

TURPENTINE THERAPY



First, not all turpentine is the same. One is pure Organic essential oil from pine trees with ZERO other ingredients and some have additives or are made from petroleum also known as mineral turpentine. When we are talking about the medical benefits of turpentine we are talking about pure Organic undiluted turpentine from pine trees. We use and recommend Diamond G Forest Products.

Turpentine is an essential oil from the pine tree made by steam distilling hand harvested pine resin. This natural pine tree turpentine is full of terpenes. Terpenes are small molecules that are easily absorbed by your blood stream through your nose, lungs or intestinal tract. The biosynthetic modular building blocks in these terpenes can be separated and recombined in different patterns by your body and are so small they can easily cross the blood brain barrier having a direct effect on your brain.

Turpentine is made up alpha and beta pinenes terpenes that have vitamins and provitamins like b-carotene, coenzyme Q10 and Vitamins A, E and K. Regardless of what you may have read on the internet, turpentine is so safe it is classified by the FDA as a food additive and is an ingredient in several over-the-counter medicines. Turpentine is safe to ingest at a ratio of 5.76 grams of turpentine per 1 kg of body weight for humans and all living creatures. To give you an idea, this mean someone who weighs 120 pounds can safely drink 1.2 cups of turpentine, a 200 pound person can safely drink up to 2 cups and a 20 pound toddler can safely drink up to 2 tablespoons. A teaspoon feels like a lot when I'm drinking it and still makes me gag a little. An entire cup of turpentine seems unfathomable.



Turpentine (also known as pine resin, pine needle tea, pine tree essential oil, gum turpentine and pine gum) has been used for millions years by our hominid ancestors as part of a normal healthy diet to neutralize and eliminate parasites, molds, fungus and harmful bacteria. Analysis of thousands of ancient hominid teeth from all over the realm conclusively demonstrate our ancient ancestors ate a plant-based diet rich in pine resin. Turpentine has been a staple in every medical bag from the Neanderthals to your grandma and used to treat everyone from emperors to livestock.

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Up until 1989 turpentine was commonly prescribed to treat a wide variety of ailments and considered part of regular health maintenance. In 1989 the FDA started heavily restricting the use of turpentine in medicines and health products banning 415 over-the-counter products. These products were banned because new studies on the medicinal effectiveness of turpentine had not been submitted to them since 1962 even though zero changes had been made to the products. Then in 2017 the FDA re-approves the medicinal use of turpentine for a wide variety of ailments ranging from probiotics to insect bites. Turpentine is so common even Vicks VapoRub has turpentine in it though it also contains petroleum so we do NOT recommend this product.



Turpentine can be taken orally as well as used topically and as an inhalant. Often called the real fountain of youth, turpentine is an analgesic rich in antioxidants also anti-inflammatory, antibacterial, anti-fungal, antimicrobial, anti-parasitic and anti-aging. With health benefits ranging from reversing gray hair to curing ALL cancers and disease it is no wonder why healers have considered turpentine a health essential. Turpentine first works by killing and expelling parasites, molds, fungus, harmful bacteria and other accumulated toxins. After passing these harmful micro-organisms and toxins you're inflammation reduces and your circulation and blood oxygen levels increase.

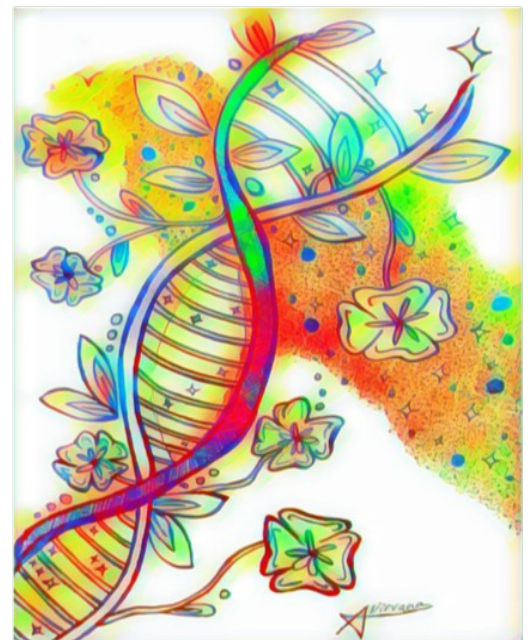
You will experience this as reduced pain in your muscles, teeth, joints, nerves and all over your body. You'll also feel more energized with better eyesight and remember things you haven't thought about in years. With more long term regular use turpentine increases your flexibility, strengthens your hair and nails, boosts collagen eliminating the appearance of wrinkles and fine lines, heals adrenal fatigue and digestive issues as well as increasing cognitive ability and memory. Turpentine is a strong muscle relaxer that can also be used to boost your metabolism, treat arthritis, rheumatic conditions, restless leg syndrome, pancreas, liver, gallbladder, autism, lice, gout, infections in the sinuses, lungs, urinary tract and bladder as well as erectile dysfunction and chronic migraines.



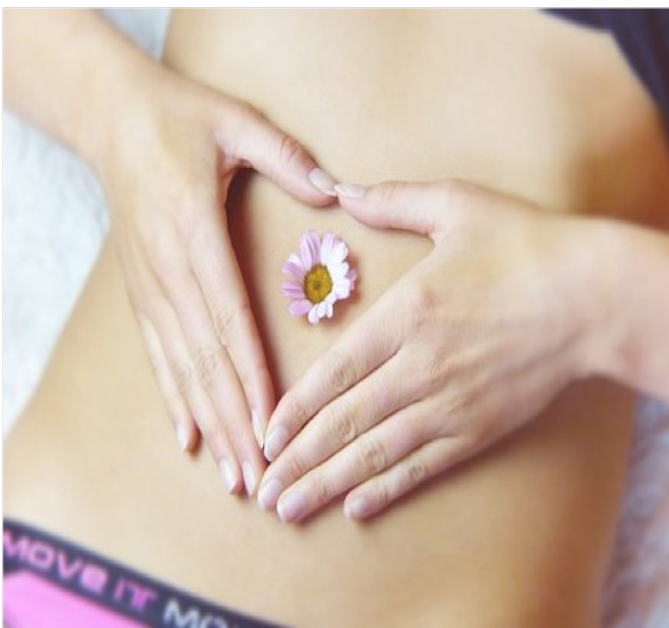
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Like all medicinal treatments turpentine doses and frequency vary depending on ailment, age, gender, health history, current medications, health supplements, actual nutrition and overall health. Dosages range from 1 drop to a tablespoon and frequency ranges from consecutive days with intermediate breaks to every 30 days, however, 1 teaspoon once a week to once a month is the most common. We recommend 1 teaspoon with raw honey or castor oil once a month for health maintenance after expelling accumulated toxins. Turpentine is sometimes taken on its own or with a sugar cube, honey or castor oil.



For our Turpentine Therapy we want to start with the lowest dose which will not be the most effective dose for everyone. We do this because without effective lab work and a full consultation, your specific and unique health history and biochemistry is a mystery. If you release toxins too quickly you can damage your health and cause more problems than you solve. For a health plan tailored specifically to you go to our website to schedule your consultation today.



Our Turpentine Therapy is only a 5 week program that takes a few minutes once a week. We recommend anyone over the age of 10 complete our Turpentine Therapy and everyone continue to use turpentine for health management for life. We recommend children start taking 1/4 teaspoon turpentine with castor oil once a month after they have exceeded 30 pounds. This will prevent candida, yeast, mold, bacteria, parasites, chronic inflammation, infection, cancer and and ALL dis-ease so your children will NEVER face those obstacles and the choices that come with them.

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For this protocol to work the best we recommend taking your turpentine before meals. First thing in the morning when you wake-up drink at least 8oz of ice cold Whole Food Living Water before you even get out of bed or sit up. Once you are out of bed it is important to prepare your body for the turpentine then continue to drink lots of Whole Food Living Water throughout the day. It is common for your breath and burps to smell and taste like pine. These releases of gas occur as parasites, harmful micro-organisms and bacterias in your body die. Celebrate every pine-y burp because that's the turpentine working.

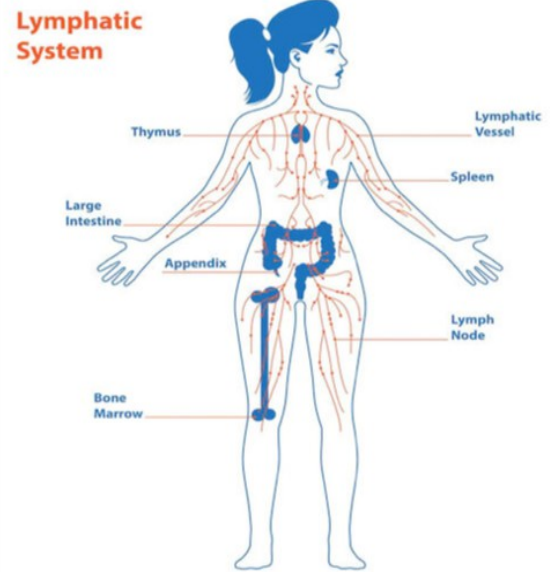
Some people do experience "Turpentine Drunkenness" with their first few doses. Much like the name suggests you may experience feeling light headed, confused, disoriented, off-balance, slurred speech, impaired judgement, skin flushing, clammy skin, increased thirst, turpentine burps, changes in stool and full-body exhaustion like you just can't keep your eyes open. This is a side effect of killing off and releasing certain parasites and bacterias in elevated numbers. You are ok. Detoxing hurts sometimes. Every turpentine burp, clammy hand and blonde moment is your miraculous body releasing toxins. Let them go. Lie down, relax and drink lots of Whole Food Living Water. It will pass in a few hours to a day or two depending on how much accumulated toxins you have in your body. Afterwards, you'll feel energized with a reduction of inflammation and overall pain.



If you want to be more proactive in releasing toxins from your body we recommend drinking eight ounces of kefir enriched with your favorite fruit and Organic agave syrup to stimulate healthy bacterial growth. Stimulating your lymphatic system also aides your body in releasing toxins while stimulating your body to produce more biophotons which are the energy units that animate your miraculous body and all of its functions as well as ALL living things.

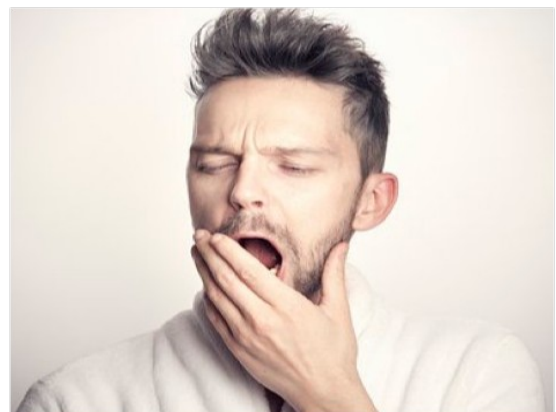
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There are numerous methods for stimulating your lymphatic system for every budget. The easiest is deep diaphragm breathing with focused intent while sun gazing or jumping lightly on a trampoline or bed or sun gazing while jumping on a trampoline. The most effective method for stimulating your lymphatic system is the Biophoton Light modality that generates healing energies similar to what we get from our earth, our sun and our natural environment. The device is easy and safe to use externally as well as internally, doesn't shock you, is portable, works even when you're not using the wands topically, efficient at stimulating the lymphatic system, efficient at accelerating healing, has multi-uses and is very affordable considering everything it does.



This mighty little lymphatic stimulator combines photobiotic light, sound, ozone, frequency, radio waves, ultraviolet, infrared, energy magnetics and long distance radionics to charge, stimulate and clean the lymphatics of multiple people at once within minutes that can be measured in your blood and your aura. It is one of my most necessary and valuable health and wellness tools I use with EVERY client because it even prevents viruses from forming.

Yes, Turpentine Drunkenness is a real thing some people experience and some people don't. I have never personally experienced it though over half of the sentient living beings I have collaborated with have experienced it. Your experience will be unique to your physiology and how your body detoxes in that moment. You are constantly perpetually changing, growing and letting go of the old to build the new even without your conscious awareness. This means each experience you have is unique to that specific moment and lasts as long as it does then makes room for you to have more experiences.



If you experience Turpentine Drunkenness the important takeaway here is 1) You're going to be ok 2) Let it go, everything physical, emotional, psychological, existential or intangible that holds you back or dims the bright shining star that you are because you don't need it. You never did.

TURPENTINE PROTOCOLS



INGREDIENTS

1 tbsp Organic Apple Cider Vinegar
4oz of Whole Food Living Water (room temperature)
8oz of Whole Food Living Water (ice cold)
Sugar Cube
Turpentine by Diamond G Forest Products

UTENSILS

Water Glass
Tablespoon
Eye Dropper
Stirrer

PREPARATION

- 1) Drink 8oz ice cold Whole Food Living Water before sitting up or getting out of bed
- 2) Get out of bed
- 3) Mix 1 tbsp of Apple Cider Vinegar into 4oz of Whole Food Living Water
- 4) Drink it all down
- 5) Wait 30 minutes
- 6) Use your Eye Dropper to drop 9 drops of turpentine onto your Sugar Cube (drop amounts change week to week)
- 7) Put Sugar Cube in your mouth and let it dissolve
- 8) When you feel hungry start by eating at least 2 tablespoons of lacto-fermented foods like miso, tofu, tempe, kombucha, kefir, pickles, kimchi, sour kraut, yogurt with live cultures and certain cheeses then resume your normal Foodology recipes.



If you experience any symptoms of nausea, vomiting, diarrhea, exhaustion, dizziness, fainting, dehydration, fever, sweating or intestinal cramping you are detoxing too fast. This means the dose you took is a little high for the amount of toxins you have in your body.

DOSAGE GUIDE:

Week One: 9 drops of turpentine on 1 Sugar Cube
Week Two: 16 drops of turpentine on 1 Sugar Cube
Week Three: 23 drops of turpentine on 1 Sugar Cube
Week Four: 44 drops of turpentine on 1 Sugar Cube
Week Five: 44 drops of turpentine on 1 Sugar Cube



First, take a deep breath because you are going to be ok. This will pass in about 12 hours, your body already knows what to do and all they can do at a hospital is monitor your vitals and give you saline. So, take another deep breath, drink lots of Whole Food Living Water, get comfortable and be patient. You've got this. Thank your body for releasing the toxins you have been holding on to, thank your body for being strong and resilient and thank your body for how miraculous it is. Contact us with any questions or concerns.

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perry

