



5901 Main Street  
Grandview, Missouri 64030  
816 492-5648  
www.spiritofhealthkc.com

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## Healing by Design

### STD (Sexually Transmitted Diseases) - Herpes and AIDS

#### 10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. ***Eat a clean diet.*** All infections live on sugars, starches and carbohydrates. Herpes is activated by foods high in L-Arginine like nuts, seeds, chocolate, wheat, corn, soy, rice, tomatoes. It is best to eat fruits, vegetables and lean meats and avoiding the rest.
2. ***Sunshine and fresh air!*** Many will say sunshine "triggers" a herpes outbreak. The sun HEALS the body. It could only be a healing response. Heating up the body kills all infection, which is why people get fevers when they are sick.
3. ***Stay clean and pure.*** The most obvious thing anyone can do to avoid STD's is to avoid all sexually activity. Sex is designed for one man and one woman for life. Anything outside of that leads to dangerous and risky situations.
4. ***Cleanse and get healthy.*** It is said these infections stay in your body for life. Who knows for sure? But we do not is we can avoid all incidences or flare-ups by staying healthy. It is improper lifestyles of alcohol, poor diet, stress and fatigue that weaken the immune system and lead to flare-ups.
5. ***Essential oils.*** God's strongest medicinal plants are amazing medicine. Viruses often set up in the nerves of the body, more specifically the spine. Look into something called Raindrop therapy, where essential oils are rubbed up and down the spine. You can rub the oils on to the bottom of your feet also. The best for infections are ***frankincense, oregano, clove, mountain bandits (or thieves) and lemon balm.***
6. ***Fasting for good health.*** Avoiding foods is the fastest way to heal the body of anything. Excessive food feeds infections and block the body from healing. Avoiding food accelerates the healing process and boosts the immune system to fight infections. If you have an outbreak, flare-up or any other concern, go on 3-7 day juice fast or even a water fast if you have the grace to do so.
7. ***Take anti-virals.*** So there are LOTS of antiviral products out there. It is easy to be overwhelmed. I will give you a list of the best anti-viral herbs and some products to go along with it. The best and strongest herbs include chaparral, olive leaf, garlic, echinacea and red marine algae. Some of the best products are ***Defense Plus by Nutribiotic, Parasite M by Dr. Morse, Gigartina by Vibrant Health and ViraLib by Health and Wisdom.*** For a real knockout punch try the ***Super Garlic Immune Plus by Dr Chrisotpher;*** it is an actually an anti-plague formula!

8. **Topical applications.** For topical outbreaks, use ***Olive Gold O3 which is ozonated olive oil, Gigartina Salve by Vibrant Health which is a red marine algae*** or just use essential oils with a carrier oil.
9. **Sea Salt Baths.** Sea salt can provide immediate relief for a topical outbreak. Salt sterilizes and kills pathogens on contact. You can also use baking soda or food grade hydrogen peroxide in a bath.
10. **If HIV positive, avoid drugs!** Many people who are HIV positive can regain their health. AZT treatments cause full blown AIDS. In other words, it makes the condition worse. It is best to begin living a clean, healthy lifestyle and taking lots of strong anti-viral herbs.