

# Coffee and Red Meat (Ham): the Missing Ingredients (Supplements) for Stimulating the Healing and Regeneration of Damaged Neurons

Not that I'm an avid red meat eater, but the coffee helps (get it down)!



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I already possess the knowledge, combined with experience, of what supplements are required to make healing and regeneration possible by feeding myself:

- Potassium Iodide, also known as: KI, at a rate of at least 1mg of KI per pound of body weight, for stimulating a sluggish metabolic rate of an old man aged: 69.
- Silver Ions in drinking water — pure, four nines fine (99.99%) or greater, colloidal silver generator replacement wire, which is left to soak in any beverage, for stimulating stem cell production to replace damaged tissues.
- Copper and Zinc (Solaray brand) chelated and proportionally one to fifteen or greater, for specifically healing damaged neurons.
- Hemp protein powder.
- Essiac Tea: powdered capsules and extracted into a base of glycerin.
- Calcium citrate.
- Diatomaceous Earth, food grade, (occasionally) for eradicating parasites from the gut.

- Bitter Apricot Kernels (organic), lightly dusted with borax to serve as a preservative against yeast infestation (which liberates the poison, prematurely in the gut, when ingested).
- “Cool” Cayenne and Ginger in a base of Guar Gum, for stimulating the circulation and the entire cardiovascular system.
- Vitamin C, for stimulating digestion and absorption of nutrients (among other necessary motivations).
- B-Complex, for all of its benefits.

Yet, I did not know that that is all very fine and good, yet, it is not good enough. I also need to “force” the body to proceed through with the process of healing my damaged neurons (during sleep at night) by ingesting coffee and red meat (specifically: ham bits distributed within a base of macaroni and taken with coleslaw) before sleep commences (at night) by consuming these two missing ingredients during the prior daytime.

So, to add to the list up-above:

- Caffè Latte: one shot of espresso, sweetened with Stevia and flavored with several squirts from the eye dropper of Essiac Tea extract, in a base of oat milk — anything other than almond milk lest I poison myself when I eat bitter apricot kernels at least an hour after lunch or at any time before dinner.
- red meat (ham bits) in a base of macaroni.
- coleslaw.

This is analogous to my ten-week completion of Johanna Brandt’s “The Grape Cure” dietary regimen for enabling the successful completion of a two-year fast on fruits and vegetables as a teenager without which I could not have been successful. For, losing those last ten pounds was the most frustrating challenge (roadblock) that I had ever encountered during those two years of fasting from the age of seventeen to nineteen

in the late 1970's reducing my body weight from 128 lbs. to 75 lbs. at a 40% loss.

$$128 - 75 = 53$$

$$53 \div 128 = 0.4140625 \approx 41.4\%$$

Well, this problem of supplementary nutrition is likewise: how to “force” the body to heal the degraded myelin sheath which produces my symptoms of focal dystonia. All of my supplements are adequate to provide for the requisite building materials to make healing possible except for coffee and red meat to provide for the motivation to heal which had been missing in my daily routine. Not until a beautiful human being, a young woman who was oblivious to my obstinacy with her persistent, compassionate disposition, insisted I take her generous offer of Caffè latte, anyway, despite my objections.

It was obvious, (now) in hindsight, that I needed her help.

For, only in sleep do I heal from neural degeneration. And only with the right combination of ingredients.

I've been blessed by a human angel. Hallelujah.

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## **Update**

Roasted chicory root is also good:

