

## Female Suppositories

For women who have problems with cervical cancer and other diseases of the ovaries, uterus, and vagina. I suggest alternating between two different kinds of natural suppositories. One is just a simple insertion of a garlic clove. The other is an herbal suppository you can make at home.

Usually what I had them do is garlic cloves for a week and then the herbal suppositories for about a week. Or they could do 6 days garlic cloves, a day off, and then 6 days of the herbal suppositories.

They could also do a garlic on Monday, a suppository on Tuesday, a garlic on Wednesday or however they feel they would like to do it. But, at least do 6 days of the garlic cloves and 6 days of the suppositories during the 30-Day Program.

The 6-Day Garlic Suppository Routine:

The garlic is done in 3 stages. Stage 1, the 1st night, you simply insert the garlic. The 2nd night, you bruise it. The 3rd night and thereafter, you cut slices into the garlic. Each stage is more intense than the next.

Stage 1 (The 1st night): Take a large garlic clove, the size of your thumb, peel it and insert it into the vagina and pull it out in the morning. To remove it, you just stand up; it will drop down and you pull out the garlic clove. Make sure to use a large thumb size clove of Garlic —the tiny cloves are more difficult to get out.

Stage 2 (The 2nd night): Peel a large garlic clove, press on it, and bruise it. You bruise the garlic to activate a compound called allicin. The allicin in garlic does not exist unless you activate it. In other words, there isn't any allicin in garlic to begin with. There are only dry fiber cells and liquid acid cells. When you cut or crush garlic, the acid pours on the fiber and allicin is the result of that chemical reaction. What works in the garlic really isn't there until we chew it, or slice it, or bruise it. That is why fresh garlic cloves don't have much smell. But when you chop it up - boom, you're creating chemistry in your kitchen. So, press that garlic clove and bruise it and then insert it. After bruising it, 99% of women won't notice any feeling in their vagina from the garlic.

Stage 3 (The 3rd night): Bruise the garlic and make some actual lateral slices with a knife in the clove. Now you're creating more allicin. Some women when they insert this sliced garlic will feel a slight tingling for about 5 minutes, but nothing major. That's okay; it won't hurt you at all. If it's too extreme, you can pull it out and make less slices and less bruises. Put that in and leave it in all night. Take it out in the morning.

Follow Stage 3 for the next 3 nights.

Do this 6-Day Garlic Routine and no bacteria, no fungus, no virus will be alive in your vaginal area. It will reduce the inflammation, and for those with cancer, we know that garlic destroys tumors.

Formula for vaginal suppositories:

Generally, we use this formula for vaginal infections, but it can be used all the way up to cancer of the cervix, endometrial cancer or whatever. You can customize it to your needs. In other words, if you have cancer, add poke root to the suppository. If not, you can skip it.

Here is what you will need:

- 16 ounce jar of Coconut oil
- 2 ounce bottle of Tea tree oil

- 2 ounces Goldenseal root finely powdered
- 2 ounces Yellow dock root finely powdered

Optional:

- Poke root
- Cayenne pepper
- Garlic

In a bowl mix 2 heaping tablespoons of finely powdered yellow dock and 2 heaping tablespoons of finely powdered goldenseal. Finely is a key word, because if you have rough herbs in there, it may be abrasive.

Add 4-6 droppersfuls of tea tree oil. Tea tree oil is a multi-spectrum antibiotic, and anti-fungal. It's an Australian shrub in oil form that is available commercially.

Put the jar of coconut oil in a pot of warm water. Coconut oil at room temperature is solid, but when you warm it up, it becomes liquid. Add enough coconut oil to the powdered herbs to create a dry pie-dough consistency. If it's too wet, when you go to make suppositories, they will lose their shape and turn into pancakes.

The key is to make the pie dough have a dry consistency and if you make it too wet, which everybody invariably does, just add more goldenseal and yellow dock. And if it's too dry, add more coconut oil. Just keep playing with it back and forth until you get a dry pie dough consistency.

Form the dry, herbal pie dough into 12 large or 24 medium suppositories. Place on a glass plate and put them in the freezer.

If you have cancer you can use equal parts poke root powder, yellow dock powder and goldenseal powder. If you are using fresh poke root you have to be really careful. You grate it through a kitchen grater. The poke root will be wet after being grated and will have a lot of acid in it and will burn you. Dry the grated poke root in a dry area or a dehydrator. Most people will sell it in a powder form and the powder is the least active, but also the least acid or burning.

Now, if you want to add something that's a little more dramatic, you can even put a slight pinch of cayenne in there. This is a powerful herb for really stimulating the blood flow. Remember, if we don't get the blood there, we are not going to get the healing we want. I'm talking about a very, very slight pinch here. And if we want to, we can add just a drop or two of garlic oil.

The 6-Day Vaginal Bolus Routine:

When you take the suppositories out of the freezer, they will be frozen. You must insert the suppository within 30 seconds because when you hold on to them, they will start melting, just from your body heat. Grease up your vaginal area first with a little olive oil and then put the suppository in. You want to make sure you grease up first or it is a pretty rough ride.

The best way to do it is to put that suppository in at night; leave it in all night long. You will need to wear a sanitary napkin. Anyone who has vaginal problems should not use tampons.

In the morning, you'll notice a bit of that bolus is coming out. That's fine; leave it in all day long, then in the evening you want to do a douche. There are a couple of douches that are great to clean you all out. One of my favorites is a pint of water with a couple of tablespoons of fresh-squeezed lemon or lime juice. You can also use a couple of tablespoons of raw organic apple cider vinegar. Paul Braggs is an excellent brand of vinegar.

In the evening, put another bolus in. Follow this routine for six consecutive days.