

NATURAL REMEDIES FOR SMALLPOX

It is commonly accepted by chemical and biological terrorism experts that smallpox is the most dangerous device available; since it, alone, can spread to a wide percentage of the population. In October, I sent you *Facts about Smallpox [WM-1111]*. Since we are nearing the onset of the Gulf War (probably in March) and terrorists may decide to respond, I am sending you this collection of three reports on natural remedies for the disease. Please know that I am not a physician and, in accordance with standard disclaimers, notify you to consult your physician.

The first article is by a Dr. Vivian Virginia Vetrano. She appears to have good academic credentials and be very knowledgeable; what she says appears worthwhile. But would it be safe to follow her directions? I do not know. You take her advice at your own risk.

THE FIRST NATURAL REMEDY FOR SMALLPOX

Smallpox, by Dr. Vivian Virginia Vetrano:

A dead disease is being resurrected. Now the media will have something exciting to talk about every day and to frighten the benighted American public with. For whatever reason, the revivification of smallpox is certainly on the current agenda.

Not too long ago Fox News showed us a picture of a man who was covered with smallpox pustules on his arms, face, legs and abdomen. The pustules were big, black, ugly, scabby, and closely compacted. He looked like he was a monster from some other world. It was enough to scare me, were it not for the fact that I know that it was drug treatment that caused that ugly picture and not the disease at all. The cause of those ugly marks was carbolic acid that had been used to kill the supposed germ that caused the eruptive rash.

Who are the terrorists? The pharmaceutical companies or the Taliban? Because of what the terrorists may or may not do, the pharmaceutical industry (the largest industry in the world) is gearing us up for mandatory vaccinations, especially for certain people in areas that may be targeted by the terrorists. The authorities claim that we will be safe from terrorists attacks using the pox virus because there are adequate stockpiles of cultivated smallpox viruses in Russia and in the USA to make most all the vaccines "needed."

It is claimed by medical historians that the vaccination process wiped out smallpox throughout the world. However, the truth is that compulsory vaccination was abandoned because more deaths were caused by the vaccinations than there were cases of smallpox. A slight of the hand trick was used to foster the

claim that smallpox was eradicated by the vaccination practice. Everyone who had been vaccinated and who developed smallpox was diagnosed as having chicken pox!

The doctors who were interviewed on recent television shows admit that the vaccine may cause many serious side effects and that a certain number of persons will develop painful and sometimes lethal sequelae. Yet, they advise that it is better to take the chance and be vaccinated in spite of these dangers.

Edward Jenner, a notorious fake and quack, is credited with having "discovered" vaccination. However, it was a practice of many ancient peoples long before his time. Savage and barbaric tribes in various parts of the world practiced inoculation even before Jenner's time. It is conjectured to have begun in India and then spread to Africa and Europe. Lady Mary Wortley Montague, wife of the British Ambassador to the Ottoman Court in 1717, introduced the practice to Europe. But, due to its proven evils, one of which was an increase in smallpox in England, the practice was abolished in 1840.

It is pertinent that James Phipps, the eight-year-old boy vaccinated by Jenner in 1796, died at the age of 20. He had been re-vaccinated twenty times. Jenner's own son who had also been vaccinated more than once died at the young age of twenty-one. Both succumbed to tuberculosis, a condition that some researchers have linked to the smallpox vaccine (Eleanor McBean, *The Poisoned Needle*, 28, 29, 66).

According to the medical profession smallpox, or variola, is an acute highly infectious and contagious disease characterized by a specific rash. According to past and present natural hygienic practitioners, smallpox is primarily a disease brought about by gastrointestinal putrescence. Fermenting and rotting food in the intestinal tract enervates and causes increased digestive impairment accompanied by increased systemic toxemia. The toxins are from the absorption of the fermentation products formed in the intestinal tract. Since those who overeat, especially on animal products, are enervated (meaning they lack normal nerve function), all the organs of elimination are functioning on a lower physiological level and greater toxicity ensues. Toxins from decomposing animal foods are highly irritating; so the body has to get rid of them quickly and must use extraordinary means, since the organs of elimination are not functioning well. Therefore, the poisons are carried by the blood to the skin and the body eliminates them in various forms of skin eruptions.

Smallpox is about as contagious as stumbling over

a rock. Dr. Herbert M. Shelton slept in the same bed with his brother while the latter was in the so-called infectious stage with vesicles all over. Yet Dr. Shelton did not develop smallpox.

Smallpox begins with the same symptoms that many acute diseases do—such as chills, fever, backache, and vomiting. This is indicative of a common cause and a common way to deal with the cause. The body is a magnificent ecosystem; and, when it finds abnormal and extraneous substances anywhere within its domain, it creates a higher temperature, purposely, to overcome the foreign proteins, toxic substances, viruses, bacteria, or other microorganisms. Whatever is upsetting the ecosystem must be corrected by the organism itself. It needs no alien “cures.” The symptoms should not be “cured.” To suppress these symptoms assures that some other worse problem will develop.

Some substances, such as an excess of protein putrefactive products, are so toxic that it is urgent to eliminate them immediately. The papular eruption of smallpox is purposely created and chosen as the correct channel at the time for the elimination of these types of noxious substances. Furthermore, the body may not have the specific enzymes to biodegrade whatever it is. Instead of being taken care of by the liver or the kidneys, the body chooses to eject them through the skin. Vicarious eliminations such as this are often natural emergency measures.

Smallpox begins with chills, fever, backache, headache, and vomiting. A fever of 103 to 104 degrees F. is customary. The high fever increases the healing activities of the cells; and it is a most efficient way to accomplish the needed detoxification. This means that the toxins are now out of the functioning cells and in the blood near the skin. The body no longer needs to speed up cellular metabolism in order to cast out the extraneous substances and the fever subsides. In about two days, the fever and other symptoms subside. This is when the inflammatory rash appears. It turns into an elevation of the skin, called a papule. The blister becomes dimpled or umbilicated. The rash and the development of the papules indicate that the irritants, or toxic substances, have been removed by the hyperactive, feverish cells and carried to the skin to be cast out.

Next the little papules become vesicles, like a blister, except that each papule has a little dimple in it. This is the so-called stage that is supposed to be infective or contagious, should anyone touch the person having smallpox. After the vesicles are formed, they may become pustules filled with white blood cells if the individual is extra toxic. The white blood cells are there to destroy the toxins in the vesicles. But, this stage would never be reached if cared for hygienically. The papules dry up and form scabs that eventually fall off. When treated improperly, they will leave a scar.

It is pertinent to recognize that when the eruption

begins, the fever subsides. The patient would normally be on the road to recovery were it not for the medications given by the doctor. Medical treatment, however, consists in using something that kills the microbes which they assume cause the rash; so it has to be something such as a disinfectant that destroys cell life. This is consistent with their medical dogma. Therefore, in the past, the profession applied gauze that had been soaked in antiseptic solutions such as phenol (carbolic acid) or bichloride of mercury (mercuric chloride and corrosive sublimate). Both these agents, carbolic acid and mercuric chloride, are corrosive.

After applying the gauze, soaked in either carbolic acid or mercuric chloride, to the lesions, they were covered with more gauze. Being tightly wrapped with gauze, the exudate from the vesicle or papule was retained in the lesion and not allowed to drain away when it ruptured. Naturally, bacteria are going to invade this lesion, to clean up the excreted matter. This corrosive treatment also destroyed living tissues, including the protective phagocytic white blood cells and the surrounding skin and subcutaneous tissues. A high second fever was urgently needed, to once again begin warfare on the extraneous poisons and the invading bacteria.

Either of the two corrosive drugs used can now ooze its way into the vital domain and impede normal function of all the cells in the body while completely annihilating many. Ugly black confluent pustules mar the skin. The rash gets worse. Vesicles turn into pustules. The pustules become swollen and more inflamed. The inflammation around them spreads and the lesions fuse together. These pathological effects were caused by the drugs.

It is clear that the condition worsens because of the treatment. The primary symptoms (*i.e.* the fever, chills, headache, and backache) were suppressed by pharmaceuticals. The stifling of symptoms with medication prevented the body from completing its job of cleansing, and increased the internal toxemia. As a result, the umbilicated blisters with clear fluid in them became pustules filled with dead and dying tissues and white blood cells. The change to a pustule is the direct result of the damaging effects of medications, whether taken internally or applied to the skin. It is incredible that the physicians did not recognize the lethality of their practice. But, then, they do not recognize it today either. They are blinded by bygone theories.

These substances may have killed microorganisms; but they also killed human tissues and, in reality, caused the pustules and all the terrible complications and symptoms thought to be caused by the germ. Let me emphasize: The symptoms thought to be smallpox are symptoms caused by the treatment. They were so yesterday just as they are today and always will be in the future, as long as we insist on clinging to the idea that disease is something “caught” and that symp-

toms must be gotten rid of by unnatural means. As long as we try to eradicate disease with anything, and especially man-made chemicals, we will suffer more than if we merely put up with the symptoms.

All the various treatments, to kill microbes which are “causing” the disease, are killing the patient. They are not permitting the body to eliminate toxins or restore the blood and tissues to their normal healthy condition. All treatments, no matter how benign they are claimed to be, impede the recovery process itself. By using treatments of any kind and getting rid of a rash by rash means, or to doctor it in any way, is the disastrous blunder that causes horrible side effects, more disease and even death.

Hemorrhagic smallpox or what is known as “black smallpox” is an even more serious type of smallpox and the patient often died. Again, this serious type of smallpox was directly caused by the cell-killing drugs. Pustules often developed in the throat and mouth. When an acidic drug is placed on living tissues, it kills them. The skin and mucous membranes are already inflamed and are less protective than normal skin. Therefore, the destructive acids can be absorbed and cause greater internal toxemia. Carboic acid or mercuric chloride caused the hemorrhaging of the skin and also hemorrhaging into the pustule. Either one of the corrosive drugs also destroyed the kidney cells and caused bloody urine noted in many hapless smallpox patients.

There were also many serious complications of this type of treatment in addition to the common ordinary ones that were erroneously thought to be symptoms of smallpox, but we won't go into them now.

From time immemorial, people have been frightened of disease. It was a curse, an evil spirit, or evil demon that caused the problem. Also from time immemorial people have thought it necessary to exorcize the disease, to placate and appease the evil spirit or demon, to give sacrifices to some god in order to get the demon or evil spirit out of them. In modern times we do the same. We have not grown in knowledge. We just put the evil spirits in the magician's top hat and pulled out the evil germs and evil viruses. We still exorcize, placate, appease, and eradicate the evil microbe or evil virus. Whatever symptoms we have, they are felt to be extraneous, foreign, and not from us; so they must be eradicated or extirpated. We still fear death from the simplest of diseases. Whatever it is, it must be extirpated or eradicated. We do it not with incantations but with substances much more evil than anything used in the past.

Hygienic Care. If hygienic care had been resorted to in the beginning of smallpox, no complications would have occurred and there would rarely be a genuine pustule. With hygienic management, the disease would not have to progress to the second stage with pustules or a second fever. It would only become pustular if the individual prevented drainage of the vesicle

and continued eating a heavy diet. The vesicles containing the unwanted debris that was in the organs and tissues would burst. The clear fluid containing the toxic substances would flow out onto the skin. Frequent warm sponge baths would wash away all the poisonous debris. The inflammation of the skin would heal and that would be the end of the disease. There would be no horrendous pustules or other complications brought about by the medications. If individuals kept themselves clean, and did not take off the scabs until they fell off naturally, there would be no unsightly pockmarks. People are always too anxious to pull scabs away. To do so is to expose the lesion to the atmosphere before the skin has completely healed below it. The skin then has to quickly heal over before it has completed restoring the underlying tissues. This, naturally leaves a pit or scar. The extensive boils and gangrene that regularly occurred would not have taken place had no corrosive drugs been used.

If you think those symptoms are bad, and that we do not use any medicine so lethal as corrosive sublimate and carboic acid today, you'd better rethink the problem. Today's drugs are even more lethal because they are designed to be easily absorbed, spread to every tissue and cell in the body, and kill cells all over the body. Do not put your hope in medical “care.” The only care you need is a healthy body and to let it do its thing.

You do not have to fear smallpox, even if you should develop it, as long as you immediately quit eating and go to bed and rest, drinking pure water only when thirsty. Smallpox is a disease of the bon vivant, epicurean, who overeats on a daily basis, especially on animal foods. The condition of enervation is built by anyone who does not secure sufficient rest and sleep to permit the elimination of endogenic and exogenic toxins, and for the restoration of the nervous system. Once the stage of enervation is established, digestion is further impaired and the body is flooded with fermentation and decomposition products from the intestines. This is what is called Toxemia and Toxicosis. Toxicosis makes it exigent and imperative that these toxins be eliminated immediately by extraordinary means, such as through the skin.

Every single cell in your body is capable of eliminating and destroying various microorganisms and their waste products, as well as man-made organic products; but most man-made products are more toxic than those made by bacteria, and they cause more damage than bacterial waste products. It can be disastrous when the body is overwhelmed by substances that do not belong inside it and which the body cannot use under any circumstance of life. And this is what happens when diseases are “treated.” Your body is inundated with toxic substances and it may drown.

That concludes the article by Dr. Vivian Virginia Vetrano. She graduated in 1965 from the Texas Chi-

ropactic College, *summa cum laude*. After working at Dr. Shelton's Health School for several years she continued her studies elsewhere. I do not know her. She lives in Barksdale, TX.

THE SECOND NATURAL REMEDY FOR SMALLPOX

The following information is reprinted from page 132 of the third edition of our book, *Natural Remedies Encyclopedia*. In a terrorist crisis, you might not be able to get to a physician, and all the hospitals may already be full of patients—so you will have to care for your sick at home. Therefore, the following information is provided here. **But, IF AT ALL POSSIBLE, you should go to a physician! You use all these natural remedies at your own risk.**

SMALLPOX-1 (VARIOLA)

SYMPTOMS—It takes 12-14 days for the disease to develop after exposure. Several days of discomfort is followed by a severe chill, intense headache, terrible pain in the back and limbs, vomiting, fever, loss of appetite, and sometimes convulsions.

Then the fever lowers and the eruptions appear. The pain disappears, but the highly contagious disease can still be given to others.

The rash of smallpox initially consists of hard red papules, especially on the forehead, neck, and wrists. They gradually fill with clear serum, becoming vesicles, which become depressed at their centers and then fill with pus (called pustules).

CAUSES—Unsanitary living conditions and poor diet.

TREATMENT—

- Call a physician.
- Keep the sick person in bed with the windows darkened, yet maintaining ventilation and an even, moderate, temperature.
- Put him on a fast of juices; give plenty of lemon juice. Follow with a light diet of vegetable broth, oatmeal water, and fruit juices.
- Give high herb enemas, and clean out the bowels.
- When the skin is hot and dry, give him fluids every hour until there is free perspiration.
- If the fever rises above 103° F., reduce it by means of tepid sponges and tepid enemas.
- Hot fomentations can partially relieve pain in the legs and back.
- Bathe him with goldenseal root tea, yellow dock root, or burdock root.
- Open the pustules by pricking with a sterilized needle, about 4 days after they come to a head. Then bathe them with hydrogen peroxide.

• Bathing the pustules with goldenseal tea will often keep pitting from occurring. Another formula is to mix goldenseal with Vaseline and apply to the pustules, to keep from pitting. Yet another formula is bathing the skin with a tea of yellow dock root and goldenseal.

That concludes the first article in our large, over 600-page *Natural Remedies Encyclopedia*, which covers over 500 diseases. The second article, from the same book, is John Harvey Kellogg's treatment for smallpox, which he would give in his famous Battle Creek Sanitarium. It was written at about the beginning of the twentieth century.

THE THIRD NATURAL REMEDY FOR SMALLPOX

Treatment of Smallpox, by John Harvey Kellogg, M.D.

GENERAL—Spare, aseptic diet; water drinking. See "Scarlet Fever. Build General Resistance."

LUMBAR (LOWER-BACK) PAIN—Fomentation or Hot Trunk Pack every 3 hours; Heating Pack during interval between, changing every 30-40 minutes.

NAUSEA AND VOMITING—Ice Bag over stomach, Hot and Cold Trunk Pack.

CONSTIPATION—Cold Enema daily, colonic at 70° F. daily.

DIARRHEA—Enema at 95° F. after each movement; Fomentation to abdomen; Cold Compress to be changed every hour.

DELAYED ERUPTION—Hot Blanket Pack or Hot Bath followed by Sweating Wet Sheet Pack.

FEVER—Graduated Bath; Prolonged Tepid Bath; Cooling Wet Sheet Pack; Cool Enema, with simultaneous Fomentation to back if necessary to prevent chill; large Cooling Compress.

STAGE OF SUPPURATION (PUS FLOW)—Prolonged or Continuous Neutral Bath.

SWELLING OF FACE—Hot Compress to face for 5 minutes every hour; Cold Compress during intervals at 60° F., renewed every 20 minutes.

PITTING—Cooling Compress, using red cloth, covering face completely; Red curtains to windows.

HEADACHE AND DELIRIUM—Ice Cap, Ice Collar. Hot and Cold Head Compress.

CONTRAINDICATIONS—After the eruptions appears, avoid the Wet Hand Rub, Cold Mitten Friction, and all Friction Baths.

GENERAL METHOD—Keep the temperature down and maintain activity of the skin by Prolonged Neutral and Tepid Baths. Aid elimination by copious water drinking. Prevent visceral complications by continuous cold to the head and the frequently changed Abdominal Compress. In confluent cases, general septicemia is prevented by Prolonged Full Baths.

- If any of the following related problems exist, see under their respective headings: Broncho-Pneumonia, Endocarditis, Laryngitis, Nephritis, Inflammation of Eye.