How To Eliminate Morgellons

When Morgellons disease was first recognized most doctors believed it to be a delusional disorder, that it didn't exist, that is was most likely a combination of delusional parasitosis and obsessive picking of the skin. Doctors told their patients that Morgellons was all in their head, except for the skin lesions caused by self-abuse. Fortunately, scientists did some research. Recent studies have shown that the filaments accompanying Morgellons are composed of keratin and collagen and that is caused by the proliferation of keratinocytes and fibroblasts in epithelial tissue. Some researchers believe that the cause of this disease is an infection from a tick bite.

The study proved that filaments are not cellulose as found in cotton, linen, or other plant-based textile fibers, or chitin which would indicate fungal cells or insect exoskeletons.

> *They are biofilaments of human cellular origin produced by epithelial cells and stem from deeper layers of the epidermis, the upper layers of the dermis, and the root sheath of hair follicles." – NCBI*

Though studies are showing that the disease is real, conventional medicine is, of course, slow to acknowledge the disease. Googling "what causes Morgellons disease" gets you this non-answer:

> *Morgellons disease is a delusional disorder that leads to the belief that one has parasites or foreign material moving in, or coming out of, the skin. Morgellons disease is a little-known disorder that is often associated with nonspecific skin, nerve, and psychiatric symptoms. Some refer to it as a fiber disease." – MedicineNet.com*

But, the next article is titled, *Studies show that infections—not delusion—cause Morgellons disease*.

Morgellons involves many symptoms common to auto-immune sufferers including:

- chronic, severe fatigue
- joint pain
- neurological problems
- memory and cognitive disruptions (including brain fog)
- mood changes
- crawling sensations on and under the skin
- the sensation of itching or biting
- skin eruptions or lesions with little black specks on or under the skin
- filaments or threads under the skin and erupting from the skin

Morgellons and Lyme disease have a lot in common. Both were thought to be mostly psychosomatic. Both are thought to be transmitted from a tick bite. Both are autoimmune diseases that cause the first four symptoms listed above. Both may be caused by Borrelia spirochetes (corkscrew-shaped bacteria associated with tick-borne diseases). And both can be healed through the same means.

Like many of our readers, I first heard about Morgellons Disease back in 2015 when singer/songwriter Joni Mitchell was hospitalized for the disease. In 2010, she told the Los Angeles Times, “Fibers in a variety of colors protrude out of my skin like mushrooms after a rainstorm: they cannot be forensically identified as animal, vegetable or mineral.”

We published an article about the disease in 2015 and then I received more than a dozen calls and emails asking for help within a couple of months. Within the last few years, I’ve helped teach more than twenty people how to regain their health and rid their body of all Morgellons symptoms. The good

news is that every single person was able to eliminate the disease.

I suspected a Morgellons was a fungus. It looks like I was wrong about that. But, whether it's Lyme, Morgellons, diabetes, cancer, or depression, the only treatment that works is holistic with primary emphasis on gut health. The reason for this is that an unhealthy gut overwhelms the immune system, whereas a healthy immune system (one that is not overwhelmed) can rid the body of almost any disease.

Below is a list of recommended supplements, but the right diet is absolutely imperative. Don't skimp on the diet!

Morgellons Diet and Supplement Protocol

Here are three articles I put together on diet. This is indicative of how my family eats every single day.

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*

We start off with cranberry lemonade and a huge salad every morning. For lunch, we sometimes do a smoothie or we snack on some nuts and/or fruit or we just finish our massive 11-cup salads. For dinner, we always cook from scratch, which takes preparation and time, but it gets easier. Rice and beans, quinoa, lentils, millet, oatmeal, and amaranth are common staples for our cooked meals. We add lots of raw vegetables and herbs to our dinners as well, for instance, the rice and beans go great with chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits.

This is truly a lifestyle, not a diet, and it's one we live

every day. You may not need to go to this extreme to rid your body of disease, but I find that most who are dealing with chronic illness need to take it this far, at least for a few months.

The salads are the most important part of this protocol! In fact, they are the most important part of all of my protocols. More than supplements, more than anything save getting enough water, the right kind of salads are imperative. Eat lots of salads with tons of different vegetables and herbs. Make sure they have at least 15 different vegetables and herbs. If you could see what packing your gut with salad does to your ecosystem under a microscope, you'd understand why I'm so passionate about salads. There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem. And that is the key to good health. A beneficial gut microbiome is a fortress against undigested proteins and unwanted pathogens. When the gut is not well these intestinal walls allow undigested proteins and pathogens to seep into the bloodstream wrecking havoc on the immune system. Salads feed the right gut microbes and the right microbes build a healthy microbiome.

The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of pathogens are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant #3.

For those with very serious gut issues, legumes and grains will be a no-no for the first few weeks, but when enough salad has been consumed, the gut should be able to reap many benefits from cooked foods like the dinner meals aforementioned.

Sweet fruit should be severely limited, and for the very ill, avoided until the gut is working better. Grapefruit,

cranberry, avocado, lime, and lemon do not fall under this category.

Drinking fruit juice, even fresh homemade fruit juice, is not much better for you than refined sugar, so don't make the common mistake of thinking a fresh-juice fast is going to get you well. It has its benefits, but it doesn't usually rid the body of chronic disease.

Now that diet is covered, here's the supplement part:

Supplement Stack #1 – On an empty stomach, twice a day, early morning and late night

- 2 Abzorb (this is a probiotic and a systemic enzyme)
- 2 cups of cranberry lemonade
- Optional: Add a serving of the MycoPhyto Complex
- Optional: Additional systemic enzymes (systemic enzymes break down proteins that should not be in the body)

Supplement Stack #2 – With meals, three times a day:

- 5 of the SF722
- Shillington's Blood Detox Tea
- Shillington's Blood Detox Formula
- Oil of Oregano
- Coptis Chinensis / Chinese Goldthread
- Shillington's Echinacea+
- MycoPhyto Complex
- Optional: one serving of MycoPhyto Complex
- Optional Intestinal Cleanse (if bowel movements are slow)

Also, take absorb with any food that is difficult to digest.

If you can't afford many supplements, or are overwhelmed by

this information and don’t know where to begin, contact me. I don’t ever charge to talk to people.

Protocol

6am – Supplement Stack #1

Take two Abzorb with a big glass of cranberry lemonade. This is the right time to take systemic enzymes if you chose to take them.

9am – Supplement Stack #2

Salad time! The MycoPhyto Complex company recommends to take on an empty stomach, but I like to take it with salads and smoothies too.

12pm – Supplement Stack #2

Homemade Smoothie Time! If you’re extremely ill you may need to wait on the smoothies and just double up on the salads for the first week, but I’ve found that many people who were suffering from a plethora of ailments and having trouble recovering responded very well to pineapple smoothies. Pineapple smoothies (made with fresh pineapple), like the ones I have recipes for in the above link, pack a massive amount of enzymes and can help break down a lot of junk in the gut, while delivering large amounts of nutrition. But, fruit smoothies have plenty of sugar, so it’s a good time to repeat the supplements from 9am.

Use pineapple, coconut water, water, cranberry juice, or if you can withstand some sugar try granny smith apple juice, but don’t use sweet fruit juices for smoothies. Always use fresh pineapple when using pineapple. Always add as many vegetables and herbs as you can. I also suggest adding Total Nutrition Formula or something similar (here’s a recipe). If you want to make a smoothie without pineapple, I recommend coconut water as the liquid. Check out our smoothie article for more ideas.

3pm – Week 1 – Supplement Stack #2

3pm – Week 2 – Supplement Stack #1

6pm – Supplement Stack #2

Dinner time! Everything from scratch, nothing pre-made in any way, all whole food ingredients. See this article for more info and don’t hesitate to contact me.

9pm – Supplement Stack #1

Finish off the night with probiotic support and leave them alone for the night to do their thing.

Three More Supplements to Consider – Die-0ff, Heavy Metal Detox, & Bowel Movements

If a Herxheimer reaction is a concern (die-off) be sure to drink plenty of cranberry lemonade and I also recommend adding Total Nutrition Formula and the Intestinal Detox. Here’s a recipe to make your own Total Nutrition. This way you’ll get bentonite clay, charcoal, chlorella, spirulina, and more, which are all great for mitigating the die-off effects of a Candida detox, and they also chelate heavy metals.

You can take the Total Nutrition Formula with the smoothie or sprinkle it on the salad (or choke it down with water), and take the Intestinal Detox anytime throughout the day as directed.

If you’re not defecating easily and at least twice daily, I also highly recommend the Intestinal Cleanse. It kills parasites and moves the bowels better than anything else on the market that I know of, by far. I recommend taking it with the antimicrobials.

Conclusion

Morgellons is scary. It often causes otherwise social people to become unemployed shut-ins. Unless the doctor is abreast of the latest science, they will likely treat someone with Morgellons as if they’re mad. It’s a really hard thing to live with. Medical science does not yet really understand it, but understanding a disease doesn’t typically help big pharma to cure a disease. The good news is that every single person that I’ve worked with was able to completely eliminate all of the symptoms. It takes a few months, and a lot of discipline, but it’s very doable. The first step is to heal the gut.