Dietrich Klinghardt MD, PhD May 2020

What is happening to our brains? Who is trying to steal it?

A scientist's insight in how to survive this insane time
with joy, spiritual connection and in good health

Rule #1: know your weakness: it's your pineal gland

Rule #2: know the enemy and his weapons: paraphrasing the UN's Agenda 21

Rule #3: protect yourself and others

Rule #4: find your role in the ongoing battle

Know your weakness: our most vulnerable spot is the Pineal gland
What do we know about it? Wikipedia says:

The pineal gland is involved in several functions of the body including:

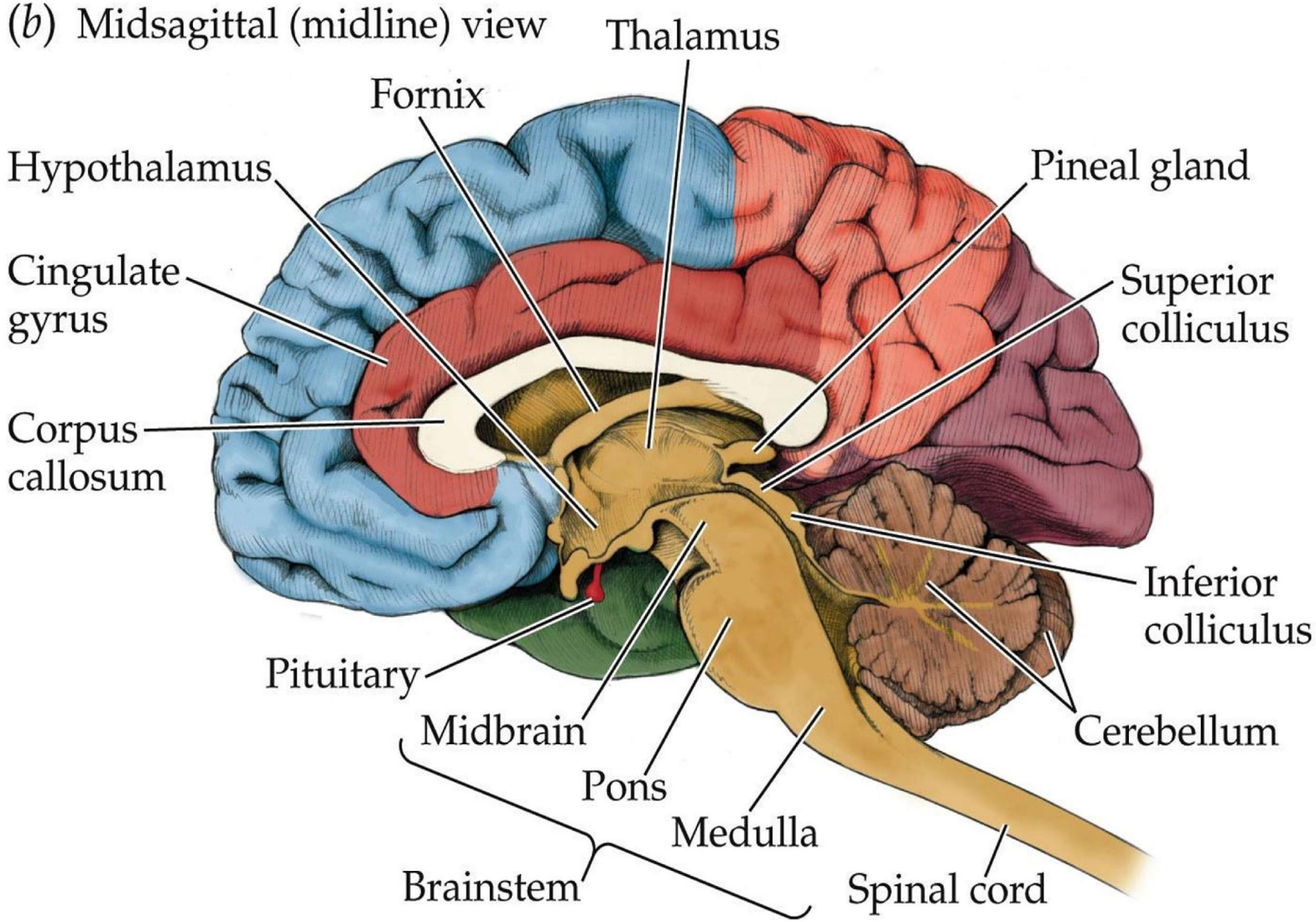
- secretion of the hormone **melatonin** with its multiple roles in our health
- Regulation of many if not all endocrine functions
- Conversion of nervous system signals to endocrine signals
- Causes sleepiness
- Influences sexual development
- Influences immune system function.

In humans, however, its full function remains somewhat unknown. It is **located in the anatomical center of the brain**.

The projection zone of the pineal gland to the forehead is often referred to as the third eye (also called the mind's eye, or inner eye). It is mostly believed to be a mystical and esoteric concept of a speculative invisible eye which provides perception beyond ordinary sight. In certain dharmic spiritual traditions the third eye refers to the ajna (or brow) chakra.

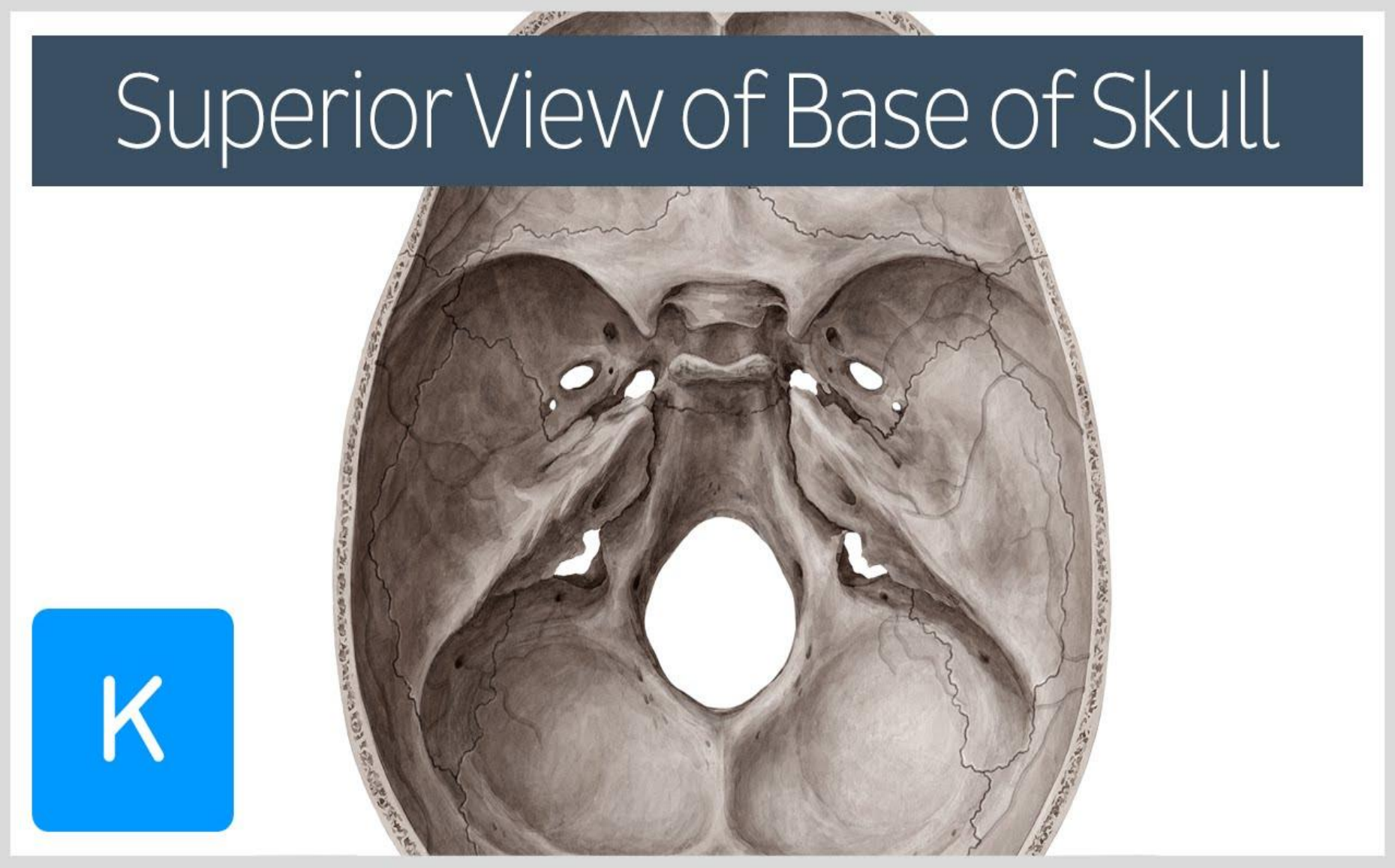
Experiment Prof. Y.Omura: if the 3rd eye is covered with aluminum foil, a dowser can no longer dowse, a kinesiologist can no longer muscle test and a psychic can no longer retrieve higher information

Pineal Gland activation: 936Hz



***Biological Psychology 6e,* Figure 2.12 (Part 2)**

The base of the skull is shaped like 4 satellite dishes slightly turned towards a common point: the exact location of the pineal gland



If the dish would be the base of the skull, the receiver would be exactly at the location of the pineal gland. The skull and pineal gland are a perfect satellite dish - tuned for the reception of light

Sahai, Ashok, and Raj Kumari Sahai. "Pineal gland: A structural and functional enigma." *Journal of the Anatomical Society of India* 62, no. 2 (2013): 170-177.

Abstract

The structures and **functions of neuroendocrine pineal gland remains an enigma to both philosophers and scientists** alike since time immemorial. Some of the structural and functional mysteries of pineal gland are unfolded to some extent in this article by reviewing the work of various researchers. Recently a neuronal circuit consisting of seven neurons between retina and pineal gland have been established to relate the effect of light and other rays on its secretion.

The various physical properties such as piezoelectricity, piezoluminescence, electromagnetic field, solar flare, infrared energy are also explained and correlated with the structural and secretional components of the gland. The neurosecretion of pineal gland such as melatonin play an important role in sleep-wake patterns, timings and release of reproductive hormones along with temperature control.

The presence of all enzymes needed for the synthesis of di-methyl-tryptamine (DMT) in pineal gland explains the **near death experience** (NDE) phenomenon. The various audio-visual hallucinations in NDE phenomenon occur due **to massive increase of DMT in pineal gland before death**. A very high concentration of di-methyl-tryptamine (DMT), presence of retinal proteins in 5–10% of pinealocytes, its role in thermoregulation and a **possible role as magnetoreceptor in blind men** and highest deposits of fluoride in the body are not only interesting but significant for the future research. Hence a lot of further research on pineal gland is still required to correlate its unique properties with its structural components.

Why we need a healthy Pineal gland to stay healthy? – or else!

Melatonin is mostly known for ist mild sleep inducing effect at dosages of 0.25 - 3 mg

To induce more long lasting sleep, use transdermal melatonin (Aeschbach, D., et al. "Use of transdermal melatonin delivery to improve sleep maintenance during daytime." Clinical Pharmacology & Therapeutics 86.4 (2009): 378-38) zum anderen gibt es aber auch zahlreiche andere Heilwirkungen.

Melatonin is – in higher doses - the **strongest antioxidant and peroxinitrite scavenger** in our system (Reiter, Russel J., et al. "Biochemical reactivity of melatonin with reactive oxygen and nitrogen species." *Cell biochemistry and biophysics* 34.2 (2001): 237-256.),

To minimize birthtrauma and decompression injury from divers (Aridas, James DS, et al. "Systemic and transdermal melatonin administration prevents neuropathology in response to perinatal asphyxia in newborn lambs." *Journal of pineal research* 64.4 (2018): e12479). This research has helped us understand why high dose TD Melatonin is a miracle for **spinal chord injuries** and infectious issues such as transverse myelitis from Bartonella or Lyme (300-500 mg)

Cancer: Blask, David E., Leonard A. Sauer, and Robert T. Dauchy. "Melatonin as a chronobiotic/anticancer agent: cellular, biochemical, and molecular mechanisms of action and their implications for circadian-based cancer therapy." *Current topics in medicinal chemistry* 2.2 (2002): 113-132.)

Jung-Hynes, Brittney, et al. "Melatonin, a novel Sirt1 inhibitor, imparts antiproliferative effects against **prostate cancer** in vitro in culture and in vivo in TRAMP model." *Journal of pineal research* 50.2 (2011): 140-149.

Melatonin is the ultimate protection against **Electromagnetic radiation** (3G and 5G): Reiter, Russel J., et al. "Melatonin as a radioprotective agent: a review." *International Journal of Radiation Oncology* Biology* Physics* 59.3 (2004): 639-653.

The ultimate repair agent for **mitochondrial damage** - that's all of us! (Andrabi, Shaida A., et al. "Direct inhibition of the mitochondrial permeability transition pore: a possible mechanism responsible for anti-apoptotic effects of melatonin." *The FASEB journal* 18.7 (2004): 869-871)

„Activation of GABA¬A receptor Protects Mitochondria and Reduces **Cerebral ischemia**". Neetu Tyagi et al., FASEB J)

"Melatonin reduces sustained [Ca2+]c increase in primary neuronal cultures exposed to NMDA".

Melatonin and **cardioprotection** against ischaemia/reperfusion injury: What's new? A review

14 April 2018 | Journal of Pineal Research, Vol. 65, No. 1

Anti-Aging: "The role of melatonin, a multitasking molecule, in retarding the processes of ageing". Ageing Research Reviews, Vol. 47),

Metwally, Mohamed MM, Lamiaa LM Ebraheim, and Azza AA Galal. "Potential therapeutic role of melatonin on STZ-induced **diabetic central neuropathy**: A biochemical, histopathological, immunohistochemical and ultrastructural study." *Acta histochemica* 120.8 (2018): 828-836.).

August 2017; Cellular and Molecular Life Sciences, Vol. 74, No. 21. "Nanomelatonin triggers superior anticancer functionality in a human malignant glioblastoma cell line"

(Fischer, T. W., et al. "Melatonin increases anagen hair rate in women with androgenetic alopecia or diffuse alopecia: results of a pilot randomized controlled trial." *British Journal of Dermatology* 150.2 (2004): 341-345.).

Melatonin to Protect from Toxic Metals, Glyphosate and EMR

- Abd-Elghaffar, Sary Kh, Gamal H. El-Sokkary, and Ahmed A. Sharkawy. "**Aluminum-induced neurotoxicity** and oxidative damage in rabbits: protective effect of melatonin." *Neuroendocrinology Letters* 26.5 (2005): 609-616.
- Rao, Mandava V., and Anshita R. Purohit. "Neuroprotection by melatonin on **mercury** induced toxicity in the rat brain." *Pharmacology & Pharmacy* 2.04 (2011): 375.
- El-Sokkary, Gamal H., Esam S. Kamel, and Russel J. Reiter. "Prophylactic effect of melatonin in reducing **lead**-induced neurotoxicity in the rat." *Cellular & molecular biology letters* 8, no. 2 (2003): 461-470.
- de Almeida, Lécio Leone, et al. "Effects of melatonin in rats in the initial third stage of pregnancy exposed to sub-lethal doses of **herbicides.**" *Acta histochemica* 119.3 (2017): 220-227.*Conclusion: These results reveal that melatonin is a protective agent against experimentally induced maternal/embryo toxicity with herbicides and favoring normalization of reproductive parameters and hepatic.*
- Rao, Mandava V., and Hemlata Tiwari. "Amelioration by melatonin of chromosomal anomalies induced by **arsenic** and/or **fluoride** in human blood lymphocyte cultures." *Fluoride* 39.4 (2006): 255.

Melatonin – a must in treating retroviral infections without drugs

Boga, Jose Antonio, et al. "Beneficial actions of melatonin in the management of viral infections: a new use for this “molecular handyman”?." *Reviews in medical virology* 22.5 (2012): 323-338.

Melatonin (N-acetyl-5-methoxytryptamine) is a multifunctional signaling molecule that has a variety of important functions. Numerous clinical trials have examined the therapeutic usefulness of melatonin in different fields of medicine. Clinical trials have shown that melatonin is efficient in preventing cell damage under acute (sepsis, asphyxia in newborns) and chronic states (metabolic and neurodegenerative diseases, cancer, inflammation, aging). The beneficial effects of melatonin can be explained by its properties as a potent antioxidant and antioxidant enzyme inducer, a regulator of apoptosis and a stimulator of immune functions. These effects support the use of melatonin in viral infections, which are often associated with inflammatory injury and increases in oxidative stress. In fact, melatonin has been used recently to treat several viral infections, which are summarized in this review. The role of melatonin in infections is also discussed herein.

At SHI we may use transdermal melatonin in very high doses as a treatment for all infections, including retroviral activity

Zhang, Z., et al. "Prevention of immune dysfunction and vitamin E loss by dehydroepiandrosterone and melatonin supplementation during murine retrovirus infection." *Immunology* 96.2 (1999): 291.

ABSTRACT

Female C57BL/6 mice infected with the LP-BM5 leukaemia retrovirus developed murine acquired immune-deficiency syndrome (AIDS). Dehydroepiandrosterone (DHEA) and melatonin (MLT) modify immune dysfunction and prevent lipid peroxidation. We investigated whether DHEA and MLT could prevent immune dysfunction, excessive lipid peroxidation, and tissue vitamin E loss induced by retrovirus infection. Retrovirus infection inhibited the release of T helper 1 (Th1) cytokines, stimulated secretion of Th2 cytokines, increased hepatic lipid peroxidation, and induced vitamin E deficiency. Treatment with DHEA or MLT alone, as well as together, largely prevented the reduction of B- and T-cell proliferation as well as of Th1 cytokine secretion caused by retrovirus infection. Supplementation also suppressed the elevated production of Th2 cytokines stimulated by retrovirus infection. DHEA and MLT simultaneously reduced hepatic lipid peroxidation and prevented vitamin E loss. The use of DHEA plus MLT was more effective in preventing retrovirus-induced immune dysfunction than either DHEA or MLT alone. **These results suggest that supplementation with DHEA and MLT may prevent cytokine dysregulation, lipid oxidation and tissue vitamin E loss induced by retrovirus infection.** Similarly, hormone supplementation also modified immune function and increased tissue vitamin E levels in uninfected mice.

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- Sanjay Kumar, Brendan Patrick Mulligan, Shreesh Ojha and Alex Tinson, Microbial Source of Melatonin and Its Clinical Aspects, Microbial Applications Vol.2, 10.1007/978-3-319-52669-0_2, (39-53), (2017).
- Wei Hu, Chao Deng, Zhiqiang Ma, Dongjin Wang, Chongxi Fan, Tian Li, Shouyin Di, Bing Gong, Russel J Reiter and Yang Yang, **Utilizing melatonin to combat bacterial infections and septic injury**, *British Journal of Pharmacology*, **174**, 9, (754-768), (2017).
- Beatriz Luxán-Delgado, Yaiza Potes, Adrian Rubio-González, Beatriz Caballero, Juan José Solano, María Fernández-Fernández, Manuel Bermúdez, Marcela Rodrigues Moreira Guimarães, Ignacio Vega-Naredo, José Antonio Boga and Ana Coto-Montes, **Melatonin reduces endoplasmic reticulum stress and autophagy in liver** of leptin-deficient mice, *Journal of Pineal Research*, **61**, 1, (108-123), (2016).
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- Ana Flo, Ana C. Calpena, Lyda Halbaut, Erika I. Araya, Francisco Fernández and Beatriz Clares, **Melatonin Delivery: Transdermal** and Transbuccal Evaluation in Different Vehicles, *Pharmaceutical Research*, 10.1007/s11095-016-1901-9, **33**, 7, (1615-1627), (2016).
- Russel J. Reiter, Juan C. Mayo, Dun-Xian Tan, Rosa M. Sainz, Moises Alatorre-Jimenez and Lilan Qin, **Melatonin as an antioxidant: under promises but over delivers**, *Journal of Pineal Research*, **61**, 3, (253-278), (2016).
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- George Anderson, Michael Maes, Regina P. Markus and Moses Rodriguez, **Ebola virus: Melatonin as a readily available treatment option,** *Journal of Medical Virology*, **87**, 4, (537-543), (2015).
- R. J. Reiter, S. A. Rosales-Corral, X. Y. Liu, D. Acuna-Castroviejo, G. Escames and D.-X. Tan, **Melatonin in the oral cavity:** physiological and pathological implications, *Journal of Periodontal Research*, **50**, 1, (9-17), (2014).

- Jun Zhou, Fengzhen Yang, Li Zhou, Jiang-gang Wang, Puyuan Wen, Hao Luo, Wenwen Li, Zhi Song, E.H. Sharman and S.C. Bondy, **Dietary melatonin attenuates age-related changes** in morphology and in levels **of key proteins** in globus pallidus of mouse **brain**, *Brain Research*, 10.1016/j.brainres.2013.12.013, **1546**, (1-8), (2014).
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If I were the Devil, I would teach "our" Government the following 3 despotic lessons: to bring humanity to its knees and make the people dependent like sheep, we have to destroy the pineal gland. Here are 3 lessons how to do it:

Lesson#1: Fluoride - How to destroy the Pineal Gland with Fluoride

Luke, Jennifer. "Fluoride deposition in the aged human pineal gland." *Caries Research* 35.2 (2001): 125-128.

Abstract

The purpose was to discover whether **fluoride (F) accumulates in the aged human pineal gland.** The aims were to determine (a) F–concentrations of the pineal gland (wet), corresponding muscle (wet) and bone (ash); (b) calcium–concentration of the pineal. Pineal, muscle and bone were dissected from 11 aged cadavers and assayed for F using the HMDS–facilitated diffusion, F–ion–specific electrode method. Pineal calcium was determined using atomic absorption spectroscopy. Pineal and muscle contained 297±257 and 0.5±0.4 mg F/kg wet weight, respectively; bone contained 2,037±1,095 mg F/kg ash weight. The pineal contained 16,000±11,070 mg Ca/kg wet weight. **There was a positive correlation between pineal F and pineal Ca** ($r = 0.73$, $p<0.02$) but no correlation between pineal F and bone F. By old age, the pineal gland has readily accumulated F and its F/Ca ratio is higher than bone.

AG21: Fluoride ages consumers prematurely. They die early and are no longer a burden to the earth and to society (John Yammuyannis PhD). It would be most elegant to put it in their drinking water! But will they be that dumb to go for it?

The Early Studies

Luke, J. A. (1997). *The effect of fluoride on the physiology of the pineal gland* (Doctoral dissertation, University of Surrey).

The purpose was to discover whether fluoride (F) accumulates in the pineal gland and thereby affects pineal physiology during early development. The [F] of 11 aged human pineals and corresponding muscle were determined using the F-electrode following HN4DS/acid diffusion. The rnýan [F] of pineal was significantly higher ($p < 0.001$) than muscle: 296 ± 257 vs. 0.5 ± 0.4 mg/kg respectively. Secondly, a controlled longituUinal experimental study was carried out to discover whether F affects the biosynthesis of melatonin, (MT), during pubertal development using the excretion rate of urinary 6-sulphatoxymelatonin, (aMT6s), as the index of pineal MT synthesis. Urine was collected at 3- hourly intervals over 48 hours from two groups of gerbils, (Meriones unguiculatus), low-F (LF) and high-F (IHF) (12 f, 12 m/group): under LD: 12 12, from prepubescence to reproductive maturity (at 9-12 weeks) to adulthood, i. e., at 7,9,11 V2and 16 weeks. The I-lF pups received 2.3 gg F/g BW/day from birth until 24 days whereafter BF and LF groups received food containing 37 and 7 mg F/kg respectively and distilled water. Urinary aMT6s levels were measured by radioimmunoassay. The BF group excreted significantly less aMT6s than the LF group until the age of sexual maturation. At 11 V2weeks, the circadian profile of aMT6s by the BF males was significantly diminished but, by 16 weeks, was equivalent to the LF males. In conclusion, F inhibits pineal MT synthesis in gerbils up until the time of sexual maturation. Finally, F was associated with a significant acceleration of pubertal development in female gerbils using body weights, age of vaginal opening and accelerated development of the ventral gland. At 16 weeks, the mean testes weight of BF males was significantly less ($p < 0.002$) than that of the LF males.

The results suggest that **Fluoride is associated with low circulating levels of Melatonin** and this leads to accelerated sexual maturation in female gerbils. The results strengthen the hypothesis that the pineal has a role in pubertal development.

Fluoride calcifies the pineal gland and disables it:

Czajka, Michael. "Systemic effects of fluoridation." *Journal of Orthomolecular Medicine* 27.3 (2012): 123.

Abstract This review article is written from a food chemistry perspective. It focuses on the systemic effects of fluoride (rather than the effects of fluoride on the teeth) since fluoride research concentrates largely on the teeth to the virtual exclusion of systemic effects. This is surprising given that fluoride is a known systemic toxin. About 400 million people (~6% of the world's population) drink fluoridated water. **The effect of fluoride on the teeth is topical (directly on the teeth) and not systemic, so drinking fluoridated water has no benefit**. Fluoride is a **lipid soluble neurotoxin and enzyme poison**. Fluoride accumulates in the pineal gland (9,000 ppm on average) and bone. Dental fluorosis is a marker for skeletal fluorosis. At 1 ppm 32 % of US children have dental fluorosis. At 1 ppm some sections of the population (e.g. infants) will ingest too much fluoride. Unfluoridated and fluoridated countries have similar rates of tooth decay. Given that fluoridation of water supplies is not necessary to maintain a reduction in tooth decay and that the side effects of ingestion are undesirable, the practice is likely to come under increasing scrutiny. More studies on the systemic effects of fluoride are urgently required.

… mostly affected by fluoride include the brain(12,13) thyroid, parathyroid and adrenal glands (14)
and … and discourage swallowing; otherwise, their children might ingest too much for their body
weight.39 … **Fluoride accumulates in the pineal gland** (9,000 ppm on average) and bone …

Fluoride makes us Dumb

1. Nakamoto, Tetsuo, and H. Ralph Rawls. "Fluoride exposure in early life as the possible root cause of disease in later life." *Journal of Clinical Pediatric Dentistry* 42, no. 5 (2018): 325-330.

Fluoride, one of the most celebrated ingredients for the prevention of dental caries in the 20th century, has also been controversial for its use in dentifrices and other applications. In the current review, we have concentrated primarily on early-life exposure to fluoride and how it may affect the various organs. The most recent controversial aspects of fluoride are related to **toxicity of the developing brain and how it may possibly result in the decrease of intelligence quotient (IQ), autism, and calcification of the pineal gland.** In addition, it has been reported to have possible effects on bone and thyroid glands. If nutritional stress is applied during a critical period of growth and development, the organ(s) and/or body will never recover once they pass through the critical period. For example, if animals are force-fed during experiments, they will simply get fat but never reach the normal size. Although early-life fluoride exposure causing fluorosis is well reported in the literature, the dental profession considers it primarily as an esthetic rather than a serious systemic problem. In the current review, we wanted to raise the possibility of **future disease as a result of early-life exposure to fluoride**. It is not currently known how fluoride will become a cause of future disease. Studies of other nutritional factors have shown that the effects of early nutritional stress are a cause of disease in later life.

2. Ramesh, M., Aruna, R. M., Malathi, N., & Krishnan, R. (2014). A Review of fluoride and its diverse effects. *SRM Journal of Research in Dental Sciences*, *5*(1), 42.

Increased intake of fluoride in water and diet results in dental and skeletal fluorosis. Many states in India are affected by fluorosis. The optimum level of fluoride in drinking water for anti-cariogenic effect was thought to be 1 ppm. Various effects of fluoride on plants, animals and humans are discussed here. Currently, it is identified that **fluoride has significant role in gene polymorphisms and lowered intelligent quotient.**

Lesson #2: Aluminium and Glyphosate

Since water fluoridation may not have done enough damage to their Pineal gland:
Let us finish the job with Aluminum and Glyphosate

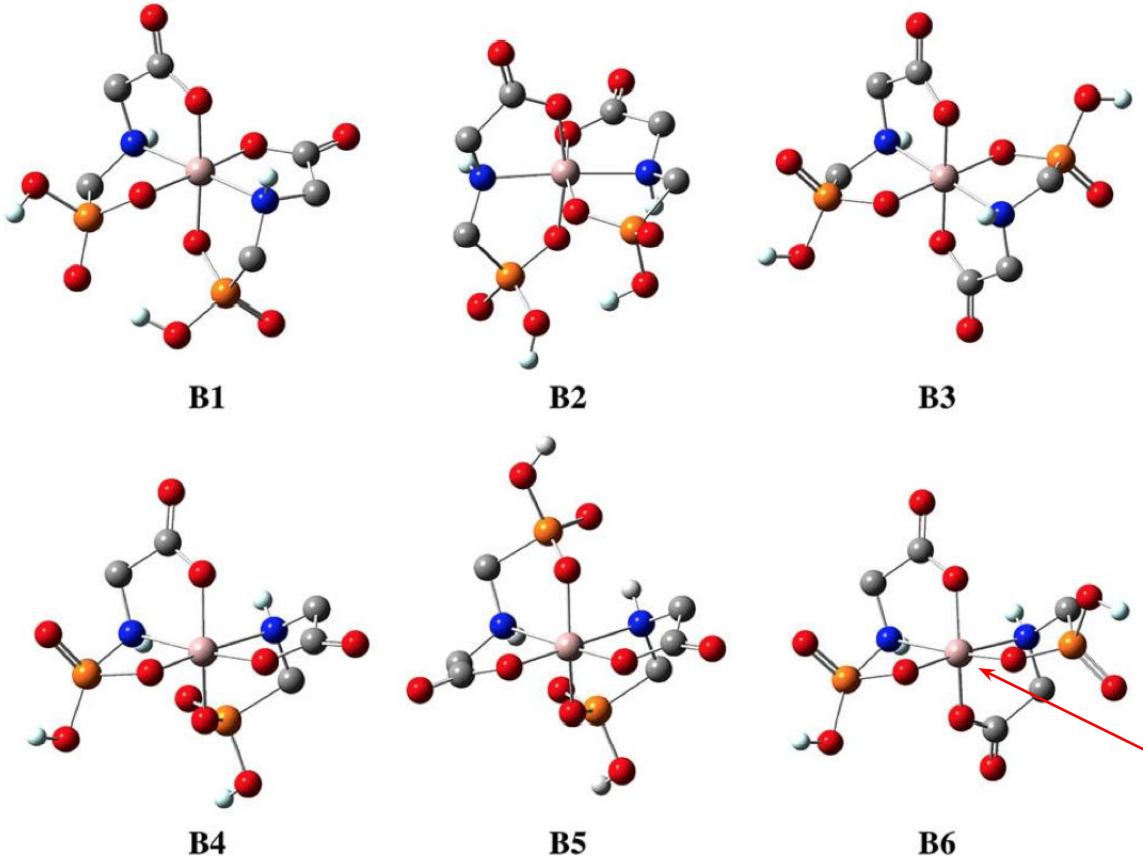
Seneff, Stephanie, Nancy Swanson, and Chen Li. "**Aluminum and glyphosate can synergistically induce pineal gland pathology**: connection to gut dysbiosis and neurological disease." *Agricultural Sciences* 6.01 (2015): 42.

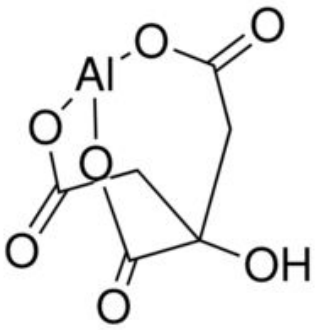
Abstract Many neurological diseases, including autism, depression, dementia, anxiety disorder and Par- kinson's disease, are associated with abnormal sleep patterns, which are directly linked to pineal gland dysfunction. The pineal gland is highly susceptible to environmental toxicants. Two pervasive substances in modern industrialized nations are aluminum and glyphosate, the active ingredient in the herbicide, Roundup®. In this paper, we show how these two toxicants work synergistically to induce neurological damage. Glyphosate disrupts gut bacteria, leading to an overgrowth of Clostridium difficile. Its toxic product, p-cresol, is linked to autism in both human and mouse models. p-Cresol enhances uptake of aluminum via transferrin. Anemia, a result of both aluminum disruption of heme and impaired heme synthesis by glyphosate, leads to hypoxia, which induces increased pineal gland transferrin synthesis. Premature birth is associated with hypoxic stress and with substantial increased risk to the subsequent development of autism, linking hypoxia to autism. Glyphosate chelates aluminum, allowing ingested aluminum to bypass the gut barrier. This leads to anemia-induced hypoxia, promoting neurotoxicity and damaging the pineal gland. Both glyphosate and aluminum disrupt cytochrome P450 enzymes, which are involved in melatonin metabolism. Furthermore, melatonin is derived from tryptophan, whose synthesis in plants and microbes is blocked by glyphosate. We also demonstrate a plausible role for vitamin D3 dysbiosis in impaired gut function and impaired serotonin synthesis. This paper proposes that **impaired sulfate supply to the brain mediates the damage induced by the synergistic action of aluminum and glyphosate on the pineal gland and related midbrain nuclei**.

AG 21: Problem - Aluminium is orally too poorly absorbed to cause significant damage. It has to be injected or inhaled. That will be difficult. Or will they be that stupid to allow it? Force it? Lets vaccinate them with it and tell them its good. Lets spray the sky: they have to breathe!

Aluminum Glyphosate*

Six different ways two glyphosate molecules can chelate aluminum





Aluminum citrate**

aluminum

*M. Purgel et al., Journal of Inorganic Biochemistry 103 (2009) 1426–1438

** P. Sianina et al., Clin. Chem. 32/3, 539-541, 1986.

Fluoride and Aluminium also have a Synergism in Crippling us

Strunecka, Anna, et al. "Fluoride interactions: from molecules to disease." *Current Signal Transduction Therapy* 2.3 (2007): 190-213.

Abstract

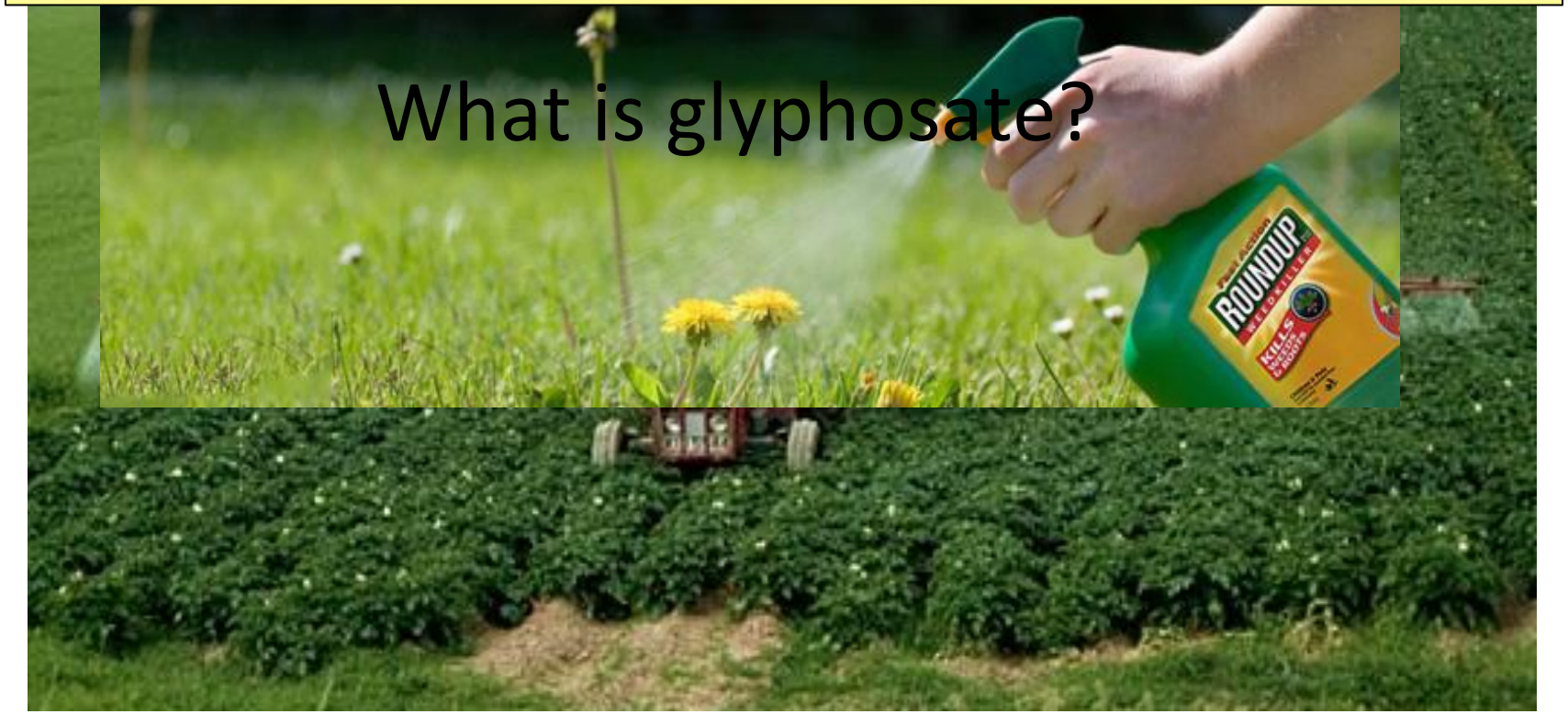
Fluoride has long been known to influence the activity of various enzymes in vitro. Later it has been demonstrated that many effects primarily attributed to fluoride are caused by synergistic action of fluoride plus aluminum. Aluminofluoride complexes have been widely used as analogues of phosphate groups to study phosphoryl transfer reactions and heterotrimeric G proteins involvement. A number of reports on their use have appeared, with far-reaching consequences for our understanding of fundamental biological processes. **Fluoride plus aluminum send false messages**, which are amplified by processes of signal transduction. Many investigations of the longterm administration of fluoride to laboratory animals have demonstrated that fluoride and **aluminofluoride** complexes can **elicit impairment of homeostasis, growth, development, cognition, and behavior.** Ameliorative effects of calcium, vitamins C, D, and E have been reported. Numerous epidemiological, ecological, and clinical studies have shown the effects of fluoride on humans. Millions of people live in endemic fluorosis areas. A review of fluoride interactions from molecules to disease is necessary for a sound scientific assessment of health risks, which may be linked to the chronic intake of small doses of fluoride and aluminum from environmental and artificial sources.

A little discourse on Glyphosate

- Glyphosate is the most-used herbicide and harvest-drying agent used worldwide. It is inexpensive to produce, out of patent for decades (and therefore produced by many companies worldwide). It produces higher crop yields in the first few years before the soil is dead and becomes non-productive.
- Glyphosate selectively destroys our healthy gut microbes and fosters the growth of pathogens. It also destroys the microbes in our soil, the very foundation of life on the planet.
- It is also a chelating agent and renders microminerals in our food non-absorbable. It works as a shuttle agent for aluminium in the food and blood and transports it straight into the brain.
- When it enters the interstitium, its highly positive charge changes the membrane potential of all cells in the body and interferes with almost every healthy biological function of ionic channels, receptors and pumps.
- The damage to the aminoacid producing gut microbes makes us starved and **deficient for tryptophane, serotonin and melatonin.**

Roundup and GMO Crops

GMO Roundup-Ready corn, soy, canola, sugar beets cotton, tobacco and alfalfa



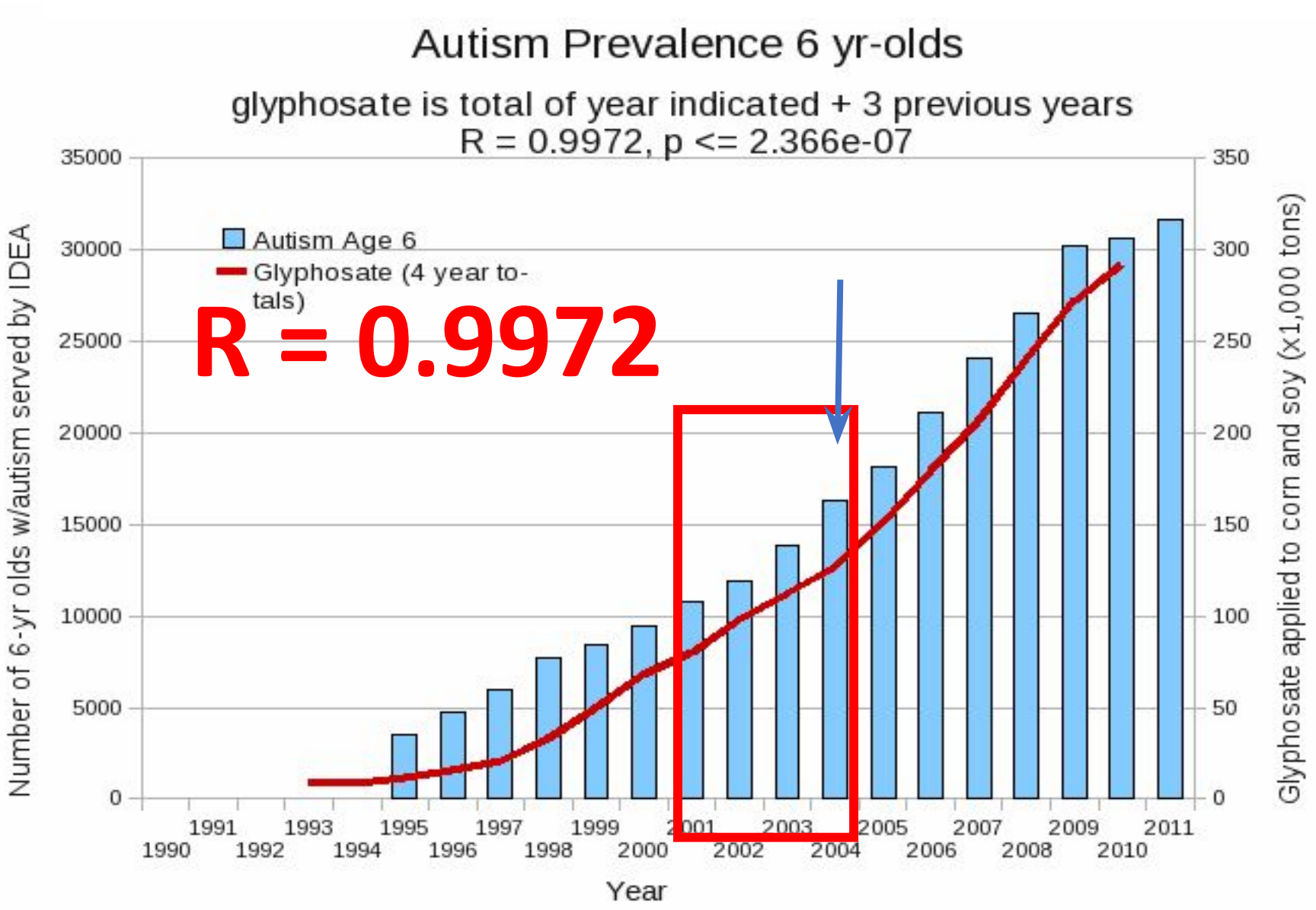
Roundup as a Desiccant/Ripener just before Harvest

Journal of Organic Systems, 9(2), 2014

The Pearson correlation coefficients are highly significant between the percentage of GE corn and soy planted in the US and

- Hypertension, stroke
- diabetes prevalence
- diabetes incidence
- obesity
- lipoprotein metabolism disorder
- **Alzheimer's, senile dementia**
- **Parkinson's**
- **multiple sclerosis**
- autism
- inflammatory bowel disease
- intestinal infections
- end stage renal disease
- acute kidney failure
- cancers of the
  - Thyroid
  - Liver
  - Bladder
  - Pancreas
  - Kidney
  - and myeloid leukaemia

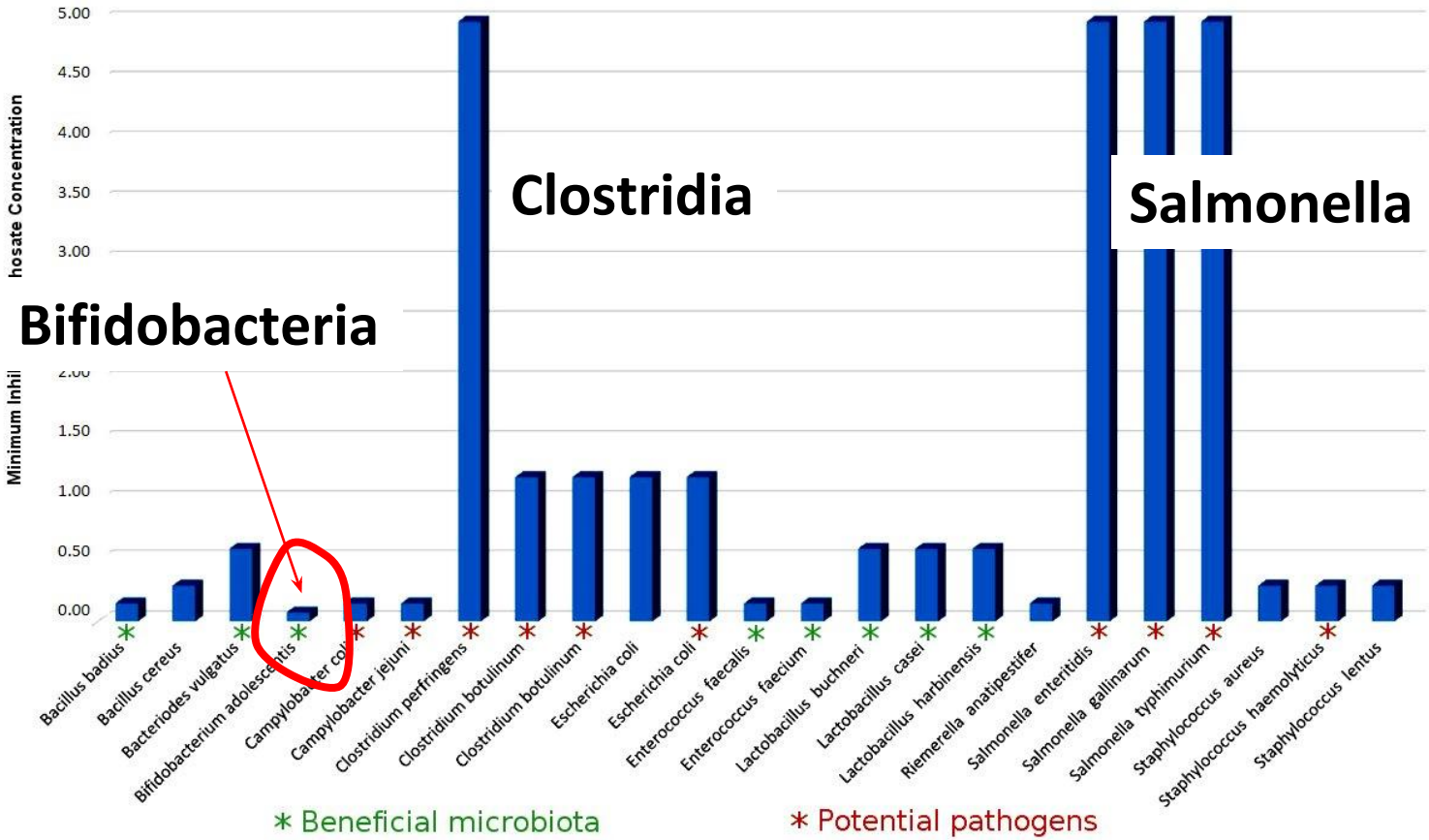
Autism Prevalence: 6 year olds*



* Figure 15, Seneff et al., Agricultural Sciences, 2015, 6, 42-70

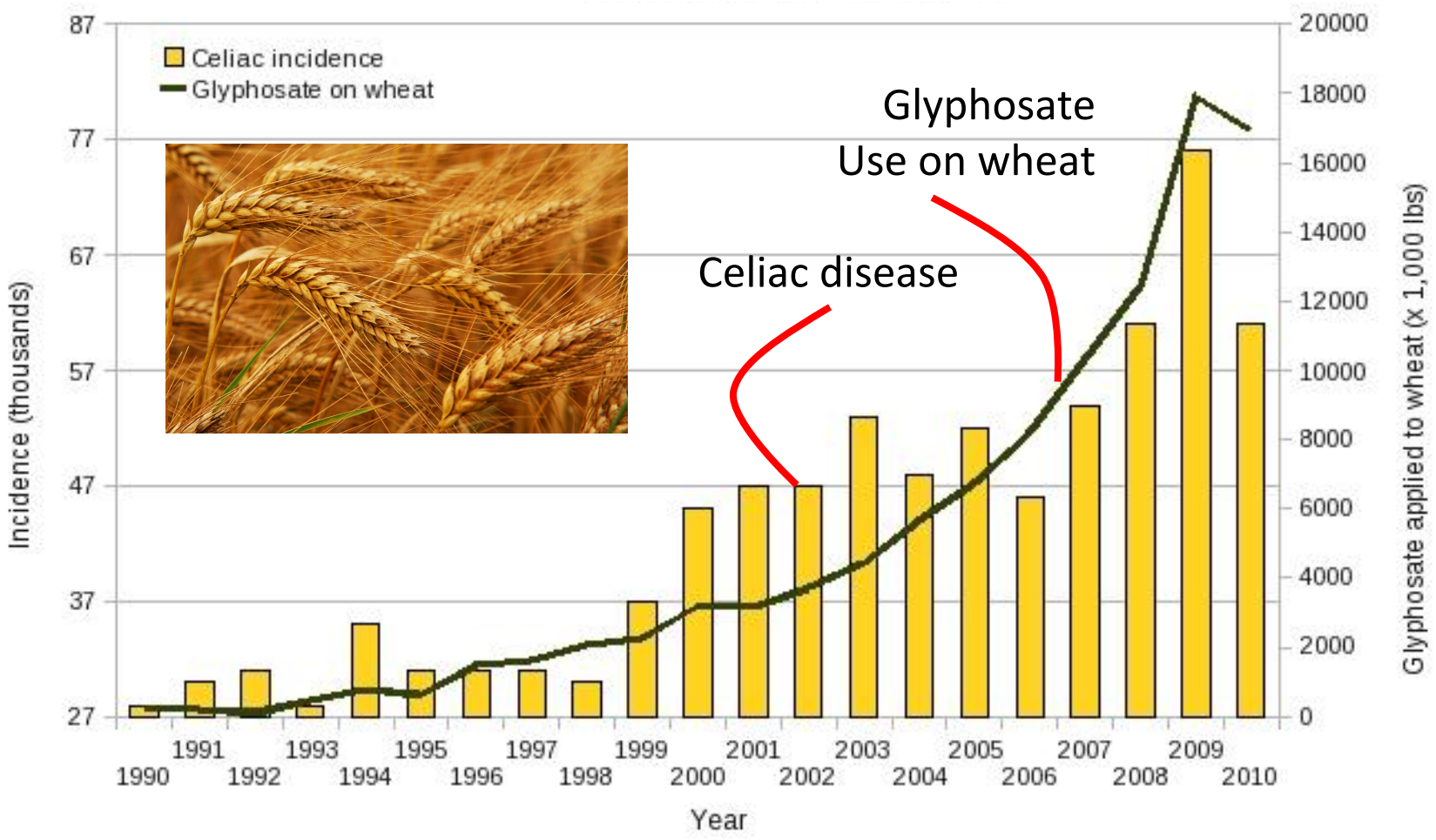
Pathogen Overgrowth in Poultry Microbes Exposed to Glyphosate*

Shehata AA, Schrödl W, Aldin AA, Hafez HM, Krüger M. The effect of glyphosate on potential pathogens and beneficial members of poultry microbiota in vitro. Curr Microbiol. 2013 Apr;66(4):350-8.



*Plot provided by Dr. Martin Michener

Glyphosate and Celiac Disease*



*Samsel and Seneff, Interdiscip Toxicol. 2013;**6**(4): 159–184.

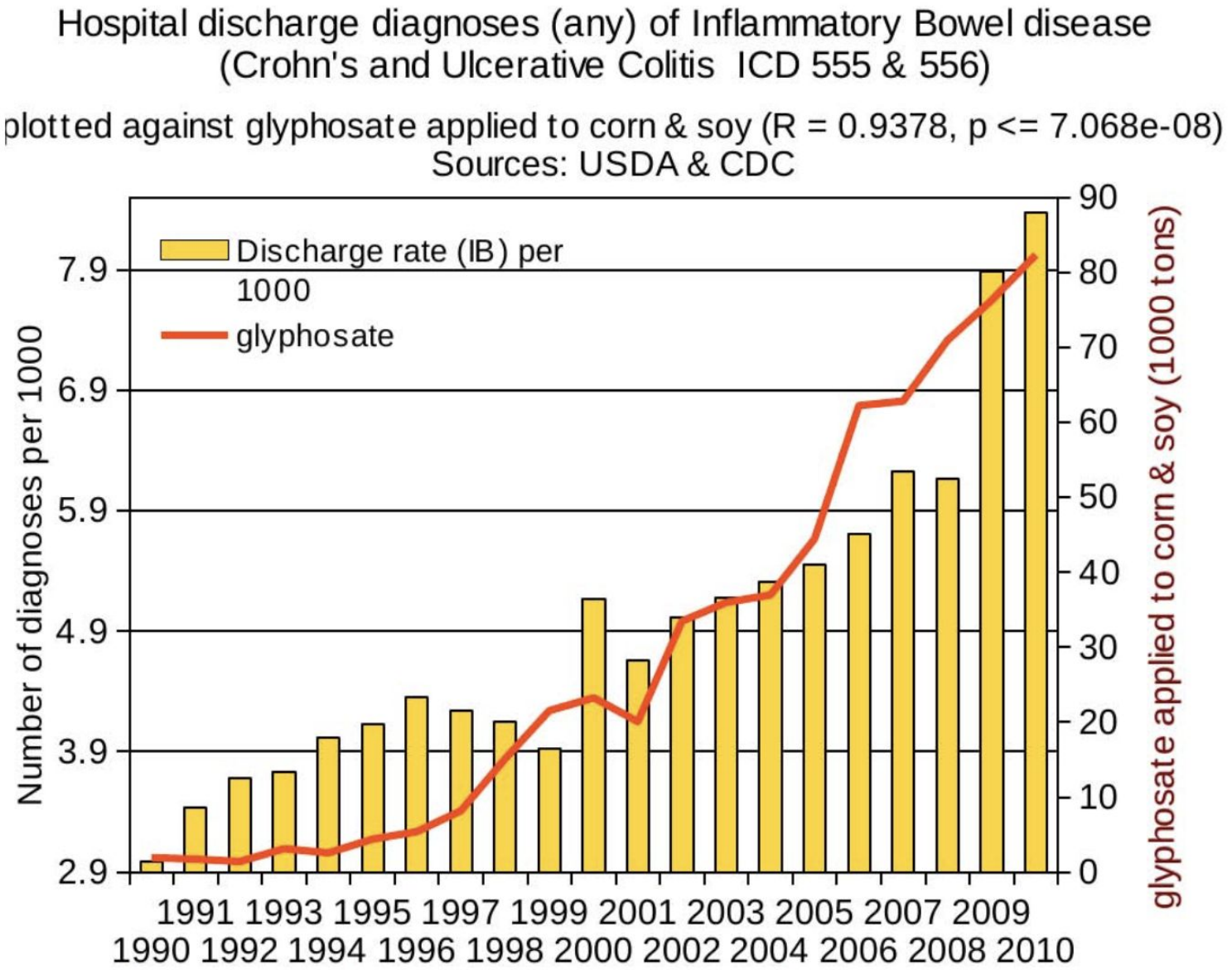


*Figure 20, NL Swanson et al. Journal of Organic Systems 9(2), 2014, p. 25.

Glyphosate Contamination in Vaccines (Parts Per Billion)*

Merck	ZOSTAVAX	0.62	Shingles
Merck	MMR-II and Rubella	3.74	Measles, Mumps
Merck	VARIVAX	0.56	Varicella, Chicken Pox
MERCK	PNEUMOVAX	ND	Pneumococcal 18
MERCK	PROQUAD	0.66	Measles, Mumps, Rubella, Varicella
GSK	ENERGIX-B	0.34	Heptatitis B

*A Samsel and S Seneff, Journal of Biological Physics and Chemistry 2017;17:8-32.

- Eliminating Glyphosate, Pesticides, Phthalates, Bisphenol A, wood preservatives, petrochemicals
- Humic acid (from peat) Shehata, Awad A., et al. "Distribution of glyphosate in chicken organs and its reduction by humic acid supplementation." *The Journal of Poultry Science* 51.3 (2014): 333-337. (**Matrix Minerals**, BioPureUS.com)- 2 dropperful with each meal
- High dose **transdermal melatonin**
- Rosehip – natural ascorbates and their needed co-factors ("**Rosehip Powder"**, BioPureUS.com)
- Vit E, Glycine, Selenium,
- Zinc and B6 (**Core and Core-S,** BioPureUS.com)
- Homeopathic auto-urine therapy (AUT): H-Series of 1:5 dilutions. Secuss 50 times. After step 6 (=H6) test with ART. The dilution which gives the strongest yang state is used. 8 drops hourly for 2 days, then qid. Renew weekly, since antigens in urine will change rapidly (more: see protocol handout)
- Homeopathic "simile" (i.e. glyphosate 12 C)
- Binders: High Silica Zeolite ½ tsp twice daily between meals, chlorella 8 tbl tid, between meals and/or at bedtime (all from BioPure)
- **Ionic Foot/handbath** ("FootSPa" from KiScience.com) – we found glyphosate in the water post tx
- Sauna therapy and/or infrared therapy (many devices)
- Oil pulling 15 min after intense exercise (for fat soluble toxins)
- Laser detox with glyphosate, plastic, etc.

What can we do to increase melatonin?

1. Increasing your own production:

a. Detox the pineal (see later pages)

b. Yoga: Harinath, Kasiganesan, et al. "Effects of **Hatha yoga** and Omkar meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion." *The Journal of Alternative & Complementary Medicine* 10.2 (2004): 261-268.

c. PhotonWave Light Therapy

d. Different Meditation techniques - using strobe light

e. Stimulating the pineal with K-Light:

2. Substitution

Transdermal Melatonin: Vitahealth Apothecary in New York, tel: 001-212 6281110.

- Adult dosing: initially 500 mg or more. Permanent protective dose: 125-250 mg
- Children: initial dosing 250 mg. Permanent dose: 80 mg.
- For the first 3-6 months strong detox reactions are to be expected and should be dealt with – with the help of a practitioner

Aluminium and the Pineal gland

Millán-Plano, S., García, J. J., Martínez-Ballarín, E., Reiter, R. J., Ortega-Gutiérrez, S., Lázaro, R. M., & Escanero, J. F. (2003). Melatonin and pinoline prevent aluminium-induced lipid peroxidation in rat synaptosomes. *Journal of trace elements in medicine and biology*, *17*(1), 39-44.

Abstract

The serum concentrations of aluminum, a metal potentially involved in the pathogenesis of Alzheimer's disease, increase with age. Also, intense and **prolonged exposure to aluminum may result in dementia.** Melatonin and pinoline are two well known antioxidants that efficiently reduce lipid peroxidation due to oxidative stress. Herein, we investigated the effects of melatonin and pinoline in preventing aluminum promotion of lipid peroxidation when the metal was combined with $FeCl_3$ and ascorbic acid in rat synaptosomal membranes. Lipid peroxidation was estimated by quantifying malondialdehyde (MDA) and 4-hydroxyalkenal (4-HDA) concentrations in the membrane suspension. Under the experimental conditions used herein, the addition of aluminum (0.0001 to 1 mmol/L) enhanced MDA + 4-HDA formation in the synaptosomes. **Melatonin and pinoline reduced**, in a concentration-dependent manner**, lipid peroxidation due to aluminum**, $FeCl_3$ and ascorbic acid in the synaptosomal membranes. These results suggest that the indoleamine melatonin and the β-carboline pinoline may potentially act as neuroprotectant agents in the therapy of those diseases with elevated aluminum concentrations in the tissues.

Mold, Matthew, et al. "**Aluminium in brain tissue in autism**." *Journal of Trace Elements in Medicine and Biology* 46 (2018): 76-82.

1. Introduction

Autism spectrum disorder (ASD) is a group of neurodevelopmental conditions of unknown cause. It is highly likely that both genetic [1] and environmental [2] factors are associated with the onset and progress of ASD while the mechanisms underlying its aetiology are expected to be multifactorial [3], [4], [5], [6]. Human exposure to aluminium has been implicated in ASD with conclusions being equivocal [7], [8], [9], [10]. To-date the majority of studies have used hair as their indicator of human exposure to aluminium while aluminium in blood and urine have also been used to a much more limited extent. Paediatric vaccines that include an aluminium adjuvant are an indirect measure of infant exposure to aluminium and their burgeoning use has been directly correlated with increasing prevalence of ASD [11]. Animal models of ASD continue to support a connection with aluminium and to aluminium adjuvants used in human vaccinations in particular [12]. Hitherto there are no previous reports of aluminium in brain tissue from donors who died with a diagnosis of ASD. We have measured aluminium in brain tissue in autism and identified the location of aluminium in these tissues.

5. Conclusions

We have made the first measurements of **aluminium in brain tissue in ASD and we have shown that the brain aluminium content is extraordinarily high**. We have identified aluminium in brain tissue as both extracellular and intracellular with the latter involving both neurones and non-neuronal cells. The presence of aluminium in inflammatory cells in the meninges, vasculature, grey and white matter is a standout observation and could implicate aluminium in the aetiology of ASD.

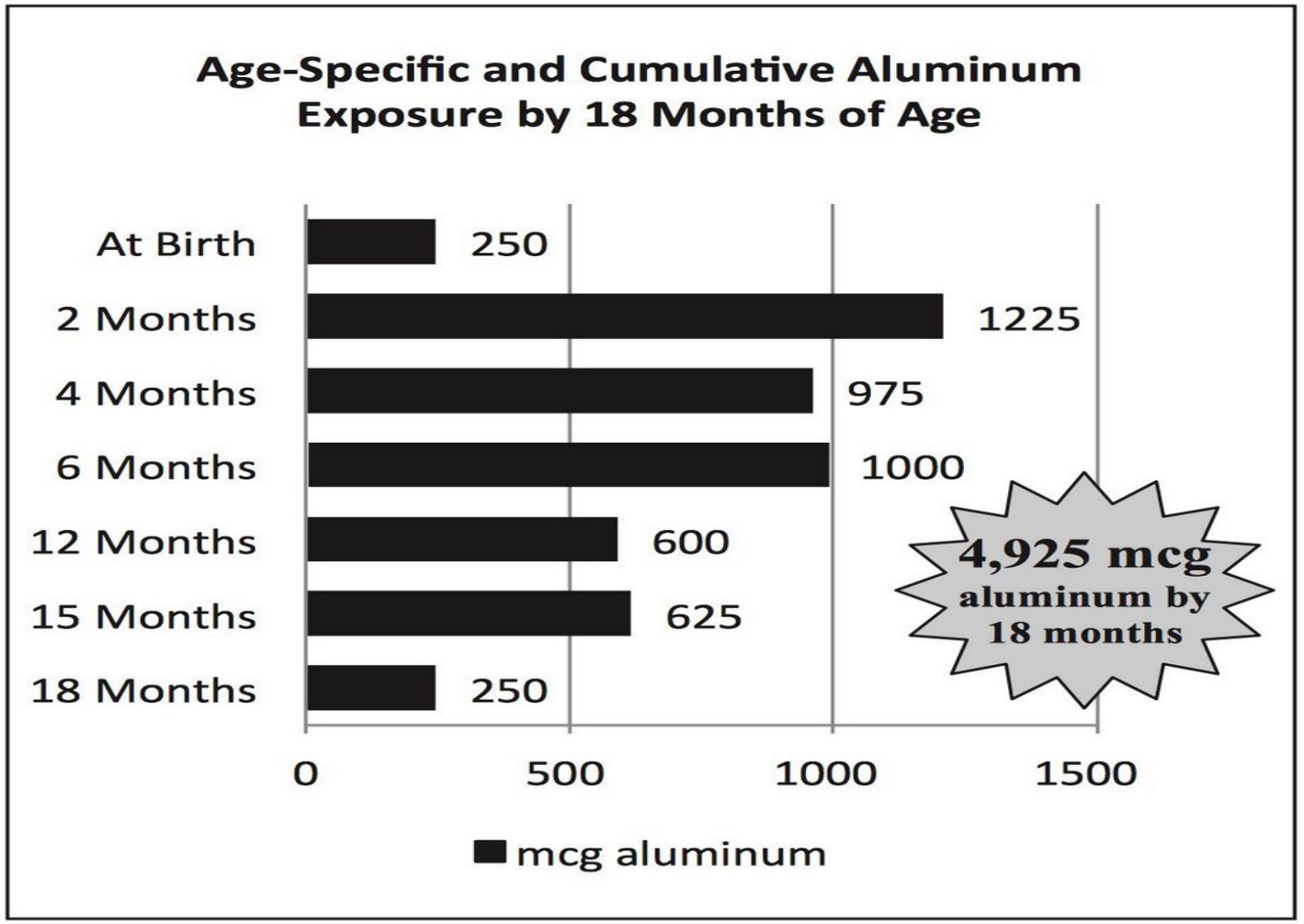
PK Vaccination schedule and parental exposure

Mother: Amalgams: exposure to inorganic mercury in utero and through breast feeding - potentially increase metal mobilisation by oral antibiotics

Father: Autoimmune genetic susceptibility

PK age	Vaccine	Adjuvant		Contaminants/ culture
2 months	DTP/Polio/Hib	Aluminium Hydroxide	0.5mg	VERO
	Hep B	Aluminium Hydroxide	0.5 mg	Saccharomyces cerevisiae
3 months	repeat	Aluminium Hydroxide	1.0 mg	
4 months	repeat	Aluminium Hydroxide	1.0 mg	
9 months	Men C	Aluminium Hydroxide	0.5 mg	
12 months	MMR	-		Lactose, eggs

Cumulative aluminum exposure from childhood vaccines*



*Source: The vaccine manufacturers' product inserts and the CDC's 2016 vaccination schedule

frontiers in
NEUROLOGY

REVIEW ARTICLE
published: 05 February 2015
doi: 10.3389/fneur.2015.00004

Biopersistence and brain translocation of aluminum adjuvants of vaccines

Romain Kroum Gherardi*, Housam Eidi, Guillemette Crépeaux, François Jerome Authier and Josette Cadusseau

"Thus alum and other poorly biodegradable materials taken up at the periphery by phagocytes circulate in the lymphatic and blood circulation and can enter the brain using a Trojan horse mechanism similar to that used by infectious particles."

Aluminum Sky – why? Does it stay up? were does it end up?

source: flikr.com, Pandbozy Photos, South Downs, Woodingdean

Toxic Rain in the US – Intentional poisoning of a Country

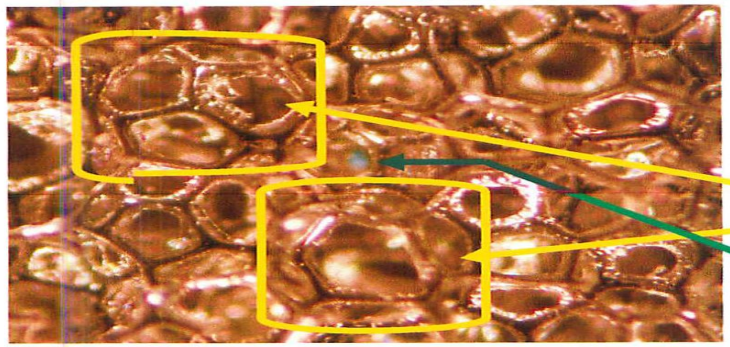
Normal aluminium levels in rain: 0 - 0.5 µg/l

Location	Sample	Aluminium	Barium
Redding, US	Rain	1010	25
California, US	Rain	2190	43
California, US	Rain	3450	
Lincolnshire, UK	Rain	70	<10
Portsmouth, UK	Rain	350	16
Florida, US	Rain	182	
Florida, US	Rain	127	
California, US	Snow	61,100	83
Brisbane, AU	Rain	1900	11
Hawaii, US	Rain	400	39

Monsanto in your genes: Aluminum adducts blocking life (ALS patient)

Fluorescence-probe study of fatty acids in mitochondrial and plasma membranes

Please note that only abnormalities are illustrated

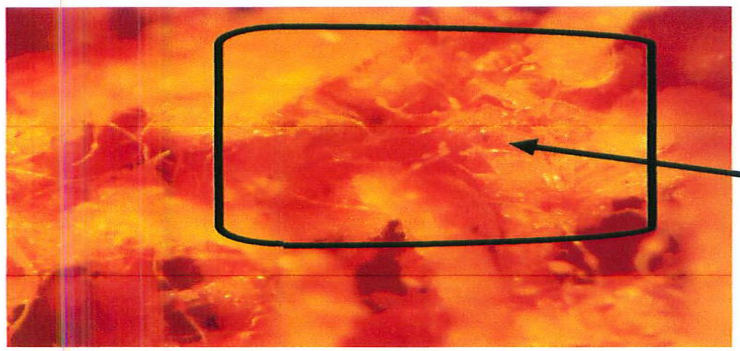


Layered polarization/fluorescence image
Outer surface of plasma membrane

Oxidative damage – white areas

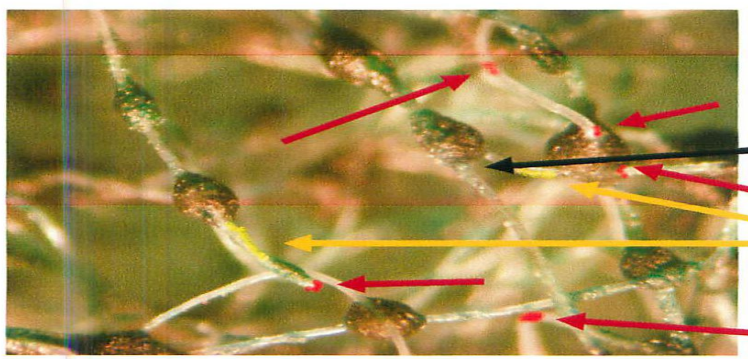
Large fatty acid structures
mostly at approx 0.4um spacing

Aluminium – green probe



Very high magnification fluorescence
Arachidonic acid/other fatty acids

Lower edge of one of the **large fatty acid structures**: weak interaction with normal 18- and 20-carbon PUFAs



The cytoskeleton (layered fluorescence)
actin fibrils & mitochondria

Rather unusual linking between some actin fibrils & mitochondria

Aluminium on some actin fibrils (Al = yellow probe)

Ca-actin binding (Ca = red probe)

Military Operations: outfitting capability

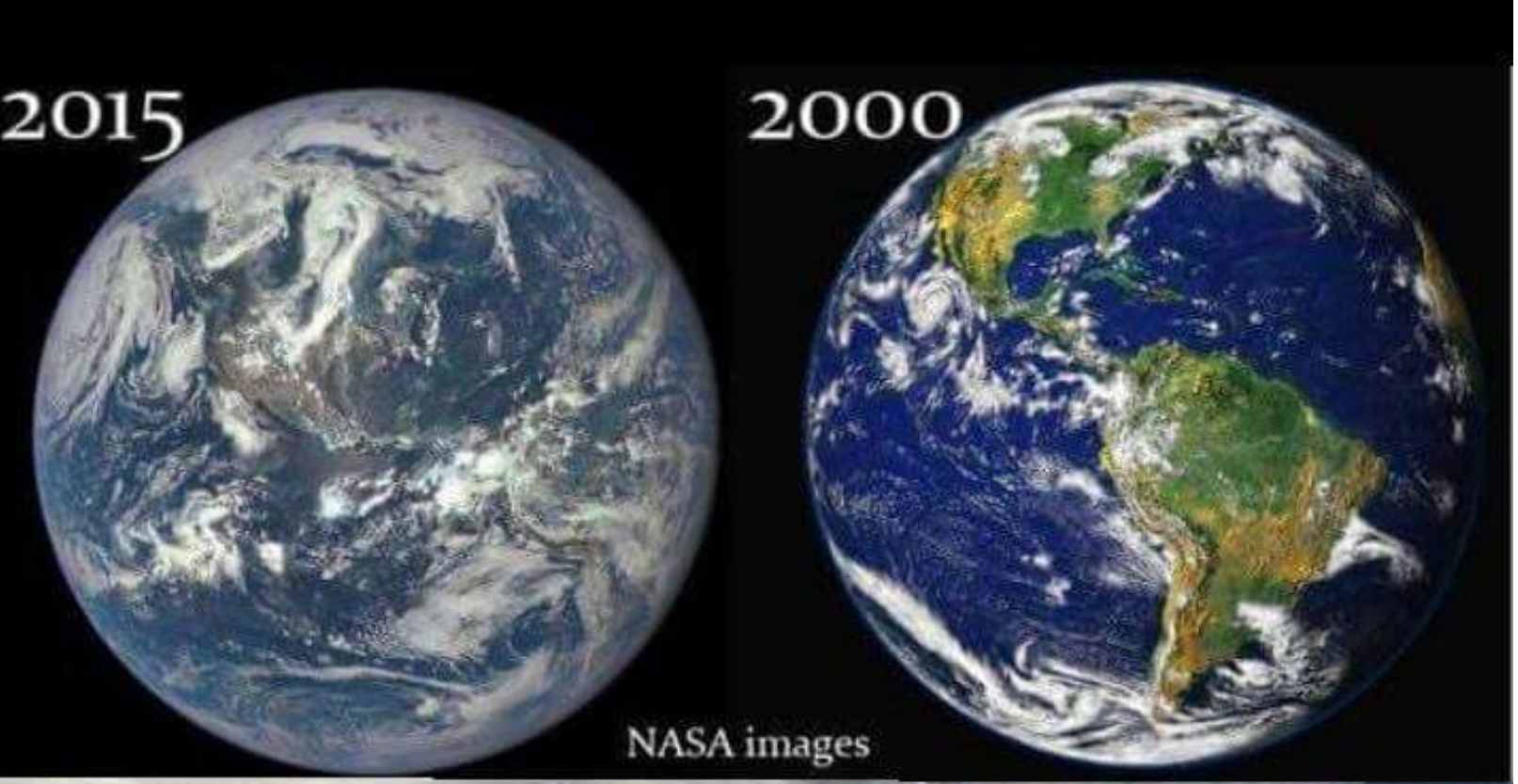
The Boeing Factory – clandestine off-label use of high flying planes

Int. J. Environ. Res. Public Health 2015, 12, 9375-9390

J. Marvin Herndon, *Received: 29 June 2015 / Accepted: 5 August 2015 / Published: 11 August 2015*

Abstract: The widespread, intentional and increasingly frequent chemical emplacement in the troposphere has gone unidentified and unremarked in the scientific literature for years. The author presents evidence that toxic coal combustion fly ash is the most likely **aerosolized particulate sprayed by tanker-jets for geoengineering, weather-modification and climate-modification purposes** and describes some of the multifold consequences on public health. Two methods are employed: (1) Comparison of 8 elements analyzed in rainwater, leached from aerosolized particulates, with corresponding elements leached into water from coal fly ash in published laboratory experiments, and (2) Comparison of 14 elements analyzed in dust collected outdoors on a high-efficiency particulate air (HEPA) filter with corresponding elements analyzed in un-leached coal fly ash material. The results show: (1) the assemblage of elements in rainwater and in the corresponding experimental leachate are essentially identical. At a 99% confidence interval, they have identical means (T-test) and identical variances (F-test); and (2) the assemblage of elements in the HEPA dust and in the corresponding average un-leached coal fly ash are likewise essentially identical.

The consequences on public health are profound, including exposure to a variety of toxic heavy metals, radioactive elements, and neurologically-implicated chemically mobile aluminum released by body moisture *in situ* after inhalation or through transdermal induction.



Allagui, M. S., et al. "Effects of melatonin on **aluminium-induced neurobehavioral and neurochemical changes** in aging rats." *Food and chemical toxicology* 70 (2014): 84-93.

Abstract

This study aimed to investigate the potential protective effects of melatonin (Mel) against aluminium-induced neurodegenerative changes in aging Wistar rats (24–28 months old). Herein, aluminium chloride (AlCl3) (50 mg/kg BW/day) was administered by gavage, and melatonin (Mel) was co-administered to a group of Al-treated rats by an intra-peritoneal injection at a daily dose of 10 mg/kg BW for four months. The findings revealed that aluminium administration induced a significant decrease in body weight associated with marked mortality for the old group of rats, which was more pronounced in old Al-treated rats. Behavioural alterations were assessed by ‘open fields’, ‘elevated plus maze’ and ‘Radial 8-arms maze’ tests. The results demonstrated that Mel co-administration alleviated neurobehavioral changes in both old and old Al-treated rats. Melatonin was noted to play a good neuroprotective role, reducing lipid peroxidation (TBARs), and enhancing enzymatic (SOD, CAT and GPx) activities in the brain organs of old control and old Al-treated rats. Mel treatment also reversed the decrease of AChE activity in the brain tissues, which was confirmed by histological sections. Overall, the results showed that **Melatonin administration can induce beneficial effects for the treatment of Al-induced neurobehavioral and neurochemical changes in the central nervous system (CNS).**

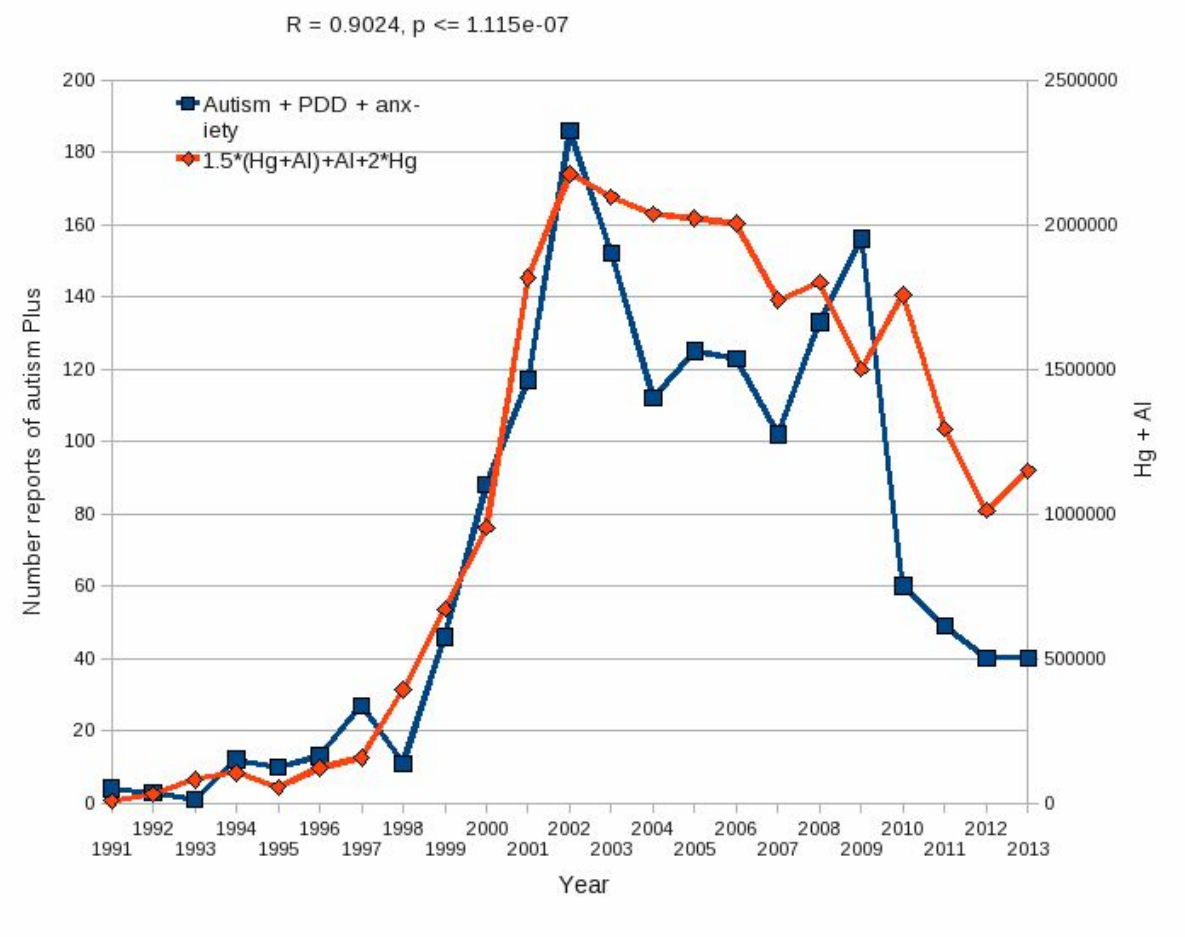
Albendea, C. D., Gómez-Trullén, E. M., Fuentes-Broto, L., Miana-Mena, F. J., Millán-Plano, S., Reyes-Gonzales, M. C., ... & García, J. J. (2007). **Melatonin reduces** lipid and protein oxidative damage in synaptosomes due to **aluminium**. *Journal of Trace Elements in Medicine and Biology*, *21*(4), 261-268.

Abstract

Prolonged exposure to excessive aluminium (Al) concentrations is involved in the ethiopathology of certain dementias and neurological disorders. Melatonin is a well-known antioxidant that efficiently reduces lipid peroxidation due to oxidative stress. Herein, we investigated in synaptosomal membranes the effect of melatonin in preventing Al promotion of lipid and protein oxidation when the metal was combined with $FeCl_3$ and ascorbic acid. Lipid peroxidation was estimated by quantifying malondialdehyde (MDA) and 4-hydroxyalkenals (4-HDA) concentrations in the membrane suspension and protein carbonyls were measured in the synaptosomes as an index of oxidative damage. Under our experimental conditions, the addition of Al (0.0001–1 mmol/L) enhanced MDA+4-HDA formation in the synaptosomes. In addition, Al (1 mmol/L) raised protein carbonyl contents. Melatonin reduced, in a concentration-dependent manner, lipid and protein oxidation due to Al, $FeCl_3$ and ascorbic acid in the synaptosomal membranes. These results show that melatonin confers protection against Al-induced oxidative damage in synaptosomes and suggest that this indoleamine may be considered as a neuroprotective agent in Al toxicity because of its antioxidant activity.

Let us not neglect the synergism of Hg and Al:

Aluminum & Mercury = Autism & PDD & Anxiety



VAERS database

Formula: Al + 1.5 x (Al w/ Hg) + 2.0 x Hg

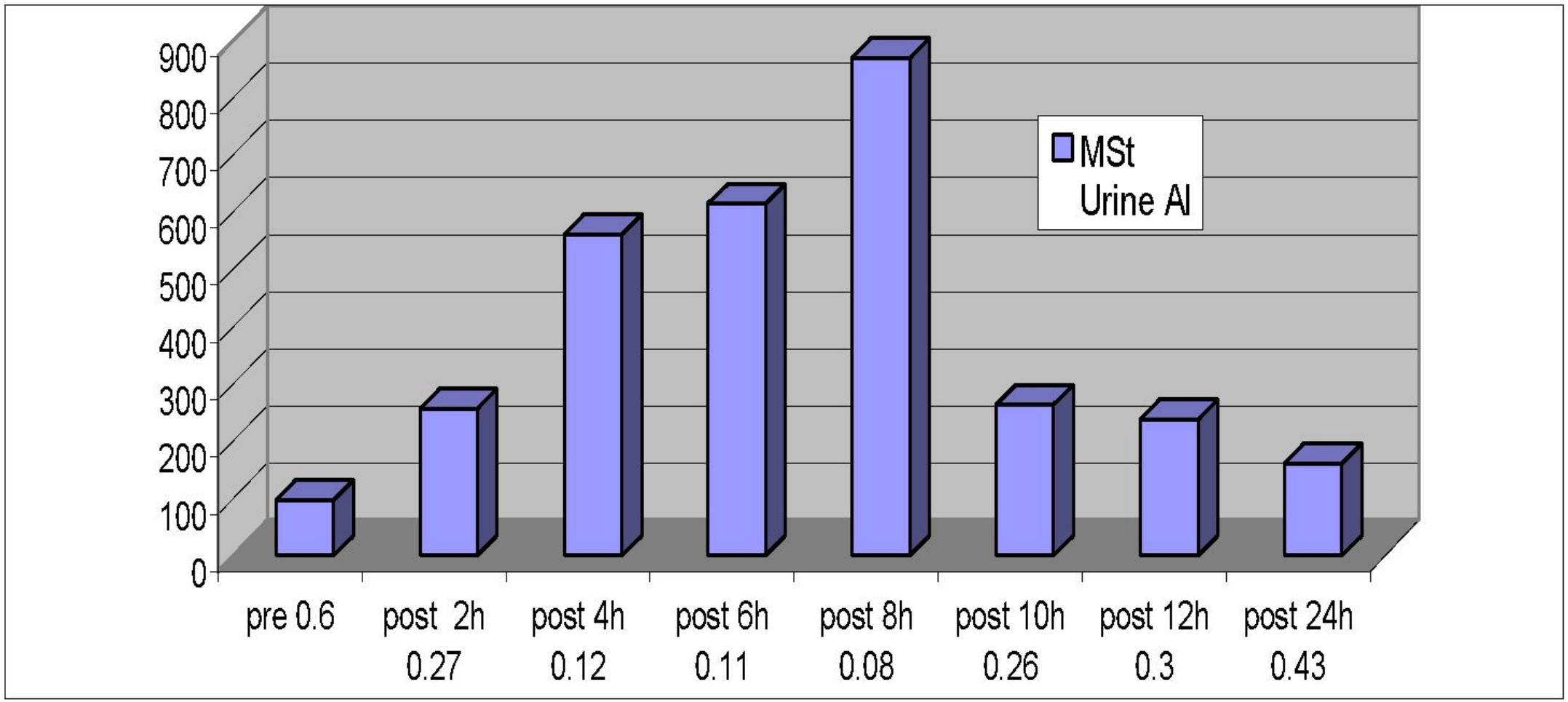
Aluminium and Mercury Detox

- **Cilantro** (www.biopureUS.com) (Coriandolo Plus- www.KiScience.com) tincture **-** specially grown organic cilantro + 7 flower stem cell extracts: slowly titrate from 5 drops twice daily to 2 dropperfull (=30 drops) 3 times daily (t.i.d) 30 min before each meal (mobilizes toxic metals, also increases bile flow)
- Transdermal **Melatonin** (80-300 mg)VitaHealthApothecary/NY
- **ACILIS** water: 1 quart/day (phantastic results): www.KiScience.com
- **Kidney tincture**(www.sophiaNutrition) **Renolo** - allium ursinum, cistus incanus, 7 flower stem cell extracts (protects white and red bloodcells and nephrons from oxidative damage caused by mobilized metals) available from www.KiScience.com. Both 2 dropperful 3 times/day
- **Al-Detox (Polmolo)** – enula root, coriander root & seeds, bardana root and horsetail. 10 to 15 drops twice daily. Available from www.sophiaNutritiion.com (www.KiScience.com)
- **DEO: transdermal detox deodorant:** apply every night to axilla and groin

Binders:

- **Chlorella Vulgaris or Pyrenoidosa:** start with medium dose of 8 tablets (200mg each) t.i.d 5 min after taking Cilantro. Increase: during times of crisis, Herxheimer reaction or if no change is perceived. Max dose: 40 tablets. 3 times daily. Available from BioPureUS
- **High silica Zeolite**: in addition to chlorella (or instead, if chlorella is not yet tolerated): start ¼ teaspoon twice daily between meals, slowly increase to 4 times/day away from all food or vitamins. Available from BioPure and KiScience
- **Ki Science Detox Footbath:** twice weekly for 30 minutes (www.KiScience.com). Main metal mobilization is on day 3 after the treatment. Increase binders on that day.

Over 900% increase of aluminum excretion 8 hrs post 30- minute ionic footbath (we used model from www.kiScience.com)



The Ionic Footbath (Biopure.eu; KiScience)

Average ATEC reduction was 55%!

Lesson #3 AG 21: *"to ultimately destroy the connection to the divine we have to expose them to Microwave – everywhere they go - it opens the blood brain barrier, so that fluoride, aluminium and glyphosate can enter and they are fully disconnected. It also destroys their DNA and that of their children. Catching many birds with 1 stone. Brilliant!"*
EMR damages the Pineal gland. Wait until 5G is here! Hooray!!

Kesari, Kavindra Kumar, Sanjay Kumar, and Jitendra Behari. "Pathophysiology of microwave radiation: effect on rat brain." *Applied biochemistry and biotechnology* 166.2 (2012): 379-388.

Reiter, R. J. "Electromagnetic fields and melatonin production." *Biomedicine & pharmacotherapy* 47.10 (1993): 439-444.

Adey, W. Ross. "Biological effects of electromagnetic fields." *Journal of cellular biochemistry* 51.4 (1993): 410-416.

Rudolph, Klaus, et al. "Static magnetic fields decrease nocturnal pineal cAMP in the rat." *Brain Research* 446.1 (1988): 159-160.

Magnetosensitivity of the rat's pineal cyclic adenosine monophosphate (cAMP) system was investigated. During their dark phase, rats were exposed for one hour to a static magnetic field (MF) inverting the horizontal component of the natural MF. MF-exposed animals showed a 38% decrease in pineal cAMP content (1.21 pmol/pineal gland) compared to a non-exposed control group (1.96 pmol/pineal gland).

Nazıroğlu, Mustafa, Sümeyye Tokat, and Seda Demirci. "Role of melatonin on electromagnetic radiation-induced oxidative stress and Ca2+ signaling molecular pathways in breast cancer." *Journal of Receptors and Signal Transduction* 32.6 (2012): 290-297.

Exposing all of us, especially the foetus, to destructive radiation 24/7

“Brain proteome response following whole body exposure of mice to mobile phone or wireless DECT base radiation”

Electromagnetic Biology and Medicine; Posted online on January 20, 2012.
(doi:10.3109/15368378.2011.631068 (1–25) Adamantia F. Fragopoulou, Athina Samara, Marianna H. Antonelou, Anta Xanthopoulou, Aggeliki Papadopoulou, Konstantinos Vougas, Eugenia Koutsogiannopoulou, Ema Anastasiadou, Dimitrios J. Stravopodis, George Th. Tsangaris, Lukas H. Margaritis Department of Cell Biology and Biophysics, Athens University

Abstract:

The objective of this study was to investigate the effects of two sources of electromagnetic fields (EMFs) on the proteome of cerebellum, hippocampus, and frontal lobe in Balb/c mice following long-term whole body irradiation. Three equally divided groups of animals (6 animals/group) were used; the **first** group was exposed to a **typical mobile phone**, at a SAR level range of 0.17–0.37 W/kg for 3 h daily for 8 months, the **second** group was exposed to a **wireless DECT base** (Digital Enhanced Cordless Telecommunications/Telephone) at a SAR level range of 0.012–0.028 W/kg for 8 h/day also for 8 months and the t**hird** group comprised the **sham**-exposed animals. Comparative proteomics analysis revealed that long-term irradiation from **both EMF sources altered significantly ($p < 0.05$) the expression of 143 proteins** in total (as low as 0.003 fold downregulation **up to 114 fold overexpression**). Several neural function related proteins (i.e., Glial Fibrillary Acidic Protein (GFAP), Alpha synuclein, Glia Maturation Factor beta (GMF), and apolipoprotein E (apoE)), heat shock proteins, and cytoskeletal proteins (i.e., Neurofilaments and tropomodulin) are included in this list as well as proteins of the brain metabolism (i.e., Aspartate aminotransferase, Glutamate dehydrogenase) to nearly all brain regions studied. Western blot analysis on selected proteins confirmed the proteomics data. The observed **protein expression changes may be related** to **brain plasticity** alterations, indicative of **oxidative stress in the nervous system** or involved in **apoptosis** and might potentially explain human health hazards reported so far, such as **headaches, sleep disturbance, fatigue, memory deficits, and brain tumor long-term induction** under similar exposure conditions.

Electromagnetic Radiation (EMR)

- Internal protection:
  - use tincture of cilantro, propolis and rosemary (BioPureUS.com: 1-2 pipettes each twice daily) or KI-Science “Ray Wave”
- Daytime strategy:
  - wear radiowave protective clothing
  - Stetzer filters at home
  - Avoid use of cellphone – texting is ok
  - Switch off WiFi whenever not in use or get rid of WiFi – get Broadband/Ethernet
  - Consider Building Biology –measuring, considering Swiss Shield paint/earthing
- Nightime strategy:
  - melatonin transdermal crème (after dinner) – 80-500 mg (to obtain all benefits)
  - sleep sanctuary
  - switch off WiFi, if possible switch off all fuses
  - Samina bed system
  - Russian “Torsion Field Corrector” (plug in version) KiScience
  - no computer use after sunset - or get red filter:

  Download “Iris-mini-0.3.0-Installer-Windows”iris-mini-0.3.0-installer.exe

Treatment of electrosmog in a "sick" sleeping location: the Faraday canopy

Klinghardt Institute
The Heart Of Healing

These influences drive the activation of HERV and the growth and virulence of many other viral species, ultimately leading to decreased blood flow in the brain

Treatment:

- Retroviruses: given in a separate lecture

To increase brain blood flow:

- brain tincture: organic gingko biloba, organic rosemarinus officinalis organic bacopa monnieri: give 2 dropperful 3 times/day
- Astaxanthin: 3 caps twice daily. Alternative: sockeye caps. 1 cap twice daily
- use SophiaFlow cream: peasize amount twice daily with anterior neck massage (SophiaNutrition)

For the ART practitioner I recommend to test the individual BioPure tinctures: gingko, Red root (Lymphatic drainage), Japanese knotweed (anti-aging), Rosemary

Herpes viruses:

- Vital 4 (Biopure): 2 dropperful 3 times/day
- Key 5: 2 dropperful 3 times/day
- Use both tinctures on alternating days
- High Allicin garlic (especially for HSV-6 and Kidney involvement)