HEALTH WATCH 5A: Human and Environmental Strengthening Against Exposure or Potential Exposure to Microbes Causing Serious Infectious Diseases Such As: Smallpox, Anthrax, Bubonic Plague, Tuberculosis, Polio and HIV . . .

HEALTH WATCH 5B: Contracting Serious Infectious Diseases Such As Small Pox, Anthrax, Bubonic Plague, Tuberculosis, Polio and HIV
HEALTH WATCH 5A

Human and Environmental Strengthening Against Exposure or Potential Exposure to Microbes Causing Serious Infectious Diseases Such As: Smallpox, Anthrax, Bubonic Plague, Tuberculosis and HIV . . .

by Machaelle Wright
Perelandra, Center for Nature Research

This is a Health Watch in response to the current global explosion of infectious diseases such as tuberculosis, polio and HIV and the threat of biological weapons that can unleash microbes that cause serious infectious diseases. It’s not just for those who are in a war zone or at the epicenter of a terrorist attack. It is also for those who travel, especially on airplanes and in foreign countries. It’s for the families of those who travel. It’s for anyone who is concerned about the potential of exposure due to terrorist activity and the current violent state of the world. And it’s for anyone who wishes to strengthen in order to better ward off the many pathogens they may become exposed to, no matter what the source. Health Watch 5 is focused on human and environmental exposure and potential exposure to these pathogenic microbes. Should you or someone you know become infected, the Perelandra tools and setups for that situation are outlined in Health Watch 5B.

About West Nile Virus: I am treating West Nile Virus in a separate Health Watch paper (Health Watch 2) because of the added problems caused by the widespread environmental spraying that is going on in an effort to reduce the number of mosquitoes associated with the spread of this virus. If a location has been sprayed, you are now dealing with a combination of potentially harmful pathogens plus the impact of a chemical insecticide on the human body. This combination creates such a significant problem that you will find the Perelandra products needed for dealing with West Nile Virus within environments that have been sprayed are different than what’s listed in this Health Watch. However, if you are in an area that has not been sprayed or is not in close proximity to a sprayed area, you may use the guidelines set in this paper to address strengthening the body against West Nile Virus.

When I tested for the Perelandra processes and programs needed for this Health Watch, I tested smallpox, anthrax, bubonic plague, tuberculosis and HIV separately. To my surprise, they each needed the same tools and processes. How is that possible? When a Perelandra process includes kinesiology testing, the testing adjusts that particular process to the specific disease and for you as an individual. For example, the essences that test positive for you for anthrax exposure most likely will be different from the ones that test positive for smallpox. And the essences that test positive for your spouse for anthrax exposure will most likely be different from the ones that test positive for you. Because of the flexibility that is built into the Perelandra programs and processes, I am able to present one list of Perelandra tools that address all of these different infectious diseases. You can add other infectious diseases to this Health Watch and feel
confident that you will have the list of Perelandra tools needed for successfully addressing exposure to that disease.

Note: All the tools listed below are to be used throughout the entire time you are exposed to microbes causing serious infectious diseases. If these microbes have been released into your area as a result of biological mishaps or the use of biological weapons, or if you are living in the midst of an outbreak or epidemic, you will probably need to use these Perelandra tools for years — until you are no longer under threat of exposure. We are talking about a very serious situation that cannot be taken lightly and won’t disappear overnight. Also understand that the Perelandra tools may be successfully combined with conventional treatments. This is not an either/or situation for you. You need to put together all the tools (alternative and conventional) that you feel establish a strong response to this serious situation for you and your family.

**GREEN LEVEL** (The Perelandra tools with no learning curve required. You may start using these immediately.)

- MBP Balancing Solutions
- *Eat Right 4 Your Type* by Peter D’Adamo

**MBP Balancing Solutions**
Frequency: Twice daily — A.M. & P.M.
Setup: No testing or setup required
MBP Balancing Solutions needed:
- Immune System Balancing Solution
- Lymphatic System Balancing Solution
- Respiratory System Balancing Solution
- Nervous System Balancing Solution

The MBP Balancing Solutions are essential when addressing infectious diseases. They strengthen the body’s systems so that the body can ward off infection, should you become exposed. *These MBP Balancing Solutions should be taken no matter which level you are on: Green, Maroon or Blue.* Take the prescribed number of drops twice daily (first thing in the morning and at bedtime), for each solution listed Continue taking these solutions twice daily throughout the entire time you are concerned about possible exposure or until your area is completely clear of the microbial threat and no one in your area has become infected for a period of six months.

If you are already taking any of the MBP Balancing Solutions on a daily basis, you may take the four Solutions needed for this work along with the ones you are already taking daily. To do this, you will need to set up for telegraphing the MBP Balancing Solutions. This is actually a simple setup and it ensures that the Solutions you take are fully effective for both your daily needs and specific situation(s) such as exposure to radioactive material or radiation sickness. The information for telegraphing Solutions is included in the new *MBP Balancing Solutions Guide* under “Telegraph Testing for Specific Situations (p. 37) and on our web site. You will not need
to telegraph test the Solutions. This has already been done for you. However, you will need to set up properly when taking Solutions for more than one situation. The information for how to do this follows the word “Important:” in step 5 of the telegraph testing process.

**Eat Right 4 Your Type by Peter D’Adamo**  
**Frequency:** Daily

The D’Adamo blood-type diet provides exceptional general body repair and strengthening. Don’t dismiss this diet. Your body will need all the help it can get to withstand injury from this kind of exposure to serious infectious diseases. It can do it’s job if it has the right “gas” it needs in order to function properly. In talking to others about this diet, I know not much touches nerves as suggesting a change in diet. Many people have a heart connection to those corn chips and soda (or tofu and bean sprouts) and really do not want to give these things up — whether they are actually good for their body or not. However, you need to take into consideration that if you are dealing with the threat of serious infectious diseases, you no longer have the luxury to indulge your love of the corn chips and soda or tofu and bean sprouts. The D’Adamo blood-type diet is not a starvation diet by any means. The list for each blood type includes over 250 different foods and drink. (Chocolate is blood-type friendly for all blood types!) What is listed as highly beneficial and neutral are the foods that repair, strengthen and feed our body. The diet eliminates the foods that we should avoid according to our blood type (the foods that weaken or cause adverse reactions in our body), if we wish to maintain the strength needed to deal with exposure to serious infectious diseases. In short, the “avoids” are counterproductive to our achieving and maintaining health when our body is under attack. Here’s what I suggest: Get the book *Eat Right 4 Your Type* by Peter D’Adamo, find out what your blood type is (if you don’t already know), and try the diet that is listed for your blood type for one month. One lousy month. And promise yourself you won’t cheat. Consider it an adventure. At the end of the month, evaluate the changes you see and feel in your health and then decide if this diet is worth the change for you. For general body strengthening in preparation for a potential problem, focus the diet on the highly beneficial foods for the first six to eight months. Then add more of the foods from the “neutral” list for maintaining the level of strength you’ve achieved as a result of the first six to eight months of repair and building. Dr. D’Adamo’s books on the diet contain a wealth of information on how to achieve the best results for your blood type and your situation.

**MAROON LEVEL** (Tools with a gentle beginner’s learning curve.)

**Green Level Tools**  
MBP Balancing Solutions: *Important to include these.* (see Green Level listing)  
*Eat Right 4 Your Type* by Peter D’Adamo (see Green Level listing)

**Maroon Level Tools (add to the Green Level Tools)**  
MAP  
Essences — Basic Testing  
Microbial Balancing Program — Phase 1 Testing  
For your environment: Microbial Balancing Program — Phase 1 Testing

**MAP**
Frequency:
  If exposed: 2 times weekly
  Potential exposure: Every 2 weeks

Setup:
  If exposed: “This is a [name of disease] exposure session.”
  Potential exposure: “This is a session to address my concerns about the potential exposure to [name of disease].”

Have MAP sessions that are exclusively focused on the infectious disease or pathogens you have been exposed to or may be potentially exposed to. For example: If your concern is smallpox, open your MAP coning and announce to your team: “This is a smallpox exposure session.” If smallpox is a concern, but you have not been exposed to it, state to your MAP team: “This is a session to address my concerns about the potential exposure to smallpox.” Your team will work on the needed adjustments in this particular area of your health. While they are working, talk to them about the situation that is exposing you to smallpox, your proximity to the situation, the frequency of your exposure, and any concerns and fears you have regarding smallpox and its threat to you and your family. Say whatever comes to mind regarding smallpox. Use this same setup with MAP for exposure or potential exposure concerns for any infectious disease.

**Essences — Basic Testing**

Frequency: Daily
Setup: No special focus required

If you are exposed to or concerned about potential exposure to microbes that cause serious infectious diseases, then it will be important to monitor the balance of your electric system daily by doing a basic essence test. By maintaining your electric system’s balance, your electric system and your body will not weaken and it will be less likely that these microbes will be able to get a foothold in your system. Because you are doing this test daily, you will not have to bother with testing for dosage (number of days an essences solution is needed). Whatever essences are needed for more than one day will show up again in the test for the next day.

**Microbial Balancing Program — Phase 1 Testing**

Frequency:
  If exposed: Daily
  Potential exposure: Once a week
Setup: Phase 1 Testing — [name of disease]

Use the MBP Troubleshooting Chart. Infectious diseases are caused by specific microbes. You want to make sure these microbes don’t get a foothold within your body. The Microbial Balancing Program strengthens the colonies of important beneficial microbes within your body that are needed for “thwarting an invasion” or eliminating these problem microbes should they enter the body. The beginner’s (Maroon Level) MBP testing is the Phase 1 testing. It’s simple and takes relatively little time to do. To set up for this testing, write at the top of the MBP chart: “Phase 1 Testing — smallpox.” (Or whatever infectious microbe or disease you have been exposed to.) Then test the chart as outlined for Phase 1. If you know for sure have been exposed,
plan to do a Phase 1 test *daily*. If you are in this situation, you need to give your body and your microbes this attention. Remember, exposure to the microbes that cause serious infectious diseases does not automatically mean you will become infected. You are using these Perelandra tools to help ensure that you fall in the group that avoids infection. If you are not presently exposed but feel that the potential for exposure is good and you wish to establish a stronger microbial foundation for future protection, do the MBP Phase 1 *once a week*. Once you do Phase 1 a few times, you’ll become used to the testing and it will take you just a few minutes each day to use this tool.

**Environment: Microbial Balancing Program — Phase 1 Testing**

**Frequency:**
- For environmental exposure: Once a week
- For potential exposure: Once a month

**Setup:** “Phase 1 — Strengthening and balancing the microbes in my environment (define “environment”: home, apartment, office, office cubicle, land . . .) against exposure to microbes that cause _insert name of specific disease_.”

Use the MBP Troubleshooting Chart. When it comes to the Microbial Balancing Program, approach your property, home or apartment environments just as you would approach your body. Do an MBP Phase 1 test *once a week* if your environment has been exposed to microbes that cause serious infectious disease. If your environment has not yet been exposed but you wish to strengthen it in case of potential exposure, do an environmental Phase 1 test once a month. To set up, write at the top of the MBP Troubleshooting Chart: “Phase 1 — strengthening the microbes in my environment (define “environment”: home, apartment, office, office cubicle, land . . .) against exposure to microbes that cause _insert name of specific disease_.” The MBP work adds checks and balances to the environment that aids against a damaging or overwhelming invasion of these pathogens.

**BLUE LEVEL** (Refinement learning curve for veterans of the Perelandra programs and products.)

- **Green Level Tools**
  - MBP Balancing Solutions: *Important to include these.* (see Green Level listing)
  - *Eat Right 4 Your Type* by Peter D'Adamo (see Green Level listing)
- **Maroon Level Tools (add to the Green Level Tools)**
  - MAP (see Maroon Level listing)
  - Essences — Basic Testing (see Maroon Level listing)
  - Microbial Balancing Program — Phase 1 Testing (see Maroon Level listing)
  - For your environment: Microbial Balancing Program — Phase 1 Testing (see Maroon Level listing)
- **Blue Level Tools (add to the Green and Maroon Level Tools)**
  - MAP/Calibration
  - Essences — Regular telegraph testing
  - Essences — Telegraph testing Checklist
  - Microbial Balancing Program: Telegraph Testing Process
  - For your environment: Microbial Balancing Program — regular testing
**MAP/Calibration**

Frequency: Whenever needed as part of your MAP sessions
Setup: “I want to set up for a MAP/Calibration with the focus on the current infectious disease exposure or concern.”

Set up your MAP sessions as described in the Maroon Level information. If exposed, have MAP sessions twice weekly. For potential exposure, have a MAP session every two weeks. To this, add MAP/Calibration as an option. Consider having a MAP/Calibration when you are feeling swamped or overwhelmed by this serious situation, your wheels are spinning and you can’t seem to move yourself or your life forward. At these times, you’ll either get a hunch that a calibration is needed in a MAP session or you can actually ask the question (“Do I need a MAP/ Calibration?”) and kinesiology test whether one is needed. The focus of this calibration is exposure or potential exposure to a specific infectious disease. Your calibration discussion will center around this focus and include your fears, concerns, confusion and frustrations about the situation. The time needed will be the same as a regular MAP/Calibration.

**Essences — Telegraph Testing**

Frequency:
- If exposed: Daily — no dosage test (number of days that week to take the solution) needed
- Weekly — include testing for dosage

For potential exposure: Every 2-3 weeks

Setup: Focus on the disease you have been exposed to or have concern about potential exposure.

Once you have been exposed, set up for a regular essences telegraph test (do not use the detailed Essences Telegraph Test Checklist chart) by focusing the test on whatever infectious disease you have been exposed to. Remember to clear yourself with a basic essences test first. Then test the essences as you would any regular telegraph test. Also be sure to test for dosage — the number of days you are to take any needed solutions. If you wish, you may do a telegraph test with this focus daily and you will not have to deal with testing for the number of days needed for an essence solution. Any essence that’s needed for more than one day will show up in the next day’s telegraph test. If you do not wish to do a daily telegraph test and you have been exposed, plan to do a test (include testing for dosage) for this focus weekly. If you are still taking a solution from the previous week’s telegraph test at the time of your current week’s test, discontinue taking the old solution and take whatever new solution comes up in the new test.

If you wish to use essences telegraph testing to strengthen your system against potential exposure, plan to test every 2-3 weeks and set up the test as described above.

Note: Essences telegraph testing may be done in place of the essences basic test that is described in the Maroon Level section. You do not need to do them both. Because of the detail included in the essences telegraph testing, you will receive stronger results with your essences work.

**Essences — Checklist Telegraph Testing**

Frequency:
- If exposed: Once a week
For potential exposure: Every 3-4 weeks

Setup:
For exposure: “Essence Checklist telegraph testing for exposure to microbes causing ___
(name of specific disease.)”
To strengthen against potential exposure: “Essences Checklist telegraph testing for
strengthening against potential exposure to microbes causing ___(name of specific
disease.)”

Use the Essences Telegraph Testing Checklist chart. After setting up, test as you would any
essences telegraph testing process when using this chart. Remember to do all the follow-up
testing that is needed as a result of this more extensive essences telegraph work. If something on
the Checklist has not tested clear before you need to do a new Checklist telegraph test, don’t
bother to do any further with the previous test’s work. Put that aside and do the work that comes
up with the testing for the new chart.

Note: Essences Checklist telegraph testing may be done in place of the regular essences
telegraph testing that is described above. You do not need to do them both. Because of the
greater amount of detail you get when using the Essences Telegraph Testing Checklist, you will
receive even stronger results with your essences telegraph testing work. However, if you do not
have time to do the Checklist testing, plan to do the regular essences telegraph testing.

**Microbial Balancing Program — Telegraph Testing Process**

Frequency:
If exposed: Once a week
For potential exposure: Every 3-4 weeks

Setup:
For exposure: “Telegraph test for exposure to microbes causing ___(name of specific disease.)”
To strengthen against potential exposure: “Telegraph test for strengthening my body’s
microbes against potential exposure to microbes causing ___(name of specific disease.)”

Use the MBP Telegraph Testing Checklist chart. After setting up, test as you would any MBP
Telegraph Test Process. If you know you have been exposed to microbes that cause serious
infectious disease, plan to do this testing once a week. If you wish to strengthen your body
system and its microbes against a potential future exposure, do this testing every 3-4 weeks.

Note: The MBP Telegraph Testing Process may be done in place of the MBP Phase 1 Process
that is described in the Maroon Level section. You do not need to do them both. Because of the
detail included in the MBP Telegraph Testing Process, you will receive stronger results with
your MBP work.

**Environment: Microbial Balancing Program — Regular Testing**

Frequency:
For environmental exposure: Every 2 weeks
Potential exposure: Once a month
Setup: “MBP regular testing with the focus on strengthening my environment (define “environment”: home, apartment, office, office cubicle, land . . .) against exposure (or potential exposure) to microbes causing  (name of specific disease.”

Use the MBP Troubleshooting Chart. Do this testing if your environment has been exposed to or may potentially become exposed to microbes causing serious infectious disease. The intent with this process is to balance, stabilize and strengthen the microbes that are an important and natural part of your environment so that outside pathogenic microbes do not become established in your environment without checks and balances in place to address these pathogens. To set up for this testing, write at the top of the chart: “MBP regular testing with the focus on strengthening my environment (define “environment”: home, apartment, office, office cubicle, land . . .) against exposure (or potential exposure) to microbes causing  (name of specific disease.” Then do a regular MBP environment test. Be sure to do any needed follow-up testing. If your environment has been exposed to these pathogens, plan to do an MBP test every 2 weeks. If you wish to strengthen against potential exposure, plan to do this regular testing once a month.

Note: The regular MBP testing may be done in place of the MBP Phase 1 Process that is described in the Maroon Level section. You do not need to do them both. Because of the detail included in the regular MBP testing, you will receive stronger results with your environment’s MBP work.

***
Infectious diseases were a serious global problem even before anyone began talking about global warming, war, bioweapons and terrorism. Add these to the already existing problems and we have a situation that is well beyond critical. The World Health Organization reports on infectious disease around the globe over the past few years have been numbing both in scope and the critical picture they draw. And we now know that anti-microbial serums will not forever eliminate diseases caused by pathogens. The reason: Microbes easily mutate and render the serums ineffective. In the short run, serums such as antibiotics can help us, if the serum hasn’t been overused and the pathogens we are dealing with have not already mutated against that particular serum. In the long run, there’s a problem. New serums have to be produced constantly in a misguided attempt to “outrun” the microbes. We’re never going to win this race, nor will we win any war against microbes. Microbes have been around our planet for over 6 billion years and they have survived situations far more difficult than anything we humans can dream up.

The Perelandra tools, including the Microbial Balancing Program, give us a new approach for addressing pathogens and infectious disease. Instead of trying to kill a particular colony of microbes that cause disease (while at the same time killing our many beneficial microbes), the Perelandra tools work in cooperation with microbes by strengthening the human body and balancing and repairing the beneficial microbes in that body. Microbes survive. That’s their goal. They will not become a part of nor will they remain in an environment that will not support their survival. When the human body and its beneficial microbes are strong and balanced, the environment this creates does not allow for “alien” microbes nor is it attractive to those outside microbes. It will resist infection more effectively than medication. Should a pathogen infect it, that strong environment is capable of quickly fighting the infection and repairing any damage that results. The Perelandra tools for serious infectious disease support and enhance this natural healing process and set up a most efficient and effective approach to infectious disease. And the Perelandra tools accomplish all of this without triggering microbial mutations.

If you are exposed to microbes that cause infectious disease but have not yet become infected, see Health Watch 5A for how to use the Perelandra tools to resist infection. Health Watch 5B is to be used at the first sign of symptoms once you become infected.
**GREEN LEVEL** (The Green Level is for beginners and people new to Perelandra who are open to the kind of alternative help Perelandra has to offer. It is also for those who want and need to do something immediately, but cannot handle a learning curve right now. The tools listed for the Green Level are to be used by those on the Maroon and Blue Levels, as well.)

MBP Balancing Solutions  
*Eat Right 4 Your Type* by Peter D’Adamo

**MBP Balancing Solutions**
Frequency: Twice daily — A.M. & P.M. Take these Solutions throughout the illness, plus 3 months.
Setup: No testing or setup required.

MBP Balancing Solutions needed:
- Immune System Balancing Solution
- Lymphatic System Balancing Solution
- Cardiovascular System Balancing Solution
- Cell Balancing Solution
- Digestive System Balancing Solution
- Endocrine System Balancing Solution
- Integumentary System Balancing Solution
- Muscular System Balancing Solution
- Nervous System Balancing Solution
- Reproductive System Balancing Solution
- Respiratory System Balancing Solution
- Skeletal System Balancing Solution
- Urinary System Balancing Solution

The MBP Balancing Solutions strengthen the body’s systems so that the body can actively fight serious infectious diseases. Begin taking these Solutions as soon as the first symptoms appear. The thirteen MBP Balancing Solutions should be taken no matter what level you are on: Green, Maroon or Blue. Take the prescribed number of drops twice daily (first thing in the morning and at bedtime) for each Solution listed throughout your illness, plus three months.

If you are already taking any of the MBP Balancing Solutions on a daily basis, you may take the thirteen Solutions needed specifically for this work along with the ones you are already taking daily. To do this, you will need to set up for telegraphing the MBP Balancing Solutions. This is actually a simple setup and it ensures that the Solutions you take are fully effective for both your daily needs and specific situation(s) such as illness due to infectious disease. The information for telegraphing Solutions is included in the new *MBP Balancing Solutions Guide* under “Telegraph Testing for Specific Situations” (p. 37) and on our web site. You will not need to telegraph test the Solutions. This has already been done for you. However, you will need to set up properly when taking Solutions for more than one situation. The information for how to do this follows the word “Important:” in step 5 of the telegraph testing process.
**Eat Right 4 Your Type** by Peter D’Adamo

Frequency: Daily — Begin as soon as possible.

The D’Adamo blood-type diet provides exceptional general body repair and strengthening. Don’t dismiss this diet — especially if you are fighting serious infectious disease. Your body will need all the help it can get to restore you back to health. It can do its job if it has the right “gas” it needs in order to function properly. In talking to others about this diet, I know not much touches nerves as suggesting a change in diet. Many people have a heart connection to those corn chips and soda (or tofu and bean sprouts) and really do not want to give these things up — whether they are actually good for their body or not. However, you need to take into consideration that if you are dealing with a serious infectious disease, you no longer have the luxury to indulge your love of the corn chips and soda or tofu and bean sprouts. The D’Adamo blood-type diet is not a starvation diet by any means. The list for each blood type includes over 250 different foods and drink. (Chocolate is blood-type friendly for all blood types!) What is listed as highly beneficial and neutral are the foods that repair, strengthen and feed our body. The diet eliminates the foods that we should avoid according to our blood type (the foods that weaken or cause adverse reactions in our body), if we wish to maintain the strength needed to deal with an infectious disease. In short, the “avoids” are counterproductive to our achieving and maintaining health when our body is under attack. Here’s what I suggest: Get the book *Eat Right 4 Your Type* by Peter D’Adamo, find out what your blood type is (if you don’t already know), and try the diet that is listed for your blood type for one month. One lousy month. *And promise yourself you won’t cheat.* Consider it an adventure. At the end of the month, evaluate the changes you see and feel in your health and then decide if this diet is worth the change for you. For general body strengthening while ill and recuperating, focus the diet on the highly beneficial foods. Once completely through this period, you may add foods from the “neutral” list for maintaining the level of repair and strength you’ve achieved. Dr. D’Adamo’s books on the diet contain a wealth of information on how to achieve the best results for your blood type and your situation.

**MAROON LEVEL** (The Maroon Level is for beginners and new people who not only want to get started on something right away by using the Green Level tools but who also wish to learn a few easy basic processes. The Maroon Level has a beginner’s learning curve.)

Green Level Tools
- MBP Balancing Solutions: *Important to include these.* (see Green Level listing)
- *Eat Right 4 Your Type* (see Green Level listing)

Maroon Level Tools (add to the Green Level Tools)
- MAP
- Essences — Basic Testing
- MBP — Phase 1 Testing

Environment:
- MBP — Phase 1 Testing

**MAP**
Frequency: 3 times weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.
Setup: “This is a session for (name of disease).”

Have MAP sessions that are focused on your illness. During these sessions, your team will be working exclusively on your illness. While they are working, describe your symptoms and talk to them about the concerns and fears you have regarding this situation you are in. Also give them any information you are receiving about the spread of infectious disease in your area or unusual developments with others around you who are also sick. Be sure to fully describe your symptoms and keep your team up to date on any symptom changes — improvements and problems.

If any symptoms persist once you are finished with the period for working with MAP, continue having sessions three times weekly until you no longer have any symptoms. Once symptom free, have MAP sessions focused on the infectious disease you are getting over for another three months (twice weekly) to be sure you have completely moved through any problems that were caused by the disease. If you are still dealing with exposure to or the spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you won’t become infected again.

Note: As with any situation, MAP may be successfully combined with any other treatment — conventional or alternative. Be sure to let your MAP team know what treatments you are including. Also plan to have a MAP session within 24 hours after receiving other treatment. Your team can work with you so that the other treatment will have its full effectiveness and you won’t experience setbacks.

**Essences — Basic Testing**
Frequency: Daily throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.
Setup: No special setup needed.

Once you have an infectious disease, it will be important to monitor the balance of your electric system by doing a basic essence test daily throughout the entire period you are sick and for an additional three months. Because you are doing this test daily, you will not need to test for dosage (number of days essences are needed). Whatever essences are needed for more than one day will show up again in the test for the next day.

If any symptoms persist once you are finished with the period outlined for doing the basic essence test, continue the daily essences testing until you no longer have any symptoms. Once symptom free, continue the daily testing for an additional three months to be sure your electric system has repaired, balanced and stabilized. If you are still dealing with exposure to or the spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you won’t become infected again.
**Microbial Balancing Program — Phase 1 Testing**

Frequency: 3 times weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.

Setup: MBP Phase 1 Testing — (name of disease).

Use the MBP Troubleshooting Chart. The Microbial Balancing Program strengthens the colonies of important beneficial microbes that are a vital part your body’s systems so that they will be better able to fight an infectious disease and maintain their balance as well as your body’s balance during your illness. The beginner’s (Maroon Level) MBP testing is the Phase 1 Testing. It’s simple and takes relatively little time to do. To set up for this testing, write at the top of the MBP Troubleshooting Chart: MBP Phase 1 testing — (name of disease). Then, test the chart as outlined for Phase 1. Plan to do a Phase 1 test three times a week throughout the entire time you are sick. Continue doing Phase 1 testing for an additional three months/twice a week after you are no longer sick.

If any symptoms persist once you are finished, continue the MBP Phase 1 testing three times a week until you no longer have any symptoms. Once symptom free, do MBP Phase 1 testing twice a week for an additional three months. If you are still dealing with exposure to or the spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you won’t become infected again.

**Environment**

Unlike a personal process or tool such as the MBP Solutions, essences and MAP which require that each person in your family use that tool in order to receive its benefits, a Perelandra environmental process benefits every member of your family even though only one family member is doing the process. Because of the nature (no pun intended) of the Perelandra environmental processes, you are able to positively impact everyone who comes in contact with that environment with relatively little effort on your part. And the results of the testing you do when working with the essences and Microbial Balancing Program will be simpler.

**Environment: Microbial Balancing Program — Phase 1 Testing**

Frequency: Once a week for the duration of your illness, plus 1 month.

Setup: “MBP Phase 1 Testing — Strengthening and balancing the microbes in my environment (define ‘environment’: home, apartment, office, office cubicle, land, etc.) for exposure to microbes causing (name of disease).”

Use the MBP Troubleshooting Chart. Our health and well-being depend on a strong environmental microbial balance. When it comes to the Microbial Balancing Program, approach your property, home, apartment or work environments just as you would approach your body. Do an MBP Phase 1 test once a week throughout the duration of your illness, plus one month. To set up, write at the top of the MBP Troubleshooting Chart: “MBP Phase 1 Testing — strengthening the microbes in my environment (define ‘environment’) for exposure to microbes causing (name of disease).” The MBP work repairs and strengthens the microbes that are a critical part of your environment and helps maintain the balance among the different microbial colonies.
This, in turn, supports your health by reducing the impact of microbes causing serious infectious disease in your environment.

**BLUE LEVEL** (The Blue Level is for veterans of our programs or products, who know how to kinesiology test and who wish to have a guideline for how to better retrofit the Perelandra tools to the present challenges.)

  Green Level Tools
  
  MBP Balancing Solutions: *It is important to include these.*
  
  (see Green Level listing)

  *Eat Right 4 Your Type* (see Green Level listing)

  Maroon Level Tools (add to the Green Level Tools)
  
  MAP (see Maroon Level listing)
  
  Essences — Basic Testing (see Maroon Level listing)
  
  MBP — Phase 1 Testing (see Maroon Level listing)
  
  Environment: (see Maroon Level listing)

  MBP — Phase 1 Testing

  Blue Level Tools (add to the Green and Maroon Level Tools)

  MAP/Calibration

  Essences — Regular telegraph testing

  Essences — Checklist telegraph testing

  MBP — Telegraph Testing Process

  Environment:

  MBP — Regular testing

**MAP/Calibration**

Frequency: Whenever needed as part of your MAP sessions focused on infectious disease

Setup: “I want to set up for a MAP/Calibration for *(name of disease)*.”

Set up your MAP sessions as described in the Maroon Level information — three times a week for the duration of illness, plus three months. To this, add a regular MAP/Calibration as an option. Consider having a MAP/Calibration when you are feeling overwhelmed by the situation you find yourself in as a result of coming down with this infectious disease. If a calibration is needed, you’ll either get a hunch that one is needed during a MAP session or you can actually ask the question while in MAP (“Do I need a MAP/ Calibration?”) and kinesiology test whether one is needed. The focus of this calibration is the concerns you have around the infectious disease you have. Your calibration discussion will include your fears, anger, depression, confusion, frustrations, what you know and are learning about this disease and any symptoms you are experiencing. The time needed will be the same as a regular MAP/Calibration session.

**Essences — Regular Telegraph Testing**

Frequency: Weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.

Setup: “This is an essences telegraph test for *(name of disease)*.”
Within 24 hours after the first sign of symptoms, set up for a regular essences telegraph test (do not use the detailed Essences Telegraph Test Checklist) by focusing the test on the infectious disease you have contracted. Remember to clear yourself with a basic essences test first. Then test the essences as you would any regular telegraph test. Also be sure to test for dosage — the number of times within that one-week period you are to take any needed essences. Discontinue taking the essences from the previous week’s test once you do a new week’s essences telegraph test and get the dosage for the new combination of essences needed. Continue this rhythm for the time you are sick, plus 3 months.

If any symptoms persist once you are finished with the period described above, continue the regular essences telegraph testing once a week until you no longer have any symptoms. Once symptom free, do a telegraph test once every two weeks for an additional three months to be sure your electric system has repaired, balanced and stabilized. If you are still dealing with exposure to or spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you won’t become infected again.

Note: Regular essences telegraph testing may be done in place of the essences basic test that is described in the Maroon Level section. Because of the detail included in the regular essences telegraph testing, you will receive stronger support with your essences work.

**Essences — Checklist Telegraph Testing**

Frequency: Once weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.

Setup: “This is an Essences Telegraph Test Checklist for (name of disease).”

Use the Essences Telegraph Test Checklist. After setting up, test as you would any Essences Telegraph Test Checklist Process. Plan to do this testing once a week. Within that week, do follow-up testing. However, once you complete the one-week period and do a new Checklist telegraph test (maintaining the once-a-week rhythm), discontinue any follow-up testing that might be left from the previous week. Also discontinue taking any essences from that previous period. In short, the essences Checklist telegraph test with its essence solutions and follow-up testing will be valid for just a week. Then, for the next week, you will do a new test with its own follow-up testing and essence solutions. Continue this rhythm for the time you are sick, plus three months.

If you still experience symptoms once you are finished with the period described above, continue the weekly essences Checklist telegraph testing until you no longer have any symptoms. Once symptom free, do a Checklist telegraph test every two weeks for an additional three months to be sure your electric system has repaired, balanced and stabilized. You will now be doing any follow-up testing and taking needed essences over a two-week period. During that time, if you test clear on any follow-ups or essences, you don’t need to address anything further for that area. However, when you test the next Checklist, test it as though you are starting over again. If you are still dealing with exposure to or the spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you
won’t become infected again.

Note: Essences Checklist telegraph testing may be done in place of the regular essences telegraph testing that is described above. You do not need to do them both. Because of the greater detail you get when using the Essences Telegraph Test Checklist, you will receive even stronger support with your essences telegraph testing work. However, if you do not have time to do the testing that includes working with the Telegraph Test Checklist, plan to do the regular essences telegraph testing.

**Microbial Balancing Program — Telegraph Testing Process**

Frequency: Once a week throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.


Use the MBP Telegraph Testing Checklist. After setting up, test as you would any MBP Telegraph Testing Process. Plan to do this testing once a week. Within that week, do follow-up testing. However, once you complete the week and do a new MBP Telegraph Testing Process (maintaining the once-every-week rhythm), discontinue any follow-up testing that might be left from the previous week. Also discontinue taking any essences from that previous period. In short, the MBP Telegraph Testing Process with its essence solutions and follow-up testing will be valid for just a week. Then, for the next week, you will do a new test with its own follow-up testing and essence solutions. Continue this rhythm for the duration of time you are sick, plus three months.

If you still experience symptoms once you are finished with the period described above, continue the MBP Telegraph Testing Process once a week until you no longer have any symptoms. Once symptom free, do an MBP Checklist telegraph test *every two weeks* for an additional three months to be sure your electric system has repaired, balanced and stabilized. You will now be doing any follow-up testing and taking needed essences over a two-week period. During that time, if you test clear on any follow-ups or essences, you don’t need to address anything further for that area. However, when you test the next Checklist, test it as though you are starting over again. If you are still dealing with exposure to or the spread of infectious disease in your area after the three months, follow the protocol as outlined in Health Watch 5A for the duration of exposure so you won’t become infected again.

**NOTE:** The MBP Telegraph Testing Process may be done in place of the MBP Phase 1 Testing that was described in the Maroon Level section. You do not need to do them both. Because of the detail included in the MBP Telegraph Testing Process, you will receive stronger results with your MBP work.

**Environment**

Unlike a personal process or tool such as the MBP Solutions, essences and MAP which require that each person in your family use that tool in order to receive its benefits, a Perelandra environmental process benefits every member of your family even though only one family member is doing the process. Because of the nature (no pun intended) of the environmental processes, you are able to positively effect everyone who comes in contact with that environment.
with relatively little effort on your part. And the results of the testing you do when working with
the essences and the Microbial Balancing Program will be simpler.

Environment: Microbial Balancing Program — Regular Testing
Frequency: Once every 2 weeks for the duration you are sick, plus 2 months.
   Begin immediately after your first symptoms appear.
Setup: “MBP Phase 1 Test — Strengthening and balancing the microbes and microbial balance
   in my environment (define ‘environment’: home, apartment, office, office cubicle, land,
   etc.) for exposure to microbes causing  (name of disease).

Use the MBP Troubleshooting Chart. Our health and well-being depend on a strong
environmental microbial balance. When it comes to the Microbial Balancing Program, approach
your property, home, apartment or work environments just as you would approach your body.
Do an MBP regular test once every two weeks throughout the duration of your illness, plus two
months. To set up, write at the top of the MBP Troubleshooting Chart: “MBP regular test —
strengthening the microbes and microbial balance in my environment (define ‘environment’) for
exposure to microbes causing  (name of disease).” The MBP work repairs and strengthens the
microbes that are a critical part of your environment and helps maintain the balance among the
different microbial colonies. This, in turn, supports your health by reducing the impact of
microbes causing serious infectious disease in your environment.

© 2003 Machaelle Wright. All rights reserved.