PLEASE NOTE: As mentioned in the front of my book, please check with a qualified health practitioner before beginning a program to regain or attain perfect health. Please do not use the following recommendations or suggestions, unless you are willing to assume the risk and take full responsibility for any adverse effects or outcome resulting from taking any of the products mentioned in this chapter.

Based on my own experience I realize that I will never be 100 percent free of mycoplasma or viruses, BUT I now know how to never get seriously ill again. I can accomplish this by (1) eating a balanced diet, (2) avoiding highly processed foods and sugar, (3) not sharing body fluids with an infected person, (4) keeping my stress level low, (5) getting plenty of exercise (oxygen) and sleep, (6) regularly using my ion cleanse machine, and finally (7) taking vitamins and supplements to keep my immune system strong.

The following are a few supplements and products I have been using and highly recommend:

**IMMUNE SYSTEM:** Lapacho (pau d’Arco) tincture  
**SOURCE:** Cheryl’s Herbs, www.cheryls/herbs.com  
**PURPOSE:** Anti-fungal, anti-cancer and anti-viral  
**DOSAGE:** Shake bottle well, take one eye dropper full, three times a day for first three months, then (using your own judgment) cut back on dosage to one or two times per day. (Lapacho is slow to “kick in” and may take several months before noticing results.  
**COST:** ~$20/month  
**RESULTS FOR ME:** After taking Lapacho for three months, my toenail fungus finally disappeared. Also, I noticed I did not catch colds or get full-blown flu’s even though I was exposed to them. True story: My son caught the “cruise ship virus.” He was sick in bed for three days. I caught it and was sick only eight hours. Then, Dale caught it and was sick for three weeks.  
**NOTE:** I trust Cheryl’s herbs because she has very good integrity and manufactures her own products under her own brand. (If the
inner bark of the pau d’Arco tree is not used, Lapacho is ineffective.) I do not recommend taking Lapacho in pill form because of quality.

**IMMUNE SYSTEM**: Bovine colostrum  
**SOURCE**: Health food store or the Internet (go to my website for link)  
**PURPOSE**: Protects against disease (builds immune system)  
**DOSAGE**: Follow instructions on bottle  
**COST**: ~$30/bottle (30 pills/bottle)  
**NOTE**: I have read many testimonials from people who have been “cured” of disease by taking colostrum (multiple sclerosis, for example). I buy colostrum from an Internet company which gets its colostrum from “happy” dairy cattle, meaning they are treated humanely and are pasture fed (organic), not factory raised. The colostrum I use is milk-free.

**OVERALL GOOD HEALTH**: eating sprouts  
**SOURCE**: www.lifesprouts.com  
**PURPOSE**: Sprouts are the only food source that can “rejuvenate” cells  
**COST**: Varies, depending on quantity and type  
**FACT**: Ancient people survived long cold winters (food shortage) by eating sprouts (seeds can be stored and sprouted later).  
**NOTE**: I trust and highly recommend the above company, because they have good integrity and sell only “organic” products, including vegetable garden seeds.

**IMMUNE SYSTEM**: Cat’s Claw tincture  
**SOURCE**: Cheryl’s Herbs, www.cherylsherbs.com  
**COST**: ~$20/month  
**PURPOSE**: Anti-fungal  
**NOTE**: I have read several testimonials where Cat’s Claw was effective against mycoplasma infections, but if I had to choose, I would pick Lapacho over Cat’s Claw.

**OVERALL GOOD HEALTH**: Ion cleanse machine  
**SOURCE**: Please visit my website for the link and/or phone number
**PURPOSE:** Chelates heavy metals and toxins and restores cell “balance”

**FACT:** This machine works miracles. Please read the chapter entitled “The Magic Bullet” for the machine’s benefits. In my opinion, this machine is the secret to longevity.

Please visit my website for the most up-to-date information and website links for health-related products and topics.