April 8, 2018

Charlie Hall
c/o Coach Chris Collins
Northwestern Wildcats Men’s Basketball Team
Welsh-Ryan Arena
Northwestern University
2705 Ashland Ave
Evanston, IL 60208

Dear Charlie,

I found Teddy Greenstein’s article about you that he wrote for a March 2017 edition of the Chicago Tribune titled, “Northwestern walk-on and fan favorite Charlie Hall on the shot that wasn’t.” I’m a science writer with information about your mother’s cancer. I don’t have an address for anyone in your family, but I realized that Coach Chris Collins might give you my letter.

Please tell your mother that I have found dozens of scientific studies (published in prestigious peer-reviewed medical journals) that make a connection between parasites and cancer. One of the most important studies was published in 2010 and it’s titled:

“Helminthic infections mimicking malignancy: a review of published case reports,”


This paper is called a “review study” which means the authors gathered similar studies from other scientists. Helminths are worms. I think the expression “mimicking” is awkward considering the number of related studies in this paper and in other papers—is huge. This study is free and can be accessed through Google by pasting the title into the search engine. The cases of patients with various types of cancer and the associated parasitic worms are listed in a chart. Valerie Harper’s cancer is in the chart (carcinomatosis) and the associated worm is called Fasciola hepatica. There’s also a case of colon cancer caused by Fasciola hepatica in the chart. Katie Couric’s husband, Jay Monahan, died of colon cancer at age 42 in 1998.

There are many different types of worms that cause cancer. I recently met a retired couple in Florida whose daughter was diagnosed with ovarian cancer at the age of 27 in 2007. She had 5 surgeries and 22 chemotherapy treatments. My research turned up articles about drugs used to treat ovarian cancer that are “anthelmintics” (a drug that kills a helminth, or worm). In one study, researchers discovered that an ovarian tumor was an Echinococcus granulosus which is a dog tapeworm and another study explains that the ovarian tumor was a Strongyloide stercoralis worm.

When I searched for parasitic worms associated with breast cancer, several studies turned up describing three different types of parasitic worms:
Cysticercosis of the breast.
Cysticercosis is the scientific name for an infection caused by a tapeworm.

Dirofilariasis of the breast.
Dirofilaria is the scientific name for heartworm that is in humans.

Breast schistosomiasis.
Shistosoma is the name of a trematode, or flatworm. Note: There are three different categories of worms: nematodes are roundworms, trematodes are flatworms or flukes and cestodes are tapeworms.

All of the following studies are from the National Library of Medicine’s PubMed database that I have listed in date order. The authors are around the world and the journals are American. It’s absurd to think that parasitic worms only exist outside of the U.S! If I have been able to find these studies using Google, all doctors should be able to do the same!


“Breast infection due to Dirofilaria repens: report of two new Italian cases and revision of the literature,” Parassitologia. 1998 Sep;40(3):269-73, Pampiglione S1, Di Palma S, Bono A, Bartoli C, Pilotti S.


“Subcutaneous human dirofilariasis,” J Parasit Dis. 2011 Oct; 35(2): 140–143, Published online 2011 May 20, Elizabeth Joseph, corresponding author1,2 Anna Matthai,1 Latha K. Abraham,1 and Sunitha Thomas

“Intramuscular Dirofilariasis Mimicking an Orbital Metastasis in a Patient with Breast Cancer,” Case Rep Radiol. 2012; 2012: 103154, Published online 2012 Sep 13, Brett M. Henderson, 1 Christopher H. Hunt, 2,* Laurence J. Eckel, 2 Kara M. Schwartz, 2 Felix E. Diehn, 2 Bobbi S. Pritt, 3 David J. Schembri Wismayer, 3 and James A. Garrity 4


“Recurrent subcutaneous human Dirofilariasis due to Dirofilaria repens after surgical removal of the worm and anthelmintic treatment.” Parasit Vectors. 2014; 7(Suppl 1): P3, Published online 2014 Apr 1, M Lupše, corresponding author V Mircean, 2 A Cavasi, and AD Mihalc


Schistosoma is related to a news story I noticed about George and Barbara Bush in January 2017. That month, several online news sites said George and Barbara were both hospitalized in Texas. He had pneumonia and she had bronchitis. A couple of the stories explained that George Bush already suffers from vascular parkinsonism that mimics Parkinson’s disease. Searches for scientific studies that connect parasites to vascular parkinsonism turned up the *Schistosoma* trematode (I remember your Dad had Parkinson’s). As you know, George Bush was Director of the Central Intelligence Agency (CIA) during Gerald Ford’s administration.

There’s another famous person case related to the *Schistosoma* parasite. Martine Rothblatt, the founder of SiriusXM Radio, has a daughter named Jenesis Rothblatt, who is now in her 30s. When she was 5, she was diagnosed with pulmonary hypertension and given three years to live. I learned about Jenesis’ condition when I stumbled on a YouTube video of the Rothblatts’ interview with Whoopi Goldberg. I found studies that connect pulmonary hypertension to *Schistosoma*.

In 2016, I wrote a book called *Celebrities with Parasite-Related Diseases*. The list below contains the names of celebrities who have had cancer. I also have lists of celebrities with eye problems, heart problems, strokes, neurological problems such as Parkinson’s, Epilepsy, Alzheimer’s and Multiple Sclerosis, Lung Disease, Kidney and Bladder Disease, Arthritis, Mental Disorders and Suicide as well as problems with alcohol. I discovered many scientific studies connecting parasites to each of these health conditions.

- Don Ameche, prostate cancer
- Rene Angelil, throat cancer
- Christina Applegate, cancer
- Lance Armstrong, testicular cancer
- Desi Arnaz, lung cancer
- Kaye Ballard, cancer
- Anne Bancroft, cancer
- Brigitte Bardot, cancer
- Count Basie, cancer
- Kathy Bates, cancer
- Barbara Bel Geddes, lung cancer
- Harry Belafonte, cancer
- Jack Benny, cancer
- Ingrid Bergman, cancer
- Beau Biden, brain cancer
- Bill Bixby, prostate cancer
- Shirley Temple Black, cancer
- Jason Blake, leukemia
- Humphrey Bogart, cancer
- Joanne Borgella, endometrial cancer
- Tom Bosley, lung cancer
- Claude Gernade Bowers, leukemia
- Ed Bradley, leukemia
- Michael Brecker, leukemia
Eileen Brennan, cancer
David Brenner, pancreatic cancer
Yul Brenner, cancer
Tom Brokaw, cancer
William F. Buckley, Jr., cancer
William C. Bullitt, leukemia
Raymond Burr, kidney cancer
Robin Bush, leukemia
Susan Butcher, leukemia
John Allan Cameron, leukemia
José Carreras, leukemia
Diahann Carroll, breast cancer
Rosemary Clooney, cancer
Ty Cobb, cancer
Johnnie Cochran, cancer
Nat King Cole, cancer
Nicholas Coleman, leukemia
Jackie Collins, cancer
Chuck Connors, cancer
Gary Cooper, cancer
Kevin Corcoran, lung cancer
Yvonne Craig, breast cancer
Wes Craven, brain cancer
Richard Crenna, pancreatic cancer
Michael Crichton, throat cancer
Sheryl Crow, cancer
Marie Curie, leukemia
Skeeter Davis, cancer
Richard Dawson, esophageal cancer
Robert De Niro, cancer
Sandy Dennis, ovarian cancer
Bob Denver, cancer
Colleen Dewhurst, cervical cancer
Walt Disney, cancer
Bob Dole, cancer
Jimmy Dorsey, cancer
Donna Douglas, pancreatic cancer
Michael Douglas, tongue cancer
Fran Drescher, cancer
Roger Ebert, papillary thyroid cancer
Elizabeth Edwards, cancer
Jill Eikenberry, cancer
Duke Ellington, cancer
Melissa Etheridge, cancer
Chad Everett, lung cancer
Edie Falco, cancer
Farrah Fawcett, cancer
Peggy Fleming, cancer
Betty Ford, breast cancer
Daniel Fordice, leukemia
Bonnie Franklin, pancreatic cancer
Joe Frazier, liver cancer
Sigmund Freud, cancer
Ben Gazzara, pancreatic cancer
Robin Gibb, cancer
Rudy Giuliani, prostate cancer
Ahmad “Real” Givens, colon cancer
Lesley Gore, lung cancer
Frank Gorshin, lung cancer
John Gotti, cancer
Bette Grable, cancer
Billy Graham, cancer
Ulysses S. Grant, cancer
William N. Greer, leukemia
Merv Griffin, prostate cancer
Tony Gwynn, salivary gland cancer
Dan Haggerty, lung cancer
Larry Hagman, leukemia
Dorothy Hamill, cancer
Evan Handler, leukemia
Valerie Harper, lung and brain cancer, carcinomatosis
George Harrison, lung cancer
Susan Hayward, cancer
Christopher Hitchens, cancer
Dennis Hopper, cancer
Mo Howard, cancer
Hubert Humphrey, cancer
Chet Huntley, cancer
Jim Hutton, liver cancer
Jill Ireland, cancer
Burl Ives, cancer
Kate Jackson, cancer
Peter Jennings, small cell lung cancer (SCLC)
Steve Jobs, pancreatic cancer, adenocarcinoma
Angelina Jolie, cancer
Ann Jillian, cancer
Olivia Newton John, breast cancer (in 2017, Olivia’s breast cancer metastasized to her sacrum)
Andy Kaufman, lung cancer
Buster Keaton, cancer
DeForest Kelley, stomach cancer
Jim Kelly, cancer
Joan Kennedy, cancer
Ted Kennedy, cancer
John Kerry, cancer
Bruno Kirby, leukemia
Eartha Kitt, cancer
Ted Knight, colon cancer
Don Knotts, cancer
Hoda Kotb, breast cancer
Louis L’Amour, cancer
Michael Landon, cancer
Cynthia Lennon, cancer
Sondra Locke, cancer
Joan Lunden, cancer
Meredith MacRae, brain cancer
Nelson Mandela, cancer
Roger Maris, cancer
E. G. Marshall, lung cancer
Marcello Mastroianni, pancreatic cancer
Louis Mayer, leukemia
Linda McCartney, breast cancer
Rue McClanahan, cancer
Roddy McDowall, lung cancer
Steve McQueen, cancer
John Mcvie, cancer
Audrey Meadows, lung cancer
Ethel Merman, brain cancer
Kylie Minoque, cancer
Robert Mitchum, cancer
Agnes Moorehead, cancer
Edward R. Murrow, cancer
Janet Napolitano, cancer
Taylor Negron, cancer
Ozzie Nelson, liver cancer
Lois Nettleton, lung cancer
Paul Newman, lung cancer
Pat Nixon, cancer
Louis Nye, lung cancer
Sandra Day O’Connor, cancer
Jackie Onassis, cancer
Jerry Orbach, prostate cancer
Sharon Osbourne, colon cancer
Jesse Owens, cancer
Shah Mohammad Reza Pahlavi, leukemia
Arnold Palmer, cancer
Bruce Paltrow, throat cancer
Bert Parks, cancer
George Peppard, cancer
Dr. Drew Pinsky, cancer
Suzanne Pleshette, cancer
Sydney Pollack, metastatic stomach cancer
June Pointer, cancer
Colin Powell, cancer
Dick Powell, lymph cancer
Otto Preminger, lung cancer
Robert Preston, lung cancer
Vincent Price, cancer
Juliet Prowse, pancreatic cancer
Anthony Quayle, liver cancer
Gilda Radner, ovarian cancer
Tommy Ramone, lymphatic cancer
Nancy Reagan, cancer
Harry Reasoner, cancer
Lynn Redgrave, cancer
Robert Reed, colon cancer
Pee-Wee Reese, cancer
William Rehnquist, cancer
Ann Richards, cancer
Alan Rickman, pancreatic cancer
Cokie Roberts, cancer
Pernell Roberts, pancreatic cancer
Robin Roberts, breast cancer
Cynthia Robinson, cancer
Richard Roundtree, cancer
Nipsey Russell, cancer
Aaron Russo, bladder cancer
Babe Ruth, cancer
Dr. Oliver Sacks, liver cancer
Yves Saint-Laurent, brain cancer
Dick Sargent, prostate cancer
Telly Savalas, prostate cancer
Mike Schmidt, cancer
Charles Schulz, cancer
Winfred Schuster, leukemia
Stuart Scott, appendiceal cancer
Cybill Shepherd, melanoma
Ann Sheridan, esophageal cancer
Dinah Shore, ovarian cancer
Carly Simon, cancer
Sam Simon, colorectal cancer
Frank Sinatra, cancer
Jaelyn Smith, cancer
Dame Maggie Smith, cancer
Worms have been causing disease in the human body for thousands of years. There’s a branch of parasitology called paleoparasitology that covers disease-causing parasites in mummies that are more than 5,000 years-old.

In 2017, Melanie Griffith revealed she has epilepsy. I have found more than three dozen scientific studies in the National Library of Medicine’s PubMed database linking epilepsy to parasites. The most shocking study is a paper published in 1951 that says scientists have known since 1831 that a parasitic worm called *Ascaris* is responsible for Jacksonian Convulsions (another name for epilepsy):


Kate Walsh and Maria Menounos revealed news about their brain tumors. Kate had hers removed in 2015 and Maria had hers removed in 2017. One of the most startling news stories about a brain tumor belongs to a woman named Rosemary Alvarez who lives in Phoenix, Arizona. In 2008, *Fox News* reported
that Rosemary Alvarez’s brain tumor turned out to be a live worm. Her doctor was interviewed in the Fox News report and he says he had five other patients with worm infections similar to Rosemary’s. Watch the thorough report on YouTube: https://www.youtube.com/watch?v=sJCh7bR1Nf0 (search on “Brain Worm” at YouTube.com)

With so many hundreds of studies linking common health problems to parasites, it seems that doctors should routinely try antiparasites. They should, but they won’t. It’s hard to imagine a group of medical professionals keeping the information about parasites a secret, but there is no other explanation. If I can find the studies linking parasites to disease, we should all know details about this subject by now.

Lugol’s Iodine Solution is a very good antiparasite and it’s existed for almost 200 years. Dr. Bernard Eskin, professor of Obstetrics and Gynecology at Drexel University, and his colleague Dr. William R. Ghent, pioneered an investigation that correlated iodine deficiency and increased thyroid volume (goiter) in women with breast cancer. Their study showed that iodine (Lugol’s) causes breast tumors to shrink. I’ve added details about Lugol’s Iodine Solution later in this letter.

I have written 20 books, mostly for alternative medical doctors and my most interesting client is a St. Louis-based M.D. named Dr. Simon Yu who found a connection between parasites and disease while he was with the Army Reserves in Bolivia in 2001.

The information about parasites in Dr. Yu’s book relates to his patients and he says he discovers them in 90% of his patients. My parasite research really expanded in 2014 when a Boston-based psychiatrist asked me to write a book about Lithium that’s a well known medication used to treat Bipolar Disorder (formerly known as Manic Depression). The Lithium book chapters required searches through the National Library of Medicine’s PubMed database. Lithium is an element on the Periodic Table, but it has been used as a drug since 1949. The PubMed database contains millions of scientific studies that are published in peer-reviewed journals. Peer-reviewed means the editor does not decide whether a paper should be published. Instead, the paper is sent to a group of scientists who are considered to be an author’s (or group of authors) peers. While I was working on a chapter about the human immune system, I came across a scientific study that made a connection between Bipolar Disorder and a Protozoan parasite called Toxoplasma gondii. I had not used the PubMed database to write Dr. Yu’s book, but I was familiar with the scientific names of several disease-causing parasites from my work on his project and my 2014 research turned out to be a tremendous milestone. I rapidly found several hundred studies that link parasites to several different types of diseases that are published in the world’s most prestigious scientific journals.

A Czech scientist named Jaroslav Flegr has written 47 papers about Toxoplasma gondii. Jaroslav thinks 80 percent of the population has been infected with this parasite that causes behavior problems (it’s linked to Bipolar Disorder and Schizophrenia).

Dr. Yu had found a parasite called a Strongyloide in my body that he said would cause congestive heart failure in another 10 years if we did not kill it. Strongyloide stercoralis can live in the body undetected for 60 or 70 years. I took a drug he prescribed called Ivermectin. Lugol’s Solution and Thyme Extract are both potent antiparasites. Lugol’s is stronger than Thyme and it’s named after Jean Guillaume August Lugol (1788-1851). The solution, which is made with iodine crystals, potassium iodide crystals and water, became so popular with doctors in the 19th Century, the following poem describes the popularity (K and I are the atomic symbols for Potassium and Iodine):

10
If ye don’t know where, what and why,
prescribe ye then K and I

I learned about Lugol’s in 1995 when I read a book written by a Naturopath and Biophysicist named Dr. Hulda Clark. She referred to Lugol’s antiparasite properties and said any pharmacist can make the solution. That year, I went to a pharmacy on West 72nd Street near my Manhattan apartment and asked for Lugol’s. The pharmacist said, “Come back tomorrow.” The next day, he sold me a pint of 5% Lugol’s in a brown glass bottle and charged me $20. In 2007, the Drug Enforcement Agency (DEA) limited the sale of iodine crystals to farmers (who need it for farm animals). Today, the public can purchase Lugol’s in 1-ounce bottles of the 5% solution for about $25. I called the DEA and told them iodine is needed for proper functioning of the Thyroid gland and there are receptors on every cell in the body. In 2007, I was living in Madison, Wisconsin (I lived in Wisconsin for 10 years). Hulda Clark published the recipe for Lugol’s in her book and I helped an Amish farmer make Lugol’s. The iodine crystals came from a company called Spectrum Chemical that warned that the DEA would take a satellite photo of the farm (the restriction was due to the DEA’s claim that Methamphetamine labs were using iodine).

In November 2017, there was a news announcement that said Jesse Jackson was diagnosed with Parkinson’s Disease. When I saw an article about his condition, I did a search for scientific papers that have made a connection to a parasite. *Toxoplasma gondii* came up. My earlier searches on *Toxoplasma gondii* turned up a 2008 study done at the CDC regarding co-infection with a roundworm called *Toxocara*. The researchers found that an infection with either parasite (the Protozoan or the roundworm) doubled the chances of infection with the other organism. To get a message to Jesse Jackson, I sent an e-mail to Don Terry of Rainbowpush.org and published my note as an open letter on the Web at:

http://housing.x10host.com/letter_don_terry_re_jesse_jackson_11_18_17.pdf

My book client in St. Louis (Dr. Simon Yu) hosts a conference every Fall and he has also invited other doctors into his practice to learn about his discoveries. There are also a handful of doctors who have tried to start an “iodine revolution” promoting the use of Lugol’s iodine (that one of the doctors has made available in tablet form). These efforts seem to be blocked, or the problem may be related to something Upton Sinclair once said that Al Gore used in his film *An Inconvenient Truth*:

*It is difficult to get a man to understand something, when his salary depends on his not understanding it.*

Dr. Yu comes from a family of doctors. His mother is a physician who studied at the Sorbonne and his brother is a cardiologist. A strong antiparasite drug helped Dr. Yu’s brother avoid bypass surgery. His brother’s operation was scheduled and after he took an antiparasite, he was able to cancel an operation. Bypass surgery costs about $95,000 (you may have read that the health share of Gross Domestic Product, or GDP, is expected to rise from 17.8 percent in 2015 to 19.9 percent by 2025).

Dr. Yu explains that many health problems require a strong antiparasite that pharmacists sometimes question. As an Army Reservist, he would often help soldiers in the military with their health problems and he tells a story about an encounter with an Army pharmacist who did not want to fill a prescription. Dr. Yu rose to the level of a full Colonel in the Army Reserves, he outranked the pharmacist and the prescription was filled.
In one of my conversations with the man whose daughter had ovarian cancer, I learned that his wife has Rheumatoid Arthritis and that she takes Enbrel. This came up when we were talking about the price of drugs and he mentioned that Enbrel costs $30,000 per year. I’ve been interested in Enbrel for some time because golfer Phil Mickelson is a spokesperson and he’s in the Enbrel TV commercial. In the commercial, Phil talks about his Psoriatic Arthritis and he says he’s “managing his symptoms.” There is no mention of a cure in the Mickelson commercial. There is an implication that managing symptoms is what is achievable. Dr. Yu explains that in conventional medical circles, it is considered taboo to use the word cure or prevent. The objective is to “manage” a health condition.

My research helps me understand that the scientific name for Enbrel is Etanercept and that it is a tumor necrosis factor alpha (TNF-α) inhibitor.

When I searched on tumor necrosis factor alpha (TNF-α) inhibitor with the word helminth, I found the following study in a journal called *Infection and Immunity* published by the American Society for Microbiology:

“Transmembrane Tumor Necrosis Factor Alpha Is Required for Enteropathy and Is Sufficient To Promote Parasite Expulsion in Gastrointestinal Helminth Infection”
M.X. Ierna, H. E. Scales, C. Mueller and C. E. Lawrence,
Accepted manuscript posted online 29 June 2009
http://iai.asm.org/content/77/9/3879.full

The title of this paper tells me that the staff at the American Society for Microbiology’s journal understand that a tumor necrosis factor alpha (TNF-α) inhibitor drug kills worms.

Several studies refer to a risk factor of bacterial, viral or fungal infection from the use of the five licensed tumor necrosis factor alpha (TNF-α) inhibitors (adalimumab, etanercept, infliximab, golimumab, certolizumab). *I think* these infections are caused by a release of smaller parasites that live inside larger worms (small parasites that live inside larger parasites is a topic in books written by Dr. Hulda Clark).

One of the most startling parasite studies that I’ve found is a 2006 paper that describes a group of researchers in Spain titled “High Levels of Serum Thromboxane B2 Are Generated during Human Pulmonary Dirofilariosis.” *Dirofilaria* is the scientific name for heartworm and you can see from the title that it is in humans. The researchers were not interested in getting rid of human Dirofilariosis. Instead, they studied a Wolbachia symbiont bacteria that lives inside the *Dirofilaria immitis* worm that is released when the worm dies. In the paper’s introduction, they explain that they obtained 80 serum samples from patients diagnosed with pulmonary dirofilariosis caused by *D. immitis* from the Centers for Disease Control and Prevention, Atlanta, Georgia (the authors mention CDC staff member Patrick Lammie who provided the samples).

There are lots of studies about human Dirofilariosis (iosis means infection with). If the CDC has known that heartworm is in humans since 2006 and they are able to supply researchers in Spain with blood samples from 80 people with disease, it’s outrageous that their full name is Centers for Disease Control and Prevention!

I’ve known about the connection between parasites and disease since I read Dr. Hulda Clark’s books in the 1990s.
In 2014, while working on the Lithium book, I found 7 different parasites that cause dementia. My book client (Dr. James Greenblatt) included a chapter on Alzheimer’s in his Lithium book because patients on long term Lithium do not get Alzheimer’s (I’ve never seen this anywhere, but I think the reason is electrical; Lithium is extremely electro-positive and parasites thrive in alkalinity which is the same as elec¬tro-negative; Lithium probably has a neutralizing effect). That year, I sent letters to four famous people who had addresses available on the Web and asked them to forward the information about parasites and dementia to Glen Campbell. BTW: There are more than 30 Alzheimer’s foundations (that would not want to close). When there was a news announcement about Michael Douglas’ cancer, I sent a copy of Dr. Yu’s book to his son Cameron who was in a Federal prison (news articles about Cameron mentioned the name of the prison). The book came back with a note that said prisoners were not allowed to receive books.

This subject is just one of the reasons that I say Prayers twice a day asking for God’s intervention. Until He intervenes, it seems we all need to take some form of antiparasite remedy as a preventative. In December 2016, I took a 2-day Palm Tree management workshop from plant pathologists at the University of Florida’s Davie campus. The instructors let me audit the course because I was writing an article about dying Palm Trees for the Pelican newspaper in Pompano Beach. A nematode specialist was a guest speaker and he spoke about red ring disease that threatens coconut palms. The disease is caused by a nematode that lives inside a beetle (BTW: Nematoda is the name of a Genus and it is estimated that there are more than a million species). I was familiar with the nematode life cycle from reading about Sydney Brenner who introduced a nematode called Caenorhabditis elegans (C. elegans is an abbreviation) into genetic research in 1974. The C. elegans genome overlaps the (artificial) human genome and the mature worm lays eggs about every two and a half weeks. I raised my hand and asked if it was true that nematodes can lay eggs every two and a half weeks. He said, “They can lay eggs every three and a half days” (adult worms can lay several hundred eggs that are microscopic).

The most effective remedy would be sound energy, but the field, called radioseptics, is very young. In 2005, a group of Iranian scientists published a paper that describes how they killed nematodes in 12 minutes using 42 KHz of sound energy that was pulsed into a tank of water inside a Branson sonication device. A Quebec firm called Biobac, Inc. is also using sound energy to kill Algal blooms.

Lugol’s iodine solution is the easiest and most effective remedy to take orally (2 drops in any liquid three times a day), but the DEA restriction makes it expensive and not easy to obtain. If you know any farmers who can purchase iodine crystals, Lugol’s is easy to make. Potassium Iodide and water are the other ingredients and Potassium Iodide is not restricted. I purchased 100 grams from a company in Wisconsin called Nasco that sells chemicals to high school teachers (enasco.com). Sources for the iodine crystals and brown bottles include:

(spectrumchemical.com) Iodine Crystals
(Amazon) Qorpak ValuLine Glass Wide Mouth Packer Bottle, Amber (large brown glass bottle, 42 oz.)
(freundcontainer.com) GLASS BOSTON ROUND BOTTLES WITH DROPPER CAP

The recipe for making Lugol’s Iodine Solution is on p. 118 in a booklet about iodine that I wrote in 2007 at: http://articles.x10.mx/iodine_book_07_02_11.pdf

44 gm. (1 1/2 ounces) iodine, granular
88 gm. (3 ounces) potassium iodide, granular
Directions: Dissolve the potassium iodide in about a pint of water. Then add the iodine crystals and fill to the liter mark with water. It takes about a day to dissolve completely. Shake it from time to time. Keep out of sight and reach of children and use only Spring water.

Saturated Solution of Potassium Iodide (SSKI) is a secondary option if iodine crystals are absolutely not available. Although SSKI is an effective antiparasite remedy, SSKI tastes a little bitter and I prefer Lugol’s. The recipe for making one liter of SSKI is as follows:

- 1000 grams (1 kilograms) potassium iodide (KI)
- 680 milliter (ml.) hot Spring water
- Additional Spring water to make one liter

Directions: Mix the potassium iodide in the hot water and allow it to cool to about 25° degrees Celsius (77° Fahrenheit) and add sufficient purified water to make 1000 ml. (one liter).

The resulting solution should be clear, colorless, and odorless and have a very salty taste. Store the liquid in a brown glass bottle.

From Cresson H. Kearny’s Nuclear War Survival Skills by Oak Ridge National Laboratory (from www.ki4u.com):

Directions: To prepare a saturated solution of potassium iodide, fill a bottle about 60% full of crystalline or granular potassium iodide. Next, pour safe, room-temperature water into the bottle until it is about 90% full. Then close the bottle tightly and shake it vigorously for at least 2 minutes. Some of the solid potassium iodide should remain permanently undissolved at the bottom of the bottle; this is proof that the solution is saturated.

Potassium Iodide is a famous (strong) antiseptic agent. It’s also a remedy to have on hand in case of a nuclear attack (to saturate the Thyroid and block it from taking up radioactive iodine). The same preventative dose would apply as an antiparasite (2 drops in any liquid three times a day).

Sincerely,

Mary Jo Fahey