David Wolfe’s
Super Immune Tonic System!

A technological breakthrough in cellular cleansing, physical detoxification, longevity, and immune system transformation.

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NOTE: This is a condensed version of the SITS Program. The entire SITS program (including a Comprehensive Printed Manual, Exclusive DVD and CD Recordings, Glossary and Quick Start Guide) will be available for sale at www.TheBestDayEver.com on June 10th 2008! To purchase, simply click on the button labeled: Super Immune Tonic System!

http://www.TheBestDayEver.com
What is the Super Immune Tonic System?

The **SUPER IMMUNE TONIC SYSTEM** represents a technological breakthrough in cellular cleansing, physical detoxification, longevity, and immune system transformation.

This program is designed to significantly lower the amount of calcification (bad calcium) present in the body. Calcification (the accumulation of bad calcium) has been shown to be a common factor in nearly every illness and aging condition including: heart disease, kidney stones, arthritis, and even wrinkles. The higher our level of calcification, the more difficult it is to keep our skin, bones, joints, nervous system, and immune system running at a peak state.

Generally, calcification increases with age. The greater our age, the more I recommend that we adopt the SITS Program into our lifestyle. As we adopt the SITS Program, we immediately lower our level of calcification (bad calcium), and discover that we feel younger and healthier than ever!

The SITS Program is simple and easy. It consists entirely of natural products: superherbs, superfoods, super-supplements, some mineral compounds, and basic longevity technologies. The SITS Program is primarily focused on adding a few simple habits into our daily routine that require less than 5 minutes of time once we get the hang of it. That is why it is a tonic system. A "tonic" is something you can imbibe every day. If we have the discipline to brush our teeth every day, we can do the SITS Program!

The SITS Program is designed to help improve immediately:

- Bone and joint problems
- Inflammation
- Aches and pains
- A weak immune system
- Auto-immune conditions such as fibromyalgia, herpes, and Lyme's disease
- Chronic skin challenges such as acne, eczema, and psoriasis
- And many more chronic conditions...

The SITS Program contains protocols that have been scientifically proven to remove the following toxic metals and volatile organic compounds from the human body:

**Toxic Metals:**

- Lead
- Mercury
- Cadmium
- Arsenic
- Aluminum
- Antimony
Volatile Organic Compounds (VOCs):

- Formaldehyde
- Dichlorobenzene
- Toluene
- Methylene chloride
- Benzene
- Tetrachlorodibenzo-p-dioxin
- Tetrachlorodibenzofuran
- Xylene
- Hexachlorobiphenyl

How is this possible? By implementing the elements of the SITS Program into our daily routine, the root cause of all these conditions, NANOBACTERIA is attacked and removed.

What are Nanobacteria?

Nanobacteria or *Nanobacterium sanguineum*, were discovered in the 1980's due to the research of Finnish scientist E. Olavi Kajander and Turkish researcher Neva Ciftcioglu while working at the University of Kuopio in Finland. **Nanobacteria** are living organisms that are roughly the same size as most viruses (approximately 1/100th the size of bacteria).

Nanobacteria form shells made of calcium phosphate, otherwise known as apatite, and/or biofilm. The nanobacteria-secreted biofilm shell calcifies and hardens around the nanobacteria organism, forming a defensive “outer armor”, shielding it from the body’s immune system. Within these microscopic biofilm shells, toxins such as mercury, pesticides, and plastics are trapped and stored. In this calcified state, these nanobacteria can either reproduce upon themselves forming aggregate, “budding-like” clusters, or, they can remain in a state of “relative calcified dormancy.”

These hardened shells shield the nanobacteria, in the same way a snail shell shields a snail, forming a living space for opportunistic viruses, bacteria, and fungi. The immune system has trouble breaking down these hardened shells to get at the “bad guys” inside.

When this SITS Program is used in conjunction with a well-balanced, organic, raw-food-based diet filled with fruits, vegetables, nuts, seeds, seaweeds, sprouts, herbs, and superfoods (as described in the books *The Sunfood Diet Success System* and *Eating For Beauty* by David Wolfe), the cleansing and youthening results generated by the program will be greatly enhanced.

Why are Nanobacteria Harmful?

Once a nanobacteria infection has become entrenched, and the coral reefs are established, the nanobacteria are on a determined path to continue colonizing the body until a course of action, in this case, the SITS Program, is taken against them. The body will attempt to wall these calcium
phosphate crystals, using fibrin which causes the tissue to harden around the calcium phosphate shells. Hence the terms: hard of hearing, hardening of the arteries, hard headed, etc.

Over a lifetime, nanobacteria infections will manifest in a physical form as a calcium phosphate crystal and/or a fibrous scar tissue mass that never completely heals. These calcium phosphate crystal shells or reefs eventually build up in size, creating inflammation and sclerosis, laying the foundation for what will eventually become any one of a number of painful chronic conditions.

**How the SITS Program can help:**

Nanobacteria take many years, sometimes decades, to reproduce and eventually grow into a number significant enough to cause the harm that they do later on in our lives. Therefore, they do not leave the body very easily. By incorporating the SITS Program into our lives, we can destroy and remove the nanobacteria from our bodies. To achieve maximum results, the technologies I am presenting in the SITS Program must be actively applied for a minimum of 100 days. Consistently sticking to the SITS Program for this length of time ensures that we significantly destroy and remove the nanobacteria colonies that have built up throughout our lifetime.

Within each step are various stages of cleansing and detoxification. All the supplements, herbs, and superfoods contained in this program work together to create a powerful protocol that rids our bodies of harmful nanobacteria in a way that has never before been possible.

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**The Four Main Steps of the SITS Program**

1. **Nanobacteria Dissolvers:**
   
   Strip down the hard shells that surround the nanobacteria.

2. **Herbal Immune Boosters:**
   
   Destroy and evacuate the nanobacteria and opportunistic viruses, bacteria, and fungi which are hiding behind the hard shells.

3. **Cell-Rejuvenating Supplements:**
   
   Accelerate and support the entire process by acting as a “clean-up crew,” removing any debris or bacteria that are lingering in the body.

4. **Longevity Technologies:**
   
   Destroy and evacuate nanobacteria and other opportunistic organisms through cutting-edge electronic technologies.
# The SITS Program AT A GLANCE:

## 1. Nanobacteria Dissolvers

**STAGE I**  
Natural Cellular Defense Liquid Zeolites  
MSM

**STAGE II**  
EDTA and DMSO

## 2. Herbal Immune Boosters

**STAGE I**  
Garlic and Aged Garlic Extracts

*Triple Herbal Treasures:*  
Wormwood, Cloves, Black Walnut

**STAGE II**  
*Mushroom Extracts:*  
Reishi  
Cordyceps  
Agaricus  
Maitake  
Shiitake  
Chaga,  
Agarigold H1X1 (Agaricus Blazei extract)

**STAGE III**  
Blue Mangosteen  
Cat’s Claw Extract Powder  
Citric Acid (Citrate)
3. Cell-Rejuvenating Supplements:

**STAGE I**
Metabolic Enzymes (Beauty Enzymes)
Adaptogen Herbs (Supreme Protector Formula)

**STAGE II**
Lysine
Vitamin C Plant Powders (Camu Camu, Acerola, and/or Pure Radiance C)

**STAGE III**
Angstrom Zinc or Zinc Picolinate
Krill Oil
Vitamin B-12
Ocean’s Alive Marine Phytoplankton

4. Longevity Technologies:

**STAGE I**
Zapper (The Terminator model or Dr. Clark’s models)

**STAGE II**
Barefoot Connections
MRS-2000+ Mattress Pad
Step-by-Step Explanation of the Entire SITS Program:

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**Stage I:**

Natural Cellular Defense (NCD) Liquid Zeolite:

NCD Liquid Zeolites are natural volcanic minerals with a unique, complex crystalline structure. Because the zeolite is one of the few negatively charged minerals in nature, it acts as a magnet, drawing toxins to it, capturing them in its cage, and removing them from the body. NCD Liquid Zeolite differs from other forms of zeolite in that it is highly micronized and suspended in a liquid form, thus significantly increasing the mineral’s absorption and bio-availability to the body. In this unique and patented liquid form, NCD Liquid Zeolites’ detoxification ability is dramatically increased.

NCD Liquid Zeolite is also a clathrating compound. A clathrating compound is able to remove calcified substances or bad calcium from the body. By breaking down the nanobacteria shells, zeolites remove the bad calcium and toxic compounds safely and effectively.

NCD Liquid Zeolite also has a strong anti-oxidant component. In fact, NCD Liquid Zeolite is the only scientifically known substance to remove oxidants such as mercury, lead, arsenic, and volatile organic compounds such as formaldehyde, dichlorobenzene, toluene, methylene chloride, etc. It is also the only known compound to remove Uranium-238 and radioactive cesium.

When substances like Uranium-238 or plutonium begin to decay, they cause a massive oxidation reaction, or free radical attack, in the human body. NCD Liquid Zeolite is the best form of zeolite yet discovered that is scientifically known to stop these oxidation reactions.

For centuries, the powdered forms of specific zeolites have been used as traditional remedies throughout Asia to promote overall health and well-being. NCD Liquid Zeolite is the end
product of a search by some of the world’s greatest scientists on how to get rid of some of the most toxic substances ever created.

The average person is exposed to more toxins through water and air pollution, household cleaning supplies, pesticides, disinfectants, and food additives than ever before in human history. Thus, this leads to increasingly weakened immune systems. NCD Liquid Zeolite supports a healthy immune system and also balances pH levels in the body. Zeolites are 100% natural, non-toxic, and safe for long-term use.

**Recommended Use:** 10-15 drops, 3 times per day (every 5-7 hours) with at least 1 ounce of drinking water per drop. Add NCD Liquid Zeolite either into your drinking water or take directly in your mouth (even though NCD is not sublingual or homeopathic). The zeolites are almost tasteless.

**MSM (Methyl Sulfonyl Methane):**

MSM is a crystallized, oxidized form of DMSO, otherwise known as DMSO₂ that can be taken daily. MSM helps to maintain the lubrication of the joints, flexibility of the tissues, and rejuvenation of the skin, hair and nails. MSM also assists the immune system in breaking down nanobacteria.

It is known from scientific evidence that the more MSM and biologically available sulfur we take, the more difficult it is for nanobacteria to “get a hold of us”. These nanobacteria organisms are like barnacles or oysters, and they are always looking for a part of our body that is easy to hook onto so that they can then grow a coral reef. When we take in enough sulfur, the areas where nanobacteria like to tag on to, for example our joints, become so slippery that the nanobacteria slip right off. MSM has a long history in helping reverse conditions caused by nanobacteria, including: all arthritic conditions, bursitis, damaged joints, and inflammation.

If we take significant amounts of MSM, over a period of time we are going to see a powerful shift in the way our hair and nails grow, in our skin, in our digestive abilities, and in our flexibility. The calcification and hardening of the joints is also going to change. We may find pain and inflammation relief in both the short term and the long term. I definitely believe that MSM, because of all these factors, is one of the great discoveries, or rediscoveries, of the 20th century.

**Forms of MSM:** MSM comes in powders and capsules. Either one works effectively, it depends upon your personal preference. You can use also use MSM topically (MSM lotions).

**Recommended Use:** Because MSM is such a powerful compound, I always recommend starting light — 2500mg. Split this into two doses: 1250mg in the morning and 1250mg in the evening.

Add MSM to your water, juice, or smoothie. Over time it is critical for the effectiveness of this program that you increase the dosage to a minimum of 7500mg a day.

*MSM Warning:* Some people who are allergic to sulfur-containing drugs may have reactions to MSM and therefore cannot take it. It is rare but it does happen. If you are one of these people, you can use NCD Liquid Zeolite instead, or you can use EDTA and get the same results.
Stage II:

EDTA:

EDTA (*Ethylene Diamine Tetra-acetic Acid*) is absorbed directly into the bloodstream. It then begins to “chelate”, or remove, bad calcium, toxic metals, as well as excessive mineral deposits. When metals and minerals remain in the bloodstream, they accumulate and harden, causing poor circulation. By cleansing the body’s arteries and veins, the blood flow is increased. This increased blood flow is able to supply the body’s organs, muscles, tissues and nerves with ample nutrients and oxygen, thus allowing it to recuperate, regenerate, and function normally.

EDTA has a tremendous medical history, having been used for over 60 years to clean up food substances that have heavy metal contamination. It is a false amino acid that the human body recognizes and uses effectively to remove excessive bad calcium. It has been extensively studied in its relationship to healing heart problems. We know that heart problems develop when there is a calcification of the coronary artery, the artery that feeds blood and oxygen to the heart itself.

*Recommended Use:* EDTA can be done as a suppository once every three days. You can also do IV chelation therapy with a naturopathic physician.

Generally, it takes twenty treatments of chelation therapy to clean out the circulatory system and get back to a state of health where one would no longer be threatened by something like a heart attack.

*Warning:* EDTA is a very powerful compound. Oral EDTA is not recommended. Oral EDTA has been shown to contribute to the loss of zinc, copper, and other trace minerals. EDTA should be administered as a suppository or by IV chelation.

DMSO (*Dimethyl Sulfoxide)*:

DMSO is a particular favorite of mine. I call it alchemical sulfur. I strongly believe that the ancient alchemists figured out how to create this substance. It was rediscovered in the 1860’s by a Ukrainian scientist and has been with us ever since in mainstream science. DMSO is included in the first step of the SITS Program because sulfuric acid, or sulfur, is a very widely known catalyst in the destruction of bad calcium. Most of what is happening as we age is not that we need more calcium, it is that we are accumulating too much of the wrong kind of calcium. Using DMSO in conjunction with MSM is a very powerful way to dissolve the calcified nanobacteria shells within the body.

A deficiency of DMSO has been strongly implicated in nanobacteria’s ability to hook on to, or grab on to, affected skin and joint tissues. This begins to cause problems. If we do not have enough DMSO at the surface of our joints, then we may be subject to a nanobacteria infection. DMSO is critical when someone is dealing with a chronic topical problem like psoriasis or eczema, and it is also very important when someone is dealing with joint issues and inflammation due to arthritis.
**Recommended Use:** Apply DMSO topically to troublesome areas. Put the DMSO in a spray or dropper bottle. You’ll want to use straight DMSO (70% to 99.9% liquid DMSO are both fine because they have no additives except distilled water). You can transfer the liquid from the mother bottle to the other bottle and apply it in those areas where needed. After washing the area with food-grade hydrogen peroxide, apply just enough DMSO until you get a slight heating reaction — not too little where you feel nothing, and not so much where you burn yourself. You add just enough on your skin until you feel a subtle heating reaction.

**Note:** You can begin to take DMSO topically and combine it with some of the other nanobacteria dissolvers. For example, if you have something going on in your skin, you could take NCD Liquid Zeolite, rub that into that area, and then spray it with DMSO. The DMSO will act as a potentiator and drive the NCD into that particular area under the skin. This can be enormously valuable as a technique towards reaching your health goals.

**Warning:** DMSO is also a chemical solvent. Please be careful how you use it. Avoid putting clothes back on while the DMSO is still wet on your skin after spraying. DMSO must be completely absorbed and the skin dry before putting clothes on the affected area. It is a liquid that has a high affinity for water molecules. If you open up a bottle in a humid climate you will see the DMSO literally come out of the bottle like steam and move right into the water molecules that are in the atmosphere. DMSO is naturally found in tree bark, phytoplankton, several different types of amino acids, and many different foods, as well as in human organ and muscle tissues.

Start with small amounts of DMSO. If you take too much DMSO, wash it off with water as quickly as possible, and rub it off as best you can.

Again, remember: DMSO must be used on the skin when it is free and unencumbered by clothing. Wait until the DMSO is completely and fully absorbed before you put any clothing on top of it, because the dye in the clothing can be carried directly into your skin if you are not careful. This is a very critical point about DMSO.

**QUICK TIPS ON HOW TO USE NANOBACTERIA DISSOLVERS:**

Add NCD Liquid Zeolite into your morning water (maximum 15 drops, 3 times a day, to start) with MSM powder (or ingest the capsules).

DMSO acts as a potentiator. Rub NCD Liquid Zeolite on to your skin and then add DMSO. The DMSO will drive the Liquid Zeolite into your skin and increase its effectiveness (as explained above).
STEP TWO: HERBAL IMMUNE BOOSTERS

STAGE I
Garlic
Triple Herbal Treasures: Wormwood, Cloves, Black Walnut

STAGE II
Mushroom Extracts:
Reishi
Cordyceps
Agaricus Blazei
Maitake
Shiitake
Chaga

AgariGold H1X1 (Agaricus Blazei Extract)

STAGE III
Blue Mangosteen
Cats Claw Extract powder
Citric Acid (Citrate)

Stage I:

Garlic:

Garlic is the most widely available medicine, the most powerful herb in the world, and it can be found anywhere on this planet. Garlic has been used as both food and medicine in many cultures for thousands of years, dating as far back as the Egyptian civilization.

There is no more powerful anti-viral on the earth than garlic. Garlic contains multiple compounds and antioxidants including organo-sulfur compounds (diallyl sulfides), which are believed to be responsible for most of its pharmacological and antimicrobial actions. Garlic is a proven broad-spectrum antibiotic that combats harmful bacteria, parasites, viruses, and nanobacteria.

Garlic is known to contain many sulfur compounds including the sulfur-bearing amino acid cystine, as well as various enzymatically active sulfur oils. Garlic contains at least 39 different antibiotics and has a noteworthy history as a preventative for heart disease (which is a coronary calcium occlusion caused by nanobacteria). It is believed that the sulfur compounds in garlic facilitate the breakdown of the calcium shells of nanobacteria. The 39+ other antibiotic compounds in garlic are known to kill whatever harmful organisms are left over.
**Forms of Garlic:** Aged garlic extracts can come in the form of liquids or capsules...both are great.

**Recommended Use:** Five to eight fresh cloves every third to fourth day of the SITS program. 7-10 capsules of aged garlic extracts. (3500-5000mg per day)

**Warning:** Garlic in its fresh/raw form is not a tonic food/herb, meaning that it is not something to be continuously taken every day. Therefore, we recommend a lifestyle that includes consuming raw garlic 3 to 4 times a week maximum, as well as aged garlic extracts, which you can take every day without over-stimulating yourself.

**Triple Herbal Treasures:**

The Triple Herbal Treasures are an important, integral piece of the puzzle during the initial period of doing the SITS Program. It is a combination of three herbs well-tried, well-tested, well-known, and time-proven:

Wormwood
Cloves
Black Walnut

The Triple Herbal Treasures act against the organisms sitting in the digestive tracts that are producing viruses like a virus factory. These viruses keep the immune system chronically suppressed. They keep the immune system in a constant state of overdrive, and thus distracted from getting on top of major problems. These organisms have got to go.

We also know that these organisms are related to having a high amount of nanobacteria. Viruses love to attach onto nanobacteria, and on top of that pile on bacteria, which attract fungi, which, in turn, attract the flukes and worms that are floating around in the intestines. The flukes and worms are the organisms that are at the top of the chain, and we need to get them out first.

This is where the Triple Herbal Treasures come into the picture. We do the Triple Herbal Treasures for 100 days because they kill fluke and worm organisms and their eggs so that they cannot reproduce. We have to hang in there for 100 days so that we can get all of these opportunistic organisms out. Generally, their lifecycle is 90 days, so by continuing to take these herbs which are aggressive against these undesirable organisms for 100 days, they are not going to survive. That is why we put it in as Stage One of the SITS Program. Once you are done with the 100 days of the Triple Herbal Treasures then you can move on to Stages Two and Three.

Let’s take a closer look at each component of the Triple Herbal Treasures:

**Wormwood** is a type of *Artemisia*. There are more than nine hundred *Artemisia* plants all over the planet. This is a very common genus of plant. It contains very strong medicinal compounds. If your liver is very sensitive, you need to do a very light amount of wormwood per day. I recommend that you do the Triple Herbal Treasures as powders because I believe there are some
mechanical cleansing properties that, as those powders move through your digestive tract, the burdensome critters that are hanging on in there (who are going to go unnamed, but whose name usually begins with a “P”) die, because they consume the wormwood and cannot digest it. If you take a wormwood alcohol extract you do not get that same effect because the extract never makes it to the lower intestine.

*Recommended Use:* 100-500mg wormwood powder per day. Start out with a lesser dosage if you feel you are sensitive to strong-acting, bitter herbs.

*Cloves* are from a tree that comes from Asia. A clove is a very aromatic flower. It has a beautiful smell, and can be crushed and added to all sorts of drinks and smoothies to enhance the flavor. This particular flower has a very powerful ability to take the stowaways and toss them off the ship. The “stowaways” are the little guys that are hanging on to our liver, that are hanging on in the small and large intestines, the ones that have stayed an extra day too long.

*Recommended Use:* 500-1000mg per day.

*Black Walnut*
With black walnut, the hull is actually the dried fruity membrane of what was once the skin of a walnut. Walnuts are actually fruits, and the nut itself is the seed of the fruit, and the flesh of the fruit is called the black walnut hull. There is also black walnut leaf. Both the hull and the leaf actually taste reasonably good. Again, I prefer the powders because when these compounds, the black walnut hull or leaf, move through our lower bowels they are actually toxic compounds to those freeloaders, to the stowaways, the castaways, the extra organisms, the flukes and worms we are carrying around that are getting a free lunch off of us.

*Recommended Use:* 500-1000mg per day.
Stage II:

Mushroom Extracts:

Reishi
Cordyceps
Agaricus Blazei
Maitake
Shitake
Chaga

The medicinal mushrooms have a very strong lure in relationship to longevity. A big part of the SITS Program involves not just the cleansing and the detoxification that comes from dropping nanobacteria organisms out of our bodies and getting rid of the debris that they have created, but it is also related to enhancing our life force energy enough to a level where we can extend our lifespan.

The medicinal mushrooms add the intelligence to our immune systems. They help our immune system create all the weapons, such as the T-fighter cells, NK cells, Helper T cells, lymphocytes, as well as the “hydrogen peroxide spray” that our white blood cells produce to fry viruses, bad bacteria, and harmful fungi with. These medicinal mushrooms are actually over 80% genetically identical to the human body. They are more closely genetically aligned to the human body than plants are. What does that mean? It means that the mushrooms are able to be utilized by our immune system, nervous system, cardiovascular system, heart, liver, and kidneys better than most other plant compounds.

The medicinal mushrooms are dual directional. That means that the medicinal mushrooms are also capable of lowering our immune response if in fact our immune system overreacts to a threat. Thus, they modulate our immune system reaction in both directions. Another way of saying this is that they are intelligent. They create more intelligence at the interface of our immune system armada with the pathogen (whether that pathogen is nanobacteria, virus, fungi, mold, yeast, or something else).

Depending on what research you are reading you may have heard that mushrooms are bad for the immune system, or that they cause and inflame Candida. This is absolutely incorrect. The medicinal mushrooms are some of the most powerful anti-Candida substances in the world. In fact, when someone comes to me with Candida, the very first thing I do is put them onto reishi mushroom extracts. This gives their immune system the ability to be able to fight back.

The best quality mushrooms are those that are grown in controlled conditions or the wild mushrooms found in the forest. If you pick wild mushrooms from the forest you might want to leave them outside, upside down, in the sun to dry and they will actually develop vitamin D inside themselves. You can then make a tea out of the dried wild mushroom and actually get more vitamin D in your diet during the cold, wet months of winter.
You can take whole mushrooms and break them up by hand (if you can) and make a tea out of them. The general recommended technique for extracting the medicinal compounds out of mushrooms is boiling the mushrooms. I do not often boil the mushrooms but I do make teas out of them, and I still do get the medicinal compounds. You can take spring water, heat up a tea, and put the mushrooms right into it.

If you have mushroom extracts you do not have to do any preparation. They are usually encapsulated for you, and you can just take the capsules. If you have the powders you can throw them right into drinks, smoothies, and food. Generally, if you have whole mushrooms you do not want to cut them up into little pieces or grind them down because this can actually damage the medicinal value. You always want to keep them in as natural a form as possible. The mushroom chaga is the exception to this rule. You can grind chaga down with a mortar and pestle.

_WARNING:_ We have to be careful of the quality of mushrooms found at certain Chinese markets. We also have to be a careful about misidentifying mushrooms. If you do not know exactly what you are doing, avoid picking the mushrooms yourself. Find an expert, or to make it even easier, take the medicinal mushroom extracts that you can purchase online or ones that are available in health food stores.

_Recommended Use:_ 3000mg per day.

Let’s take a look at one of the most powerful mushrooms on the planet:

**AgariGold H1X1 (Agaricus Blazei):**

AgariGold H1X1 is a hybrid mushroom containing two types of Agaricus Blazei mushrooms that have been genetically combined together in a 10-step patented, scientific process. This mushroom is now widely considered to be one of the most powerful antioxidants sources in the world. Agaricus Blazei has been widely associated with the following benefits:

- Promoting overall health and well-being
- Playing a role in immune system modulation
- Nourishing the digestive system
- Supporting a healthy cardiovascular system
- Supporting normal blood sugar levels
- Protecting against free-radical damage
- Promoting energy

*Agaricus blazei* was originally discovered in Brazil by two researchers from Penn State who visited the Sao Paulo, Brazil area. There, they discovered local natives who were extremely healthy and had a very low rate of disease. The longevity rate was incredibly high with people averaging lifespans well over 100. What was their secret? Research in the 1970s revealed it was the consumption of a special kind of wild mushroom, known as the *Agaricus blazei*. In fact, the natives referred to their locally grown Agaricus as, "The King of Mushrooms" or "The Mushroom of Life."
This mushroom was crossbred with a particular mushroom strain of mushroom growing in Northern California. This unique pair created an incredibly potent mushroom that is ten times stronger than any Agaricus Mushroom in the world. Please note that already, by itself, Agaricus is easily one of the top antioxidant and immune-enhancing mushroom/herbs on the planet. The fact that AgariGold is TEN times more potent is even more astounding.

The active components of *Agaricus blazei* are believed to be its polysaccharides, beta 1,3-glucan and beta 1,6-glucan. These beta glucans stimulate immune activity, specifically the T-cell subsets. The new strain of Agaricus, exclusively distributed as “AgariGold H1X1”, contains a specifically potent beta glucans polysaccharides. The beta-D-glucan and other polysaccharides specifically activate the immune system's cells (such as macrophages, interferon, T cells, and natural killer cells).

Research studies over the last 25 years have shown *Agaricus blazei* to stimulate the immune system and promote natural mechanisms to battle infectious disease. *Agaricus blazei* stimulates lymphocyte T-cell and Helper T-cell production. The polysaccharides contained in *Agaricus blazei* stimulate production of interferon and interleukin. Also, *Agaricus blazei* is a very powerful antiviral agent that prevents viruses from entering healthy tissues.
Stage III:

Blue Mangosteen
Cat’s Claw
Citric Acid

Blue Mangosteen:

Blue Mangosteen plays two main roles in the SITS Program: The first is the power of the alkaloid compounds in the mangosteen fruit rind, which deliver 40 antioxidant nutraceutical xanthone alkaloids each with a different array of healing properties. The three most well-studied mangosteen xanthones at this time are: alpha-mangostin, gamma-mangostin, and garcinone E. These alkaloids assist the immune system in fighting nanobacteria as well as whatever viruses, fungi, yeasts, and infections have been lying dormant in the body.

Because of the mangosteen’s long history of effective use against conditions like arthritis and heart disease, whose root cause is a nanobacteria infection, we can easily confirm that Blue Mangosteen specifically fights nanobacteria in the body.

The second role of Blue Mangosteen in the SITS Program is its "clean up crew" action. As a stem cell production booster, blue mangosteen helps the cells and tissues in the body rejuvenate and rebuild faster due to the antioxidant-rich blue pigments in the blue-green algae that help stimulate the production of stem cells.

Blue Mangosteen has also been found to promote the following:

- Healthy joints
  - Inflammation reduction
  - Free-radical scavenging (due to high antioxidant levels of the ingredients)
- Greater mental energy, focus, and attention span
- An enhanced immune system
- An overall sense of well-being

Recommended Use: 2,000mg per day

Cat’s Claw:

Cat’s Claw is a vine that comes from South America. It grows in the Amazon where the root bark is then stripped off and made into herbal teas. It is ground into powder and turned into medicine. Cat’s Claw has tremendous anti-viral components. I have lived in South America on Cat’s Claw tea for weeks at a time. It is one of the most delicious and incredible tasting teas. It also has a tremendous medicinal component. When you go to South America and you are dealing with the common cold, people do not take an aspirin or any kind of drug, they drink Cat’s Claw tea.
Cat’s Claw is a very powerful nanobacteria destroyer because it modulates down the bad calcium and helps us to absorb the good calcium. The whole SITS Program is about getting that harmful calcification out of the body. To restate the point, nanobacteria when the grow coral colonies will then manifest in numerous “conditions” throughout the body — the calcification of the coronary artery (heart disease), the calcification of the circulatory system (atherosclerosis), the calcification of the ear canal (hard of hearing), the calcification of the eye (cataracts), etc. Coming in as an herbal immune booster, Cat’s Claw is an essential part if the SITS Program that helps reverse years of bad calcium buildup within the body.

Recommended Use: 1,000-2,000mg per day

Citric Acid:

Citric acid destroys nanobacteria once the shells have been broken down. The medical history and the peer reviewed medical journals on nanobacteria have conclusively demonstrated that citric acid kills the actual nanobacteria organism underneath the shell (those slug-like “jelly blobs”).

Citric acid is the acid we taste in citrus fruit. It was first extracted from lemons. If you do not like taking a concentrated supplement of citric acid, you can always use lemon juice instead. There has been a correlation demonstrated between the breakdown of calcium deposits and the consumption of lemon juice in herbal literature. We know that lemon and lime have some pretty extensive properties beyond being something that helps make our drinks taste good. It has been found that not only do they help increase hydration, but they also have the citric acid component that aids in immunity and longevity.

Recommended Use: 2,000 to 4,000 mg per day

Citric acid is available in tablet, capsule, and powder form. You can pour it into your morning water, throw a pinch of celtic sea salt in there, add a squeeze a lemon, put in some MSM and several drops of NCD Liquid Zeolite and drink it down. Next thing you know you have activated a whole piece of the SITS Program simply by drinking your morning water.

Warning: Higher dosages of citric acid are not recommended. Not everyone necessarily agrees with citric acid, so we recommend that you test your own metabolism and see what works for you.

Final Tip on how to use Herbal Immune Boosters:

The Herbal Immune Booster portion of the SITS Program is to be taken primarily with one’s morning water, with lunch, and with mid-afternoon snacks.
## STEP THREE: CELL-REJUVENATING SUPPLEMENTS

### STAGE I
- Metabolic Enzymes (Beauty Enzymes™)
- Adaptogen Formula (Superherbs)

### STAGE II
- Lysine
- Vitamin C plant powders (Camu Camu, Acerola, or Pure Radiance C)

### STAGE III
- Angstrom Zinc
- Krill Oil
- Vitamin B12
- Ocean’s Alive Marine Phytoplankton

In Step Three, we use the cell rejuvenating supplements to help our immune system take out all the toxins and waste products that have been stirred up during Steps One and Two. Step Three is about cleaning up the mess that is leftover on the “battlefield”. By taking these specific enzymes, amino acids, and superfoods, the Cell-Rejuvenating Supplements will go in and eat up all the garbage that is leftover and make everything brand new--like Pac Man!

### STAGE I

**Enzymes:**

The discovery of enzymes is one of the greatest breakthroughs ever achieved in nutrition. Only raw foods and enzyme supplements contain enzymes. Enzymes are destroyed by the cooking process. Enzymes help with weight loss, they accelerate detoxification/cleansing and greatly assist the digestive process by transforming amino acids, fats, starches, and minerals into a form usable by the body. Enzymes also increase nutrient assimilation and help rejuvenate aged skin and internal organs.

Enzymes are catalysts, transformative elements that act within the body to create healthy change. On a physical level, enzymes help to overcome digestive lethargy. When we eat food, we utilize enzymes to digest. When we move our body, when we breathe, when we walk and do all the different things we do in a day, even if we are just sitting, we are using enzymes. There are two different kinds of enzymes:

1) Digestive enzymes. These are the enzymes that help us digest food.

2) Metabolic enzymes. These enzymes help with our daily bodily functions. These functions are limitless. They include: supporting the liver in its clean up function; moving our muscles; thinking; breathing; cellular reproduction, aiding our cardiovascular system; and utilizing our nervous system.
Metabolic enzymes function specifically to help break down excess waste and allows our body to then excrete it naturally through our bowels, kidneys, urine, our skin, our sweat, and through our lungs when we breathe out toxins.

Enzymes are known to reduce what is called c-reactive protein, which is a marker of inflammation. Let’s say you just had blood work done and your doctor says that you have a very high level of c-reactive protein. What that means is that you have a nanobacteria problem and, therefore, you have to be very careful. Because your inflammation is going up, the time bomb is ticking. This means that the nanobacteria are starting to significantly hinder normal metabolism. It could be in your cardiovascular system, it could be in your joints, it could be anywhere in your body — wherever it is, we still have to get the c-reactive protein down. Medical science has found that the best way to do this is with enzymes. I agree with this conclusion. Whenever you throw enzymes into the equation, your health is enhanced dramatically.

Enzymes facilitate the breakdown of scar tissue that has formed on our skin or in our bodies. Nanobacteria have an affinity to grow and reproduce where we have been injured (scarred). Metabolic enzymes and digestive enzymes have an affinity to help repair injured scar tissue.

The digestive and metabolic enzymes both have a tremendous history. Because I want to make it easy for you, I developed an enzyme product in 2002, using the best enzymes in the world I could find from Japan. I brought them all together into one product that could be certified organic (although there is no such thing as a certified organic enzyme according to the government so I cannot put that on the label). This product, called Beauty Enzymes™, is both a digestive enzyme and a metabolic enzyme, and is an industry leader unlike any enzyme product available anywhere on the market today.

Recommended Use: 2000-4000mg per day

Adaptogen Formulas:

Adaptogen formulas are specific herbs utilized in conjunction with one another that help your body adapt to different types of stress. The entire point of the SITS Program is to begin to stack the odds in our favor so that everything we are doing is moving us towards feeling younger, having more vitality, and being able to deal with stress in a much more relaxed manner.

Adaptogens are known to increase our overall health, immune system, endurance, athletic prowess by as much as 10%.

Adaptogen formulas consist of simple, well known, time-proven herbs that are put together in a specific way so that they enhance and work together better than if they were taken separately. These adaptogen formulas are based on thousands-of-years-old traditional Chinese medicine wisdom. Some examples of powerful herbal adaptogens are:

Ginseng
Gynostemma
Rhodiola (Arctic Root)
Eucommia Bark
Schizandra Berry
Astragalus
Ho Shou Wu (Fo-Ti)
Licorice Root
Jujube

These adaptogens rejuvenate and re-grow the “inner garden” within our bodies, helping the tissues and organs repair themselves returning everything back to brand new. You can either buy these herbs pre-encapsulated or get them in powder form and then mix them together yourself. You can also encapsulate them yourself or simply throw them into your superfood smoothie.

When choosing and purchasing herbs, I recommend looking at the following five critical areas:

1) Use certified organic or ethically wildcrafted herbs.

2) Low Temperature drying. This is critical. We want to keep the enzymes intact. We don’t want to overheat or boil the substances to the point where the lifeforce is destroyed.

3) We want our herbs as freshly processed as possible. There are volatile elements in all foods and as a result, over a period of time, foods, even dried herbs, do break down.

4) Listen to your body. Some herbs will agree with you more than others. Tune into what is going on in your body and you will find the right adaptogen formula for you.

5) Pick two or three herbs that work in combination with each other. The basic idea of herbalism is that you have the primary herb, the secondary supporting herb, and then the third herb that helps with the synergy and brings it all together. Three herbs working together form a specific adaptogen result.

Recommended Use: 2500 mg per day

For extensive information on each adaptogen herb, its medicinal properties, and recommended usage, please consult the extended version of David Wolfe’s SITS Program.

**Lysine:**

Lysine is an amino acid that interferes with the reproductive mechanism of viruses and nanobacteria. This is supercritical because it puts a problem in front of these organisms so that they cannot replicate properly. We don’t want nanobacteria or viruses replicating in our bodies! We want to stop them in their tracks and lysine is the amino acid that is able to help do this.

One of the best natural sources of lysine is bee pollen and royal jelly. You can also take supplemental lysine or encapsulated lysine.

Recommended Use: Start with 1000 mg per day. Increase to 1500 mg per day
Note: Make sure that you are using vegetarian capsules. Normal capsules that you see are made out of gelatin and gelatin is an animal byproduct. This is not the best ever.

**Vitamin C-Containing Plant Powders:**

The best kind of vitamin C is the vitamin C that is found naturally in plants that are then low temperature dried into a powder. This powder can be easily added into your smoothie, water, or food. You can also encapsulate these powders (or purchase them pre-encapsulated). However you choose to take it, vitamin C is a super critical part of the SITS Program.

Vitamin C is all about rejuvenating and repairing tissues quickly. If you are injured or have had a surgery, taking high amounts of high vitamin C containing plant powders has been known to help speed the healing process by up to two or three times faster. Vitamin C has also been found to be critical in improving the effectiveness of both the medicinal mushrooms (from Step Two of the SITS Program) and MSM (From step one of the SITS Program). If you are taking sulfur (MSM) and the medicinal mushrooms, by taking Vitamin C plant powders on top of that, you can triple the effectiveness of these substances.

*Forms of Vitamin C:* You can get vitamin C plant powders in capsules or as a powder. The powder can be added to anything. You can even take it straight — just put it on your tongue! Usually it is a little tangy, but it has a great taste and flavor. You can even add it into desserts!

*Recommended Use:* 2000-3000 mg per day

**Zinc:**

We see that people are chronically deficient in magnesium, sulfur, calcium, silicon and major minerals that we really need. With the mineral deficiency syndrome that is becoming common in our civilization, zinc has been forced into taking a “back up” role. Zinc comes in and fills the gaps to make sure our bodies do not completely break down. Therefore, what ends up happening as a result is that people eventually become deficient in zinc.

Zinc supports our liver, skin, and every single powerhouse (mitochondria) within all the cells in our bodies. The energy-producing mitochondria have a component of zinc in them, and if that zinc is missing then we cannot produce the right kind of energy in our body. We know, for example, when someone has chronic viral problems that in almost every case they are deficient in zinc.

Zinc is displaced out of our system by heavy metal toxicity. When we do the SITS Program, we start breaking down calcification and unloading all of the heavy metals stored within the shells. Angstrom zinc is critical in that we have to get the zinc back into the receptor sites where the heavy metals were previously resting. As part of the cell rejuvenation program, after we have removed the debris, we need to re-mineralize the “inner soil”, we need to start “growing inner gardens” again and that is where zinc comes in.
**Recommended Use:** (0.5 ounce daily sublingual absorption) or Zinc Picolinate (30-50 mg per day)

**Kril Oil:**

Figuratively speaking, krill are the “little ants” of the sea, as they are the most common major animal organism in the world. Their biomass spreads thousands of miles wide in the oceans. During peak times of reproduction, the seas are literally teeming with these “little microscopic shrimp”.

Along with phytoplankton, krill are the primary food source of whales. For examples, a 200 ton blue whale eats around a ton and a half of krill a day. The whale has the largest nervous system, the largest brain, the largest spinal cord, the largest nerve fiber network of any organism in the world. They have to be building all that nervous system material out of something, and what is it? Krill.

We need to get the right nutrition, especially to the brain and the nerves, and the best way to do this is with krill oil. The best and most useable and bio-available source of EPA and DHA (also known as Omega-3 fatty acids), krill oil has a super high antioxidant content. It also contains high amounts of phospholipids, which help the EPA and DHA work better. In comparison to cod liver oil, krill oil is a much cleaner choice. Krill reproduce so rapidly and are so abundant, they can never be fished out of the oceans.

**Recommended Use:** 1000-2000 mg per day

**Note:** Krill oil usually comes packaged in a gel cap. Soon, there will be vegetarian gel caps of krill oil available. Currently, it is in gelatin, which is unfortunate, but what we recommend is that you bite into the capsules, squeezing the oil out, and then spit out the gelatin or the soft gel.

**Warning:** If you have a seafood allergy it is important to know that you cannot consume krill oil.

**Ocean’s Alive Marine Phytoplankton:**

Ocean’s Alive Marine Phytoplankton is an incredible discovery! This is a superfood that contains all known minerals, all known amino acids, almost everything you could name that could be potentially missing in our nutrition! Phytoplankton also contains Omega-3 fatty acids and phospholipids, which enables the krill oil, as well as other superfoods and foods, to work more effectively.

If you are a strict vegan or vegetarian and do not believe in consuming any animal products at all, then we recommend the Ocean’s Alive Marine Phytoplankton. This will supply you with an essential form of Omega-3 (EPA) that is different from what is in flax and hemp seed.

Marine phytoplankton also help produce cellular energy without any calories. It accomplishes this by working with the mitochondria which are the energy power houses of the cell.
Normally, our bodies have to break down everything we are eating into little packets of protein, sugar, fats and oils, which are then put into one end of the mitochondria factory, and are then spit out the other side as tiny energy units of ATP, ADP, AGP, etc. This is the currency of the cell, that is used to produce energy. The phytoplankton actually feed the mitochondria directly with the energy currency they require so the cell can produce energy quickly and effectively without having to go through all the energy of digestion.

Recommeded Use:  One drop is effective. Start with 1, 2, or 3 drops — build up to a 7 drops level as a maximum per day.

Warning: In regards to dosage, we really do mean “drops”, and not “dropperfulls”. Ocean’s Alive Marine Phytoplankton is a HIGHLY concentrated and potent product. One can always take more, but a small amount will still do the trick!

Vitamin B-12:

Vitamin B-12 is a critical piece of the SITS Program for a number of reasons. Most people in our culture are chronically deficient in vitamin B-12. This is because cooking kills and destroys vitamin B-12 naturally present within the food. So if we eat meat for our source of vitamin B-12, we are probably not going to be able to get it because it has been cooked. Also, because not everyone chooses to eat meat, and because much of the meat commercially available is contaminated with pesticides, hormones, and a variety of other harmful toxins, we recommend getting your B-12 from a plant source to ensure quality and safety (Ocean’s Alive Marine Phytoplankton, spirulina, blue-green algae, seaweeds, and sea vegetables like kelp). However, not all the B-12 in plant products are useable to the human body. Therefore, we must turn to supplementation.

We recommend methylcobalamin as the best form of B-12 to supplement with. It is a methylated form of vitamin B-12, which means that it is much more absorbable and it is different from what is normally on a store shelf (cyanocobalamin). Methylcobalamin is highly bioavailable.

You can simply put it under your tongue as it absorbs right in. In this way you can get a high dosage of vitamin B-12. A big problem has been over the years is that people cannot get vitamin B-12 from the traditional cyanocobalamin supplements. Therefore, people have had to get vitamin B12 injections. I do not want anyone to have to do this — there are better solutions. I have discovered that methylcobalamin works much better. This is why I recommend it first.

Vitamin B-12 is water-soluble and therefore our bodies can hold onto it for a while, but not forever. That is why we must replenish B vitamins, especially B-12, over a long period of time. We need to have some sources of B-12 coming into our bodies. If we have been a vegetarian or a vegan for a long period of time we may be deficient in vitamin B-12. If we have been eating lots of cooked foods over the years and a lot of sugar, we may also be deficient in vitamin B-12.

What does Vitamin B-12 do in our bodies? Vitamin B12 acts to deactivate homocysteine, a chaotic amino acid byproduct of nanobacteria infections. As the homocysteine level goes up in our bloodstream, the chaos starts to ensue. For example, the number one marker of a potential
heart attack is an elevated level of homocysteine in the bloodstream. It is much more accurate than a cholesterol test in this regard.

Once the homocysteine reaches a certain level, it is inevitable that a heart attack will occur. If this is the case, it is imperative that we get the homocysteine levels down. We know that homocysteine is related to nanobacteria infections, we know that homocysteine causes all kinds of metabolic disorders, and that it eventually will trigger a heart attack. Because we also know that homocysteine can be deactivated by vitamin B-12 we must take action. If we are 40, 50, or older, there is no question that homocysteine is beginning to become a problem. Luckily, with vitamin B-12, we have a solution.

Recommended Use: 1,000 mg per day

QUICK TIPS on how to incorporate Step Three into your daily routine:

1. Lysine should be taken thirty minutes before food anytime during the day.

2. Beauty Enzymes™ should be taken between breakfast, lunch, and dinner and in the middle of the night (preferably midnight). They can also be taken with larger meals or any cooked food.

3. The adaptogen formula can be easily taken with the morning smoothie.

4. The vitamin C powders can be taken with MSM or anytime with or without food (with the morning smoothie is good time).

5. Angstrom liquid zinc should be taken homeopathically (0.5 ounce in the mouth and held under the tongue for 2+ minutes) in the morning.

6. If you choose zinc picolinate instead of liquid zinc, it can be taken with food any time during the day.

7. Krill oil can be taken once with dinner at the end of the day. If you are engaged in intense athletics and physical performances during the day, krill oil can be taken one hour prior to exercise.

8. Vitamin B-12 can be taken sublingually before bedtime.

9. Ocean’s Alive Marine Phytoplankton can be added to your water, favorite beverage, or food any time you like, but preferably when you need a little extra energy without excess stimulation.
Special Note on all Recommended Usages within the SITS Program:

This program must begin gently and continued in the phased Stages provided. You should also increase your dosages gradually in a way that does not cause an uncomfortable, fast, and intense detoxification. The total quantities/dosages provided in this system are close-to-maximum amounts. Begin with less. This is something that each individual must calibrate. A universal approach is presented and we must remember that each individual is different and unique. Progress at the appropriate pace for you. If in doubt, start with less. Sometimes less is more.

Special Note: All dosages are strong, medium-to-high dosage values. When first starting out taking these products, please begin with half the recommended value.

In Step One: begin with 15-25 drops of Zeolites (per day), 1250mg of MSM, 1000mg of Cat’s Claw and 1000mg Citric Acid.

In Step Two, add: 1000 mg garlic extract, 200 mg wormwood, 500 mg cloves, 500 mg black walnut.

In Step Three, add: 1000 mg of Beauty Enzymes and 500 mg of Adaptogen Herbs and so on.

Take one day off from the entire SITS Program per week. Once every other week, take two days off. For example: the first week, take Sunday off; during the second week take Saturday and Sunday off. The third week, take Sunday off; the fourth week take Saturday and Sunday off, etc. A few additional days off each month are advised occasionally, such as the full moon and the new moon.

As your body adapts to the superherbs and superfoods, you can slowly increase your dosages as you feel appropriate. Listen to your body. Do not push for results. They will definitely come. Be gentle and patient with yourself. The SITS Program is a program that you can be on for life! So take it easy and do not overdo it, especially in the beginning. If you detoxify the body too quickly you may experience a host of unpleasant and uncomfortable side effects. So be gentle!
**STEP FOUR: LONGEVITY TECHNOLOGIES**

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**Stage I:**

**Zappers:**

In the 20th century it was discovered that certain types of electromagnetic wave forms (or EMF fields) were very harmful to the human body. It was also discovered that certain EMF fields were very helpful to the human body. So helpful, in fact, that they had the power to enhance our immune system and give us the ability to overcome certain types of chronic conditions. The zapper is the product of one of the friendly EMF discoveries and it is a critical part of the SITS Program. Its technology represents one of the great breakthroughs in science because, especially because it is so easy to use.

Zappers are simple electronic devices that operate at a low voltage. They send square wave signals throughout the body that damage and/or destroy all viruses, harmful bacteria, and fungi. The zapper is a small portable electronic device that needs to be touching your skin to be effective. Zappers may cause a slight tingling sensation on the skin, but they do not damage healthy tissue. You can use it while you rest, work, sit, drive, and/or do your daily tasks.

Because they work along pathways of electromagnetic activity, Zappers are particularly effective at relieving the emotional trauma caused by tenacious nervous system disorders (such as herpes and Lyme's disease). By following the SITS Program, within the first six months, zappers can assist to stop herpes outbreaks in nearly all cases. After six months, outbreaks will stop and the herpes infection will begin to deactivate and disassemble at its root in the nerve ganglia of the spine.

*Recommended use:* Although 60 minute sessions of "zapping" are recommended in the SITS Program, zappers may be worn all day and all night continuously with only beneficial effects. You can use zappers while you rest, work, sit, drive, do your daily tasks, etc.

*Remember:* In general, it is recommended that you zap for one hour before noon, for one hour after noon and for one hour in the late evening. Any amount of zapping is better than none—even just one minute!
Stage II:

Barefoot Technologies:

Standing barefoot on the earth and connecting to the natural frequencies of the earth connects the human body with an unlimited supply of free electrons resident in and on the surface of the earth. Standing barefoot on the earth also connects the human body with rhythmic cycles of the earth’s energy field. These are essential for synchronizing biological clocks, hormonal cycles and physiological rhythms.

Because our modern lifestyle prohibits most people from spending time in direct contact with the earth, Barefoot Connections™ products were designed to help make the connection – in a simple, easy way at home and at work.

Research has revealed that reconnecting with the electrons and natural frequencies on the surface of the earth can:

- Improve Energy
- Enhance Recovery
- Improve Sleep
- Relieve Muscle Tension
- Restore Normal Biological Rhythms

For more information on the benefits of Barefoot Technologies, please see the extensive version of the SITS program on www.TheBestDayEver.com Coming June 10th 2008!

MRS-2000+ Mattress (Magnetic Resonance Stimulation):

The MRS-2000+ is a Magnetic Resonance Technology from Germany that accelerates healing. This device has two attachments (the cushion and the probe) that produce a similar waveform to the zapper except that it is magnetic instead of electric.

The MRS-2000+ also has a mat attachment that emits a sophisticated pulsing triple saw tooth wave pattern (0.5-15hz) with millions of pulsating frequencies designed to help increase the oxygenation and nutrition of every cell and tune our bodies in to the Earth’s natural magnetic field. The natural Earth frequencies stimulate the cells in your body to work more efficiently and gently ease your body into homeostasis.

The healing properties of pulsing magnetic fields influence every cell in the body. With the proliferation of computers and other electronic equipment, our exposure to harmful
electromagnetic forces (EMFs) is on the rise. Because of this, our ability to heal is impaired and our immune systems are compromised.

By flooding our bodies with the Earth’s magnetic field in a condensed low-energy form by using the MRS-2000+, the body is returned to its original, optimal state of function and is therefore able to recover from chronic problems and acute injuries as well as absorb oxygen and other important nutrients up to 200% more efficiently. The MRS-2000+ also reduces and eliminates pain, helps the body overcome sleep disorders, boosts the immune system, and promotes strong bones.

*Recommended use:* The MRS-2000+ is extremely easy to use. You can sleep on it, rest on it, or sit on it (even while you are on your computer!) — It is so simple to use! For example, one eight-minute session laying on the mat continues to work within your body for 6-8 hours. By using the MRS-2000+ mat on a daily basis you reconnect your body to the natural resonance of the Earth and thus re-activate your own innate healing abilities.
The Diet Connection

We know that animals in nature, for the most part, are eating an extraordinary diet, an original, raw-food diet rich in minerals and vitamins. This is probably the way we were designed to eat. But those animals do have a life span and at some point they will die. What is it that takes out a wild animal? What is it that will cause, for example, a turtle or an eagle to die?

It appears to be that the great undertaker found in nature are the nanobacteria organisms, which very slowly, yet eventually, calcify even the most noble mammals, birds, reptiles, and amphibians. The calcification causes their range of motion to decrease and, ultimately, brings their life to an end. Therefore, even if we eat the best diet ever, and I highly recommend that we do, we still will not achieve the longevity that is possible. We will achieve a longevity that perhaps a wild turtle, or one of the great animals of the world will achieve, but we will never experience extraordinary longevity.

A big part of my work has been discovering the answer to the question of, “How do we achieve extreme longevity like that of, for example, the Daoist masters and Vedic yogis?” It appears that they understood what I am describing in the SITS Program that there are organisms calcifying our tissues that will eventually get us in the end unless we do something about it. Knowing this, these great masters took active steps herbally and alchemically in order to drive these organisms out of their bodies.

If one is exposed to conventional, mass produced foods, beverages, and substances with the following characteristics (see below) on a regular basis, it is highly likely that the toxic load generated by this exposure will impair the immune system. This inevitably creates a firm bed for the nanobacteria to grow internally wherever there are regions of energy stagnation along the body's complex nervous, circulatory, organ, and skeletal systems.

Therefore, by making poor diet choices, we might actually be prematurely wiping ourselves out, as nanobacteria appear to be hitting people earlier than ever. It is very likely that the rise in debilitating chronic conditions is closely linked to the toxic load generated by the following substances and types of contamination:

1. Toxin contamination: phthalates and bisphenol A used in plastics, furans, toluene and xylene petrochemicals; polychlorinated biphenyls, perfluorooctanoic acids used to make stain-resistant, non-stick products; and polybrominated-diphenyl-ethers used in mattresses, couches, and carpets, etc.

2. Pesticide and fertilizer food contamination: Only organic food is free from the following common dangerous pesticides: anilzine, azinphos-methyl, benomyl, BHC, bifenthrin, captain, carbaryl, carbofuran, DDE, diazinon, dicofol, dieldrin, dimethoate, diphenyl 2-ethylhexyl phosphate, endosulfan I-II, endosulfan sulfate, folpet, iprodione, iprodione metabolite isomer, malathion, methamidophos, methiocarb, methomyl, mevinphos, omethoate, parathion-methyl, propargite, styrene, toxaphene, vinclozolin, etc. These are all pesticides that are commonly used and found on grocery store shelves.
3. Hormonally-altered substances (for example, rBGH milk)

4. Genetically modified substances (for example, soy, corn, potato, etc.)

5. Grain-fed factory farmed meat (known to be heavily contaminated with nanobacteria)

This list of toxic substances is a guide to primary considerations of what to avoid when ingesting anything. To simplify, that means avoiding factory farmed meat (i.e., normal meat bought in a grocery store), genetically modified food of any kind, hormonally altered milk substances, and all pesticide and fertilized food (only consume organic and/or wild-grown food). It is essential that you choose organic food as much as possible.

It is also important that we do our best to avoid some of the very severe toxic substances found in carpets, new mattresses, non-organic couches, and other furniture, etc. Although I recognize that it may not be immediately possible to remove these products from your everyday life, I encourage you to seek eco-friendly alternatives as best you can.

It appears that nanobacteria are able to co-opt, or incorporate into their structure, these kinds of toxic materials (e.g. mercury, pesticides, plastics etc.) out of the internal environment of the human body. They use these toxic substances as part of their protective biofilm which then solidifies into a calcium phosphate crystal armor. This armor is then laden with built-in toxic debris shielding.

As our bodies start breaking these toxic bad calcium shells down, the mercury can be excreted, and the pesticides are all of a sudden back out again. This is one of the reasons why we have to be very careful with cleansing. Because we have brought in substances that break down these shells, we need to have a great “clean-up crew” to come in behind and support the immune system, making sure that we wipe out all the toxins being released.

This is why the SITS Program has been designed in these four particular stages. We want to make sure that not only can you heal yourself and lower your level of calcification, but also that you do not re-toxify yourself by releasing all these toxins back into your system. The SITS Program provides many different technologies that help get this toxic debris out that have built up in our bodies over the course of our lifetime. The SITS Program does this safely and effectively.

The more toxic and individual’s internal environment, the more capable are the nanobacteria of forming, "more powerful and toxic than usual" calcium phosphate shells. As the hidden ring leader, nanobacteria infections in a toxic body create the perfect staging ground for a myriad of viral, bacterial, and fungal infections. Nanobacteria allow these infections to become chronic.

I strongly recommend that you take action with your diet and make purer, cleaner choices by looking into a raw, organic plant-based diet. If one switches to a raw, organic plant-based diet filled with fruits, vegetables, nuts, seeds, seaweeds, sprouts, herbs, and superfoods (as described in my books *The Sunfood Diet Success System* and *Eating For Beauty*), the toxic load can be
lightened, the immune system enhanced, and great strides can be taken towards clearing energy blockages, attaining wonderful health, and achieving the longevity you deserve!

Stepping into extreme longevity is going to require strategy, knowledge, spiritual research, emotional release work, inspired dedication, and determination. But I believe with the SITS Program as a foundation, we have the best longevity strategy yet created. Thankfully, all this is now possible, thanks to the wide-spread availability of information on superior health and healing technology.

I believe the Super Immune Tonic System represents the first step in recent history of cracking the code to extreme longevity, peak-performance, and divine physical health. We need to act on the SITS Program immediately if we want to get our viral loads down, get our immune system ramped up, push nanobacteria into a small corner, and really start living!

**NOTE:** This was a *condensed version* of the SITS Program. The entire SITS program (including a Comprehensive Printed Manual, Exclusive DVD and CD Recordings, Glossary and Quick Start Guide) will be available for sale at www.TheBestDayEver.com on June 10th 2008. To purchase, simply click on the button labeled: *Super Immune Tonic System!*
TWELVE TIPS TO ACHIEVE MAXIMUM RESULTS FROM THIS PROGRAM:

1. Drink Pure Water:

Nothing is better than fresh ice-cold, living spring water at the source. You should always do the best you can to get the highest-quality drinking water you can discover. Drink at least 1 ounce of water for every 2 pounds of body weight while on this Program. Bathe in ice cold spring water whenever possible.

2. Eat a Plant-Based Diet:

See the sample menus listed at the end of the extended version SITS Program for the best food choices ever! We have also included dozens of recipes for you to experiment with. Choose the foods you like the best and add them into your current diet until every meal makes a happy, healthier you!

3. Add Probiotics into your diet: (acidophilus, bifidus, L. salivarius, L. bulgaricus, etc.)

These are friendly bacteria that will greatly improve the environment in the digestive system and intestinal tracts.

4. Drink SUN Herbal Superteas:

SUN Herbal Superteas are a specific herbal formula made into a tea to support the immune system and boost energy. A wonderful SUN Herbal Supertea includes the combination of the following herbs: chancapiedra (and/or gravel root), pau d'arco, cat's claw, vanilla bean, goji berries, and nettles. Also, please review the information on herbal teas in Part IV: Chocolate Alchemy in my book Naked Chocolate. These herbs act in conjunction with the SITS Program as Calcium Phosphate Dissolvers.

These SUN Superteas can be consumed on a semi-regular basis (5 days a week). These herbs contain clathrating compounds that appear to strip down calcium phosphate, apatite, and/or biofilms formed by nanobacteria.

5. Colonics:

I recommend six colonic treatments initially followed by regular once a month visits. Be sure that your colon hydrotherapist uses purified water and implants you with Bifidus infantis (a friendly bacteria) at the end of each session so that you maintain great bacterial flora in the colon.

6. Breathe Properly:
According to longevity specialist Peter Ragnar, 70% of the toxins in our body can be eliminated by proper, deep breathing. By learning to breathe correctly, we can eliminate these toxins from the body.

**7. Get enough sleep:**

Sleep is essential. Sleep is important for our minds and bodies to function normally. If we don’t get enough sleep we can begin to have problems concentrating, learning, and operating at peak-performance levels. Not getting enough sleep influences our physical and mental state dramatically. Therefore, always make sure you get plenty of quality rest. Listen to your body. Rest when you need to.

**8. Exercise Regularly:**

**Yoga:** Yoga is a very effective way to squeeze out all the toxins loosened up by the SITS Program. The most powerful yoga poses are inversions (where your hips are above your heart) and nauli (stomach muscle work).

**Chi Gong:** Practice the basics of Chi Gong. Learn from a practitioner, a DVD, or a good book.

**Body work and massage:** Seek out excellent massage therapists. Utilize the wisdom and skills of Maori Romi Romi body workers, and Rolfing practitioners to break up cellular memories in damaged, inflamed, and/or necrotic tissues.

**9. Cellercise (Rebounding)**

Rebounding is one of the most effective ways to exercise. The following benefits can be experienced from rebounding:

- Weight Loss
- Toned muscles
- Revitalization of energy levels
- Melting away of fat
- Cell rejuvenation
- Stress relief
- Increased circulation

**10. Learn how to Meditate:**

Meditation reduces and eliminates stress and tension within the body and the mind. It is the most effective way to create and cultivate inner peace which is vital in today’s fast-paced, modern world. A healthy body is useless without a healthy, happy mind.

**11. Fasting:**
Fasting has been used for health recovery for thousands of years. The process of fasting allows the body to cleanse the cells of accumulated toxins and waste products.

Read *The Sunfood Diet Success System* for more information on the benefits of fasting and how to fast safely and effectively.

**12. Educate Yourself:**

Please review the list of books, articles, and websites provided at the end of this document. This is some of the best nutrition information available, and is brought to you by the world’s leading experts.

**FOODS TO COMPLETELY AVOID FOR FAST TRACK HEALING RESULTS:**

Alcohol
Aspartame (and other artificial sweeteners)
Bottled/Canned Juices
Canned Food
Conventional Produce
Conventional Meat
Diet Soda
Fast Food
High Fructose Corn Syrup
Hydrogenated Oils
Junk Food (artificially processed chips, candy, crackers, and cooked chocolate)
Dairy Products
Microwaved Food
MSG
Nuts (raw or cooked, eaten in excess)
Nonstick Cookware
Pasteurized Products
Pre-Packaged frozen food meals
Preservatives
Processed and Sweetened Chocolate (raw cacao is great to eat however)
Refined Grain Products (Pasta)
Refined Sugar
Soy Foods (including tofu and tempeh)
Tap Water
Table Salt
If you enjoyed this E-Book Summary and would like to purchase the entire SITS Program and/or the SITS Products, please visit www.thebestdayever.com and click on the button labeled: Super Immune Tonic System.

More Information about Nanobacteria, please visit:

http://www.calcify.com
http://www.nanobac.com

Other Resources on Nanobacteria and its harmful effects:

Books:

The Calcium Time Bomb by Douglas Mulhall and Katja Hansen

Articles:

(1) Professor Allan Hamilton, Nanobacteria: gold mine or minefield of intellectual enquiry?, Department of Molecular & Cell Biology, Institute of Medical Sciences, University of Aberdeen
(2) Neva Ciftcioglu, Mikael Bjorklund, and E. Olavi Kajander, Stone formation and calcification by Nanobacteria in human body, Department of Biochemistry and Biotechnology, University of Kuopio, Finland
(3) Douglass Mulhall, The Nanobacteria Link to Heart Disease and Cancer, Nexus Magazine, Volume 12, Number 5, August-September 2005
(4) E. Olavi Kajander and Neva Ciftcioglu, Nanobacteria as Extremophiles, Department of Biochemistry, University of Kuopio, Finland
(5) Mikael Bjorklund, Neva Ciftcioglu, and E. Olavi Kajander, Extraordinary survival of nanobacteria under extreme conditions, Department of Biochemistry and Biotechnology, University of Kuopio, Finland
(6) Benedict S. Maniscalco, Karen A. Taylor, Calcification in coronary artery disease can be reversed by EDTA-tetracycline long-term chemotherapy, June 2004

Other Nutrition-Related References:

Amazing Grace by David Wolfe and Nick Good
Eating For Beauty by David Wolfe
The Sunfood Diet Success System by David Wolfe
Naked Chocolate by David Wolfe and Shazzie
David Wolfe on Weight Loss and Peak-Performance - A 21 Day Program
Conscious Eating by Dr. Gabriel Cousens
The Rainbow Green Live-Food Cuisine by Dr. Gabriel Cousens

Spiritual Nutrition by Dr. Gabriel Cousens

The Cure for All Diseases by Dr. Hulda Clark

Parasites: The Enemy Within by Hanna Kroeger

The DMSO Handbook

DMSO: Nature's Healer by Dr. Morton Walker

The Garlic Cure by James F. Scheer, Lynn Allison, and Charlie Fox

Mycelium Running by Paul Stamets

MycoMedicinals by Paul Stamets

The Ancient Wisdom of the Chinese Tonic Herbs by Ron Teeguarden

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