

HealthCures101.com

INSECT BITES

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

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Note: Insects don't bite people very much who have been on a low-sugar raw food diet for several years

Pull out the stinger if you can. Then apply mud paste-

***BENTONITE CLAY- draws poisons out- great also for scorpion, poison spider and wasp bites.

Use **CHARCONITE**- my mixture of charcoal, bentonite and some herbs for powerful drawing out of poisons, available at MarkusProducts.com. Can be used both externally and internally.



CHARCONITE

A super powerful combination of Charcoal and Bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it out through your digestive system. Perfect for gas, food poisoning, toxic environmental poisons, bad food, and even toxins created by illness and parasites. It goes through your system absorbing anything bad.

Apple Cider Vinegar- apply to bite and also drink some in water

Apply paste made with baking soda to neutralize venom

Apply vinegar with ice or lemon juice.

Enzymes w Bromelain and protease right away- works great. Take lots- you can't take too much. Take all day long

MSM lotion almost immediately neutralizes mosquito and insect bites because of it's ability to neutralize foreign proteins. Test and be convinced

make paste with turmeric and apply to skin

Vitamin C as soon as possible- 500 mg every hour all day. Mix some powder w water into paste and apply to skin

charcoal paste on skin

drink lots of echinacea

Vitamin B5

comfrey leaf

Witch hazel

plantain

tea tree oil

Neem oil

add cayenne to water and drink for circulation to speed healing

raw onion slices or vinegar (wasp or mosquito)

raw potato slices

lemon juice

Aloe Vera

honey mixed w peppermint oil

BROMELAIN- anti-inflammatory enzyme from pineapple stems, helps deactivate protein molecules of insect venom.

Avoid eating meat, sweets and alcohol if you don't want to get stung by mosquitos. This includes eating too many sweet fruits like bananas etc. Eat lots of garlic. Insects hate it !

avoid flowery perfumes. Sweet aroma attracts bugs

SANGRE DE GRADO- very potent herbal antiviral, antibacterial that heals skin- great for treating insect bites, hemorrhaging, cuts, wounds. Actually regenerates skin, and forms new collagen.

repellants-

VITAMIN B-1 (thiamine)- amino acid that wards off mosquitos and stinging insects

Citronella

tea tree oil

Eucalyptus

lemon grass

RescueRemedy cream externally and liquid internally

Homeopathic- Apis Mel, *Aconite*, *Lachesis*, , *Hypericum*, or *Urtica Urens*

FULVIC ACID-

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, **neutralizes toxins and can eliminate poisoning within minutes.**

When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal

health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints, arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerful antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.