

Using GcMAF Creams

While it is not allowed to give feedback for the cream or even offer advice on how it is used on a company website, it is important to know how to get the best from the cream to encourage a healthy immune system and avoid some of the healing crisis that can be encountered as the immune system begins to interact with previously unresolved pathogens.

Overview

GcMAF is both an immune stimulant and an immune regulator. Thus it can be used to increase an immune response, such as in cancer treatment and for chronic infections, but it can also be used in autoimmune ailments, due to its ability to turn off macrophages (apoptosis) when no longer needed at the site of any infection.

The cream is a very potent product and for those with chronic, long standing ailments such as Lyme disease, CFS, autism etc, it will take a while for the long standing damage to the immunity to be reversed. **It is very important to start at a low dose and the original cream can be used in very small amounts.** GcMAF activates macrophages and they will search and destroy pathogens in no particular order.

Lyme disease and some other pathogens release toxins during die-off, these toxins can manifest as headaches, migraines, joint pain etc. A detox protocol should be in place prior to commencing with any GcMAF – this can include but is not restricted to Epsom salt baths (with added Himalayan salts and bicarbonate of soda to prevent the toxins being reabsorbed), ionized footbaths, etc. A slow die off of the pathogens helps to manage the toxins that will be released and a reason why high dose GcMAF is inappropriate for these conditions.

****It's important to do your research regarding die-off & find good measures to support it.****

In autism, early pathogen reduction by an increased immune system can give early gains in communication and sociability, but also an increase in OCD like behaviors. These are associated with yeast flare (Candida), which happens if the ph of the body alters slightly during die off. Support a yeast reduction protocol with products such as MicrobeBlast, Syntol AMD or other Candida protocols. Yeast does even out after a while, but it is not seen to be much of a threat by the immune system, which seems to concentrate initially on previously unresolved pathogens, enabling yeast to thrive. It is also EXTREMELY important to incorporate & maintain a anti-Candida diet.

The amount to use will depend on the reasons for using it.

For Lyme disease, CFS, Autism and others that can involve multiple co-infections, use the original 15.000 ng GcMAF cream. Use in very small amounts initially, the size of a lentil, on the lower leg at acupressure point ST36, every two or three days. If there is no herxheimer reaction, then increase the frequency and then the amount, until using it twice daily.

For cancer and other specific immune deficiencies that do not involve multiple co-infections (ie, where the likelihood of a herx is minimal), the 50.000 ng cream can be used daily. If battling cancer, science studies show that 300ng is needed to make a reduction in tumor size. Some clinics go up to 800ng. This would be between 4 and 8 applications of the 50.000 ng cream.

Which cream to use?

For most people the original 15.000 ng cream offers the immune support necessary and is suitable for most conditions as a daily immune support. It can be used by anyone who wishes to maintain active immunity.

Because it is simply a protein and the supplementation corrects a deficiency, if too much protein is used, the body will simply break it down into its constituent amino acids and reuse these elsewhere. There has not been any reports of any overuse of GcMAF – the only issues are around healing crisis which occur when a depressed immunity starts to interact with previously unresolved issues. So even people who are healthy can use it, to ensure the immune system stays in top shape

For general immune support for those with a general compromised immunity, such as with cancer, psoriasis etc, the stronger 50.000 ng cream may be more appropriate. Offering 4x the protein as the

original formulation, this can be used to massage the lymph junctions on the throat, armpits or groin to encourage a healthy immune response to pathogens, or directly onto troubled areas.

Lymphatic massage points for strong immune support

The cream can be massaged into the lymphatic junction points in the throat, armpit, breast or groin areas. Lymph flows from the small capillaries to larger ones and onto the lymph nodes. One of the functions of lymphatic vessels is to move proteins into the bloodstream. A lymphatic massage at a lymph node junction with the cream can give a strong immune response. It is best to vary the site of application to encourage immunity throughout the body.

See chart at bottom of article for identifying lymph nodes to know where to apply.

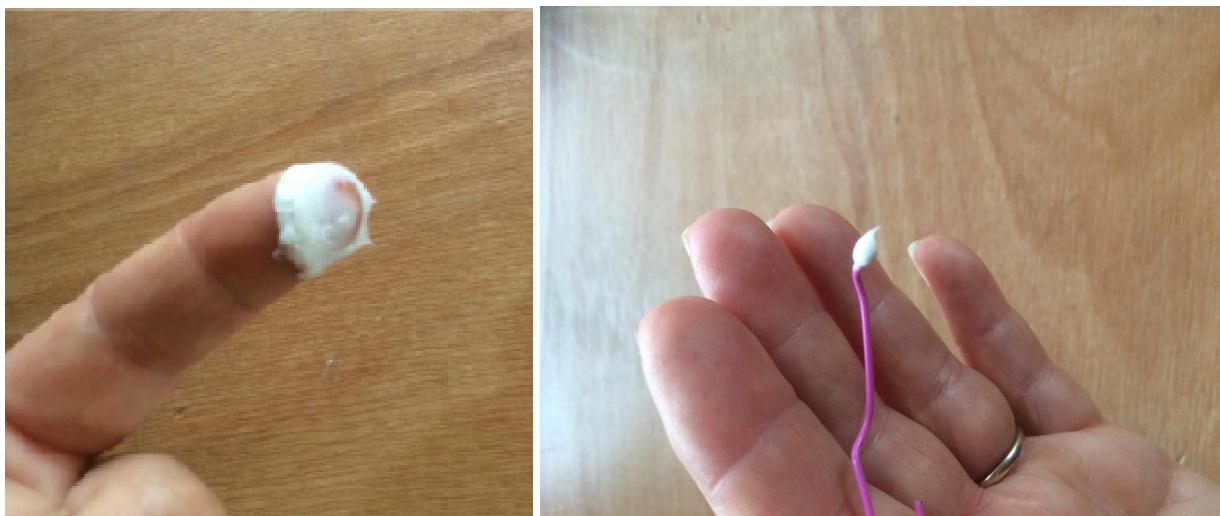
Other massage points for a more gentle immune support

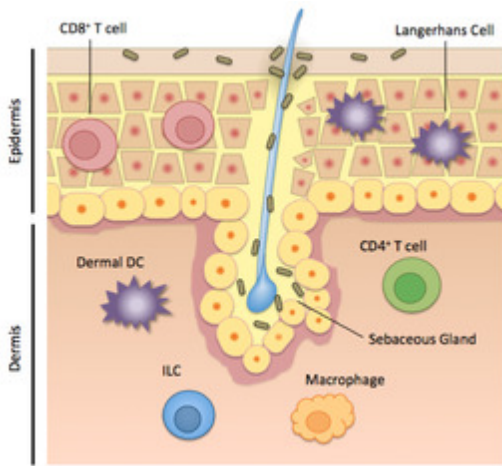
An application to the back of the hand or lower leg may be more suited when a more gentle immune response is needed (Lyme disease, autism etc). Acupressure point ST36 (google this for more images) is at the top of the lower leg and away from lymph junctions. This may give a gentle immune support. The soles of the feet may also be a good place to apply at bedtime, but not initially as the feet are very connected to the rest of the body (think grounding, Ionic footbaths, reflexology). Ensure the area of application is clean and free of personal care chemicals before applying.

How much to use

Just a dab on the end of the finger is sufficient on a daily basis to help support the immune system. For new users who may have depressed immunity and co-infections, such as Lyme disease and CFS, a tiny amount should be tried initially, a smudge similar to the size of a lentil or a grain of rice. Leave 72 hours to assess whether the immune reaction will be a strong one, or not. When it becomes apparent that there will not be a healing crisis, increase the amount and vary the places where it is applied, to include lymphatic points.

For cancer, 300ng per day is the level at which solid tumors have been shown in science to start to reduce. Some clinics will use up to 800ng per day. 4-8 dabs of the cream will be comparable.





Topical skin cream

The cream can be used topically on many skin conditions to encourage the macrophages and other immune cells within the dermis and epidermis to become active. This can then give a cascade effect as the antigen presenting by the macrophages brings other immune cells to the response. So even applying topically to the back of the hand can encourage an immune response.

It has proved effective in a wide range of skin conditions, from insect bites to burns, eczema to psoriasis. and of course, skin cancer.

A brief explanation of GcMAF

GcMAF simply activates the macrophages that are ever present, but which generally are not active until they get the chemical signal to do so. This signal is given by GcMAF, in the same way as your car will not work unless the key is used. GcMAF is generally made in a healthy body as a result of enzymes interacting with the GcProtein that is made in the liver. These enzymes are released by dying T and B cells, so kind of an SOS / emergency call. The enzymes transform GcProtein, which is abundant in the body, to GcMAF, a much rarer form of the protein. The macrophages recognize this protein as a sign that there is an infection somewhere, and step up to become active. In this activated condition, they can consume 15 times more than in the unactivated condition.

Once a macrophage has engulfed a pathogen, it antigen presents. This entails it putting small parts of the pathogen out for T and B cells to pick up. These cells then recognize the pathogen too. So by activating macrophages, this sets off an immune cascade, which brings the whole immune system to the fight.

Diets and Supplements

GcMAF will work regardless of whether you eat fast food or a raw vegan diet. However, if you are trying to recover, it is best to avoid introducing foods that contain toxins, as this gives the immune cells something else to do other than dealing with pathogens. Organic whole foods make a lot of sense. There are specific diets for specific ailments – ketogenic, Gerson and Budwig for cancer for example, and GAPS, gluten free, casein free (GF/CF) for autism and your choice of diet is your own to research and to make.

To improve the immune response

For GcMAF to work at its best, levels of vitamin D must be in the 'normal' range, and if supplementing in order to use a high dose protocol, a combined D3/K2 would be better as these two work symbiotically. The best form of vitamin D3 is via sensible sunshine exposure, K2 is from green leafy vegetables.

A wide range of good quality, organic fatty acids are also important. Vitamin D is a fat based molecule, and the GcProtein is a carrier for fatty acids. Ketogenic is a low carb, high fat, high protein diet with no added sugars. For vegetarians, the Eco Atkins diet gives some pointers, flax seed oil is considered to be highly beneficial for cancer, possibly due to the concentration of B17 in this oil. The cream contains a wide range of fatty acids. These are immediately available to the immune system as it is absorbed through the skin to the underlying lymph and blood vessels.

Vitamin C, whilst not part of the GcMAF protocol has been indicated to be very helpful to improve the immune system overall due to its anti-oxidant properties. Using a liposomal vitamin C may help prevent any of the gastric issues that may be associated with 'normal' vitamin C in high doses. Vitamin C may also be used intravenously, if administered by a professional.

Selenium, preferably from organic Brazil nuts as they contain a balance of iodine and these two work symbiotically together. This can help to feed and increase white blood cell counts.

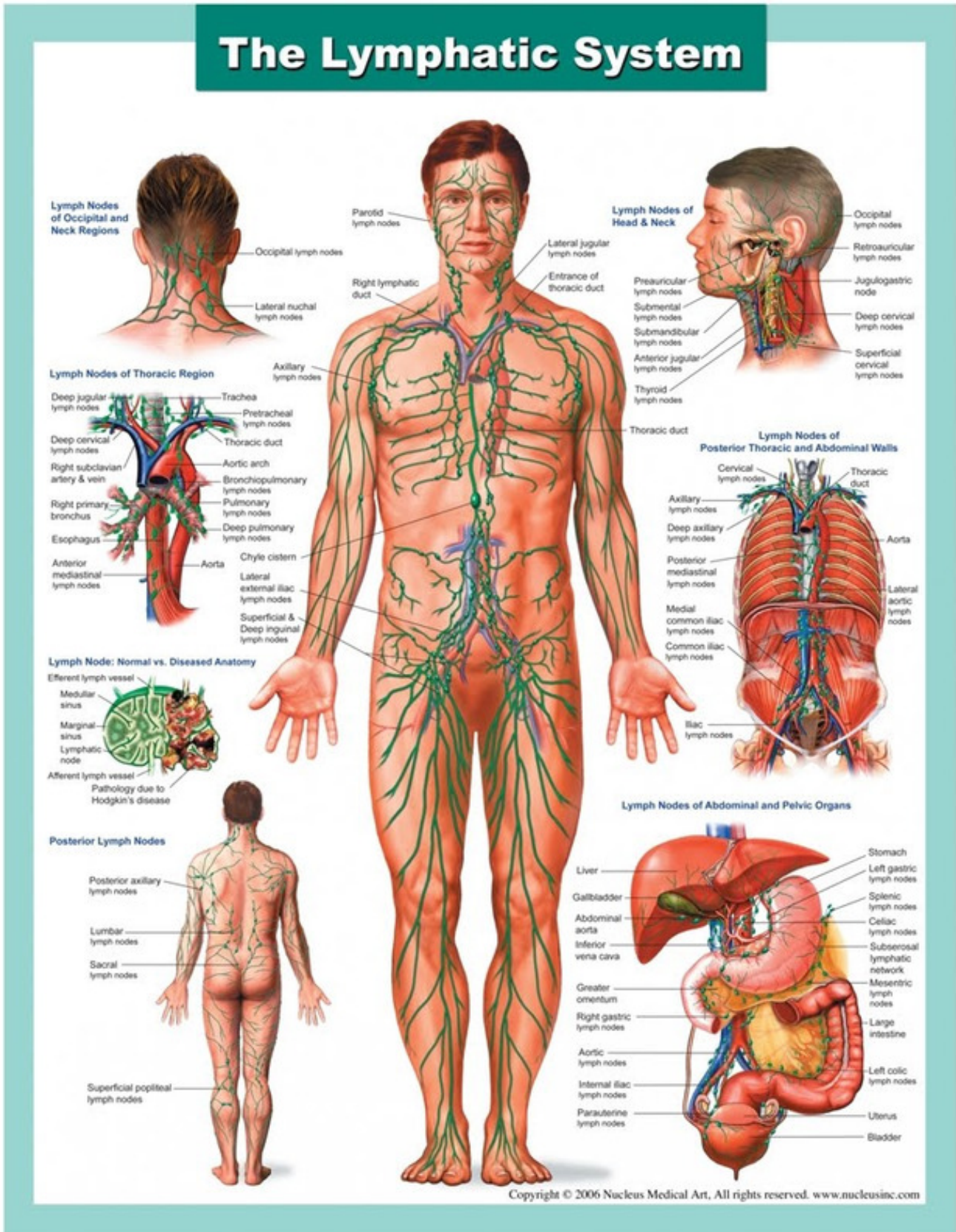
Zinc and magnesium are again symbiotic, and associated with cell repair and regeneration. Magnesium and K2 are abundant in green leafy vegetables. Supplements should be magnesium l-threonate (used successfully in autism) or magnesium glycinate, which is readily absorbed and bioavailable.

If vitamin D levels are deficient, this may be due to magnesium deficiencies.

Garlic helps to support the immune system and circulatory health.

All these elements are available in whole, unprocessed foods, but if supplementing look for the best quality supplements online (for example www.mercola.com). Those available in the supermarket are unlikely to be of sufficient quality for addressing health issues.

Ideally, you should be working with a nutritionist who can advise you based upon your individual health challenges, genetic profile and body / blood types.



-text courtesy of <http://gcmf.blogspot.weebly.com/blog/using-gcmf-cream>

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