

Ways to Heal Every Known Disease

© 2012 by Aghori Prajna Shiva Kalidasa

Must be distributed free of charge and complete in this form.

www.NakedShaman.net



I am typing this in late November of 2012 as I prepare to finish killing off all of the cancer in my body for the seventh time in just under 58 years. Any part of this process that I am doing will work for the majority of the diseases in this world, and one part will work for everything. It's a guarantee that the pharmaceutical companies will hate this since the truth is that they rarely heal or cure anything, and this information is given freely, and the processes are very inexpensive.

In the USA lip service is given to Freedom of Speech. For example, if I say this will cure these diseases then the American Medical Association can have me put in prison for "practicing medicine without a license". Well I do Cherokee Medicine and Tibetan Shamanism, and we have no intention of letting any stupid, under-

educated MDs tell us how to live our lives. So, when I say in here that these natural therapies will “HEAL” any disease then you know what I am really saying now don’t you? Let’s move on.

Here is just a small list of the things that can be “HEALED” by these natural processes:

- 1. Cancer**
- 2. Alzheimer’s Disease**
- 3. Diabetes**
- 4. Stroke**
- 5. Multiple Sclerosis**
- 6. Lou Gehrig’s Disease (ALS)**
- 7. Brain Injuries and Dementia**
- 8. Most so-called “Learning Disabilities”**
- 9. Cerebral Palsy**
- 10. Chronic Fatigue Syndrome**
- 11. Autism**
- 12. Alcoholism – This is really not a disease but a serious lack of self-discipline. However, over-consumption of alcohol sets up a condition in the body that no pharmaceutical therapy can correct while one of these processes can.**
- 13. Seasonal Affective Disorder (Physiological depression due to season and weather related inabilities to be exposed to the sun.)**
- 14. HIV and AIDS**
- 15. Asthma, Emphysema and Tuberculosis.**

Personally, when I get to #10 on a list, and the computer skips extra spaces, it used to drive me crazy. Now I just accept the fact that the programmer had a

brain fart and go on. Doing what you can to reduce the amount of emotional stress in your life works wonders with most healing activities. If you have to let something out then do it, but let it go and move on with your life. Keeping things bottled up inside you will eat you alive. And old Cherokee remedy for such things is to dig a hole in the ground, put some tobacco in it, and ask the earth to take away your negative energy. Then, scream out all of your frustration and rage into the hole, and fill it back in again with the dirt you dug out.

The first time I did this process around my second wife she came running out into the backyard to see if I was hurt. I explained to her how it works, and she immediately dug a hole next to mine, put some tobacco in it, and screamed and had a fit. Most of what she was screaming about was about me! When she was finished she filled in her hole, got up, and said, "Thank-you. I feel better now." Then she went in the house as the neighbors watched from their yard looking at us like we had grown three heads and ten horns each. Still it works until you can learn to let it go entirely. This will help with some emotional things, but not everything of a physical nature.

For the conditions mentioned above, let's talk a bit about why some herbal therapies, oxygen therapies and such devices as infrared saunas (an the original version of this) can do the trick for you. Most people know that their body is made up of approximately 75% water. But, did you know that it is 71% oxygen overall? Well, at least it is supposed to be. When things happen to cause

oxygen starvation in the body then all kinds of things start to go wrong, and the body turns into an acidic breeding ground for disease. All that it takes to get rid of most of the diseases in the world, the ones that really are diseases, is to flood the body with oxygen for an extended period of time, and do things that support the body being able to stay that way.



Let's touch on herbs and food a bit first. Herbs are used to provide the appropriate nutrition for the underlying cause of a given problem, but there are some herbs that help with any condition. Three of them are Lobelia, Mullein and Sheep Sorrel. Why? Because Lobelia is a thinking herb that does whatever is best for your body, helps alleviate anxiety and depression, is an expectorant, cuts cravings for addictions, is anti-spasmodic, and enhances any other herb you use it with so that it works better. Mullein is also an expectorant, and causes your lungs to take in more oxygen, and Sheep Sorrel causes your blood and tissues to take in more oxygen. Personally, I am using some other herbs to specifically address the cancer in my esophagus such as Turmeric, Dandelion, Black Pepper Extract, Cayenne Pepper, Myrrh and Frankincense (the last two are anti-

bacterial and reduce pain), Echinacea, Devils Claw Root and Elderberry. All of this is in tincture form, and when I drink this in some ozonated water then I can often feel the cancer recoil in horror as this stuff passes through with much of it absorbing in and around the cancer.

Cancer is an anaerobic cell growing in the body. Such cells thrive in acidic conditions and breathe carbon dioxide. The presence of oxygen causes it to suffocate. These herbs help to flood the body with oxygen, and some of them also help to raise the core body temperature. Most disease organisms cannot stand an elevated core body temperature for an extended period of time. Remember that as we continue this.

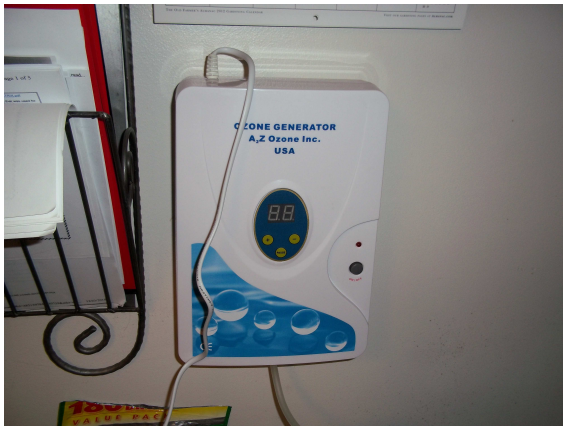
The next piece of the puzzle is the quality of the food that you eat. Personally, Diane and I do our best to only eat organic, non-GMO food. The saying that “you are what you eat” is very true. And, even with organic foods, some is better than others. A dear friend of mine, Christina Avanness, wrote a book about high enzyme foods called “Living Beyond Organics” which you can purchase on her website at www.lborganic.com. Reading this book could very well be one of the best long-term investments in your life if you apply most of the principles Christina teaches. I can’t say that I agree with everything in her book, but I certainly do with the majority of it.

She does have a problem with black pepper, and she is partially right about it being toxic. That is true if you cook with it. However, if you add it to your food

afterward then it is not toxic but is good for you. One of the reasons why I am using a black pepper tincture in my cancer killing formula is that it helps herbal nutrients survive beyond the stomach, to absorb better and to be more bio-available to the body. Anytime you see either “peperine” or “bioperine” in a formula then it is black pepper, and this is why it’s in those formulas.

Another fun thing in the food category is B-21, or what is known as laetrile. The pharmaceutical companies have gotten the Food and drug Administration of the US Federal Government to outlaw Laetrile Therapy in the USA, but you can easily get around this stupidity. All you have to do is eat peaches, apricots, nectarines and/or plums, break open the seeds and eat the soft pits inside of them. These pits contain B-21 and a form of cyanide that only releases and attacks cancer cells. You can eat four to six pits per day with no problem whatsoever, but that much fruit would have me on the toilet a lot so I try to recruit friends and family to help eat the outer parts.

Still another food remedy is to mix a tablespoon of cinnamon with a tablespoon of raw honey in a cup of hot, but not boiling, water, and drink it three times per day with a preference for thirty minutes before each meal, or three times per day if you eat like me. I follow what is called “The Warrior Diet”. An excellent book was written about it by Ori Hofmeckler. If you want to burn fat, have more energy, the ability to respond and move rapidly and greater brain function then this is the diet for you. If not then forget I mentioned it.



The next piece of the process is direct forms of oxygen therapy, which is the therapy that “HEALS” everything, and I am doing two kinds. One is to drink ozone enriched water (H_2O_3), and to use 35% food grade hydrogen peroxide (H_2O_2) in my water as well. I do them both separately as follows. I drink a gallon of ozone enriched water per day, and about 20 ounces of water with H_2O_2 in it three times per day. Now, food grade hydrogen peroxide only works if it is the 35% strength, but you have to be careful with it. If you get it directly on your skin it will burn you in its undiluted form and it is extremely flammable. That is one reason why it is a principle ingredient in liquid rocket fuels. If you have mind given to mayhem then I am certain you can find other fun things to do with it...

Another thing about hydrogen peroxide is that you need to build up your usage of it. On the first day that you use it you put 3 drops in your water 3 times per day. On the next day you do 4 drops 3 times per day, 5 drops on the next day, and so on until you get to 25 drops 3 times per day. That is where I am right now, and I will be taking this dose for about a month before working back down to 3 drops 3 times per day as a maintenance dose.

There is a wonderful little book that tells all that you need to know about oxygen therapy in general, and hydrogen peroxide specifically, called “The One-Minute Cure: The Secret to Healing Virtually All Diseases”. You can find it on Amazon.com, and I highly recommend it. And, the “One Minute Cure” folks also have the 35% food grade hydrogen peroxide available on Amazon as well. Now, on to infrared saunas, sunlight and sweat lodges.

Years ago I used to publish a newsletter called “Temple of the One”. Here is an article that I wrote then about the healthy benefits of sunlight:

“The Healing Sun: Sunlight and
Health in the 21st Century”

I have spoken with many people about the benefits of sunlight therapy, and getting a traditional suntan rather than one from a tanning bed, and many of them say, “But, the sun is bad for you! My MD said so.” Well, if you think the sun is bad for you then just try living without it. Just remember that the MD who said the sun is bad for you is a member of the American Medical Association, and that the records of the AMA prove that more people die every year from medical mismanagement than were killed by any means during our ten years of involvement in Viet Nam.

It is because of this erroneous belief about the harmful effects of the sun that I want to tell you about a wonderful book. It contains both the historical evidence and empirical research that proves that the sun is not only good for you, but is necessary – even vital -- for true physical health. This book is entitled, “The Healing Sun: Sunlight and Health in the 21st Century”. Written by Richard Hobday, MSc, Ph.D, and published by Findhorn Press, this book proves that the sun is actually good for you. In fact, Dr. Hobday tells the reader the truth about how to sunbathe safely and what sunscreens really do to you, how the sun has been used to cure diseases in the past, and how it still works in the present day. He also covers the prevention and cure of cataracts, skin cancer, brittle bones, osteoporosis, rickets, osteomalacia, tuberculosis, colon cancer, breast cancer, prostate cancer, ovarian cancer, heart disease, diabetes, multiple sclerosis, psoriasis, tooth decay, smallpox and war wounds such as those our wounded veterans are suffering from following their service in Iraq.

The back of the book reads as follows: “The human race evolved under the sun, and for thousands of years lived in harmony with its heat and light. Yet over the last fifty years we have lost this close contact with the sun and its healing powers. We have become afraid of it.

However, the sun is central to our wellbeing and health. Did you know that:

- designing and building sunlit houses can help prevent disease, make us feel happier and save energy
- sunlight can help prevent and heal many common often fatal diseases like breast cancer, heart disease, multiple sclerosis and osteoporosis
- before antibiotics, sunlight was used successfully to speed up the healing of wounds
- tanning moderately throughout the year is better than avoiding the sun altogether
- * sudden bursts of strong solar radiation are unnatural and dangerous,

protection needs to be built up slowly

- early morning sunlight in cool temperatures is particularly beneficial to the body
- sunlit hospital rooms provide a better environment for the treatment of clinically depressed people
- prolonged exposure to artificial light puts the body under great stress
- large numbers of people may be compromising their health through sunlight deficiency
- there is a substantial body of historical and contemporary evidence that suggests moderate sunbathing is far more beneficial than we are currently led to believe.

The light and heat of the sun are indispensable to all nature. Humanity is also a part of nature and needs sunlight for health and wellbeing, for vitality and happiness. This book explains how and why we should welcome sunlight back into our lives – safely! It shows how sunlight was used to prevent and cure disease in the past, and how it can heal us and help us in the future.”

I have recommended many books to people in the past that help them get over their various disease processes, but if you could only have one then this would be the book to have. More diseases can be cured by full body exposure to the sun, and by drinking more water, than by anything else. And, sunlight is free. Perhaps that is why your MD and the pharmaceutical companies don't want you to know about it.

Here is another reason to know about it: with the rapid influx of illegal aliens into our country, many diseases that were a thing of the past for this country are now very prevalent. Tuberculosis, for example, is back in force, and leprosy is becoming a major problem in the northeastern part of the United States. The proper use of sunlight will do much to make these diseases a thing of the past once again. So, please tell everyone you know about this book. And, be certain to tell the illegal aliens as well. Our overloaded medical system can get some much needed relief by getting more people to spend more time as clothes free as possible under the sun.

Another excellent source of information concerning the healing effects of sunlight is a pamphlet entitled, “The Incurables” by Dr. John R. Christopher, N.D. This fairly uptight (by my standards) Mormon Elder had much to say about how you should go about the process of sunbathing. Specifically, he said that you should do so completely nude and in direct sunlight, not through a glass, and that it should not be done from 10AM – 2PM. You can get a copy of this pamphlet, which contains even more information about sunbathing, herbs and bodywork that can be used to cure any disease that people claim are “incurable” by calling either (800)372-8255 or (801)489-4254.

During this often cold and dreary time of the year, what better way could there be to pass the time than to learn the free and simple ways to regaining and maintaining your physical and emotional health. When spring rolls around, and the days are still cool but sunny, you will be prepared to make the most of it in ways that will serve the highest good.

Sir Clifford N. Alford

Now, here is the information about the other article:

Go to the website at Rense.com/general82/uv.htm. This article, by a medical doctor who tells the truth, proves that you must have direct UV exposure to build Vitamin D in the body, and that tanning beds won't do it as the light rays needed can't pass through glass. He also gives the case for why external sunscreens are so bad for you, and gives a list of natural internal sunscreens of which some are available in supplement form from AllStarHealth.com. Here is what their website says about one of these products:

Antioxidants are important, but in terms of supplements they've never been very exciting. That is changing thanks to BioAstin from Nutrex Hawaii, a high-potency source of astaxanthin. Astaxanthin (as-tax-AN-thin) is a new type of antioxidant supplement about which people are getting excited since it delivers an impressive list of FDA-acknowledged health benefits at very reasonable cost and low dosages in the milligram range. Nutrex Hawaii has done a great job of promoting this hard-to-pronounce nutrient, and their BioAstin is now the leading astaxanthin supplement.

Astaxanthin occurs naturally in many plants, but algae are the most cost-effective source and algae is the source of astaxanthin in BioAstin. The algae are cultivated under carefully controlled conditions resulting in a product that is both herbicide and pesticide-free. Astaxanthin is a powerful antioxidant which has been the subject of multiple scientific studies. The US FDA has reviewed and now permits this extensive list of claims for BioAstin Supreme:

- Supports Joint Health
- Supports Healthy Tendons
- Supports Eye Health
- Supports Healthy Immune Function
- Supports a Healthy Cardiovascular System

- Supports Anti-Aging through Cellular Health
- Supports Healthy Skin
- Supports Skin during Sun Exposure
- Supports a Healthy Oxidative Balance
- Supports Increased Energy Levels

Here is one last fun fact about a good and natural suntan: It's the single best preventative from getting the flu this winter. So, get a good tan, and play well through the winter months to come. That's hard to do if you are ill.

So, sunbathing nude is the best things for you, but sometimes that is not possible due to the backward laws in much of the world so we have some other ways around it. One of the more interesting ways to "HEAL" many diseases is through a sweat lodge ritual in which there are herbs in the steam, intense heat (140 to 170 degrees F) for about four hours, and four rounds of a mighty good form of "prayer meeting" honoring the spirits of the four directions and the elements of nature. Most of the native tribes of the world have some form of sweat lodge so you can probably find one just about anywhere you are. And, in early 2013 I will be writing a course on several ways to build matriarchal sweat lodges, and how they are ran. That will include information on healing rituals as well.



If nude sunbathing isn't an option, and you can't find a sweat lodge to attend then there is a great modern substitute for them. The last time I had cancer I defeated it with herbs and an infrared sauna that my friend, Dr. Robert Groves, ND of Tulsa, Oklahoma, allowed me to use. Then I also took some Cats Claw that he had recommended to me, and spent 45 minutes per day for ten days straight in his sauna.

About seven days into the process I began to detox so heavily that I could hardly stand to finish the process, and I was ill from it for about two weeks, but when it was over I was cancer free. And, these infrared saunas work on many other problems and conditions as well. Visit any website that sells them, and you will find a very extensive list of things they help with. Of course, the cost to purchase one is sometimes a problem for people but consider how the hospitals in America use them.

If you go to some the leading hospitals for cancer, and you tell them that you want to do the alternative therapy they have, then they will use a far-infrared device to kill the cancer over a ten day period. Does that sound familiar? But, the bill may cause you to have a heart attack afterward! Here is what they do: they charge you about a thousand dollars just to turn the thing on, and then several thousand dollars more per session, and they charge a lot more for your herbs as well. But, you can buy the cabinet kind of infrared sauna for less than \$2,000.00 USD, and can get portable versions that you can fold up and hide in the closet for about \$400.00. And, it only costs about 1.5 cents per session! If you use it every day for a year it will cost you about \$20.00 USD. And, when you own it then you can use it as often as you care to for seasonal affective disorder, to ramp up your metabolism, to loose weight, to kill harmful forms of bacteria and viral predators in your body, to kill cancer, get rid of cellulite, improve the quality and texture of your skin, flush out toxins and any number of other things.

I have one here now because an Apprentice who wanted me to stay alive to teach him some more things bought me one as a lump sum donation. He may wish that he hadn't the next time I start harping at him about his Shadows, but it will be too late. I already have it! I will be missing those monthly donations for a while, but at least I will still be alive to miss them. There is a lot to be said for that. And, Diane and I, and probably half of the neighborhood, will have this wonderful thing to use every day if we so desire. Right now, I am using it every couple of days, and

then I'm skipping a day to build up some tolerance before I begin my ten day marathon this coming weekend.

The sauna and the herbs and oxygen therapy are already showing some major improvements for me. I also have a basal cell carcinoma (another kind of cancer) on the left side of my head. The scab has fallen off, and it is healing rapidly. It first formed during the Mahakali Storm Initiations so I have had it for well over 18 months now, and will be very happy to be rid of it too.

So, use the various processes for pennies per day for both yourself and others, or feel free to pay a small fortune to the medical establishment at your local hospital where they will be glad to use drugs and "therapies" that will kill you anyway. The choice is yours. Personally, with the help of some of my Shaman friends and these therapies I will be cancer free, and free of any other diseases, no later than the 15th of December, and this is the 29th of November. Try these therapies for yourself and your clients, and prepare to be amazed!

www.NakedShaman.net