**PAL'S PROTOCOL FOR FLU-COUGH-COLD**

At onset of symptoms, run cold, flu, cough frequencies using Spooky 2 on contact mode non-stop. Use powerful custom waveform, found at waves and settings. If you have SC plasma, then that is the way to go.

**NEBULIZING WITH CS AND MSM:**

In 2 oz of CS, add 1/4 tsp of MSM. Stir until MSM is dissolved. Divide amount into three, by just marking the container with three lines for every one-third portion. Use 1/3 portion 3 times a day: morning, noon, and before bedtime. (Bob have used this formula for his children when they were kids.)

**Taking CS with DMSO:**

DMSO is available in health shops in varying sizes. Take the smallest one.

Pour four oz colloidal silver into a cup; using an EYE dropper, add 6-12 drops (NOT dropper) of the DMSO and put mixture in the mouth swishing for around one to two minutes before swallowing.

**Cleaning the Blood with Spooky:**

Johann Stegman's protocol via contact mode (using tens pad with a tad of gel on it). Please do not forget to click on "Reduce Amplitude" to avoid shock. And please "swap waveforms every 300 seconds" to avoid burns.

Lymphangitis - CAFL

880,574,778,1120,1078,3176,

Streptococcus Pyrogenes - CAFL - 625.48,2501.9,616,776,735,845,660,10000,880,787,727,465,20,

**OTHER DEVICES FOR BLOOD CLEANING**

Bob Beck's Blood Electrifier

OR

Metered Godzilla with volt battery (nine volt will do too [only up to 1.2 mA max - increases ATP, above this , reduces ATP]). If sting is too strong, reduce the mA by turning down the dial.)

**KELP SOUP**

With clean scissors, cut .25 oz of seaweed into bit size pieces making sure the hard rib is also removed. Take .25 oz of seaweed, rinse in distilled water three times. Soak in colloidal silver and water for half an hour (1/4 cup CS to three cups of water).

Boil water good for a bowl of soup. Let cool for two minutes, drop .25 oz of kelp seaweed. (NEVER cook seaweed. Cooking removes its nutrients.) Immediately break an egg into the soup and stir vigorously. No need to add salt, it would still taste salty after the washing and soaking.

Kelp is rich in Iodine, the best antibiotic .

From Natural News:

"Iodine offers a serious and potent replacement for much of the antibiotics that are literally destroying people's lives and can be used safely with children. Parents, who chose not to dose their kids with dangerous vaccines will be glad to know that iodine can be very effective against a host of viral infections that medical officials insist threaten children.  
  
Though it kills 90 percent of bacteria on the skin within 90 seconds, its use as an antibiotic has been ignored. Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing all classes of pathogens: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa. Most bacteria are killed within 15 to 30 seconds of contact.  
  
*Iodine is by far the best antibiotic, antiviral and antiseptic of all time* - Dr. David Derry"  
  
  
Learn more: <http://www.naturalnews.com/022800_antibiotic_antibiotics_infection.html#ixzz46Oy0IwbS>

Drink lots of water. Get full rest, no strenuous activities.