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I. Codex Humanus - the “forbidden treasure chest of alternative medicine”

If you are interested in the “*Codex Humanus - The Book of Humanity*”, you probably belong to a group of people who (for a good reason) are interested in health knowledge outside the confines of the mainstream media and beyond the boundaries of conventional medicine.

By the way, this reveals something about you for which I wish to congratulate you: you belong to a rarely encountered species of people who think for themselves, who take responsibility for their own health and life - who do not allow themselves to be manipulated by the pharmaceutical industry, nor let themselves be fooled by politicians who, above us, but under pressure from the pharmaceutical lobby, set very questionable rules for all our lives!

Naturally, this poses a great challenge to the work “*CODEX HUMANUS*”, which has set itself the ambitious goal of making both the curious layperson, who goes through life with healthy scepticism and sharpened senses, as well as the certified naturopathy expert, open themselves up to a **COMPLETELY NEW DIMENSION** of alternative medicine - a “*forbidden treasure chest of alternative medicine*” with sensational knowledge of the phenomenal prevention and cure of illnesses never considered possible, as well as unbelievably successful age prevention.

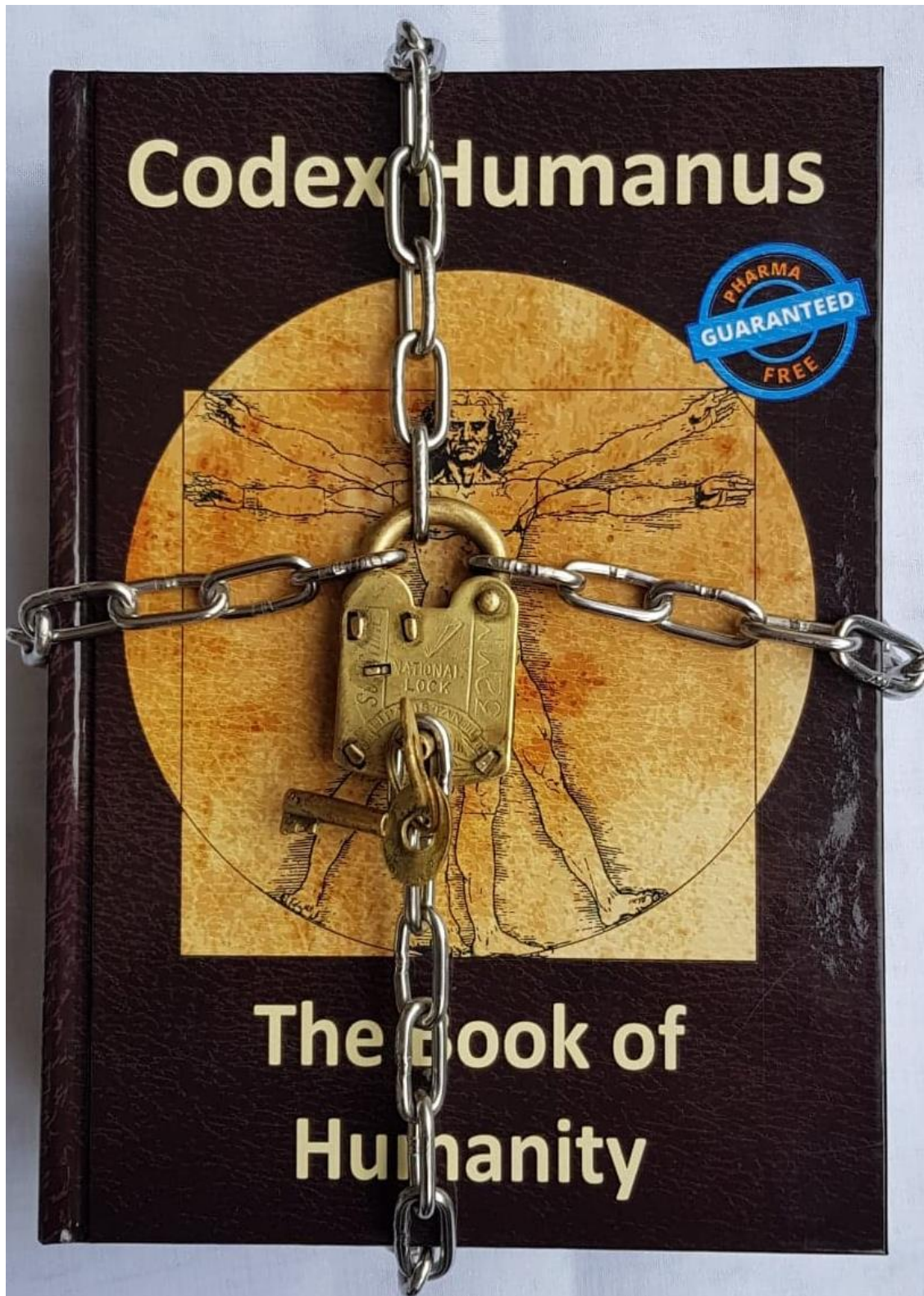
We're talking about a book that's way ahead of its time – a bestseller in Germany and finally available in English! Don't you think it's time to break the artificially imposed chains of science and research in alternative medicine and report on exactly those things which are at the top of all priorities within human existence, namely:

YOUR OWN HEALTH!

In the narrowest sense, this concerns the chain of science that serves humanity - that is the really existential things that would be kept silent about forever if it were left to the decision makers from politics and business!

And “knowledge” here is taken quite literally here to mean the knowledge that health, vitality and youthfulness *creates*.



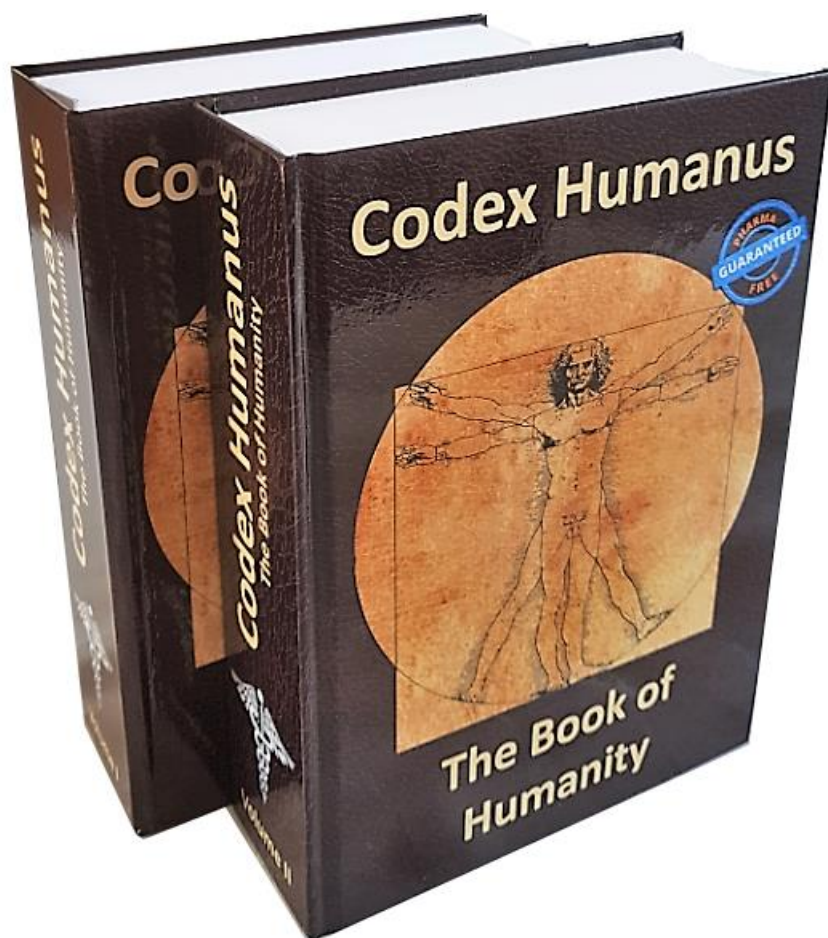


Let's break these chains of inhumanity together and get to the heart of things and thus the most important question for which you surely want an answer!



What exactly can you expect from the “**CODEX HUMANUS**” - and what makes it so unique among all health books worldwide?

The “*Codex Humanus - The Book of Humanity*” is an independent and uncensored compendium that, for the first time and across 2 volumes (or as a low-cost eBook), summarises all the important natural remedies from all *continents, cultures* and *epochs* of the world over nearly 2,000 pages - the emphasis here is consciously placed on the word “*uncensored*”, because in times of profit-oriented corporations mercilessly controlling politics, the media and our knowledge of health, a medium which only serves humanity is really very sparsely sown, yet at the same time, of inestimable value!



Accordingly, we examine in great detail some supposedly “mainstream” natural healing substances, some of which are officially recognised for their actual effects. However, the central role in the CODEX HUMANUS is played by genuinely “exotic” substances with often unpronounceable names, which, in various recent studies held in secret and in the hidden therapy of drug-dependent researchers and therapists (complementary physicians, molecular physicians, biochemists and gerontologists), have proven their sensational effects without doctors and the population finding out about them...



Without exception, the substances covered by the book are safe, natural healing substances whose sensational study results and research work have been “censored” leaving millions of lives sacrificed worldwide, for one simple reason:

because they are not patentable in their capacity as natural substances and therefore cannot yield profits for industry - but at the same time compete with their “poisons”, which are, notoriously, also commonly referred to as “medicines”!

Regardless of the influence of the pharmaceutical industry and the ruling medical establishment, in the “CODEX HUMANUS”, the book of humanity, we speak in plain English and name *suppressed, denigrated and sabotaged* natural substances outright, which have an unbelievable, literally phenomenal effect in the prevention and treatment of countless diseases as well as in ageing prevention - an effect that YOU cannot allow yourself to miss out on!

Manipulations in the oil industry, the car industry and the like are well known and are grudgingly accepted. However, the much-cited “political correctness” stops exactly at the point where information that directly serves the well-being and health of the population is suppressed, the “CODEX HUMANUS - *The Book of Humanity*” does not yield to lobby-based, artificially created censorship!

Whether black, white, male or female - we are all ultimately the same and all the children of one “Mother Nature”, with a **BASIC right**, which can be challenged by nobody, to her unspeakably valuable gifts, which she so bounteously gives to us!

And so, we do not question whether, citizens of other countries have a different physique or a different metabolism to Europeans or Americans, or that, within the EU, phenomenal powerhouse substances for our health and well-being are banned (again, of course, under the guise of “consumer protection”), while in a few countries you can buy these in any health shop as a matter of course.

Among them, for us humans, are such incredibly valuable natural healing substances as colloidal gold, which Paracelsus himself, the forefather of medicine, classified as “*the most important elixir for us human beings*”, organic germanium, melatonin or DHEA, of which Dr Julian Whitaker, editor of Health and Healing, said: “*The number of areas where supplementing with DHEA can be helpful is just stunning because it can help treat such a wide range of disorders*”, to give just a few examples...

What no other health book in the world, no doctor and

no media outlet will tell you:



Only the CODEX HUMANUS gives you an exclusive detailed insight into the almost incredible influence of natural substances, which reveal a **completely new** dimension of sensational effects for our health!

A book that, at the same time, systematically takes on the dogmatic **“NO-YOU-CAN'Ts”** of conventional medicine and, in language that is understandable for any interested therapist as well as for “ordinary people”, proves that:

YES, YOU CAN!

With the “CODEX HUMANUS”, immerse yourself in a new, “pure” world in which diseases and ageing are of little significance, because “Mother” nature has provided for her children and has a treatment for every disease and pain.

...and if you raise your eyebrows critically at many a truly incredible book chapter and think you are reading a fantasy book, then very sober, pertinent studies with source information and expert statements from well-known professors and doctors independent of Big Pharma will leave you better informed in a way that supports this fantastic and yet so wonderfully real effect, in a professionally competent manner which is understandable and palpable for every layperson!

From A for *ageing* or *atherosclerosis*, C for *cancer*, D for *diabetes* or *depression*, O for *obesity* to T for *tick bite*, there is a simple and cost-effective solution for all diseases and ailments, something which was considered to be beyond the realms of possibility!

You have ordered this excerpt to get a glimpse of this *“forbidden treasure chest of alternative medicine”* - we won't keep you in suspense any longer. Take a look at the incredible treasures of the CODEX HUMANUS for yourself ... to repeat: Treasures whose existence, let alone effect, neither your doctor nor you would ever be aware of if the political and industrial decision-makers of this world had their way...:

Let us not fool ourselves, apart from accident and reconstructive surgery and assistance in giving birth, where it does wonderful work, “modern” conventional medicine, which is only 150 years old, is, at its core, undoubtedly a dogmatic, regressive form of medicine which has been practiced for thousands of years - it serves the pharmaceutical industry more than the actual patient!

II. The 9 Conventional Medicine Dogmas our Book clears up

“CODEX HUMANUS-The Book of Humanity” debunks thousands of these dogmas (*“doctrines claiming absolute validity”*) of conventional medicine, revealing SENSATIONAL truths!



Below, we list exemplary 9 dogmas which the CODEX HUMANUS clears up once and for all:

Conventional Medicine Dogma No. 1:

“Intelligence is defined at birth and can hardly be influenced at all in adulthood!”

Our brain power is the basis of our existence. Most adults have an intelligence quotient (IQ) of between 85 and 115 and are of average intelligence. In order to be considered highly intelligent, you need an IQ of least 150 - but this is defined by our genes and can hardly be influenced at all in adulthood...

NOT TRUE! The Codex Humanus reveals, starting on page 604:

Stimulus transmission (“communication”) of the brain nerve cells, the so-called “neurons”, are the linchpin of our brain power. A pilot study has been able to impressively prove that test subjects taking one of the oldest, and, unfortunately, completely forgotten natural remedies in human history, saw their IQ increase by an average of fabulous 20% after just 3 months of regular intake! This is attributed to the optimised conductivity of the neurons in the brain, which greatly improves the transmission of stimuli and thus communication. Incidentally, this elixir extends the life of the brain by almost 100%!

Conventional Medicine Dogma No. 2:

“The lifespan of humans is about 75 years on average and is predetermined by irretrievable degeneration processes !”

NOT TRUE! "Codex Humanus - The Book of Humanity" reveals from p.180:

This statement of conventional medicine - depressing and untrue in equal measures - refers largely to “telomeres”, which hang out of our chromosomes like threads and serve as kind of protective caps. Unfortunately, with each cell division, these become shorter like a burning candle wick, until they reach a critical length and cell death (apoptosis) soon occurs. Telomeres have therefore been nicknamed “life lights”, because the longer the telomeres are, the longer our life expectancy!

In 2009, researchers from the Karolinska Institute in Stockholm were awarded the Nobel Prize for Medicine for the discovery of the “immortality enzyme” named “telomerase” - but have you heard anything about it? Of course not, because the powers-that-be did much to ensure that this particular Nobel Prize ceremony attracted no great attention and did not filter through to the general population and to doctors!



From p.179 in Volume I of CODEX HUMANUS onwards, you can learn about which Chinese root that has been used therapeutically for over 4,000 years within TCM (Traditional Chinese Medicine) can activate the telomerase immortality enzyme and prolong your life. You will find out which studies (e.g. at the famous Harvard University) impressively demonstrated this, which amount of intake is needed and which accompanying substances increase the bioavailability of this root powder by many times!

Conventional Medicine Dogma No. 3:

“One in two people in USA and Europe suffers from cancer and the strongest defence is chemotherapy and radiation!”

NOT TRUE!

The sad statistics on the cancer rate are true, but the two most important large studies from the USA and Australia showing that chemotherapy on more than 200,000 patients achieved a catastrophic success rate of just 2.3% (measured by the number of survivors 5 years after chemotherapy), are concealed. Needless to say, far more patients than these 2.3% survivors are likely to have died as a result of these toxins...

Much more effort is put into concealing the fact that some natural substances have the same cytotoxic (cell-destroying) and cytostatic (cell growth-inhibiting) effects as the classical chemotherapeutic agents - but with the essential difference that they act selectively, i.e. only attack and eliminate the cancer cell, while they verifiably spare the healthy cell - very often even building it up!

Over several chapters of CODEX HUMANUS, you can read about which natural, healthy “chemotherapies” reliably protect you and your loved ones from cancer and combat the tumour in acute cancer. From page 724 of the CODEX HUMANUS onwards, you will also find out which natural “chemotherapy”, which costs less than 3 euros a month, you can chew on like peanuts and which, according to studies, is only 3 times as “harmful” as glucose, far surpasses the effect of conventional chemotherapy against the cancer cell!

A fact that caused the biggest pharmaceutical scandal of modern times after the discovery by Dr Ralph Moss while he was employed at the largest cancer research centre in the world, the Memorial Sloan Kettering in New York. Incidentally, a medical scandal that the late Dr Nieper said was on the scale of the Vietnam War.

Conventional Medicine Dogma No. 4:

As the online edition of *Ärztezeitung* reported on 2 June 2015, the number of deaths due to multidrug-resistant germs will increase drastically unless there is a sharp reversal in the use of antibiotics. This emerged from a study by the Berlin Charité, covered in the “Berliner Zeitung”. In the investigation commissioned by the Greens parliamentary group, the authors warn that,



without countermeasures, the number of deaths will increase from the current figure of about 700,000 per year to ten million by 2050.

For Europe, an increase from the current figure of 23,000 to 400,000 deaths is currently forecast. That would mean more people dying from multidrug-resistant germs than from cancer. This situation does not differ to USA and other industrialized nations! “The worldwide increase in antibiotic-resistant germs is one of the biggest threats to human health”, the report says. (dpa) ¹

Keiji Fukuda, Director-General for Health Security at WHO (World Health Organisation), has said:

“Unless action is taken quickly and in a coordinated manner, the world will enter a post-antibiotic era where ordinary infections and minor injuries that have been treatable for decades may become deadly again”.²

In short, the global misuse of antibiotics in livestock, but also in clinics and even by doctors, leads to pathogens becoming increasingly resistant and thus to imminent epidemics. But only antibiotics help against bacteria....

NOT TRUE!

For decades, conventional medicine has kept silent about the 3 powerhouse substances which have shown in countless studies and every-day therapy that they are not only able to eliminate a dozen bacterial strains like antibiotics, but are also incredibly powerful against all parasites, bacteria, viruses and fungi!

One of these is a completely safe natural substance that eliminates 650 species of bacteria, viruses and fungi in just 6 minutes, without damaging the body or developing resistance!

INSIDER knowledge that can be life-saving in the face of the negative development of antibiotic resistance on the one hand, and imminent epidemics on the other!

Get to know the 3 powerhouse substances of “Mother Nature” in the CODEX HUMANUS and protect yourself and your loved ones from any epidemics that could engulf modern humanity in the future...

Conventional Medicine Dogma No. 5:

¹ <http://www.aerztezeitung.de/medizin/krankheiten/infektionskrankheiten/mre/article/887349/studie-warnt-tote-durch-multiresistente-keime-moeglich.html>

² <http://www.spiegel.de/gesundheit/diagnose/antibiotika-who-warnt-vor-weltweit-steigenden-resistenzen-a-966796.html>



One in two people dies from cardiovascular degeneration. You have to train the heart to strengthen it!

NOT TRUE!

Although it is ideal if a person can do cardiovascular training several times a week, in physical terms or merely fit it into their schedule, not every patient is physically able to do so and not every person can fit it into their free time.

But would it not be generally practical if we could forego regular training and instead achieve exactly the same or even better heart health outcomes by taking a few natural substances?

Of course, we are not talking about an apple or a handful of raspberries here. Rather, once again, we are talking about exotic natural substances that immediately trigger positive reactions in the body for several hours and have the same effects on the heart muscle as cardiovascular training - and not infrequently, these effects are even superior to classical cardiovascular training!

For example, after just 2 weeks of use, a Chinese herb increased the heart's blood output (cardiac output or "pumping power") from an average of 5.09 litres a minute to an incredible 5.95 litres per minute in a study of 20 patients. This was verified and proved with an echocardiogram.

This enormous vitalisation of the heart led to a radical economisation (lowering) of the resting heart rate from 88 to 64/min!

Values that can be life-saving and, under normal circumstances, actually take many months and even years of regular cardiovascular exercise to achieve - and yet which can be achieved completely passively by taking a healthy and also cost-effective natural substance! Read more in CODEX HUMANUS from p. 176!

Conventional Medicine Dogma No. 6:

Stress is not only Pleasure Killer Number One, but the cause of most heart attacks and strokes...

Only a prudent lifestyle, relaxation exercises and yoga help...

NOT TRUE!

Or, at least it is partly true - but who can determine the stress level in their job or private life completely on their own? And who has the time and the patience to do yoga for 30 to 45 minutes a day after an intense day at work?



Would not it be fantastic if - as with the replacement for cardiovascular training described above - one could simply consume an elixir that has been proven in numerous studies to have the same effects as yoga and other relaxation exercises?

Do not we all dream of enjoying PURE RELAXATION in the form of a healthy drink and achieving the same scientifically measurable results ...?

Who would have thought it - our spiritual energy has long been scientifically measurable and representable! Dismissed as esoteric nonsense by most orthodox physicians and by those who regard themselves as the most progressively minded, certain alchemical essences have recently impressively proved their effect in scientific experiments - find out more in CODEX HUMANUS!

In addition to the *meridian energy measurement* and *biophoton measurements*, the so-called *HFS Kirlian photography* confirmed that the alchemical essences are indeed able to activate and harmonise the human energy system in an extraordinary way and develop an energetic-mental power that is otherwise only achieved by very experienced meditators and top therapists.

With so-called HFS Kirlian photography (advanced electrophotography), an attempt was made to verify, for example, that alchemical essences are actually capable of measurably activating and harmonising the human energy system.

For several years, for comparison purposes, over 500 subjects who practice various energetic or spiritual techniques and practices, ranging from meditation forms, Qi Gong and Mudra to Reiki, have been studied by means of HFS Kirlian photography. Whenever the respective method (Qi Gong, Mudra, Reiki, etc.) was intensively practised, a special pattern emerged on the monitor, known as the “energetic finger ring”.

In the HFS Kirlian image, the otherwise separated radiation rims around the fingertips begin to connect into a single ring, which unites all fingers. The five finger rings form a common energy ring.

This phenomenon is interpreted as a higher level of energetic control, which is activated and remains above the level of chakras and meridian energy.

Christian Seidel, the inventor of HFS Kirlian photography, suggests that a complete fusion of the finger ring is a kind of new, much more powerful “operating system”, an energy synchronisation at a much higher level than before.

Exactly this image is formed when taking the alchemical essences, which we describe in detail in the CODEX HUMANUS. The energy system is generated in this way with each individual intake, thus generating an energetic effect in the body, which otherwise can only be produced very elaborately by very intensive meditations or energetic treatments.³ With this knowledge, we

³ <http://www.edelstein-essenzen.de/test3.php>



have, for the first time, not only scientific proof that these meditation methods stimulate the energy system, but also that the daily intake of alchemical substances may even have the same, or even better, effects as time-consuming meditation!

DOGMA 7:

“One in two people is overweight. The problem: Fat cells divide and multiply very easily - you can “starve” these fat cells, but there is no way to reduce the number of increased fat cells in the body again!”

NOT TRUE!

Most extremely overweight people have a far higher number of fat cells by nature than their “normal” fellow human beings - that is true. And it is also true that these fat cells multiply very easily if you eat more than you should.

Conversely, when you lose weight, the fat cells do not simply disappear again, but are simply emptied, waiting for the next opportunity to replenish themselves and then multiply. A vicious circle par excellence!

While doctors tell us that you can do nothing and have to accept this fate as “personal bad luck” a powerful substance from India recently showed in representative studies that you can cause fat cells to die, i.e. minimise the number of fat cells!!!

The above-mentioned natural substance also provides protection against heart attacks, strokes, cancer, arthritis and diabetes, i.e. diseases that particularly afflict overweight people and jeopardise their health! Learn more about this in CODEX HUMANUS, from page 319!

DOGMA 8:

Atherosclerosis - popularly known as “arteriosclerosis” - is considered to be the Number One cause of hypertension, heart attacks, strokes and thrombosis. Thus, atherosclerosis represents the most dangerous enemy of humans, even more dangerous than cancer; it is the NUMBER ONE CAUSE OF DEATH! You may be able to protect yourself from atherosclerosis, but existing calcification of the vessels can never be reversed!

NOT TRUE!

To use the words of Dr Nieper's spokesman, Mother Nature has more “pipe cleaners” than any orthodox cardiologist would ever dare to dream. In most cases, this “pipe cleaning” is realised over several months of regular use of appropriate enzymes which cause the removal of deposits of cholesterol, lime and other blood components from the inside of the arteries, the so-called “intima”.



CODEX HUMANUS goes even further and reveals which safe substance can be used to reduce the clogging of blood vessels clogged up to 80% to less than 50% after just 30 days!

Last but not least:

Conventional Medicine Dogma No. 9:

“Amputated limbs cannot grow back again!”

NOT (completely) TRUE!

I admit, now it sounds a bit too much... but:

You cannot imagine (and of course not really expect) an amputated leg could completely regenerate - sensational enough, however, is the fact that what conventional medicine would call a “*miracle*” - the use of a natural substance by Dr Becker to regenerate an amputated finger - could be documented beyond doubt!

And even though it may sound like something from a science fiction film, or even spring directly from a novel by Stephen King, there are natural substances that are capable of doing what stem cell research is still working on - a natural activation of the body's own stem cell production!

Stem cell production is stimulated with every smallest wound; our organism calculates the required number of stem cells and sends them to the scene of action. If enough stem cells, or at least stem cell-activating substances, are present in the organism, the damage is repaired, often completely. Why stem cells and what are they doing there?

Our organs are made up of specific cells. So-called undifferentiated stem cells are the only cells that are able to transform themselves into every single (specific) body cell of the body; skin cells, heart cells, liver cells or bone cells and to repair the existing damage.

Admittedly, these are unbelievable facts. But remember one thing:

Healing must be traceable and easy to explain, otherwise it is simply fiction! CODEX HUMANUS is committed to this principle and convinces the reader with comprehensible facts!

In Codex Humanus, from p. 651 onwards, you will learn details on these incredible facts in a language understandable to any layperson, including the names of the studies AND on page 655 even the link to the incredible “Before and After” images of those regrown limbs!



III. Excerpts from the "Codex Humanus"

Here are some original passages from our book [*"Codex Humanus-The Book of Humanity"*](#).

For your information, the detailed descriptions of the individual natural substances are systematically structured in the book according to the following scheme for the sake of clarity:

- 1) **Which natural substance is it?** (Name, origin, appearance, taste)
- 2) **Active substances** (which micro-active substances justify the effect of this natural substance?)
- 3) **Effects** (specific preventive and therapeutic activity of the active substances against diseases and ills => *what* does the natural substance tackle, *why* and *how*?)
- 4) **Studies and expert statements** (what objective, scientific evidence is there for the effect and who vouches for it?)
- 5) **Application** (how should I take the respective natural substance for which purpose and where can I get it?)
- 6) **Side effects** (are there any side effects and/or interactions, if so - which ones specifically?)

This didactic structure enables a better understanding of the topics covered, provides a quick orientation within the texts and ideally leads to a learning effect.

Substance-Effect Tables

In addition to the obligatory table of contents and index of the most popular diseases, you will find the *substance-effect* tables, which show the exact biochemical mode of action, to be another unique facet of this book.

These are at the heart of the Codex Humanus and represent an entirely new approach that will finally allow any layperson to understand the spectacular, multifactorial effects of natural remedies! Here are three examples of the numerous *substance-effect tables* in the book "*Codex Humanus*":

Here are examples of 3 substance-effect tables



SUBSTANCE-EFFECT TABLE OF NATURAL SUBSTANCES FOR CANCER

| Natural substance | Chemo-Sensitizer | Chemo-protectors | Radiation-sensitisers | Radiation (Radio-) Protectors | Natural cytotoxic agents | Natural cytostatics | Immunomodulators | Antioxidant | Neo-angiogenesis inhibitor | Apoptosis activators | Hormone regulator | Natural Palliativum |
|-------------------|--|---|--|---|---|---|-------------------------------|------------------------------------|--|--|---|--------------------------------|
| | (Cancer cells are made more sensitive to chemotherapy) | (Natural substance protects against side effects of chemotherapy) | (Cancer cells are made more sensitive to radiotherapy) | (Natural substance protects against side effects of radiotherapy) | (Cancer cells destructive natural substances) | (Cancer growth inhibiting natural substances) | (Immune system is stimulated) | (Protection against free radicals) | (Formation of cancerous blood vessels is inhibited!) | (Activates the self-destruction of the cancer cells) | (important for hormone-related cancers such as breast, uterine, prostate, etc.) | (Cancer pain relieving effect) |
| Coenzyme Q10 | | X | | X | | | X | X | | | | |



| | | | | | | | | | | | | |
|---|---|--|--|---|---|---|--|--|--|--|--|---|
| p.1393 | | | | | | | | | | | | |
| Ginkgo Biloba p.398 | X | | | X | | | | | | | | |
| Apricot kernels /Laetrile/ Vitamin B17 p.783 | | | | | X | X | | | | | | X |

Picture above: small section of the substance-effect table of natural substances against cancer (preventive/therapeutic)



| SUBSTANCE-EFFECT TABLE OF NATURAL REMEDIES THAT COUNTERACT ALLERGIES | | | | | | | |
|--|------|----------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------------|--------------------------|
| Natural substance | Page | Anti-oxi-dants | Detoxification and deacidification | Combating inflammation mediators | Intestinal flora regulators | Histamine- and histidine blockers | Immune system-modulators |
| Colostrum | 264 | X | X | X | X | X | X |
| Astragalus | 197 | X | X | X | | X | X |
| Rooibos-Tea | 1370 | X | X | X | X | X | X |
| Propolis | 1232 | X | X | X | | X | X |
| Royal jelly | 1268 | X | X | X | | | X |
| Vitamin C | 1720 | X | X | X | | X | X |
| OPC | 1094 | X | X | X | | X | X |
| Curcumin | 328 | X | X | X | | | X |

Picture above: small section of the substance-effect table of natural substances against allergies (preventive/therapeutic)

| SUBSTANCE-EFFECT TABLE OF NATURAL REMEDIES TO COUNTERACT DEPRESSION, ANXIETY AND BURNOUT | | | | | | | |
|--|------|-------------------------------------|---|---|--------------------------------------|---------------------|----------------------------------|
| Natural substance | Page | Optimisation of serotonin synthesis | Natural monoamine oxidase inhibitor (MAO inhibitor) | Activation, reorganisation of neurotransmitters | Optimisation of neuron communication | Deacidifying effect | Antiviral and anti-fungal effect |
| Curcumin | 328 | X | X | X | X | | |
| Colloidal gold | 642 | x | | X | x | | x |
| Ginkgo B. | 398 | X | | X | X | | |
| DHEA | 365 | | | | | | |
| | 367 | | | | | | |

Picture above: small section of the substance-effect table of natural substances against depression, anxiety and burnout (preventive/therapeutic)



Next are some actual passages from the book “*Codex Humanus - The Book of Humanity*”

Let's take a look at a passage from the chapter “Colloidal Silver”:

‘Colloidal silver is one of the most effective killers of bacteria. Colloidal silver turns out to be a miracle of modern medicine. A conventional antibiotic may eliminate a dozen different pathogens, but colloidal silver kills about 650!’

Science Digest, March 1978

Consumer Reports study of raw chicken breast samples from around the country found that most of them had some bacterial contamination and a good many had pathogenic varieties such as *Campylobacter* or *Salmonella*, the magazine reported yesterday.

Enterococcus species and *Escherichia coli*, which are part of the normal bacteria population in the human gut but may also indicate fecal contamination, were found on most of the 316 samples tested, the magazine said. *Campylobacter* and *Salmonella* were found on 43% and 10.8% of the samples, respectively.

In addition, almost half of the samples (49.7%) tested positive for at least one type of multidrug-resistant (MDR) bacteria (resistant to three or more antibiotics).⁴

In times when new viral epidemics, ranging from bird flu to swine flu to Ebola, are increasingly a cause for concern, and foods infested with antibiotics are causing appalling antibiotic resistance in humans, effective alternatives are becoming increasingly important – because they could be life-saving in the future!

The man who discovered penicillin (antibiotic), Alexander Fleming, already warned:

‘Microbes can be made resistant to penicillin in the lab when exposed to concentrations that are insufficient to kill them. There is a danger that ignorant people may administer too low a dose and make the microbes resistant because they have exposed them to non-lethal amounts’.

⁴ <http://www.cidrap.umn.edu/news-perspective/2013/12/consumer-reports-finds-bacteria-common-chicken-breasts>



The 'ignorant' here are not us, but our doctors, who prescribe antibiotics almost indiscriminately, and the food industry, which is still allowed to contaminate meat with antibiotics, and increasingly does so. Becoming a vegetarian is no longer a solution, because antibiotics are also found in our drinking water – meaning that pathogens are made passively resistant, we pay with our health and in the worst case, our lives...!

Viruses, bacteria, fungi and other pathogens are on the rise, and many researchers warn of serious epidemics in the near future.

All of this, while, at the same time, the strongest weapons of conventional medicine (antibiotics) fail – we can only protect ourselves through our knowledge; at this point, it is the responsibility of every single citizen to stand for proven (and far more efficient) natural alternatives against which pathogens cannot be immunised, in order to protect themselves and their families!

Colloidal silver, as well as MMS, grapefruit seed extract and other substances that we discuss in detail in the 'Codex Humanus', are among these extremely effective alternatives to antibiotics – unfortunately, conventional medicine and Big Pharma have put a great deal of emphasis on erasing these traditionally used protective substances from the memory of modern humanity for their own material gain. Specifically, war was declared on these substances at the same time that penicillin was patented!

Colloidal silver is a highly efficient, inexpensive and usually side-effect-free treatment against all parasites, such as bacteria, viruses, fungi, *streptococci*, staphylococci and other pathogenic organisms.

Colloidal silver can kill as many as 650 pathogens in a record time of six minutes, and if that's not enough, it also supports our immune system in its work.

These are phenomenal facts that are becoming more and more known. Thus, colloidal silver enjoys a steadily growing fan base, which regularly appreciates its antibacterial and antiviral effect...

Far more unknown, however, is another, no less fascinating, effect of colloidal silver, which makes colloidal silver, together with its antibacterial effect, a downright sensational all-rounder:

According to Dr. Robert O. Becker, a well-known biomedical scientist at Syracuse University (USA), silver not only destroys hostile life forms, but also supports the regeneration of vital tissue. And in this case, 'new formation' requires an almost new definition, even for modern medicine's level of stem cell research – read more about why...

What exactly is colloidal silver?

Before we come to the properties of silver as the second word within the compound term 'colloidal silver', we first turn to the first word, 'colloidal'. A colloid is the second-smallest unit of matter, directly after the atom. It is also the smallest possible form into which matter (body, material) can be decomposed without losing its original properties.



In this microscopically small yet fully functional form, silver is able to penetrate into the most remote cells of our bodies to achieve the desired effect; the elimination of all body damaging parasites, bacteria, viruses and fungi.

Another advantage of this extreme comminution is that it increases the overall surface area of the silver particles many times, which in turn means that much of the surface of the inside of the body can be covered with it.

This explains the term ‘colloidal’.

But what about silver?

Effect of colloidal silver

A magnetic field of the silver atom group is believed to form around the silver particles and cause their amazing effect.

In colloidal silver water, the so-called ‘Brownian motion’, i.e. a collective magnetic field is generated, the electrical negative polarisation of which has a disruptive effect on pathogens.

This negative polarisation destroys enzymes that are responsible for oxygen production in unicellular pathogens, such as bacteria, fungi and viruses. Because the respiratory chain of these parasites is broken, they suffocate within a few minutes.

Furthermore, the use of colloidal silver clearly benefits our immune system, which in turn can effectively fight against pathogens.

The antibacterial, antiviral and antifungal effects of colloidal silver have been known for millennia. In the 19th century, it was used as a standard treatment and its effect has recently been officially confirmed at the University of Los Angeles Medical School.

These following sections are dedicated to providing in-depth information on ‘Colloidal silver’ and are intended to provide answers to all of your questions.

Continuation in the book [“Codex Humanus”](#)

Let’s take a look at a passage from the chapter “Vitamin C”:

VITAMIN C - the complete truth about the most underrated vitamin in human history ...!



You may well wonder at this point why on earth we came up with the idea of covering such a thing as vitamin C in a book such as the '*Codex Humanus*'.

After all: what's so exciting about vitamin C – don't we already know all the facts? Most people know that vitamin C or ascorbic acid is not particularly spectacular, a dusty 'utensil' from the late 70s... We know that most of it is excreted in urine, and weren't there also some studies which proved that vitamin C not only demonstrates very little effect but may even be harmful and can cause kidney stones, among other unpleasant problems...?

Yet what if the case is different...?

What if there is more to the supposedly stale vitamin than we are aware – much, much more...?

What if this ultimately concerned an (until now very successful) attempt by a money-oriented, powerful industry to publicly disparage the most important vitamin in existence, even the basis of our very lives, right behind oxygen and water, to such an extent that the population do what is expected of them:

forego supplementary vitamin C, age more quickly, become ill and therefore bestow doctors – and with them the largest industry in the world, the pharmaceutical industry – with billions and billions of euros for medicine and hospitalisation...?!

and finally:

what if humans could fully exploit their genetic potential and reach 120 years old in the best of health – if only we finally completely understood and recognised how important vitamin C really is for us...?!

You will be astonished at the unbelievable spectrum of activity of vitamin C and the undeniably well-founded scientific facts which we can draw on today – and this is precisely what we do in this *Codex Humanus*. After just a few minutes reading you will see vitamin C – and consciously consume it – in a new light, we promise!

First we need to look at the basis and, in order to gain a better understanding of this, the question:

what actually are vitamins?

Most people only have a vague, sometimes very abstract impression of vitamins. People largely underestimate the effect of vitamins entirely; ultimately, we do not learn a lot about them if we visit the doctor when we are sick.

However, did you know that the course of study to become a doctor does not include nutritional science? According to a survey of 593 young German doctors, 74.5 % of those surveyed felt insufficiently trained in the field of nutrition.⁵ A doctor will hold lectures on pharmacology for hours, yet when it comes to substances which really matter (if you don't just want to treat but really

⁵ <http://www.aerzteblatt.de/archiv/73243>



cure), macro and micronutrients, vitamins, trace elements, enzymes, bioflavonoids etc. you won't learn a lot from the lecturer – because that doctor was also not exposed to these topics in his or her own course of study! Before we comprehensively shine a light on the 'uber-vitamin' vitamin C, here is a short explanation as to what vitamins actually are and what role they play in our bodies:

Vitamins – your body's biochemical tools

Imagine you hammer a nail into a wall or saw a piece of wood – you need tools for these jobs, in this case a hammer and saw.

Our body also has to perform thousands of very important tasks simultaneously every day. Whether muscular activity, neutralisation of poisons or maintaining blood vessels – the body needs special tools for these activities. These tools are vitamins and enzymes. Thus, vitamins are nothing less than your organism's biochemical tools.

The body can only complete these tasks unsatisfactorily, if at all, without vitamins and both alternatives lead to serious diseases in the medium term.

Vitamins, in particular vitamin C, have an influence on our entire existence; they largely decide how long we stay young and healthy and to what extent we are afflicted or untouched by things from the harmless cold to dangerous diseases.

Vitamin C – the most important substance for humans after oxygen and water!

Due to its multifaceted spectrum of activity on our lives and bodies, vitamin C is THE most important substance for our bodies after water and oxygen. Vitamin C is THE embodiment of vitamins and rightly a synonym for them.

If you consider that vitamin C has an influence on 95 % of our entire metabolism (that is, our existence), from preventing or even healing the smallest cold to allergies and life-threatening heart disease or even cancer (see the full list including evidence from studies in table 1 further down in the text) you can become truly aware of how important this 'uber-vitamin' really is! This becomes much clearer if you envisage:

humans without vitamin C would merely be a melting pot of cell broth!

We would like to quote Dr. Rath, an expert in orthomolecular medicine, in regard to this important aspect:

'Did you know that around a third of all proteins in our bodies are collagen molecules? Collagen is the main component of connective tissue. Among other things, it helps to build blood vessels, cartilage, bones, teeth and our skin. Connective tissue forms a biological network which strengthens our bodies and gives them stability.'

Collagen fibres have a similar stabilising function as reinforced concrete beams do for a skyscraper. Millions of stabilising molecules form the connective tissue in our bodies, bones, skin and blood vessel walls. Vitamin C is necessary for the cells in our bodies to ensure they can produce a sufficient amount of functioning collagen fibres.'



It has been proven that vitamin C ensures that our entire connective tissue including our skin, bones, teeth, organs and blood vessels are made from firm material.

OR TO PUT IT IN A NUTSHELL:

without vitamin C we would be a melting pot of cell broth, without support or stability!

When reading the following points, pause after each one for three to five seconds, internalise and briefly think what this means for you, your health and your life:

Did you know that...

- Vitamin C influences a total of 95 % of our metabolism and that therefore, there is hardly any disease on which vitamin C cannot have a significant and positive influence?
- Our connective tissue is composed of up to 30 % collagen and ensures the firmness of our bones, teeth, organs and skin – yet vitamin C indispensable for the production of collagen?
- Vitamin C is therefore THE most important substance for humans after oxygen and water?
- humans can only survive up to seven to eight weeks without any or with very little vitamin C (<10 mg/day)? Afterwards, there is internal bleeding (symptom of d: ‘scurvy’).
- Humans would age very slowly and hardly ever get ill if they had sufficient vitamin C?
- In the opinion of the ‘vitamin king’ and two-time Nobel prize winner Prof. Dr. Linus Pauling, vitamin C can increase your life expectancy by 20 years?
-

You would need to eat 40 oranges or 7 kg of pickled cabbage per day in order to consume the amount of vitamin C through food according to natural doctors and molecular biologists?

- The requirement for vitamin C increases multiple times in the event of a disease as the body quickly depletes its store of vitamin C in order to fight the disease with this highly potent weapon?
- That you can test your perfect, personal vitamin C requirement yourself? (The test description is further on in the book!)
- That humans, primates, guinea pigs, domestic pigs and field mice do not have the ability to create vitamin C themselves?
- However, a dog can create up to **5000 mg**, a cat up to **1000 mg** and a goat up to **12,000 mg per day?**
- That nature never creates an excess of anything and that none of the animals mentioned die from heart disease (or cancer) in the wild, while 50 % of all humans die from these things?
- **In stressful situations, animals increase their vitamin C synthesis (production) by**



up to 4-5 times?

- That the majority of molecular researchers and vitamin experts around the world agree that humans require 30-50mg of vitamin C per kg of their body weight? For an adult weighing 75 kg this means approx. **2000-3500 mg** of vitamin C each day?
- Yet, the official recommendation for adult humans according to the World Health Organisation (WHO) and the *Deutschen Gesellschaft für Ernährung* (DGE) is **INSTEAD** a scandalous **60-100 mg per day**? (in comparison, the official recommendation for guinea pigs with a body weight of 0.5 kg - 1.5 kg is 10-30 mg!)⁶

In the following chapter you can find out about:

- The difference between artificially created vitamin C and the real, natural vitamin C, which can be found in large amounts in the camu camu fruit or the Acerola, for example, what vitamin C actually is and why it is invaluable for humans.
- The diseases and prerequisites where vitamin C can have an indirect positive influence – supported by solid, representative studies.
- How you can protect yourself, how you can prevent diseases with the appropriate dose of vitamin C and even reverse the course of a serious disease.
- How you can prevent a cold from starting naturally with vitamin C.
- How you can significantly delay the physiological ageing process and even set the rejuvenation process in motion.
- Which groups of people have increased vitamin C requirements.
- Whether vitamin C can have side effects and if so, what they are.
- How you can easily test your personal, individual vitamin requirement when healthy and also during an illness in order to extract the greatest possible benefit from your vitamin C.
- What you need to watch out for when buying foodstuffs and how you can prevent significant loss of vitamin C in your meal preparation.
- Why vitamin C is rarely complete vitamin C and where you can acquire complete vitamin C (for example, from camu camu or Acerola fruit).

Effect of vitamin C

Let's go to the chapter: *The role of vitamin C as an antioxidant*

⁶ https://en.wikipedia.org/wiki/Vitamin_C



The role of vitamin C as an antioxidant

Vitamin C is not only essential for our collagen, nervous system and immune system – it is also the most important water-soluble anti-oxidant!

What exactly is an antioxidant?

Around 80 % of all diseases, including premature ageing, are attributed to cell destruction by free radicals.

Every day, our approximately 37,2 trillion cells are exposed to about 10-80,000 free radical attacks.

What are free radicals?

Free radicals are aggressive molecules which are constantly looking for an electron they are missing for pairing and which they brutally snatch from our cells. Free radicals are produced by ozone, UV radiation, nicotine, drugs and stress, but they are also produced naturally by various metabolic processes in our body. The car rusts, the apple rots and skin becomes flaccid – all these things can be attributed to free radicals and human cells are no exception here.

What does free radical oxidation mean for the human body?

To put Prof. Kulinsky's words simply:

'They swim like great white sharks in the biochemical sea of our small organic farms, they enter lightning-fast irreversible compounds, attack sensitive amino acids, fats, cell membranes and do not stop at the genetic material.'

'They provoke chain reactions and form intermediate and degradation products as well as 'molecular mixtures' that have no biological benefit. At the end of such reactions, substances remain which the body does not know what to do with, or even completely destroyed cells. Gradually they fill the landfills in our body and hinder its functions until, one day, nothing works'.

Free radicals – why do our cells 'rust'?

There is hardly anything so paradoxical as the situation with required oxygen and free radicals.

As, on one hand we need air to live and on the other, oxygen in the air causes our body cells and therefore organs to 'rust'.

Similarly to unprotected iron or an apple which turns brown in the air when cut, the cells 'oxidise' if they come into contact with certain types of oxygen. These aggressive oxygen particles which cause the skin to sag and humans to age are called free radicals or oxidants.



Protection against free radicals using the antioxidant vitamin C – our experiment

While conventional medicine continues to propagate the long-outdated dogma that disease ages us, a less corrupted gerontology (ageing science) has often proven over the last years that it is not the disease which ages; quite the opposite:

biological ageing leads to reduced cell functionality (caused by ageing) and it is precisely this which leads to numerous diseases! If you think about this for a moment it seems a very logical approach!

Our small experiment below (which we also enthusiastically recommend ourselves) shows what vitamin C can do to prevent ageing and therefore numerous diseases, simply due to its antioxidative effect (protection against free radicals).

For this, we cut a very normal apple into two halves. We then sprinkled one half with a thin layer of vitamin C powder (ascorbic acid) and left the other half untouched:



Above: after 1 week - apple with vitamin C (left) and the same apple untouched (right)



Above: after 3 weeks - apple with vitamin C (left) and the same apple untouched (right)



The good news:

as with the left half of the apple in the pictures above, which was visibly protected by vitamin C from the greedy free radicals, we can also preserve ourselves from the inside out by consuming sufficient antioxidants such as vitamin C, OPC, Q10, selenium or vitamin E and efficiently protect ourselves against ageing and disease!

HOWEVER: this can in no way be ensured by the insufficient recommendations of the official state authorities or conventional medicine – you can find out what humans actually require for this protective effect in the corresponding chapter regarding the substances referenced in this book... For now, let's return to the protective effect of vitamin C against free radicals. If you consider that it is precisely the free radicals which modern, uncorrupted science attributes with being the largest cause of bodily ageing and numerous diseases, it is more than scandalous that people know so little about them and that even doctors generally have no idea.

Insufficient knowledge and explanation to the population regarding the connections between the cell-destroying effect of free radicals and the occurrence of numerous diseases of civilisation (as well as ageing) moved scientists from different medical specialisations to go public with a declaration as far back as 1992. Since then, many more than 200 renowned experts have signed this document – yet it has changed little within the public consciousness!

You can read the original *Saas Fee Declaration* mentioned here:

- 1. Intensive worldwide research into the topic of 'free radicals' over the last 15 years has enabled us to determine, now in the year 1992, that antioxidative micronutrients can be attributed significant importance in the prevention various diseases. These diseases include serious conditions such as cardiovascular diseases, cerebrovascular defects, different types of cancer and other diseases which are more common with advanced years.*
- 2. There is a general concurrence today that more research is required both at a fundamental research level and in large-scale epidemiological studies as well in clinical medicine in order to make more comprehensive information available.*
- 3. A significant aim of these efforts is the prevention of diseases. The aim can be achieved with the use of antioxidants which occur in nature and have physiological importance. It should be the guiding principle of the preventative medical approach to ensure an optimal supply of these antioxidative micronutrients.*
- 4. Air pollutants such as smog, ozone, dust etc. as well as sunlight and other sources of radiation are known to be environmental toxins. **An optimum supply of nutritive antioxidants** makes an important contribution to preventative protection against their harmful effects.*
- 5. The preventative benefits of consuming antioxidative micronutrients should be more rigidly anchored in the public consciousness. There are irrefutable confirmations of the safe use of antioxidative micronutrients such as vitamin E, vitamin C, carotinoide, alpha-lipoic acid and others, even when administered in very high doses.*
- 6. There is now a deep consensus that government bodies, those associated with the medical profession and the media should play an active role in spreading the concept of prevention to the wider public, in particular given the background of the great health benefits and the dramatic cost explosion in the healthcare sector.*



Saas Fee (Switzerland), 15th June 1992

signed, among others, by these renowned doctors and scientists:

Prof. Dr. I. Afanas (Moscow)
Prof. Dr. J. E. Buring (Harvard)
Prof. Dr. Dr. A. T. Diplock (London)
Prof. Dr. Dr. C. H. Hennekens (Harvard)
PD Dr. B. Kuklinski (Rostock)
Dr. M. Maiorino (Padua)
Prof. Dr. L. Packer (Berkeley)
Prof. Dr. M. S. Patel (Cleveland)
Prof. Dr. Dr. K. H. Schmidt (Tübingen)

The genetic defect of modern humans

While plants and most animals (with the exception of primates, guinea pigs, domestic pigs and bats) can create vitamin C themselves, humans carry a genetic defect which, in contrast to most other living beings, manifests itself as an inability of our organism to create vitamin C itself. This ability to develop vitamin C from blood sugar was lost in us over 25 million years ago. Scientists assume that our body would create between 2000 and 20,000 mg of vitamin C each day if it still could.

I. Table with an overview of the preventative and therapeutic effect of vitamin C: (short extract from the original table in the book!)

What does this vitamin C deficiency mean? What advantages do the provision of sufficient vitamin C offer?

Vitamin C is involved as a co-factor in almost all life-sustaining processes, functional processes and chemical reactions. It protects us from free radicals and activates and regulates the body's own defence.

If we take too little vitamin C, we can develop stomach symptoms which impair cell function, weaken the immune system and give free radicals the upper hand, which leads to more and more diseases in a kind of chain reaction which can lead to a life of suffering, culminating in death.



The advantages of the appropriate dose of vitamin C result from the elimination of the disadvantages of having too little vitamin C. Below is a table with an overview of the most important health advantages of vitamin C.

I. Table (a short extract) with an overview of the preventative and therapeutic effect of vitamin C:



| Symptoms of a vitamin C deficit: | Advantages and effects of sufficient vitamin C: |
|--|---|
| <10 mg/day biological death | 30-50 mg/kg/day/body weight long, energetic life |
| Allergies | Regulation of histamine and histidine production leads to fewer allergies and improves or prevents allergic symptoms. ⁷ |
| Asthma | Vitamin C has an anti-inflammatory and anti-asthmatic effect which significantly improves the progression of a disease or prevents disease. |
| Inflammation | As highly-effective antioxidants, vitamin C and OPC successfully prevent the inflammation process. |
| Colds, influenza, head colds, tuberculosis | Vitamin C activates the body's own defence system and reliably prevents and treats the symptoms mentioned on the left. Vitamin C helps in the deactivation of many bacteria and viruses. ⁸ |
| Depression | Depression recedes or does not emerge at all due to the crossing of the blood-brain barrier and the optimisation of calcium conversion. ⁹ |
| Hepatitis | Studies showed hepatitis could be prevented by up to 93 %. ¹⁰ |
| Stress | Stress is mastered and nerves calmed by neurotransmitter synthesis and adrenaline and noradrenaline synthesis. The formation of adrenal gland hormones combats stress. |
| Liver cirrhosis and other liver diseases | Toxic substances are neutralised, the liver is protected from viruses and bacteria. |
| Energy deficiency | More energy is obtained largely from fats through optimised carnitine synthesis. |
| Lack of concentration/ | Concentration and intelligence increase as the blood-brain barrier is overcome, as |



| | |
|-------------------|--|
| intelligence | well as through the introduction of antioxidative processes and the improved circulation resulting from these. |
| Dementia | In a study, vitamin C in connection with vitamin E reduced the likelihood of dementia by 88 %. ¹¹ |
| Burns all types | Accelerated collagen and elastin development as well as the regeneration of skin cells heal burns more quickly. |
| Excess weight | Regulation of the fat metabolism (mainly through carnitine synthesis) normalises body weight or there is no undesired weight gain. ¹² |
| Diabetes mellitus | Vitamin C significantly reduces the plasma insulin level resulting in a positive influence on the glucose level. Vitamin C inhibits protein saccharification in arteries and protects against vascular deterioration. |
| Impotence | A lack of vitamin C leads to male impotence. |
| Fever | Vitamin C can reduce fever, inflammatory processes and pain through the synthesis of PGE 1 (prostaglandin) because of its influence on the regulation of the immune system. ¹³ |

⁷ Clemetson C. A. B.: Histamine and ascorbic acid in human blood. Journal of Nutrition 1980; 110, pp. 662–668

⁸ Ritzel G.: Kritische Beurteilung des Vitamin C als Prophylaktikum und Therapeutikum der Erkältungskrankheiten. Helv. Med. Acta 1961; 28, pp. 63–68

⁹ Advanced impairment of mental abilities as a result of changes caused by disease in brain arteries in the case of long-term high blood pressure.

¹⁰ Morishige F. and Murata A.: Vitamin C for prophylaxis of viral hepatitis B in transfused patients. Journal of the International Academy of Preventive Medicine 1978, 5, pp. 54–58

¹¹ Dr. Kamal, H. Masaki

¹² Levine, 1996

¹³ Horrobin D. F. et al.: The regulation of prostaglandin E1 formation: A candidate for one of the fundamental mechanisms involved in the actions of vitamin C. Medical Hypotheses 1979; 5, pp. 849–858



| | |
|--|---|
| Menstrual cycle disorder | A lack of vitamin C leads to disorder and failure of the menstrual cycle in women. |
| Smoker's leg | As a reliable antioxidant, vitamin C protects blood vessels, improves blood circulation and prevents smoker's leg. |
| Migraines | Migraines are prevented through antioxidative processes and improved circulation in the brain. |
| Daytime fatigue | According to studies, just 400 mg of vitamin C daily could halve levels of daytime fatigue. |
| All diseases which end in '-itis' (neurodermatitis, gastritis, meningitis, bronchitis, arthritis, rhinitis etc.) | As vitamin C is one of the most efficient free radical catchers (antioxidants) and concurrently protects joint cartilage through collagen synthesis, it successfully prevents inflammatory processes and protects the cartilage. It also prevents pain. |
| Arthritis/arthritis | As vitamin C and OPC belong to the most efficient free radical catchers (antioxidants), they successfully prevent inflammatory diseases while concurrently protecting hyaline cartilage through collagen synthesis. ¹⁴ |
| Gout | As vitamin C and OPC belong to the most efficient free radical catchers (antioxidants), they successfully prevent inflammatory diseases while concurrently protecting hyaline cartilage from gout through collagen synthesis. |

Table above: a short extract of the tabular overview of the preventative and therapeutic effect of vitamin C

Continuation in the book ["Codex Humanus"](#)

¹⁴ Lunec Blake, J.: The determination of dehydroascorbic acid and ascorbic acid in the serum and synovial fluid of patients with rheumatoid arthritis. 1985, Free Radical Research communications, Vol 1, No. 1, pp. 31–39



II: Detailed explanation of the preventative and therapeutic effect of vitamin C

ARTERIOSCLEROSIS: Heart attack, stroke, pulmonary infarction, thrombosis

Atherosclerosis (popular synonym: 'calcification of veins') refers to the deposition of blood lipids and calcium on the inner wall of the blood vessels (arteries). These deposits lead to clogging in blood vessels, meaning the oxygen enriched blood cannot flow properly.

If the clogging of the artery is so large that the blood does not reach the heart sufficiently, it will not receive oxygen, leading to a heart attack.

If supply to the brain is prevented by clogging in the blood vessels, this results in cerebral apoplexy. Pulmonary infarctions are based on the same principle, thrombosis is also a result of arteriosclerosis. This is the explanation in conventional medicine...

Why is it so important to know this?

HERE'S WHY:

Because approx. 50 % of all central Europeans (including British people) die from precisely this mechanism according to current conventional medical opinion AND this mechanism can be stopped and, to some extent, even reversed!

The absolute prerequisite for blood fat deposits (cholesterol) and calcium and therefore for the development of arteriosclerosis, however, is a 'brittle' intima (inner wall of the blood vessels). It is only when there are tiny tears known as 'micro-lesions' that the blood fats and calcium in flowing blood can fix itself to the inner wall.

When the inner wall of blood vessels is smooth, blood fat and calcium slide over it as if on a mirror and do not form arteriosclerosis.

While it is still erroneously foodstuffs which are given the blame for high cholesterol (see the section 'Cholesterol lies'), it has been sufficiently researched and proven that diet only makes up 5 % of the entire cholesterol – 95 % of cholesterol is created by the liver as a 'sealant', namely when the brain reports that there are lesions (breaks) in the vessel wall.

Statins are already the United Kingdom's most commonly prescribed medicines – roughly 6 million Brits take the drugs on a regular basis to lower the risk of a cardiovascular incident, in line with US practice.¹⁵ The margarine industry also profits immensely from this lie. There seem to be sufficient grounds to maintain this lie.

An eight year study in the USA on 50,000 older women of whom half (25,000 women) ate a low-fat and the other half (25,000 women) ate a high-fat diet showed that after these eight years there

¹⁵ <https://www.euractiv.com/section/health-consumers/news/uk-and-us-at-odds-with-europe-over-statin-use/>



were NO health differences.¹⁶

As the structure of our blood vessels mainly consists of the two proteins collagen and elastin and, as extensively reported, vitamin C and OPC are among the most important substances which can keep the collagen-elastin tissue new and repair it, sufficient vitamin C and OPC can prevent micro-traumas (tears) in the vessel wall – successfully inhibiting the process of arteriosclerosis.

OR, TO PUT IT ANOTHER WAY: Arteriosclerosis is nothing more than a preliminary stage of scurvy.

While the complete bursting of vessels (=scurvy) can be prevented with very little vitamin C (>10 mg/day), the officially recommended dose of 60-100 mg can reliably prevent scurvy, it can at the same time intentionally enable smaller bursts where deposits can collect which is the precursor to arteriosclerosis and its awful consequences (heart attack/cerebral apoplexy).

Studies into the prevention of arteriosclerosis with vitamin C:

While conventional medicine puts forward all kinds of reasons for arteriosclerosis and thereby presents the public on the street with the most abstract bio-chemical hypotheses (which they are not meant to understand), in order to distract them from the simplicity of preventing and rehabilitating cardiovascular diseases, there are ample representative studies which testify that vitamin C is a reliable protective factor for our blood vessels and therefore a protective factor against fatal arteriosclerosis.¹⁷

Vitamin C from the camu camu fruit in comparison to artificial vitamin C (ascorbic acid):

A recent study was carried out at the medical university in Saga, Japan which impressively proved the effect of vitamin C from the camu camu fruit on arteriosclerosis.

Twenty male smokers were divided into two groups, ten were given 1050 mg of artificial vitamin C and the other ten were given 70 ml of pure camu camu juice, which is also equivalent to 1050 mg of vitamin C.

After just one week, the inflammation levels and oxidative stresses of the camu camu group receded significantly, while the group taking the artificial vitamin noticed no difference from the initial situation!

The study leaders concluded from this that camu camu has strong antioxidative and inflammation inhibiting properties, however in contrast, the artificial vitamin C did not proffer any benefits. Therefore, the assumption is that the cooperation of all the natural components of camu camu led to this positive result.

¹⁶ ARD W wie Wissen (German infotainment programme)

¹⁷ Study by C. H., Gaziano J. M., Manson J. E., Buring J. E., study by Gey K. F., Moser U. K., Jordan P., Staehelin H. B., Eichholzer M., Luedin E., study by Jialal I., Fuller C. J., Mehra M. R., Lavie C. J., Ventura H. O., Milani R. V. and study by Biesalski H. K. and Frank J.



ARTERIOSCLEROSIS IS REVERSIBLE!

While conventional medicine rigorously announces that existing arteriosclerosis cannot be reversed, it scandalously hides representative studies which prove that arteriosclerosis is easily REVERSIBLE – with natural vitamin C.

Evidential studies for the reversal of arteriosclerosis with vitamin C

Thus, Canadian Dr. G. C. Willis was able to show that arteriosclerosis in leg arteries could be relieved naturally. To this end, arteriosclerotic deposits were first determined with the help of a contrast medium examination (angiography).

According to this, a test group of patients received 1.5 g of vitamin C per day and the other control group were not given any additional vitamin C.

In 30 % of the cases in the control examinations, arteriosclerotic deposits receded after one year in patients who received 1500 mg of vitamin C per day. In contrast, patients who did not consume additional vitamin C demonstrated no reduction in arteriosclerotic deposits, in some cases they even increased.¹⁸

A further study examined the therapeutic benefits of vitamin C in 12,000 people. Half (6,000 test subjects) were given the normal dose of vitamin C as we consume in our daily diet, namely 60 mg per day. The other group of 6,000 test subjects were given 300 mg of vitamin C daily. Within this study it was discovered that the consumption of these 300 mg of vitamin C had already halved the rate of heart attacks.¹⁹

We are talking here about just 300 mg – imagine how this study would have turned out with 1000, 2000 or even 3000 mg!

Half of all central Europeans and Americans die from heart attacks or cerebral apoplexy – yet even with a relatively small dose of just 300 mg of vitamin C rather than the usual 60 mg we consume daily we could half this enormous death rate – an unprecedented scandal!

CANCER

Vitamin C also combats cancer (a cause of death for over 25 % of all central Europeans and US Americans) with various mechanisms,

Vitamin C:

¹⁸ Dr. med. Matthias Rath, Warum kennen Tiere keinen Herzinfarkt - aber wir Menschen, 1989

¹⁹ Dr. Gottfried Lange in the film for 'Codex Alimentarius'



- is very reliable at detoxifying our organism from carcinogenic substances,²⁰
- reduces heavy metal poisoning,²¹
- increases iron absorption (protects against anaemia),²²
- activates the immune system and protects human tissues from greedy cancer cells through collagen synthesis.

Given the fact that every third person is afflicted by cancer (and that one in four of these people dies!), prevention is absolutely necessary.

The therapeutic benefits of vitamin C in cancer

Natural vitamin C has also proven itself highly efficient in the fight against cancer. You probably haven't heard about a study by the research team at the *National Institutes of Health* in Bethesda. Scientists were given the task of researching the effect of high doses of vitamin C in the blood on tumorous cells and healthy cells in the human body. The result: Vitamin C destroys cancer cells, while healthy cells remain completely undamaged.²³

FOCUSonline reported about three case studies on people with cancer which was published in the renowned Canadian Medical Association Journal and carried out at the National Institute of Health in the USA. As study director Mark Levine reported, all three of the affected people had already been diagnosed in 1996. The first patient suffered a kidney tumour which had formed metastases in the lungs. The tumour had been cut out, but the patient declined the recommended chemotherapy against metastases. These metastases shrank during the treatment with vitamin C. The two other cancer patients suffered from an advanced bladder tumour and an aggressive blood cancer. These patients also declined the prescribed chemotherapy in favour of vitamin C. Today – ten years later – both patients are still alive and, according to the author, enjoying the best of health.

The impressive result was traced back by the author to the form of dosage. Unlike in other studies to date, patients did not swallow vitamin C, rather it was directly injected into their veins.

Thus, Levine was subsequently able to achieve 25 times the concentration in the blood. This dose is deadly for cancer cells!²⁴ In 1974, Ewan Cameron and Linus Pauling were able to prove that high doses of vitamin C increase the effectiveness of lymphocytes (the most important phagocytes in our defence system in the fight against cancer) to defend against cancer. Yonemoto et al. successfully proved that the amount of lymphocytes can be doubled after just a few days taking 5

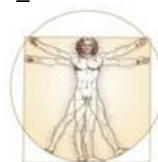
²⁰ Mirvish S. S.: Letters to the editor: Vitamin C inhibition of N-Nitroso compound formation. 1993, Amer. J. Clin. Nutr. 57, pp. 598–599

²¹ Pauling L.: *How to live longer and feel better*. 1986

²² Hallberg L.: Effect of vitamin C on the bioavailability of iron from food. In: Counsell J. N. und Hornig D. H.: Vitamin C (Ascorbic Acid) 1981; Applied Science, London

²³ H. Lange: Mit Linus Paulings Forschungsergebnissen gesund werden - gesund bleiben, p.18

²⁴ www.focus.de/gesundheit/news/vitamin-c_aid_106795.html



g of vitamin C daily and even tripled with 10 mg on three successive days. A dose of 18 g even quadrupled this value!

Vitamin C prevents cancer in studies

Scientists at the University of Otago (New Zealand) succeeded in proving that tumour sizes and cancerous activity depends on vitamin C content. The transcription factors (cancer genes) HIF-1-alpha and GLUT-1, BNIP3 as well as VEGF were defined for this.

The higher the vitamin C content, the smaller the tumour and the less active its harmful factors!

Vitamin C is more efficient than 30 popular chemotherapy treatments

In 2005, Dr. Chen showed that with administration of vitamin C in an infusion fought cancer cells more efficiently than the 30 most popular chemotherapy treatments which are currently used! In contrast to the cytotoxins which conventional medicine uses (cytostatic drugs), vitamin C works very selectively and leaves healthy cells untouched while destroying cancer cells. Amazing results, don't you think?

Continuation in the book [“Codex Humanus”](#)

Let's take a look at a passage from the chapter “OPC”:

Things to know in advance

OPC, an abbreviation for oligomeric proanthocyanidins, belongs to the relatively young genus of phytochemicals (bioflavonoids) with astonishing properties in the prevention and treatment of diseases and premature ageing.

Most of the time, people are initially very sceptical when they hear about a natural substance with a great spectrum of wonderful effects.

How can one and the same substance help with eye problems, reduce skin wrinkles, make joints painless again, prevent heart attacks and also counteract biological ageing?

Conventional medicine teaches us a very isolated view – we have a specialist ophthalmologist, a dermatologist and an orthopaedic surgeon for different ailments – a fatal mistake, because our body is a unified organism and should therefore be regarded holistically...!

But how can a single natural substance have a positive influence on all things? While the ignorant (qualified doctors often being among them) are puzzled or mockingly sneer about it, the explanation for this phenomenon, which is actually not a phenomenon at all, is still very simple:



the cause is very often one and the same for the development of many diseases and complaints: inflammation, oxidative stress or collagen degeneration, for example!

However, the symptoms only appear in different organs because each human being is an individual and therefore has their own weak points.

If the eyes, the skin, the joints and the heart are threatened by inflammation, oxidative stress or collagen degradation, then it is only understandable, if they, in turn, all benefit from the same natural substance, until the disappearance of any kind of discomfort – from a natural substance that reduces inflammation, breaks down oxidative stress and repairs collagens – this substance is OPC, an all-rounder that lives up to these requirements!

And since biological ageing is ostensibly caused by free radicals, inflammatory processes and collagen degeneration in the body, OPC also successfully takes this challenge onto its strong shoulders...

What is it?

OPC is a relatively 'young' bioflavonoid that is largely sabotaged by Big Pharma and medical profession due to its wide-ranging effect. That's why there are not nearly as many OPC studies as there are for other vitamins. But the studies available to us are enormously auspicious, suggesting unprecedented positive effects on our health; at the same time, they emphasise that OPC is completely safe, even at maximum doses!

Testimonials from therapists and people who already use OPC also suggest that it is an immense gift from nature. In addition to collagen and elastin synthesis and thus the construction and repair of human tissue, which probably no other known substance in the world can do as successfully as OPC (*reminder: OPC is the only substance that binds directly to the body proteins to do its job*), OPC manages to neutralise the free radicals threatening us with incredible power – with 20 times the effect of vitamin C and 50 times the effect of vitamin E. Furthermore, OPC works very successfully against inflammation in the organism.

These three very well-documented properties probably form the basis for the effects on various illnesses shown in the above table – similar to the effect of vitamin C, but more differentiated and sometimes even more efficient. In the chapter on vitamin C, you can see the amazing effect it has on free radicals in our apple experiment – this effect is actually increased twenty-fold by taking OPC!

Vitamin deficiency and the role of OPC



As already reported earlier in the book, the chronic lack of vital substances in the population is currently the biggest health problem.

Independent studies, such as those of the renowned Karlsruhe Food Laboratory (Sanatorium Oberthal), and the Swiss pharmaceutical company Geigy are a thorn in the side of the state advisory centres and are not passed on to doctors or the public. After all, it was exactly these studies that independently attested to a terrifying decline in the vital substances in our fruits and vegetables of up to 92 % over the last 30 years! The reasons for this are mentioned by the study leaders: *leached soils, air pollution, long storage and excessively fast growth*.

Here the results:

| Minerals and vitamins in mg in each food | Investigated contents | Result 1985 | Result 1996 | Result 2002 | Difference in % 1985-1996 | Difference in % 1996-2002 |
|--|-----------------------|-------------|-------------|-------------|---------------------------|---------------------------|
| Broccoli | Calcium | 103 | 33 | 28 | -68 | -73 |
| | Folic acid | 47 | 23 | 18 | -52 | -62 |
| | Magnesium | 24 | 18 | 11 | -25 | -55 |
| Beans | Calcium | 56 | 34 | 22 | -38 | -51 |
| | Folic acid | 39 | 24 | 30 | -12 | -23 |
| | Magnesium | 26 | 22 | 18 | -15 | -31 |
| | Vitamin B6 | 140 | 55 | 32 | -61 | -77 |
| Potatoes | Calcium | 14 | 4 | 3 | -70 | -78 |
| | Magnesium | 27 | 18 | 14 | -33 | -48 |
| Carrots | Calcium | 37 | 31 | 28 | -17 | -24 |
| | | 21 | 9 | 6 | -57 | -75 |
| Spinach | Magnesium | 62 | 19 | 15 | -68 | -76 |
| | Vitamin C | 51 | 21 | 18 | -58 | -65 |
| Apples | Vitamin C | 5 | 1 | 2 | -80 | -60 |
| Bananas | Calcium | 8 | 7 | 7 | -12 | -12 |
| | Folic acid | 23 | 3 | 5 | -84 | -79 |
| | Magnesium | 31 | 27 | 24 | -13 | -23 |
| | Vitamin B6 | 330 | 22 | 18 | -92 | -95 |
| Strawberries | Calcium | 21 | 18 | 12 | -14 | -43 |
| | Vitamin C | 60 | 13 | 8 | -67 | -87 |
| CAUSES: depleted soils, air pollution, excessive pace of growth and long storage | | | | | | |
| Source: 1985 Pharmakozern Geigy (Switzerland), 1996 Lebensmittellabor Karlsruhe/Sanatorium Oberthal 2002 | | | | | | |
| (Geigy Pharmaceutical Group, Karlsruhe/Sanatorium Oberthal Food Laboratory) | | | | | | |

CAUSES: depleted soils, air pollution, excessive pace of growth and long storage

Source: 1985 Pharmakozern Geigy (Switzerland), 1996 Lebensmittellabor Karlsruhe/Sanatorium Oberthal 2002

(Geigy Pharmaceutical Group, Karlsruhe/Sanatorium Oberthal Food Laboratory)

While the vitamin and nutrient content of our fruits and vegetables is decreasing from year to



year (and in some cases is already close to zero), according to research, in industrialized countries only 10-20 % achieve the already extremely understated vitamin C recommendation of the World Health Organization (WHO) of 60-100 mg a day.

It should be the same for all other vitamins – and this is where OPC comes into play!:

OPC is able to prolong and multiply the effectiveness of vitamins. For example, research suggests that, in the presence of OPC, vitamins A, C, and E are active for ten times longer.²⁵

The effect of OPC

Before we talk in detail about the individual diseases that OPC can prevent and even cure, we will look at some important mechanisms that make OPC so unspeakably valuable:

- while vitamin C has a positive effect on 95 % of the total metabolism, OPC has the ability to multiply this effect by a FACTOR OF 10.²⁶
- OPC is considered to be one of the most potent antioxidants, 18-20 times as potent as vitamin C and 40-50 times as potent as vitamin E.²⁷
- unlike vitamin C, OPC (vitamin P) binds to protein, especially collagen and elastin. Since these organs mainly consist of elastin and collagen, OPC increases the efficiency of the repair processes on the skin, blood vessels, internal organs, bones, etc. many times over.
- For example, blood vessel resistance is doubled as early as 24 hours after the first administration of OPC; overall, it triples over time.
- For stroke patients and people at risk of stroke in particular, this cannot be overemphasised enough, as strokes (cerebral apoplexy) are caused by internal bleeding in the brain area.
- OPC is able to regenerate the skin, smoothen out old wrinkles and prevent new ones even more than vitamin C.
- OPC improves the fluidity of blood, prevents it from clumping and increases the elasticity of the vessels.

²⁵ <http://www.vitalstoff-journal.de/aus-der-forschung/bioflavonoide-und-kraeuter/opc-superantioxidans-gegen-das-altern/>

²⁶ Werner Goller: Was verschweigt die Schulmedizin? ('What Does Conventional Medicine Conceal?'), 2009, p. 10

²⁷ Anne Simons and Alexander Rucker: Gesund länger leben durch OPC ('Living Healthy Longer Through OPC'), 2005, p. 10



- In its capacity as a protector, OPC prevents the penetration of UV rays into the skin and acts like a sunscreen, which should be of interest for sunbed users.
- While vitamin C is considered to be the most powerful water-soluble antioxidant, OPC acts as both a water-soluble and fat-soluble antioxidant, protecting all cells in the human body.
- Just like vitamin C, OPC penetrates the brain barrier and also exerts its antioxidant effect on brain cells; it strengthens the blood vessels and keeps them elastic.
- OPC regulates histamine and histidine production, the two main triggers for various inflammations and allergies.
- By doing so, OPC prevents or alleviates all inflammatory and allergic reactions in the body.

Continuation in the book [“Codex Humanus”](#)

Let's take a look at a passage from the chapter “Bitter Apricot Kernels / Laetrile”:

LAETRILE – VITAMIN B17

Laetrile (vitamin B17) – a natural remedy for cancer?

To this day, the disease ‘cancer’ represents a form of horror beyond compare, with increasing significance – and yet, it does not have to be this way at all. One in three people is diagnosed with cancer, while one in four dies of it. Future prospects look anything but rosy, with the World Health Organization (WHO) expecting new cases to go up by 70 % in the coming years...!

A scourge of modern humanity, which would no longer exist in this form if only conventional medicine would finally cooperate with alternative medicine and take a complementary approach, making it an equal partner.



However, the interests of the powerful Big Pharma and the established medical profession clash with this notion, since natural substances are not patentable and their global use simply does not pay off financially!

Undoubtedly, one of these extremely effective natural substances, largely kept from the public, against which the worst campaign of opposition was waged, is laetrile, an active ingredient derived from bitter apricot kernels, also known by the synonym ‘vitamin B17’.

Laetrile, amygdalin, vitamin B17 – three terms that describe the same thing, the most controversial, most thoroughly researched and most bitterly opposed natural active ingredient in the history of medicine – derived from bitter apricot kernels! No alternative cancer treatment has ever been discussed more intensely. Vitamin B17 is more than just another active ingredient: It epitomises the scientific and philosophical controversy between supporters of alternative cancer therapies and members of the medical establishment.

In the following chapters, you will learn the entire history of vitamin B17, the background to an incredible conspiracy; you will read objective facts from both sides, facts that could be of interest to anyone, including healthy people, given the fact that, statistically speaking, one in two people²⁸ in industrial nations already suffers from cancer – a trend which is growing, by the way...!

Natural chemotherapy – no side effects!

Similar to the active ingredient curcumin from the Indian spice turmeric (see corresponding chapter) and numerous other substances mentioned in this book, laetrile has a veritable *cytotoxic* and *cytostatic* effect...

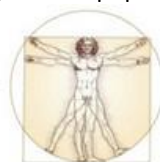
By way of explanation, ‘*cytotoxic*’, from Greek, means ‘cell-destroying’ and ‘*cytostatic*’ means ‘cell growth-inhibiting’. We know these very mechanisms from chemotherapy, but with the one essential difference:

Mother Nature cares for us and does not want to harm us! Thus, these extremely efficient, cell-destroying and cell-growth-inhibiting properties relate exclusively to the malignant cells, the cancer cell – the healthy cells are completely spared!

From a biochemical and functional point of view, therefore, in vitamin B17 (laetrile) we have a proven, fully natural chemotherapy, the effectiveness and safety of which has since been confirmed by over 50 years of therapy and numerous representative studies.

What remains is the bitter aftertaste, not of the bitter apricot kernels... but rather that all these studies are not known to conventional cancer physicians, while they continue to practice on the principle of ‘*steel, radiation, poison*’ (surgery, radiotherapy and chemotherapy) and they do not tire of citing the so-called ‘*representative*’ drug studies of the pharmaceutical industry, which, unfortunately,

²⁸ <https://www.medicalnewstoday.com/articles/288916.php>



according to physician and pharmacist Wolfgang Becker-Brüser, the publisher of the *'Remedy Telegram'* are manipulated in up to 90 % of cases anyway!²⁹ But there is also the hope that one day the truth will prevail and that man will remember that he is just a part of nature, and has not sprung from a test tube in the chemistry lab...

NCI study as concession for vitamin B17 due to popular resistance

'He who heals is right!' And so it is not surprising that Americans, increasing numbers of whom recovered from cancer after laetrile therapy, organised themselves into groups and founded a national grassroots organisation called the *Committee for Freedom of Choice in Cancer Therapy*.

Hundreds of local groups and thousands of people held press conferences and meetings calling for the approval of vitamin B17 (laetrile/amygdalin). The National Cancer Institute had no choice but to respond. Subsequently, 93 patients suffering from cancer who had been treated with laetrile, as well as clear documentation suggesting treatment with laetrile, were sought and submitted to twelve experts for evaluation.

Patients who had been treated conventionally (conventional medicine) had also been mixed in with this group, with the experts unaware of who had undergone laetrile treatment and who had undergone conventional cancer therapy (chemo, radiation). The review commission came to the conclusion:

- *Two of the tested laetrile cases showed a complete remission (tumour completely disappeared),*
- *four of the people treated with laetrile showed a partial remission (tumour reduced by more than 50 %),*
- *nine of the laetrile patients were 'stabilised' (tumour growth stopped!),*
- *three of the laetrile patients had 'more time free from disease'.*

SUMMARY

18 out of 22 patients treated with vitamin B17 (laetrile) reacted positively, that is a huge 82 percent!

And how did the NCI's official final report turn out? This stated: *'These results do not allow for definitive conclusions in support of a cancer-inhibiting effect from laetrile'*.³⁰

Continuation in the book "Codex Humanus"

²⁹ <http://www.swr.de/odyso/es-geht-um-viel-geld-gefaelschte-pharmastudien/-/id=1046894/nid=1046894/did=2258782/um7mvw/index.html>

³⁰ NM Ellisons: Special Report on Laetrile: The NCI Laetrile Review. Results of the National Cancer Institute's Retrospective Laetrile Analysis. New England Journal of Medicine 299, 7. September 1978, p. 549–552.



Let's take a look at a passage from the chapter "Aronia berries":

Effect of aronia berries in diabetes mellitus

In a study by the Medical University of Plovdiv in Bulgaria, scientists were able to prove that the juice from the aronia melanocarpa not only did not increase the blood sugar level in Type 1 and Type 2 diabetes (the sweetness of the aronia berry is due to sorbitol, a replacement sugar suitable for diabetics!), but on the contrary, that 200 ml of aronia juice led to lower blood glucose levels than the initial values 60 minutes after ingestion!

Specifically, 16 patients with Type 1 diabetes and 25 patients with Type 2 diabetes (25 females and 16 males between the ages of 3 and 62 years), with symptoms lasting between one month and 13 years, were given 200 ml of aronia juice. The measurements gave 14.23 ± 1.32 mmol/l as an initial value. Exactly one hour after consuming 200 ml of aronia juice, the blood sugar had already dropped to 11.4 ± 0.89 mmol/l.

Another study examined the effects of regular aronia juice consumption on blood sugar levels over a period of three months. The initial blood sugar level was 13.28 ± 4.55 mmol/l and after three months' consumption of aronia juice (200 ml/day), it dropped to 9.10 ± 3.05 mmol/l. In addition to the hypoglycaemic effect, total cholesterol, lipid levels and HbA1c had also improved.

Continuation in the book ["Codex Humanus"](#)

Let's take a look at a passage from the chapter "Curcumin and its effect on obesity":

Curcumin helps with weight loss.

- It activates the bile flow and promotes fat digestion.
- It increases blood circulation and fat metabolism.
- It breaks the insulin resistance of the cell.
- It speeds up the digestive process; the fatty acids are transported out of the intestine faster, before they can be stored as body fat.
- It counteracts hyperlipidaemia, hyperglycemia and other symptoms that may interfere with weight loss.
- It stimulates the body's synthesis of hormone neurotransmitters that have a positive effect on weight loss.
- It inhibits the development of blood vessels in adipose tissue and thus their growth and spread.
- It interferes with the synthesis of fatty acids and increases the fatty acid breakdown



processes (beta-oxidation).

- Real sensation: It promotes the cell death of fat cells, the so-called adipocytes.³¹

An investigation of the European Journal of Nutrition led to the following conclusion:

‘Implementing the use of curcumin in clinical practice for the treatment and prevention of chronic diseases associated with obesity is possible. In addition, the relatively low cost of curcumin makes it possible to make this part of your regular diet. Curcumin is safe and proven to be effective’.

Furthermore, the researchers conclude:

‘Our results clearly show that curcumin has a remarkable health benefit at the cellular level and in the whole organism for the prevention of obesity and the associated metabolic disturbances’.

‘Our results convey the hope that curcumin can prevent excess weight and obesity’. Ejaz from Tufts University in Medford, after her studies showed that mice fed high levels of fat and supplemented with curcumin were able to reduce their body weight.³²

‘These results show that curcumin clearly has fat-lowering properties’, says Dr. E.M. Jang from Sunchon National University in Jeonnam, South Korea, after learning from studies that curcumin increases fat-burning enzymes.³³

Studies and scientific work on curcumin from the turmeric plant

The turmeric plant and its active ingredient ‘curcumin’ have been intensively researched for around 50 years. There are now more than 3,700 studies on this remarkable spice.

Studies on the brain-protecting effect of curcumin

- Curcumin promotes neurogenesis in the hippocampus by promoting the proliferation of neural progenitor cells (nerve cells).³⁴
- Curcumin protects against abeta deposits in the brain, which are thought to cause Alzheimer's.³⁵
- Curcumin protects against the negative effects of phenotoxin therapy on the brain.³⁶

Studies on the effects of curcumin on Alzheimer's and Parkinson's

³¹ Klaus Oberbeil: Kurkuma – die heilende Kraft der Zauberknolle (‘Turmeric – The Healing Power of the Magic Tuber’), 6/2012 p. 88

³² Klaus Oberbeil: Kurkuma – die heilende Kraft der Zauberknolle (‘Turmeric - The Healing Power of the Magic Tuber’), 6/2012 p. 49

³³ Klaus Oberbeil: Kurkuma – die heilende Kraft der Zauberknolle (‘Turmeric – The Healing Power of the Magic Tuber’), 6/2012 p. 91

³⁴ Biol Chem. May 2008 23; 283 (21), p. 14497-14505

³⁵ Exp Neurol. September 2009

³⁶ Brain Res. September 2009



Promising results from studies are encouraging for Alzheimer's and Parkinson's patients.³⁷

Studies on the antitumour effect of curcumin

- Curcumin has an effect on the androgen receptor and thus counteracts prostate cancer.³⁸
- In ovarian cancer, curcumin causes apoptosis of the cancer cells and can thus improve the effects of therapy.³⁹
- In lung cancer, curcumin also initiates the programmed death of cancer cells.⁴⁰
- In pituitary tumours, curcumin has a hormonal effect on the cancer cells and thus leads to antitumoural effects.⁴¹
- Curcumin inhibits metastasis.⁴²
- Curcumin prevents the growth of cancer cells in malignant melanoma in vitro.⁴³
- Curcumin can prevent any further spread of about 40 % of all lung, colon, prostate and skin tumours.

Curcumin optimises the effect of radiotherapy

As a radiosensitiser, curcumin improves the response rate of radiotherapy in studies.^{44 45}

Curcumin potentiates the effects of chemotherapy

Curcumin potentiates the effect of the chemotherapeutic agent gemcitabine, which is used, for example, in pancreatic carcinomas.⁴⁶ It works synergistically with chemotherapeutic agents and improves their effect as a so-called chemosensitiser.

In summary, synergistic enhancement has been observed in the chemotherapies listed below:⁴⁷

- Paclitaxel
- Taxol
- Doxorubicin
- 5-FU
- Vincristine
- Melphalan

³⁷ Doggui S.J. Alzheimers Dis. March 2012

³⁸ Anticancer Agents Med Chem. September 2009

³⁹ Mol Carcinog, August 2009

⁴⁰ Yang CL et al.: DNA Cell Biol. June 2011

⁴¹ Endocrinology. August 2008; 149 (8), p. 4158-4167

⁴² 2005, 11, 7490-7498

⁴³ Cancer 2005, Online Edition, DOI: 10.1002/cncr.21216

⁴⁴ Int J Radiat Oncol Biol Phys. 2009 Oct 1; 75 (2), p. 534-542

⁴⁵ Clin Cancer Res. 2008 Apr 1; 14 (7), p. 2128-2136

⁴⁶ Cancer Res. 2007 Apr 15; 67 (8), p. 3853-3861

⁴⁷ Nutr **Cancer**. 2010; 62 (7), p. 919-1930. Curcumin, the golden spice from Indian saffron, is a chemosensitiser and radiosensitiser for tumours and chemoprotector and radioprotector for normal organs. Goel A, Aggarwal BB.

Source: Department of Internal Medicine, Baylor University Medical Center, Dallas, Texas, USA.



- Butyrate
- Cisplatin
- Celecoxib
- Vinorelbine
- Gemcitabine
- Oxaliplatin
- Etoposide
- Sulfinosine
- Thalidomide
- Bortezomib

Curcumin more successful than chemotherapy alone

In an animal study, Bharat Aggarwal and his colleagues from the University of Houston (TX) were able to prove in the direct test of curcumin with the chemotherapeutic drug *paclitaxel* that curcumin alone was more successful in breast cancer than the chemotherapeutic agent. In combination with curcumin, paclitaxel was able to improve its effect.

Studies on the cardioprotective properties of curcumin

Curcumin was able to minimise the risk of heart attack and the consequences of a heart attack in an animal study.⁴⁸

Continuation in the book [“Codex Humanus”](#)

IV. What do experts think of the content in our book?

In the following video, you will see our best-selling book "Codex Humanus - The Book of Humanity" presented by the respected naturopathy expert **Robert Franz**, who recently received the **“Torchbearer Award”** for his *“tireless efforts to create more awareness about how to achieve health and the personal responsibility of every individual for their own health”*, which is a coveted prize previously awarded to individuals such as Mother Teresa, Nelson Mandela, Michael Gorbachev and Archbishop Desmond Tutu (1984 Nobel prize-winner) for their commitment to humanity!:

To watch the complete video, click the link below:

<https://www.youtube.com/watch?v=3BgWuMDeQ3I&t=214s>

⁴⁸ Adv Exp Med Biol. 2007; 595, p. 359-377



What say other experts?

Below, read what other experts, such as independent physicians, biochemists, gerontologists, and other researchers, are saying about the active ingredients discussed in detail in our book. In the *Codex Humanus*, you will find a detailed description of all these natural substances and much more.

These are original quotations from some of the “key players” in our work “*Codex Humanus*”, who, on almost 2,000 pages, have gathered a wealth of knowledge from thousands of years of work and research, which allow the statement:

“This book takes the fear factor out of every disease and physical ageing!”

“It seems that germanium is a substance that originates in heretofore unknown dimensions with an immediate connection to the vital forces of life.” (Dr. Asai)

“The number of areas where supplementing with DHEA can be helpful is just stunning because it can help treat such a wide range of disorders”. (Dr. Julian Whitaker, Editor of Health and Healing)

“The intellectual ethics of doctors, and cardiologists specifically, should be questioned if they administer all possible available and indicated medications without including Q10. Because no heart medication can remedy a lack of Q10.”

(Professor Dr. Karl Folkers, University of Texas)

“The wonderful thing about melatonin is that it can prolong your life and maintain your health and vitality. The truly wonderful thing about melatonin is the great impact that it will have on our generation and future generations.

We are embarking on a shared adventure and are the first generation to have the power to avoid the diseases and weaknesses that are typical of 'normal' ageing. For the first time, we have the power to preserve our youthfulness and to remain strong and alert throughout our lives.

For the first time, not only can we avoid the physical decline associated with ageing, but we are able to delay and even reverse the ageing process. This is the real wonder of melatonin”.

(Prof. Regelson and Walter Pierpaoli)



“It is well known that movement strengthens the heart. But that same strengthening also takes place with the consumption of Q10, without the patient moving. Experiments have also shown a decrease or normalisation of blood pressure.”

(Dr. Burgerstein)

“The papaya holds the key to bodily rejuvenation and life extension in full possession of our powers.”

(Dr. B. Lytton Benard)

“Of all the plant substances which we investigated (2500!) for their chemopreventive effectiveness, resveratrol was the most promising of all.” (*preventative effect of substances against cancer)*

(Prof. John Pezzuto)

“When it comes to rheumatism, I have had success with kombucha worldwide. I have had patients who could not get out of bed in the morning due to rheumatic pains. Their joints were stiff. I prescribed them kombucha. The result: After one month, they were able to move their joints again without pain”.

(Prof. Dr. Winfried Laakmann, Director of the University of San Salvador)

“Bromelain is more effective than Marcumar and beta blockers at preventing heart attacks”

(Dr. Hans Nieper, Hannover)

“Aronia berry polyphenols can play an important role in cancer prevention and control because antioxidants work in all three phases: emergence, growth and progression of the carcinoma”.

(Prof. Dr. Iwona Wawer)

“Based on the fact that colostrum is natural and the feedback from my clients, I believe that colostrum helps people with weak or unstable immune systems in a very effective and natural way. Just as it gives immunity to a newborn baby, colostrum helps every human develop a balanced, strong immune system over time.”

(Dr. Horton Tatadan)



'In patients with high blood pressure, the blood pressure usually normalises after 3-4 months and patients with diabetes also regularly report to me that the blood sugar levels normalise'.

(Dr. Marco Prümmer, general practitioner and sports medicine specialist)

'Curcumin and piperine, combined as psychodrugs, are a useful and potent natural alternative in the treatment of depression'.

(Dr. Kulkarni of Panjab University)

'We were able to isolate substances (of Propolis) that specifically hindered the growth of tumour cells in their growth',

(Prof. Dr. Peter Reusch of the Ruhr University of Bochum)

"After 31 years of scientific research, Q10 is today considered historic in the realms of health and nutrition. The ability of Q10 to improve and even eliminate a large number of health problems has amazed doctors and patients from around the world."

(Dr. S. Wagner, American Institute for Health and Nutrition, USA)

"DHEA prolongs life and increases the quality of life over the extra years".

(Dr. Arthur Schwartz, Temple University, Philadelphia, USA)

"As a surgeon, one is constantly confronted with cancer. The key to controlling cancer is early recognition. Naturally, it is even better to take preventative measures, although no completely sure method has been found here.

Some try healthy eating, yet here, too, there is no prescribed nutrition which can offer certain protection. In my opinion, the best preventative method currently available is the consumption of Reishi-Lingzhi."

(Dr. Morishige)

"Dehydroepiandrosterone, like melatonin, also appears to be an economic hormone that protects the body from unnecessarily wasting energy and thus prolongs its life".

(Prof. Dr. Huber)



“DHEA affects diabetes, cancer, tumourigenesis, skin condition, fatigue, depression, memory and immune responses. With this broad spectrum of clinical applications, it's amazing that more books have not been written about DHEA!”

(Mohammed Kalimi and Dr. W. Regelson)

“These test subjects whose condition was constantly worsening and who only had 2 years left to live under conventional treatment showed an extraordinary overall clinical improvement. That suggests that Q10 therapy might be able to lengthen lifespan.”

(Dr. Langsjoen, Scott and White Clinic, Texas A&M University, USA)

“Through extensive research and practical experience, we know that silica is able to slow down the ageing process and increase physical and mental performance.”

(Prof. Dr. Karl Hecht)

“The use of strophanthin, which is the 'milk of old age' is recommended by other authors. Astonishingly, delirious states, apathy, drowsiness and even loss of memory performance are combatted effectively with this”.

(Dr. Stoerger, Nürnberg)

“Glucosamine sulphate is a physiological substance that has been shown to slow down arthritis progression. The benefit-risk profile is favourable” (Prof. Dr. med. R. Jakob, Chief Physician Orthopaedic Clinic, Freiburg)

“One of the oldest crops of humanity has recently attracted the interest of science: Punica granatum - the pomegranate. Results from more than 200 recent publications show that this ancient fruit has considerable therapeutic potential”.

(Dr. Stefanie Burkhardt-Sischka, comed 12/2007)

“It particularly promotes bone growth and accelerates healing of injured tissue by more than fifty percent”.

(Dr. Robert O. Becker of Syracuse University, USA)



“Selenium, together with vitamin C, protects every one of the 60 trillion cells of our bodies against destruction in an excellent way!”

(Dr. Richard A. Passwater)

“Kombucha inhibits malignant cell growth’ – I gave kombucha to my patients. The results are good and the patients are very satisfied. Kombucha has been used successfully against prostate problems, rheumatoid arthritis, bone marrow, uterine fibroarthritis, connective tissue inflammation in the lungs, etc”.

(Dr. Soraya Shantiay)

“Applied to humans, the substances would make a 75 to 80-year-old human being into a middle-aged person.”

(Dr. Tory M. Hagen)

“The old rats danced the Macarena.”

(Prof. Dr. Ames)

“Glucosamine sulphate is a physiological substance that has been shown to slow down arthritis progression. The benefit-risk profile is favourable”

(Prof. Dr. med. R. Jakob, Chief Physician Orthopaedic Clinic, Freiburg)

“In 10 clinical trials, 200 patients showed an improvement in psoriasis symptoms (erythema, infiltration, dandruff, itching). According to all previous findings, the recommendation of fish oil preparations, at least for the adjuvant treatment of psoriasis, is justified”.

(Dr. M. Ständer, Specialist Clinic for Psoriasis, Bad Bentheim)

“It is also worth noting that the optimum treatment success in 10 out of 30 coronary patients was achieved after the end of the strophoral shock, so after just 3 days.”

(Prof. Hallhuber, prominent cardiologist)



“Kombucha...infallible remedy for rheumatoid arthritis.”

(Prof. Dr. Rudolf Kobert)

“The diet of our modern civilisation is extremely low in omega-3 fatty acids. If you do not want to die of a fatty heart, you should definitely take fish oil capsules, e.g. from salmon. Fish oil compensates for all nutritional deficits and makes us healthier and happier people.”

(Prof. S. K. Niazi, University of Illinois, USA)

“These test subjects whose condition was constantly worsening and who only had 2 years left to live under conventional treatment showed an extraordinary overall clinical improvement. That suggests that Q10 therapy might be able to lengthen lifespan.”

(Dr. Langsjoen, Scott and White Clinic, Texas A&M University, USA)

“Q10 achieves better results in persons with severe heart disease than traditional treatments...”

(Prominent American scientist Dr. med. E. G. Bliznakow)

“All signs point to this: an insufficient selenium supply in the human body increases the risk of the affected person contracting heart disease. We have learned that the heart muscles need the trace element selenium.”

(Prof. Dr. R.J. Shamberger)

“The aforementioned variety of anti-atherogenic effects is achieved by no other natural substance (other than omega-3 fatty acids) and no drug.”

(Dr. Peter Singer)

“By taking 1 capsule of Strodival mr® twice a day [editor's note: oral, stomach-resistant form of strophanthin], I have been able to rid myself of the pain of a treatment-resistant case of the most severe coronary sclerosis with angina pectoris, post-heart attack, which was given up on by a renowned heart clinic and not without reason, and have been enjoying this pain-free condition for months.”

(Prof. Dr. Udo Köhler)



“There is no antiarrhythmic drug (drug for the treatment of cardiac arrhythmias) which so clearly preserves the life of people suffering from arrhythmias like omega-3 fatty acids – and with virtually no side effects.”

(Dr. Volker Schmiedel, Habichtswaldklinik Kassel)

V.Index Diseases Codex Humanus

The book "Codex-Humanus" available here deals with hundreds disorders!

You will find hardly any illness, from a slight cough to a serious HIV infection, which does not have a tried-and-tested treatment or a **CURE** in this book! Below you can find a part of this diseases:

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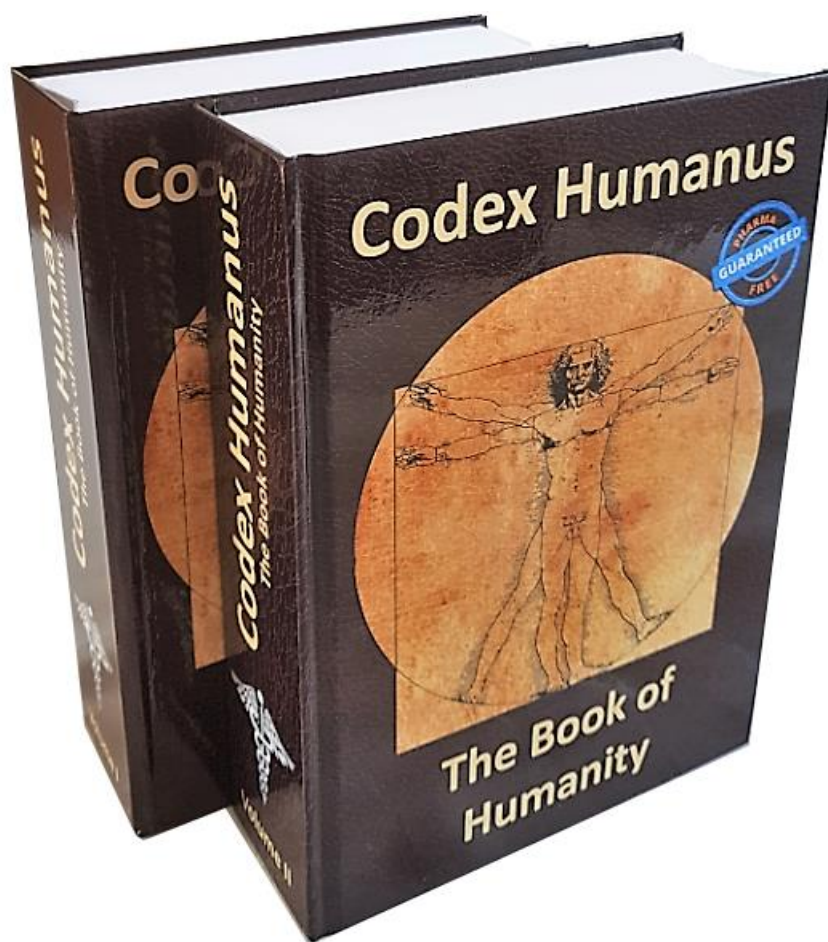


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