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## Howdy Ya'll from Texas

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It's been quite some time since I have reached out.

Many of you asked why I decided to move to Texas. My ancestors came to Washington, the Evergreen State, over a hundred years ago. I had a beautiful childhood roaming the woods and being brought up in Mother Nature. However, for the past several years, noting these chaotic happenings all over the world, I felt called for a change. I took a leap of faith and moved my family to the great state of Texas in pursuit of the quiet country life and home-town values that I was raised with to equally raise our first child. My wife Patricia is a dentist from Colombia, South America, and we met on a medical outreach mission. Together we have a beautiful baby girl and now we live on a 30-acre farm in a tiny Texan town raising several acres of organic gardens for food and health.

Since moving here last October we have been remodeling an old ranch home and getting the poor soil cultivated for growing vegetables. Then we were taken off guard by historic weather events including a deep freeze in February the likes that hasn't been seen in 135 years.... It was so cold the temperatures of 0-10 degrees lasted for days and little song birds were falling dead from the trees. The blades of grass shattered in my hands when I touched them. Texas was in a state of emergency the likes it was not accustomed and we were without power for days on end- people died from cold. We lost all 40 of our fruit trees that we had planted and even many of the native oak trees were even killed. We, however tested our survival skills and faired just fine with a wood burning fireplace, water from the cistern and a gas cooking stove.





Then just last month on May 1st... May Day May Day we had flooding rains and high winds and even a tornado touch down just miles from our ranch. The flash floods were so extreme, never in my life did I see rivers forming out of no-where and so strong that they would PEEL the asphalt off the road. This happened not once but multiple times that month causing much damage to our barns and property and bringing more than 20 inches of rain literally soaking our plants to death and decimating our gardens. Below, I'll show you the effect it had on my plants as you read to the bottom of this newsletter. Then most recently, here and across the country the heat wave comes in to finish off just about anything that was left. So... Let us not wonder if the earth is changing...It is changing...

Increasing accounts of flooding, winds, drought/fires and earthquakes are all something for us to get prepared.



Fortunately, after those hundreds of hours of work, the weather spared us just enough plants to provide sweet corn, winter squash, and dried beans to put away for baby food. (Yes, I'm used to harvesting in the fall in Washington—it is rather strange to be eating corn on the cob in June!) Here are some photos of our corn and bean patches and me in my Farmer Hat- sun protection is a must! It is HOT and HUMID Here... you'll sweat like crazy. (I recommend the zinc oxide "baby formulas" for sunscreen instead of those with the many chemicals)



Those asking what I am up to besides saving the garden. Well the garden is a very important educational tool... the more we understand the soil and the plants, the more we can understand our bodies. Healthy plants = healthy people. I'm actually using my testing kits to determine what the soils are lacking. So I am acting as a consultant with doctors and organic farmers as well as working on sharing the Dr I the Herbal Guy nutrients with our new neighbors and community. I'm also working with an electrical engineer to bring to light a device that I have been developing over the last year that uses frequencies to heal the body-very exciting stuff which I'll be sharing soon. And of course I'm practicing the art of being a husband and a dad (ps- why didn't anyone tell me how much work it is to raise a baby? she is a sweetie though) So even with these projects going, now that I'm more settled I'm dedicated to stay more in touch with all of you by sending out newsletters when time allows me every 3 weeks. In these letters I will recap on some of my posts on the web as well as questions that former patients had asked about through me email.

**The HOT topic this month...** as we can all relate, has to do with the corona virus disease 2019; covid19. I have received quite a few emails from former patients asking my opinion whether they should get the vaccine. I have done intensive research and this is my recommendation:

I only recommend the vaccine for those over 70 years of age WITH an unhealthy lifestyle or a serious health condition like elevated blood pressure, diabetes, cancer, heart disease or other chronic health condition. If you are over 70 and you live HEALTHY... I do not recommend this vaccine for you.

Why? Well, the virus hasn't proven as dangerous as we thought when we were all in the dark about its virulence last February. Now we know that most people recover well- and ESPECIALLY, healthy people do well- young or seniors.

Also- because this is not a "real vaccine" but rather a new mRNA technology- we really do not know the effects these type of vaccines can have on your body in the next 1-10 years... therefore, and I only say this with complete kindness and compassion- if you feel your lifespan is longer than 10 years... I do not recommend this vaccine. I especially DO NOT RECOMMEND THIS VACCINE for our youth- Even, Dr. Robert Malone, an inventor of the mRNA vaccine says the risk to benefit ratio does not match for a virus that is virtually non-lethal to youth. The cases of pericarditis/myocarditis are increasing weekly as well as the very interesting cases of womens' menstrual cycles being affected after receiving the shot and the questions of its impact on future fertility.



Cinchona Tree,  
from which quinine is derived

You may have seen the "latest" news, or I should say "reaffirmed news" about a study finding a 200% increase in the survival rate of serious hospitalized covid patients... on ventilators.

<https://www.medrxiv.org/content/10.1101/2021.05.28.21258012v1>

What did they give them? ..Well... Exactly "that" which the media and "expert" doctors have been telling us is "dangerous" and "ineffective" for the last 18 months... That very drug which I can not even spell on Facebook or risk them shutting down my page as it has repeatedly censored myself and others since the beginning of this... But you all know it better as...drum roll.... Hydroxychloroquine.

(This unvalidated censorship is why I'm leaving Facebook for Mewe.com a non-censuring platform... Face-"crook" has been one of the most suppressive entities on the web for natural medicine and I encourage you to leave them entirely.)

Hydroxychloroquine, is actually an analog of HERBAL MEDICINE: Quinine the active ingredient, was isolated from Cinchona Bark which was used by indigenous people for thousands of years to treat malaria. It has been time-tested and virtually free of side effects. This is the very drug in MARCH of 2020... the French scientists came to the world sharing the amazing SUCCESS they were having.. many of us were excited... such a cheap and harmless treatment. Here is the article to trigger your memory; <https://www.washingtonexaminer.com/news/malaria-drug-sees-promising-signs-as-future-coronavirus-treatment?>

And that very next day, the political power battle began. The French findings about hydroxychloroquine was echoed for all the world to hear....but...because the good news was delivered by the "The Big Bad Orange Man" aka the president, then it must not be true... and most importantly, it must be discouraged and suppressed at all costs. So the press and the medical powers that be spent the rest of the year making him and anyone that supported hydroxychloroquine to look like complete idiots on the subject... and they succeeded!

And now 18 months later we find out that what was being told to us by scientists all around the world and being shouted out from the rooftops by them for anyone that would listen... was true... And it was suppressed by Big Media, Big Tech and Big Pharma. Shameful. Now... just think how many lives could have been saved if the country had really, put aside politics and **actually**... "followed the science" and universally used hydroxychloroquine for patients instead of using nothing at all and letting them die?

The Bat... They told us the ferocious bat gave us the pandemic



**They told us it came from a bat...** now we know that there is an amino acid sequence in the genome of the virus that could have only come from human engineering.. **They told us masks were useless...** then they said we need three of them... **They told us 6 feet away...** then it was 27, and now it is determined that no amount of "social distance" in a closed room is safe. **They told us masks outside a must....** then... said a near zero percent chance of contriving it outside- a mask outside is not necessary. **They told us the only way out of this was a vaccine...** but look... all the time we had valuable therapeutics that could have saved thousands. The problem is... the therapeutic hydroxychloroquine was only \$11 for a treatment.

**Now they tell us the vaccine is "safe"....** can we really believe them?

**This means that NOTHING is SACRED....** The selfless desire to help our fellow humans through medical wisdom has been bastardized... because medical advice from our "top physicians" will be bent for their own political gain or gain of a party... **Power became more important than PEOPLE.**

If you are following the CDCs own website they use some old psychological techniques to sway our opinion for this vaccine. For example they say it is: "safe and effective" without telling about the side effects and adverse reactions... and they say "millions of people have received it"...this is the bandwagon effect- in hope that if they tell you the rest of the world are doing it then you will jump on board and do it too....

But here is what they do not want you to know, but they must report: the deaths- which rose from 4300 the last week of May to 5200 the first week of June! Check the recent numbers here yourself: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

**As of June 21, 2021** VAERS has received 616 reports of myocarditis or pericarditis among people age 30 and younger who received the covid-19 vaccine.

DEATHS in ONE WEEK from the VACCINE: as stated from CDC Website:

**December 14, 2020, through June 7, 2021. During this time, VAERS received 5,208 reports of death (0.0017%)** among people who received a COVID-19 vaccine.

**December 14, 2020, through June 14, 2021. During this time, VAERS received 5,343 reports of death (0.0017%)** among people who received a COVID-19 vaccine.

**December 14, 2020, through June 21, 2021. During this time, VAERS received 5,479 reports of death (0.0017%)** among people who received a COVID-19 vaccine.

**That means about 135 people are dying WEEKLY from the VACCINE...** and how many serious adverse reactions... effects as serious as paralysis or nerve/brain damage ?

Why are we allowing this as a society? **If any other FDA approved vaccine on the market had such a response- it would NOT be on the market.**



Man Cures Himself from Cancer...with little help from his Dog- watch the youtube video!

To further discuss the benefits that are being found in these very old anti-parasitic drugs -like Hydroxychloroquine and Ivermectin now tout another miracle- MAN CURED of METASTATIC CANCER with a dog anti-parasitic! In the 1990's a scientist named Hulda Clark was ridiculed by her profession and called a "quack" for her treatments as she wrote in her book- "A Cure for all Cancers"- - the premise: that a parasite was the cause and eliminating it was the cure. Looks like Natural Medicine is decades AHEAD of conventional medicine: here is the amazing video:

[https://www.youtube.com/watch?v=HYILnjc\\_wuY](https://www.youtube.com/watch?v=HYILnjc_wuY)

Dr. Hulda Clark recommended plant medicine (herb extracts) to remove these parasites. As I have shared before...I used many different plants that have similar anti-parasitic, anti-bacterial, anti-



fungal, anti-viral properties and this is what I recommend everyone now: Exterminate, Eliminate, and Eradicate. <https://dritheherbalguy.com/collections/herbal-cleanses>



But it's not all about "killing" the "parasite" or the "virus" or "bacteria"... It is also about making the "host"... you.... More strong than ever. Let me share an example. So I shared about these floods we had in Texas...Let's just say these hundreds of hours of work in my garden... were under water for a week. The soil is relentless and does not allow the water to filter down but just sit on top. My plants literally started to drown after sitting in water a few days...They became weak and the next thing I noticed is that we had an invasion! The grasshoppers and caterpillars came in and ate them to stem.... However... the plants that were still healthy literally had no pest invasion! Here is the "magic" of organic gardening= Healthy Plants no Pests no need for pesticides... and relate that to our bodies: HEALTHY BODIES, NO PARASITES, NO INFECTIONS...no need for "medicines".... maybe that could be a message that is passed onto those contemplating experimental vaccines in this age of engineered viruses?

Really - there is only one protection against this long term virus- that is your OWN immunity- Purified water, organic fresh vegetables in abundance, trace minerals, vitamin D, and vitamin C (from organic blended citrus with peel). I equally recommend boosting immunity with minerals as found in my *Nature's Nutrition* and *Veggie Greens* in addition to the phyto-antioxidant power of *Phyto-ox* and *Protectme Tea*.... these build strong bodies to resist these human engineered viruses! [www.dritheherbalguy.com](http://www.dritheherbalguy.com)



Healthy Diet is NOT just for babies...  
Also for us Big Babies too!

To really change course finally. Thank you for those who asked what are the foods we are feeding our baby 18 month old. She is growing so fast and smart as a whip- I'm most certain that diet is a big part of it and it includes so many of the foods we are growing here in our organic garden. Here it is- feel free to copy and pass it on- (99+)MeWe - The Next-Gen Social Network (also copied at the end of this newsletter)

So what goes in must come out...let's discuss the second half of this very important equation because it is VITAL for your HEALTH!

Ready to  
Eliminate, Evacuate, and Alleviate  
those Bowels?



I'll tell you our baby is having a WHOPPING 2-4 mega-monster poops every day! Her tongue is clean, her eyes are bright and her energy and spunk is ... well... overwhelming! (don't we all wish that?)

It's vital to go POOP....slow down...plug up... and illness begins!-- That waste is meant to move out...not stay inside you and rot and recirculate. What comes out is MORE important than what goes in the mouth! How many times per day?

Some claim we have 5-20 pounds of poop in our bellies.... Well... that is a bit high. I have examined dozens of cadavers and would say that number is more like 1-5 pounds compacted in the lower intestine. Even so.. that is a LOT OF WASTE! This other company is selling a product almost identical to my EVACUATE... ( <https://dritheherbalguy.com/collections/herbal-cleanses/products/evacuate> ) but at THREE TIMES the PRICE! ( <https://umzu.com/products/zupoo> )

It is so important to read labels to know what you are getting and be aware of "mg" "milligrams" as they are such small units. A supplement that looks like it has a lot of "good stuff" may actually have such a small amount to not be effective. For example... a green pea... is good for you... but to get the benefit.. you need to eat a lot of them. If you had a supplement that took that pea and put it in a capsule... well... taking a capsule would virtually do you no good at all. Be sure your supplements are packed with powerful extracts!

So what is a PERFECT Poop? Imagine this... 2-4 times per day... evacuates easily all at once with gusto...like sighing a breath of relief. It is BIG... bulky... and should break apart easily... not too hard...not too soft. (some have even said..."soft serve ice cream"). Not too dark not too light... Goldilocks would say.. just right. Not too buoyant not too heavy and it shouldn't leave a mess ....not in the bowl and not on your bum. Are we having fun? Well the truth is Americans do not have healthy BMs and this leads to literally all that ails us. From pain to sleep to low energy and bad moods and more chronic conditions.

It is a must to EVACUATE it or if you slow down...or worse...plug up... then illness begins!-- That waste is meant to move out...not stay inside you and rot and recirculate.

So how about getting that POOP out the SHOOT? Stop carrying that extra weight- Lot's of folks are doing the intestinal cleanse right now- here is your chance to Poop out a few pounds! Bring back those days of pooping like a baby! <https://dritheherbalguy.com/collections/herbal-cleanses/products/healthy-digestive-system-bundle>



Speaking of all this poop and digestive talk... it wouldn't be complete without mentioning about the benefits of slimy, mucilaginous and fermented foods for the anti-inflammatory effects and to promote the growth of healthy bacteria that aid in supporting your own flora and immunity. Here in Texas two things that grow like CRAZY are...pickling cucumbers and okra...Now I'm not an okra fan... it is just too slimy for me to enjoy... but I found new interest in it once I tried it "fermented"/pickled. Indeed it is still slimy but with the added benefit of the healthy lactobacillus bacteria and the naturally occurring lactic acids ...it is a truly healthful and delicious food for the gut. Here are some photos of my okra growing like crazy (it escaped the deluge) and my preserves: the the vinegar version on the left and the natural fermented version on the right (cloudiness is normal). You can find the recipe for both in my cookbook on page 101- just order the cookbook from [www.dritheherbalguy.com](http://www.dritheherbalguy.com)



Well there you have it... a little “taste” of Texas and an insight into the new life of Dr. I ...These Giants are one of my favorite things about Texas...Here are the trees that make one FEEL the POWER of Nature... These are Live Oak Trees (live= meaning they don't lose their leaves in the winter) and they are protected and honored here in Texas. To imagine they were living when the explorers came to America 500 years ago! I love them-If you look close you can see my little self pointing to the greatness of this beauty.

Until next time... Please boycott Facebook and Twitter (take a break from them—they are addicting and not good for us) and find me on my new censor free platform in small doses: <https://mewe.com/i/dritheherbalguy>

In this crazy time in the world, I ask you all to reach out to your neighbor, our human family, and share all wisdom of the healing this natural world has to offer... from gardening, to diet, to plant medicine... Share the truth with all who will listen. Let's follow that golden rule and treat our neighbor as ourselves and most importantly-pray for our country, pray for our world to heal.

Best in Health to you all,

Dr. I

Andrew Iverson,ND

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## Nature's Diet Baby Menu-6 months to 2 years and beyond

Always rotate foods-Do not feed your child the same food every week-this prevents allergies, skin conditions and provides a wide array of different nutrients and minerals needed for growth.

Help your child to hold their spoon so they may eat half the plate with one hand and half the plate with other hand-as they progress encourage them to eat on their own one half the meal with each hand.(creates neurological brain balance between left and right hemispheres )

AM and PM food ideas can be interchanged - mix and match as you wish.

Avoid all Dairy products, avoid pork, vegetable oils, sugar, salt or concentrated sauces

Everything organic or clean as possible

Avoid microwaves- use toaster ovens or re-heat on the stove.

Don't forget liquids-offer your child water all day- they will often take it more readily with a squeeze of citrus, or a splash of organic fruit juice or coconut water added to the purified water or herbal tea.

How to prepare all these foods can be found in Nature's Diet Cookbook- Andrew Iverson ND

AM ideas: recommend one of these starches and follow up with an egg or another protein about an hour later.

cooked grain cereals:oatmeal, multigrain, polenta, brown rice, flax seed ground meal  
or cooked and pureed winter squash/pumpkin, or yam/sweet potatoes

- Can cook grains with small amount of ripe banana or raisins, prunes, apples to give some flavor and bowel support

Pour on top a non-dairy organic milk: oat, rice, almond, coconut, soy, goat (limited) = no cow milks

PM ideas: recommend an animal protein combined with one carbohydrate or legume and a veggie- if they will not eat animal protein, then offer both a carbohydrate and a legume in its place.

Proteins: mother's breast milk, free range eggs (soft cooked), fish (especially sardines, mackerel packed in water) turkey, chicken. If your child will accept red meats please try, but I have found that they naturally have an aversion and won't eat them until their body says they are ready. These proteins will often have to be disguised in a soup puree by blending them all together with bone broth to make a puree with some of the ingredients below

Bone broth is a major super food for developing childrens' bones, teeth, muscles and brains.  
Cook the grains and legumes in bone broth (turkey/chicken- page 215 Nature's Diet Cookbook)

Choose from one of each category to make a complete meal for your child:

1. Carbohydrates cooked: quinoa, brown/red/black rice, millet, potato, sweet potato, pasta (whole grain or rice), Ezekiel bread
2. Legumes: lentils, split peas, soaked dried beans of all types, pasta made from lentils, garbanzo
3. Veggies: frozen peas, carrots, sweet corn (warmed by steaming), raw grated carrots, snap peas, zucchini/summer squash, green beans, spinach... any other vegetable you can get them to eat-
4. Condiments/oils: extra virgin olive oil or coconut oil, ghee okay-(lightly or infrequently- sea salt, honey, molasses, cane juice to taste) – Children have very sensitive taste buds and do not need seasoning nor do you want to ruin their desire of natural and healthy foods.

soup purees: blend a protein above with a carbohydrate or legume and a veggie in bone broth until smooth-our baby loves chicken or turkey blended with rice or potato and peas or corn-She also loves split pea or red lentil blended with cooked carrots or sweet winter squash and blended with bone broth until smooth

snacks: non-acidic organic fruits: apple, apple sauce, pear, watermelon, melon, papaya, freeze dried squash or freeze dried sweet potato, whole grain cracker/ rice cracker, almond or coconut or other seed butters on Ezekiel bread toast, dried kelp seaweed excellent for mineral.

supplements: to be announced next

