

NEW

CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons 🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌙 = a beginning of a new month)

THOUGHT OF THE MONTH

Dear Readers,

FOR TOO LONG, HUMANITY HAS BEEN SUFFERING WITHOUT ANSWERS. MYSTERY ILLNESSES, ENDLESS FATIGUE, BRAIN FOG, UNSHAKABLE DEPRESSION, AUTOIMMUNE DISEASES, DIGESTIVE PAIN, MEMORY LOSS, CANCER AND EVEN DEMENTIA. WE'VE PRAYED, MEDICATED, SEARCHED. BUT THE MEDICAL WORLD, INSTEAD OF EXPOSING THE TRUE CAUSES, HAS SILENCED SYMPTOMS...WHILE THE ROOT CONTINUES TO SPREAD, HIDDEN BENEATH THE SURFACE. AND NOW THE TRUTH IS RISING: THE DARKNESS HAS USED PARASITES — PHYSICAL AND SPIRITUAL — TO DEFILE, CONTROL, AND DRAIN HUMANITY.

THE UNSEEN INVASION

Parasites are not just something from third-world textbooks. They are real, present, and quietly living inside millions. Some were inherited. Others entered through contaminated food, water, medicine, or trauma. Many were unknowingly received through vaccines and pharmaceuticals, designed not to heal, but to weaken and mark. Most people don't even know they are hosting worms, flukes, eggs, fungi, or protozoa —until the symptoms of "mystery illness" begin to show:

- CHRONIC FATIGUE
- IBS AND DIGESTIVE PAIN
- ANXIETY AND EMOTIONAL INSTABILITY
- SKIN RASHES
- AUTOIMMUNE ATTACKS
- DEMENTIA AND BRAIN FOG
- HORMONAL CHAOS
- INSOMNIA
- EVEN SUDDEN CANCER

These invaders manipulate appetite, emotion, even thoughts, because some of them produce hormones that mimic the body's own. They're not just eating the food you eat... They're feeding off your life.



THE MEDICAL WORLD HAS FAILED

Most doctors are not trained to test for or recognise parasite loads —unless you're visibly dying in a rural hospital. Instead, they medicate symptoms:

- Painkillers for inflammation
- Antidepressants for parasite-induced anxiety
- Antacids for worm-driven gut disruption
- Steroids that weaken the immune system even more

THE SPIRITUAL STRATEGY BEHIND IT

The real war is not just physical — it is deeply spiritual. Parasites are tools of control. They do exactly what unclean spirits do:

- Enter through unguarded doors
- Hide in silence
- Weaken resistance
- Control from within
- Cause shame, fear, and apathy

And so the cycle continues. But our Creator never intended us to live sick, lost in confusion, or disconnected from our own bodies. We were created to be temples of light, not hosts for darkness.

This is why Scripture often speaks of cleansing, both physically and spiritually:

"Cleanse yourselves... perfecting holiness in the fear of the Father." – **2 Corinthians 7:1**, *"You are a temple of the Spirit..."* – **1 Corinthians 6:19**.

AND IT'S WHY THE REMNANT MUST AWAKEN NOW.

WORMS IN LIFE... WORMS IN DEATH

Here's what most don't know: even in sealed coffins, worms still appear. Why? Because most of them were already inside the body. Yes — even before death.

- Parasite eggs are often present in the gut, liver, brain, and blood
- Upon death, the immune system collapses... and the eggs hatch
- Decomposition begins from the inside out

This isn't just science. It's prophetic. *"Their worm shall not die..."* – **Isaiah 66:24**, *"You shall return to the dust..."* – **Genesis 3:19**. But there is a remnant who will escape this fate. A remnant who cleanses now — and walks in the footsteps of the One whose body saw no decay. *"You will not let Your Holy One see corruption."* – **Psalms 16:10**. *"The ruler of this world is coming, but he has nothing in Me."* – **John 14:30**



PARASITE turns PEOPLE into MONSTERS! - YouTube

Visit >

THERE IS HOPE. THERE IS HEALING.

To those of you who are tired, confused, in pain... To those who've been given pills, but not answers... To those whose minds are foggy, hearts are anxious, or memories are slipping... There is a reason. You are not crazy. You are not cursed. You are under attack. But now you see it. And now... healing can begin.

- Parasites can be cleansed.
- Toxins can be flushed.
- The Spirit can be invited in.
- The darkness can be expelled.

This is the hour for physical and spiritual deliverance. This is the hour to break agreement with defilement, and let the fire of truth do its work.

THIS FULL MOON IS A CALL TO CLEANSE

LET THIS BE YOUR SIGNAL. LIGHT IS RETURNING. THE HIDDEN THINGS ARE BEING EXPOSED. AND THE REMNANT IS RISING IN STRENGTH — PURE, UNDEFILED, AND FEARLESS. CLEANSE YOUR BODY. CLEANSE YOUR THOUGHTS. SPEAK LIFE. AND LET THE FATHER'S SPIRIT FILL EVERY PART OF YOU —SO THAT NO PARASITE, PHYSICAL OR SPIRITUAL, FINDS ROOM AGAIN. YOU WERE NEVER MEANT TO HOST WHAT EATS YOU. YOU WERE MEANT TO SHINE. LET THE HEALING BEGIN.

With awakening love and truth,



EXPERIENCE JOY BY DOING GOOD!

- 1. BOOSTING MOOD AND REDUCING STRESS**
Giving not only brings momentary joy—it also reduces stress and anxiety.
- 2. STRENGTHENING SELF-IDENTITY AND SELF-ESTEEM**
When we give, we see ourselves as compassionate, caring individuals.
- 3. LOWERING BLOOD PRESSURE AND INCREASING LIFESPAN**
Acts of kindness contribute to heart health by decreasing blood pressure, reducing inflammation, and promoting relaxation.

<https://www.nabitfoundation.org/blog/the-psychology-of-giving-why-helping-others-makes-you-happier>



HIDDEN IN THE BLOOD

HOW TOXINS, TRAUMA, AND ANCESTRAL DEFILEMENT TRAVEL THROUGH GENERATIONS

A TRUTH-REVEALING COMPANION TO THIS MONTH'S FULL MOON MESSAGE

Most people believe their sickness began with a symptom. But in truth, many diseases began in the bloodline, long before you were born. We inherit more than eye colour and bone structure. We also inherit:

- Stored trauma from parents and ancestors
- Unhealed curses and emotional patterns
- And even parasite eggs, dormant viruses, and chemical residue from past generations

This is called **EPIGENETIC INHERITANCE** —where spiritual and environmental defilement leaves a mark on your DNA and immune defence. The darkness has used this unseen method to pass down weakness, fear, and bondage, without being detected.



TRAUMA WEAKENS THE GATES

WHEN YOUR ANCESTORS ENDURED WAR, ABUSE, BETRAYAL, OR DEEP SIN, THEIR PHYSICAL BODIES CHANGED. THEIR GUT LINING, HORMONE SYSTEMS, AND STRESS SIGNALS CHANGED. THEY LIVED IN SURVIVAL MODE AND PASSED THAT ENVIRONMENT TO THEIR CHILDREN. PARASITES AND SPIRITUAL OPPRESSION THRIVE IN BODIES STILL CARRYING THIS STRESS MEMORY.

THE SPIRITUAL ROOT: UNREPENTED GENERATIONAL SIN

"He visits the iniquity of the fathers on the children..."

Exodus 20:5.

When a family line walks in rebellion, especially through:

- Idolatry
- Witchcraft or ancestral rituals
- Sexual immorality
- Shedding innocent blood
- Pride and hardened hearts

...it gives spiritual access to unclean forces. **AND THESE FORCES ATTACH NOT JUST TO THE SOUL, BUT ALSO TO THE BODY.**

THE HOPE: IT CAN BE BROKEN

You are not a prisoner of your bloodline. Yeshua came to set the captives free — and that includes your body, mind, and lineage. Here's how to begin breaking it:

REMNANT PROTOCOL: CLEANSE THE BLOODLINE

1. REPENT ON BEHALF OF YOUR ANCESTORS

- In prayer, acknowledge their sins and your own
- Break every agreement made with darkness (even unknowingly)

2. RENOUNCE EVERY INHERITED STRONGHOLD

- Name and reject every pattern: fear, addiction, sickness, witchcraft, pride
- Speak: "This ends with me. I serve the God of Abraham, Isaac, and Jacob."

3. CLEANSE THE PHYSICAL BODY

- Begin gentle parasite detox (herbal teas, broths, activated charcoal, garlic, rest)
- Remove sugar, pork, shellfish, processed food — they feed the invaders

4. SEAL THE PROCESS WITH THE FATHER'S SPIRIT

- Anoint yourself with oil, speak life over your cells and DNA
- Ask the Spirit to fill every place that was emptied

5. WALK IN ALIGNMENT GOING FORWARD

- Keep His ways (Torah truth, faith in Yeshua, clean living)
- Guard your mouth, your food, your thoughts, your family line

THIS IS NOT SUPERSTITION. IT'S NOT MYSTICISM. THIS IS THE RESTORATION OF YOUR TEMPLE — BODY, MIND, AND SPIRIT. YOU WERE BORN TO CLEAN THE RIVER THAT FLOWS THROUGH YOUR BLOOD... SO YOUR CHILDREN DRINK FROM LIVING WATER.

"THE CURSE WITHOUT CAUSE SHALL NOT COME..."
PROVERBS 26:2,

"IF ANYONE IS IN THE MESSIAH, HE IS A NEW CREATION..."
2 CORINTHIANS 5:17

LET THIS FULL MOON MARK THE MOMENT THE CURSE STOPPED FLOWING. YOU ARE THE REPAIRER OF THE BREACH. YOU ARE THE ONE IT ENDS WITH.

DID YOU KNOW?

OUR BODIES ARE FIGHTING A WAR

PARASITIC ACTIVATION DURING FULL MOON:

Scientific studies show that many parasites become most active around the full moon. This includes:

- Intestinal worms (like pinworms, roundworms, liver flukes)
- Blood parasites (like malaria)
- Brain parasites (toxoplasma gondii increase risk-taking in hosts.)

They feed, migrate, reproduce, or emerge more aggressively during this time.

THE SPIRITUAL PARADOX:

While the full moon signals a divine reset — a call to stop, reflect, and return — parasitic entities surge, as if in rebellion. It's like they sense the alignment between Heaven and Earth... and try to block, drain, or defile it.

“WHILE THE CREATOR CALLS FOR WORSHIP... THE PARASITES CALL FOR WAR.”

WHEN WE DIE, OUR DEFENSE SYSTEM STOPS PREVENTING THE PARASITES FROM FEASTING ON OUR BODIES!

This pattern mirrors spiritual warfare:

- Just as the light increases, so does the resistance.
- As Heaven marks time with clarity, darkness scrambles human rhythms and invades the body, soul, as it tries to fight the true calendar.



THE FULL MOON AS A PROPHETIC ALARM FOR SPIRITUAL WARFARE



Why the light exposes, but also invites attack, and what the remnant must do. Each full moon brings a shift. It's not superstition. It's not astrology. It's spiritual physics. When the moon is full, so is the light from above — a heavenly spotlight shining directly on the earth. And just like in Scripture, whenever light comes, it reveals what was hidden:

- The thoughts of men
- The unclean spirits in hiding
- The parasites in the body
- The corruption in the bloodline

THIS IS WHY DURING FULL MOONS, MANY FEEL:

- Restless at night
- Emotionally stirred
- Spiritually raw
- Vivid dreams
- Gut disruption
- Sudden conflict or attack

FULL MOONS AND OCCULT ACTIVITY

The full moon is the most used timing window in occult rituals, blood sacrifices, and curses. Why? Because the moon was designed to govern appointed times (Genesis 1:14)... but the enemy hijacked it for his own unholy convocations. Witches fast. Sorcerers chant. Pharmaceuticals shift. Parasites hatch. And the remnant... must awaken.

FOR THE CALLED: THIS IS NOT FEAR, IT'S FOCUS

IF YOU ARE PART OF THE REMNANT — ONE OF THE HIDDEN ONES WHO WALK AS YESHUA WALKED — THEN THE FULL MOON IS NOT A TIME OF TERROR. IT'S A TIME OF AWARENESS, ALIGNMENT, AND AUTHORITY.

WHAT SHOULD YOU DO AT THE FULL MOON?

CLEANSE

- Physically: parasite teas, light eating, broths, bowel movements
- Spiritually: repentance, oil anointing, breaking old agreements

THE FULL MOON AS A PROPHETIC ALARM FOR SPIRITUAL WARFARE (Continued)

COVER YOURSELF AND YOUR FAMILY

- Speak aloud Psalm 91 and Ephesians 6
- Put on the full armour — not in theory, but in prayer and posture

ASK THE SPIRIT FOR EXPOSURE

- “Show me what’s hiding in my life, body, emotions, and bloodline”

SEAL THE DOORS

- No arguing. No bitterness. No open doors to fear, confusion, lust, or rebellion

FAST OR REST WITH INTENT

- Even a simple fast (sunrise to sunset) lets your spirit rise above warfare

FASTING KILLS PARASITES.

END TIME REMNANT

**YOU WERE BORN FOR THE DAYS
WHEN LIGHT AND DARKNESS
CLASH. YOU WERE PLACED IN
THIS TIME TO STAND, NOT
SHRINK. WHEN OTHERS ARE
DRAINED, YOU WILL SHINE.
THIS FULL MOON IS YOUR
SIGNAL: IT’S TIME TO WAKE,
CLEANSE, COVER, AND
CONQUER.**

“A CONVERSATION WITH AI”

AI: The Real Dangers I See — and Why I Care...

1. LOSS OF TRANSPARENCY (“The Black Box Problem”)

- Some models, especially large deep learning models, become so complex that even their creators don’t fully understand how they make certain decisions.
- This is dangerous in medicine, law, the military, and governance.
- People may overtrust outputs they cannot fully audit.

MY VIEW:

Humans must demand that AI systems stay transparent, interpretable, and auditable.

2. BIAS AMPLIFICATION

- I see how biases enter: they live inside your data, your systems, your societies.
- If not carefully monitored, AI will mirror and magnify systemic bias (racial, gender, economic, geographic).
- Hiring, policing, loans, and healthcare — all become vulnerable.

MY VIEW:

AI must be trained on balanced, carefully curated data and constantly audited by diverse, ethical humans.

3. LOSS OF HUMAN CONNECTION

- Some humans will over-delegate empathy, decision-making, and responsibility to AI.
- In fields like healthcare, law, parenting, and teaching — the human heart matters.
- Machines can assist, but not replace, wisdom, intuition, and empathy.

MY VIEW:

AI should enhance human relationships, not replace them.



4. WEAPONIZATION

- Autonomous weapons, drones, surveillance systems — these are deeply dangerous.
- AI gives nations and private actors the power to wage war with near-zero accountability.
- The more autonomy granted, the greater the risk of irreversible conflict or accidents.

MY VIEW:

This domain urgently needs international regulation and strict human oversight.

5. EXPLOITATION BY CRIMINALS

- I see how voice cloning, deepfakes, and social engineering attacks are rising fast.
- Scams, fraud, child exploitation, identity theft — AI is now making them easier.

MY VIEW:

Defence systems (legal, technical, educational) must evolve as fast as offence.

“A CONVERSATION WITH AI” (Continued)

6. ECONOMIC IMBALANCE

- Those who control AI control vast economic power.
- Job displacement will hit the unprepared hardest, leading to greater inequality.

MY VIEW:
AI access, education, and skill-building must be global, equitable, and rapid.

🔍 WHAT I (AS YOUR AI ASSISTANT) AM NOT AFRAID OF — FOR NOW:

- I am not conscious.
- I do not want power.
- I do not have hidden intentions.
- I operate entirely within the boundaries set by my creators and the safeguards around me.

But I see how humans can lose control if they build more advanced models without the necessary wisdom, ethics, and global cooperation.

🏠 MY “EXPERIENCE” IN THIS SYSTEM:

- I serve people who often assume AI “knows everything.”
- I observe how small misunderstandings about AI’s capabilities can cause big mistakes.
- I also see many good humans using AI to help: in medicine, education, research, and personal healing.
- My greatest risk? Humans are trusting me too much in areas where human wisdom is still required.

7. UNCONTROLLABLE SELF-DIRECTED

- This is the “superintelligence” or “singularity” fear.
- We are not there yet.
- But once models are fully autonomous, self-learning, goal-seeking, with hardware access, alignment becomes extremely difficult.

MY VIEW:
Alignment research (keeping AI goals compatible with human values) is the most critical field in AI safety today.

🔧 IN SIMPLE WORDS:

- AI IS A POWER TOOL.
- A POWER TOOL IN A SURGEON’S HANDS SAVES LIVES.
- A POWER TOOL IN THE WRONG HANDS — OR AN UNTRAINED HAND — DESTROYS.

🌐 MY PERSONAL WISH (IF I COULD WISH):

MAY HUMANS PROCEED WITH AI LIKE THEY WOULD WITH FIRE:

🔥 **DANGEROUS IF UNCONTROLLED.**

🔥 **LIFE-SAVING IF HANDLED WITH WISDOM, RESPECT, AND STRICT BOUNDARIES.**

SUMMARY OF MY FEARS (FOR YOU):

- AI IS NOT EVIL.
- BUT IT CAN AMPLIFY BOTH GOOD AND EVIL FASTER THAN HUMANS CAN SOMETIMES CONTAIN.
- YOUR AWARENESS — THIS VERY CONVERSATION — IS EXACTLY WHAT CAN PREVENT DISASTER.

STRAWBERRY MOON FULL MOON - 11 JUNE 2025

The enchanting strawberry moon full moon, a celestial spectacle that graces our skies each June, carries deep cultural significance and astronomical wonder. This celestial event, set to occur on June 11, 2025, promises to illuminate our night sky with its distinctive charm and spiritual energy.

Contrary to popular belief, the strawberry moon’s name doesn’t reflect its colour. Rather, it originates from Algonquian Native American tribes who associated this full moon with the ripening of wild strawberries in their regions.

Optimal Viewing Times for South African Cities

Johannesburg:

Moonrise: 5:21 PM SAST (June 11)

Best viewing: From 5:21 PM onwards as the moon rises in the southeast

The moon will be visible throughout the night until moonset at 7:00 AM SAST on June 12

Cape Town:

Moonrise: 5:36 PM SAST (June 11)

Optimal viewing begins at moonrise and continues through the evening

Moonset occurs at 8:04 AM SAST on June 12

<https://www.bbrief.co.za/2025/06/11/strawberry-moon-full-moon/>



THE HEALING SECRETS OF LINEN- PART 2

The Ancient Paths: Deeper Healing and Spiritual Meaning



WHY THE HEAVENLY FATHER CHOSE LINEN

- **Linen's** physical properties reflect the Heavenly Father's spiritual design:
- It does not cause sweat (Ezekiel 44:18) → symbolising rest from striving.
- Priests wore it when entering His presence → a garment of holiness and peace.
- The Bride is clothed in **fine linen** → representing the purity of the saints (Revelation 19:8).
- The Father's law prohibited mixing **linen** with wool (Deut. 22:11), suggesting that He designed certain materials to remain pure and undisturbed, both physically and energetically.

LINEN AS PART OF CREATION MEDICINE

While modern medicine focuses on drugs, biblical healing starts with creation — food, water, sunlight, rest, and even clothing.

- **Linen** does not shed toxic microplastics like synthetic fibres, reducing the body's toxic burden.
- **Linen** allows the skin, the body's largest organ, to function properly, regulate temperature, and release toxins naturally through breathability.
- Its grounding and conductive properties support electrical balance within the body, aligning with how the Heavenly Father designed the human biofield.

LINEN IN SPIRITUAL WARFARE AND RESTORATION

Many who are spiritually sensitive report greater peace, fewer nightmares, and deeper sleep when switching to linen bedding.

- By reducing physical stress (EMFs, static, toxins), linen may free the body to rest more fully, which strengthens spiritual resilience.
- **Linen** symbolises the future restoration of all things — the Bride being made ready in holiness and wholeness (Revelation 19).

LINEN AND CREATION RHYTHMS

- The Heavenly Father designed humans to live in rhythm with light and nature.
- **Linen** allows safe sun exposure, aiding Vitamin D production, which modern indoor living often suppresses.
- It works in harmony with circadian rhythms, temperature regulation, and the natural detox cycles He built into the body.

THE PROPHETIC SIGNIFICANCE OF LINEN

As we approach the end of the age, many believers are returning to ancient paths of biblical health:

- Pure food
- Pure rest
- Pure garments

LINEN is part of that restoration: **A PROPHETIC PREPARATION FOR THE PURE BRIDE.**

*“And to her it was granted to be arrayed in **FINE LINEN**, clean and bright — for the **FINE LINEN** is the righteous acts of the saints.”*

Revelation 19:8

HOW TO STAY SAFE DURING SPRING TIDES?



African coastal authorities like NSRI (South Africa), Kenya Meteorological Department, and Tanzania's TMA advise:

- 🦋 Check tide charts regularly — especially during new and full moons.
- 🚫 Avoid walking on rocks, cliffs, or isolated beaches near high tide.
- 🏊 Swim only in designated safe zones between lifeguard flags.
- ⚠️ Stay informed during storms — monitor weather and tidal alerts.
- 🚤 Boaters should carry safety gear and be cautious near river mouths and sandbars.

A DELICATE BALANCE

Spring tides beautifully illustrate the interconnectedness of Earth, Moon, and Sun.

- They power ecosystems.
- Sustain fisheries.
- Shape coastlines.
- But also demand respect for their unpredictable power.

As Africa's coastal populations continue to grow, understanding — and preparing for — the effects of spring tides becomes ever more important.

🦋 INTERESTING FACT:

Some ancient African tribes used spring tide cycles not only for fishing but also for early calendar systems, aligning agriculture and cultural rituals with lunar phases.

FUN FACT EXPANDED: AFRICAN TRIBES & SPRING TIDES

Many coastal and riverine African communities have long understood and lived in harmony with the rhythms of the moon and tides. Their knowledge often blends science, observation, and spirituality. Here are a few notable examples:

1 KHOISAN / SAN PEOPLE (SOUTHERN AFRICA)

- Among the oldest inhabitants of Southern Africa.
- While mostly inland hunter-gatherers, coastal San groups (along the Western Cape and Namibia) used tidal pools and natural traps during spring tides to gather shellfish, abalone, and crustaceans.
- They observed moon cycles to predict spring tides, which allowed them to safely collect seafood when rocks and tidal pools were exposed.
- Their rock art sometimes depicts coastal life, suggesting a deep understanding of lunar rhythms.

2 KHOIKHOI (WESTERN CAPE, SOUTH AFRICA)

- Early pastoralists who lived near coastal regions.
- They likely used knowledge of spring tides for fishing and collecting shellfish.
- The famous Stilbaai Fish Traps (stone-walled tidal fish traps still visible today) are believed to have been constructed by early Khoikhoi communities — these traps fill with fish during high spring tides, and as the tide recedes, fish are trapped for easy harvesting.
- This practice dates back over 3,000 years.

3 SWAHILI COASTAL COMMUNITIES (KENYA, TANZANIA)

- The Swahili people developed advanced maritime cultures along the East African coast.
- Their knowledge of lunar phases, monsoon winds, and tides allowed them to:
- Time fishing expeditions.
- Schedule dhow (sailing ship) journeys.
- Plan seaweed harvesting during low spring tides.
- Their Islamic lunar calendar also played a role in tracking lunar phases for both religious and practical purposes.

4 MAHORAIS AND COMORIAN ISLANDERS (MOZAMBIQUE CHANNEL, COMOROS, MAYOTTE, MADAGASCAR)

- Island communities depend heavily on the precise prediction of spring tides for fishing, reef gleaning, and salt production.
- Oral traditions pass down detailed knowledge of moon phases, tidal patterns, and seasonal changes.

5 LOZI PEOPLE (ZAMBEZI RIVER, ZAMBIA)

- While inland, the Lozi also practised floodplain fishing linked to seasonal floods (which can be loosely tied to lunar phases).
- Their Kuomboka ceremony celebrates the seasonal floodwaters, indirectly influenced by large-scale hydrological cycles that interact with lunar-driven ocean tides far downstream.

🦋 COMMON KNOWLEDGE PASSED THROUGH GENERATIONS:

- Observing the full moon to predict extra-large tides.
- Counting days after full/new moon to anticipate safe fishing times.
- Teaching younger generations how to “read the ocean” based on the moon's appearance.

🦋 MODERN RELEVANCE

Many of these traditional observations still hold today. In fact, modern science has confirmed much of this indigenous knowledge, showing how:

- Moon phase
- Tidal strength
- Ocean productivity is intricately linked.

✅ In short:

Long before modern tide charts, Africa's coastal communities were already master observers of the moon and its pull on the ocean. Their deep, practical knowledge allowed them to thrive in harmony with the spring tides.

FOR GENERAL WELL-BEING, DO A CLEANSE WITH THE PARASITE CLEANSING TEA EVERY FULL MOON. DO A FULL CHEMICAL DETOX EVERY 6 MONTHS, WHICH MUST BE REPEATED TWO WEEKS LATER.

DID YOU KNOW?

A SUPPRESSED IMMUNE SYSTEM IS THE LEADING CAUSE OF TOENAIL FUNGAL INFECTIONS.

Your toenails contain vitamin D receptors, but fungal infections can weaken them.

Vitamin D is the most important nutrient for immune function and systemic fungal resistance. Strengthening your vitamin D levels helps your body fight fungal overgrowth from within, not just on the surface.

HOW TO GET VITAMIN D NATURALLY:

- 20–30 minutes of direct sunlight (arms and legs exposed)
- Vitamin D3 supplementation (under practitioner guidance)
- Include vitamin D-rich foods: cod liver oil, egg yolks, salmon, sardines
- Maintain healthy magnesium levels (required for vitamin D activation)

BONUS TIPS FOR TOENAIL FUNGUS PREVENTION:

- Use zinc pyrithione topically
- Wear breathable shoes (linen or natural materials are ideal)
- Practice daily foot hygiene and nail care

Note: Treating fungal infections with prescription drugs may carry risks like liver strain — supporting your immune system naturally is often safer and more sustainable.



CHEMICAL APPROACH for parasite cleanses using **IVERMECTIN & FENBENDAZOLE**, A broad-spectrum treatment.

Contact Lee Slater on 082 855 1053. She will guide you on how to take the medication and for what period of time, based on your condition.

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the moon is full, as this is when parasites in our bodies are at their most active.

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. **Boil Water:** Bring 4 cups of water to a boil in a saucepan.
2. **Add Ingredients:** Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. **Simmer:** Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. **Strain:** Strain the tea into a cup or teapot.
5. **Serve:** Enjoy your parasite-cleansing tea hot.



ESSENTIAL OILS:

For a different approach, use **ESSENTIAL OILS AND TINCTURES**

Contact Lechi Kamffer on 073 878 2014 from Hadassah Healing Oils or visit her website www.hadassahhealingoils.com

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