due to the reports of this substance being toxic chlorine bleach. That was until I researched the science behind it. Bought as sodium chlorite it has the same chemical composition as salt, but with one more oxygen molecule. Activated with lemon juice or HCl it becomes chlorine dioxide. Once in the body it breaks down to salt and oxygen, the extra oxygen molecule being the agent to kill pathogens and neutralise heavy metals. In desperation I gave it a try and had almost immediate relief of many Lyme disease symptoms.

**Dr Andreas Kalcker** uses chlorine dioxide for many conditions and illnesses and has conducted many studies. He has an intensive parasite protocol which Kerri Rivera has incorporated into her CD protocol.

### **Kerri Rivera's CD protocol**

Thousands of people have used Kerri Rivera's protocol for many different diseases and conditions. It is extremely gentle, designed for the most sensitive and/or sick people with a process of gradually eliminating toxins and pathogens and then replenishing the body with what it needs to repair itself.

### **Autism**

When I was at my lowest level of health due to all of the viruses, parasites and bacteria after tick bites, I was in agony every day. I became extremely sensitive to sound and touch, which felt like an electric shock through my nervous system. I

was unable to think clearly and could not function normally. It was heart-breaking when just a touch or a hug from my children was painful. I hid this from them. We had always been close and I didn't want to upset them anymore than they already were because of my condition. Later I realised I'd had all the symptoms of an autistic person.

Most children with autism have been shown to have high levels of toxins and pathogens. Many have also tested positive to Lyme disease. In a quest to recover her son's health after vaccine injury, Kerri developed her protocol through trial and error, correlating information on successful treatments from numerous practitioners and parents of other children.

Many autistic children are often so sensitive and sick, they can react badly to treatments, having intense herxheimer reactions. That is why Kerri's gradual and gentle protocol is so good for these kids.

Kerri's book, *Healing the Symptoms Known as Autism (second edition)*

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook>

### **My CD protocol experience**

Most people who are sick have high levels of pathogens and/or toxins, and the potential for herx reactions. These are the reasons Kerri's protocol works so well for so many conditions. It's designed to slowly and gently remove pathogens and toxins from the body, which are the underlying causes of most disease and illness.

For a number of years I took part in an online support group for people using these methods. I was in discussions with people from all over the world who shared their experiences, the successful improvements, the herxheimer reactions, and

## Surviving the Pandemic and Thriving

the setbacks when something wasn't beneficial. I am fortunate to have had the pleasure of learning about all of the conditions people were overcoming and gaining relief from.

After following Kerri's protocol strictly for a number of years I made adjustments to suit myself and particularly follow her instructions how to take CD. My recovery using the CD protocol was a long, slow but highly effective process with mild to strong persistent herx reactions, mild headaches and quite bad brain fog for many months. I persisted, for I knew this was typical herxheimer/die off reactions with the pathogens dying and toxins releasing. I gained relief of all symptoms including muscle cramping, tingling and related anxiety, digestive and neurological problems. Over time my thinking became a lot clearer and my overall health continued to slowly but dramatically improve.

### **Neutralize toxins**

Senior research scientist Dr Stephani Seneff has discovered that MMS1/CD works to neutralize glyphosate, heavy metals and many toxins in the body. Dr Seneff's research has linked Glyphosate, along with other toxins, to the high occurrence of autism. Dr Klinghardt recommends Kerri's protocol.

Kerri keeps up-to-date with current research and feedback from thousands of people, adding new treatments or remedies as they come to light. Her explanatory book and videos are a must watch. She gives thanks to Jim Humble for building a strong foundation for this work. I found Jim's book, *Master Mineral Solution of the 3rd Millennium* and later the updated version *MMS Health Recovery Guidebook* to be valuable resources.

Similar to one of Jim Humble's protocols, *The Perfect Storm Cancer Protocol* uses MMS1/CD mixed with Dimethyl sulfoxide (DMSO), an organic sulphur compound used to draw

the MMS1/CD into the cells. I found this to be beneficial and noticed swelling in my breasts which I believe was the mixture working on the cancerous areas. I believe the *Cancer Tutor* maybe have been forced to remove the chlorine dioxide aspect of their treatment from their protocol but there is still a wealth of good information on their site:

<https://www.cancertutor.com/>

As MMS1/CD is very strong and can kill large amounts of pathogens in the body very quickly, our body can be overburdened by the die off and too many toxins released, therefore care needs to be taken. It is recommended to strictly follow directions. Some people have not been given safe directions or have rushed into it and had severe reactions. Naturally this puts them off using the MMS1/CD again. I talked to one person with Lyme disease who thought he should use 25 drops instead of one drop because he was very sick. He was horrendously ill with vomiting, diarrhoea and migraine headaches, but recovered fully.

I have spoken to many people who have used Kerri Rivera or Jim Humble's protocols. Despite the usual discomfort of herx reactions, almost everyone who follows these directions carefully and persists with treatment have reported positive results. Some people or companies who seem to have a vested interest in keeping people unwell, put a lot of effort into making this substance look extremely dangerous and criticize the use of it, implying that it is toxic and should never be consumed in any way. It is however approved as a water purification agent. I have taken MMS1/CD for six years with no problem.

I do not recommend using MMS1/CD apart from water purification and sterilization purposes. I do recommend learning about it and reading Kerri Rivera and Jim Humble's

## Surviving the Pandemic and Thriving

books. Please seek the advice of a health professional if you have a health concern.

### **Dr Andreas Kalcker**

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocols](http://andreaskalcker.com/en/protocols)

### **Kerri Rivera**

[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook>

### **Jim Humble**

[jimhumble.co](http://jimhumble.co) [jimhumblebooks.co](http://jimhumblebooks.co)

### **Genesis II Church of Health and Healing**

[genesis2chile.cl/](http://genesis2chile.cl/) [genesischurch2.com/](http://genesischurch2.com/)

## **Censorship and medical suppression**

As mentioned above, one of the most horrendous things I have witnessed in my life is the devastating harm that has occurred to children from wrong medications and harmful vaccines, and the subsequent vilification of parents who attempt to gain help for their children using complementary methods. The suppression of information and medications that has proven to help these children is criminal. I have seen and experienced the censorship that occurs at all levels, to prevent people finding simple, natural and inexpensive ways to regain their health.

These are the experiences Kerri Rivera deals with regularly in her attempt to share this information with as many parents of damaged children as she can;

*Many self-help techniques I have used, such as chlorine dioxide, diet and supplements have come under severe attack*

*by government authorities and big tech companies. Censorship is pervasive and real when you are doing something outside of the mainstream. These companies and the government authorities will censor you if you are using self-help techniques like this and telling others about it.*

*The government authorities and big tech companies say they are engaging in this censorship in order to protect the public from “unproven” products or protocols and “misrepresentation of results”. I don’t have any desire to claim something is proven when it’s not or misrepresent results. I believe in working within the legal system and being honest. I know the system is not perfect and special interests that are not elected and not operating for the benefit of the public often exercise great influence over big tech company and governmental systems. Nevertheless, I believe in working within and making every effort to change the system lawfully. That’s the best way to bring change.*

### **FDA Consumer Update Warning About Chlorine Dioxide**

*Anyone deliberating the use of chlorine dioxide needs to be aware the US Food and Drug Administration has issued a Consumer Update warning against the use of chlorine dioxide, see;*

*<https://www.fda.gov/consumers/consumer-updates/danger-dont-drink-miracle-mineral-solution-or-similar-products>.*

*This warning and this stance taken by a government agency should be considered carefully by all individuals and parents. These chemicals are hazardous materials that have to be handled with respect. In addition, guidelines and dosages need to be understood and followed carefully. Myself (Kerri Rivera) and many other moms have found we could learn to use*

## Surviving the Pandemic and Thriving

*chlorine dioxide effectively, but this has not been recognized by government authorities.*

*My recommendation is for individuals and parents to find a doctor who will be on board and supportive of using any self-help techniques recommended. If you search there are doctors who will be supportive. Many of the parents I have helped, have had supportive doctors. Also recognize that a position like this by the FDA makes it easy for child protective organisations to take children away from parents using chlorine dioxide. This is where it is very helpful to have a supportive doctor. It's also important to learn to use discretion when you use self-help techniques that are under active government censorship or don't have mainstream support. Just search for a supportive doctor and it is still possible to operate within the system. Be wise in understanding the ways of government and big industry which appear to want to limit your choices.*

*And just to show what's achievable. I know of one child protection case that went to trial in a European country and the parents hired experts who came in and proved to the court that the chlorine dioxide treatment being used was medically permissible and safe. The parents won their case and saw excellent results for their child with autism. These parents had the means to hire experts to prove their case. This is costly and it's much better to avoid getting into this situation if possible, but shows what can be achieved if you have the resources for a good defence.*

[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

### **HOCl (Hypochlorous acid)**

Three forms of hypochlorous acid:



- HOCl (Hypochlorous acid) is naturally made by our own body to kill pathogens. Neutrophils, a form of white blood cell, release this powerful oxidant which kills pathogens almost immediately in our body.
- HOCl can be created from salt and water using a process of electrolysis. It is 100 times more powerful than chemical bleach and is completely non-toxic.
- HOCl can also be made from calcium hypochlorite, also called chloride of lime. When mixed with water it becomes hypochlorous acid. Commonly used in swimming pools it has been used for purification of drinking water for over one hundred years.

### **HOCl/MMS2/chloride of lime**

When I realised I probably had cancer through my back and spine as well as Lyme disease, in a desperate state of extreme illness I chose to use Jim Humble's MMS2 cancer protocol. When I first found out about this product I thought it was just another toxic chemical and was horrified. I thought I would never use it. However, I had made the choice not to use conventional toxic cancer treatments which in themselves have been proven to be carcinogenic, and knowing my condition was deteriorating, I needed to do something. So I did more research into this substance.

I read in Jim Humble's book that what he calls MMS2 is calcium hypochlorite  $\text{Ca}(\text{ClO})_2$ , also known as chloride of lime. Further research showed it is derived from lime and often referred to as chloride of lime. When dissolved in water it becomes hypochlorous acid which our own body makes to kill pathogens.

## Surviving the Pandemic and Thriving

As he suggested I searched the internet for scientific information to confirm this. And I found plenty. In desperation I then chose to go ahead with his protocol. To my surprise MMS2 gave even more relief of Lyme symptoms than MMS1/CD provided. I also felt it working specifically on troublesome areas of my body including my spine. I actually felt those areas tightening and releasing, strange tingly sensations and easing of symptoms soon after taking it. When needed it has cleared urinary tract and bladder infections within a couple of days. I have also used it on cuts, sea ulcers, and any other infections.

At one time I felt very tired and exhausted when I was taking MMS2. I boosted the amount of probiotics I was consuming in the form of fermented food and drinks and my energy improved again. It may also have been the burden of so much disease material breaking down, with my body needing time to detoxify and repair. I have used MMS2 on and off for over five years with no detrimental effects. I have briefly spoken to a few people using this protocol who have had good success following directions and there have been no negative reports that I know of.

Although best known for swimming pool disinfection, calcium hypochlorite is used throughout the world in drinking water and waste water systems, and the food and beverage industries. While many people attack the use of this product for medicinal purposes, I am very glad I chose to use it in preference to the toxic carcinogenic conventional treatments offered by mainstream medicine.

### **Approved for water purification**

While most drinking water systems use chlorine-based disinfectants such as liquid chlorine bleach (sodium hypochlorite) or chlorine gas (stored in pressurized tanks),

calcium hypochlorite is considered a cheaper and safer option with no need for safety equipment or self-contained breathing apparatus.

In 2018 the Water Quality and Health Council U.S. celebrated the 110<sup>th</sup> anniversary of U.S. drinking water chlorination, a disinfection technology using chloride of lime, that debuted in Jersey City in 1908. While most U.S. drinking water systems use chlorine-based disinfectants such as liquid chlorine bleach (sodium hypochlorite) or chlorine gas (stored in pressurized tanks), calcium hypochlorite is a cheaper and safer option with no need for safety equipment or self-contained breathing apparatus.

<https://waterandhealth.org/safe-drinking-water/treatment/community-drinking-water-treatment-using-calcium-hypochlorite/>

### **United States Environmental Protection Agency recommendations for drinking water**

This water purification process is also recommended by the United States Environmental Protection Agency for emergency disinfection of drinking water. They provide these instructions:

***“Granular calcium hypochlorite.** The first step is to make a chlorine solution that you will use to disinfect your water. For your safety, do it in a ventilated area and wear eye protection. Add one heaping teaspoon (approximately ¼ ounce) of high-test granular calcium hypochlorite (HTH) to two gallons of water and stir until the particles have dissolved. The mixture will produce a chlorine solution of approximately 500 milligrams per liter. To disinfect water, add one part of the chlorine solution to each 100 parts of water you are treating. This is about the same as adding 1 pint (16 ounces) of the chlorine solution to 12.5 gallons of water. If the chlorine taste*

*is too strong, pour the water from one clean container to another and let it stand for a few hours before use. CAUTION: HTH is a very powerful oxidant. Follow the instructions on the label for safe handling and storage of this chemical."*

<https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water>

### Safe and effective household disinfection

For a long time I have used the calcium hypochlorite solution for household cleaning. It has a strong bleaching effect and is fantastic in the bathroom especially for mouldy areas. Care needs to be taken as the strong oxidation process will leave bleach marks in clothes, material, carpets etc. This can be helpful to remove stains in white clothes and material.

I use HOCl liquid generated by water, salt and electrolysis for the kitchen, household surfaces, personal etc. (See below)

Also known as the 'pool shock' for swimming pools, **chloride of lime, or calcium hypochlorite** can be bought at swimming pool and hardware stores as '700g/kg chlorine as calcium hypochlorite' (with NO other chemicals added).

### Safety and disclaimer

Chloride of lime, also known as calcium hypochlorite, is a potentially dangerous chemical. Sources may be contaminated and I definitely do NOT recommend using this product for anything other than what it is approved for. When you have been denied proper medical treatment and you are in desperate situations you do desperate things. I do not recommend taking calcium hypochlorite. I am simply sharing my own experiences. I do recommend learning about the way hypochlorous acid in our body works to kill pathogens. Please seek the advice of a health professional if you have any health concerns.

[jimhumble.co](http://jimhumble.co) [jimhumblebooks.co](http://jimhumblebooks.co)

## **Ozone**

Using an ozone machine, I ozonated my water and some olive oil which I ingested. This created a die off with mild to sometimes strong herx reactions. While this method may have been good I was not reaching a level of relief from symptoms that I was hoping for, so it is not on the top of my treatment list. Some people report good success using ozone treatments for Lyme and cancer.

There are many people who have had intensive treatment in overseas clinics for Lyme disease. I have spoken to many who report incredible success while some share stories of their condition taking a very bad downhill slide. This can often happen if the body is not ready for the die off reaction when many pathogens are killed quickly. If you are interested in this form of healing I suggest doing a lot of research, talk to other patients about their experiences and search for an experienced health professional.

## **HOCl/Water, salt & electrolysis**

When the outbreak of COVID-19 started, thanks to Dr Klinghardt, I learnt about the process of making HOCl using water, salt and a process of electrolysis. I sourced some generators, but before they arrived I began using chloride of lime/calcium hypochlorite mixed with water to create hypochlorous acid for disinfection. I was fascinated with these two very different ways of creating HOCl.

## **HOCl Generator**

I bought a HOCl generator so I now make my own hypochlorous acid for sterilization and cleaning. It can be used in a spray bottle or humidifier use for personal, household, car and workplace disinfection.

## Surviving the Pandemic and Thriving

HOCl bottled liquid:

[https://www.hydro-e.com.au/discount/HOCL28sophianutrition.com/search?type=product&q=hocl\\*](https://www.hydro-e.com.au/discount/HOCL28sophianutrition.com/search?type=product&q=hocl*)

Higher quality HOCl generator with a warranty:

[ecoloxtech.store/ecoone?afmc=4t](https://ecoloxtech.store/ecoone?afmc=4t)

Lower cost HOCl generator with no warranty:

<https://hoclsterilizer.com/product/hypochlorous-acid-maker-for-household-sterilization>

## Herbal tinctures

There are many herbs which effectively kill the bacteria, viruses, and parasites which cause illness and disease. I have used many herbs a lot which were prescribed specifically for my symptoms. Some herbal tinctures are available over the counter at a herbal dispensary or online, while others may need to be prescribed by a practitioner. There are a number of herbal protocols you can follow for Lyme disease such as the Cowden or Bruhner protocols. Dr Clark's herbal parasite protocol consists of green black walnut hull, wormwood and cloves.

I have also used the liposomal Lyme Cocktail as recommended by Dr Klinghardt which I found to be the most effective herbal remedy. Liposomal, meaning the herbal mixture is put through a process whereby the molecules are encapsulated in lipoids or fats which are absorbed into the body easily. An hour or so before taking the herbal cocktail Dr Klinghardt recommends to take hyaluronic acid which the Lyme spirochetes love to feed on. This lures them out of their hiding places. I found the cocktail to be very powerful. With swelling in both breasts each time I used it early on, I believe it was not only killing Lyme bacteria but also underlying pathogens in the areas of suspected cancer.

[sophianutrition.com/products/cocktail-2-fl-oz](http://sophianutrition.com/products/cocktail-2-fl-oz)

[cowden-protocol.com/](http://cowden-protocol.com/)

[buhnerhealinglyme.com/](http://buhnerhealinglyme.com/)

[mullumherbals.com.au/](http://mullumherbals.com.au/)

[drclark.net](http://drclark.net)

### Essential oils

Essential oils are beneficial for every aspect of health physically, mentally, emotionally and spiritually. Not only do essential oils fight infections, relieve stress and anxiety and boost the immune system, they also have a frequency which can enhance and strengthen the frequency of our own bodies. I was astounded at the relief ylang ylang gave me, helping my body to settle when I was seriously ill.

Enteric coated peppermint oil capsules provided great relief of severe digestive burning, cramping, tingling and bloating. Peppermint and/or spearmint oil down my spine gave enormous relief of severe back problems when I was treating for suspected cancer. Lavender has been great for cuts and infections. Some oils can be applied directly to the skin while others need to be diluted with a carrier oil. Only the highest quality organic essential oils are recommended for ingesting. Some people may be very sensitive to essential oils. I found very little if no herx reaction using the oils.

Oils helpful when addressing bacteria, viruses and parasites:

- Oregano
- Cinnamon
- Thyme
- Tea Tree
- Vetiver
- Lemon
- Lemongrass
- Clove
- Bergamot

Relief of anxiety and stress:

- Lavender
- Rose



- Vetiver
- Ylang Ylang
- Bergamot
- Chamomile
- Frankincense

While addressing suspected cancer:

- Citrus oils
- Clary Sage
- Frankincense
- Lavender
- Lemongrass
- Myrrh
- Peppermint & Spearmint
- Thyme

For more info or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## Homeopathics

I have successfully used homeopathic medicine for myself and my family numerous times for all forms of disease and illness including childhood diseases. Soon after I was bitten by ticks I was given homeopathics. They provided a great deal of relief. Unfortunately, with so many underlying problems I did not know about, symptoms kept returning and I was in need of other remedies and methods. Nonetheless, homeopathics are a very valuable treatment for all diseases and illnesses including reactions to tick bites and the diseases they carry. I have spoken to many people who have used homeopathics successfully for themselves, their families and their pets with no herx reactions reported. Some so-called health professionals believe homeopathics are purely placebo effect.

## Surviving the Pandemic and Thriving

If that is the case, great! It sure works better than other placebos and medication. (See also [Homeopathy](#))

### **Mebendazole/Pyrantel**

While it is very rare that I use or recommend pharmaceutical drugs they can be useful and needed at times. Following her work with thousands of children with autism, Kerri Rivera has found it is extremely difficult to rid their bodies of large parasites using only natural products. Therefore, she recommends Dr Kalcker's parasite protocol, which uses Mebendazole and Pyrantel. Some parasites killed with these drugs and removed using enemas have been over two feet long. The patients have had huge improvement in their physical and mental health, their aggressive and self-harming behaviours often disappearing.

I know a teenage girl who was having migraines every day. She had pinworm and her mum treated it with over the counter parasite medication. Although they didn't suspect the parasites to be the cause, the migraines disappeared immediately.

Interestingly Mebendazole has also been known and used as a treatment for cancer. Less interesting is the fact that the availability of higher doses has been restricted from over the counter, to prescription only. Nonetheless it is available from pharmacies.

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocols](http://andreaskalcker.com/en/protocols)  
[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

### **Salt and C Protocol**

I have not used this protocol but I know a few people who report good results for Lyme disease. I'm not sure that it's a cure but has provided much needed relief and improvement.

[www.nothing-is-incurable.com/2011/04/72-hour-remedy-salt-and-vitamin-c](http://www.nothing-is-incurable.com/2011/04/72-hour-remedy-salt-and-vitamin-c)

## 7 Balance Biochemistry

Dramatic improvements in all areas of physical and mental health can be achieved by bringing our biochemistry into balance. Supplementation with specific vitamins, minerals, amino acids etc that we may be deficient in, may be all that is needed to make the difference.

Biological medicine is without doubt the most beneficial way mainstream doctors can help people to recover from chronic illness. There are increasing numbers of biomedical doctors, naturopaths and nutritionists who use testing methods to determine their patient's levels of nutrients, minerals, genetic inheritance such as MTHFR gene or pyrrole disorder, heavy metals and more. Due to diet, genetic predisposition, pathogens and environmental exposure etc, many people can be lacking or too high in certain nutrients, minerals, hormones and toxins which can lead to serious physical or mental health conditions. Two of my favourite practitioners are Dr William Walsh, Trudy Scott ND.

Dr William J Walsh has devoted his life's work to this form of study. He can look at someone's blood chemistry and determine accurately, which mental health condition they have, be it depression, behavioural disorders such as ADD, ADHD, bipolar, schizophrenia etc. He is then able to help the patient to a strong recovery simply by using individualised natural supplementation. I could write a whole chapter on this but Dr Walsh is the expert and it's all in his book *Nutrient Power*.

Each and every person has a unique biochemistry. Even twins can be very different. One may be high in a mineral or vitamin which the other may be lacking. Therefore, it is very important to undergo testing to make sure you are not making

a problem worse by supplementing with something that may be doing harm.

## **Zinc**

For example, high copper leads to low zinc which is one of the most common causes of depression and is linked to lowered immune function. Taking a supplement which contains copper will enhance the problem, while supplementing with zinc will bring zinc up to optimum levels, potentially alleviating zinc-related depression. Zinc is also vital for a well-functioning immune system.

## **Hormones/cancer**

A biomedical doctor can pick up on hormonal imbalances that may be linked to cancer. Both women and men can be susceptible to oestrogen dominance linked particularly to breast cancer in both men and women, prostate cancer in men, and ovarian and uterine cancer in women.

## **Progesterone cream**

A practitioner/patient friend gave me information on John Lee MD's natural progesterone cream. When I began using just a tiny amount applied anywhere on my skin, to counter oestrogen dominance, I noticed a strong tingly sensation in some remaining areas of (suspected) cancer, similar to when I other remedies to combat this. From my research I now realise this can be a crucial step for treating cancer if hormonal imbalances are involved. John Lee MD's website gives a diagnostic questionnaire and wealth of information for both men and women.

[johnleemd.com](http://johnleemd.com)

### **Biomedical doctors**

All doctors can do testing for a variety of biochemical imbalances. Unfortunately, most mainstream doctors are not trained as thoroughly as most biomedical doctors in what to test for, how to analyse the results, and what to do about them.

There are biomedical practitioners in many countries who will carry out an assessment using laboratory tests of blood, urine and/or hair samples, along with a physical examination, medical and life history data. They will then provide an individualised nutritional supplement program aimed at balancing the patient's body chemistry on the basis of these assessments. Using these methods many people have had great improvement in physical health conditions.

You can buy Dr Walsh's book which provides detailed information on common deficiencies and conditions which he has found are related to specific mental health and physical problems.

**Dr William Walsh** trains doctors in this field. To find a doctor:

International doctors:

[biobalance.org.au/international-doctors](http://biobalance.org.au/international-doctors)

Australia: [biobalance.org.au](http://biobalance.org.au)

[walshinstitute.org](http://walshinstitute.org)   [drwwalsh.com](http://drwwalsh.com)

**Trudy Scott ND anxiety expert**

[antianxietyfoodsolution.com](http://antianxietyfoodsolution.com)

<https://www.everywomanover29.com>

[drnorthrup.com](http://drnorthrup.com)

## 8 Realign Your Body

If our body is out of alignment, it can negatively impact our muscular skeletal system, nervous system and energy meridians, therefore affecting our whole body and every organ within. Many doctors refer patients to chiropractors for help not only with physical pain in the back but discomfort in many areas of the body, migraines, digestive problems, even arthritis and visual problems and much more. Chiropractors do manual adjustments correcting misalignments called subluxations. When the spine is not in alignment the joints can become inflamed and degenerate. The nerves to every area of the body can be impaired impacting every function in our body. Often when the spine is brought back into alignment, with the compression and restriction on the joints and nerves released, the body is able to self-regulate and restore.

I have seen a number of chiropractors during the past thirty years with great benefit. I have no doubt I wouldn't be walking today if not for my chiropractor. My Network chiropractor, operating in the framework of Bio-Geometric Integration (BGI), works to reset the nervous system. He does manipulations of the spine at times when needed, but also works on energy points and meridians in the body to remove blockages. He also assists me using psychosomatic breathing methods to reconnect to areas of my body that I have disconnected from. One day, having asked me to simply breath into and connect with certain points around my body while he made small touches and manipulations of the energy points, he asked me then to wag my tail. I looked at him strangely and wiggled my tail bone. Hearing a click I was amused and quite impressed with his techniques.

## Surviving the Pandemic and Thriving

Another chiropractor I have seen told me about a particular vertebra in the neck which can cause depression, suicidal and self-harming tendencies if it is out of alignment. By correcting this, he has seen the disappearance of those conditions in some of his patients.

Whether you see a chiropractor, energy healer, osteopath, Bowen therapist, physiotherapist, massage therapist or any other form of body worker, doing so to align the body is another vital step toward a full health recovery. Look for your local chiropractor.

[chiropractorbyronbay.com.au](http://chiropractorbyronbay.com.au)

[networkchiro.net](http://networkchiro.net)



## 9 Exercise

You may think I'm about to tell you to exercise more? No! I am going to warn you about what happens when you exercise while you are chronically ill and the damage that can be done. While exercise is very good for us, if you are in a chronic state of ill-health exercise should be taken carefully. It is good to do gentle exercises to improve blood and lymphatic movement throughout the body such as:

- Walking
- Yoga
- Stretching
- Jumping up and down or bouncing on a mini trampoline
- Tai chi
- Qigong

Our lymph system which has a major influence on our immune system, fat absorption and fluid balance, relies on movement to supply nutrients to the cells and remove waste products, including pathogens, cancerous cells, toxins and debris. Lymph fluid only moves one direction through lymph vessels therefore vertical motion such as bouncing is much more effective than running or walking to move lymph fluid.

*But*, many people with chronic health conditions often 'crash' for the next few days or week after exercise. This is very common especially for people with Lyme disease and chronic fatigue. This has been linked to mitochondrial dysfunction. I now know it is also related to oxidative stress which is produced by our body's every day functions, including breathing and exercise.

Most people who are suffering from disease or illness have high levels of acidity in their body. When we exercise we build

## Surviving the Pandemic and Thriving

up lactic acid. There are some beliefs that people who are unwell should not do too much exercise to avoid this increase in acidity, which may provide an environment more favourable for pathogens. Also, during the natural process of muscle growth when our muscles have micro tears due to exercise, pathogens have easier accessibility into the muscle fibres.

Each day move your body, do some stretches and a little bouncing on the spot or a trampoline which is great for lymph, maybe a short walk or whatever you feel up to. Try not to push yourself beyond what feels comfortable until you feel confident with your health to do so. Listen to your body.

## 10 Energy Healing

The term Energy Healing covers a very broad range of therapies which can have powerful beneficial effects on our body, mind and soul. The earth's energy is very healing. Devices and gadgets can be used to access, create or balance energy and protect us from harmful electromagnetic frequencies. Practitioners using many different physical methods such as chiropractic, acupuncture or Bowen therapy can assist us to release blockages of energy within our body. Spiritual and emotional healing are also forms of energy healing which I cover in following sections. By removing any blockages of energy or negative interference in our energy field we can enhance our body's own self-healing mechanisms and allow the natural flow of energy and vitality throughout our body.

### **Protection from Electromagnetic Frequencies / Radiation (EMF/EMR)**

The overwhelming amount of harmful EMFs we are exposed to in our modern age of technology pose serious risks to our health. Many companies and health standard regulators ignore the experts and scientific data that confirm this. Instead more powerful damaging frequencies are introduced into our environment every day via phones and towers, smart meters and devices, baby monitors and alarm systems. Everything electronic gives off invisible emissions including household devices, powerlines and home wiring, wireless networks etc. Many doctors and scientists around the world work to find ways to alleviate their negative effects on our health and assist people to recover from the damage caused.

Dr Klinghardt believes EMFs are the number one illness causing factor of our time, even worse than mercury and states that EMFs alter the proteins in our body in a similar

## Surviving the Pandemic and Thriving

manner to nuclear bombs and this damaged DNA can be passed onto our children. He insists that taking preventative measures is a priority when working to overcome acute and chronic illness including Lyme disease.

There are many forms of EMF protection

- Mobile phone
- Home and personal
- Workplace
- Car
- Shielding curtains, blankets, fabrics,
- Wall shielding paint

For a number of years after receiving tick bites I was very sensitive to EMF's which previously did not cause a problem. Many times while sitting inside I could feel the effects of wi-fi. I often yelled out asking my daughters if they'd turned it on and sure enough they had. My whole nervous system was extremely sensitive and I felt a very uncomfortable shaky, humming vibration through my body. Turning the wi-fi off noticeably eased the problem.

One of my doctors invited me to a health conference where I learnt about Blushield Tesla devices. I began using them and felt profound relaxation in my body. I learn that Blushield create a subtle energy field, mimicking nature but much more powerfully. This coherent field overrides all ambient EMF fields and stops the body responding with the hazardous frequencies. Our body will begin to resonate with the enhancing frequencies from the Blushield device rather than the harmful EMFs that now surround us constantly.

### **Buy Blushield Tesla EMF Protection**

There are many protective devices available. Having felt so much relief using Blushield Tesla devices I am proud to be

affiliated with this company. Other countries can find links on both of these sites. For information or to purchase click here:



U.S. customers only use 10% discount code; *shieldme*

## Orgonite

Orgone energy, coined by Austrian scientist, philosopher and psychoanalyst Dr Wilhelm Reich in the first half of the twentieth century, is bio-energy or universal life force energy also known as chi or prana. Orgonite is created by combining resin, classed as organic, and metal shavings, classed as inorganic. Organic materials attract and hold orgone energy while non-organic materials simultaneously attract and repel the energy. Quartz crystal is added to this mixture due to its piezoelectric properties i.e. when under pressure, such as the constant pressure when resin shrinks, quartz gives off a charge. As a result, negative energy which is constantly attracted and repelled in a 'scrubbing' action is cleansed leaving healthy orgone energy. I wear homemade orgonite pendants which I feel are beneficial.

## Earthing

What is Earthing? It is exactly what it sounds like. Connecting with the earth which is a conductor of free electrons. When any part of our skin comes in contact with the earth we absorb large amounts of these negative electrons, whether walking on grass or the bare ground, swimming in the ocean, or hugging a tree. So it is true what they say about hugging a tree

## Surviving the Pandemic and Thriving

but make sure your bare skin is connecting with the tree. The same goes for walking on the earth as synthetic fabrics, soles of shoes, carpets, vinyl and asphalt all block the earth's electrons from entering our body. I have no doubt being in the ocean and walking on the earth have helped to revitalize my body. Earthing is reported to:

- Reduce chronic disease, Inflammation and pain
- Slow aging
- Calm the nervous system
- Promote deeper sleep
- Lessen hormonal and menstrual symptoms
- Support all organ systems down to the tissues and the cellular function
- Counter the effects of harmful electromagnetic radiation

There are many earthing mats and appliances that can be bought for use when inside the home or work place including a mat to place your feet or any part of your body on, sheets and pillow covers. Specially designed footwear is also available.

### **Energy Healing devices**

A lot of past and present research shows that every living and non-living thing, including our own body and any pathogens that may be living within us, has a frequency. In fact, as shown by quantum mechanics, everything in existence is compiled of frequency and sound vibration, sound being the basis for form and shape and that which holds life together. A number of people have devoted their lives to working and experimenting with frequencies which are forms of bioresonance, including pioneers such as Dr Royal Raymond Rife, Nikola Tesla, Antoine Priore, Dr Bob Beck and Dr Hulda Clark. They have invented and used healing devices with the aim to neutralize negative

energies, detect and destroy pathogens which underlie many diseases and illnesses, stimulate bodily tissue to encourage healing and strengthen the immune system, enhance our own healthy energy vibrations and harmonize our body. Some of the devices used for this are:

- Pulsed electromagnetic field therapy (PEMF) mats and devices
- AmpCoil
- Dr Clark's Zapper
- Rife machine
- Tens machine
- Vega machine
- Theraphi machine
- Scalar wave energy enhancement

### **More on Bioresonance**

With the advancement of technology, computerised bioresonance machines can detect hundreds of frequencies of pathogens, including all sorts of parasites, viruses, bacteria and illnesses. They can even detect emotional conditions, traumas and shock held in the body. Bioresonance can use a person's own energy frequencies to restore the body's ideal energy state. Monitoring the frequencies in our body, it can strengthen and boost healthy frequencies and return them to the body to enhance our wellbeing. Unhealthy frequencies can be inverted or turned upside down and when returned to the body will negate those frequencies in our body. This is said to neutralise or kill many pathogens. I have been amazed at what bioresonance machines have detected in my body, correlating to many of the conditions and feelings that were occurring. I've had treatment with a variety of bioresonance devices over the years and at times have had profound experiences of enhancement in my wellbeing.

## Surviving the Pandemic and Thriving

Twenty-five years ago I had a positive experience with treatment from a practitioner using a Tens machine, my health improving dramatically with a lot of energy. Later I had treatment with a German doctor using a Vega machine to treat food allergies and boost my whole system, also with positive results.

### **PEMF**

'All chronic disease or an injury has an associated low voltage,' Dr Jerry Tennant "Healing is Voltage."

PEMF (Pulsed Electromagnetic Field) therapy re-energises damaged cells by inducing electrical charges in the tissues through the pulsed electromagnetic field. This restores the cells to a healthier state and voltage. This, in-turn:

- Boosts cellular metabolism
- Regenerates blood cells
- Improves circulation
- Increases oxygen-carrying capacity
- Reduces inflammation
- Alkalises the cells

As a result, the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger, and vital organs [liver, kidneys, colon] are rid of impurities so the body becomes detoxified (the body starts a detoxification process). There is a resulting increase in: energy to the cells, cell hydration, bone density, lean muscle mass, flexibility, range of motion, stamina, strength, endurance, immune system, nerve response, and muscle response. There is a resulting decrease in: pain, stiffness, swelling, oedema, spasms, stress, bruises, and contusions.



Research has proven the neurological, physiological, and psychological benefits to the body with PEMF therapy. Currently, there are over 3,700 clinical studies on PubMed where medical studies are published.

I've had a session on a PEMF mat from PEMF Therapy Australia and found it very helpful. I have also heard positive feedback.

[www.pemf.com.au](http://www.pemf.com.au)

## **AmpCoil/Sound Healing**

AmpCoil provides our cells, organs and all systems of our body with the optimum frequency they would normally vibrate at. This in turn creates a healing environment, one that is not suitable for pathogens which are often the underlying cause of disease and ongoing inflammation. These harmonious frequencies enable our body's own self-healing mechanisms to work more efficiently.

The AmpCoil has programs such as:

- Positivity
- Relax all
- Full moon
- Harmonizer
- Pain release (muscles, bones, ligaments, joints)
- Hormone harmony
- Deep sleep
- Immune boost
- Cleanse
- Brain reboot (nervous system)

Developed by a family who struggled for years with Lyme disease, the AmpCoil combines the best of old and new technology. Using biofeedback voice analysis, the AmpCoil's tone-generating app BetterGuide can recognize vibrations within our body that are out of balance. A modified Tesla coil

## Surviving the Pandemic and Thriving

projects a fountain-like energy vortex outward creating a pulsed electromagnetic field carrying optimum frequencies which penetrate deeply enough into the body to reach the quantum level of the human cells. This re-tunes and re-shapes the vibrational imbalances found in the body, shifting our core cellular vibration back into balance and neutralizing anything that is foreign to the human body.

AmpCoil has provided one of the most profound healing experiences I have had especially in the areas of my body with suspected cancer. While it is very common for most people to experience rapid results, I was advised this immediate result was most likely enhanced by the good work I had done up to that point. Results show out of one thousand clients five may not respond. This has usually been due to an unresolved problem such as excessive exposure to mould or negative EMR/EMF. During sessions I felt deep and profound changes and improvement in the suspected cancerous areas in my back and spine with enormous relief. Continued treatment showed dramatic improvement in those areas.

I know a boy who used the AmpCoil. Voice analysis showed up pinworm. After using the AmpCoil the pinworm were visible in his stools. His digestion and sleeping improved. A few months later his paediatrician said his heart murmur which had been there for many years had disappeared. I don't know if that was due to the removal of pinworm or the AmpCoil bringing the body's frequencies back into harmony.

[ampcoil.com](http://ampcoil.com)

[dianneellis.com.au/ampcoil](http://dianneellis.com.au/ampcoil)

### **Dr Clark's zapper**

Dr Clark's zapper sends a gentle electric current of 10 to 500,000 Hz with voltage of 5-10 volts through the body to kill

pathogens. Due to scientific advances there is now a computerised version of the zapper which can be programmed to frequencies to specifically counter almost every pathogen and many diseases and illnesses. I found the zapper to be very effective killing a lot of bacteria quickly but, while I was in an extremely sensitive state of chronic illness, it also created a strong herx reaction which was difficult for me to deal with. My daughter had extremely good results with the zapper (see below). I know other people who have used the zapper with excellent results, most of them experiencing a die off reaction before notable improvements.

[drclark.net](http://drclark.net)

### **Learning difficulties, dyslexia, digestive problems, small seizures**

My daughter had great results. After just one session on the homemade zapper her digestive problems decreased, energy increased, she no longer had fainting spells and early signs of epilepsy. Her concentration and school work all improved dramatically and her learning difficulties disappeared. A few months later some problems returned but were once again alleviated using the zapper just once. We then used maintenance doses once every couple of weeks until problems no longer returned. Six months after zapping, Lily's teacher who was providing special learning for her, confirmed that since the time of her treatment she had suddenly gone from having difficulty with the most simple reading and arithmetic, retaining no information at all, to excelling in the standard levels of work.

## **Theraphi Plasma Healing**

The Theraphi is an electronic device that produces a radiative bio-active plasma field. This super-coherent plasma-wave

## Surviving the Pandemic and Thriving

field restores order to the body's cellular regenerative system, reversing the entropy, or disorder, of the disease process. The Theraphi technology has the ability to provide an influence on general well-being, enhancement of the immune system and reduction of healing times. Some of the benefits and positive results people describe after their Theraphi sessions include: pain and inflammation reduction, higher energy levels, anti-ageing, improved circulation and enhanced immune system responses.

I've had numerous Theraphi sessions with noticeable improvements in my condition. During my first session while sitting in the energy field of the Theraphi, I felt very strong pressure in an area of suspected cancer in my back and chest, which soon eased. Each subsequent session the pressure seemed to move to the next high priority area of concern. It was a strangely positive experience and after each session I felt an easing of symptoms. I have no doubt it had a profound healing effect on a cellular level. I met other people who were also having sessions one being an elderly lady who was in a bad accident when she was young. She had lived with pain most of her life. She experienced relief after one session and complete relief after a few more sessions.

The practitioner I saw is now using the Theraphi in combination with a Tennant Biomodulator, a unique PEMF (pulsed electromagnetic field) therapy device which is reported to enhance the effects of the Theraphi.

[theraphi.com.au](http://theraphi.com.au)

### **Protect your own personal energy**

Every thought and feeling we have has the potential to deplete our energy if we are not careful or aware of it. Are most of your thoughts negative or positive? Often where we place our thoughts is where our energy goes. People in our

lives may be depleting our energy without our realising it. There may even be people from our past who are still plugged into our own personal energy source. Do you think about a person or event, past or present, and feel bad in any way? If so, your energy is being depleted due to this situation. When we release the emotional charge to this person or event we are able to think about them without feeling upset or depleted. This can be done effectively using many techniques of energy healing and trauma release as listed in the following sections, my favourite being Genome Healing.

How do you feel about yourself? Are you adequate? Are you worthy? Are you equal to other people? If your answer to any of these questions is no, your personal energy is continually being depleted by your own perceptions or the expectations of others. Value yourself. Some of the most valuable people in my life are those who have given me nothing but a smile, a hug, or a phone call, especially when I was seriously unwell.

When we protect and stand strong within our own energy, the more whole and strong we are within ourselves in every way. In turn we are able to participate and give more in every part of our lives. Here are some very simple ways to protect your own personal energy right this moment:

- Be aware of your thoughts and feelings each day especially in times of stress
- Immediately bring the focus of your thoughts back to yourself
- Notice and accept the feelings you have in your body
- Breathe open any areas of tension and allow the energy within you to move
- Detach from negative situations or events
- Look for the positive in life

## Surviving the Pandemic and Thriving

- Refuse negative thoughts and replace them with positive ones

### **Energy Healing (Practitioner and Personal Forms)**

People all around the world in every culture use energy healing in one form or another. Whether as an individual or with the help of practitioners and shamans, countless techniques can be used to release blocked energy, access higher or more healthy vibrations of energy, engage incredible powers of healing, and balance and enhance the energy systems in and around our body. Some techniques used include:

- Genome Healing
- Breathwork
- PSYCH-K™
- Visualisation
- Emotional Freedom Technique/Tapping
- Reconnective Healing
- Reiki
- Kinesiology
- A.R.T.®
- Homeopathy
- Reflexology
- Acupuncture
- Yoga
- Spiritual healing
- Flower and Vibrational Essences
- Crystal Healing
- Colour Therapy
- Shamanic Healing

I have gained benefit from all of these methods at times during the past twenty-five years. Each one can be beneficial

to your body, mind and soul. If you tune in to how you are feeling you will be able to work out which technique may be most beneficial for you at this time. Are you feeling emotionally charged or sensitive? If so, Genome Healing and the emotional healing techniques at the top of this list may be most useful. Or are you feeling more unbalanced physically? If so some of the more physical therapies such as reflexology or acupuncture may be suited right now. Listen to your body. Listen to your instincts. You will know what is right for you.

## **Homeopathy**

Homeopathic medicine is made from plant, mineral and animal substances, using a specific process of dilution and succession or vigorous shaking. The resulting solution is diluted so much that it's difficult to find any of the original particles. Since the medicine cannot act biochemically it is believed to work on the body's subtle energies activating the body's own self-healing mechanisms. There are no side effects or contraindications listed for homeopathic remedies, therefore they are safe for babies, pregnant women, the elderly and people with damaged immune systems.

A homeopath will ask questions about specific symptoms, emotions, thoughts, feelings, body sensations, desires and dislikes to find the appropriate remedy to treat any mental, emotional or physical ailment. Homeopathic remedies are also used to treat deep inner susceptibilities which founder, Samuel Hahnemann called miasms. These miasms create a predisposition to particular disease states. Therefore, using homeopathy to reverse these predispositions is valuable for everyone, whether healthy or treating a current illness.

See your local homeopath or look online for a registered homeopath.

<https://www.homeopathyoz.org/>

[itchgoes.com.au](http://itchgoes.com.au)

### **Kinesiology**

Kinesiology is a form of muscle testing to identify imbalances in the body's structural, chemical, mental, emotional and energetic systems. It is an effective way of letting our body do the talking, bypassing all the misinformation and theoretical possibilities we often have swirling around in our head when we feel unwell. When I was seriously ill my practitioner used muscle testing to determine which remedies and foods my body was responding well to. I have no doubt this prevented further deterioration in my condition and enabled a faster recovery. Kinesiology can also be used to determine underlying subconscious thoughts and beliefs which may be having a negative effect on our lives.

The small amount I write here on this topic, does not give this form of therapy the accolades it deserves. Kinesiology can envelop every aspect of healing. A good practitioner can help you with any area of disharmony in your life.

See your local kinesiologist or look online for a registered practitioner.

[www.aka.asn.au](http://www.aka.asn.au) [americankinesiology.org](http://americankinesiology.org)

### **A.R.T.® Autonomic Response Testing**

Dr Klinghardt's ART system uses methods similar to kinesiology and allows you to detect and treat unresolved emotional issues, chronic infections, retained toxins and other issues contributing to poor lack of health and vibrance.

[klinghardtinstitute.com](http://klinghardtinstitute.com)



## **Visualisation**

I have a friend who is a nurse and was diagnosed with multiple sclerosis. She had a picture of a healthy spinal column, brain and nervous system and everyday visualised her myelin sheath repairing itself. She was told she may be in a wheelchair within six months. Over twenty years later she is healthy and strong and results showed 'moth holes' in her myelin sheath had disappeared.

Many people visualise any area of dis-ease in their body repairing itself and transforming back to healthy cells. This is actually sending a signal to the self-healing capabilities of our body to get into action and repair. The power of this process should never be underestimated.

## 11 Emotional Healing

### **Release Traumas and the Emotional Connection to Physical Illness**

Cancer and many illnesses have been shown to have a direct link to an emotional trauma or event. When we release stress or underlying trauma we are able to heal on a cellular level and restore optimum function. There are many forms of emotional healing, most of these also providing a form of energy healing, including:

- Genome Healing
- Breathwork
- PSYCH-K™
- Counselling
- Psychology
- Neurolinguistic programming

Dr Bruce Lipton has demonstrated how our cells shut down when we are stressed or in a state of defence. He has also shown how our stress hormones will affect our blood chemistry, therefore altering gene expression. Finding areas of our mind, body and soul which have closed down in defence and then reopening them to love is one of the most powerful healing tools we have. This in turn will allow happy hormones to be released into the blood, having a positive effect on blood chemistry and gene expression. While I have found many causes of my ill-health, including toxins and pathogens, for a long time I didn't realise just how much deep tension I held in my body on a cellular level. This affects our immune system making us more vulnerable to the pathogens and illness. Being open to listening to my body and allowing feelings to present themselves, when a hidden emotional trauma surfaced and I was able to release it, I was astounded at how

much tension was released from my body, and in turn how much my body was able to spontaneously heal.

### **Trauma will release if and when it's ready**

We don't need to go delving deep into the past looking for problems. You could be opening a can of worms that is best left alone. By looking at what is not working in your life right now such as your health, relationships or work, and making intentions to resolve these issues, whatever is holding you back will surface when it is ready to do so. There may be one or more past traumatic events which still hold charge in your body and need to be released. You may also hold hidden negative subconscious thoughts or beliefs which can be transformed into a positive framework. You may even be carrying ancestral and genetic memory which is impacting your life now. This can be addressed and transformed gently when you are ready to do so.

Due to my life long struggle with ill-health I've spent many years exploring the emotional connection to physical illness. Although it can seem hard to understand, I have no doubt there is always an emotional connection to every illness. Sometimes it's good for us to become aware of what this connection is. Other times just feeling the emotions that come with the experience is all that is needed to move through it.

### **Fear and love are the same energy**

Many of the pathways within our body with which we feel fear and negative feelings are the same pathways with which we feel love and all associated positive feelings. Think of a time when you may have felt joy or love, but you were in trouble or that love was rejected. That joyful or loving part of you may then have been stifled or shut down. To now access that joyful loving part of yourself, those negative thoughts or feelings

## Surviving the Pandemic and Thriving

may need to be shifted. If we block those feelings of fear, grief, hatred or anger we may also be blocking those pathways in our body which help us to feel happiness, gratitude, love, joy or peace. This tension may cause blockages of energy and blood flow which in turn may cause the development of illness.

If suppressed negative feelings arise always remember to allow yourself to feel them, whilst making a conscientious effort towards positive thoughts, intentions and affirmations. This allows the free movement of energy throughout your body. In doing so, it is surprising how easily feelings of grief, anger and hurt, can transform into feelings of love, joy and peace.

Often simple healing processes such as breathwork or Genome Healing will easily enable you to become aware of the underlying emotional connection to physical illness and help you to effortlessly release it. At times, if you are caught in the middle of a chronic illness which seems to have no reason behind it, with no apparent way to regain health, simply being willing and open to becoming aware of the emotional connection may allow you to do so. I cannot emphasise enough how very important this is. Be open to the possibility that emotional healing can happen easily, effortlessly and spontaneously. For a long time it seemed like hard work, it *was* hard work, until I fully surrendered to the process. It is within this surrendering process that true healing can occur with ease.

### **Negative thought patterns or an awakening?**

A pattern of negative thoughts can usually be changed by using awareness and willpower. Trauma or energy blockages held in the body will eventually force themselves out, one way or another, and are usually unaffected, if not strengthened by willpower. This energy will not allow itself to be suppressed.

Therefore the harder you try to ignore it or hold it down the harder it will push to the surface. Are you stuck in a rut of negative thought patterns? Or is there a hidden trauma or energy blockage bubbling to the surface ready to be released, and in turn provide an awakening or blissful experience and beautiful way of being?

### **Re-training neural pathways**

If we have been in negative thinking patterns for a long time, the neural pathways in our brain will automatically take us to those negative thoughts, perpetuating the cycle. It can take time and attention to our thoughts to retrain those neural pathways or create new ones. When you catch yourself thinking negative thoughts look for something positive to think about instead. Also be aware if you are drawn into negative thinking by media and the people around you. With repetition, once we have created new neural pathways and patterns of positive thinking it can become an easy habit.

### **Are your thoughts your own?**

Some people who are very sensitive can pick up on other people's feelings. Empaths can be so sensitive they take on the feelings and emotions of people around them. This can potentially have a huge impact on their health. If need be, take a step back from people to centre yourself, your energy and your emotions.

### **Step by step**

If all this 'emotional stuff' is new to you it may seem confusing and very difficult to understand what is happening within yourself. Many societies, communities and families do not know how to deal productively with sensitive emotions and differences. If you've grown up with conflict, opening up to sensitive emotions may put you into a state of fight or flight.

## Surviving the Pandemic and Thriving

Recognising this within yourself is important. Some of the methods I describe are very deep and can provide profound shifts within yourself, which at times need to be taken slowly.

### **Someone to talk to**

If you are just starting out with self-discovery, simply having a good listener you can talk to, a trusted friend, family member or acquaintance, can be a valuable first step. Some people might be a bit too close and may not be able to provide a neutral support when emotions are a little raw. Talking with a counsellor, therapist or psychologist can be a huge relief as we release emotions that may have been pent up for years.

## **Genome Healing**

Genome Healing is one of the most incredible forms of mind/body healing I have used. The techniques are revolutionary, simple and extremely effective. Negative feelings can be transformed into a peaceful sense of bliss within minutes. We can directly access and gently release emotions held in every organ and system of our body. This process often reveals patterns in our lives and possibly those which have been carried down through the generations via our genetic and cellular memory. At the moment of conception our first cell is created by the union of the male sperm and the female egg. Genetic cellular memory is carried in every cell as it divides, to eventually create our own unique human body. If there is conflict between this masculine and feminine energy, which could trace back many generations, there may be conflict within our cells, organs, body and our mind.

### **Allowing your cells, organs and genes to have a voice**

Using Genome Healing techniques we are able to talk to our cells and our organs, easily release trauma including genetic

and ancestral memory, and return our body to its optimum functioning blueprint. The trauma release method takes minutes and from my experience is permanent. Some other related traumas may arise later and can easily be released. Using powerful quantum mind/body healing techniques we are able to release physical and emotional stress at the cellular level of the body and the subconscious level of the mind. We can literally recreate our reality.

I feel blessed and very grateful to Carol Roberts, the founder of Genome Healing. Since using these techniques I have experienced the most incredible spontaneous transformations in many areas of my life.

[genomehealing.com.au](http://genomehealing.com.au)

[dianneellis.com.au/genomehealing](http://dianneellis.com.au/genomehealing)

## **Breathwork**

### **Breathing is the most critical function for life**

We can go for a few weeks without food, a few days without water, but only a few minutes without breathing. The nervous system is wired in such a way that the messages about breathing receive top priority. By changing the pattern of our breathing and taking full relaxed breaths we change the messages sent from the nervous system to the brain. The brain picks up these messages, interprets them and responds to them, and you can transform how the brain is working. You can feel better very rapidly. A lot of people don't have a lot of time for relaxation techniques but breath practices can be used any time.

Breathing practices have been used to promote health and wellbeing for thousands of years by many different cultures and religions around the world. From Qi gong, Tai Chi, Zen meditation and Buddhism, to Ayurvedic medicine, Yoga and

## Surviving the Pandemic and Thriving

Pranayama. Science has shown that regulating breathing patterns improves overall health and wellbeing in many ways such as;

- Increased blood circulation throughout the body
- Blood pressure
- Digestion
- Sleep patterns
- Relieves heart arrhythmias and anxiety
- Increased levels of energy

### **Neurophysiology and the breath connection**

Breathing can very rapidly effect the way we feel. Each in breath activates the sympathetic nervous system which increases the heart rate. Each out breath activates the parasympathetic nervous system which slows the heart rate. This is called the respiratory sinus arrhythmia. Therefore, the way we breath very rapidly change the way our heart beats. This is one of the main mechanisms by which breathing techniques work.

### **The intrinsic cardiac nervous system**

There are messages being sent from our brain to our heart, for example if you see a snake on the pathway in front , the messages sent from the brain to your heart will make it beat fast. But there are in fact more messages sent from the heart to the brain. Often this happens on an unconscious level. The hear has its own brain called the intrinsic cardiac nervous system. The inputs from the heart to the brain are numerous and go to a lot of the major brain centres.

The thalamus is the core of our brain and has a lot of different functions. Different to the emotional centres of the brain, it has a great effect on our cognitive functions; being able to think clearly, react quickly, make good decisions etc. It



synchronises the electrical activity of all the neurons in our cortex - the grey matter where the information processing takes place. It plays a key role in attention, memory, perceptual awareness, language, thought and consciousness. When we are stressed or if we have an unhealthy pattern of breathing the heart rhythm is incoherent and erratic. So too are the messages sent from the heart to the thalamus. This inhibits the ability of the thalamus to synchronise the electrical activity of our entire brain.

**Breathing exercises can be used to;**

- Immediately reduce stress and anxiety
- Release long held tension from the body
- Bring your breathing patterns into a healthy rhythm
- Clear restrictions that prevent you from achieving your goals
- Resolve and heal problems at the core of the issue
- Improve lung capacity enhancing overall health and sporting performance
- Assist you to listen to and trust your inner wisdom, enabling you to make decisions that are right for you
- Reach deep levels of peace and harmony within yourself

**Heart coherence**

By focusing our attention on our breathing and activating a positive emotion such as love, compassion, appreciation or gratitude, we can bring our heart into a smooth, even rhythm. When we shift into this more coherent state many things happen:

- On a neurological level the heart and brain become more synchronised

## Surviving the Pandemic and Thriving

- All neurons in our brain operate at a higher level of efficiency
- Hormones throughout the body become more balanced
- Significant improvements in short and long term memory can be achieved
- Our ability to focus and make better decisions and choices is enhanced

Heart coherence encourages positive responses throughout our whole body from the immune system the hormonal system, the brain and cognitive system.

[heartmath.org](http://heartmath.org)

### **Biochemical changes in our body**

Simply getting upset with people sets in motion a cascade of over one thousand biochemical changes in our body. Cortisol can be present in the body twelve hours after an argument and will affect the way we feel and relate to people. With cortisol interacting with the neurons in the brain it is difficult to calm thoughts and sleep. Breathing practices will harmonize systems in our body into a coherent state. The hormone DHEA is released neutralizing the effect of the cortisol. When we are in a deeply relaxed coherent state four or five hours sleep can be equivalent to six or seven hours.

### **Reconnecting with our inner self**

Breathwork provides an excellent way to reconnect to our inner self, access deep wisdom and love, and reach profound levels of peace and harmony. With awareness on our body and breath, using gentle breathing exercises we are able to unlock and release blocked energy in our body which may have been held from any past traumatic event, birth, or even in the womb. Our body is the home of our subconscious and

our spirit. The breath provides a valuable tool for accessing the truth of who we are without the confusion that can happen at times in our minds.

### **Unlock deep love and bliss from within**

Without going into the story of past events, by simply placing our awareness on our breath and body, we can release tension, grief and energy blockages on all levels, physically, emotionally and spiritually. By releasing negative emotions, we are actually releasing blocked energy in our body, allowing it to transform into a positive form of energy and bliss. As we reconnect to deeper loving parts of ourselves which have been shut down, we often feel joy and happiness spontaneously bubbling up from within. Allow the free flow of love, energy and even ecstasy throughout your body.

### **Body wisdom**

After having my first child I could have been diagnosed with post-natal depression, but I knew I held a lot of grief due to traumatic events in my own childhood which needed to be resolved. My body held huge amounts of tension due to suppressed feelings. Breathwork enabled me to listen to my inner self, to really tune into parts of myself which had shut down due to the loss of two mothers. Those sensitive parts of myself that had shut down were vital to my own ability to be a mother. With guidance I was able to make sense of the feelings I was having in my life, and see they were arising from past events. Developing awareness of where these feelings were coming from cleared a lot of confusion, enabling me to release the negative feelings that had been arising, and connect to some of the deepest feelings of love I had ever experienced.

### Deep love

Breathwork enabled me to experience a level of love that is almost unexplainable. I guess you could say a blissful out of worldly experience. Although for a while I was a bit lost, continually wanting to go into a deep meditative state to experience this love, I learnt to ground these experiences into my daily life. Other practices such as Genome Healing and PSYCH-K™ also helped me to do so. This connection to a deeper love within my myself and universal divine love, is particularly enhanced in nature and provides an infinite source of peace and oneness to tap into any moment.

There are so many wonderful practices, organisations and individuals who use breathwork and various breathing methods. There are far too many to mention but I list some who have provided wonderful information, guidance, helpful techniques and love below.

[dianneellis.com.au/breathwork](http://dianneellis.com.au/breathwork) [heartmath.com](http://heartmath.com)

[hendricks.com](http://hendricks.com) [jimmorningstar.com](http://jimmorningstar.com) [wimhofmethod.com](http://wimhofmethod.com)

### PSYCH-K™

PSYCH-K™ uses a blend of various tools to change any subconscious thoughts and beliefs which have a limiting and self-sabotaging effect on our lives. Some of these methods which include similar techniques to brain gym and kinesiology are derived from contemporary neuroscience research, as well as ancient mind/body wisdom.

They facilitate change at the subconscious level where at least 95% of our consciousness operates. Weaknesses in the body due to negative subconscious thoughts and beliefs are detected and transformed. PSYCH-K™ is a process that transcends the standard methods of visualization, affirmations, will power, and positive thinking. It is especially

effective in the areas of behavioural/habit change, wellness and stress reduction.

[psych-k.com](http://psych-k.com)

[dianneellis.com.au/psych-k](http://dianneellis.com.au/psych-k)

## **Embody your experiences**

Our natural way of being is love, peace, harmony and abundance. If we are not able to live our lives in this way, there is usually somewhere within ourselves that has shut down or closed off. When we unlock trauma and blocked energy, we access a very tender and delicate part of ourselves, literally. Many of our emotions are deeply intertwined within our whole being and nervous system on a cellular level.

When practising healing techniques, spontaneous blissful experiences often occur. Occasionally when our energy vibration has changed quite significantly, it can upset the usual equilibrium in our lives. People who are used to us being a certain way may be unsettled with the changes within us, even if they are not consciously aware of it.

At times, the universe will somehow recreate a scenario similar to that which we've been trying to overcome. This is an opportunity to have direct access to the feelings and pathways in our body which have been closed down. Grasp this as a healing opportunity. Feel those areas in your body which have been triggered. They may feel jittery and weak, or tense and tight. Breathe into them. Reassure yourself that all is ok. This time you have an opportunity to become stronger and more resilient, to open up the areas within yourself that have been shut down. This is when true transformation in our lives occurs.

## 12 Soul Healing

Connecting to a higher love and oneness is very healing for our soul. In doing so we are able to completely free ourselves of any and all of life's worries, if not permanently at least temporarily. There are many, many ways we can nurture our soul including:

- Connect with nature
- Singing
- Participate in a spiritual practice
- Live your passion
- Meditation
- Mindfulness
- Shamanic healing
- Genome healing
- Breathwork
- PSYCH-K™

### **Connect with nature**

Take the time to simply watch a beautiful sunrise or sunset, the moon and the stars at night. Sit in nature. Allow yourself to absorb all the relaxing, healing energy of the earth and this universe in which we live. The magnificent, raw and powerful energy of our earth is incredibly healing, invigorating and even euphoric. Use whichever tools are suitable for you to find a deep love and oneness with spirit and universal love.

At times during my life I have experienced many years of feeling alone, unwell and disconnected from society. But something that has always been with me has been a deep connection with nature, and somehow through nature, a connection with spirit. I've spent countless hours just sitting in nature, watching sunrises and sunsets, the animals, birds and the trees, which have provided an incredible sense of

oneness. Deep meditation and breathwork has also enabled an almost ecstatic feeling of love within, and oneness with the universe.

### **Spiritual practice**

Whether you believe in a divine creator, God, Krishna, Buddha, or a universal energy, when we connect to a higher infinite and eternal force, we have access to the deepest unconditional love. If you feel the desire, prayer is extraordinarily powerful. Use this as a healing tool for yourself or others. Once you have set your intentions and positive beliefs surrender and trust that life is taking you on a path which is perfect for you. Whether you have a daily routine on your own, join a spiritual gathering, church or meditation group, when we connect to the pure essence of our soul, spirit and who we are, all that is not that, can melt away.

### **Live your passion**

What are you passionate about in life? What gives you a feeling of oneness or connection, peace, harmony or excitement? Whether it's a sport, singing, gardening, painting, connecting with friends or even your work, finding an activity or practice to fuel your soul gives meaning to life.

## **Venturing Within... Going Deeper**

### **Conscious and subconscious thoughts and beliefs**

Our conscious and subconscious thoughts and beliefs have an enormous impact on our physical and emotional wellbeing. They also create our reality. Wherever we place our thoughts is where our energy goes. Refocusing our thoughts and emotions towards positive feelings, such as gratitude, caring, love and joy, we can actually bring our heart rhythm, brain rhythms, hormonal, nervous and immune systems into alignment and synchronicity. Every time you have a negative thought or belief about yourself or anything in your life, find the opposite positive thought or belief and affirm that to yourself. Quantum physics shows us that our subconscious thoughts and beliefs not only shape our lives but actually create our reality.

### **Releasing the trauma of a diagnosis or lack thereof**

Receiving a diagnosis can be a huge trauma, especially if it is a life-threatening illness. Simply the word cancer can create enormous amounts of fear. The shock and grief of this type of diagnosis is one of the first traumas to overcome. Many people will only receive very invasive and damaging treatment options. In fear, family and friends will often push the patient to take these options before researching all other available scientifically proven methods. In many holistic and natural circles, the word cancer is not a life sentence, but merely a message to the self that something emotionally, physically and/or spiritually needs to be addressed. Usually all three.

Other times a lack of diagnosis can be extremely traumatic. As myself and hundreds of thousands of people with Lyme disease around the world have experienced, if the testing that is being used is unable to detect what is wrong, being told



there is nothing wrong with you when you are seriously ill is a very frightening and traumatic experience.

Along with that often comes lack of support from friends or family when they just don't understand the gravity of your illness and how you are feeling. Acknowledging and releasing this trauma is also very important. While it is good to find your inner strength in these situations it's very important to remind yourself that you do need and deserve medical and personal support. Usually the people close to us are unable to provide the full amount of support we need. This is when online or local support groups can be extremely beneficial.

### **Make friends with your feelings**

During any time in your life when negative feelings arise, particularly persistent painful feelings, try to make friends with them. Often in many societies there is a perception of always being happy and not expressing negative feelings. This can leave us unable to know what to do with those feelings, so we try not to feel or acknowledge them. We try to get rid of them and ignore them, but this can be like trying to dam a river which could potentially burst or become stagnant. Just like a river, if we have stagnant areas of blocked energy this provides a breeding ground for pathogens.

The negative and positive feelings within us are an actual form of energy in our body and need to be allowed to move and transform. If you have any persistent negative feelings that won't seem to shift, just pretend they are your friend. Each time they arise simply think to yourself, 'Oh here is my friend again'. I did this during a very dark time in my life and I was confused when the feelings simply disappeared. I later realised that by training my brain to think of those negative feelings as a positive thing, they were actually transformed to be so.

### **What is holding you back?**

Whether you are wanting to achieve better health, a loving relationship or a better job, if something isn't working out it's usually for one of two reasons. Either the path you are taking isn't right for you and there is a better option, or there may be a subconscious thought, belief or hidden trauma standing in the way of you achieving your goal. If you are unable to achieve something, take the time to feel the frustration around this issue. Feel where that frustration is in your body. Allow it to its fullest. Allow any answers to come to you. This will often provide the shift that is needed.

### **Life will provide the healing we need**

It has taken me a very long time to realise that every upset or area of disharmony in our lives can be used as a tool for healing. If we set an intention in our lives and something negative seems to occur, it may be a stimulant to reawaken a locked emotion in our body. Use the breathing exercise below to tune in and listen to what is happening on a deeper energetic level. It may be opening up an area within you from which you can fully embrace and experience that which you desire in life.

### **Finding the Jewel beneath fear**

Beneath every negative emotion is fear. Think about it. Every single negative emotion we feel is caused by fear of losing something or someone that makes us feel good or secure. If you have any feelings of fear, whether they are occasional or persistent, explore the depths of those feelings. Feel as deeply as you can how they make your body feel. Often it is here, hidden beneath this fear, where the deepest love within us resides.

## **Make friends with negative feelings**

Sometimes the more we try not to feel hurts or negative feelings within us, the worse they become. And it is exhausting to keep trying to feel good if it's just not working. This is the time to go down into those feelings in your body from an observer's perspective. Welcome those feelings as if they are your friend. Watch them. Notice what happens in your body. This allows energy blockages to move and release.

## **Rise to the challenge**

When something seems too hard, tell yourself, 'I can do this!' Many people with chronic illness feel they just can't keep going. Surrender to the feelings inside, but at the same time look forward to the way you would like life to be and feel. It is during these times that many of us find a deep strength we never realised we had. I have experienced so many hardships and difficulties but now I feel so strong and capable. Challenge yourself. Find your strengths and reward and praise yourself for doing so.

## **The Power of Positive Intentions and Affirmations**

Never underestimate the power of positive intentions and affirmations, especially when we also connect deeply with our breath and our body. You may have done a lot of intention setting and may feel it doesn't work. Keep going with it, just a little each day. Even if you don't notice anything, on a subtle level changes are occurring. Often whatever is holding us back from achieving our intention can surface, making us feel temporarily worse, but this gives us an opportunity to release it and move forward.

When we go to the depths of our emotions, it is from this place within, when we set positive intentions and affirmations, we are able to transform energy and manifest that which we

## Surviving the Pandemic and Thriving

desire. The simple breathwork exercise ahead can be used to tune in to your inner self, your inner wisdom, beyond the constraints of your conscious existence.

While we are using it here to tune in to and release anything holding you back from good health, it can be used for any area of your life that is not working as well as you would like it to. When I first did this exercise I was very unwell. I set the intention, 'I intend to be strong, fit and healthy'. Within two weeks an abscess appeared on my gum. I had been suspicious of a problem tooth for seven years, but I was told it was fine. I had the dead tooth removed and my health improved dramatically soon after. This may be considered coincidence but I have had far too many coincidences to call it just that.

Some positive affirmations for you to practise:

- I love myself
- I am strong
- I am healthy
- I am happy and content
- I am respected in every way
- I am worthy of the best that love and life has to offer

Think of affirmations related to any area of your life that feel appropriate for you and repeat them any time. Make sure the wording is always positive in the present tense as if it is already happening.

### **Release the emotional connection to physical illness**

This exercise is similar to the exercise in Part 1 to release fear. It's best lying down on a mattress. Some soft meditation music can be helpful. For best results put aside one hour or so. Once you are very familiar with the process it can be done within minutes during your daily life.

### **Breathwork Exercise**

1. To start with set positive belief statements for yourself such as:

- ♦ I am strong, healthy and well
- ♦ I am heard and understood
- ♦ I am safe
- ♦ I am loved

This will activate a self-healing process within your body even if you don't notice it.

2. Set intentions/positive belief statements about anything you would like to achieve in your life:

- ♦ I walk or run each day
- ♦ I have a great job that I love
- ♦ I have a loving home
- ♦ I have a wonderful relationship

3. Close your eyes. Breathe nice full relaxed breaths into your belly. Bring all of your awareness to your breath and your body.

4. Think about the condition or illness you are concerned about. Feel how it feels in your body. Is there a thought image or picture that comes to your mind? Is this relevant to your condition? Still with your eyes closed, focusing on the area of concern, ask yourself some questions such as,

- ♦ What is the underlying cause of this illness?
- ♦ What am I needing at this time?
- ♦ What is my body trying to tell me?

Listen to anything your body or subconscious mind wants to tell you.

5. Focus on the area of concern or condition in your body. Breathe nice full relaxed breaths into any

problem areas. Feel those areas. Notice any sensations in your body such as hot, cold, tingling, cramping. Allow any feelings to move, change or stay the same, to strengthen or weaken. Just observe them. You may not be aware of any feelings. If so, notice the feeling of nothingness.

Images, memories, pictures or colours may come to your mind. If so, there is no need to do anything with them. Just notice them and bring your awareness back to your body and your breath. Be aware of any emotions that arise. Again, just notice them and always bring your awareness back to your body and your breath. Allow any feelings within your body.

Do not go looking for negative emotions or into the story of any past events. If there are hidden feelings of grief, sadness, guilt, or sorrow etc that need to be released, they will do so spontaneously. Just feel the feelings that arise and allow them to their fullest, always remembering to bring your awareness back to your body, your breath, and the present moment.

6. Surrender to the depth of any emotions or feelings. Watch them from an observer's point of view. Be curious and watch as they transform. Often, simply by becoming aware and allowing energy and emotions to shift in our body that is all that is needed for profound transformations. Stay with this process for as long as you feel necessary.
7. If no obvious feelings or answers come to your awareness that's fine. Just be aware of your body, your breath and any sensations.

8. Often with the release of trapped energy or emotions in the body spontaneous levels of joy, love and bliss can arise. Be open to any positive emotions and feelings arising. Feel them to their depth. Breathe into those feelings allowing them to amplify.
9. Once again state your positive affirmations and breathe those beliefs into every cell of your body, particularly into any areas where there was tension or negative feelings. Visualise the outcome you would like to achieve. Feel how it would feel to achieve those outcomes. Breathe those feelings into every cell of your body.
10. Write down your experience or any words of wisdom that came to you if you wish. If you have any visions you may like to draw them. Some coloured pencils may come in handy.

By simply bringing your awareness, energy and positive affirmations to the area of concern you will activate a healing process. This may take practise. You might have feelings of relief, happiness, joy or a deeper feeling of oneness and peace.

### **Daily breathing exercise**

The principles of the breathwork exercise above can be carried out in your everyday life. As you go about your day, remember to notice how your body feels. Allow the feelings in your body. Notice any areas of tension or stress. Don't fight them. Just allow them. Breathe into them. Relax. It might take practise, but this can all be done no matter what you are doing in your day, even when you work and while talking to someone. This simple yet powerful process allows the free

## Surviving the Pandemic and Thriving

flow of energy in your body. It also helps you to be aware of, and protect, your own personal energy.

Remember if you have any persistent stress or anxiety in your body that does not resolve using relaxation techniques there may be physical causes to address such as wi-fi exposure or hidden pathogens, particularly if they are in the nervous system.

### **Daily emotional awareness exercise**

Each day keep a close vigil on your thoughts. Are you thinking positive life enhancing thoughts? Or are your thoughts negative and disheartening? Remember that every thought we have releases hormones into our blood stream, affecting every function of our body. Training and refocusing your thoughts to be positive, while still allowing your true feelings, your true self within, is the key. There may be times of stress and difficulty, or negative emotions from past events that we need to work our way through. Allow yourself to do so, accepting and acknowledging the full depth of those feelings. Then bring yourself back to a positive mind set. When you notice any negative thoughts creep in, stop them. Once again, find the opposite positive thought or belief, and reaffirm that to yourself. In doing so you are actually changing the neural pathways in your brain, and this way of positive thinking will become a habit.

Each day practise repeating positive affirmations about yourself and your life as if it is already happening. Remember to always use positive wording in the present tense such as, 'I am strong', 'I am healthy', 'I have a loving relationship with my partner, children, friends or workmates', 'I am successful.' Even if things in your life are not yet happening as you would like them to be, even if you don't really believe it will happen,



by doing this exercise you are changing your subconscious beliefs which will create a positive change.

### **Determination and commitment**

Whatever may be causing disharmony in your life, whether a health condition, something from the past or in your day to day life, we often need grit, determination and commitment to ourselves. As a society we have lost sight of the sensitivities and strengths within us, the connection with spirit and soul. Our outer world, friends, colleagues, the media and internet can very easily distract and confuse us to what is most important for our spontaneous joy and happiness within. Commit to yourself and make changes that feel right for you, honouring and respecting your true self. Don't anyone or anything make you lose sight of your true self and what is important to you.

### **Surrender**

At the same time, I cannot emphasize enough how important it is to surrender to your inner self, higher self, divine wisdom, universe, God or however you would like to think of it. **Commit deeply to yourself while your surrender fully to your divine path.**

'Beneath all negative feelings, profound feelings of love, joy and peace can be discovered. Sometimes, the most precious jewels are found within the depths of darkness. Shine a light on the darkness and it disappears. The joy and beauty within are truly blissful'

## **Venturing Out ... with Your Inner Self**

In an ideal world each of us would feel safe to allow the deepest most sensitive parts of ourselves to be seen in every area of our lives. But living in this physical reality, that is not always appropriate or possible. When we become in touch with these sides to ourselves, we need to feel safe and supported to live from that place of sensitivity. At times we need to make changes to our outer world so our inner self can thrive. Not everyone will understand those newfound sensitivities. That's ok. Be open with people you feel comfortable to do so with.

### **Letting go of that which no longer serves you**

Particularly during times of illness and hardship, we find our lives changing. We find ourselves changing. Some people are able to be there for us during these times of difficulty. Some people in our lives may no longer understand us and the whole dynamic of our relationship changes. Often while we are unwell we become needier, and some people who we hope will be there for us are not able to meet those needs. Often we are not able to meet the needs of others in the way we have previously done, which can upset them. It can be very traumatic for all parties involved.

Some people deplete our energy and it is best to let those people slip away out of our lives, or make sure you protect your own personal energy. It might upset people when you prevent them from tapping into your energy but it is vital for your own health and wellbeing. I have learnt that when we let go and trust, the people who are meant to be in our lives will be. Letting go of people can be painful, but it is always better for both parties. You may need to let go of someone you love, but you don't need to let go of that love. That is your own feeling to hold onto if you wish. Things may change and

bring the person back into your life at a later time, or your lives may go separate paths.

It is also important to let go of any situations or activities that are no longer serving you. Don't do something because you feel you should or you are obliged to. Make sure you are doing what makes you happy and uplifts you. If it isn't doing so, it may be time to let it go and find more rewarding activities in your life. Allow changes to unravel as they are meant to, easily and effortlessly. Let life unravel easily and effortlessly.

### **Hold on to what is important to you**

While it is essential to let go of what is not serving us, it is vital that we hold on dearly to those we love and that which is important to us. What in your life feeds your soul, nourishes and nurtures you and makes you feel good just thinking about doing it? Who are the people that support and uplift you, care for you and make you feel loved and cherished? Who in your life doesn't care if your hair is brushed or whether you are happy or sad, can sit beside you in your darkest moments or soar alongside you when you are flying high? Who do you feel safe to be around when you expose the most sensitive sides of yourself? These are the people and the things that give our lives true meaning and purpose.

### **Healing Relationships**

If you are having difficulty, or you are unhappy with a relationship in your life, step back for a moment and consider what might be happening on an energetic level. Temporarily put aside what you are seeing or hearing. How are you *feeling* about this relationship? How are you feeling about the other person and within yourself? Rather than trying to change the circumstances around this relationship, go within yourself. Feel the feelings this disharmony has created, the energy blockages within your own body. There is no excuse for

## Surviving the Pandemic and Thriving

another person's bad behaviour, but it can at times bring your awareness to an area of yourself that has been shut down, triggering you to go within and find a deeper love within yourself.

Feel where the tension or angst is in your body. Breathe nice full relaxed breaths into those areas stretching them open, breathing life into those areas of tension. Like an observer, watch the feelings. Allow them to move, shift, strengthen or weaken. Feel them to their deepest depths, while watching and observing with curiosity to see what they might do.

Be open and aware of where these feelings may have originated and allow any other related feelings to arise. If this does happen allow it fully, but do not go further into the story of these events. Simply acknowledge where these feelings came from and allow them to their fullest. If you're not aware of their origin simply acknowledge and feel them.

Now set positive belief statements to override any trauma held within you from these events or feelings, e.g., 'I am worthy', 'I am understood', 'I am loved', 'I am safe'. By doing this practice you may realise how some feelings that you hold within yourself are reflected in the people around you and maybe have done so for much of your life. Some of these feelings may even be a genetic memory carried down through the generations, which will be much better to be cleared from your psyche. This can be done very effectively using Genome Healing methods.

There are times when we need to address conflicts or differences with another person. There may even be times when we need to let go of people or relationships. But always be open to finding any areas of yourself that may have shut down in defence due to past hurts and look for ways that you can love yourself more. This self-loving vibration will in turn

attract more love into your life and can facilitate spontaneous healing of self and relationships with those we love.

### **Emotional responsibility**

Taking responsibility for our own feelings and emotions is very empowering and vital for healthy relationships. It is important to be aware of the effect of our own words, body language, thoughts and feelings towards others.

Letting go of feeling responsible for other people's feelings is also crucial. Although we may try, at times we might not be able to meet the expectations of those around us and vice versa. This can lead to underlying feelings of guilt or resentment. One of the most profound shifts happened in my life when I stated that I am not responsible for my mother's feelings. Without realising it, somewhere deep within, I'd held feelings of being responsible for the distress that was created when my mother fell pregnant with me as a teenager. No matter what the circumstances were, this was a belief I had taken on which was having a huge effect on my mental, emotional and physical wellbeing. Taking care for, but not feeling responsible for another person's feelings is important for our overall mental, emotional and physical wellbeing.

### **Accept yourself and others**

It's the quirks and eccentricities in life that add colour and flavour to our world. Have you ever been told you're too quiet, too loud, too outrageous, too dull, too smart, too dumb? Too controlling or not assertive enough? Some people may have more emotional intelligence than mathematical genius. Some are leaders while others are happy to work quietly in the background. Claim your strengths and love them! Love yourself and allow others to do the same.

### **Stay strong in your convictions**

It is always good to be open to different points of view and different ways of life. What you believe is right or wrong may simply be a different perspective held by you and other people. This may change many times during your lifetime. Every person's reality in life is different. However, the essence of who you are, what is important to you, your thoughts, feelings and beliefs about yourself and what you value in life, do actually create your reality and your sense of self. Always hold on to that.

### **Love; the linchpin of life**

Love is at the core of all life and everything we do. If life isn't quite working or feels too difficult at times, always come back to the love within. The love of trusted friends, family, pets or nature. A solid love that is unshakeable. Divine or universal love. This will ground you and give you security.

So many distractions, motivations and fears in life can take us away from true love. Check in with yourself often to see if you're operating from a place of genuine love. Or have fears and desires distracted you? Difficulties can often push us to find a place in ourselves we have shut off. Be brave. Sit within any intense feelings you have, allowing them to show you a deeper more content love from within. When we live from this place of heart centred love in every area of our lives, the richness and contentment we feel is profound.

### **Practice of gratitude**

One of the most effective ways to feel happy is to practise gratitude. No matter what situation you are in or how difficult life may get we can look for the pleasure in the simple things in life and be grateful for them. A walk in the park, watching a sunrise, eating a simple healthy meal, lying in a warm soft

bed. The beauty of a flower, the warmth of the sun. A car to take us where we need to go and a car jack to change a flat tyre. Rather than being upset with a flat tyre, imagine how irritating it would be if you didn't have a spare! Even just to be able to take a nice full relaxed breath. For an asthmatic this is bliss. The more we can find in each day to be grateful for, the more we will notice what we have in our lives to be grateful for. This feeling of gratitude will also release feel good hormones into our body and have a positive effect on every cell and all the systems of our body.

### **Give yourself permission to feel good**

Many of us, on a conscious and/or subconscious level, hold negative belief systems carried down from our ancestors, such as 'Life is hard', 'I don't deserve', 'If someone is too nice they must want something'. Give yourself permission to feel and fully embrace the joys of life. Find the opposite of those negative thoughts and beliefs and repeat them to yourself, e.g. 'Life is easy', 'I deserve the best', 'People are generous'.

Ask yourself, 'How good can I feel? How much love can I allow into my life?' What makes me truly happy? Follow what really makes your heart sing.

## **My Ongoing Health Recovery Protocol**

I am deeply relieved and grateful to say I've had enormous success repairing my body and my immune system. If we eat well and all of our systems are functioning properly, unaffected by pathogens or toxins, we are generally able to gain all the nutrients that are needed for our body's optimal function. Unless something has thrown its usual processes out of balance, the miracle of our body is that it can produce everything it needs to repair itself.

Due to the extent and length of the chronic health conditions I've experienced, I continue working to ensure I clear all remnants of, toxins and pathogens and dis-ease in my body. After years of desperately working out what I can take each day just to make it to the next, now I only take a couple of remedies or immune activators to keep repairing and strengthening my immune system and healing any long-term damage. If I have been exercising a lot I may increase my protocol or dosages.

What I take each day may change depending on how I am feeling and what I intuitively feel will be best for me. If I am not sure I will use a pendulum and it often guides me to a choice I am happy with. It takes time, but when you get to know how each remedy or supplement affects your body, energy levels and your overall wellbeing it's not so confusing and actually very easy.

With thanks I will happily consult a naturopath, homeopath, holistic or mainstream doctor, or any other practitioner if need be any time in the future.



My protocol now includes:

- Daily kidney and liver cleansing herbal teas
- Bicarb or hydrogen water (either taken internally or on the skin)
- Diatomaceous earth, bentonite clay and/or chlorella
- Supplements I may feel the need for such as magnesium or zinc
- Fermented food and drinks
- MMS1/CD
- NRF2 and
- Redox signalling molecules
- GcMAF
- AmpCoil
- Essential oils
- Occasionally amino acids, usually GABA
- Regular chiropractic, massage etc
- For acute situations I may follow Jim Humble's MMS2 instructions (I do not recommend this)
- Herbs if and when needed
- PEMF protection (in the home and personal when I go out)

Every day I look for happiness and contentment with the simple things in my life, grateful for each one. I regularly practise the breathing and emotional release exercises above depending on what is happening in my life. Having released the energy blockages and grief from numerous big traumatic events in my life there are now, at times, little upsets or traumas that come to my awareness which I usually release in minutes. Occasionally there are bigger issues which take a longer process of unravelling. Each time I do so, I'm taken deeper to the true essence of myself, untainted by the constraints and superficial restrictions of the material world.

## Surviving the Pandemic and Thriving

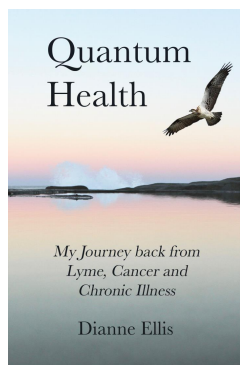
A deeper more peaceful, loving and happy place within myself. In turn, I feel my whole body and every system within relaxing, calming, energising, and igniting a passion for living a wholesome, healthy and vibrant life on this earth.

I wish you well on your journey to optimal health, wellbeing and happiness. If you or a loved one are ill or have even been given a terminal or permanent diagnosis, always know that miracles can and do happen every day. Be open to learning. Remember to listen to that voice within, your own inner wisdom, and allow yourself to be guided by it. Most of all, find the courage and allow yourself to let go of anything within you that is dampening your spirit, your love for life and love for yourself. Allow that love within to melt away any resistance to living with optimum health and happiness.

## Connect with Di

Email: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)  
Website: [dianneellis.com.au](http://dianneellis.com.au)  
MeWe: <https://mewe.com/i/dianneellis1>  
Twitter: [di.ellis8](https://twitter.com/di.ellis8)  
Facebook: [Di Ellis Health and Photography](https://www.facebook.com/DiEllisHealthandPhotography)  
Instagram: [@di.ellis](https://www.instagram.com/di.ellis)  
Youtube: <https://youtube.com/channel/UCNY5Lo7RbQsWStIjPiibPPA>

*Quantum Health ... My Journey back from Lyme, Cancer and Chronic Illness.*



Available from all retail book sellers including:  
[barnesandnoble.com/w/quantum-health-dianne-ellis/1135280095?ean=9780648743002](https://www.barnesandnoble.com/w/quantum-health-dianne-ellis/1135280095?ean=9780648743002)

## Health links and remedies

For more information and remedy links that I cannot provide publicly, email: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)