

Chemtrails, Radiation, & Winter Illness

By Dr. Ilya Sandra Perlingieri

Ides of March –3/15/11

There is no doubt that since late December, aerosol spraying of Chemtrails has been increased throughout the US. Illegal weather modification and the resulting dramatic changes in our “controlled” weather are very noticeable daily throughout New England and the East Coast. Storms on the Pacific Coast have been heavy, too. Just look up. Our gorgeous blue sky is gone. All we have is a grayish blanket of poisons overhead. With every breath we take, we are inhaling an enormous amount of toxins. The pollution is now at a DNA cellular level in all life: animal and plant. The snow we used to have is nowhere to be seen. Many people have commented that what looks like snow, “melts like Jell-o.” It does have a gel consistency, it smells of chemicals, and stings your eyes. Storms are strange and the temperature fluctuations, sometimes as much as a 40-degree spread in less than 12 hours, have been frequent in many parts of the US and Canada. The criminals in charge have decided to create more havoc.

Winter illness is not what we used to have with the usual colds and flu. From the many discussions I’ve had with physicians, NDs, and OMDs, it is possible to extrapolate that physical symptoms do not fit into what we call “traditional” illness. Most doctors have little-to-no training in any kind of environmental medicine. They have no understanding of what happens to our immune system when it is assaulted with an assortment of dangerous heavy metals, lethal chemicals, and electromagnetic frequencies on a daily basis. We are being hit with so many toxins that it no longer is $1 + 1 = 2$. Rather, as I have written on several occasions, it actually could be the synergistic toxic equivalent of 1,600 times the dose (something Dr. Theo Colburn wrote about in 1996). The human body (and those of all other living creatures) cannot sustain these kinds of daily poisons.

Millions of people are ill. The likelihood of being mis-diagnosed (frequently in an emergency room), because a doctor (or one in training) is not familiar with environmental poisoning, is quite high. Often either heavy metals or chemical poisoning have similar symptoms to other illnesses. Many of the symptoms (heartburn, burning eyes, chronic sleep disturbances or sleeplessness, intense fatigue and headaches, bone-chilling aches, parched and very dry skin with redness, chapped cracked and bleeding lips, and sudden onset “waterfall” nosebleeds, that often require hospitalization, because they don’t stop) seem to hit us quite hard. Remember: no matter where you live, heavy pollution surrounds your every move. Environmental laws, which were in place since the 1970s, have been deliberately gutted over the past 11 years, so that the offending corporations don’t have to pay fines or be held accountable. Governmental agencies are abysmal failures. This is how a broken system “works.” So, this means more daily harm comes to all of us.

This week, we also have the additional and critical issue of the explosions at four Japanese reactors at the Fukushima nuclear complex that are in several of stages of meltdown. Fuel rods have been exposed. Unknown amounts of radioactive cesium, plutonium, iodine, and possibly other chemicals have been released into the air since March 11. From the beginning last week, there appears to be collusion and a cover-up. Please see:

http://www.youtube.com/watch?v=yHKQfeMiRUc&feature=player_embedded

The New York Times reported on March 14 that “radioactive releases at Fukushima could last months”:

<http://www.nytimes.com/2011/03/14/world/asia/japan-fukushima-nuclear-reactor.html?ref=asia>

Here is some additional information (with references) on Chernobyl (and the cover-up there) that may prove useful:

www.globalresearch.ca/index.php?context=va&aid=13349

Here are some basic Winter weather tips that have worked to help reduce your exposure risk:

1. Don't go out in any fog conditions.
2. Don't go out if there are heavy rains, sleet, or snow.
3. Don't drive in any hazardous conditions.
4. Don't let the snow get in your eyes. (A sad commentary on things.)
5. Leave "outside" shoes at the door. Don't walk around the house with shoes that have been in the snow/rain/sleet. These are full of toxins. Wear slippers indoors.
6. Keep your body warm, using natural and organic fibers (wool, cotton, linen, silk, and hemp). Cotton is one of the most heavily pesticided plants grown in the US. So, it is best to use organic cotton –especially for children whose immature immune systems don't need additional chemical assaults. Natural fibers actually insulate your body during the cold Winter months. [I continue to be appalled as to how many thousands of people I have seen over these past three winters who are improperly dressed for cold weather.] Synthetic fibers (often petroleum based) do not keep you warm. Any fibers with a plastic (phthalates) base continue to off-gas toxins. Plastics disrupt your body's hormonal system and contribute significantly to obesity.
7. Wash your hands and face immediately upon coming indoors. Keep your hands clean. I use Dr. Bronner's liquid lavender soap. (NOTE: I do not have any financial interest or ties with this company, or any others mentioned in this article.) Don't use soaps with chemicals. The less toxic ingredients, the better.
8. For stress: Essential oil of organic Lavender is so soothing! It's a brain calmateive. Put a drop on each wrist. Rub together, and smell. (My personal favorite, high quality essential oils come from Neal's Yard, London. Again, I have no financial interest or ties with this company.) Keep these oils in a cool, dry place. They can last 2-3 years with proper storage.

9. SUPPORT YOUR IMMUNE SYSTEM. It is already under siege from all the pollution. Don't eat any processed, or junk, or genetically engineered foods. Read food labels! Remember, too, the genetically engineered foods grown in the US are not labeled. So, do your homework. If you can't pronounce an ingredient, chances are it's not good for you! Don't use chemical additives in your food: Aspartame (or any other synthetic sweeteners) or MSG, for starters.

Below are some remedies (that have a track record) that can help mitigate some of this exposure.

NOTE: Always check first with your health care provider. For any kind of cooking, use a glass or enamel-coated pot (don't use any aluminum or non-stick coated cookware), and use only organic ingredients (otherwise you're adding chemicals and toxic pesticides to your system). DON'T USE ANY PLASTICS.

1. DETOX TEA (heavy metals, radiation exposure) Make this fresh daily.

URGENT NOTE: For a number of conditions, if you are currently taking any maintenance meds for seizures, blood pressure, HIV, chemotherapy, heart, or severe mental disorder, contact you health care provider before you take this Detox protocol. It can take your meds out of your system too quickly.

The best way to prepare this herbal remedy is to powder the organic herbs first. Roots can be bought already ground, or use a coffee grinder that you use just for herbal preparations. Leaves and flowers can be cut or chopped very fine, if you don't have a grinder.

ROOTS:

1 part *Arctium lappa* (Burdock Root. It's sometimes available fresh at health food stores. This is also a great addition to winter meals.

Cook it with potatoes, then peel and mash.)

1/2 part *Symphytum officinale* (Comfrey Root)

LEAVES/FLOWERS:

(These can be cut with a scissors, or ground with mortar and pestle.)

1 part *Trifolium pratense* (Red Clover flowers –white clover does not work)

1 part *Taraxacum officinale* (Dandelion leaf)

2 parts *Rubus idea* (Red Raspberry leaf)

1/2 part *Symphytum officinale* (Comfrey leaf)

1/2 part *Cymbopogon citriatus* (Lemon grass. This is a good source of Vitamin A)

1/2 part *Chondrus crispus* (Irish Moss)

Per 1 ounce of mixed leaves: add 1 heaping Tb of Irish Moss, 1 heaping Tb Burdock root, 1 tsp of Comfrey root.

Measure all herbs first. In glass pot, add: 2 1/2 cups Spring water, and bring to boil. Stir (not with plastic). Turn heat down to simmer, covered, and cook for 10 minutes. Let steep an additional 10 minutes. Strain. Drink 1 cup twice a day, with food.

Also: Drink 8-10 glasses of water, daily, to flush out your system.

Wear sunglasses outside.

Wash with a loofa to get contamination out of pores.

2. EYE WASH (for stinging, burning, inflamed eyes)

2 Tbs *Euphrasia officinalis* (Eyebright leaves)

1 1/2 Tbs *Calendula officinalis* flowers (Marigold)

1/2 tsp *Galium aparine* leaves (Cleavers)

pinch (1/16 tsp) *Hydrastis canadensis* (Golden Seal root powder)

Bring 1/2 cup Spring water to boil. Turn off water. Put all herbs in and stir with wooden spoon (don't use plastic). Cover. Let steep 15 minutes. Strain through cheesecloth (not bleached) or very fine metal sieve. Let cool. Pour into a sterilized glass bottle with a glass dropper.

For mild, stinging in eyes: Use 1 drop in each eye twice a day.

Use a glass Eye Cup, if you want to irrigate or wash your eyes.

For acute problems: Use 1 drop in each eye every 10 minutes, for the first hour. Then repeat 4 times each hour for the next 5-6 hours. Then, two or three times daily, for 3-5 days. NOTE: David Hoffmann (author of numerous books and one of the world's leading herbal authorities with whom I've studied), recommends using Hydrastis only for 2 weeks.

3. NAUSEA & HEARTBURN:

Ginger Lemon Tea:

2-3 very thin slices of fresh, organic Ginger root
a small slice of fresh Lemon.

Pour boiling Spring water into cup. Don't use tap water, as most of it is filled with chemicals. Let ginger root and lemon steep for 10 minutes. Add honey to taste. Sip, warm, as needed. NOTE: You can use powdered Ginger root; but fresh is far better.

4. Keep a SIMMERING HERBAL STEAM on the stove.

(Thanks to Dr. R. Michael Castle for this suggestion.)

Use a glass or enamel-coated pot. Again, a REMINDER: Don't use any aluminum or non-stick coated cookware:

USE organic essential oils:

Bring 1 to 1 1/2 cups Spring water to a boil. (Don't use tap water, because many municipal water systems are using toxic chemical additives.)

ADD: 1 drop Lavender (*Lavandula officinalis*), 1 drop Pine (*Pinus* species), 1 drop Eucalyptus (*Eucalyptus* species), 1 drop Marjoram (*Origanum vulgare*). Let simmer. Add more essential oil drops 15-20 minutes later, or as needed. Turn off heat, or let gently simmer. Let steam permeate the room. OR: Pour this into a glass bowl. Put a towel over your head, and breath in the steam. It is strong, so be careful! Even one or two inhalations will help. These herbs have anti-bacterial and anti-microbial properties.

5. CHAPPED & CRACKED SKIN:

Read labels on skin care products, as many have unsafe and very drying

ingredients (in addition to the desiccants in Chemtrails). Organic olive oil and coconut oil are still the best protection for skin. These two oils are also the best ones to use in cooking.

Wash skin with warm water and dry. Put on a light coating of either of these oils, and let dry. Olive oil is also a great hair conditioner. It re-vitalizes the scalp as well as hair.

Suggested Reading:

Phyllis Balch. "Prescription for Nutritional Healing"

Dr. Rosalie Bertell. "Planet Earth: The Latest Weapon of War" and any of her youtube videos

Dr. Theo Colburn et al. "Our Stolen Future"

Debra Lynn Dadd. "The Nontoxic Home"

David Hoffmann. "The Holistic Herbal"

Rosemary Gladstar. Any of her books

Dr. Gwen Scott. Any of her DVDs or youtube videos

Ruth Winter. "A Consumer's Dictionary of Food Additives" and "A Consumer's Dictionary of Cosmetic Ingredients"

Sources for organic herbs:

Avena Botanicals: www.avenabotanicals.com

Horizon Herbs: www.horizonherbs.com or 541-846-6704

Monterey Bay Spice Company: www.herbco.com or 831-426-2808

Neal's Yard (for essential oils): <https://us.nyrorganic.com>

Pacific Botanicals: www.pacificbotanicals.com or 541-479-7777

WE ARE GOING TO PUT A STOP TO THIS DAILY HARM. STAY POSTED.

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