

Complaint to TGA: heal-yourself.com.au - MMS and other therapies

Summary:

This web site promotes itself as, 'A Comprehensive Guide to Health & Wellbeing' and includes treatment recommendations for a variety of restricted and prohibited representations including AIDS, cancer, depression, diabetes, epilepsy, high blood pressure, multiple sclerosis, parasites and Parkinson's disease, schizophrenia and vaccination damage.

It also promotes the use of sodium chlorite as a miracle mineral supplement (MMS) for cancer, diabetes, arthritis, shingles, AIDS and other conditions.

This website contains incorrect and dangerous 'health' information that breaches both the Therapeutic Goods Act and the Therapeutic Goods Advertising Code. It must be shut down.

Advertisement details:

Type: Internet

Where did it appear:

- <https://www.heal-yourself.com.au/index.html>
- <https://www.heal-yourself.com.au/Diseases/Summary.html>
- <https://www.heal-yourself.com.au/MMS-Integrated-Therapy.html>

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Products promoted:

Various, including Jim Humble's MMS.

Comment:

I reiterate, this website contains incorrect and dangerous 'health' information that breaches both the Therapeutic Goods Act and the Therapeutic Goods Advertising Code. It must be shut down.

Signed and dated:

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2 September 2020

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Screen shots (taken 02/09/2020):

See the New Updated
ULTIMATE CLEANSE
Article!
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- Healing Foods
- Diseases
- Healing the Emotions
- Healing the Mind
- Spirituality
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Click here for tips on the most beneficial times to drink Water.

Books!
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by Walter Last
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- Heal Yourself - The Natural Way
- Towards Radiant Health
- Overcoming Arthritis
- Overcoming Asthma
- Overcoming Cancer
- Overcoming Candida
- Overcoming Diabetes
- Overcoming Weight Problems

ATTENTION!
To source information on products and other items mentioned in these articles, please check the **RESOURCES** page & the **LINKS** page.
For other enquiries email: info@heal-yourself.com.au

Disclaimer: The aim of this web site is to provide information on using natural healing methods to aid in the treatment of illness and health improvement. The author cannot accept any legal responsibility for any problem arising from experimenting with these methods. For any serious disease, or if you are unsure about a particular course of action, seek the help of a competent health professional.

<https://www.heal-yourself.com.au/index.html>



Welcome Page | About This Site | Healing the Body - Pt 1 | Healing the Body - Pt 2 | Diseases | Resources | Links

LIST OF SPECIFIC HEALTH PROBLEMS

by Walter Last

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

The following recommendations for overcoming some specific health problems contain in a condensed form some important or specific ingredients of a natural approach. However, it is essential to incorporate these specific recommendations into a holistic program for improving the wellbeing of the whole person.

Most modern diseases are caused by or associated with dysbiosis – pathogenic microbes in the intestines due to antibiotics and similar drugs. If this is not corrected then other therapies may not work, see Candida and the Antibiotic Syndrome. After sanitizing your intestines and using systemic antimicrobial therapy your disease or health problem may just disappear with a cleansing program and by adopting a high-quality diet that is appropriate for your metabolic type without any further therapies being required. In particular, many health problems tend to disappear simply by eliminating all gluten products, sweeteners and any foods that cause a sensitivity reaction.

In addition to any supplements specifically mentioned for your problem, you may also take a multi-vitamin-mineral tablet, antioxidants, lecithin, kelp, pollen and other helpful nutrients. Also use other methods described in this book, such as acupuncture, reflexology, meridian therapy, magnet therapy, color therapy and guided imagery to improve diseased organs and assist healing. The more of an effort you make to apply as many supportive methods as possible the better will be the result.

If your condition is not specifically mentioned, or rather severe, or in addition to any of the recommended measures, adopt a raw-food diet until you are much improved. I regard this as the most versatile cure-all, especially if combined with suitable mind therapy. A suitable raw food diet combined with a joyful mind is also the best insurance against developing any disease.

AIDS

Intestinal Sanitation and systemic anti-microbial therapy. Predominantly raw food diet with plenty of sprouted seeds and fresh vegetable juices, mainly from cereal grasses. Oxygen therapies alternating with high antioxidant intake. Colloidal silver, acidophilus, echinacea, propolis and other natural antibiotics. Beck-type electronic zapper and magnetic pulser. Emotional and mind therapies. For supplements and other supportive measures see 'Infections and Inflammations' below, also suitable methods from Overcoming Cancer.

Virus infections generally clear up with a high intake of antioxidants in addition to selenium and zinc. Take 5 x 2 g (or bowel tolerance) of sodium ascorbate, 3 x 15 – 20 mg of zinc, 200 mcg of selenium, 3 x 200 mg of alpha-lipoic acid [thioctic acid, may require extra biotin]. In addition 1 tablespoon of cod liver oil and a variety of other antioxidants, such as grape seed extract, Microhydrin or strong electrolytic reduced water (ERW). Specific for AIDS may be the nutritional precursors of glutathione peroxidase: selenium, L-cysteine, L-glutamine and L-tryptophan (or niacinamide). See also the free book "What Really Causes AIDS" at www.hdfoster.com/WhatReallyCausesAIDS.pdf.

<https://www.heal-yourself.com.au/Diseases/Summary.html>

CANCER

The main aspects of holistic cancer therapy are strengthening the immune system, controlling the cancer microbe, removing accumulated toxins and waste products and dissolving any tumours. Most important is Intestinal Sanitation and systemic anti-microbial therapy.

DIET: Start with the Basic Cleanse followed by the Juice Diet. Generally low-protein diet, except if using the Budwig Diet on mainly 'quark' and ground linseed. Purple foods (red beets, black or purple grapes, dark grape juice) with any diet, ground linseed, also sprouted broccoli seeds are very good (do not use treated seeds for planting). During the morning sip slowly one bottle of dark grape juice, no other food, except possibly fresh fruit or grass and vegetable juices until noon. If the body is sensitive, keep the urine slightly alkaline, possibly using alkalisers (see Acid-Alkaline Balance). If the body is insensitive, take hydrochloric acid with meals. Structure the diet according to your metabolic type and blood group.

SUPPLEMENTS: Some useful remedies are sulphur-amino acids (L-cysteine and possibly L-methionine) or MSM, Kyolic aged garlic, propolis, aloe vera, colloidal silver, Lugol's solution, kelp, lecithin, freeze-dried liver, proteolytic enzymes or, where available, small amounts of mature green papaw or juice/extract of fresh papaw leaves suitably diluted.

Some good herbs are pau d'arco, Hoxsey herb mixture, Essiac, papaw leaves, echinacea, greater celandine, red clover blossoms, parasite remedies (wormwood, cloves, black walnut). Urea helps to prevent metastases; hydrazine sulphate helps to regain weight and strength. There are hundreds of more or less useful remedies available, use what appeals to you.

The most important vitamins are C (10 g or more, usually neutralized and in frequent small doses), E (not during oxygen therapy), A and D (best as shark liver oil, also cod liver oil is suitable), niacinamide (2 x 500 mg), B6, B12 (inject or dissolve under tongue), folic acid. The most important minerals are magnesium (500 mg or more), selenium and zinc.

<https://www.heal-yourself.com.au/Diseases/Summary.html>

MIRACLE MINERAL SUPPLEMENT

An Integrated MMS Therapy

By Walter Last

Sodium chlorite is presently being promoted as a miracle mineral supplement or MMS with superior antimicrobial activity. You can appreciate its power from a statement by its discoverer, Jim Humble, that all 75,000 individuals with malaria that have been treated were cured within a day (1). This obviously is important not only for self-healing but also for the drug industry and medicine which so far try to ignore or suppress this development. However, there are also considerable problems associated with using MMS. In the following I suggest to minimise these problems by integrating MMS with other natural therapies rather than using it as a stand-alone treatment for all conditions.

Conventional Use of Sodium Chlorite

In solution sodium chlorite (NaClO_2) is very alkaline and stable but when acidified it forms the gas chlorine dioxide (ClO_2) which smells the same as chlorine and probably is the strongest all-round antimicrobial and parasite remedy. While it destroys all anaerobic microbes and parasites, it does not damage the beneficial lactobacteria of our intestinal flora. The only residue left in water, food, or in the body after treatment with MMS is a tiny amount of table salt or sodium chloride (NaCl).

Acidified sodium chlorite is being used in many countries, including Australia and the USA, as an antimicrobial treatment in the food industry, for water purification, and for sterilizing hospital and clinic rooms and equipment. In hospitals it has been used as a disinfectant for a hundred years and in the US meat industry for about 50 years. Health-conscious countries and municipalities are increasingly replacing the health-damaging chlorine for the harmless chlorine dioxide in treating public water supplies (2).

In 2003 the *Australia New Zealand Food Standards Code* was changed to permit the use of sodium chlorite acidified with citric acid or other food acids for antimicrobial surface treatment of meat, poultry, fish, fruit and vegetables (3). The time between mixing and application is less than 5 minutes, and chlorine dioxide levels do not exceed 3 ppm. The safety assessment report concluded that if properly used no residues would be detected in the raw foods following treatment and prior to sale, and therefore there would be no toxicological concerns.

In solid form sodium chlorite is unstable and commonly mixed with about 20% sodium chloride. Commercially it is produced and shipped in Australia as a 31% solution in water. For end users in the food and agricultural industries it is available as a 5% solution called Vibrex. In the US and the UK it is also available as tablets that release chlorine dioxide. In Germany and Italy chlorine dioxide is the main treatment chemical for public water supplies.

Even in conventional medicine chlorine dioxide has been shown to sterilise red blood cells for transfusion. It was found that a solution of 2.8% sodium chlorite activated with 15% lactic acid at a concentration of 1:100 killed all HIV in the red blood cells (4). Furthermore, low concentrations of chlorine dioxide are also effective against the influenza virus (4a).

Curiously, stabilized sodium chlorite (SCD) that does not generate chlorine dioxide has been patented for intravenous use in the treatment of autoimmune diseases, hepatitis and lymph cancers. It supposedly prevents or reduces antigen activity and autoimmune responses (5).

A weak solution of SCD is approved by the FDA and available in many countries as mouthwash; it is also in some toothpastes. The idea is that colonies of bacteria in the mouth produce acids that release chlorine dioxide locally to kill these bacteria.

SCD has a pH of about 7.5 to 8.5 and is in effect a weak solution of sodium chlorite stabilized with sodium bicarbonate, and sometimes also with additional hydrogen peroxide.

The Wikipedia mentions for sodium chlorite that a weak acid can be added to SCD to "activate" it and make chlorine dioxide in-situ. SCD is used as a broad spectrum disinfectant and anti-microbial, it is currently being used against bacterial and viral outbreaks including MRSA, Legionella, and Norovirus. Therefore, if MMS is not available a suitable mouthwash may be used in about a 10 times larger volume or about 1 ml of mouthwash for 2 drops of MMS.

MMS Therapy

The discovery and initial developments of MMS therapy were outlined by Jim Humble in a 2008 Nexus article (6). MMS is activated to release chlorine dioxide by mixing with 5 drops of acid for every 1 drop of MMS. Originally lemon juice and vinegar were used which are now commonly replaced by a 10% solution of citric acid. This is about 5 times more acid and releases considerably more chlorine dioxide with a stronger antimicrobial effect. After waiting for 3 minutes half to one glass of water or juice is added and one may then drink it.

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