

Using The 65 Hour Protocol for Dis-Ease— A Path to Better Health

By Jeff Kowalski with Jean Millard

Note to reader: There is no intent by the authors to diagnose or prescribe. The following is for informational purposes only. You may choose to use it in addition to your doctor's advice, but it is not intended to replace the advice given by a trained health care professional. Please consult your doctor regarding matters relative to your health or before acting on the information contained herein.

DIS- is a prefix meaning *lack of*. Many experience *lack of ease* and have become acutely or chronically ill thus having dis-ease or disease.

Countless numbers of people today are affected by cancer. The cancer, however, isn't the issue—their internal environment is.

Often, they're offered the gold standard for cancer treatment—either chemotherapy, radiation, surgery, or a combination of those. A doctor may cut out a cancer then tell his patient he got it all and that he/she is now cancer free. Yet, three to five years later, that same person has cancer again. Why? Because the cancer wasn't the issue—their body, their internal environment was the issue. It's necessary to change the internal environment so the cancer doesn't come back.

The Evolution of the 65 Hour Protocol

Dr. John L. Tate, a dental surgeon in Spartanburg, SC, began using HTE's Far-Infrared HotHouse Dome on his patients before and after surgery. As a result, he's never had a patient develop a dry socket after surgery. He found that the HotHouse Dome increased circulation, reduced pain and swelling, and promoted faster healing.

[Infra-red's Effect on Dentistry and the Immune System](#) was a talk presented by Dr. Tate. (Click the blue link above for a PDF of the transcription.)

It included a narration about a laboratory experiment with rats and far-infrared therapy. The last two sentences of this narration read: "The large cell at the center is the melanoma cell surrounded by macrophages. At last, about 65 hours after the first encounter, the melanoma B-16 BL cell dies."

People got wind of this research and began using the Far-Infrared HotHouse Dome for 65 continuous hours. Whether it was cancer or something else, they'd place the dome over the body part where the problem was. Wanting to share their results with others, they started giving their testimonials.

Many years ago, Linda Zeller, a Natural Health Consultant and a cancer survivor for over 20 years, began a quest to regain her health. During her battle with cancer, Linda was on the strict Gerson Therapy for two years and has remained on a modified version ever since. **With the use of HTE's machines**, Linda discovered **she could achieve in three to four days what took her two years to accomplish on the Gerson Therapy**. By combining all the best practices she'd learned, the 65 Hour Protocol became a comprehensive five-step program consisting of:

- Being positive and making time for prayer and meditation,
- Purifying your lifestyle and making dietary changes,
- Using the Far-Infrared HotHouse Dome for 65 hours and using the Chi Machine and Advanced Electro Reflex Energizer (ERE) during that time,
- Balancing your hormones with an all-natural progesterone cream, and
- Drinking Ezzeac Tea.

Both Linda and I (Jeff) conduct classes over several days teaching this process. Although what you have in your hand is a condensed version, it does provide enough information to do the five-step program.

The 65 Hour Protocol

1) If you're full of negative thoughts, it's time for a mental makeover—be POSITIVE! What you think often becomes your reality.

Dr. Masaru Emoto from Japan studies water. Taken from the website, *What the Bleep Do We Know!?*, are some interesting findings by Dr. Emoto about water. Because of his experiments, he believes physical reality is affected by thoughts and feelings. The following are quotes from this site:

“By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to *change its expression*.”

He “discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.”

Depending upon the age and gender of the person, humans are made up of 50-78% water. That being said, the implications of Dr. Emoto's findings as they relate to human health are very interesting. If what he claims is true, your thoughts and the way you express them are extremely powerful. So, think positively!!!

2) Purifying your lifestyle and making dietary changes.

Charlotte Gerson, the daughter of Dr. Max Gerson who developed the world-famous Gerson Therapy, says there are two main causes of disease: A) *toxicity* and B) *deficiency*.

A) Toxicity: Dr. Bernard Jensen agreed with Ms. Gerson. In his book, **Tissue Cleansing Through Bowel Management**, he wrote about autointoxication or self-poisoning. He likened the colon or large intestine to being the body's sewer system.

Now, imagine what would happen if you didn't flush your toilet for three or more days?! When our colons aren't moving properly and become clogged up, poisons from our feces begin to pollute our bodies. That's autointoxication and that's when we get SICK!

For good health, it's important to keep your internal plumbing free flowing having two to three bowel movements each day. During the program, your body will be throwing off a lot of toxic waste. To help your body with this process, [go on a seven-day colon cleanse before you begin this program](#). This will help you detoxify and clear out one of the main channels your body uses to remove waste. You'll be amazed at the *gunk* that comes out—it'll look like tar—black, stringy, and ropery looking and smell to high-heaven!

As you continue your quest for better health, you may want to take a little bit of the colon-cleansing formula every day for maintenance and do a seven day cleanse once a year.

So, there are a number of things you can do to help decrease your body's toxic load:

1. Use HTE's machines,
2. Drink plenty of purified water,
3. Keep your colon clean by doing colon cleanses (there are also liver and gall bladder cleanses and parasite cleanses you can do), and
4. Be diligent about removing toxic chemicals from your environment: your home (cleaning products, personal care products, etc.), what you eat, the air you breathe, and the water you drink.

But while you work to remove toxins, think about what you put in your mouth. Nobody shovels what goes in your mouth—that's one thing *you* control! And what you eat and drink leads to the next main cause of disease . . .

B) Deficiency: Let's talk about **SAD**—the **S**tandard **A**merican **D**iet. Many foods are over processed, over cooked, and thus contain little nutritional value. As the saying goes, Garbage in, garbage out.

What do you expect of your body anyway? If you constantly feed your body junk, you can't expect it to perform optimally.

Think about your car for a moment. If it runs on gas, but you fueled up on diesel, your car would smoke like crazy and sputter and spurt if it even ran at all.

“I wouldn’t even think of doing that!” you say. But why, then, should you expect high-performance from your body if you fuel it with junk?!?!?! In that sense, your body is no different from your car engine. They both require the right fuel for optimal performance.

By following the steps of this program, you’ll experience how its various parts—using the machines, doing cleanses, and drinking plenty of purified water—will help your body remove toxins.

But while you do these things, don’t put more of a toxic burden on your body by eating and drinking things you shouldn’t. Don’t eat white flour or sugar and don’t drink any sodas—regular or sugar-free. Become the master of your mouth. Before you eat or drink anything, ask yourself, Is this bringing me closer to life or closer to death?

During your 65-Hour Protocol—according to the Gerson Therapy—you’ll want to provide your body with **eight to twelve organic juices daily** along with **three organic meals**. Also take **two tablespoons of cold-pressed, raw, organic flax seed oil per day**.

Dr. Alexis Carrel won the Nobel Prize for Medicine in 1912. Dr. Carrel demonstrated the following (taken from the book, **Never Be Sick Again**): “The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew the fluid at intervals—give the cells what they require for nutrition, and, as far as we know, the pulsation of life may go on forever.

“Although a chicken’s lifespan averages only seven years, Dr. Carrel proved his theory by sustaining a piece of embryonic heart from a chicken in a healthy state for about 28 years. It was kept in a special saline solution whose minerals were present in the same proportion as the minerals in chicken blood. It also had the same pH, acid-alkalinity, and it was replaced daily. After he deliberately stopped doing the experiment, the heart cells died.

“Dr. Carrel demonstrated through his research that various diseases, premature aging, and death are solely attributable to an accumulation of toxins in the body cells. These toxins, waste products, are self-generated by cells and also enter the body through the air we breathe, the water we drink, and the food we eat. This overload of toxic wastes keeps our bodies from absorbing and utilizing the nutrition that our cells desperately need.

“If our cells are cleansed of all toxins, and the proper nutrients are provided for them, in essence, we will have life without aging. Dr. Carrel’s 28 year experiment proved that man kills himself by choosing to live an unhealthy lifestyle thereby violating nature’s laws. He verified to the entire world that the body contains within itself the seeds of eternal life. Therefore, **the secret to health and longevity lies not only in proper nutrition but also in proper waste removal from the body.**”

From Dr. Carrel's research we can draw this: cleanse your body, purify it, and give it raw, live nutrition. If you'll do that, your body will heal itself over time, and you can live a healthy life.

Here's a simple formula:

Proper Nutrition + Proper Waste Removal = Body Can Heal Itself

3) Using the Far-Infrared HotHouse Dome, the Chi Machine, and the Electro Reflex Energizer (ERE).

A) Why using the Far-Infrared HotHouse Dome is important.

(For best results, the **SOQI Bed** is recommended. Consisting of three Far-Infrared HotHouse Domes plus a Chi Machine on a company made bed, this provides your body triple the exposure to the far-infrared rays than a single HotHouse Dome provides. If you're faced with a life-threatening illness, this could be an important factor.)

We've already mentioned Dr. Tate's presentation of [Infra-red's Effect on Dentistry and the Immune System](#). In it he reported, "At last, about 65 hours after the first encounter (with far-infrared therapy), the melanoma B-16 BL cell dies."

This article from the National Cancer Institute, [Hyperthermia with Chemotherapy to Treat Inoperable or Metastatic Tumors](#), says, "Hyperthermia (heat) can increase the effect of chemotherapy treatments. **By itself, it can also kill cancer cells.** By using heat to treat the whole body, we can treat cancer cells wherever they are throughout the entire body."

The last sentence from this article reads: "There is no limit to the number of heat treatments a patient may have." It goes on to state that the patients' body temperature is raised to 104°.

[Turning Up The Heat On Cancer—New Treatment Harnesses Heat To Fight Tumors](#) speaks of the work being done at Duke University Medical Center to fight cancer. Dr. Mark Dewhirst says, "The temperatures that we are looking for are at the range between 104 and 113 degrees Fahrenheit. At that range, we get the effects we want, but we don't burn the tissue."

Several naturopathic doctors have indicated that a cancer cell has a different vibrational rate than a normal cell. So, when you start to heat up the body using far-infrared therapy, normal cells will warm up, but the cancer cells start to overheat. When the cancer cells overheat long enough, they can die.

We want you to be perfectly clear on this—we're not making any medical claims here. We're not saying the Far-Infrared HotHouse Dome will cure anything nor are we telling you how to handle your situation. We're simply reporting that some medical institutions

have used hyperthermia in treating their cancer patients and that exposure to the far-infrared rays of the HotHouse Dome may help the body heal itself.

The article by Dr. Harvey Kaltsas, [Too Hot for Cancer](#) tells of cancer patients being treated at Klinik St. Georg in Germany. He reports, “But do not get the impression that hyperthermia is effective only when used with chemotherapy or radiation: it is also used to potentiate the effects of various nutritional and herbal anti-cancer remedies.”

The **Gerson Therapy Handbook** also talks about the benefits of hyperthermia. It claims heat treatments play an important role as an adjunct to the Gerson Program and are important for healing. Treatments increase perspiration which assists in detoxification. They also increase heart rate, respiratory rate, and metabolism.

It’s also reported in the handbook: “Many types of cancer cells are much more sensitive to heat than are normal cells. If temperatures can be raised high enough—104° F or more—and long enough, death of cancer cells may result.”

The Far-Infrared HotHouse Dome is capable of getting the cell to 107°. What this means to you is it’s within the range that has been known to kill cancer cells. This may assist your body to heal itself.

It’s apparent cells of diseased tissue don’t like heat. Neither do pathogens. But there’s something else they don’t like—OXYGEN. As you oxygenate your body, you’re boosting your body’s ability to fight disease.

Notice what happens as hyperthermia takes place. The **Gerson Therapy Handbook** states: “The resultant **increased blood flow brings about greatly improved oxygenation necessary for proper healing. Oxygenation assists in the fight against cancer cells which do not like an oxygenated environment.**”

This segues nicely to the oxygenating capability of The Chi Machine.

B) Why using the Chi Machine is important.

The **Gerson Therapy Handbook** not only contains information on the Gerson Therapy diet, and the supplements you need, but it also has information about the importance of oxygen therapy.

The handbook reveals this interesting finding: “Preliminary clinical studies indicate that oxidative therapy might produce desirable results in cancer treatment. Boosting serum oxygen levels may revitalize normal cells while damaging some viruses and other pathogens. There is much evidence that increasing a patient’s blood oxygen level helps fight tumor tissue and increases the body’s immune system response.”

In **The UnMedical Miracle—Oxygen**, Elizabeth Baker writes: “Recently, medical scientists in a number of countries have found that all cells of degenerative diseases

thus far researched are anaerobic—without oxygen. In other words, degenerative diseased cells proliferate only where cells get little or no oxygen. Healthy cells live and thrive as long as adequate oxygen and good nutrition are supplied to them. Reduce that supply and the cells become puny as one able researcher termed it. They change, they are distorted. They, themselves, degenerate, and those around them do the same.”

Otto Warburg, the recipient of the 1931 Nobel Prize for Medicine, said that where cells get enough oxygen, cancer will not or cannot occur.

On June 30, 1966, he gave a lecture to fellow Nobel-Laureates, at Lindau, Lake Constance, Germany. Entitled, **Prime Cause and Prevention of Cancer**, Dr. Warburg said, “In any case, **during the cancer development the oxygen-respiration always falls**, fermentation appears, and the highly differentiated cells are transformed to fermenting anaerobes, which have lost all their body functions and retain only the useless property of growth. Thus, **when respiration disappears**, life does *not* disappear, but **the meaning of life disappears, and what remains are growing machines that destroy the body in which they grow.**”

So, it's best if you can get and keep your oxygen level up to 98, 99, even 100. **Using the Chi Machine daily will increase the oxygen level in your body.**

C) Why using the Advance Electro Reflex Energizer (Advanced ERE) is important.

HTE America's website describes the Advanced ERE as “an instrument that helps reconnect broken or damaged electrical circuits within the body by stimulating it with the correct wave form, current, and frequency. When there is pain in the body there is electrical resistance meaning the electrical signals between cells are suppressed. Consistent use of the Advanced ERE can help restore the flow of electricity through the painful area so that circuits remain turned on and healing can be promoted.”

Dr. Hulda Clark talks about the ‘Zapper’ in her book, *The Cure for All Cancers*. Based on the same principles discussed in her book, the Advanced Electro Reflex Energizer is a whole body zapper. Daily use of this machine has allowed people to get rid of parasites and viruses.

4) Balance your hormones.

Dr. John R. Lee, author of *What Your Doctor May Not Tell You About Menopause—The Breakthrough Book on Natural Progesterone*, writes extensively about natural progesterone and its cancer-protective benefits.

He speaks of xenoestrogens as being “foreign substances originating outside the body that have hormone-like and estrogen-like activity in the body, and thus a profound impact on hormone balance.”

Linda Zeller says xenoestrogens “block the progesterone receptor sites and mimic estrogen.” As this happens, one becomes imbalanced hormonally. She continues, “Excessive estrogen becomes a potent promoter of cancer and other diseases.” Therein lies the importance of balancing your hormones.

An all-natural progesterone cream, Happy PMS, is available. Linda recommends applying it to the skin twice a day. This is done both during the program and afterward. There is also a natural progesterone cream for men, Adams Prostate Care.

5) Drink Ezzeac Tea.

Drink either Ezzeac Original or Ezzeac Plus Cat’s Claw. (Do NOT use the cat’s claw formulation if you’re taking an immune suppressant as this will boost your immune system. Also, don’t take cat’s claw in any form if you’re nursing or pregnant. You may use the Ezzeac Original Tea.)

Linda Zeller says this tea is famous the world over. It was given to her when she was being treated for cancer in Mexico at the Gerson Hospital. The herbs in this formulation work synergistically to support your body during healing. Two herbs in the tea, burdock root and sheep sorrel, are very effective blood purifiers.

What You’ll Want to Do

As you look at this list, you might be thinking: There’s no way I can do all this stuff! True, maybe you can’t fully incorporate every element of the program. But, the more of the program you do, you can expect a better result—your body will be getting more support to heal itself.

- Before you begin your 65 hour program, a little housekeeping is in order—do a seven day colon cleanse to help your body get rid of toxins. This will help you have a better experience.
 - To give your body the best support, recruit a friend or relative to assist you. They can prepare juices, meals, teas, and provide you with water throughout your program.
 - If you don’t have assistance, drink plenty of pure water and Go Green throughout this time.
 - The key is to use the Far-Infrared HotHouse Dome (or the **SOQI Bed** with the three HotHouse Domes and a Chi Machine on a company-made bed) for 65 continuous hours. Use it over any damaged or diseased tissue—the area where the problem is.
 - Whenever you leave the bed—to eat, go to the bathroom, etc.—make a note of the time you’re away from the dome/s and add that time back in. Again, you want to be exposed to the far-infrared rays for a total of 65 hours.
 - Drink eight to twelve freshly-made, organic juices per day—one every hour you’re awake.
 - Take two tablespoons of cold-pressed, raw, organic flax seed oil per day.

- Eat three organic meals per day. You don't want to rush, but you don't want to be away from your heat source very long, either. Limit your mealtime to 20 or 25 minutes. Some have their meals close to the SOQI bed or keep a HotHouse Dome around their back while they're eating.
- Use the Advanced ERE during two of your meals per day for 15 minutes each time in automatic mode.
- If you feel you must shower, take a very warm one—you don't want to cool down too much.
- Use the Chi Machine every hour you're awake. If you're accustomed to using it for five minutes, use it five minutes every hour. If one of your sessions is usually 15 minutes, you may try 15 minutes every hour if you feel okay doing so.
- Take in some fluid every hour you're on the program. Remember, every hour you're awake, you'll be drinking a freshly-made organic juice. Since you'll also be under the dome/s during your sleep, have someone wake you every hour to give you water.
- Buy some bulk, organic peppermint tea. Once brewed, this will make a soothing tea if you become nauseous.

What to Expect

Linda Zeller readily admits the Gerson Therapy is the most difficult therapy to stick with. But when it comes to cancer and other diseases, it also has the highest success rate. If you're seriously ill and/or dying, you must make some drastic changes. In order to get results, you must be strict with yourself.

Yes, the Gerson Therapy is very, very strict, but it's not something you'll have to do for the rest of your life. Once you're better, you can do a modified version of the therapy.

If you decide to embark on this journey and do the 65 Hour Protocol, you'll probably get worse before you get better. Linda said she felt so bad, she wanted to die—she was just that miserable.

As your body fights the cancer, and cancer cells are destroyed, your body will attempt to get rid of this waste. This will occur through your skin, bowels, nose—anywhere you can have a discharge.

Perhaps your body has undergone assaults for the last 30 or 40 years. Don't think one 65 hour session will completely turn around that kind of damage. This protocol is all about giving your body the support it needs to heal itself. When you change your environment, change your lifestyle, you'll be well on your way to a happier, healthier life.

Recommended Reading:

The Gerson Therapy Handbook,
A Cancer Therapy—Results of Fifty Cases by Max Gerson, M.D.

Recommended Viewing:

Heal Yourself, Heal the World (DVD),
Gerson Therapy I, II, and III (three DVDs providing 12 hours of training),
Go to www.chidvd.com and click on [Watch The Full Movie](#).

The products mentioned in the 65 Hour Protocol are available from:

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Please feel free to call me if you have any questions.