



# Trick box of Mother Earth (3 pages)

Simple healings from the kitchen - by Michael Palomino, May5/Aug5, 2021 - [www.med-etc.com](http://www.med-etc.com)

## Tricks: Blood Group Nutrition

**Generally: the blood group nutrition of Dr. D'Adamo** strengthens the whole body, because every blood type has its own type of stomach and metabolism. And all has to be all WHOLEGRAIN food. The D'Adamo family is researching on blood group nutrition since the 1950s.

Website: <http://www.med-etc.com/med/heilung-o-medi/DrDAdamo-index-ENGL.html>

The lists of the blood groups are linked directly to the portal of [www.med-etc.com](http://www.med-etc.com).

## Tricks: Sodium bicarbonate as a remedy

**Cancer heals: sodium bicarbonate in water + maple syrup:** 1tea spoon (ts) of sodium bicarbonate mixed in water and 3-4 table spoons (tbs) of maple syrup (or another syrup or sugar molasses etc.), mix it, taken sober and in the evening on empty stomach 2 hours after the last meal, wait 30 minutes each time until to the next drink - the pH in the body rises in 3 days by 1 point, rises in 10 days to pH8 - then you should "hold" pH8 for 3 days, so continue for 3 days, then the treatment is over: cancer cannot exist at pH8, the cancer cells convert themselves into normal cells, tumors will collapse. The healing rate is 90%. Pioneer was Vernon Johnston in 2008 with his book "Vernon's Dance With Cancer": <http://www.med-etc.com/med/merk/merkblatt-krebsheilung-m-natron-sodium-baking-powder05-Vernon-Johnston-Dance-w-cancer-ENGL.html>

With this recipe also heal **organs, glands and nerves, so: diabetes, vaccination damage (allergies, asthma, thyroid); kidneys, lungs (TB, pneumonia, bronchitis, smoker's lung), depression, addictive behavior (e.g., alcoholism)**, flu in 3 days.

Leaflet sodium bicarbonate: <http://www.med-etc.com/med/merk/merkblatt-heilwirkung-natron-ENGL-sodium-bicarbonate-short.html>

10% of patients have no reaction with sodium bicarbonate, pH value does not rise, so other remedies must be looked for, as **blood group nutrition, apricot kernels, cannabis oil, mistletoe, methadone reinforces cancer pills, noni, graviola, clinics at Arlesheim (Switzerland), Hufeland clinics (Germany)** etc. Link: <http://www.med-etc.com/med/merk/merkblatt-krebs010-ENGL-cancer-healing-baking-soda+blood-groups+apricot-kernels+cannabis-etc.html>

**Circulation, blood pressure+heart + brain heal: sodium bicarbonate in water + apple cider vinegar (or another vinegar):** 1ts of sodium bicarbonate in 1 glass of water plus 3-4 tbs of apple cider vinegar, it's foaming, drink it sober for 2 months, wait always 30 minutes for the next drink. The pH in the body immediately increases to pH7,3 and heals everything: **organs, glands and nerves, ie diabetes, vaccination damage (allergies, asthma, thyroid); kidneys, lungs (TB, pneumonia, bronchitis, smoker's lung), depression, addictive behavior (e.g., alcoholism)** PLUS the circulation. Thus there are healing also: **circulation (against calcification and for care), blood circulation, deafness of the limbs, cold hands and feet, high blood pressure, heart problems, brains (after stroke), autism (partly), muscle pain, muscle cramps etc., also myomas.**

Trials for healing can also be with this of ADHD or AIDS.

**Babies and toddlers** receive 3 ts of sodium bicarbonate water pure sober in the morning, wait 30 minutes until the next drink - and this is how they heal a snap nose or their stomach ache.

## Trick: Coconut oil as a remedy

Coconut oil heals every **mushroom on the skin** away, also **vaginal**, is a natural **lubricant** which is also disinfecting. Just awesome. Coconut oil in the food betters Alzheimer.

## Trick: Nuts as a remedy

**Constipation: Eat 3 nuts per day**, all comes normal in 1 to 2 weeks. Nuts=for brain+ Alzheimer.

Trick: Slimming with apple puree + whole grain rice - no bread + potatoes and follow the blood group nutrition

## Trick: Hormone herbs as a remedy: Anise + fennel

**Heel menstrual pain and PMS**: Chew anise seeds 3 times daily for 1 to 2 months, mens pain+PMS disappear forever, as well as with chewing fennel leaves, make anise or fennel tea, or combined. **Breasts enlarge** with anise+fennel+beer massage 3x daily + with beating breasts with stinging nettle all 3 days.

**Contraception goes with hormone herbs**, in the Amazon Rain Forest e.g. with Piripiri.

## Trick against urinary incontinence (after birth, etc.)

**Exercise with a ball between the legs** - alternating 2 min. tensioning + relaxing

## Trick: salt biscuits as a remedy

**Diarrhea** heals in 2 days away by eating salt biscuits (crackers). Always have stocks!

## Trick: Silver water (colloidal silver, silver ions) as a remedy

With silver water heal **hemorrhoids and intestinal parasites away**. Silver water can be made by oneself putting silver cutlery overnight into a glass of water, or produce silver water with the little electrolysis device "Ionic Pulser" in 15 minutes. Normal tap water works. Intake is 3 tablespoons (1 sip) daily on an empty stomach or before sleeping.

## Trick: Perfect healing of injuries and scar healing

--- **Spray** all 1 to 2 hours **silver water** on it - or **H2O2 (Hydrogen Peroxide)** --- this heals also **stitches, acne** etc. Lemon, merfen or marigolds cream are only wanted where silver water or H2O2 are missing.

## Tricks against acne

Bear's garlic (in Pesto) – put anise tea or spray it – put coconut oil – spray silver water, but the acne with banana peel.

## Trick for toenails: grind them – they never have to be pulled

Black toenails by diabetes / accidents don't have to be pulled, but can be grinded.

## Trick to stay young + against shriveled skin: 2 liters of tea / day

--- Drink 2 liters of tea (peppermint + lime blossom) or lemon water, or combined Peppermint tea maintains the respiratory tract – lime blossom tea cares the "rest"  
--- water contains oxygen, and this oxygen cares for everything – coffee not good

## Trick: Yoga

maintains muscles, tendons, the skeleton and the energies in the body, is, for example, prevention against hunch, neck pain, cramps, back pain, scoliosis etc .. Already 10 minutes daily are enough, with exercises for stretching the front (neck-belly-knees-rist) and to stretch the back (neck-spine-bottom-calf-heel). Keep each exercise for 2 minutes and go "deeper". At the end one feels "1cm taller".

Example sequence 1: <http://www.med-etc.com/med/merk/merkblatt-joga-sequenz01.html>

Example sequence 2: <http://www.med-etc.com/med/merk/merkblatt-joga-sequenz02-15grundpositionen.html>

Children growing up with yoga have much more agility and energy than people without yoga.

## Medical Nutrition: Maintain the respiratory tract against colds (+Corona)

Natural antibiotics are included in: **garlic, ginger, radish** etc.

Natural vitamin C is included in: **lemon, grapefruit, parsley** etc.

Respiratory tract is maintained by **peppermint and eucalyptus** (ethereal / essential oils)

Strengthening also: **onions, olives, capers, pickled cucumbers.**

Lemon can be a. Press in the hot soup, combine onions with tomatoes as salad.

## Trick: Garlic as a defense against mosquitoes

Eating much garlic will be less stabbed by mosquitoes or not at all. Mosquitoes in pesticide countries can also contain pesticides and cause gigantic swelling.

Lemon can be pressed also into the hot soup, combine onions with tomatoes a salad.

## Trick: wholegrain food as a remedy

Before industrialization only WHOLEGRAIN food existed. Whole grain food provides a full mineral supply **preserving from bone loss (hollow bones, osteoporosis) and degeneration** of the body in general.

The white flour and the white rice were only invented because they are longer storable. The invention of cereals without shell or rice without shell thus has purely capitalist reasons and is absolutely harmful, because the body then takes the minerals from the bones - and so the bones in old age are hollow and break easily. All glands and organs degenerate, dementia occurs earlier etc. Harmful food with heavy fried oil (French fries) also causes dementia. "Food" with citric acid destroy the entire body (CocaCola, limos, industrial tins + cakes, etc.).

## Trick: Vitamin D (sunshine on the skin)

strengthens the defense for wind+weather, against flu, viruses etc. Sunbath in the marginal hours.

## Trick: Sleep at 10 o'clock – get up fresh at 6 o'clock

That's really true. Anyone who goes "sleeping with the sun before midnight" is much more fresher the next morning. Sleep before midnight has an effect like an additional remedy.

For further tricks and further education, I recommend my website <http://www.med-etc.com/index-ENGL.html> , especially the part of the notes: <http://www.med-etc.com/med-merkblatt-index.html>