

# ALS

# 1KD Challenge

*THE MISSING SURVIVAL GUIDE*



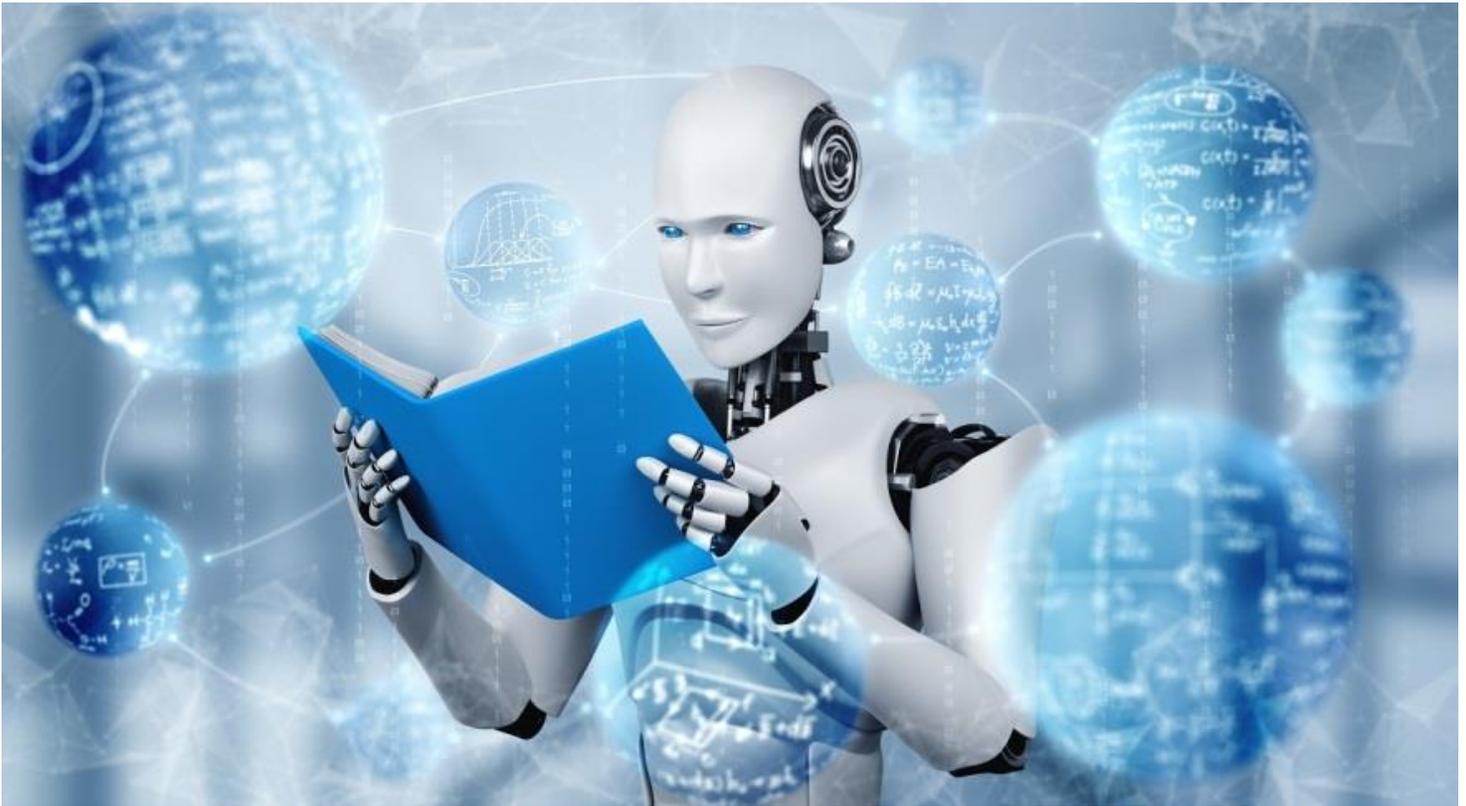
# Introduction

## What Is 1KD Challenge?

- In 2014 **Ice Bucket Challenge** started as an initiative aimed at raising funds for ALS Research and raising global awareness of the disease.
- Pat Quinn & Pete Frates & Anthony Senerchia were three faces of the campaign.
- Over **250,000,000 USD** was raised and distributed among organizations and researchers.
- In **2021** all above mentioned men are dead and ALS still remains a mystery – the diagnosis is death sentence, at least this is **how public perceive it**.
- Science still has not made any **breakthrough** and is mainly focused on development of ineffective and expensive “something hacking” drugs marketed as a success which can prolong life by **several months ...**  
(WTF?)
- However in **2020, the COVID Pandemic** enabled one very weird story to happen ...



- One man has been noticing strange symptoms again. Again because it was already third occurrence in last few years.
- This man knew ALS already – his mother died on it.
- He was aware there is certain danger called **familial ALS** and he decided to act immediately.
- He started curing himself and his state rapidly worsened in 3-5 weeks but he resisted and **over time fully recovered again** (3<sup>rd</sup> time!). Who knows what it was – certainly not ALS, because ALS is incurable and only specialized neurologist can give **such diagnosis**.



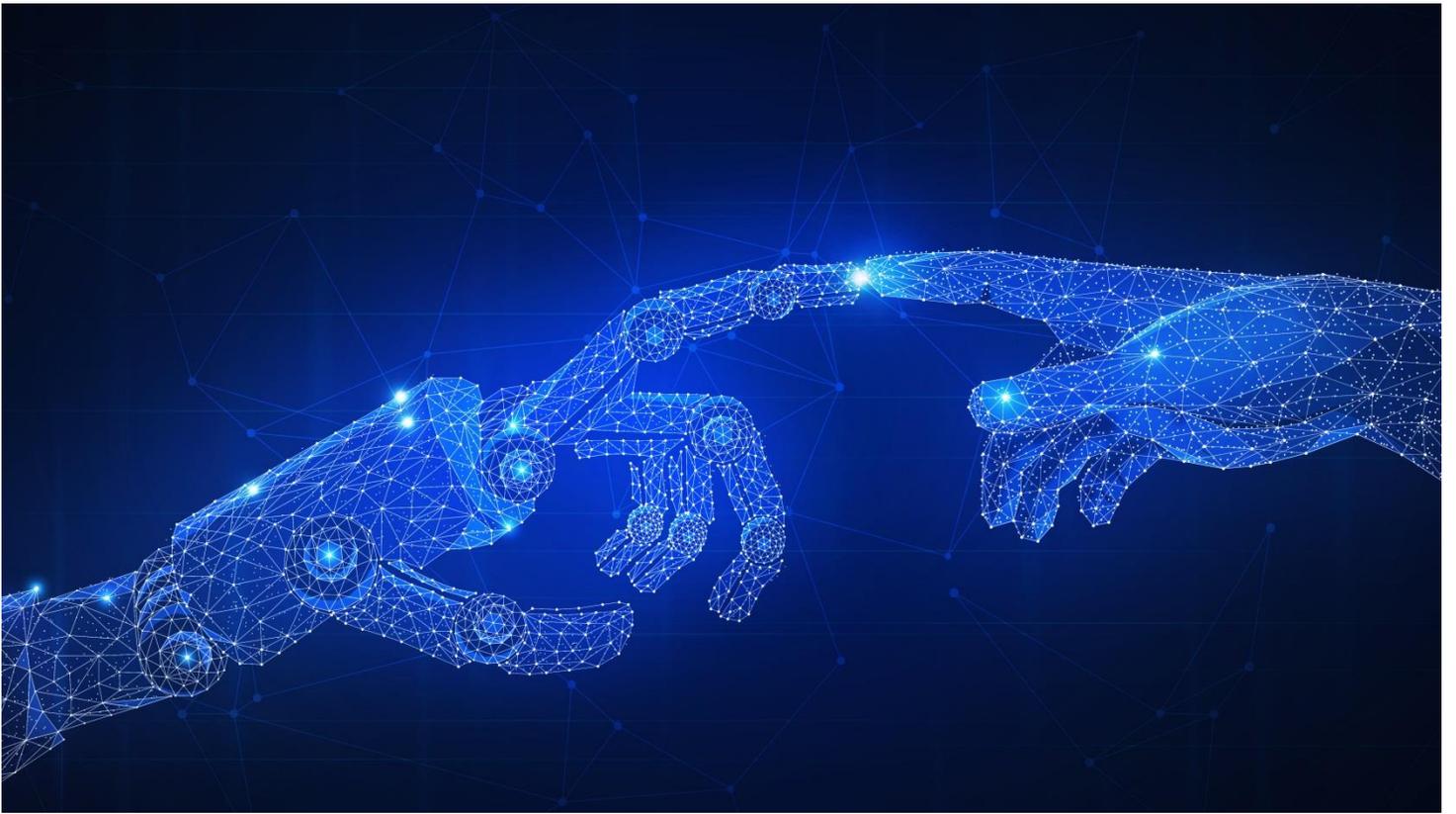
- Strange Lyme? CFS? PTSD? Starting MS? The man saw **great similarity** between his mild and his mother long term never really cured health issues, so he wanted to know more and **started to study**.
- He studied everything what seemed relevant including non-scientific and thus for many ignorable sources but he was mainly interested in **real scientific findings** made in **last 100 years**.
- After several months he already viewed the disease in a very different way. He read about those **forgotten links** and theories and realized it can present a major obstacle in the human effort **to beat** ALS. Why?

- Because science **denied** them long time ago and it could have been a great **mistake**.
- A mistake which could have directed people on a **blind** path where **good** solution **does not exist**.
- During the analytical work the man realized there is a non-trivial overlap among various theories.
- He has summarized his view on ALS in a form of **website** where all the used relevant scientific articles and works of other researchers are referenced.
- Despite having no medical background this man also proposed certain **best-effort experimental description** of the **disease mechanics** and proved existing experimental **natural treatment protocols** could help patients (relief, disease slow down but possibly also **stopping the disease**). He adopted and refined the protocol. It is not meant this alternative description of the disease needs to be entirely correct – but it is at least an attempt to help and it just needs to be quite **close to so far unknown truth**.
- The relative **simplicity** of the experimental treatment protocol can be suspicious to many people. However the links and similarities are there – for instance **recently found scientific article** stated a case of a man with ALS diagnosis who **fully recovered** after three years.

- The treatment was very similar to what experimental theory states. A fully compatible story. Coincidence?
- This is the reason why **1KD CHALLENGE** is initiated as an innovative and more promising successor of **ICE BUCKET CHALLENGE**. It is **1000 days** long challenge.

- **NEWLY** it is aimed at afflicted people.
- **NEWLY** it is aimed at science & research.
- **NEWLY** it does not require donating money.
- **NEWLY** it does not require shooting videos.
- **STILL** it does require **sharing** this initiative.
- **STILL** it tries to **RAISE AWARENESS**, resolving this disease will enable humans to cure many others.





**Start by doing what's  
necessary, then do what's  
possible, and suddenly you  
are doing the impossible.**

■ Francis of Assisi

# Step 1

## Refuse Fatal Diagnosis

- First and **uttermost important** thing to do.
- Does **not** mean the serious health problem is denied.
- It means the actual **opposite!** Fatal diagnosis makes people demoralized and it sends clear “**give-up & there is nothing to do about it**” signals to the mind of the patient.
- Science is aware of the **link** between mind and condition of the physical body.
- **1KD Challenge** instructs all afflicted to reject, deny & forget the 99% negative and pessimistic outlook received.
- **Question:** How does it help telling intelligent and vulnerable human being there is no way out?
- **Question:** How ethical it is to make lethal judgement for a person who came with a hope to receive help?



**Blind belief** in authorities is  
**the greatest enemy of truth.**

■ **Albert Einstein**

# Step 2

## Consider New Diagnosis

- Based on reading through many scientific materials, watching ALS person very closely, analyzing the ill person life and last feeling ALS similar symptoms an alternative disease description has been proposed.

- **ALS disease** is a **stealth superinfection** further complemented with unique host environment factors. It is a state established on top of unhealthy **microbial ecosystem**, levels of toxicity – **mainly heavy metals like mercury, cadmium, aluminium** and insufficiently functioning native detox routines. As a result the organism and immune system is specifically exhausted, specific immunodeficiency arises so organism is unable to **break the established puzzling network** of relationships among **generally known pathogens** which leads to gradual poisoning with devastating effects on neural system.

If at first, the **idea** is not absurd, then there is no hope for it.

■ Albert Einstein



# Step 3

## Learn Treatment Arsenal

- There is an **experimental treatment** protocol for ALS.
- No need to collect million dollars in donations.
- No need to wait on multi-stage clinic studies.
- It is **immediately** available to **everyone**.
- Does that sound like a typical **FAKE NEWS** to you?
- Above does not mean it is a **guaranteed** treatment, sure bet or it is super easy and will just work.  
It is experimental set of standard components forming a **first aid kit** which **can help** the organism **to break** the puzzling pathogenic network and revert the trend or progress of the disease.

### Component Classes

- **Generic supplementation** to address deficiencies
- **Natural detox components** to address intoxication (heavy metals removals)
- **Natural immunity boosters** to address infections.
- **Supportive diet** (“Kernel Mode Diet”)

# Generic Supplementation

- Objective is to **rapidly** supply the organism with **core** minerals, vitamins and other supportive substances
- Regular diet, despite healthy and near optimal cannot provide the required amounts needed to **make a difference** (= exceed certain thresholds and **trigger turnaround** in native recovery routines)
- ! No specific brand is given to avoid accusation from hidden business interest !
- High quality products are recommended though – this does not necessarily mean most expensive.
- High bioavailability is a key property so watch for words like: [ **liposomal**, **bis-glicinate**, **chelated** ]

## Core Supplements Required (All Mandatory)

- **Alpha Lipoic Acid**, **Zinc**, **Selenium**, **Magnesium**, **B-Complex**, **Vitamine C**, **Coenzyme Q10**, **L-Lysine**.
- Other essential amino acids will help too (author has not used any product, but has also used **L-Tyrosine**).

## FRIENDLY WARNING

- Fundamental minerals, vitamins, but ...
- In case of being on any medication **please better consult** the planned supplementation with your, **hopefully empathic and supportive physician** and consult also **dosing** – all for your safety.
- Author has not been on any medication and used all items from the list given without any consulting but this is **not recommended**. Dosage taken was as per included product instructions (daily dosage) but later some amounts were **selectively increased**.

**Simplicity is the ultimate sophistication.**

■ **Leonardo Da Vinci**

# Natural Detox Components

- Objective is to release the **lymphatic pathways** and **reboot** waste and debris drain flow.
- Leverage natural resources with chelate effects and gradually remove or rapidly decrease the levels of heavy metals in the organism.
- Supply organism with an additional load of high quality nutrients & antioxidants (note: **organism knows** what to do with it, it will **take over** once all is supplied)
- Again quality products are recommended.
- Natural herbs & mushrooms, dried or normal form, powder or drops with extract form.

## Core Detox Products Required

- **Golden triple: Chaga mushroom & Spirulina & Green Barley** (**SOD** rich mega mix; **Super Oxid Dismutase**)
- **Sea Vegetables – Dulse, Kelp, ...**
- **Celery, Cucumber & Beetroot Juice, Lemon Water, Coriander, Nettle, Milk Thistle, Hibiscus, Dandelion**

# Natural Immune Boosters

- Objective is to **reinforce immune system** and give it above-standard support & care.
- If there is too much work for it for a long time, immunity can get exhausted (usually specifically, corresponding to type of problems which it needs to deal with).
- **Strength** of immunity **can be** influenced.
- Immune system is a very expensive process – it requires lot of resources. This “immune system” daemon process requires relatively high priority due to critical functions it must do for the organism 24/7 (keep it ONLINE!)

## Main Problematic Factors For Immunity

- Viral infections
- Bacterial infections (including **stealth** L-forms!)
- Toxicity
- Chronic stress (it steals priority from immunity in favor of mental & physical performance; hidden infections can start prospering more, dangerous!)

## Natural Immunity Support (underlined items are “mandatory” or “key”)

- Uncaria Tomentosa/Vilcacora/Cat’s Claw
- Resveratrol
- Thyme
- Lemon Balm
- Tropaeolum Majus
- Ginger
- Ashwagandha, Turmeric root
- Salvia Officinalis
- **Echinacea** (autoimmunity warning)
- Raspberry leaf, Sea buckthorn
- Mithostachys Setosa
- **Licorice** (hypertension warning)
- Gnaphalium Graveolens
- Eleutherococcus Senticosus

- Author has used all above items but please try to consult with a specialist. Note the **red marked** items.
- This is nothing against those herbs, but already severe hypertension would disqualify **licorice**; **echinacea**, possibly other items too, would do the opposite what current science prescribes (immunosuppression).

# Supportive Diet

## Kernel Mode Diet

- Objective is to **further supply organism** with only core high-quality nutrients, nothing else.
- Diet is an important part of recovery plan.
- Usually people eat food with very speculative or even negative effect on their health (**user ballast**; it tastes good!) but this presents further load on weak organism. In case it is healthy nobody notices. In case it is seriously ill nobody cares or believes in its importance.
- However in this case it is **imperative** to enable the organism (digestive & immunity, endocrine systems) to perform its core functions with minimal load.
- Maximum priority & performance needs to be available for recovery & repair tasks.

### Kernel Mode Diet Sub-Components

- Bl[o]ck List
- Fruit & Vegetables
- Plant-Based Carbs & Proteins + some fats

# Kernel Mode Diet

## Black List

- Dairy products (all of them, **SORRY!**)
- All industry created food products (basically everything you typically buy, **SORRY!**)
- Eggs, Pork meat, Fish – mainly the big, like tuna.
- Corn, Soy (even vegan stuff is not spared, **SORRY!**)
- Bread (white or whole, **SORRY!**), Canola oil
- Meat in general – consider rapid limitation, once per 72+ hrs, but ideally once every week or even “**vegan**”.

### Important Information – Take It Seriously

- There is a reason behind elimination of every item.
- Pay special attention to the “**industrial food**” item – it really is about all sausages, cheese, sweets and others packed with typical food industry chemicals; these **don't pass** super strict “**kernel criteria**” – organism does not need it, industry needs it!
- **IN NUTSHELL**: Become kind of restricted **vegan** who **can eat quality beef/chicken/lamb** once every few days – does that sound weird to you? Yes! Later you can **opt-out** from certain restrictions, much later ...

# Kernel Mode Diet

## Fruit & Vegetables

- Welcome in paradise!
- Fruit, Vegetables, raw, cooked, **juice form** – all pass “kernel criteria” like other gifts from **Mother Nature**.
- Great source of needed energy with an excellent **valueObtained/processingCost** ratio.
- Great source of minerals in natural and thus highly bioavailable form.
- Practically all fruit or common vegetables are recommended but list below summarizes especially convenient and helpful members.

### Fruit & Vegetables

- Blueberries, Blackberries, Raspberries, Red Apple, Banana, Mellon, Dates, Figs, Pear, Orange, Lemon, Grapefruit, Mango, Papaya, Avocado, Pineapple, Pomegranate. Sweet Potatoes, Potatoes, Garlic, Onion, Radish, Celery, Cucumber, Beetroot, Carrot, Parsley, Cauliflower, Broccoli, Spinach, Sea Vegetables, Tomatoes, Chilli peppers.

# Kernel Mode Diet

## Carbs, Proteins, Fats

- Besides fruit and vegetables (e.g. potatoes) there is additional source of high quality nutrients in **legumes** and gluten free cereals.
- Fat intake in general should be kept very low, especially those animal fats. Certain more healthy source of plant fats eligible to eat are nuts, seeds and selected oils.
- Despite it may initially seem odd, this food will provide the necessary energy and more than compensate the “loss” in popular sources which are **banned** (bl[o]cklist).

### Carb, Protein, Fat Sources

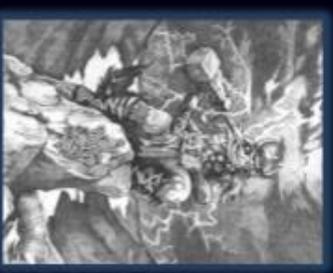
- Legumes – prefer mainly black lentil (“Beluga”), but red, yellow, regular lentil is good too.
- Beans – All types too
- Please add standard herbs for above so that flatulence is minimized.
- Rice, Oat, Buckwheat. Extra Virgin, Olive oil, Chia seed, Linseed, Hemp seed, Walnut, Almond, Cashew.

PUZZLING NETWORK OF KNOWN AND UNKNOWN FACTORS CAUSING ALS?

HERE YOU HAVE A TOOL ... IT WORKS ON THE SAME PRINCIPLE, IT IS A COUNTER-NETWORK COMPOSED OF TENS OF KNOWN AND UNKNOWN HEALING FACTORS (SOD, GLUTATHION, CHELATION, ANTIVIROTICS, ...).

SO GO AND TRY WHICH NETWORK WILL PREVAIL!

ANTI-ALS  
HAMMER



THOR GIVES  
★★★★★



# Step 4

## Setup Treatment

- On this place author initially planned to describe the best-effort and quite detailed treatment protocol based on his experience and also other protocols (more on the website). It basically uses the so called “treatment arsenal” so it is no secret but organized daily regime to be followed for those 1000 days (1KD challenge). TBD!
- However after **several days** author realized he **should not** post his adjusted extreme treatment protocol here.
- It could be **dangerous** for people from certain reasons and his **effort** would be ruined if it made things worse. What is the problem?
- The problem is the underlying **disease mechanics** which was proposed based on reading through scientific works and personal observations and experiments.

- Author is **requesting for help here**; he requests scientists to look at the theory **THOROUGHLY** and **without PREJUDICES**, evaluate it, do necessary tests and **SHARE** results (Rejected Vs ... ?)
- It may be the situation in which order and intensity of actions is significant. **Safety** is very important but at some point, when there are no good enough options, **decisions** still need to be made. Hopefully the **global society** response will create a pressure on defining optimal approach including risk management strategy.
- In case of improper **society response** including medical science, author will define at least a **best-effort** and high-level algorithm or procedure which would need to be used in “**at your own risk**” fashion.

**The desire for safety stands against every great and noble enterprise.**

■ **Tacitus**

- The experimental theory states ALS is a result of **chronic stealth superinfection** – both bacterial as well as viral. Pathogens suspected to play role here are EBV, VZV, HERV, other HHV-x viruses, Borrelia spirochetes or some different strain of spirochete (*Spirochaeta myeolophora*). Possibly other **common** and thus **neglected** pathogens which further put pressure on already **struggling** immune system and confuse science.
- However then there is a key role of **heavy metals**; a heightened presence or in fact already state of **hidden serious** intoxication. Bad accelerating factor, together with viruses also **known mutagen (DNA impact)**.
- There is **scientific evidence** on both above factors – if not direct then indirect for sure. See works referred on the website.
- As explained in [summary for scientists](#) there can be following dependency chain:
  1. Presence of pathogens causes **chronic inflammation**; herpetic viruses (**EBV**) can cause cell immortality; EBV detection in **astrocytes** and other cells in CNS is confirmed and then there are others, mainly **VZV** in

PNS! Then there are those spirochetes which were also reliably confirmed in ALS patients CSF.

Weak immunity with **specific immunodeficiency** (NK cells; complement proteins, ?) is struggling with the PNS/CNS infection and is unable to get it under control and gradual tissue scaring is the result. However immunity still weakly fights and **brain microglia** or astrocytes are being stimulated to produce QUIN and ROS which has harmful effect on surrounding tissues/cells, **mainly neurons**.

2. When **heavy metals** are present/accumulated in heightened levels in brain, the **reactivity** of ROS very **rapidly increases** causing much bigger collateral damage (this very individual level of HM toxicity can explain the big variance in patient ability to resist ALS; length of life of patients)
3. Last – there is a known **link** between **QUIN** and **glutamate** which can explain the heightened and already neurotoxic amounts of extracellular glutamate neurotransmitter; the **ALS signature** finding (**astrocytes** role is **to cleanup** EC glutamate).

- All above statements were identified in the literature and put together in this way. **What do you think?**
- It should be clear that non-optimal approach could cause **more damage** than necessary. For instance if immunity was rapidly boosted (I know this works!) it could result in more neural damage during the “war” because heavy metals are still in the place. Removing heavy metals first could be the way.
- Anyway this is **getting complex** and that is why **I call for help** the science **to take over** this. Now what if scientists will claim this all is one big mystification, nonsense. They might deny work of their colleagues and get back to their **magic drug development**, leaving thousands of people around the globe in **deep troubles**.
- Unfortunately above is possible. It would be **indescribable bad** but it can happen. There are some “**redflags**” indicating such failure is not unreal.
- I **strongly believe** in **humanity** and human power though. Some people **will accept** this challenge but the question is: **How quickly?**

- If the reaction won't be **quick enough** then people will face certain **dilemma** regarding the approach and will basically have no other choice than implementing the treatment protocol in **custom highly experimental way**.
- **Time** is a **factor** for many ...
- **Please help** with sharing this document and take the risk; it can help saving lives.

As a reader **YOU** have been just **assigned** most likely unwanted **RESPONSIBILITY** (Sorry for that). Please [read this text](#) if you are in doubts and reconsider sharing.



**Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.**

■ **Mattie J.T. Stepanek**



*\* 17/July/1990; † 22/June/2004*

# Base Recovery Strategy?

■ If nothing better quickly appears then ...

```
1 package org.outer.world.help;
2
3 import java.time.LocalDate;
4
5 import static org.outer.world.help.WorldHelpRequestService.HelpCodes.ALS_SUPPORT_CREW;
6
7 /**
8  * ALS IKD Challenge - Recovery strategy.
9  *
10 * @author MrUnderhill From Shire
11 */
12 public class AlsBestEffortFallbackRecoveryStrategy implements AlsRecoveryStrategy {
13
14     public HealthStatus recover(Person person) {
15         if (person instanceof AlsPerson) {
16             AlsPerson alsPerson = (AlsPerson) person;
17             alsPerson.rejectOfficialDiagnosis("Thank you very much! But I have been programmed to live ...");
18             alsPerson.acceptAlternativeDiagnosis("Wow! Let's go! Yes I can is my new motto.");
19             alsPerson.setGodModeOn("QUICKEN");
20             alsPerson.graspTreatmentArsenal("RAMBO");
21             if(alsPerson.getSupportCrew() == null ) {
22                 alsPerson.setSupportCrew(
23                     WorldHelpRequestService.requestHelpByGpsCoords(alsPerson.getGpsCoords(), ALS_SUPPORT_CREW));
24             }
25             alsPerson.getSupportCrew().activateLongTermSupport();
26             boolean heavyMetalsIntoxication = true;
27             int daysRemaining = 1000;
28             while (daysRemaining >= 1) {
29                 // 1. gradually Lower Levels of heavy metals
30                 if (heavyMetalsIntoxication) {
31                     HeavyMetalStatus heavyMetalsStatus = HeavyMetalRemovalHelper.removeHeavyMetals(alsPerson);
32                     heavyMetalsIntoxication = !heavyMetalsStatus.urineLevelsInNorm();
33                 } else {
34                     // if safe then start supporting immunity with products of nature
35                     alsPerson.supportImmunity(MotherNature.provideImmuneSupport());
36                 }
37                 // 2. ongoing support of the organism
38                 CoreLifeSupport.supplyCoreMinerals(alsPerson);
39                 CoreLifeSupport.supplyCoreVitamins(alsPerson);
40                 CoreLifeSupport.supplyDefaultEnzymes(alsPerson);
41                 CoreLifeSupport.supplySuperOxidDismutase(alsPerson);
42                 // 3. follow kernel model diet, strictMode enabled
43                 alsPerson.follow(DietProvider.provideKernelModeDiet(), true);
44                 daysRemaining = daysRemaining - 1;
45                 alsPerson.addExperimentalLogEntry(LocalDate.now());
46                 System.out.println("Day " + (1000 - daysRemaining) + " has passed. Resist, never give up!");
47             }
48         }
49         return person.healthStatus();
50     }
51 }
```

# Step 5

## Hold On, Resist ...

- Any protocol will be ultra-marathon. This and following pages become relevant only once on some protocol.
- 1000 days is a long journey, almost 3 years.
- But ...
- Pat Quinn has been fighting for 7 years.
- Pete Frates has been fighting for 7 years.
- Anthony Senerchia has been fighting for 14 years.

### LOS TRES HOMBRES VALIENTES



PAT  
QUINN



PETE  
FRATES



ANTHONY  
SENERCHIA

## What Also Helps

- There are few other things which help.
- Obviously these itself are not strong factor, but in the **overall mix** they have **additional synergic** and positive effect on humans.
- **Breathing Exercises**
  1. Calm down, anti-stress importance
  2. Better oxygenation of blood & tissues (antimicrobial)
  3. Meditation, simple Yoga, special breathing techniques, all is recommended.
- **Natural Sun Light Exposure**
  1. Positively affects immunity and mind
  2. Needs to be regulated according to photo type or sensitivity of each person (sunburn avoidance)
  3. Morning sun recommended, then later afternoon
- **Music**
  1. Another calm-down factor, no **heavy metal please!**
  2. Should be inspiring, imagination supporting
  3. Spirit/mind mobilizing, enabling focusing on treatment – only that matters, **allocating all** mental power on treatment, resting and collaboration is very important. Rest needs to wait.
  4. Famous **Two Steps From Hell** and similar is an excellent example. Use of **headphones** suggested.

# Step 6

## Analyze Your Experience

- This really is an experimental work despite based on scientific data as well as pseudo-scientific data & experience of one gifted observer (surprisingly **they all match** which is **highly susceptible** for such a **mystery** like ALS, or not?). I'm sure others will see this as well, they will find those patterns in their case. It is **inevitable**. See my [Lou Gehrig analysis](#) on the website.
- Experimental data is needed so ideally & if possible log (or simply a diary) of following is suggested to record:
  1. Food eaten
  2. Supplements taken
  3. Natural products taken
  4. Notes on feelings
  5. Notes on any changes registered
  6. Photo documentation from the **battlefield**
  7. (crew member can take care of that)

SECTOR: SOUTHERN THYROID, QUADRANT: OZPF  
UNIT DEPLOYED: JOINT SPECIAL COMBAT BATTALION (ALPHA-6, 101 AIRBORNE)

PLASMA B-CELL  
(04494 SECTOR LEASING ANTI-BODY NAVIGATION BOTS)

NEUTROPHIL

NEUTROPHIL

MACROPHAGUS  
«HYPERACTIVATED»

T-CELL (CD4+)

NEUTROPHIL

T-CELL (CD8+)  
«ACTIVATED»

T-CELL (CD8+)  
«ACTIVATED»

NATURAL  
KILLER  
CELL  
(CD57+)

T-CELL (CD8+)  
«ACTIVATED»

PLASMA B-CELL

IMPUNITY MICRO WARS

OPERATION  
ENDURING FREEDOM

# Step 7

## Share Your Story

- Your log will become very handy for all others.
- It will be also very useful **for scientists**.
- It will be also needed for public – their trust will be needed, once obtained **a storm** will follow.
- Author has done this despite **not burdened** with ALS diagnosis. It was probably milder **preALS** state, luckily **early recognized** and **averted**.
- Author has three notebooks full of his records.
- Few words on accuracy of this work:
  1. Many will ask if the information served here can be true and will be in doubts.
  2. Words like disinformation, oversimplification, nonsense, fake news **will get mentioned**.
  3. However do you think I haven't counted with this and haven't considered this case?
  4. Come On ... There is just too much of facts; I did my home works quite thoroughly. **Please do it too!**

**Where there is great love,  
there are always miracles.**

■ Willa Cather



**Nothing is impossible, the  
word itself says 'I'm  
possible'!**

■ Audrey Hepburn

Why all humans, including those affected, are not aware of existing ALS experimental and encouraging **treatment possibility?**

Better to not think about it. The most acceptable answer can be following. There is no scientific **evidence** it can reliably work for **everyone**, so it is better to not tell **anyone**. Please open any ALS website and try to find anything positive. You will always find **INCURABLE** and **FATAL** words. Ongoing research focused on magical pills is the only thing which one can hope for. Pretty bad.

This is the reason why this guide has been created and needs to be **spread & shared** with the **speed of light** 

It is **not** a rapid miraculous treatment but it is a chance and a **pretty good** chance! There are people who do not need anything else. A **chance to fight** is all they need and **now** I'm bringing it.



PROMETHEUS  
APPROVED

## 2017 - Have You Ever Read About This In Media?!

**Background:** Amyotrophic lateral sclerosis (ALS) is a devastating disease leading to death within 3-5 years in most cases. New approaches to treating this disease are needed. Here, we report a successful therapy.

**Case Report:** In a 49-year-old male patient suffering from muscle weakness and fasciculations, progressive muscular atrophy, a variant of ALS, was diagnosed after extensive examinations ruling out other diseases. Due to supposed **mercury exposure** from residual amalgam, the patient's teeth were restored. Then, the patient received sodium 2,3-dimercaptopropanesulfate (DMPS; overall 86 × 250 mg in 3 years) in combination with **α-lipoic acid** and followed by **selenium**. In addition, **he took vitamins and micronutrients and kept a vegetarian diet**. The excretion of metals was monitored in the urine. The success of the therapy was followed by scoring muscle weakness and fasciculations and finally by electromyography (EMG) of the affected muscles. First improvements occurred after the dental restorations. Two months after starting therapy with DMPS, the mercury level in the urine was increased (248.4 µg/g creatinine). **After 1.5 years, EMG confirmed the absence of typical signs of ALS. In the course of 3 years, the patient recovered completely. Conclusions:** The therapy described here is a promising approach to treating some kinds of **motor neuron disease** and merits further evaluation in rigorous trials.



Marc Jamison Sheppard,  
*Brigadier General,*  
*Supreme Commander*  
*ALSR (ALS Resistance)*

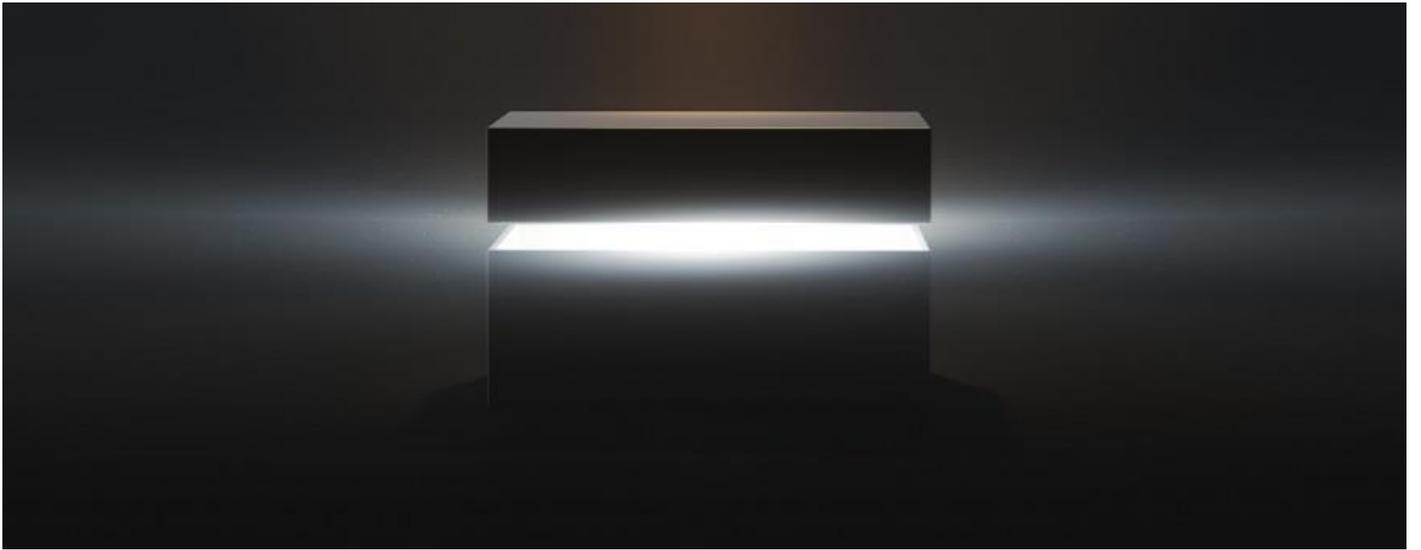
## Mission Briefing

Reject the unhelpful and also incorrect diagnosis. Grasp the treatment arsenal and apply it with a military discipline. Expect problems. This is going to be hell of a fight. You can feel unpleasant detox symptoms of all kinds but do not panic. Our ANTI-ALS hammer will work for you every single day, day after day, week after week, month after month. Don't forget it is a long run, 1000 days. Resist and never give up. Any questions? **DISMISSED.**



**You never fail until you stop trying.**

■ **Albert Einstein**



THANK YOU  
FOR SHARING

VERSION: 1.0.2

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VIVALA  
RESISTANCE

[WWW.ALSEXPERIMENTALTHEORY.COM](http://WWW.ALSEXPERIMENTALTHEORY.COM)