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## **My Journey to Recovery from Mercury Poisoning and Multiple Sclerosis\***

**By Linda Thompson**

Though I was diagnosed with Multiple Sclerosis (MS) in August, 1989, with numbness in the legs and hands, visual disturbances and extreme fatigue, I continued to work full time as a travel agent until 2004. After many emotional stresses at work, caused mainly by interpersonal struggles, I began to feel confused, foggy and had difficulty with balance and mobility. My neurologist also discovered that my body was creating neutralizing antibodies against the injectable drug Rebif prescribed by my doctor and so it was like I was taking a placebo.

By June 2004, I was using a cane and had to be escorted if I were to venture out of the office and by July I was unable to move my left foot, had double vision, major vertigo, bladder difficulties, neuropathic pain in my lower legs, overwhelming fatigue, comprehension and memory problems, and the list goes on and on. I lay on the couch unable to move and couldn't even get myself a glass of water or get myself to the bathroom unless my husband Bill helped me.

As Bill was self-employed, he had to go to work or there would be no money coming into our already financially stressed household and so my 75 year-old mother came from Kitchener, Ontario to help us out. Her initial goal was to stay only a couple of weeks but it turned into five. When she left, I was using a walker but still hadn't left my house. I was weak and sad and felt like I was full of electricity. It was as if the electrical equipment in my body had been sabotaged and all the messages were shorting out on the way to where they needed to go. This happened mostly in the spinal area, with feelings of numbness and tingling in my hands, legs and face.

After my mother went back to Ontario, I began the very long journey of healing myself. I went to physiotherapy, took many nutritional supplements, visited a therapist who does Neuromuscular Therapy (NMT), an energy therapy that really helped me to heal faster. I also had a Healing Touch therapist who is a registered nurse come to my house, and massage therapy. I followed my doctor's advice to switch my neuromodulating medication from Rebif to Copaxone (which proved to be ineffective, as well). And I always did my best to stay positive.

Sometimes things are just easier said than done and after ten months of making what I considered to be a lot of progress, I fell after losing my balance in September 2005. I suffered fractured ribs and tendonitis in my left shoulder and began physiotherapy for these injuries.

Another nine months went by before I could get back to the MS recovery regimen and I fell into a depression. I began the antidepressant Zoloft and immediately felt more positive but as time went on, many emotions, including fear, sadness, and a whole plethora of negativity began to creep up on me again.

Between July and November, 2006, we finished our basement. You may be aware of how toxic building materials can be. Well, I wasn't – and after that exposure in my home I slipped down the mountain, so to speak. My ability to walk declined and I ended up using the walker again, and eventually needed to be carried most places. Using my hands became more difficult; fatigue overwhelmed me; bladder function declined; and fear began to set in.

### **Contributions of EFT to my healing**

I was introduced in June, 2006 to Emotional Freedom Techniques (EFT) by Doreen, a friend who brings her daughter to me for art lessons, as I am also an artist. Doreen showed me the EFT website and gave me a quick demo of the Basic Recipe. I couldn't download the manual and so I had to wait for her to bring me a copy. In the meantime I worked 'globally' on irritability. After a week, my irritability that had annoyed and frustrated me most of my life was pretty much gone.

As I use EFT continually (and I mean almost constantly throughout my day), I find myself addressing issues and problems as they arise. For example, I might say,

Even though today is the anniversary of being admitted to the hospital, and I feel much fear and sadness, that was then, this is now, and without this experience I would not be able to help others on their healing journey, and I have quite a story to tell. I deeply and profoundly love and respect myself, even though I have had this experience.

I love and accept myself in this moment, as this is the only moment I have, and I am grateful for my experiences and choose to move forward with my life.

Even though I have some of this sadness left, it's perfectly normal, and I know that everything is now up to me, and I deeply and completely love, accept and forgive myself for anything I have contributed to this condition.

I began applying ideas and exercises from the manual to everything that bothered me. My then current symptoms, including anxiety and irritability, began to melt away. However, my fatigue would lift after a round of tapping – which freed me up to get a few things done - but it would always return. The intention I repeated was "I don't mind being disabled but I just want the fatigue to go away," as I felt that was my biggest challenge.

I started reading the EFT tutorial on July 4, 2006 and when I got to the part "when physical ailments resist healing" I did some soul searching and decided I had nothing to lose by trying to get myself walking unaided (no walker, no cane, no help). The other priority high on my list was being able to take my dogs for a walk. This was something I hadn't done in over two years.

After several rounds of EFT I discovered emotions underlying my not wanting to get better. For example, "Even though everyone is helpful and maybe there's more to be gained by keeping this condition, I deeply and completely love and accept myself anyway, and recognize that by letting go of these secondary gains I can walk on my own and get on with all the things I wish to

accomplish". After tapping on these issues, I walked out of the house and down the driveway unaided. So emotional was I at that point that I began to cry. It took about an hour. Upon reflection, I then discovered that I had done this during my nap time. The positive side effect that I gained was that the fatigue lifted. Two weeks later, I no longer had to rest in the day, was up early and stayed up until 11pm most nights. I have never had so much time to live in my entire life!

I have been studying EFT and applying it constantly to myself. At this point I have weeded out so many of my trees that I feel almost complete emotional freedom. I am no longer afraid to drive, I see the world through different glasses, I've tapped away almost all of the energy disruptions in my life and I am excited about my future, which, by the way is going to be great - I can just feel it.

I was able to stop using the walker in July of 2006 using EFT.

I became an EFT practitioner in 2007 and attribute so much of my spiritual growth and physical healing to this almost miraculous technique. I have spent months since my return home working on eliminating negative, unproductive memories, emotions and thoughts that have hindered my healing in the past and have been a great detriment to my poor health over the past few years. My husband Bill also became an EFT Practitioner and is the one who has been doing EFT with me to help the healing process.

I have helped so many people so far and because I have a large pool of friends. I find my days and nights busy busy busy. I have helped with grief, painful and frightening memories; back pain; MS symptoms (mine and those of one other); hay fever; heart arrhythmia; brain injury (he had no short term memory and after about 1/2 an hour and the realization that he was psychologically reversed he was nonchalantly telling me what he had had for supper the night before: organically grown mashed potatoes and the most wonderful sauce!); situational depression (my friend arrived in tears and ended up in tears from laughing); and I could go on.

I flew to Toronto to treat my parents who are very skeptical about the EFT process. I would never have gone on a plane by myself, without my husband to help me three weeks earlier! I still booked a wheelchair at the airport because I was not walking perfectly "yet" and sometimes I forgot I was still a little disabled and fell off steps, etc. (I'm ok with that).

### **Dealing with my mercury toxicity**

After using EFT continually and having many healers work with me, I was led to explore my twelve dental mercury amalgams and what possible connection they might have to autoimmune diseases along with all the possible other toxins in my body. It was a naturopath who told me she could not treat me until I had them removed, which started the next leg of my journey.

My conventional dentist at that time had assured me of their safety but I found a mercury-free dentist in my province of Nova Scotia to start the work ASAP. This was all done along with the removal of a root canal tooth that was also very toxic, and mine was sitting on the central nervous system acupuncture meridian (Nunnally, Web ref). I felt great for only one day after the dental work was completed. My left pupil, which had been larger than the right for about fifteen years due to optic nerve damage, returned to normal size within 24 hours of the last amalgam removal, and remains normal size to this day. My tachycardia (racing heartbeat) disappeared, never to return; and a feeling that my brain was always moving around completely went away.

Spasticity was not present the day after the last removal, but returned shortly thereafter. Then I went downhill again.

Much later, after a great deal of research, I learned the importance of getting this sort of mercury removal work done following a very specific and safe protocol, which my new dentist had not followed. I was continuing to go downhill at this point.

All symptoms continued to worsen, until I visited my neurologist who advised that the injectable drug that I was taking (Copaxone) was no longer working and that I should discontinue its use. I had actually taken the advice of my naturopath a few months previously and discontinued its use at that time, based on its inefficacy and toxicity.

My neurologist offered me chemotherapy, which would have horrendous side effects, including the possibility of leukemia (a one in 400 chance). I said to him "That's a pretty high possibility, considering I can fit 400 people in my backyard." His reply was, "Yes, but, it's a treatable type of leukemia." My husband and I didn't have to think too long about it before deciding the answer was a resounding NO!! It took very little research on my part to conclude that chemotherapy destroys the immune system, so of course the inflammatory response of MS discontinues, giving the body a chance to possibly feel some relief. The only problem is that when or if the immune system returns to normal function, it can be with a vengeance. For instance, there can be an overabundance of white blood cells (which is leukemia) or if the immune system decides not to return, there could be a lack of white blood cells, which is also a form of leukemia. Either way, I was not prepared to create another autoimmune illness. He also advised that this particular chemotherapy is toxic to the heart, and so I would have to be closely followed by a cardiologist. This all seemed so wrong to me, and looking back I am so grateful that my whole being said "No" to this therapy. It is difficult to explain exactly how I knew the rightness of my decision, but I just didn't "feel" good about this treatment.

I was then led to Dr. Hal Huggins DDS, MS who has forty years of research and experience with autoimmune illnesses and all other forms of dental toxicity. He himself has MS and has been able to heal himself through detoxing, ancestral diet, nutritional supplements, following his blood chemistry, and personalized protocols. After working with over 1,000 MS patients, he wrote the book, "Solving the MS Mystery," which I ordered and devoured immediately. I also read many of his other books and did not have one atom of doubt in my mind what the root cause of this disease was. Mercury in my teeth, so close to the brain and leaking 24 hours a day from these twelve mercury amalgams in my mouth, could only have negative effects on the immune system (IAOMT, Web ref). Silver fillings are made of four different metals, with mercury being the number one neurotoxic substance on the planet, comprising up 50 percent of the amalgam. It is interesting to note that few autoimmune illnesses existed prior to 1830. It was around that time that amalgam fillings were beginning to be used extensively. In fact, mercury is injected into lab animals to induce autoimmune illnesses for study. Doesn't this make you think that there may be some correlation between mercury and autoimmune illnesses in human beings?

I had a telephone consult with Dr. Huggins in March, 2008 and he suggested that I would be a good candidate to attend one of his clinics to address further dental issues and have classes to learn the protocol to follow upon returning home. My husband and I did not need to think too hard about it before we were packing our bags to head off to Marble Falls, Texas to join a small group of like-minded people from all over North America, Portugal and Indonesia. We all had different challenges and health issues and were all hoping to get out of the dental chair and just simply be healed. No such luck, as ten percent of the success of the protocol is the dental work, and ninety percent is sticking to the protocol upon returning home.

Since I had already had my root canal and amalgams removed and replaced with biocompatible material, the only thing left to do was to clean out my cavitations. Cavitations are the spaces left in your jawbone after the removal of teeth (in my case, my wisdom teeth) that can fill up with highly poisonous anaerobic bacteria. These needed to be drained, the periodontal ligament removed and the bone drilled to stimulate it to close over. My husband videotaped this procedure with Dr. Nunnally, and it was blatantly obvious that the wisdom teeth that had been removed 20 years earlier had left significant holes in my jawbones that had grown larger over time. Dr. Nunnally commented that the holes were large enough that a medium sized marble could fit into some of them. A sample of the material that was drained was sent to the University of Kentucky to be analyzed, showing I had seventy different types of the worst bacteria known to man, producing toxic substances that were leaking into my body slowly. You can guess I was pretty happy to have that out of my mouth as well! Finally, the toxic factory in my mouth was shut down!

Upon returning home, to my dismay, I continued on a downward spiral. Eventually I ended up in the hospital in acute care on November 10, 2008 with an extreme bladder infection affecting the MS in such a way that I was no longer able to walk, to see properly, to eat on my own, to swallow properly, to drink thin liquid, to have the total use of my bladder and bowels, or to use my full cognition or speak clearly. It turns out that one of the bacteria in my cavitations was E-coli, which is responsible for bladder infections. (This was my first one ever.) My vision was so disturbed that it looked like the world was rolling up and down and side to side. Reading, watching television and seeing faces were next to impossible. If I was to see someone, they had to stand directly in front of me and even then I wasn't completely able to recognize them. I was also in such a state of fear that my body had responded by reducing my weight to 89 pounds, a total loss over three years of 26 pounds. My husband had to fight with the doctors to keep me on my supplement regimen and things were pretty scary for quite a while.

After acute care for eight days, and my first round of steroids, I was put in rehab where I was given quite a cocktail of drugs, an indwelling catheter, and a wheel chair. While still in acute care, a very insensitive doctor asked me why I had refused chemotherapy and stated, "Well, I see a 45 year old woman going nowhere fast." Unable to answer, I realize the power that words can have on a person and am saddened to think that medical doctors are so wrapped up in their egos that there could be no other possibility for healing besides drugs.

### **My turning point**

I started physiotherapy and occupational therapy. After making some headway, two months later my condition declined yet again with my fifth bladder infection, bringing me back in front of my neurologist on January 5, 2009. He stated very clearly that there was nothing more he could do for my "really aggressive secondary progressive Multiple Sclerosis."

*This was the very moment that I changed my mind!* I was grateful that there was nothing he could do, because now it was up to me and the Divine to make this healing happen. As a last-ditch effort, he decided to put me on a second round of intravenous steroids. I had always disliked them in the past and had no belief that they could work. At first I was almost on a "high," quickly followed by aggressive withdrawal, leaving me feeling physically depleted, and I felt depressed. I didn't feel as though there were any benefits, and although they may have stopped the inflammatory response initially, the downside far outweighed these benefits.

Now the fun began. I was wheeled back to my room where I called Dr. Huggins' assistant (Jean), who advised me that Doc said that although there were several people who returned from clinic over the last forty years and got worse, they did indeed all recover. He also wanted me to know that emotions are more important than the detox program, the supplements and the diet. The most important emotion to get a handle on is forgiveness. Forgiving others is huge, but forgiving yourself is paramount.

So, there I was, lying in a hospital bed, sicker than I had ever been in my entire life. What did I have to lose? I began a forgiveness protocol as was suggested by Dr. Huggins, to explore issues that needed addressing. I went through every little tiny bit of my life, beginning with conception. After four to six hours of this a day, and saying over and over and over, "I forgive myself, I love myself," I suddenly started to feel lighter. [This has been one of the most important parts of my self-healing program.]

The steroids were begun and I was told to expect that I may begin to feel better after 24 hours. I decided to have a chat with my body and tell myself that I was grateful for and loved these drugs, allowing them to do what they needed to do and allowing my body to accept this medication. Well, within five minutes I began to feel better. I thought, "WOW, this stuff really works!" Steroids had never worked for me in the past, and I made no bones about letting everybody know that they didn't work for me. I realized it was simply my "belief" and by changing my belief, I could change my reaction to these steroids. "Cool!" I thought. "Now what else did I have the power to change for myself?"

I really took it on and began with just saying, over and over "I let my voice be heard, I let my light shine, I have clear and stable vision, it's easy to swallow, and I can breathe deeply. Slowly but noticeably my voice started to come back over the next two months. I used to call home and then listen to my voice on the answering machine and tell myself, "This is how I sound now." I started to be able to see people and television, which I hadn't been able to see in months. My breathing improved, and I knew that I would be able to eat solid food and drink thin liquids even though the dietician was starting to talk of the possibility of a feeding tube. The doctors were also trying to convince me that I should have a permanent indwelling catheter inserted in my bladder. This stimulated yet something else that I chose to change my mind on, and avoid the catheterization

Because of my speech difficulties, I was sent to a speech therapist who gave me breathing exercises to do several times a day, complete with apparatus. What she didn't know was that although I began to improve, I did it simply with my intention and visualization, and did not use her exercises or apparatus. I was also so weak that I could barely hold and dial the phone. I continually held images in my mind of myself painting and blowing notes on the recorder, and visualizing all the other things I enjoyed doing. Slowly, I regained some strength in my hands during Feb. 2009, when I could use the phone and hold a book.

I felt I was on a very spiritual journey and everything I asked for (prayed for) came to me very quickly. At night I would consciously think about specific people whom I hadn't seen in months or years, and without fail they would show up. Usually they would appear the next day, or at least call the next day and set a date to come and see me. As I was able to keep myself in a state of meditation (no thought) much of the time, I also felt I received inspiration and intuitive messages. I feel that letting go of the fear and uncertainty helped tremendously towards my healing journey. It is important to mention here that my upbringing included no religious or spiritual training, and I had no faith or belief in anything of that sort or even any understanding of the existence and value of the personal human spirit.

I also spent time talking with and giving permission to my body to complete different tasks and healing. The first one was after speaking to Jean, Dr. Huggins' office assistant, soon after January fifth. She herself had had some blood work done a few days prior to her own dental revision. It showed her chemistries markedly different to what they had shown a month or so prior. She had asked Doc why it would be so different, and his answer was, "Don't you think that what you think about will change your blood chemistry? Your body is getting ready for your dental work." Jean replied, "But I wasn't even thinking about my dental work." He said, "You don't have to think about it. You already know, and your body is responding to how you're feeling."

"Hmmm, interesting!" I mused to myself. "I think I'll try that myself." One thing that MS patients are mostly unable to do is sweat. So part of my protocol through Dr. Huggins is to teach my body how to sweat, as this is the safest way to release toxins. So, it was the next morning, in a cold bedroom, that I said, "OK body, I give you permission to sweat." Immediately, I felt a tickle in my left armpit. I moved my arm up and, lo and behold, sweat was actually dripping on the sheets. I checked my right armpit and sure enough it was damp as well. I was flabbergasted, and later called Jean, who was so moved that she cried and put Doc on the phone. Doc congratulated me and told me that I had officially turned the healing corner and asked. "Who's in charge of your healing now?" I responded, "Well, I am." He said "Exactly! Now you're in charge!"

On Feb 16, 2009, a few days before my discharge from the rehab center, I was given a swallowing assessment by the dietician and speech therapist. She announced with surprise, "You can eat anything you want now, and you can drink thin liquids." The speech therapist said, "And I don't need to see you anymore either because your speech is good enough now that you don't need me." The following day the dietician sat with me at lunch and stated, "We are really impressed. We're not usually wrong." I asked her, "Wrong about what?" She answered, "The outcome." I didn't say anything, but thought to myself, "When you tell people what to expect, and you are the expert, then people believe you are right and then become what is expected." Then I asked her. "So that feeding tube you referred to was going to be temporary, right?" "No", she replied, "it was going to be permanent." Thank God I had chosen to believe I would have no problems with eating and drinking, and instead manifested these abilities.

I hadn't had a menstrual period since October 2008, before my admission to the hospital. I remembered that I really didn't want to have anyone to have to cope with it, as I couldn't take care of it myself. On the day before my discharge, I gave my body permission to begin menses again. That evening when my husband was there, he noticed the presence of blood, and I burst into tears. Apparently a great deal of mercury is released from the uterus, and so I was happy to have my old "friend" back to normal functioning again.

Wouldn't it be nice if I could tell you that I "walked" out of the hospital completely healed? Instead, I came home with two wheelchairs (a manual and a powered one), a sit-stand lift, and five medications (Tramacet, Lyrica, Nystatin Suspension, Detrol, and Novo Tamsulosin); needing to be intermittently catheterized by a registered nurse; and needing 24-hour care. After being home for only a short time, I got another bladder infection. My husband and I decided to stop the catheterization to avoid further infections. I stopped the bladder medications as soon as I arrived home, and within three months, took myself off all medications.

My husband stayed home with me for the first two months, at which time I began a 35 percent food grade hydrogen peroxide oxygen therapy, following the protocol in the book "The One Minute Cure" by Madison Cavanaugh. The premise behind the therapy is that the oxygen will

travel to unoxygenated, diseased, or infected areas of the body, thus oxygenating these parts, disallowing the toxic, anaerobic (living without oxygen) bacteria to live. There is a 'dying off' stage, also known as a healing crisis, wherein the affected cells leave the body via any or all methods of elimination (bowel, bladder, sweat, lungs etc.). I spent weeks having diarrhea, a lung infection and then another bladder infection. I took antibiotics (against my better judgment), which clearly elevated my bilirubin level in the blood tests of Dr. Huggins. It wasn't always comfortable, but I was so grateful to rid myself of these bacteria and toxins.

The hydrogen peroxide treatment took approximately three months, after which I have remained on a maintenance dose. This whole process was begun April 10, 2009, and while at first things seemed to get worse (indicating a healing crisis or die-off stage of the disease), there were interesting improvements almost daily. What was visually noticeable was my skin. A small lesion on my eyelid, small wart-like growths on my mid-section, and a cyst on my collarbone under my skin all disappeared. My skin continues to express a rosy glow, and everything continues to improve. Dr. Huggins observes that anything you notice going on with your skin says volumes about what is going on at the cellular level.

I also began drinking apple cider vinegar, which disinfects and heals the gut. As I was concentrating on getting my bowels working properly, this seemed like the next logical step in my program. I also began eating mostly raw food and continued on the ancestral diet (based on my body chemistry) that was recommended by Dr. Huggins. I eat mostly raw fruit and vegetables with either carbohydrates or protein (never together as the enzymes used to digest each are different). Since my time in the hospital, I have gained at least 25 pounds, which never ceases to amaze everybody, given the seeming lack of substance in my diet. (It is interesting to note that my husband, who weighed 197 pounds, followed most of this protocol, and has lost 25 pounds with no conscious effort whatsoever.) At the beginning of October, I also began taking some powerful probiotics to begin introducing good bacteria into my system.

None of these therapeutic routines had been possible in a hospital setting, where I was grateful for the care, but frustrated with the narrow-minded views of allopathic medicine. The hospital food was toxic, the environment filled with electromagnetic fields (power beds, power chairs, electrical equipment, etc.) and three bowel movements a week were considered healthy. What are they thinking? Even I know health begins in the bowels, and since my return home, and after a fairly aggressive bowel detox, I am delighted to report, my bowels and bladder are much healthier and I feel almost whole again. Since my first bowel detox, I have embarked on two more since, using powerful herbs developed by Dr. Richard Schulze (Web ref.) who is probably the world's leading authority on natural healing and has helped over 100,000 people. My intention was to embrace his thirty-day intensive detoxification and cleansing program for incurable diseases,

On the advice of a friend, I next explored the approach of John Moore in Washington State to assist me to remove the remaining mercury from my system. According to John Moore's muscle testing, I still have a lot of mercury in my body that needs to be detoxed before I can successfully begin any other detoxification program and expect it to work. Having said this, it is of paramount importance that the digestive, absorption, assimilation and elimination channels are working optimally to insure the safe elimination of toxins from the bowel. If the bowels are not working correctly (bowel movements three times a day, or more, and transit time from mouth to elimination should only be approximately fourteen hours) the toxins removed from your tissues, muscles, nerves, etc. stay in your bowels and are reabsorbed into your system and deposited in areas that it wasn't found before, making you sicker and possibly creating a new disease. This could take up to 6 months, after which my intention is to complete the "incurables

program” through Dr. Schulze, thus creating a healthy body, mind and spirit. Won't it be interesting to see how this all turns out?

I have had to trade in my power chair with its 100 pound battery, as I had electromagnetic sensitivity and it felt as though it sucked the energy right out of my body and rendered me lethargic, fatigued and weak. My caregiver suggested we try the manual chair, and I've never looked back. Currently, I have enough strength to wheel myself around, my voice and swallowing ability have improved 100 percent. I can even speak late into the night, which is especially exciting as I love to talk and talk and talk. The strength in my arms and legs has improved tremendously, allowing me to bear almost all of my weight on my legs and boost my whole body up with my arms. My big toes have started moving, and occasionally my ankles are able to flex upward, where previously there was no movement and profound weakness. My dexterity is returning, affording me the luxury of feeding myself and now using a fork, after only being able to use a spoon since October 2008. My vision is stabilizing and, feeling more like myself, I often go out in the car with my husband, attending a weekly EFT workshop, participating in EFT facilitation. I even notice my sense of humor is returning. I finally discontinued my steroids in early February 2009 and continue to improve, slowly but steadily.

### **In summary**

Natural healing is a personal learning process requiring patience, research and detective work on behalf of your own body. I feel as if I am conducting my own lab experiments and although at times it is emotional and frustrating, at the same time it can be interesting and rewarding. This healing journey has taken a few twists and turns and finally I know without any trepidation I'm on the right path. My body is putting itself back together, and my mind and soul are becoming balanced. I feel that possibilities are infinite for the human being to be, do and have everything that the heart desires and it is my goal to follow my own bliss and emerge from this adversity with greater knowledge that I can share with those who are asking and want to know.

As I continue on this journey, I have found it both challenging and uplifting. There will always be more to work on as I continue with the personal peace procedure (details at [www.emofree.com](http://www.emofree.com)).

### **Resources**

There are a few things that I did not include in this article that I find helpful and perhaps some readers would like to research these things for themselves.

Sungazing within 1 hour of sunrise or sunset, starting with 10 sec. and increasing by 10 sec. daily. This does many things, but most of all, it stimulates the pineal gland and increases brain capacity. It is interesting to note that I am only 4.10 seconds into the process (increasing 10 sec. per day) and my vision has improved so much so that I am now wearing my eyeglass prescription from 15 years ago, and can now read most of what is written on the television, which I was not able to do only days ago. [EDITOR'S NOTE: Gazing at the sun is not recommended without the supervision of an experienced therapist. People have burned their retinas doing this!]

Cayenne pepper. I ingest at least a half teaspoon a day, and the health benefits include increase in circulation among others. It is interesting to note that when one is having a heart attack and takes as much as possible with water, it will halt the attack in its tracks.

Oil pulling. I rinse my mouth twice a day with coconut oil, which pulls toxins out of the mouth, and seems to work very effectively at removing petrochemicals out of the system. There is lots of information on this technique.

Food combining. I never eat protein and carbohydrates in the same meal. The enzymes produced to digest these two food groups are different, and when both are eaten together they cancel each other out, causing a disruption in digestion. Other combinations of foods are adhered to as well.

Candida albicans cleanse. Using Candi-Gone (often used by naturopaths and some M.D.'s ) the Candida from my body is being eliminated. Since there is a die-off stage with all detox programs, it is often felt to be an uncomfortable process, However, having been through similar experiences over the past few months, I know it is working based on this healing crisis.

Aloe Juice. Provides vitamins, minerals, amino acids, enzymes, and soothes the digestive tract. It also helps to prevent constipation.

IAOMT: International Academy of Oral Medicine & Toxicology.  
<http://www.youtube.com/watch?v=9yInQ-T7oiA>

Huggins, Hal. *Solving the MS Mystery*.

Moore, John. [http://www.acresusa.com/toolbox/reprints/Moore%20Interview\\_Nov03.pdf](http://www.acresusa.com/toolbox/reprints/Moore%20Interview_Nov03.pdf)

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**Note:** This article assumes readers have a working knowledge of EFT. Newcomers can still learn from it but are advised to get our [Free EFT Get Started Package](#) or our [Affordable DVDs](#) for a more complete understanding. For more, read our [EFT Info and Disclaimer Document](#)

\*Portions of this article (Introduction and EFT sections) were published on Gary Craig's EFT website as: Thompson, Linda. From Multiple Sclerosis to Emotional Freedom: I'm climbing a mountain and when I get to the top I will wave my flag!  
<http://www.emofree.com/Multiple-sclerosis/multiple-sclerosis-thompson.htm>.

## References

**Nunnally, Dr. Dr. Nunnally Shares New Information on the Toxicity Levels of Modern Day Root C anals,**

[http://www.youtube.com/watch?v=B0WWXzJuuRY&feature=player\\_embedded#](http://www.youtube.com/watch?v=B0WWXzJuuRY&feature=player_embedded#)

Mercury inducing disease in animal experiments

<http://www.whale.to/vaccines/mercury4.html>

<http://video.google.ca/videosearch?client=firefox-a&rls=org.mozilla:en-US:official&channel=s&hl=en&source=hp&q=Dangers%20of%20Mercury%20Based%20Amalgam%20Fillings%20and%20How%20to%20Remove%20Them&um=1&ie=UTF-8&sa=N&tab=vw#>

Editorial note: Linda Thompson provided copies of medical records confirming her diagnosis of MS and a video of her dental treatment in which the cavitations were cleaned out. The molar cavity is indeed a very large one!

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As you think, so shall you be.

EFT Atlantic [www.eftatlantic.com](http://www.eftatlantic.com)



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