

## Sapiens Three Essentials®

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January 2025

### Abstract

Homo Sapiens is the most dangerous species ever to live on earth. Compared to other animals, its communications skills are inferior being dependant on speaking but can record language which helps it to make tools most of which are weapons. These skills could be diverted to peaceful purposes. This article describes the behaviour of the species and shows how it can save itself from self-inflicted extinction.

**Keywords:** Homo Sapiens. Species. Violence. Communication. Microbiome. Immune System. Mind. Cost. Suffering.

### Introduction

Homo Sapiens is a new species and the most dangerous animal ever to live on planet earth. The prime predator kills both its own kind and destroys the habitat of other species for no benefit to any, itself or others. It is also the quickest multiplying species ever. When it emerged from its predecessors it lost the ability to communicate without language and had to learn to make tools. Only a few Sapiens now possess the ability to sense others' thoughts and the majority of the species considers these intuitives to be almost non-human. By necessity, language developed and with it, writing. This made innovation a communal exercise, not just an individual experimenting. Ideas were shared and expanded. Looking at what emerged, we see weapons rather than survival and comfort as the driver of thoughts.

This development of tools has got as far as trying to cure death. A search is on for longevity and permanent life <sup>(1)</sup>. As a backup insurance, claims are made for spending fortunes on space travel so that this dangerous animal can go and live on another uninhabitable planet in peace. As currently structured, Homo Sapiens is incapable of living peacefully. History proves this. I was born in the same year that Adolf Hitler committed suicide and American nuclear bombs stopped Japan's warmongering. Throughout history there has never been peace, there is always a war somewhere.

Curing death involves extending telomeres <sup>(2)</sup>. CellSonic has done this but whether it can make the extension infinite is doubtful. However, if it could, the result would be that Homo Sapiens becomes extinct. Whilst the aging population is stabilised, no newborns and no deaths, all other life around is evolving and gaining resistances to maintain health. Humans will not have that resistance because it can only be inherited and when the inevitable virus or bacteria emerges to which old humans have no resistance, the population will be wiped out before laboratories can concoct a cure. That was proven by the covid pandemic which produced only

vaccines, not cures. However, CellSonic can cure that particular covid illness. Maybe it can do so for others still to emerge but it is not a certainty.

By chance rather than a plan, I find myself in the medical business and am entirely self-taught so there has been no brainwashing at a medical school manipulated by sponsors. I have had to work everything out from basic principles at my own expense. The power I now have is the ability to save lives and this contrasts with the power of others whose claim to power is the ability to kill. With that power, they will maintain peace.

It fascinates me that the nonsense of violence making peace is accepted. Most people are slaves. They are not free to think and do not try to think. They do not want to. All they want is a simple life and will do whatever is asked to be allowed to roll on without upset. The media has portrayed violence to an extent that it is used now for entertainment, not education. The oppressors are also victims. The warring leaders lack empathy. They have cunning, charisma and an ego telling them they have a duty to lead and for that they have to dominate ruthlessly. Their personal satisfaction is at the cost of the rest of the population.

All these factors are failures of Homo Sapiens as a species. For a reason I do not understand, I am forever an optimist despite the facts directing my observations to doom. I see a better way forward. We shall not live forever nor should we but we shall each die peacefully and painlessly in our sleep. We have to be organised, not under threat but by motivation and understanding. Everyone is a winner and the thugs causing disturbance will be identified before it is too late to help them. This I shall explain as Sapiens Shield. Before that, let's look at the three essentials of Homo Sapiens for health. Then we can see the plan that will protect us forever and escape from illness, crime and war. The technology works, you want it and here is where we begin.

Homo Sapiens has three essential systems: microbiome, immune system and the mind. These will be explained and then Sapiens Shield. If one of the systems is not working, the other two will also fail and the person remains ill. They are interlinked.

## **Microbiome**

This is the collection of inhabitants in our bodies that some biologists say entirely controls us. They are germs of all sorts, bacteria, viruses, parasites, etc. Without them we would not be able to function. They are energy converters. Food is digested into a useable form and waste expelled. We take in many germs by breathing as well as ingesting. Additionally, modern humans give themselves pharmaceuticals that are poisons in controlled quantities. These play havoc with the microbiome whilst the resident germs fight the newcomers into a truce.

There is unlimited advice on diet with less about the use of the body to burn the energy. What an Inuit eats in a land of snow would not suit a nomad in the Kalahari. The foods available are totally different and the body's requirements differ. One needs to generate warmth, the other to dissipate heat and both to be able to hunt for protein. Where shops supply food (a quarter of the world's population now lives in cities of more than a million inhabitants), customers will be offered easy to cook ingredients which do not necessarily contain all the necessary nutrients and vitamins. The legacy of traditional and seasonal eating is lost in the industrialisation of farming and processing. The microbiome may complain by failing to maintain its host leaving illness that never goes away.

When the body is exerted daily as our predecessors did hunting and scavenging, there was a swing from famine to feast with tolerance of experimental vegetation if preferences were not to be found. Homo Sapiens remain convinced that there will be a famine tomorrow so they never fail to stock up on more than they need for the day. The species has not further evolved to sit down all day and eat only enough to pump light heart beats. Brain activity was never the main energy drain for ancestors but for many today it is. Driving a car is constantly creating tensions, demanding decisions and provoking aggression. The brain deals with this as it evolved to do when the person was fighting and supply the oxygen to drive muscles. Unfortunately, the sedentary car driver is hardly moving muscle. The unused fuel is stored because threats are still expected, such is the innate programme inherited 80,000 years ago. The result is an unhealthy body. Either fish through a hole in the ice or chase a gazelle across the dunes. If that is not convenient, stick to organic fresh fruit, vegetables and meat if meat suits you. There has to be a balance of nutrients, essential vitamins and only enough carbohydrate for the day. Tomorrow you can easily go shopping. The shift to a cash economy is for some people harder than hunting and gathering in the wild. Never have alcohol, drugs, tobacco or vaporisations. Anything that disturbs the brain causes damage to the microbiome. Pharmaceuticals are only to be taken as a last resort if nothing else works. Usually, the combination of exercise and a balanced diet is the key to health.

## **Immune System**

The immune system checks and repairs us. Homo Sapiens need it because they have unstable organs. They are new, appearing only 80,000 years ago with body cells replicating on average about every six weeks. Ants and sharks that have existed for millions of years do not replicate their body cells as Homo Sapiens do <sup>(3)</sup>. With this cell replacement, some new cells may not be exact reproductions of what was there before so they are different, mutations, and start to replicate profusely which is cancer. At night, sleeping properly, the immune system finds the faulty cells, kills them and the body starts afresh the next morning.

If there is an injury whilst hunting, the immune system heals the wound. There is a threshold of pain set to allow the hunter to persist. Modern lifestyles seldom encounter these demands for persistence. The species has invented labour saving devices. Muscles are not used and wither especially amongst retired, older people. The concept of retirement was never considered when the species evolved. CellSonic promotes wound healing by breaching the threshold without causing pain and triggers the immune system into action. The blood directed to the injury contains the right platelets, blood cells and stem cells for new tissue, there is more oxygen and nitric oxide in the blood to kill infections. Early ancestors did not need CellSonic, nor did they have the technology or electricity to operate the machines. Modern survivors depend on the biophysics of CellSonic because their lifestyle is inadequate for their wellbeing.

The immune system needs vitamin D from sunlight. Synthetic versions are less effective. Covering the skin unnecessarily restricts sunlight. Beware of creams and make-up blocking the skin. Wearing darkened sun glasses prevents the skin from knowing that it has to protect itself from the ultraviolet light rays. Remember that our ancestors did not have sunglasses or suncreams. Their skin acclimatised to the weather where they lived and their life was all outdoors. The conditions in Australia and New Zealand have become difficult because the ozone layer is not filtering the UV rays which can burn more quickly than in the northern hemisphere.

Sleep is essential to the immune system. During sleep, the immune system diagnoses and cures. It deploys the resources of the microbiome and is effective according to the wishes of the mind. Prolonged, disturbed sleep always results in illness.

## **The Mind**

Now that we have computers we can liken the brain to hardware and the mind to software. This explanation would have been impossible years ago but you, dear reader, will understand. The mind is a programme and if a person has the wrong programme they will never be healthy. Basically, it is the temperament or state of mind. To be pleasant, sociable and smiling is healthy and to be sour, grumpy and pessimistic is unhealthy. These are self-fulfilling circles. A happy person promotes happiness and an unhappy person is surrounded by foreboding.

With a well-balanced microbiome and an immune system operating as it should, the mind should be positive. If either of the other two systems fail, the mind has to make the correction. It is the controller whilst at the same time it is subject to the support or restrictions imposed by the related systems.

This relationship has become clear to all CellSonic operators especially when they are treating cancer. The machine always lifts the cell voltage to 75 mv during the treatment, a time of less than two minutes. This 100% success rate is maintained by a positive outlook. Should the patient be negative, the cell voltage falls to 10mv where cell replication become profuse with the cells multiplying and migrating.

The usual cause of anxiety is relationships and often within a family. <sup>(5)</sup> Outside the family, a person can move, change job, for example, but being trapped by ties such as parenthood and marriage can be destructive. Other frequent causes are chemical pollutants invading the microbiome, electrical fields from smartphones and transmission towers and societal pressures in which teachers forever criticise students. Even the best in class is told to try harder. Like the threat of violence intended to instil peace, teachers motivate with threats rather than praise. Making a child the best in a class of 30 gives that child 29 dislikes. Harmony has been lost since Homo Sapiens walked out of the Great Rift Valley. Mockery appears to be unique to Homo Sapiens and not observed in other species.

## **If humans were robots there would be a product recall.**

Hey, Guv! Those humans we programmed in the Rift Vally on Earth are ruining everything, their planet and themselves.

Is Earth that little one where you experimented with life and gave it water and electrical forces?

Yes, it was working nicely and I thought you might try it in other galaxies.

I am too busy with the universe, got it expanding nicely. You should have stuck to minerals and gravity. That's enough to keep planets spinning. Experiments only cause disruption. You had to press the reset when the dinosaurs became too big and you smashed an asteroid into it. Are you going to have to do that again?

Maybe not. The humans may cause their own destruction and remove all life on Earth at the same time. They are re-programming themselves.

## Sapiens Shield

This is a plan. There are three branches of medicine: biochemistry, biophysics and psychology. Psychology has names for everything and cures for nothing. Biochemistry has only three products: vaccines, anti-biotics and anaesthetics. Biophysics recognises the electrical properties of the body and cures chronic disease. CellSonic is biophysics in one package. The skills to use it are not taught at medical school where the focus is on surgery and pharmaceuticals. Moreover, those who qualify for medical school are often unsuited to work with CellSonic because they lack intuition and empathy. To gain entry to a medical school you have to show the ability to memorise. The desire to help others is ignored and seldom as important to the student as getting a well-paid job and status. Medical graduates mistakenly believe they know everything and are superior. Since the Wuhan laboratory let the covid virus injected into pangolins be sold at the wet market, <sup>(4)</sup> a scandal covered up by the WHO and governments, respect for the medical establishment has been falling. People are waking up and refusing to be coerced. If the species has survived for 80,000 years without factory made drugs, they can go back to what has worked before and know that the herbal medicines are safe. Better to gather the knowledge of what is beneficial and what is poisonous before it is lost. There are still some who can pick mushrooms.

Chronic disease develops in the body gradually. It can be detected before a person knows they have it. The Sapiens Shield plan is based on a diagnose and cure being done in 20 minutes thus allowing 8,000 people at one clinic to be checked and cured in six months. By checking everyone in the world twice a year at a million clinics, no one will develop a chronic disease and this includes cancer, a killer disease that can be stopped forever.

There are three categories being checked: those with nothing wrong, those who know they have a problem and those who are unaware of a problem. Those with a problem are treated and there may be more than one treatment required. The early onset of low voltage can be corrected and these people, oblivious to their cell condition, are referred to the next step of the plan. They are directed to another room where a smiling person greets them and can see from a mark on a card that this person had cancer a few minutes ago. From that evidence and by intuition, this friendly person knows that they are in a dysfunctional family. Let the person talk. They want to talk. The main problem is that no one will listen or help. Whereas the diagnose and cure took 20 minutes, the conversation with the intuitive <sup>(6)</sup> will go on for an hour or more. It will not be rushed and there will be an offer to help. The disturbances facing the rescued person go beyond health. They affect social cohesion and economic survival. In other words, crime begins in a family or the lack of a loving family. No one is born a criminal. Prisons and the police are useless because they do not find the problem until after the crime and they do not rehabilitate. Sapiens Shield finds the problem. The person's health can be treated and the community organised to offer support. The health is the easy part. With Sapiens Shield <sup>(7)</sup>, healthcare costs would tumble giving huge savings of money and suffering. The CellSonic machine has what is needed to correct the person by applying electrolysis, voltage correction and infection killing. This is done in one or two minutes. Helping a dysfunctional family could take one or two generations. How did that person get into the wrong relationship? Because they never knew from their upbringing what a good relationship is. Why did they not know this? Because their parents got it wrong and so it goes back generations where mistakes breed mistakes. It is a cost to society and is intrinsic in the species to let violence dominate all other responses to stress.

## Crime at the top

The Wuhan crime is only part of the whole story which goes back to Rockefeller and continues today. As I write, the USA has resigned from the World Health Organisation. Change is coming. Watch the video by Dr David E Martin. <sup>(8)</sup> He presents facts.

## Conclusion

Sapiens Shield can break that cycle of violence by healing without side effects and deploying caring, intuitives to advise. At last, the tool making ability shifts from weapons to life saving. Let the mentally scarred, charismatic egotists see a role for themselves as saviours, not conquerors.

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