

## Protecting yourself from Chemtrails – symptoms and remedies

I have long wanted to create this article to help people with the most common and reasonable question you can ask regarding chemtrails, namely, how do you protect yourself?

### Quick Guide to Herbal/Natural Solutions

Chemtrails have been shown to contain the following toxins:

Mercury, Aluminum, Barium or Barium Salts, Lead, Arsenic, Mycoplasma (bacteria) Mold Spores (dangerous to health)

Following is a quick list of supplements that can help with each of these toxins.

#### Mercury

**Algin** - Mercury is difficult to get rid of in the body because 90% of it is excreted by the liver into the colon, and then the colon simply reabsorbs it. Algin captures the mercury in the colon and carries it out of the body.

**Vitamin C** - Mercury blocks the absorption of Vitamin C. Therefore, even though you may be taking sufficient amounts of it, with mercury present, you may not be utilizing the vast majority of it. For this reason, heavy **Vitamin C** supplementation is recommended.

**Vitamin E** - Mercury damages the brain by causing massive long-term oxidation. Vitamin E is a powerful antioxidant that protects the brain.

#### Aluminum

Malic Acid - Aluminum can cause many kinds of damage to the body. Magnesium Malate chelates (binds to) mercury and carries it out of the body. Other forms of magnesium (citrate or stearate) will not work for this purpose.

#### Barium/Barium Salts

Potassium - Barium causes dangerous potassium loss in the body by binding to potassium and rendering it useless. For this reason, potassium supplementation is vital. Low potassium can cause irregular heart beat or heart attack.

**Algin** is effective at binding to and eliminating barium from the colon.

#### Lead

Selenium - Selenium is effective for helping the body remove lead from the body. Selenium should normally be taken with Vitamin E.

#### Arsenic

Vitamin C - This popular vitamin works to protect the body against the harmful effects of arsenic.

**MSM** (methylsulfonylmethane) - Sulfur can help detox the body of arsenic. MSM is a good source of sulfur. We do not recommend using MSM if you have amalgam ("silver") dental fillings in your mouth. We also recommend starting with very small amounts because mercury and arsenic can be pulled out of tissue (a good thing) but can make you feel worse initially.

#### Mycoplasma

Yeast Fungal Detox - All of the anti-mycoplasma supplements are in a single capsule called Yeast Fungal Detox.

Caprylic Acid - Well-known for its power to kill yeast and fungi.

Oregano - Well-known for its powerful anti-microbial activities.

Garlic - One of the most well-known antibacterial foods. It is also effective as an antifungal.

#### Mold Spores

Yeast Fungal Detox - The same supplements known to kill bacteria (mycoplasma) also work against mold and fungus. You will find all of these supplements in a single capsule called Yeast Fungal Detox.

Caprylic Acid - Well-known for its power to kill yeast and fungi.

Oregano - Well-known for its powerful anti-microbial activities.

Garlic - One of the most well-known antibacterial foods. It is also effective as an antifungal.

#### External Solutions

The chemtrails in our area have been so bad and have caused me so much physical pain and lost time at work, that I searched for some practical solutions to solve these issues.

## Air Purifiers

The first and most obvious solution (to me) was to purchase air purification devices. So after several hours of research, I purchased an IQ Air "MultiGas" air purification system. This unit costs about \$1000 and is considered the best home air purifier you can buy. I also purchased two Alen Air model A250. These are nice smaller units that have large HEPA filters like the IQ Air but don't have the gas-purification cartridges like the IQ Air does. These Alen Air units cost about \$250 each. I think the model A250 is now discontinued.

Initially, these units seemed to help somewhat with my (and my friend Laura's) chemtrail-related symptoms, but then something changed. It seemed that the chemtrails had something different about them which caused different and somewhat more intense symptoms. The change was sudden. Unfortunately, the air purifiers that I purchased seemed to do nothing to help.

As an aside, there seems to have been several dramatic chemtrail formulation changes in the past year. Each change has been sudden and had brought a new set of symptoms along with it. I will cover this in more detail later. Finally, when I became sufficiently fed up with symptoms, I decided to look for solutions other than the air purifiers, which were ineffective against the new chemtrail formulations.

After doing some research, I discovered that many or most chemtrail particles are sub-micron, that is, they are smaller than a micron and therefore too small for HEPA filters to effectively filter. Then, after discovering that chemtrail symptoms dissipated quickly on rainy days, I decided that using water may be the best way to catch these ultra-small particles.

## Water-Based Air Purification

At this point, I built my first "Rain Box". This was simply a proof-of-concept prototype that would help me determine if water-based filtration would be effective against chemtrails. This device was basically a plastic box with misting sprinkler heads inside that created "rain". There was a hole in the top where I placed a fan to force air through the rain and out the bottom. The idea was the same as rain cleaning the air in the environment: The water would bind to the particles, no matter how small, and would carry them into the tub at the bottom leaving only "clean" air.

## Chlorella Mask

I have been experimenting with ways to protect myself from the horrible effects that chemtrails have been having on me. I want to share this progress report in case it will help someone. Long story short, I have concluded that the most harmful ingredient in current chemtrails is mercury. I also know that mercury binds strongly to sulphur.

I pour about a cup of water into a bowl and add a scoop of Nature's Sunshine pH Green Zone to the water. I then mix the solution thoroughly and soak a washcloth in it for a few seconds and gently wring the washcloth out leaving some of the solution in it.

I then fold the washcloth in half and put it over my nose and mouth and cover the washcloth with a painter's mask to keep it on my face. The sulphur in the pH Green Zone ionically binds to the mercury and greatly decreases the chemtrails symptoms that I experience. It has enabled me to continue working when I would have otherwise had to stop.

I have tried using only water (without Green Zone) and it did not help nearly as much. Why do I use pH Green Zone? Because it contains sulphur in the form of chlorella. You can't use plain sulphur because it is insoluble in water. I tried. You can try adding calcium to the solution but I haven't determined if it still binds to the mercury in that form or not. I will continue working on finding cheaper solutions.

I just ran out of Green Zone (have more on order) and decided to try using Sun (brand) chlorella and found that it works just as well (they are very sulfur rich). The tablets don't dissolve in water so I had to mix them in the blender, but it seems to be having the same protective effect over the past couple days. I would recommend about 15 to 20 tablets for each cup of water. I used 10 today and the solution was a little weak, and the protection noticeably less effective.

I sincerely hope this helps anyone out there who is suffering. I know that when they spray, I feel horrible without the mask on and when they don't spray, I start feeling quite good in a short period of time. Unfortunately, they are spraying here continually, although there was a break for parts of a few days last week. Now it's back to business as usual and the spraying is very heavy and nearly continuous.

One of the most interesting symptoms is ringing in my ears. When we get sprayed (and I can tell because my sinuses start burning horribly) my ears start ringing in about 3 to 5 minutes. When the spraying lets up or I put a mask on, my ears stop ringing in about 2 to 4 hours. I am convinced that chemtrails currently contain mercury; Probably methyl-mercury because it's much harder to detect and it reacts more quickly with the human body. Of course, this does not surprise me as it has been the poison of choice (vaccines and amalgam fillings) for the middle class for the past 50 years.

## Other remedies

**Homeopathic Aconite 30** for Fright - 2 pills each night for 3 nights and during the day only if needed for ailments from shock. Aconite is the Arnica of the mind and is all about fear of death and fright. Arnica is also useful for injuries.

**Homeopathic Ignatia 30c** for Grief - for loss of people, houses etc, starting with nightly doses (2 pills) for 2-3 nights, then only when overwhelmed by the enormity of it all. This is also a useful remedy for those who are supporting these people and who are feeling their grief. Tears, anger, anxiety and withdrawal along with sighing, head, neck and stomach pain purely

from the stress are all indicators for Ignatia. This remedy follows Aconite well.

**Herbal Mixture** for stress and insomnia - tailored made to each person, the most common herbs are Valerian, kava, Hypericum, Withania, Rhodiola, etc.

**Anxious Times** - the Bodywise flower mix, a few drops in the mouth as needed for emotional support, complements the homeopathic remedies well

**Reiki and massage** - can really help the mind release the shock and from the muscles the tension.

## Chemtrail-related illnesses

People are reporting illnesses associated with chemtrail spraying in countries around the globe. Unexplained deaths of animals and plant life are occurring as well. This page provides you with an overview of the illnesses that are being experienced. It also contains information that you won't hear in mainstream media.

Please take a moment and send a link to this page to a friend. You may help them by enabling them to discover the root cause of their own illnesses.

### Symptoms Associated with Chemtrails

Fatigue	Headaches
Sinus pain	Muscle pain
Joint pain	Frequently cracking joints
Depression	Insomnia
Anxiety	Anger issues
Inability to concentrate	Looping thoughts or songs
Salty-metallic taste to the air	Chemical taste to the air
Swelling/inflammation	Ringing in the ears
Changes in eyesight	Near or farsightedness
Upper respiratory infections	Elevated blood pressure
Accelerated heart beat	Heart pain
Skipping heart beats	Shortness of breath
Loss of balance	Dark circles under the eyes
Stomach pain	Frequent illness
Difficulty achieving deep sleep	Vivid or restless dreams

These symptoms are being experienced by a rapidly-growing number of people around the world. They are commonly associated with the appearance of chemtrails. Most of these symptoms are commonly associated with mercury poisoning. A few other items are associated with aluminum and barium toxicity.

### Not Experiencing Symptoms?

The toxins that make up chemtrails often have health effects that are cumulative, so if you are not affected by the spraying now, you may be in the future. It's important to think about children. Just as most symptoms of mercury poisoning do not generally appear until mercury reaches a certain level in the body, chemtrail toxicity appears to work exactly the same way. We have spoken to many people having symptoms that increased over time as they were exposed to chemtrail spraying. This cumulative effect is all the more reason to get involved in stopping the spraying even if you're not experiencing symptoms right now.

### Animals and the Environment

Chemtrails appear to be having a dramatic effect not only on humans, but on animal health and on the environment. For example:

We have witnessed deaths of entire ladybug colonies after 3 extremely heavy days of spraying. Others are witnessing massive die offs of ladybugs in many other areas as well. There have been unexplained continuous deaths of bats and bat colonies. Over 11,000 bats died in 2008. The disease is being called "white nose syndrome" but the cause is baffling experts.

Nearly everyone has heard about the massive bee die-off nation wide. The U.S. and U.K. both reported to have lost about one-third of its bee population in 2008. Soils are becoming contaminated with very-high levels of aluminum. If aluminum levels elevate above 400ppm, numerous species of plants will die. Brown pelicans are dying in California. The cause is "a mystery" but they have found a "residue" on the feathers of the dying animals. Starlings fall from the sky without explanation.

Mystery Crop Damage Threatens Hundreds of Acres: Small dots appear to "burn" through leaves.

Farmers afraid they may lose their entire crop. Numerous other environmental anomalies are occurring and we believe we know what is causing this harm, but we need to test our hypothesis and then publish our results. Finally, legal action needs to be taken to put an end to chemical spraying and to punish those who are responsible.