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This information is in no way medical advice or recommendation and has been provided with Chris Hyslop's permission.

Protocol for Obesity Virus (Adeno 36 Virus)

The Adeno36 virus will have affected your adrenal glands to slow down your metabolism and it will be continuing to do so. To clear the virus from your system you will need to strictly adhere to the following instructions. NOTE If you have a relapse from these instructions the virus is likely to multiply again. Before you start make sure you have everything you need.

1. BECKS ZAPPING.. Week 1, 15 mins per day. Week 2, 30 mins per day. Week 3, 45 mins per day. Week 4 1 hour per day. Now stay at 1 hour per day. (in extreme cases it may be necessary to increase to 2 hours per day, this is usually related to your weight). Recommendation, the Becks Zapper is going to use up batteries fast so it would be wise to invest in a rechargeable system.
2. COLLOIDAL SILVER. 15 ml sublingually (under the tongue) 3 times per day, just leave it in your mouth until it disappears, you may swallow it eventually.
3. SUPPLEMENTATION
 - a). VM75* multi vitamin mineral, 1 per day after your main meal of the day. This is to ensure that you have a full complement of vitamins and minerals to restart you metabolism.
 - b). Lipotropic* factors one after each meal. This helps with fat metabolism in the liver and will help lower cholesterol and prevents fat build up in the liver.
4. WATER. Yes plain water you must have a minimum of 1.5ltrs per day. DO NOT DRINK TEA, COFFEE OR FIZZY DRINKS, (THAT INCLUDES DECAFFEINATED DRINKS AS WELL).
5. FOOD. You need to eat a balanced diet, you should not feel hungry and stop, yes stop, eating when you feel full. I would recommend that you follow the Alkaline diet, sheet attached. Remember this is not a diet as such, your aim is to eat more of the Alkaline foods you like and less of the acid foods in general. Your future health will thank you.
6. EXERCISE. Yes I am afraid so. You need to get your metabolism stimulated. I would recommend you gradually build up. So start with a 5 min brisk walk every day - you need to get slightly out of breath. As this becomes easier, increase it by steps of 5 mins and build up to 20 mins per day.

* you can order these from www.goodvitality.com in the vitamin minerals and herb section.