

## Edward G. Palmer's Thirty DIY Self-Care Resources

There are many health and healing resources available for DIY self-care health practitioners. Items 1-5 are DIY book resources to start your healthcare library. I recommend all five books as valuable self-care health references for your home library. Items 6-30 are online resources for DIY health and healing research or to purchase alternative healing products like vitamins, herbs, supplements, etc.

- 1) **Prescription for Nutritional Healing**<sup>1</sup>, Sixth Edition. A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements. Phyllis A. Balch, CNC (See notes).
- 2) **The Lost Book Of Herbal Remedies**<sup>2</sup>: The Healing Power of Plant Medicine. Nicole Apelian, Ph.D & Claude Davis. (See notes).
- 3) **Doctor Yourself: Natural Healing That Works**<sup>3</sup>, Second Edition, Andrew W. Saul Ph.D. (See notes).
- 4) **The One-Minute Cure, Second Edition**,<sup>4</sup> Madison Cavanaugh. This book explains how to cure all diseases using 35% hydrogen peroxide drops. It should be in everyone's health library.
- 5) **Sustain Me: A Handbook of Natural Remedies**<sup>6</sup>, Dr. Barbara O'Neill, Naturopath.
- 6) **Nutrient Reference Online**.<sup>7</sup> This website allows you to research different diseases and see what nutrients will assist in healing. (See notes).
- 7) **Healing Food Reference Online**.<sup>8</sup> This website allows you to research different diseases and see what foods will assist in healing. (See notes).
- 8) **Herb Reference Online**.<sup>9</sup> This website allows you to research different diseases and see what herbs will assist in healing. (See notes).
- 9) **Supplements Reference Online**.<sup>10</sup> This website allows you to research different diseases and see what supplements will assist in healing. (See notes).
- 10) **Honest Food Guide Online**.<sup>11</sup> This website lets you download a food guide to help you avoid harmful foods and learn to use healing good foods.
- 11) **The Natural Health Library**.<sup>12</sup> This website offers comprehensive information on diseases from a natural healing perspective.
- 12) **Natural Health Library**.<sup>13</sup> This website is another DIY health and healing research.
- 13) **Green Med Info**<sup>14</sup> is a website with over 10,000 published articles on alternative healing information. While it is a membership-supported website, searching for alternative health and healing information is free.

- 14) **Mercola.com** is a website that offers alternative health information and products such as vitamins, herbs, supplements, etc.
- 15) **Drberg.com** is a website that offers alternative health information and products such as vitamins, herbs, supplements, etc.
- 16) **Alternative-Doctor.com** is a website that offers alternative health information and products such as vitamins, herbs, supplements, etc.
- 17) **Vitacost.com** is where I purchase most of my nutrients and health products.
- 18) **Amazon.com** is where I purchase some products like the Methylene Blue product I currently use.
- 19) **PharmaDMSO.com** is where I purchase the DMSO or dimethyl sulfoxide.
- 20) **Bulkperoxide.com** is where I purchase 35% pharmaceutical-grade hydrogen peroxide.
- 21) **JodiKnapp.com** is a website where you can purchase her PDF eBook titled "The Parkinson's Protocol," which I highly recommend. She has several other ebooks on neurological diseases.
- 22) **BlueHeronHealthNews.org** is a website where Jodi Knapp and other alternative healing writers have eBooks for healing diseases and resolving other health issues.
- 23) **Big And Loud** for Parkinson's is a speech and exercise therapy program for Parkinson's Patients. Search YouTube for free exercise videos. Query a search engine for this program's full details, which usually runs for four weeks in a clinic environment.
- 24) **The Parkinson's Summit 2.0** <sup>15</sup> is a 2024 documentary program with the latest information on Parkinson's and is found on DrTalks.com. I have purchased lifetime access to this program, but I have not accessed the video discussions. I have read all the reports but thought that Jodi Knapp's eBook was more valuable from a DIY self-care perspective.
- 25) **Healthmeans.com** is a website that curates health ebooks and seminars. The site has thousands of resources for DIY self-care practitioners from medical and alternative health experts. It is intertwined with key health experts and has a newsletter that is worthwhile to subscribe to.
- 26) **Www.twc.health** <sup>16</sup> is The Wellness Company started after the COVID-19 crisis by medical visionaries like Dr. Peter McCullough and others concerned about health issues and challenging the government's narratives. You will find emergency medical kits and other health products on this website. There is also a product to help eliminate vaccine spike proteins for those suffering from long-term COVID-19.
- 27) **The Orthomolecular.org** website provides information on therapeutic doses of natural ingredients like Vitamin C, Vitamin D, and Niacin. The website has added an artificial intelligence assistant to search their knowledge base and aid in your DIY research. In a test, the A.I. recommended three specific nutrients for Parkinson's and showed the medical references associated with those recommendations.

- 28) **Docus.ai**<sup>17</sup> is an Artificial Intelligence Doctor you can use to explore allopathic medical information. Have you ever wanted a longer dialogue with your medical doctor? Well, here is it, and it is free on a limited basis. Yet, for only \$4 a month, you can have 50 conversations with it at your leisure and on your own time. Unlike the typical MD with limited memory or specialized knowledge, the Docus A.I. has access to all the allopathic information available. It will also consider your entire body when giving advice. Docus can also connect you with other medical resources if needed. It will also analyze medical test results for you, assuming you have the test results.
- 29) **DoctorYourself.com** is Andrew W. Saul's natural healing website. He wrote the print book I recommended in item 3 above; he is known as the "Mega Vitamin Man."<sup>18</sup> You'll find therapeutic doses of various nutrients for various diseases on this website. That includes a Vitamin C protocol for healing cancer.
- 30) **BarbaraOneill.com** is the website of Naturopath Barbara O'Neill. She has written many works, such as the book "Sustain Me," for DIY self-care practitioners and several alternative-healing products.

*Notice: The author receives no compensation from recommendations in this list, books, or other writings. The recommendations or links reflect what the author has personally experienced or used in his own DIY health and healing research.*

This DIY Self-Care reference document is on <http://www.edwardgpalmer.com>. All rights reserved. It can be freely shared with friends and family if the document remains unchanged. It cannot be posted on other websites or used online at any other location. However, the document can be referenced by links to [http://www.edwardgpalmer.com/diy\\_resources.html](http://www.edwardgpalmer.com/diy_resources.html). Its online location, where the list can be downloaded free in PDF form.

DIY Self-Care Author Edward G. Palmer has compiled this DIY resource list to assist people in locating alternative health and healing information outside of medical industry-sanctioned resources.

## Notes

1. [https://www.amazon.com/Prescription-Nutritional-Healing-Sixth-Supplements/dp/0593330587/ref=sr\\_1\\_1?crid=6FLESIXGGI4Y&keywords=prescription+for+nutritional+healing&qid=1699312982&srefix=prescript%2Caps%2C328&sr=8-1](https://www.amazon.com/Prescription-Nutritional-Healing-Sixth-Supplements/dp/0593330587/ref=sr_1_1?crid=6FLESIXGGI4Y&keywords=prescription+for+nutritional+healing&qid=1699312982&srefix=prescript%2Caps%2C328&sr=8-1)
2. [https://www.amazon.com/Lost-Book-Remedies-Claude-Davis/dp/1732557101/ref=sr\\_1\\_1?crid=2JT1FPU4YZSD4&keywords=the+lost+book+of+herbal+remedies+by+nicole+apelian&qid=1699313278&srefix=the+lost+book+%2Caps%2C126&sr=8-1](https://www.amazon.com/Lost-Book-Remedies-Claude-Davis/dp/1732557101/ref=sr_1_1?crid=2JT1FPU4YZSD4&keywords=the+lost+book+of+herbal+remedies+by+nicole+apelian&qid=1699313278&srefix=the+lost+book+%2Caps%2C126&sr=8-1)

3. [https://www.amazon.com/Doctor-Yourself-Natural-Healing-Works/dp/1591203104/ref=sr\\_1\\_1?crid=UUOSFLFAC9ED&keywords=doctor+yourself+andrew+saul&qid=1699313472&sprefix=doctor+your%2Caps%2C124&sr=8-1](https://www.amazon.com/Doctor-Yourself-Natural-Healing-Works/dp/1591203104/ref=sr_1_1?crid=UUOSFLFAC9ED&keywords=doctor+yourself+andrew+saul&qid=1699313472&sprefix=doctor+your%2Caps%2C124&sr=8-1)
4. [https://www.amazon.com/One-Minute-Cure-Healing-Virtually-Diseases/dp/0989678105/ref=sr\\_1\\_1?crid=1PAQV902Y3BUS&dib=eyJ2IjoiMSJ9.kS7rUpeP3Ule9XOa-m4vEYnOMVfHCGohjaZwV9ocCt5nCxwguXeQhA\\_8LIN3nf7gXNe9FQX-Z3q3d0sOsm74D-KAQzprHGsKuoZf2b79gLj4oTQVbttrFKwH7SiAcuPv313ehWhHwZcYRE9\\_jdOySrII972rq2lyFs5asBL72Roif3IUD-rHw8l55a\\_kdsV4CfY7cKlcWBIZvRc4VwNZIhdIz8hqnjXZAESKgMWpOTo.65o9auWZfN3gGMrqhygodPbVSYdbL5vRt7jdP8aPkCc&dib\\_tag=se&keywords=the+one+minute+cure+book&qid=1734404739&sprefix=the+one+minute+%2Caps%2C130&sr=8-1](https://www.amazon.com/One-Minute-Cure-Healing-Virtually-Diseases/dp/0989678105/ref=sr_1_1?crid=1PAQV902Y3BUS&dib=eyJ2IjoiMSJ9.kS7rUpeP3Ule9XOa-m4vEYnOMVfHCGohjaZwV9ocCt5nCxwguXeQhA_8LIN3nf7gXNe9FQX-Z3q3d0sOsm74D-KAQzprHGsKuoZf2b79gLj4oTQVbttrFKwH7SiAcuPv313ehWhHwZcYRE9_jdOySrII972rq2lyFs5asBL72Roif3IUD-rHw8l55a_kdsV4CfY7cKlcWBIZvRc4VwNZIhdIz8hqnjXZAESKgMWpOTo.65o9auWZfN3gGMrqhygodPbVSYdbL5vRt7jdP8aPkCc&dib_tag=se&keywords=the+one+minute+cure+book&qid=1734404739&sprefix=the+one+minute+%2Caps%2C130&sr=8-1)
5. Deleted
6. [https://www.amazon.com/Sustain-Barbara-ONeill-Book-Comprehensive/dp/0648611868/ref=sr\\_1\\_3?dib=eyJ2IjoiMSJ9.VF2Ef-XWkLmBxDgLFsy2Xgp6Iw4rALndoy\\_1s2JEtv1XaCJ78Z-9BXaliS-x0-ry\\_eGOr9cNBxllqcP9x85Re\\_Ti-dUwfYrmkcZLrDjlc7NbgugE-9y6nUCgXDzX96Cm4lQnsCvHqiwf\\_sJY1GilkUeWtdf8E-zrz6pn00L2ngXzRLdKbJSuB1t15SGD9iCD4sFwIktzfkbs3eGfhPp-l83rf\\_kGU4H2sRF6OyzIDXs.nqp2TFuVGs2HMFJHontR5yUT7d4Fo7CfoV9dAbHDdf0&dib\\_tag=se&keywords=sustain+me&qid=1734404665&sr=8-3](https://www.amazon.com/Sustain-Barbara-ONeill-Book-Comprehensive/dp/0648611868/ref=sr_1_3?dib=eyJ2IjoiMSJ9.VF2Ef-XWkLmBxDgLFsy2Xgp6Iw4rALndoy_1s2JEtv1XaCJ78Z-9BXaliS-x0-ry_eGOr9cNBxllqcP9x85Re_Ti-dUwfYrmkcZLrDjlc7NbgugE-9y6nUCgXDzX96Cm4lQnsCvHqiwf_sJY1GilkUeWtdf8E-zrz6pn00L2ngXzRLdKbJSuB1t15SGD9iCD4sFwIktzfkbs3eGfhPp-l83rf_kGU4H2sRF6OyzIDXs.nqp2TFuVGs2HMFJHontR5yUT7d4Fo7CfoV9dAbHDdf0&dib_tag=se&keywords=sustain+me&qid=1734404665&sr=8-3)
7. <http://nutrientreference.com/>
8. <http://www.healingfoodreference.com/>
9. <http://www.herbreferance.com/>
10. <http://www.supplementreference.com/>
11. <http://www.honestfoodguide.org/>
12. <https://www.thenaturalhealthlibrary.com>
13. <http://www.naturalhealthlibrary.com>
14. <https://greenmedinfo.com>
15. <https://drtalks.com/summit/parkinsons-summit/>
16. COVID-19 vaccines create spike proteins that may never turn off and can damage an individual's immune system. The Wellness Company (TWC) has a product that helps eliminate COVID-19 vaccine spike proteins. You can find the spike detox product at <https://www.twc.health/products/ultimate-spike-detox>.
17. <https://docus.ai/>
18. Saul passed away in February 2024, but his website remains a valuable resource in DIY self-care research. The website, while dated, is still functional, and the information remains invaluable. Saul was associated with the Orthomolecular News organization. He pioneered treating serious diseases using therapeutic doses of natural ingredients such as vitamin C, niacin, herbs, etc.

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Edward G. Palmer is a Healing Self-Care expert who writes to shed light on DIY healing self-care, alternative healing strategies, and spiritual wisdom. This list represents where people can begin searching for DIY healing modalities outside of the realm of doctors, clinics, and hospital standard medical protocols. DIY means do-it-yourself healthcare for your body, also known as alternative medicine. Virtually any healing modality outside the standard medical protocols the Medical Industry uses would qualify as DIY self-care.

## **The Doctor's Death Diagnosis**

For a more detailed discussion of alternative healing, the author recommends his book titled "The Doctor's Death Diagnosis." In it, the author discusses how he would approach a death diagnosis and provides a list of 100 Healing Tips and Secrets. You can find the book at <http://www.thedoctorsdeathdiagnosis.com>.

**The author has other DIY healing books and a free guide to starting your DIY healing program at <http://www.edwardgpalmer.com>.**

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