

**THE GOOD
THE BIRD
& THE GUILTY**





Disease never comes without a cause. The way is first prepared, and disease invited by disregarding the laws of health. — [How to Live, pg 70](#)

Sickness is caused by violating the laws of health. — [Testimonies for the Church 3:164.](#)

The majority of diseases which the human family have been and are still suffering under, have been created by ignorance of their own organic law. — [The Health Reformer, October 1, 1866.](#)

- Several Urinalysis tests
- Cultures
- CIPRO for 10 days
- Several Urologists, including Dr. Hadley
- Cystoscopy and ultrasound of my bladder
- Magnesium
- Apple cider vinegar
- Long-term juice fast
- Several Naturopathic Doctors, one flew down from WA
- Dr. Nedley in Weimar
- Raw Diet for 3 weeks
- Kegel Exercises
- Sitz Baths with Epson Salt
- Drink juice of boiled broccoli
- Hydrotherapy
- Pumpkin Seed Extract
- Saw Palmetto
- DHA
- Blood Analysis
- Neurologist to test for MS
- MRI of my kidneys
- High-dose D3
- Multivitamins
- Protandim
- Essential Oils
- Progesterone
- Gluten Free for 30 days
- Food allergy test through blood testing
- Turmeric daily
- Alpha Blockers
- Probiotics
- Elmiron (one month) to rule out Interstitial Cystitis
- Raw eggs in grape juice
- Heavy metal testing
- Urodynamic testing
- High Doses of Fresh Garlic and Olive Oil
- 5 month detox regimen
- CIPRO for 30 days (repeat long-term)
- Oil of oregano into water (antibacterial, antiviral, anti-fungal, and antibiotic properties)
- Parasite cleanse
- Water Fast for 6 days



The “time of trouble such as never was,” is soon to open upon us; and we shall need an experience which we do not now possess, and which many are too indolent to obtain.

It is often the case that trouble is greater in anticipation than in reality; but this is not true of the crisis before us. The most vivid presentation cannot reach the magnitude of the ordeal.

—The Great Controversy, 621.