

BirdFluSurvive.com

HOW TO SURVIVE AVIAN FLU - WITH A NATURAL ALTERNATIVE METHOD

No one needs to die from Bird Flu!



**NATURAL
FLUIDS**

+

**BED
REST**



All materials on BirdFluSurvive.com are provided to prevent disaster similar to the 1918 flu. The purpose of this website is to acquaint the public to a drugless alternative.

The problem has to be approached correctly from the "get-go". Otherwise, people may die, in the millions.

Public health officials candidly admit that they are not sure if antiviral drugs will contain an epidemic. Also, vaccines have been ruled out, since the virus can easily mutate.

Remember, flu's have traditionally been treated by bedrest and fluids - the only difference is that the fluids have to be fresh & natural.

For influenza, the proper practice is bedrest and fluids, it is the proper procedure now, and it always has been. The body detoxifies whenever there is an accumulation of poisons.

You might get a flu or a cold, this is a detoxifying reaction. The poisons want to come out.

The flu is not an infection, it is an "outfection". By blocking a detoxicative cycle by using antivirals, organs could fail; a number of complications could occur. That is my opinion.

This is my general recommendation: You should have fresh vegetable juices.

Anthony J. Penepent, M.D., M.P.H., New York City 2005

WHAT ARE TYPICAL BIRD FLU SYMPTOMS?

What are the symptoms?

Vomiting or diarrhea, which are easily corrected by taking P.O. fluids, especially fresh celery juice. Almost everyone will get a fever. Remember when you get a fever; you will feel like you've been run-over by a train. You have nausea, vomiting, diarrhea, headache - it could all be part of the flu. Consult your doctor.

What should I do if I get bird flu symptoms?

The *Avian Flu*, or *Bird Flu*, like any "flu" requires [bedrest & fluids](#).

(Note: Find more practical advice, *HOW TO SURVIVE BIRD FLU*, on page 8.)

The patients have to tolerate the symptoms, which will eventually disappear. When detoxifying, if patients call me about diarrhea or similar symptoms, I usually say: that's the best thing I have heard, it means your body is detoxifying. Wonderful! That's what I tell them.

By all means go to the doctor - get his opinion. But, remember, flu's have traditionally been treated by bedrest and fluids - the only difference is that the fluids have to be fresh & natural.

Isn't it difficult for patients to understand about necessity of symptoms?

My patients have the consciousness and they can handle it. But, the general public, they are a problem,

because they want the doctor to be completely responsible for their health and their disease. When I get a new patient, I have to discern if that patient can handle hygiene intellectually. If they cannot handle it, I send them to somebody else. I try the best I can to educate new patients, I do the best I can, but it is very discouraging.

What else can we expect?

Detoxification implies symptoms. You can expect fever, malaise, nausea & vomiting, diarrhea, headache. I am giving people free information over the internet. They also really should download [Germ Warfare](#), that's an excellent guide; and, the other booklets as well at www.birdflusurvive.com.

When you go on raw unfired foods, it helps the body to clean house. But, you have to understand that the body has an intelligence. Every cell in your body has a God-given force, or an intellect. Cells organize into tissues, and tissues into organs, so that when you fast or employ a modified fast, the innate intelligence takes over and does what is necessary. If it is necessary to detoxify, detoxification will occur.

WHAT IS THE CAUSE OF BIRD FLU?

What is the cause of the bird flu?

We eat garbage. Poisons accumulate in our blood.

A flu virus acts like a homeopathic catalyst to digest the poisons. If you don't recognize the detoxifying reaction, and attempt to continue eating, or take drugs, you may end up with complications. Then, you are really going to have a problem.

The problem has to be approached correctly from the "get-go". Otherwise, people may die, in the millions. If you try to stop the detoxification, you'll drown in your own filth. Bird flu, like any flu, can be a good thing - just remember, those people who get flu's and colds don't die from cancer - they have a lower incidence. People get colds and flu's because they require the detoxificative reaction. This prevents cancer, because their bodies are kept clean by these natural cycles. Diseases are intended by the body to detoxify and re-align.

If people get the flu and follow my instructions - if they have other maladies - they might find that they have also melted away.

Can we recover using detoxifying regimens?

The expression is not quite correct. The body detoxifies whenever there is an accumulation of poisons. You might get a flu or a cold, this is a detoxifying reaction. If it is necessary to detoxify, detoxification will occur. Then, you respond accordingly, with either a low-protein diet, or a modified fast such as juices, or a water-fast. The adage is "starve a fever, and don't feed a cold".

When you go on raw unfired foods, it helps the body to clean house. The American Indians, when they were ill, especially the Iroquois, would go off and eat the sweet grasses, to allow the body to correct itself. Body intelligence took over and corrected the problem; detoxification and tissue repair was effected as necessary.

What about using water fasting for bird flu?

Fasting is one thing. But what you feed the patient after the fast is most important. That's how they recover, because you need to feed people to replace what was torn down during the fast.

There is a time for fasting, and a time for eating. Many hygienists make the mistake of thinking that they can fast the patient back to health. No, fasting only strips the body down for re-nutrition.

If you had a hygienic physician who could supervise it, it would be fine. But you have people who never fasted a day, never missed a meal in their life; and you ask that they should fast? It is ridiculous. I was raised with hygiene, I know how to fast. These people have never missed a meal; and you ask them to fast on water?

Ridiculous!

They have to have something. You give them something like cucumber juice, watermelon juice, or carrot-celery juice. Give them a modified fast; they can't water fast, that's not wise. This is my experience. I have practiced for 25 years and I am starting to get good at it. Also, you can get into all sorts of medical legal problems with water fasting. It is only for people who have the consciousness for it, over time you can introduce water fasting to them. It is not for the general public. Absolutely not. This is what I have learned from good hard experience, because a doctor, when he sits with a patient, has to think like a lawyer. I would never start a patient on water fasting, unless it is the right patient. It is like asking for trouble. It goes for any doctor.

What about raw vegan (all-vegetarian) diets?

Going on a raw vegan diet for Avian flu is ok for a couple of months, but you cannot do it all the time, because it is not balanced. It lacks complete proteins and B12. (We store B12 for five years in the liver.) I have known vegan patients that have been pregnant; their children were myopic from birth (can only see close, cannot see far away), had a visual problem, because the maternal diet was deficient. A vegan diet for one or two months is ok, but not for a long time.

What methods do you use?

Pre-1900, there were three predominately different types of medical doctors. You had

1. **the allopaths who used drugs;**
2. **the medical doctors in the hygienic movement who used lifestyle, natural diet and fasting;** and
3. **the homeopaths who theoretically were in agreement with Natural Hygiene.**

I have trained in all three modalities.

CAN WE MIX DRUGS AND NO-DRUG-METHODS?

Is it at all possible to use drugs with this program of bedrest and fluids?

No, these are two methods that are totally incompatible. You can kill patients by giving drugs when they are detoxifying. If somebody wants drugs, I will send them to a licensed MD who uses them.

Diseases are intended by the body to detoxify and re-align. If people get the flu and follow my instructions - if they have other maladies - they might find that they have also melted away. If they try to mix natural hygiene with allopathy, they may die. You cannot mix these two modalities.

How do allopathy and Natural Hygiene disagree?

Natural Hygiene uses body cycles to let the disease go to conclusion, i.e. through detoxification and re-nutrition achieve a higher state of health. Microbes chew up poisons in the blood, so they can be broken down further by the detoxicative organs, e.g. the kidneys, the liver, and the lymphatics

Allopathy instead tries to suppress symptoms. It will use a drug to stimulate a tissue like the kidney, or to block other tissue action, or use beta-blockers in heart disease to slow down the heart. Allopathy uses both suppression of tissue function, and stimulation, with medications. It uses select poisons, to extinguish bacterial & fungal infection with antibiotics; an immunologic process is short-circuited, and a detoxificative process is blocked.

Allopathy has nothing for "bird flu" right now, they don't know what to do. They have anti-viral drugs, that would decrease viral number. There have been deaths from tamiflu in children, as reported on TV news. As I said before, if the flu has the capacity to mutate, a vaccine is worthless.

What is the difference?

Hygiene and allopathy are diametrically opposed, because Natural Hygiene is trying to detoxify, and allopathy is introducing toxins. So these are two modalities that are not compatible.

According to Natural Hygiene, you are blocking a detoxicative cycle by using antivirals. Organs could fail; you could have a heart attack; you could have kidney failure, anything is possible. A number of complications could occur.

When you drug the body, the poisons are going to accumulate, and you are going to set the stage for a serious disease like cancer, ten or twenty years from now.

Natural Hygiene is interested in allowing the cleansing cycle, so the body can go to a higher level of health.

What do you think of vaccines for the bird flu?

The present controversy is, number one, they can't produce enough of the vaccine, and number two, if you produce a vaccine, that doesn't mean that the vaccine will be appropriate if the flu hits. The influenza virus mutates rapidly. If they stock a lot of vaccine for the H5N1 virus, it might mutate, it might not be effective. When I was a medical student, I was doing a preceptorship with a surgeon whose name was Dr. Burke in Fairfax, Virginia. He was 65, and it was about 30 years ago, so he may be dead by now. But, he took the vaccine for the flu, and later in the spring he was in bed for 30 days, sicker than a dog. He said, "I would never recommend the flu vaccine for anyone, because if you come down with the flu you are going to be very very sick."

The other thing they want to do is give anti-virals for the flu.

But, they are not sure if that is going to stop the spread of the flu, nor are they sure what the outcome is going to be. They are not sure. The health officials are not sure if that's going to be effective in stopping the spread of the flu.

Well, I disagree with the medical profession in this respect. The flu is not an infection, it is an "outfection", it is a cyclical event, where the body intent is to detoxify. There is nothing that's going to stop it. The poisons want to come out. The virus, the bacteria, whatever microorganisms may be, is like a homeopathic catalyst, a biologic catalyst to help the detoxification go ahead. These microorganisms assist in degrading poisons.

This is a natural hygienic viewpoint, and it is also a homeopathic viewpoint, because the homeopathic mind and the hygienic mind are not far apart. Hygiene and homeopathy are compatible, the two methods can be combined. They have essentially the same conception of health and disease. The early homeopathic theory was correct, but it was suppressed by the pharmaceuticals through the medical associations and societies, so homeopaths didn't get a chance to develop their science, but I expect it would have gone in the direction of hygiene. Yes, they give drugs in homeopathy, but, in minute dosages, like 1 part per million or billion. These drugs, if given in larger concentration, in a healthy person, would cause symptoms similar to the disease or disorder in the patient. This is Hahnemann's Law of Similars.

A homeopathic remedy is essentially water with a little bit of alcohol or sugar in it, that's all a homeopathic medication is. It acts like a boiling chip or catalyst that starts the reaction going to completion, so that the disease completes itself. Diseases are intended by the body to detoxify and re-align.

Placebos have their place too, because the mind is 50% of any cure. Even allopathic physicians admit to the placebo effect. I learned it in medical school. Every doctor knows that. With herbs, the same thing, placebo effect in large measure.

You cannot combine hygiene with allopathic medicine, because they are not compatible. Herbs are, many times, unrefined allopathic drugs.

What is the traditional treatment for flu?

The flu has traditionally been treated with bedrest and fluids. I would specify the fluids be natural. It can be as effective as fasting. Allopathy has used bedrest and fluids as the treatment for the flu in the past.

They have two problems:

- Number 1: They don't have enough medications for the flu.
- Number 2: They walked away from vaccination as a mean of preventing the spread of the flu.

So the only thing they are left with is traditional bedrest and fluids. If they use the right fluids their patients would get better. As a hygienist, I don't believe that they should use anti-pyretics or antivirals, because this may stop the detoxification, leaving bloodborne poisons to target vital organs - e.g. heart, kidney, liver, lungs.

Traditionally, when it comes to influenza (a viral illness), allopathic medicine has always used bedrest and fluids, because when it is a viral illness antibiotics are ineffective. The most drugs can do is suppress the reproduction of the virus. Any doctor you talk to will tell you that antibiotics are not appropriate for a viral infection. Any doctor will tell you that.

But, also, remember a doctor is a businessman. If a patient comes in expecting an antibiotic, he is going to give one, or he is not going to have any business. Sure, patients will get antibiotics for viral infections, but that is not good medicine. That is a social thing. If it ever came to the pre-view of the medical board, he could lose his license. It is not appropriate. Sometimes practitioners, MDs or nurse practitioners, elevate drugs to a religion. They give drugs because it is part of their religious practice, not because it is scientifically indicated.

For influenza, in my opinion, the proper practice is bedrest and fluids, it is the proper procedure now, and it always has been.

I differ from standard medicine in this way: their idea of fluids is canned orange and grapefruit juices. No, I want fresh juices, and I don't want anything with too much sugar in it. I want freshly made celery juice, cucumber juice, carrot-celery juice, tomato- celery or tomato-cucumber juice; no more than 2 oz of carrot or 2 oz fresh tomato juice, per 8 oz drink,. Watermelon juice is low calorie to begin with, and children love it.

Oh, yes, no anti-pyretics or anti-virals - no drugs - unless the patient is attended by a licensed physician. Personally, I would not give them.

Hydration is very important when a patient has a fever. Children fight, they don't want to drink when they have a fever, but they've got to have fluid! Any patient that has fever has to have fluid. Any doctor will tell you that.

WHAT IS THE DURATION OF ILLNESS?

How long would it take to recover?

It would depend on the patient, his age, how severe the flu was, everyone is going to be a little bit different. Patients may be in bed for 2 or 3 months, but they will come out of it alright, in my opinion.

Is the treatment the same for those who have been vaccinated?

If you get the "flu", stay in bed and stay on fresh raw vegetable juice or fast a couple of days on distilled water. Read my booklet [Germ Warfare & Zero Mortality](#).

If patients have had the vaccine, and get hit by the flu - they are going to be very sick. If they start taking drugs during the flu, even the health authorities say they don't know what's going to happen. They don't know if it is going to contain the flu, or not. (But, there could be another 1918 flu, when the coal-tar drugs killed millions of people.) Drugs can cause problems. Any doctor will admit that drugs can cause problems, unforeseen side effects.

Does your recommendation work for every person?

The Avian Flu is surely reversible, by Natural Hygiene, provided you stay on unfired (raw) foods! In my opinion. For example, raw vegetables juices, green salads with lemon juice and olive oil, plantains, avocados, dates, raw nuts, soft-boiled egg yolk and a little raw milk cheese.

Also, you've got to have bed rest! Avoid drugs, because they prevent detoxification and may cause complications. Virtually everyone can live through the bird flu. No one needs to die.

How can allopathy be useful for a hygienic physician?

Being a physician, no matter if you are using drugless modalities, or if you are using allopathic drugs, you still have to know your basic medical sciences. You need clinical experience. Any medical doctor can do what I am doing with Natural Hygiene. They need just a little bit of training.

Being a hygienic physician, you do it for your soul, you don't do it for making money. So for 25 years I have always held a job working in various clinics, where what is required is to write prescriptions for drugs. The patients come in expecting a medication, so I did what I had to do in terms of treating patients with allopathic medicine, and then in my private practice, I would use Natural Hygiene. You can not take patients off drugs cold-turkey. Usually, you have to wean them down as the effects of the diet come into play. Slowly they can come off the drugs. At the clinics, I usually counseled the patient about nutrition. Most of them did not want to hear it, and the ones that did, got less medication. So it can be used in an allopathic practice to an extent. It depends on the patient. If the patient is unwilling, there is nothing a doctor can do.

How can homeopathy be useful?

If you have a patient who is not totally willing to do Hygiene, you can use homeopathy for certain conditions. Homeopathy and Hygiene are very similar in concept.

SELF RELIANT PATIENTS

Are people who come to you usually desperate?

No, they are usually the self-reliant type, the individualist. That's the type that I get. The ones that have confidence in themselves, that are willing to do something to help themselves. People are not going to use diet to help themselves. Only the individualist, the survivalist type, will do it. It takes a special type of mentality. Standard patients usually don't have the fortitude; everything has to be served on a silver platter for them.

What would it require for people to change?

If there had been proper health education, it would be a different matter. But the schools start brainwashing the kids at an early age; all they know is, when you are sick, you have to take some kind of drug. The food processors don't want natural healing, pharmaceuticals, also, don't want it. Physicians find it foreign to their medical education and training.

SAVE MONEY WITH DRUG-FREE METHODS

Can drug-free methods save money?

If the insurance carriers and the industrialists knew how much money they could save with drug-free natural

healing, everyone would be doing Natural Hygiene. The problem is how to disseminate the information.

They don't know! The physicians don't know! I don't have any answer how this information can be disseminated, but once they become aware of it, billions of dollars could be saved. We are spending about 2.5 trillion dollars a year on so called "health care" in the USA; this is actually "disease care". We could cut that down to a fraction if we used Natural Hygiene!!

This is what it will take to convert the medical establishment and society to Natural Hygiene: The big money interests have to become aware of how much money could be saved, by stamping out cigarette smoking, and by improving the diet in general.

Industrialists and insurance companies would be able to make a lot of money on drug-free natural healing. If they knew what the potential of Natural Hygiene was, they would embrace it. Yes, they would!

How?

Industry would profit from natural hygiene, because the workers would be more productive and efficient; making fewer mistakes. Their brains would be healthier, leading to greater creativity. There would be a great savings in health care, since there would be less illness, both chronic & acute. There would be fewer claims for worker's compensation, since workers would be more alert, and could tolerate more connective tissue injury without disability.

The workers in general would have a longer working life span. Instead of retiring at 65, they may be able to work until 85, like my father.

Industry does not have this awareness; they know little or nothing about natural hygiene and how it could make them money. Most companies still do not have effective smoking cessation programs!! From the government's standpoint, it would be invaluable for enabling the country to stay ahead economically.

Wouldn't the medical profession make less money?

The medical doctors wouldn't make any less money. They are not making any money now. Medicine is on its nose. It has become so expensive that no one can afford the allopathic method anymore.

Medical doctors are pathetic. They do only what they are taught. Unfortunately, pertinent information is not being taught.

They are starting to teach more nutrition in medical school; but not much.

Even at Rochester Medical School, where Dr. Whipple did all his experiments on dogs and fasting. Most of the students don't even know what research he did. Not even the professors! I told one professor - a friend of mine - about Whipple and what he did. He said he was going to look into it, but I haven't spoken to him recently, to confirm his investigation.

Dr. Whipple used to bleed dogs to the point of death, and then fast them to rejuvenate them. They have an auditorium named after Whipple at the medical school. - He wrote about it, he did many studies on fasting. He was influenced by Dr. Cursio, my mentor, who had his hospital in Rochester.

Why do so few medical doctors use drugless medicine?

When you select the medical students you have to select those who are dedicated to truth. You don't get that. You get medical students who are dedicated to glory, the prestige of being called doctor. It used to be that they were dedicated to making money, but that is not true anymore. Doctors don't make money.

These people may, or may not, have the qualities required to be a good physician. The selection of a physician has to be more on his makeup than his academics. Academics are important to an extent, but the physician has to have compassion!

People who become nurses and doctors are often not selected for the right reasons. There should be a psychological interview to determine who has the compassion and sensitivity, and not everybody has it! About half, perhaps. The other half don't belong there.

I knew one Korean doctor. It used to bother him to help anybody, it was against his grain. He wanted to be an engineer, but his father wanted him to be a doctor. So, being an obedient son, he went to medical school. It wasn't in him. He didn't have the compassion to be a doctor. He could answer any questions you asked him, he knew his book, but that's it. He didn't have the compassion.

Requirement number one is compassion. The hospital beats it out of you. After you have been on call for 45 hours without any sleep, a couple of years like that, how can you really be concerned about your patients, when all you can think about is sleep and surviving from one hour to the next. They work you until you drop. The average doctor dies 5 years ahead of the general population because he has been worked to death in residency training.

HOW TO SURVIVE BIRD FLU - PRACTICAL ADVICE

BASIC REQUIREMENTS

The *Avian Flu*, or *Bird Flu*, like any "flu" requires **bedrest & fluids**, preferably fresh vegetable juice or melon juice until the fever breaks. (Note: You will need a vegetable juicer.)

1. For myself, since I have a long history of practising natural hygiene, when I have a flu I will fast on distilled water until my temperature goes down to 98.6 °F (37 °C).
2. Then, after the fever breaks, I will alternate every two hours between 4 oz (1 dl) fresh vegetable juice and 4 oz (1 dl) fresh fruit juice the first day. The second day I will have 8 oz. (2 dl) every 3 hours. It is that simple!

JUICES

This is my general recommendation:

You should have the fresh vegetable juices, like tomato-cucumber or tomato-celery, no more than 2 ounces of tomato with 6 oz of celery or cucumber, or watermelon juice.

Remember to grind some of the white watermelon rind into the juice - it's ok because the rind is vegetable. That's good.

My preferences for fresh vegetable juice are

- carrot 1/3rd & celery 2/3rd, or
- carrot 1/3rd & cucumber 2/3rd, or
- tomatoe 1/3rd & celery 2/3rd, or
- tomatoe 1/3rd & cucumber 2/3rd.
- And, watermelon for fruit juice.

CHILDREN - SPECIAL REQUIREMENTS

For children, alternate between

- fresh vegetable juice
- fresh watermelon juice.

Children that are repulsed by food in any form - even juice - may prefer to fast on distilled water. This is alright provided the fast is not of long duration. The younger the child, the shorter the time, they can be permitted to fast.

I remember as a child, I had a niece that had a fever of 108 °F (42.2 °C) for 14 days. My, elder brother, who was 20 years older than I, allowed her to fast for seven days, then, when he saw that she was too weak he gave her fresh vegetable juice, alternating with watermelon juice, for the remaining seven days. She was seven years old.

The younger the child the less they can water fast. Personally, I wouldn't allow a child to totally fast for more than two days. I would never impose a total fast on a child. But, if you feed a fever, you can expect the fever to go higher, then, you may get febrile seizures! High fever requires a pediatrician & possible hospitalization. Children running fever must have fluids. I remember as a child I gave my mother resistance and refused fluids. I developed kidney stones. They were excruciatingly painful when I passed them. Everyone must be well hydrated with a fever.

SUPPRESSING FEVER IS DANGEROUS

Suppressing fever with drugs is extremely dangerous. It was discovered that Reye's Syndrome was caused in children taking aspirin when they were ill. Recently, non-steroidal anti-inflammatory drugs have been implicated in heart disease, especially Cox II inhibitors.

All drugs given to a patient with the "bird-flu" must be prescribed by a physician; this applies to over-the-counter drugs as well. You should not "play doctor" with this illness.

From a hygienic standpoint, suppressing a fever is blocking a detoxicative process. In the hygienic mind, it is opposing the "vital force"; which could cause death. Even allopathic physicians know that fever is beneficial in the sense that it permits the breakdown of blood borne toxins. For this reason, most pediatricians may allow fever to go to 102 °F (38.9 °C), the textbook allows to 103 °F (39.4 °C).

NO ONE NEEDS TO DIE FROM BIRD FLU

No one needs to die from "Avian Flu".

Franklin Roosevelt said, "The only thing we have to fear, is fear itself"! Follow these guidelines, and, you and your family will most likely survive.

BIRD FLU - COMPARE THE 1918 FLU

The Avian Influenza (bird flu) has been touted as the next pandemic. It has been compared to the influenza of 1918, when millions died. The truth regarding that "pandemic" has been hidden from the general public & physicians alike to this day.

During that influenza epidemic, drugless physicians, i.e. chiropractors, naturopaths, homeopaths, herbalists, Christian Science practitioners, Natural Hygienists, etc. - had virtually zero mortality among their patients.

Why did the conventional allopathic and standard physicians have high mortality? The reason was that they prescribed coal-tar drugs. **Why the cover-up?**

- Pharmaceutical interests did not want allopathy to become unpopular. Their profits were based on selling drugs!
- The standard physicians, certainly, did not want to be replaced by physicians practicing medical arts they were not familiar with.
- The general populace did not want to become responsible for their health. They wanted the doctor to take full responsibility. They did not want their dietary restricted. They did not want to expend effort in maintaining & restoring health. Most people had never missed a meal in their lives! The idea of therapeutic fasting was completely foreign & unappealing. For most people, death was preferable - then and perhaps even now!

The 1918 "flu" was perhaps the greatest medical - pharmaceutical cover-up!

The intention of Dr. Penepent is to **pre-empt another catastrophe** like the 1918 "flu". It is his professional opinion that if the Avian "flu" is treated with antiviral drugs or antipyretics there may be high mortality. In the Natural Hygienic mind, this viral illness is intended to detoxify the body. Any attempt to block this vital action could result in mortality!

Public health officials candidly admit that they are not sure if antiviral drugs will contain an epidemic. Also, vaccines have been ruled out, since the virus can easily mutate.

When infectious disease is treated with drugs, they must completely extinguish the infection. If the infection persists, toxins circulating in the blood may lodge in a vital organ such as the heart, kidney or liver, causing death.

MANUAL by Dr. Penepent

The booklet "**Germ Warfare and Zero Mortality**" by Dr. Penepent, gives a detailed day-by-day program, a drugless treatment program for viral diseases, including bird flu or avian influenza. It can also be used during germ warfare. The intention of this approach is to limit mortality.

Contents: Breakfast, lunch and dinner descriptions for 28 days for adults, children, newborns. Cooking instructions, condiment information. Blended salad description. Also preventive care for adults, children, military personnel. Mass prevention, vaccinations, fasting, and more. High-risk patients must be under the supervision of an appropriate specialist.

This program is not standard (allopathic) medicine, but rather is natural hygienic (naturopathic) medicine; drug-free method of special diets, special fluids, and bedrest. The author - A.J. Penepent, MD, MPH, was raised hygienically and was never vaccinated; nor has he ever taken any drugs. His uncle was the famous naturopath Dr. Christopher Gian-Cursio, N.D.

During the 1918 influenza pandemic, millions died. They died not because of the "flu", but because of the coal-tar drugs used to treat the flu!! Drugless practitioners - naturopaths, homeopaths, chiropractors, Christian Science practitioners, herbalists, etc. - had near zero mortality for their patients. The 1918 "flu" was perhaps the greatest medical - pharmaceutical cover-up! The intention of Dr. Penepent is to pre-empt another catastrophe like the 1918 "flu".



Author of this booklet: **Anthony J. Penepent, M.D., M.P.H.**

Anthony J. Penepent, M.D., M.P.H., studied Natural Hygiene under Dr. Christopher Gian-Cursio, N.D., who was his mentor. He started his Natural Hygienic based practice in New York in 1986. Dr. Penepent graduated in 1981 as an M.D. from *St. George's University*, and got a Master of Public Health in Nutrition from *Loma Linda University* in California. *IAHP* certified in water fasting and dietary healing in 1989.

He authored "**Germ Warfare and Zero Mortality**", "**Health Prophet**" and "**Natural Hygiene in Health and Disease**". He grew up in the Penepent family mentioned in "[*Three Generations of Vegetarian Hygienists*](#)" by Dr. Stanley S. Bass.

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LEGAL DISCLAIMER: All materials provided on BirdFluSurvive.com is *provided for informational or educational purposes only*, to prevent a disaster similar to the 1918 flu. The purpose of this website is to acquaint the public to a drugless alternative. The patient must research in advance the availability of physicians sympathetic to this drugless method.