

Quick reference from
http://www.hopefortruth.com/health_effects.htm link

Natural Health Tips for Pesticide Spray Related Poisoning

These are suggestions, use them mindfully, not all of these suggestions may work or be best for you.

- **IMT - Integrative Manual Therapy** - helps balance the body systems
<http://www.centerimt.com/location.asp?siteno=4>
- **Kombucha** - known to protect against radiation and other poisoning
- **Milk Thistle** - protect and strengthen the liver
- **Kelp or Kombu powder** - the minerals help detoxify heavy metals and other poisons
- **Cilantro or Parsley** - helps bind to toxins in the body, needs to be used frequently to be effective
- **Vegetable juice** - like celery, parsley, or cilantro, gives the body alkalizing minerals to help bind to toxins
- **Colloidal Silver** - Colloidal Silver may help in the lung recovery. We use Colloidal Silver in nebulization (inhaling) and it will remove a cold or flu in 24 hours. It has been in human use for more than 100 years and has no contraindications when used correctly.
- **Drink Lots of Water**
- **Limit your exposure** - if you're sick, getting out of the area of the microcapsules will help mediate your symptoms
- **Temporarily avoid sugar and sweet foods including fruit** - these foods can decrease your immune system.
- **Probiotics** - yogurt, sauerkraut, rejuvelac, and other probiotic food and beverages help rebalance intestinal flora.
- **Raw Fats** - raw butter, and other raw fats, like raw grassfed milk, raw avocados or coconuts, and/or raw eggs can help bind and clear toxins in the body.
- **Oysters and Clams** - raw foods high in trace minerals like oysters and clams, are excellent at purging the body of unwanted poison.
- **Raw Grassfed Eggs** - put these in smoothies, they may make you sick at first, but the eggs bind to left over toxins in your body.
- **Detoxifying Baths** - Be cautious this may not be good for everyone as the microcapsules may release in the heat, or the water. I have good reports of taking a bath in sea salt for pesticide rashes. Bathe with, Epsom Salts, Baking Soda, or high grade Hydrogen Peroxide.