

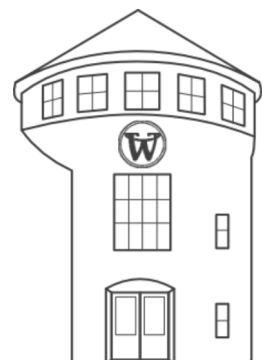


Freedom  
Alliance  
island of ireland

## Talk Notes.

Dr. Finbar Magee  
26<sup>th</sup> September 2023  
Walsh's Hotel, Maghera.

[www.faioi.org](http://www.faioi.org)



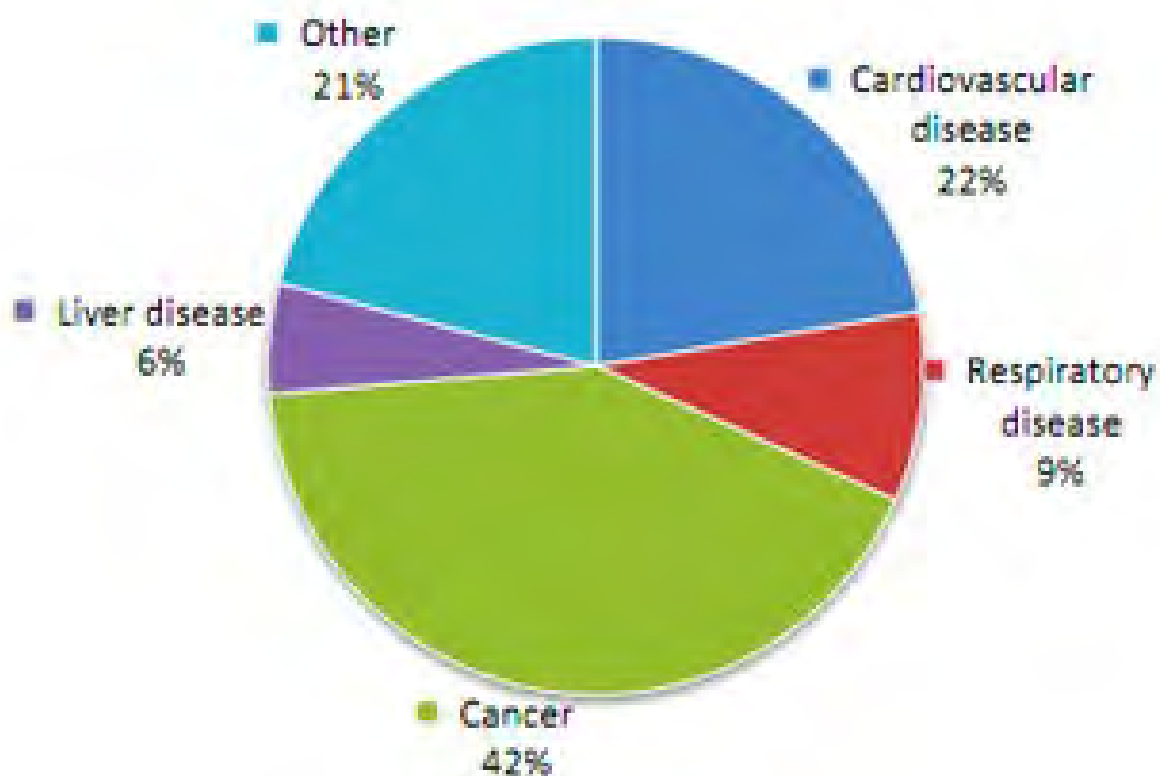


*“I’ll never get out of this world alive”*



**HANK WILLIAMS**

CAUSES OF DEATH IN UK – [www.nhs.uk](http://www.nhs.uk)



## [Medscape Medical News](#)

# Medical Error Is Third Leading Cause of Death in US

(Marcia Frellick, May 03, 2016)


..... after heart disease and cancer, according to findings [published today in BMJ.](#)

That number of deaths translates to 9.5% of all deaths each year in the US — and puts medical error above the previous third-leading cause, respiratory disease.

### MAIN CONTRIBUTORS

- Genetic predisposition
- Diet – sugar, salt, refined carbs, wrong fats
- Stress
- Inactivity
- Chemicals & Heavy Metals
- Nutritional Deficiencies especially Vit D3 and Selenium
- Gut Dysbiosis – i.e. wrong/imbalanced bacteria in the gut
- Radiation – EMFs, Microwave technology
- Immune system disturbance

YouTube  
National Geographic · 12:31



109-Year-Old Veteran and His  
Secrets to Life Will Make You Smile...

Watch

*AND I LOVE YOU SO*



*BUT YOU'RE THE DEVIL IN DISGUISE*

## REFINED FOODS/SUGAR

- Stripped of nutrients
- Use up your nutrient reserve – chromium, magnesium, zinc, selenium, vanadium, vitamins, choline
- Raise LDL cholesterol and other bad fats
- Diabetes and cardiovascular disease
- Low in fibre – poor for bowel function
- Encourage abnormal bacteria and fungal overgrowth in bowel
- Contribute to all diseases from cardiovascular depression to cancer
- Lead to an early death

## STRESS

**IT TAKES A WORRIED MAN TO SING A WORRIED SONG**

*WOODY GUTHRIE*



# Inactivity



## We Are Living In A Chemical Soup

- 60-70,000 Chemicals in environment – 10% checked for safety  
– only checked as single chemicals
- 13,000 in cosmetics – parabens, SLS, lead, cadmium ....
- Average woman applies 168 (men 85) daily
- Food– e.g. Roundup on crops 1-2 weeks before harvested
- Water – heavy metals, pesticides, THMS, nitrates...
- Air – Cd, Pb, As, PMs... what goes up must come down
- Contact– toys/computers, children's books, receipts!
- No control or safety studies for combinations

# YOU CAN'T FOOL ALL OF THE PEOPLE ALL OF THE TIME

Journal of Applied Toxicology. 2004 Jan-Feb;24(1):5-13.

Concentrations of parabens in human breast tumours.

[Darbre PD1, Aljarrah A, Miller WR, Coldham NG, Sauer MJ, Pope GS.](#)

International Journal Occupational & Environmental Health. 2007 Apr-Jun;13(2):202-12.

Cadmium-induced cancers in animals and in humans.

[Huff J1, Lunn RM, Waalkes MP, Tomatis L, Infante PF.](#)

DEODERANT CHEMICAL FOUND IN BREAST TUMOURS 2006 Jan 13

The study was carried out by researchers from the University of Reading and was funded by Genesis Breast Cancer Prevention Appeal. It was published in the [peer-reviewed Journal of Applied Toxicology.](#)

1000's of papers (EWG, PUBMED, )

## 200+ CHEMICALS FOUND IN POLAR BEARS



TOXIC WASTE CREATES HERMAPHRODITE POLAR BEARS  
INDEPENDENT NEWSPAPERS 10 JAN 2006



# Chemicals & Heavy Metals In Umbilical Cord

- Environmental Working Group Study (EWG 2005)
- 287 Chemicals In Total – Average 200
- 180 cause cancer in humans or animals
- 217 are proven neurotoxins
- 208 known to cause birth defects
- That's what we're born with!
- They even affect the sperm and egg DNA before they unite!

## MERCURY

### GUIDANCE FOR IDENTIFYING POPULATIONS AT RISK FROM MERCURY EXPOSURE

WHO AUG 2008



Mercury Source	Daily Exposure	Form of Mercury
Dental amalgam	<b>3.0-17.0</b> µg/day	Hg vapor
Fish and Seafood	2.3 µg/day	Methyl mercury
Other food	0.3 µg/day	Inorganic Hg
Air & Water	Negligible traces	

# SMOKING TEETH([www.iaomt.org](http://www.iaomt.org)) = MERCURY VAPOUR (IAOMT SYMPOSIUM, OXFORD 2000)



- IF VISIBLE BEHIND PHOSPHORESCENT SCREEN IT'S **1000** TIMES HIGHER THAN THE EPA ALLOWS IN THE AIR WE BREATHE

## MERCURY AMALGAM PROBLEMS

- Voltage on amalgam – muscle spasms, blood pressure, headaches
- Enzyme Blockage - over 75,000 enzymes in body (metabolic, digestive, food)

[Protein Sci. 2017 Feb; 26\(2\): 292–305](#)

Mercury(II) binds to both of chymotrypsin's histidines, causing inhibition followed by irreversible denaturation/aggregation

- Allergy – Melisa Blood test
- Destroy Nerve Cells see [www.iaomt.org](http://www.iaomt.org) “The Basic Essentials”

## MERCURY

- **Health effects of mercury** exposure. Elemental and methylmercury are toxic to the central and peripheral nervous systems. The inhalation of **mercury** vapour can produce **harmful effects** on the nervous, digestive and immune systems, lungs and kidneys, and may be fatal.

(WHO - Mercury and health)

- Further detail [www.iaomt.org](http://www.iaomt.org) - watch “The Basic Essentials” 6 videos. Under “Resources” you will see IAOMT Videos

## ASPARTAME

*(Tell Me Lies – Tell Me Sweet Little Lies)*

- Aspartame – The Truth Behind This Toxic Sweetener (YouTube)
- Discovered by James Schlatter (G.D. Searle Co.) - as an anti ulcer drug
- Denied use – Side effects included brain tumours (Bressler Report 1977)
- 1981 (RR era) – Searle (CEO – DONALD RUMSFELD) Reapplied to FDA
- Rumsfeld had Dr. Arthur Hall Hayes Jr. appointed as FDA commissioner
- 5 person commission still refused FDA approval, but additional members were added to commission to swing the vote
- Approved by FDA in 1983
- Searle bought by Monsanto 1985

# Aspartame

- Over 6000 products worldwide
- Over 900 studies confirming adverse reactions
- Accounts for 75% of food additive reactions
- Coverts to methanol and then **formaldehyde**
- Headaches/Migraines
- Parkinson's/MS
- Seizures
- Depression
- Increased weight gain
- Linked to brain, breast, prostate cancers and white cell cancers
- HARVARD UNIVERSITY STUDY (22YRS) – Blood cancers
- Pressure from industry – had to withdraw findings

## Wrong Or Imbalanced Gut Bugs = Dysbiosis

- Bottle fed
- Caesarian section
- Antibiotics
- Sugar/ Refined carbs
- Steroids
- Oral contraceptive pill
- Anti-inflammatories
- Amalgams

# Dysbiosis Linked To Many Diseases– Not Just Gut

**Microbial Ecology in Health & Disease.**

2015; 26: 10.3402/mehd.v26.26191.

Published online 2015 Feb 2. doi: [10.3402/mehd.v26.26191](https://doi.org/10.3402/mehd.v26.26191)

## **Dysbiosis of the gut microbiota in disease**

[Simon Carding,1,2](#) [Kristin Verbeke,3](#) [Daniel T. Vipond,1,2](#)  
[Bernard M. Corfe,4,5,\\*](#) and [Lauren J. Owen6](#)

### **Abstract**

There is growing evidence that dysbiosis of the gut microbiota is associated with the pathogenesis of both intestinal and extra-intestinal disorders. Intestinal disorders include inflammatory bowel disease, irritable bowel syndrome (IBS), and coeliac disease, while extra-intestinal disorders include allergy, asthma, metabolic syndrome, cardiovascular disease, and obesity..... In addition to inflammation, there is some evidence that perturbations in the gut microbiota is involved with the development of colorectal cancer

## Checking Stool Bacteria

- Send a sample
- Need a suitable doctor or practitioner to oversee
- Can be restored – not easy!
- Faecal Transplants shown to help a wide range of diseases

# Ordering a stool analysis – going through the motions?

- [www.gdx.net/kitordering](http://www.gdx.net/kitordering)
- You will see “Kit Ordering – Practitioner” – click
- You will see “Practitioner Lookup” – Enter code A49ZL and hit SEARCH
- You see my name/address – hit NEXT
- Scroll down to “GI Effects Gut Pathogen Profile” (Code 2207) – cost £170 (unless you want ADD-ONS)
- Hit arrow from 0 to 1 (or more is more kits are required)
- Update & Checkout
- Fill in your details and type of postage and return (use their courier for return but routine mail for delivery to you)

## Instructions for taking stool sample

### ENSURE THE FOLLOWING:

- Labels completed with patient's first and last name and date of collection are on all tubes as well as the test requisition form

### All tubes:

- Are tightly closed
- Sealed in the biohazard bag with absorbent pad
- Refrigerated until packaged for shipping

### All required information:

- All sections of test requisition form completed
- Payment information provided
- All tubes and associated forms placed back in the original Genova sample collection pack box prior to shipping (failure to do so may result in your samples being returned)

### SHIP THE SAMPLE(S) TO THE LAB

Ship only Monday through Thursday, and within 24 hours after final collection. Please refer to the shipping instruction insert found in your Genova sample collection pack box.

GI Effects  
Gut Pathogen Profile

Comprehensive Parasitology  
GASTROINTESTINAL

### 1 or 3 DAY COLLECTION

PATIENT SAMPLE COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE(S)

GI Effects Gut Pathogen Profile*	Stool	#2207
Comprehensive Parasitology Profile	Stool	#DIG05

### COLLECTION MATERIALS FOR SAMPLE



ORANGE-TOP  
C & S TUBE



GREEN-TOP  
SAF TUBES (3)



FECAL SWAB  
AND TUBE



COLLECTION  
DEVICE

- **CAUTION: Tubes contain poisonous liquid. KEEP OUT OF REACH OF CHILDREN.**
- Tubes are under pressure. Cover tube cap with a cloth and remove cap slowly.
- For eye contact, flush with water for 15 mins.
- For skin contact, wash with soap and water.
- For ingestion, contact poison control center immediately.

### REQUIRED MATERIALS

- Disposable gloves (3)
- Test requisition form
- Absorbent pads
- Biohazard bags
- Genova sample collection pack box

### IMPORTANT INFORMATION BEFORE YOU BEGIN THE COLLECTION

# Stool Test [www.gdx.net/kitordering](http://www.gdx.net/kitordering)

- Better to do the 3 day test - best for seeing parasites
- If bowels are slow then use any laxative to ensure a motion will be passed on 3 consecutive days. Sample collection trays are in the kit.
- Best to do on Saturday, Sunday, Monday and get courier to collect on Monday. Sun/Mon/Tues OK. Mon/Tues/Wed is also OK
- **Fill to the RED LINE ONLY** – Day 1 bag has 1 **GREEN TOPPED** bottle. Fill in details on BOTTLES AND FORM then place in plastic bag and into the fridge. Day 2 is exactly the same. Day 3 has 1 **GREEN TOPPED** and 1 **ORANGE TOPPED bottle** – do the same. There is also a SWAB – place tip of swab into the sample (on the collection tray) and replace in the swab receiver cover.

## Check!

- All bottles, the form and swab are filled in correctly!!!
- Payment
- Ensure bowels move 3 days in a row (laxative, if needed)
- Keep Day 1 and Day 2 samples stored in the fridge until ready for the courier on Day 3
- Organise their courier to pick up on the 3<sup>rd</sup> day afternoon
- Takes around 3 weeks to ensure results are back – they come to me so make an appointment around that time
- Problem? Ring the lab! Genova Labs 0208 336 7750

# Common Nutritional Deficiencies

- Vitamin d3 – osteoporosis/depression/ms & many more
- Selenium – cancers, heart disease...
- Chromium – diabetes, heart disease....
- Vanadium – diabetes, heart disease
- Zinc – eczema, reproductive health....
- Iodine – thyroid, obesity, heart disease, breast cancer....
- And many others...

## The Evidence Is There!

Dec 1996 - Journal of the American Medical Association

Dr Larry C. Clarke - University of Arizona Medical School

1312 people given **200mcg** of Selenium daily for **10 years**

Reduced cancer mortality(overall) by **50%**

Prostate cancer by **63%**

Colorectal cancers by **58%**

Lung cancer by **46%** (smokers and non smokers)



# And Here...

University of California, San Diego

Selenium reduced breast cancer in women by **65-95%** (variability due to type of cancer)

## And Here!

**The Role of Selenium in Pathologies: An Updated Review**  
[Giulia Barchielli](#), [Antonella Capperucci](#), and [Damiano Tanini](#)\*

[Antioxidants \(Basel\)](#). Published online 2022 Jan 27

These processes also play a central role in preventing and modulating the clinical outcome of several diseases, including cancer, diabetes, Alzheimer's disease, mental disorders, cardiovascular disorders, fertility impairments, inflammation, and infections (including SARS-CoV-2).

## Heavy Metals

- Ideally replace fillings first
- Prepare for at least a month before dental surgery
- Cracked Cell Wall Chlorella (e.g. Nutriseed 500mg tablets) 1.5g TWICE DAILY with food
- Cilantro (e.g. Swanson 425mg) 1 TWICE DAILY with chlorella
- Humic & Fulvic Acid Zeolite Blends e.g. CELL DTOX
- Probiotics – food (kefir, kombucha, yogurt...) and or supplements
- Swallow at least 1.5g of **Activated Charcoal** JUST PRIOR TO DENTAL WORK (on the chair) and preferably a teaspoon of chlorella powder in a glass of water
- Swallow same directly after dental work
- Watch ALL 6 “THE BASIC ESSENTIALS” on [www.iaomt.org](http://www.iaomt.org)

## Dentists

Watch [www.iaomt.org](http://www.iaomt.org) under “resources” you will see IAOMT videos – watch “the basic essentials” - 6 videos – watch them all!  
See safe amalgam removal – but no dentist like this in Ireland

- Dr Anne Gooding – Reaney Practice, 28 Dungannon Rd, Moy BT71 7SH [028 8778 4977](tel:02887784977)
- Dr Jim Hurson 10 Lower Crescent, Belfast BT 1NR [028 9024 6311](tel:02890246311)
- Dr Bronagh McGuckin 55 Main St, Toomebridge BT41 3TF [028 79650630](tel:02879650630)
- Out of your mouth – it’s “TOXIC WASTE” – careful disposal

# Viruses Frequently Involved In Illness

## e.g. Epstein Barr Virus (EBV)

- Epithelial Cancers, Hodgkins Lymphoma, Nasopharangeal
- MS/Parkinson's etc
- Thyroid Disease
- Schizophrenia/Bipolar Disease
- Autoimmune Disease
- Many other viruses besides EBV e.g. CMV, HHV etc
- Lymes Disease – proper testing!! AONM (UK Agent for Armin Labs Germany)
- COVID – infection, jabs

## Vitamin D

- [www.breastcancer.org](http://www.breastcancer.org) – “Research suggests that women with low levels of vitamin D have a higher risk of breast cancer. Vitamin D may play a role in controlling normal breast cell growth and may be able to stop breast cancer cells from growing.”
- [www.cancer.gov](http://www.cancer.gov) – “Higher vitamin D levels have been consistently associated with reduced risks of colorectal cancer
- [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org) - Men who have prostate cancer tend to have lower levels of vitamin D. Men with healthy levels of vitamin D tend to have less aggressive cancers and lower rates of death from prostate cancer.
- [www.wcrf.org](http://www.wcrf.org) - These findings support the role of vitamin D in the pathogenesis and progression of bladder cancer and suggest that individuals with lower levels of plasma 25(OH)D are at high risk of more aggressive forms of bladder tumours. Since vitamin D status is modifiable, new recommendations on vitamin D intake should be considered upon replication of this association.
- [www.medicalnestoday.com](http://www.medicalnestoday.com) - These findings support the role of vitamin D in the pathogenesis and progression of bladder cancer and suggest that individuals with lower levels of plasma 25(OH)D are at high risk of more aggressive forms of bladder tumours. Since vitamin D status is modifiable, new recommendations on vitamin D intake should be considered upon replication of this association.
- International Journal of Hematologic Oncology - High Prevalence of Vitamin D Deficiency in Newly Diagnosed Acute Myeloid Leukemia Patients and Its Adverse Outcome
- Low levels of this vitamin may lead to neurodegenerative conditions such as multiple sclerosis, Alzheimer's disease, Parkinson's disease and neurocognitive disorders.

# To D or Not to D

- [www.timesofindia.com](http://www.timesofindia.com) - Low levels of this vitamin may lead to neurodegenerative conditions such as multiple sclerosis, Alzheimer's disease, Parkinson's disease and neurocognitive disorders
- [www.vitamind-journal.it](http://www.vitamind-journal.it) - Vitamin D deficiency is common in patients with serious mental illnesses, such as depression, schizophrenia and neurocognitive disorders.
- [www.sciencedirect.com](http://www.sciencedirect.com) - Of particular interest are the latest discoveries about the role of vitamin D in skin diseases such as lupus erythematosus, ichthyosis, atopic dermatitis, hidradenitis suppurativa, acne, [alopecia areata](#), androgenetic alopecia, [melanoma](#), and nonmelanoma skin cancer.
- [The Orthopedic Surgery Centre of Arizona](#) One study showed that patients with knee osteoarthritis had low blood levels of vitamin D. Another study found that women who had the high levels of vitamin D were 30 percent less likely to develop rheumatoid arthritis than women with low levels.
- [www.ed.ac.uk](http://www.ed.ac.uk) University of Edinburgh - Vitamin D deficiency has been linked to an increased risk of severe asthma attacks and our previous Cochrane review, published in 2016, found that vitamin D reduced the risk of asthma attacks.
- AND MORE....
- CHECK – finger prick test by post [www.vitamindtest.org.uk](http://www.vitamindtest.org.uk) £31 – ideally around 120-140nmol/l
- Commonly need 2,000 – 5,000i.u. and more! per day
- D3 & K2 – synergism (D3 increases absorption and immunity - K2 activates calcitonin and activates MGP to prevent calcium deposits in arteries)

## Checking D3

- [www.vitamindtest.org.uk](http://www.vitamindtest.org.uk)
- Run by an NHS hospital in Birmingham
- Finger prick test you do at home
- Usually less than 2 weeks for results
- If delayed (happens) – contact them
- Ensure to place adequate blood but not too much
- Instructions are clear
- Fill in your DETAILS on form and the KIT

## Quick Tips

1. Measure as above
2. Avoid plastic as much as possible
3. Watch [www.iaomt.org](http://www.iaomt.org) 6 basic videos
4. Find an amalgam free dentist
5. Check water for lead if in an old house
6. Get a good on line water filter
7. Minimise chemical exposure
8. [www.ewg.org/skindeep](http://www.ewg.org/skindeep) - for cosmetics info
9. Don't use aspartame
10. If it's too handy – beware – e.g. teflon

## General Preventative Steps

- Vitamin D3 2000 - 5000i.u. – check it yearly
- Minerals – e.g. Mineral complex (Biocare)
- Krill oil
- Probiotic foods
- Milk thistle complex (Vogel)
- Get a masticating juicer and juice veg
- Turmeric shots – check online
- Exercise
- Meditation/yoga/relaxation

## IV Vit C

- Produces Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) in cells. Healthy cells can break it down, but cancer cells do not have the enzymes required and therefore are more susceptible to being damaged and eliminated
- Increases excretion of heavy metals in faeces and urine
- Some cancers respond better than others – Kidney Cancer responds well but nothing is 100%
- Is a good adjunct to Chemo – reduces the side effects and enhanced effectiveness.

## IV Vit C

- In Mexico or Germany common to give 2-3 times per week
- Dose 25g – 100g (£150 – £250)
- Need basic bloods from GP – Full Blood Count, Kidney & Liver Function, Bone Profile. If GP won't oblige then use a private lab e.g. Randox Everyman/Everywoman – very good test - £295
- Need G6PD test from Medichicks £119 – you order kit and organise blood to be taken locally or I can do it. If you are low in this enzyme there is a high risk of dangerous breakdown of red cells.

## IV Vit C

- Tumour markers – useful to monitor response
- How long for? – in serious disease you monitor at around 6-8 weeks make a decision depending on response
- May reduce frequency and continue and gradually fade out
- May **stop** if no response

## IV Vit C Not Used Alone

- Diet – [www.thecandidadiet.com](http://www.thecandidadiet.com) or “keto” type – similar!
- Remove heavy metals – Chelation Therapy IV & Oral. Urine tests to monitor levels of metals via [www.microtrace.de](http://www.microtrace.de)
- Oral supplements – wide range so which to use?
- Hyperthermia – Infra Red Sauna help reduce chemical load but do not get body temperature in “Hyperthermia Range” 40-43C
- Ultraviolet Blood Irradiation
- Rife Therapy
- The mind- positive thinking/visualization/prayer
- Many more out there plus new drugs, surgical techniques etc.

## IV Vit C

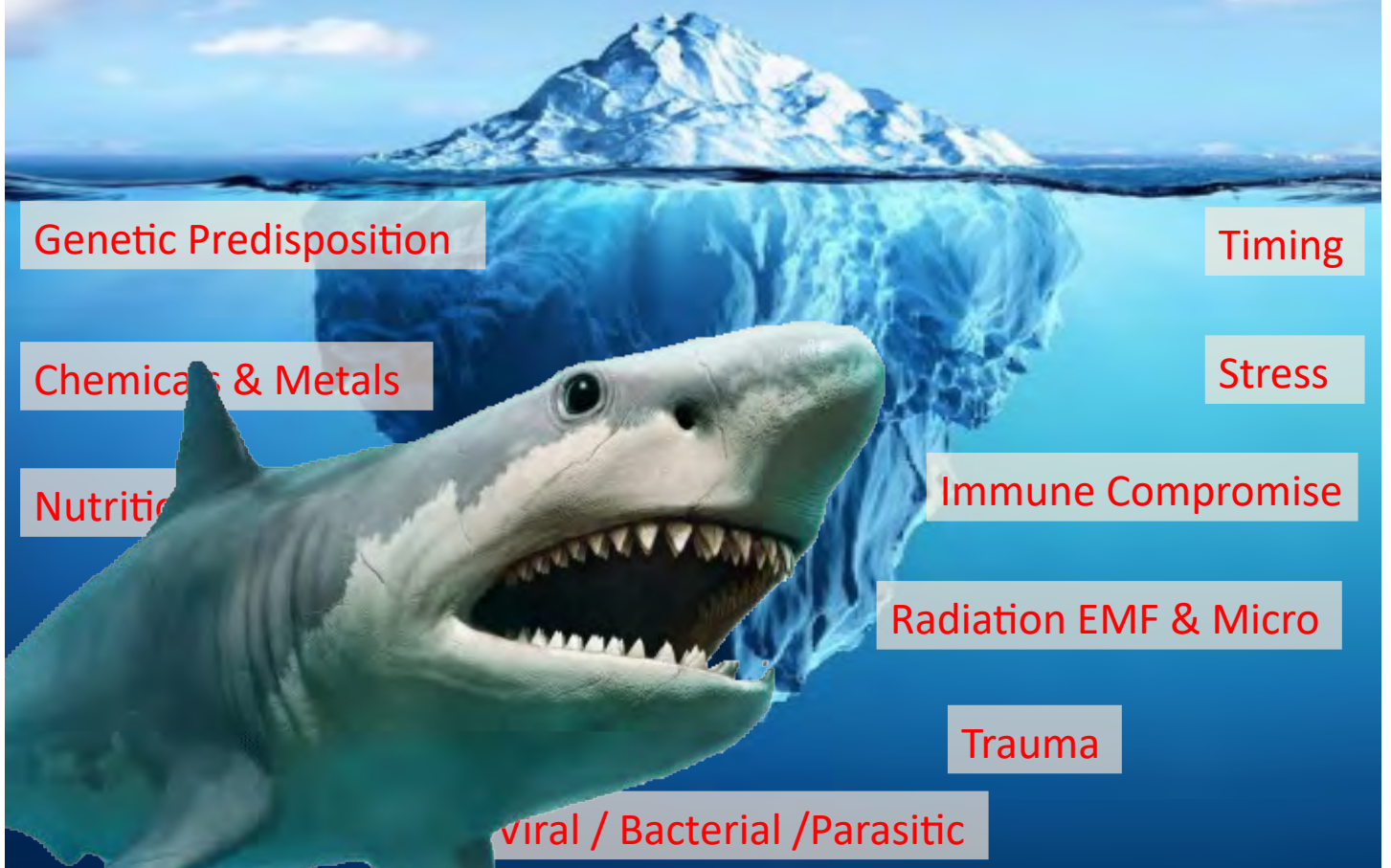
- [www.cancer.gov](http://www.cancer.gov) Virtually all studies show improved quality of life for cancer patients by minimizing pain and protecting normal tissues from toxicity caused by chemotherapy. Additionally, vitamin C showed synergistic effects when combined with radiation and standard chemotherapies

## RGCC Onconomics Plus

- Harvests and cultures CTCs (circulating tumour cells) to test against various treatments – chemo and naturopathic
- Costs – over £2k
- Useful but expensive



# Illness Presentation



## Finbar Magee

- [mageefinbar@gmail.com](mailto:mageefinbar@gmail.com)
- [finbar.magee@gmail.com](mailto:finbar.magee@gmail.com)
- 07896692987
- 22 Laurel Grove, Newry BT34 1TP (at the moment!)