

THEOSYNTHESIS®



**LIV2DAY**  
*Abundantly Connecting to God*

Dr. Paula McDonald

# THE OSYNTHESIS®

Bonus Chapter

## THE MIRACLE OF SOIL

*Dr. Paula McDonald*

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## INTRODUCTION

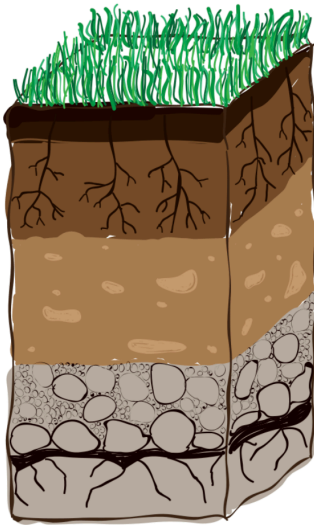
In 2020, my book, THEOSYNTHESIS® LIV2DAY, was published. I continue to research and allow God to guide me to discover even more amazing truths. This bonus chapter on soil was born by accident. As God would have it, He was directing this topic into my world. I love how He continues to show us new things as we remain open to His incredible creation.

But soil you ask? Yes, soil. And, I pray as you read through this information, you too will be filled with the awe of His immense creation and how He created each and every detail of this earth for our benefit. And yes, this includes our soil. Stay with me as we explore this topic.

*“Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.” Genesis 2:7*

## SOIL

Soil or dirt as many refer to this substance is basically made up of organic materials (dead and living microbes), air, water, and, minerals. There are many combinations and types of soil throughout the earth. Depending on the geographical area determines the soil types. These types of soil also determine what types of plants will grow well for that region.



Soil in areas with volcanic activity contain ash which is perfect for growing crops like sugar cane, ginger, and many other tropical fruits. Soils of the midwest in the United States are ideal for growing cotton, corn, melons, peas, and beans. Soil is a very important aspect of every part of the world.

The word, soil comes from the Latin word "solum" meaning soil or ground. And, as most of us recognize, soil comes in a variety of textures, colors, and composition. Some soils provide the ability to form a foundation for a structure, while others provide the perfect growing environment for plants and trees.

Soil as we all know is used for a variety of things. It forms the foundation for our homes and buildings, it is mixed to create concrete, we enjoy walking in sand on the beach, it anchors our trees and plants to help with erosion, and, it provides our plants with the much-needed mineral nutrients for growth and health.

God knew the importance of soil when He formed the earth. And, it is from this very soil that He created us! The soil that most of us rarely even think about, formed the basis for humans! Another great verse in the Bible tells the story of Jesus healing the blind man using the dirt and mixed with His spittle. This is found in **John 9:6**, *“After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes.”*

Soil also has powerful grounding effects for humans. Grounding or sometimes called earthing is when we physically place our hands, feet, or the whole body directly on the ground or dirt. We know our bodies are charged electrically as our brain cells and our heart cells are made to conduct electrical charges. We also know the earth emits electrical charges. Therefore, it makes complete sense that our bodies would resonate with the earth itself.

There are many studies regarding the benefits of grounding. In fact, those who garden are often found to live healthier lives and many believe this is due to the grounding benefits they derive when they are working in their gardens. Getting your hands and feet onto the ground may very well be just what your body needs.

## **SCHUMANN RESONANCE**

If you have never heard of the Schumann Resonance, you are not alone. As I mentioned above, the earth has its own electrical charge or “vibration”. This is called the Schumann Resonance. The earth vibrates at about a 7.83 Hz, fundamental frequency. Many call this frequency the “heartbeat” of the earth. You can even monitor this resonance at various websites.

The earth is hit daily by blasts of energy from lightning strikes. This energy goes directly into our soil providing the much-needed nutrient, Nitrogen. This phenomenon is called nitrogen fixation in which the lightning breaks the electrical bonds in the nitrogen thus making it readily available for plants to utilize for their growth.

What an amazing place we live where our wonderful Creator provides for us all that we need on this earth. The beautiful vibrational frequency of our earth gives us the perfect balance for us when we take the time to enjoy it. So, get out there, take your shoes off, and walk in that grass!

## **MICROBES**

Soil is teeming with living substances. There are loads of bacteria, fungi, algae, protozoans, and worms. Each of these substances adds to the overall nutrient-richness of the soil. Along with the living substances, dead material also adds to the microbiome of the soil. There are many nutrients derived from the decomposition of dead matter.

Gardeners love to use soil that is rich in organic matter. These types of soils are typically darker, very moist, and are fluffy and less compact. Plants grown in these types of rich soil are able to pull the nutrients from the soil into the growing plant thus producing excellent fruits, vegetables, and flowers.

## MEDICINE

Ok, so where am I going with all of this information about soil? Thank you for staying with me until this point. But here is where this all comes together and makes sense. If you have read my book, THEOSYNTHESIS®~ LIV2DAY, you know about my health journey. Through this journey, God has led me to research many topics I never thought I would study. Soil is one of those topics!

Over the past four years since the advent of the COVID crisis, I have “dug” into many more topics. One of these topics has been the study of Ivermectin. 20 years ago, I raised horses and once a month gave my horses the oral Ivermectin gel. This medicine was to keep the parasitic growth at bay in the horses.

Ivermectin is also given to cows, dogs, sheep, goats, cats, and basically any of our mammals. The only mammal that does not get “de-wormed” on a regular basis are us - humans. Now, stay with me on this. And trust me, this is not an easy subject to even think about. However, I believe you will have your eyes opened and hopefully, this will make sense to you and quite possibly, change your life and your health forever.

Back in the 1960's, Satoshi Ōmura, a Japanese scientist, discovered the microorganism *Streptomyces avermitilis* (*avermectinius*). Avermectin is the microorganism that kills parasites in mammals. Ivermectin is one of the forms of medicine derived from the Avermectin and has been successfully used to control parasites in animals including humans.

In 2015, Dr. Omura was awarded the coveted Nobel Peace Prize in medicine for this anti parasitic medicine. Worldwide, this medicine has saved countless lives from River Blindness caused by parasites in humans. Since the discovery of this medicine, other people have been routinely using this as a human anti parasitic treatment.

Now, one might not want to believe that humans, especially those of us in our “highly advanced nations” would not have parasites in our systems. This is certainly not talked about with our doctors or in our society. Most of us have been raised to believe that “parasites” have been eradicated in humans in the United States and other “developed” countries.

In my research over the past few years, I have found much evidence that many of the “diseases” we suffer from are a result from parasites within each one of us. I know, this is gross to think about but when you stop and think about it, makes a great deal of sense. Why would we treat every mammal on earth with anti parasitic drugs and not humans?

We are exposed to parasites on a daily basis. These parasites are numerous, need a host in order to survive, and can enter our systems in a variety of ways. Those of us with pets, farmers, ranchers, gardeners, and those of us who eat, are all very likely, hosts to a variety of parasites.

Parasite infections can be found throughout the body. They can bore into the intestines, brain tissue, lungs, liver, and basically every organ in our bodies. These parasites enter our body in the form of an egg and when they hatch, they latch onto various parts of the body and can also

migrate to new areas. As they feed on the host, they take important nutrients from the host while emitting toxins as waste products. These toxins create inflammation thus, the body goes into its fight mode.

When the human body remains in its flight mode, dis-ease manifests in a number of ways. Many who suffer from allergies may actually be experiencing the side effects of parasites. Weight gain, learning disorders, gastric and bowel issues, brain fog, headaches, auto-immune disorders, and yes, even some cancer has been linked to parasite infestation.

So the logical question is, “Why aren’t humans taking anti-parasitic medicines on a regular basis?” My answer to this question will most likely get this chapter shadow-banned. And, I’m just going to be bold and put the truth of this matter out there.

Ivermectin and other parasitic drugs are inexpensive and highly effective. Therefore, those who are pushing big Pharma drugs, do not want to see people cured with these excellent treatments. When people are cured from maladies with an inexpensive and easily obtainable source, this means money out of their pocket. And yes, the pharmaceutical industry is highly lucrative and is an insane money machine.

I am not saying that every doctor, pharmacist, or health care professional is knowingly keeping us from the truth about anti-parasitic treatments. But, I do believe that many of these professionals have not been educated to the truth. Because big Pharma owns the medical schools, they dictate the courses of study required. Parasitology is not included as well as much on basic nutrition.

There are so many amazing natural substances the medical community completely ignore. Therapeutic essential oils, wellness via whole foods, anti-parasitic treatments, and more offer all of us natural alternatives that are found in nature. Truly, God provided everything we need right here on this earth. And, the way God placed these things on the earth, are not riddled with chemicals that cause many of the side-effects found in man-made medicines.

Doesn’t it make sense that God would provide us a wonderful medicine found directly in our soil for our health and wellness? He created us from the soil and it is completely logical in this sense that He would also create something from the same substance to keep us healthy. We serve a perfect God and it is His desire for us to be healthy and vibrant!

*“For I will restore health to you and heal you of your wounds, says the Lord.”* **Jeremiah 30:17**

*“Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”* **Jeremiah 33:6**

*“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”* **John 10:10**



## RELEASING THE PARASITES

Perhaps by this point, you are completely sick just thinking about worms invading your body. I know I was! But, after extensive research and with my own treatment, I can attest to the effectiveness of Ivermectin and other anti-parasitic treatments.

The first step is coming to the realization that many of the maladies you are suffering from, could very well be as a result of parasite infestations. Getting to the point of understanding that most everyone deals with parasites can help you get to the point where you can finally get the help that you need. And, the good news is, this help is inexpensive, readily accessible, and highly effective.

I am going to share my protocol with you in the hopes that should you decide to move forward with this type of treatment, you will have a template to follow. The other great news with my protocol is you can't overdose. But, I will warn you that as you begin to shed the parasites, you will experience your body going through a variety of symptoms. And remember, most of us have been infested for many years or decades and therefore, it will take some time to get them out.

Keep the end goal in mind ~ freedom from the grip of parasites and the illnesses they cause. You will begin to feel better as you stick with the treatment. For me, I saw the belly bloat go away rapidly. Also, the whites of my eyes became more white, and my brain functions much better. No more brain fog!

Another major and positive outcome was no longer craving sweets or carbohydrates. As your body releases the organisms that cause you to crave these things, the less you want them. Therefore, dropping some unnecessary extra weight is always a plus.

## PAULA'S PROTOCOL

The key to success when you are beginning an anti-parasitic cleanse, is to start slowly. As you see how your body responds, you can adjust your own protocol as needed. I was ready to get rid of these nasty worms as soon as possible so I went in hard and fast.

### **Supplies you will need:**

**Ivermectin Gel** - I purchase mine from Amazon in large packs or from my local animal supply store. This comes in a tube.

**Fresh lemons** - I keep them on hand and use them daily. Fresh, lemon water helps to keep your body in an alkaline state that parasites hate.

**Vitamin C, D, & E** - your body will need a good supply of vitamins as you begin to purge the parasites.

**Healthy, organic foods** - having wholesome foods to snack on and eat will be essential to how your body responds during the purge.

## **Daily:**

1. Drink your lemon water daily. I use a half a lemon into a small juice glass with filtered water first thing in the morning. It sets your metabolism as well and helps keep the alkaline environment that the parasites do not like.
2. Ivermectin dosage: For most adults, a small dab about the size of a #2 pencil is the perfect amount. I squeeze out my dose, place it on my finger, place it on the back of my tongue and wash it down with water.
  - Week 1: 1 dose every day.
  - Week 2: 2 doses Monday/Wednesday/Friday, 1 dose Tuesday/Thursday/Saturday/Sunday
  - Week 3-6: 2 doses everyday
3. Vitamins daily. Eat as healthy as possible avoiding sugar and carbs.
4. Drink lots of filtered water everyday.

## **Maintenance:**

At the end of the 6 weeks, you can determine how much Ivermectin you wish to take to maintain and control future parasites. For myself I take one dose per day about 2-3 times per week. If I am going to be around a lot of people or feel that I am coming down with something, I up my dosages. I travel with a tube of Ivermectin so I have it if needed.

Keeping plenty of Ivermectin on hand is essential. You can also use the gel and simply rub it into your skin, or place it in your belly button and allow it to absorb. It doesn't really matter how you take it as long as you stay with it.

## **What to Expect:**

Everyone detoxes differently. Depending on your parasite load and current health status will determine how your body responds. As you increase the Ivermectin doses, you may experience many trips to the bathroom. You may feel extra bloated, sluggish, and achy. Those parasites are going to fight you all the way.

Don't allow the detoxing to deter you. Your body is responding by getting rid of the disgusting parasites that are slowly killing you. If things get too uncomfortable, dial back the Ivermectin dosages and just take the whole program slower. And remember, we are all different so it is normal for people to respond in various ways.

The best advice is to just stay with the program. Understand that whatever your body is going through means the Ivermectin is doing its job. Keep your mind on the fact that you are purging the parasites and that each day you continue, the quicker you will rid yourself of the nasty worms. You can do it and I know that you will feel better soon and before you know it, you will begin to see and feel obvious improvements in your health.



## FINAL THOUGHTS

Our great God desires for us to live abundantly and in good health. He has provided us with what we need. We must pray and be discerning about how we treat our bodies, what we put into them, and to be willing to seek out alternative treatments that may appear unconventional. Don't allow others to shame you for exercising your right to explore what is right for you.

May God bless you as you set out on this journey toward complete health and wellness. The enemy is constantly lurking to disrupt and wreak havoc on your body. Prayer throughout this journey is one of the most important things you can do. Pray for strength, complete healing, and for every toxin, chemical, and parasite to be fully released from your body.

For additional reading:

[This Is Your Brain On Parasites: How Tiny Creatures Manipulate Our Behavior and Shape Society](#) - by Kathleen McAuliffe

[Every Body Has Parasites](#) - by Valerie Saxion, N.D.

[The War On Ivermectin](#) - by Dr. Pierre Kory

## THEOSYNTHESIS®

My book, THEOSYNTHESIS®~LIV2DAY, covers topics from knowing God, connecting to Him, caring for yourself, maintaining balance in your life, and so much more. I cannot wait to share what God has downloaded into me. I hope you will consider ordering my book. Head over to [www.DrPaulaMcDonald.com](http://www.DrPaulaMcDonald.com) and you can order it right there. I will write a personal note to you if you would like and I will promptly put it in the mail.

Also, you can listen to my weekly Podcast - LIV2DAY on Spotify, Apple, my website, and many other platforms. I touch on a variety of truth topics and invite you to join me on my "Ask Dr. Paula" segment. Just send your questions via my website and I will feature them on my show.

Also, I am available for speaking engagements, retreats, simulcasts, workshops, and teaching and coaching opportunities. Reach out to me if you have something in mind. I would love to collaborate with you! My prayer is that you open your third eye and connect to Almighty God in a way you've never experienced before.

Be well and as always, remember to fully LIV2DAY!

## CONNECT WITH ME



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