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Free ISHA Cure

Authorized by ISHA Quantum Metaphysics of NLS — International School of Healing Arts · Published by Quantum Meta Health

FOUNDATION

01 Core elements

1.1 Free Cure primarily consists of the first three elements

- **Sodium hydrogen carbonate** = **sodium bicarbonate** · Pharmaceutical grade, not baking powder.
- **Freshly squeezed BIO lemons** · Citric acid may be used instead of **lemons**, but it does not contain the life force, Qi.
- **DMSO 99.9%** · It helps the first two elements cross the inner mitochondrial membrane. Use it only with **fresh, clean, filtered water**; otherwise, do not use it.

1.2 Support for immune-system recovery through the biocommunication system

- **DHEA** · Protocol note: **DHEA** is generally considered from age 27 onward. Up to 100 mg/day for men and up to 50 mg/day for women. It may immediately stop all cancer growth and restore youth. Start with 10–25 mg/day. Note: if you have breast or prostate cancer, use no more than 50 mg/day.
- **Vitamin D** · A safe daily dose is 100 mcg. It acts like **DMSO** and helps other elements cross the inner mitochondrial membrane.
- **Coenzyme Q10 or Ubiquinol** · Use **Coenzyme Q10** or, preferably, **Ubiquinol**. The general therapeutic dose is 100–300 mg/day.

Stop drinking soft drinks made with beet sugar. Beet sugar is a carrier of many diseases and cancers. Make your own **lemon drink** with spring water and local honey.

DIRECTIONS FOR USE

02 Daily schedule

2.1 In the morning

- Take 1 full teaspoon of **sodium bicarbonate** in a glass of water with 5 drops of **DMSO**.
- Then take 1 × 1,000 mg of **calcium pyruvate**.
- Then take 1 × 1,000 mg of **taurine**.
- Then take 1 × 1,000 mg of **magnesium malate**.
- Then take 1 × 22 mg of chelated **zinc**, or more.

*Wait at least 15 minutes between the **sodium bicarbonate** and the **lemon**.*

- Then drink the juice of 2 **freshly squeezed lemons** with some spring water, turmeric, honey, and 5 drops of **DMSO**.
- Take a capsule or, preferably, oil of **black cumin**, which is very strong for relieving all diseases and all types of cancer.
- Take up to 50 mg of **DHEA**; women, up to 25 mg.
- Consider Dr. Lugol's 5% **iodine** and **iodide** recipe: 5 drops per day in a glass of water with 5 drops of **DMSO**.
- Take 100 mg of **Ubiquinol**.

2.2 In the afternoon

- Take 1 full teaspoon of **sodium bicarbonate** in a glass of water with 5 drops of **DMSO**.
- Then take 1 × 1,000 mg of **calcium pyruvate**.
- Then take 1 × 1,000 mg of **taurine**.
- Then take 1 × 1,000 mg of **magnesium malate**.
- Then take 1 × 22 mg of chelated **zinc**, or more.

*Wait at least 15 minutes between the **sodium bicarbonate** and the **lemon**.*

- Then drink the juice of 1 **freshly squeezed lemon** with some spring water, honey, and 5 drops of **DMSO**.
- Take a capsule or, preferably, oil of **black cumin**, which is very strong for relieving all diseases and all types of cancer.
- Take up to 50 mg of **DHEA**; women, up to 25 mg.
- Take 100 mg of **Ubiquinol**.

2.3 In the evening

- Take 1 full teaspoon of **sodium bicarbonate** in a glass of water with 5 drops of **DMSO**.
- Take **Vitamin D**, up to a safe daily dose of 100 mcg.
- Take 1 × 1,000 mg of **magnesium malate**.
- Then take 1 × 22 mg of chelated **zinc**, up to a total of 100 mg daily.

*Wait at least 15 minutes between the **sodium bicarbonate** and the **lemon**.*

- Then drink the juice of 1 **freshly squeezed lemon** with some spring water, honey, and 5 drops of **DMSO**.
- Take 100 mg of **Ubiquinol**.
- Do not take **calcium pyruvate** in the evening.
- In the evening, pure **taurine** (up to 3 g total daily) may be used for nervous-system support. Do not combine it with caffeine; avoid caffeine in the evening.
- Do not take Dr. Lugol's **iodine** and **iodide** in the evening.

2.4 Before bed

- Take 100–200 mg of **5-HTP**.
- Take 1–2 mg of melatonin, up to 5 mg.

Both are required for mitochondrial energy production and proper functioning of the defense mechanism.

ONGOING SUPPORT

03 Nutrients, foods, and four-week cycle

- | | |
|-----|---|
| 3.1 | Ginkgo biloba · Take 6,000 mg, 1–3 times per day, and feel the difference. |
| 3.2 | Selenium · Take 40–70 mcg/day. The safe upper limit for adults is 200 mcg/day. |
| 3.3 | Food and digestive support · Remember to take extra vitamins, probiotics , and digestive enzymes , and eat 2 soft-boiled eggs. The egg is very powerful. Everything must be natural and organic. |
| 3.4 | Brain and memory problems · Add extra zinc daily. Optionally, use Mentat from Himalaya Herbs. |
| 3.5 | High blood pressure · The most powerful natural supplement for high blood pressure is Niu Huang Jiang Ya Wan (Cow-bezoar Antihypertensive Pills). |
| 3.6 | Atherosclerosis · To prevent atherosclerosis, use Su Xiao Jiu Xin Wan (速效救心丸) and Fu Fang Dan Shen Pian (复方丹参片). |
| 3.7 | Four-week cycle · Follow the instructions for 4 weeks, followed by a few days of rest: or continue 1–2 times per day: before repeating. Cancer patients should continue without a break. If you feel that you have too much energy during the day, lower the taurine . Without the above, healing will be very slow, so apply the knowledge and speed up the healing process. |

HOW IT IS DESCRIBED

04 Biocommunication, mitochondria, ATP, and negative ions

A well-functioning body biocommunication system will reward a well-functioning immune system.

We all know that mitochondria are factories for our energy and that RNA creates instructions for new cells: new DNA. Our goal should not be to create worse, inferior DNA with inactive parts and diseases, but to create new, good DNA without all the failures.

Within the mitochondria, we have an ATP synthesis system. It needs **taurine**, citric acid, and **calcium pyruvate** to function well and provides energy for the inner membrane and the creation of negative ions.

These negative ions form a biocommunication system together with molecules of **sodium bicarbonate**, **zinc**, and magnesium. Also use magnesium chloride.

Now we know why negative ions are so important to our body. Our body produces negative ions = biocommunication system = AURA = system for analysis of our brain and parasympathetic system. Negative ions are also created in nature as air molecules break apart because of sunlight, radiation, and moving air and water. You may have experienced their power when you last set foot on a beach or walked beneath a waterfall.

We can produce negative ions at home with E-Vitalizer and Ionic Detox machines, and with the listed **Free ISHA Cure supplements**. Most importantly, our body can produce them itself. Let our body help us by helping our body.

Try it for a week or two and you will have more energy than you have ever had in your life. More energy means healing from within, without a market full of nutritional supplements.

A well-functioning body biocommunication system will reward a well-functioning immune system.

ADDITIONAL TIPS

05 Devices, practices, water, and adaptogens

- 5.1 Ionic Detox Machine (Devices & Accessories)** · Use our Ionic Detox Machine every day for 2 weeks, then 3 times a week. Clean with 8 levels of 10 minutes each, for a total of 80 minutes, changing the water between levels.
- 5.2 Falun Gong** · Start practicing Falun Gong and listen to the sounds for the chakras. It is a truly miraculous combination, free and very easy to learn. <https://sl.falundafa.org/falun-dafa-video-audio.html>
- 5.3 Grounding** · Use a grounding sleeping mat and pillow, and walk barefoot on the grass or soil of the Earth for 15 minutes every day.
- 5.4 NLS review** · Schedule regular NLS technician visits to review imbalances and reduce stress.
- 5.5 Severe viral infection** · If you have a severe viral infection, do all of the above and add Cinchona bark tea 3 times a day as a daily tea. Cinchona bark is a natural form of HCQ. Also use **colloidal silver** and hydroxychloroquine with doxycycline, ivermectin, and azithromycin, as directed by a physician.
- 5.6 Lung support** · The secret that will completely restore the lungs from within is BIO vegetable glycerin: not PG, but VG. Use a nebulizer and evaporate a mixture of BIO vegetable glycerin, clean water, and a few drops of **DMSO** for 10 minutes a day during the first 2 weeks and then 5 minutes per day. The result: significant lung healing occurs within a few weeks.
- 5.7 Parasites** · To kill parasites, use Dr. Hulda Clark Tincture: a tincture of black walnut, wormwood, and cloves: and ivermectin at 1 × 10 mg per 50 kg of body weight, preferably powder or crushed tablets mixed with BIO VG, 5 drops of **DMSO**, and demineralized water. Repeat once after 2 weeks, once after 3 months, and once after 6 months.

- 5.8

Power Bug Zapper (Devices & Accessories) ↗ · Use our Power Bug Zapper while detoxifying, or separately, for 1.5 hours per day, set as high as feels comfortable.
- 5.9

Clean water ↗ · Drink clean water and cook with it. Use our 8-Stage Water Purifier (Devices & Accessories).
- 5.10

BPC-157: Body Protection Compound
BPC-157 is a stable gastric pentadecapeptide made of 15 amino acids. Preclinical research has examined tissue integrity and gastrointestinal mucosa, alongside tendons, ligaments, muscles, bone, skin, wound repair, and blood-vessel integrity. Research use only: it is not an approved medicine or clinical treatment, and this document does not provide dosing or treatment guidance.
Tendon-to-bone healing · Tendon healing · 2025 tissue-repair review
- 5.11

Additional Herbal Adaptogens · Longevity Master Formula · To support recovery: reishi, ashwagandha, chaga, rhodiola, fo-ti, ginseng, astragalus, cordyceps, schisandra, gynostemma, cistanche, polyrhachis, deer antler, lion's mane, pine pollen, dendrobium, asparagus root, tongkat ali, shilajit, rehmannia, nettle root, codonopsis, ajuga turkestanica, mucuna, tribulus, and licorice root.

DOCUMENT RECORD

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Contact and disclaimer

Information, guidance, appointments, and a free copy: info@quantummetahealth.com

[Current Free ISHA Cure printable PDF](#) ↗

[Free ISHA Cure online protocol](#) ↗

[ISHA Method referral link](#) ↗

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