

'Home' Remedies

By Carl Nelson

Following the Covid-19 fiasco it was as if our nation's institutional rocks had been rolled over to reveal their scummy undersides. I ditched the evening news, the legacy news, and began to examine the actions of my personal physician more attentively. After it had been shown that children suffered much greater harm than benefit from the Covid 'vaccines', they were still being pushed on my physician's waiting room TV where a continuing reel of medicinal products were pitched to the waiting under the aegis of patient 'education'. I didn't bring this to his attention as it was the work of the corporation which owned his practice, and because my doctor is a good fellow. Also, I didn't want to disturb my access to regular allopathic medical care even though it now was burdened with a large dollop of caveat emptor in my eyes.

And, following the maxim that it is near impossible to convince a person of something when their livelihood depends otherwise, I kept mum. But I did earn an MD (though I never practiced), so it seemed like a good time to put it to use in a DIY way. And the internet was (and is even more so currently) just riddled with rabbit holes of interest to wander down. So I did.



The canceling of very credible medical practitioners and scientists by governmental powers (and corporate misinformation wannabees with English major degrees), had created a prairie dog field of sub-stacks and podcasts. Many in the medical arena felt it a moral need to pick up the pen or hoist a microphone and speak. So they did. I haven't the

patience for a podcast but I did follow various writer substacks. Some of the best were written under nom de plumes, as they were working professionals, who did so in order to avoid all of the legal censure being waged against the outspoken at the time. I read and followed the most credible, gradually branching out in my readings by following their offered links. In doing this I discovered some useful 'home' (under the radar therapies used privately by doctors here and elsewhere in the world) remedies, which had not only been around for ages, but which had been neglected for several reasons. I became a biohacker.

Several remedies not only worked, but produced better results than widely institutionalized ones. Some were not employed however, because little money could be made from them. The patient simply got better. There was no reason for corporations to market them. A doctor's practice might benefit from the patient getting better, but it would not benefit from losing its license. If there's one thing Covid taught, it was that as a physician you can kill as many people as you want as long as you stay within the "accepted care" guidelines. But if you save even one – outside of those guidelines – you can have your license to practice removed and be held culpable.

Medicines require extensive FDA certifications following studies costing millions of dollars. These simple remedies could not get funded for certification. Sans certification they were illegal. Other quite effective cures have been made illegal following corrupt studies run by pharmaceutical interests to discredit their efficacy.

The undersides of this whole network of financial skullduggery embodies a universe. And rather than go further along this track I'd rather just describe some of the fun things I've found, bounding around like Lewis Carroll's White Rabbit.

For example, in a recent podcast I recently watched on the substack, the ["Mad Shrink"](#) titled "Trance, Meditation,

Hypnosis & Truth Serum.” Doctor “G”, “a board certified psychiatrist”, relates how he was once able to perform psychotherapy upon himself using the techniques of self-hypnosis – which, I imagine, is a bit like a surgeon removing his own appendix.

As it came about, Doctor G at one point in his life suffered from a severe crisis that he decided he needed psychotherapy for. After searching he could not come up with anyone in his area he was confident in meeting with. Doctor G was (and is) a huge admirer of the therapist Milton Erickson. He had read all about him and followed him through several written therapeutic recountings, and observed him counseling patients on video. Erickson, he felt, would be the perfect therapist for his difficulty. Unfortunately Dr. Erickson was dead.

What Doctor G. managed to do through autohypnosis, was to conjure a mental manifestation of Dr. Erickson (his spiritual -and practical -essence, I would suppose) with whom he attended a half hour session each day. Their conversation went back and forth in much the same manner it might occur as if Dr. Erickson and Dr. G were truly there, exchanging experiences and offered advice. At the end of a week, Dr. G was cured and the therapy terminated.

Another substack I began to follow is an interpreted compendium of alternate research and remedy called “The Forgotten Side of Medicine” by [A Midwestern Doctor](#). Prominent among the many curatives he discusses is DMSO, (Dimethyl sulfoxide), “an organosulfur compound originally derived as a byproduct of the paper-making process. Known for its ability to easily penetrate biological membranes, it is widely used as an industrial solvent, a cryoprotectant for cell preservation, and in limited FDA-approved medical treatments.” (AI)

I try remedies which have little or no harmful effects (are safe). DMSO has been shown to be quite harmless when used appropriately and applied at home. It acts in theoretical

ways I won't (can't?) go into to stabilize cell membranes, reduce inflammation, as an anti-oxidant, etc.. But it performs practically as an "umbrella" curative for many ailments. It can be applied topically or taken orally. After I read about of its use in spinal injuries, I decided to use some on my dog, Tater. (Arf!)

Dachshunds are prone to back problems. Our first dachshund underwent surgery. (He loved the swimming pool rehabilitation.) We caught our second dachshund, (Tater), while the vet said he was still open to complete rest, drugs and waiting. That is, while still suffering in a pre-surgical state. Advice we followed. However, drugs and waiting weren't doing much so I decided to try 5ml of 50% DMSO orally once a day. He began to improve. (I also gave it to the cat (3 ml) for a ravaged and scarred intestine from living in the wild. It worked a bit, but no curative.) We couldn't be sure whether it was the veterinarians medicine and elapse of time or whether it was the DMSO, with Tater, but we were happy with the result.

Tater has been a happy, romping dog for the last year or so when the other day he developed the same whimpering pain and unwillingness to move. This time we decided not to give Tater the veterinarians Rx which we still had some of. I reasoned that the Rx was pain medication plus steroids to decrease swelling and inflammation. Pain, I figured, was something we shouldn't remove as it is perhaps the only way to get a dachshund to remain inactive and still. And steroids would inhibit the necessary tissue rebuilding. So I administered 5 ml of 50% DMSO orally each morning. On this fourth day he seems near 100%. Happy dog! Happy owners!

As a further note, I earlier also tried painting my perineal area around the urethra with DMSO in order to decrease my prostate size (possibly due to inflammation) and improve my peeing. It worked! And I was able to ditch the Flomax. (But this is another story.)

One of the more curious products I found was through Pierre Kory's (MD, MPA) substack "[Medical Musings](#)", which "explores the intersection of mineral chemistry, water, and biology and their implications for human health, agriculture, and environmental systems."

I purchased a bottle of his Armina / Ionic Sulfated Rare Earth Minerals which duplicates the waters spouting from undersea volcanic plumes. Dr. Kory theorizes that these are the constituent waters from which life first germinated, first as a chemical growth (something like you may have seen in those chemical crystal growing jar experiments such as I witnessed in third grade, when I exclaimed excitedly, "This must be how life began!" An observation immediately quashed by my third grade teacher as incipient heresy.) These crystal lattices are theorized to later acquire attached proteins from which organic life organized itself. Armina is supposed to promote life enhancing holistic healing by bathing our bodies cells in an original primordial soup. "Added to water Armina immediately causes impurities to bind together and settle out, while infusing the water with a balanced spectrum of rare earth and trace minerals that mimic the natural mineral gradients found in pristine spring sources... Armina also structures water by creating an ordered molecular environment..." (- from off the label)

This correlates with other substacks I've investigated which talk of structured water, microtubules, electrical meridians, zeta potentials and what it is that moves water throughout the body. It's explained that this is all very important to understanding the foundational disequilibriums underlying many chronic diseases. The substacks are honeycombed with these interconnecting theorizations.

My wife and I tried a glass of some diluted Armina. It smelt sulfurous and did not taste good. But it has apparently done us no harm. I was going to add it to my list of supplements, but the list has grown fairly long, and I couldn't pinpoint

any definite need at the time, (I feel pretty good currently), so have delayed taking any more. I also have some small boxes of eyedrops I purchased elsewhere through a substack's advice which remain on my bathroom counter. By supplying the proper nutrients regularly they are purported to clear the problems of trash accumulation in the lens and macula, perhaps obviating my need for cataract surgery. I read on another substack where they don't do cataract surgery in Germany due to use of these special eye drops. I'm anticipating cataract surgery so the problem interested me.

However, I have been leery of dumping some of this liquid in a good eye. It may well have been compounded in China which means just about anything plus cat litter might be in it. I took some Ivermectin and found that my liver enzymes had risen, and suspect that I might have gotten a corrupted batch. Polluted medicines are a large problem which can complicate many a medical cure. My first rule of fixing what ails me nowadays is to first check the medicines.

As an aside I recall, while visiting home years ago, my parents when asked me to go into their neighbor's home, who were out of town, and retrieve something from their refrigerator. They were an older couple and I was quite surprised when I opened the refrigerator door and found the door and much of the inside jammed with supplements. Now that I am approaching their age myself, I can understand the hoarding compulsion to collect supplement after supplement in the off chance that the mystery of aging might be cured.

Anyway, while I haven't swallowed any more Armina lately, a video on Dr. Kory's substack also demonstrated its regenerative effect upon plants. They had planted two rows of green plants in barren desert soil. One row they watered with regular water; the other row they watered with water treated with Armina. The later row was a darker green, taller and much bushier. It was quite amazing. So I tried some on our small lemon and lime bonzai sized trees which were circling

death. Both had lots of bare branches and just a few lingering leaves.

I'd bought them as a Christmas present for my wife. They came prior to the holiday in boxes, in which they remained as a way of hiding them from my wife's snooping. I'd thought the plants would be happy in their own little ecosystem until unwrapped for the holiday. What happened though was that they dried out and most of the leaves were brown and lined the box bottom.

They barely remained alive throughout that winter, though we re-potted them. That following summer we placed them in good sunlight with ample water. We got a few flowers, two limes, but no new leaves. They were barely sputtering.

So this spring while they were still inside I prepared my mixture of Armina and have been giving them a drink. At first just their leaves looked a dark, richer green. Then we saw a few leaf starts. After moving them out into the sunshine this June, they have begun busting leaves out from many of the formerly denuded stems. They are definitely coming back. Armina!

Such are some of the fun little gains from rabbit holing the internet. One find lately is a spray which feels just like water, called Curativa, which is a hypochlorous skin mist. It reduces scar tissue and other blemishes. My wife has already used it to reduce one or two small eczema flare-ups on her left hand. It now sits within her lotion armamentarium.

I'm also planning to paint my toes in DMSO each evening before bed as it is purported of some effect in repairing diabetic nerve and vessel damage. We shall see.

Plus I have added DRECILOR Metabolae Ceylon Cinnamon Capsules with MCT Oil / one/ twice a day. Cinnamon is supposed to augment insulin's effect. I had been eating it on my toast often, but read that to get the necessary effect one needs to buy the true quality cinnamon from Ceylon and take it with the

proper fat so that it is absorbed by the gut. (Yeah, perhaps I'm the mark of some skill.) But it apparently works on the renal tubules to protect their microscopic filters from being abraded by clumped blood corpuscles. This causes the kidney to leak protein which gives you foamy urine, which I have somewhat. Diabetes is bad. You can lose your kidney function, your cardio function, your brain function, and even your extremities, bit by bit. But at least you die after drinking lemonade and spooning root beer floats.

Anyway, even when this rabbit holing is driven by disquiet, it can be a lot of interesting fun.