

All last spring and summer I endured the choking and coughing effects of mowing the lawn without a pollen mask. I learned my lesson. Consequently, this fall and winter I became severely short-winded. I did some reading and realized that I had pulmonary edema, a fluid buildup in the lungs which severely hampers breathing. I did some more reading and found that there are a number of essential oils that decongest the lungs and induce expectoration of pulmonary fluids. Out of these, I chose oil of frankincense, oil of thieves, and oil of peppermint. Each night, in my bedroom Venta air filter, I would put filtered water, with several drops each of these three *pure* essential oils along with two or three eye-droppersful of mild silver protein (400 parts per million) to prevent bacterial growth, as well as to absorb this silver into my bloodstream for its germicidal action. Keeping the door closed, all night long, I was breathing in this medicinalized vaporized air emitted by my silent Venta air filter.

My lungs gradually began to clear. I was expectorating the fluid that was blocking my oxygen absorption. Now, after about two months, my lungs are pretty much cleared out, although I'm still expectorating. I'm shoveling snow now with my normal strength and endurance.

Remember that the deadly bird flu and other super flus are becoming widespread, so please save this message because it could make the difference between suffering horribly from the deadly bird flu or dying from it. Bird flu has a 60 to 90 percent kill rate.

I have the smaller model Venta air filter with one disc stack. JD
<http://www.youtube.com/watch?v=BOvsXL0pk8Y>