

Healthy Home

Monica Kahio

November 6, 2023

Monica shares what she knows about how to be healthy, because we need to be healthy to be able to do whatever we are called to do in our lives.

She grew up in Kenya. Her father bought a ranch, and she grew up there. Her grandmother, who lived to be 114, knew every plant and made potions out of them. When Monica was 6, she developed a stomach issue. Her parents sought answers in mainstream medicine. When she was 8 years old, they wanted to operate. She and parents agreed not to operate.

They tried the Grandmother's potion, and Monica was healed in 3 days.

She moved to Chicago and became afraid of doctors and hospitals and would hyperventilate whenever she was in a medical setting. She watched someone on Oprah who was talking about how past experiences affect our reactions to situations in the present. She asked her mother what had happened when she was 6 years old. She discovered what she had been through that resulted in her aversion to the doctors.

Monica always tried to heal herself naturally. She started with the food - US food was different. She found the Physicians Committee for Responsible Medicine: <https://www.pcrm.org/> The physicians in this group heal with food and natural remedies. Monica's body rejects medicine, and she had to find a natural way to address allergies she developed in GA. Her face would swell and her sinuses were inflamed. She didn't know about allergies. For 3 years she searched for the root cause and healing. She couldn't breathe if she laid down to sleep. She tried many things.

She went to a conference, and a doctor who she never met told her she had allergies. He knew because he use to suffer from allergies too. He loaned her a technology to try. She slept better and on the third night, she had a good night's sleep. She is no longer swollen and has regained her sleep and sense of taste. People she knew asked her what she was doing because she looked so different without the swelling.

She has found a large number of people with asthma and allergies. They are the most misdiagnosed people in medicine. She studied indoor air quality. She tested her home and found that there was mold hidden behind the walls and in the carpet. It was all invisible until the carpet was removed. She got better when she cleaned up her environment.

She started referring others to the company. She finally joined the company. ActivePure is the company that lines up with her beliefs. It was originally Electrolux. This technology was developed by NASA to clean air and all surfaces, so they could grow food. It is in the NASA Hall of Fame. It was used after 9/11 to decontaminate offices. It kills bacteria, including

MRSA, fungi, and viruses. Hospitals use it - Cleveland Clinic used it to destroy the Covid virus. It moves air out of the breathing space, removes dust, penetrates everything except glass and metal. It restores carpet - cleans it so it's fluffy like new. It kills mold inside the walls. It depends on the home, but it might take up to 30 days to completely clean the home. She keeps it running all the time. It doesn't have any smell.

It's the size of 2 shoe boxes and just plug it in and it works. It mimics a thunder storm. The new one has 5 different technologies, including PCO (Photocatalytic Oxidation) technology - light energy.

Nancy: How is it different from Alpine Air that generates ozone?

Monica: Ozone is an option on some of the devices, but is not allowed in Canada.

Nancy: Ozone from the Alpine breaks down chemicals and these reactions create free radicals. The FDA forced Alpine to recreate their technology.

Monica: This one has much lower levels of ozone and is adjustable. It takes care of the pink mold in bathrooms.

About Alpine - The ozone could kill bacteria and mold, but if they had it set too high, it can damage lung tissue as well. A neighbor use to run hers all the time and eventually developed asthma. Nancy use to sell and fix them and knows there was a tiny switch that had to be set on the low setting. Sue remembers that in the directions it said to set it low enough so you couldn't smell it. Monica says that you can not smell any ozone coming from the ActivePure machine.

ActivePure - It has FDA clearance. It can be adjusted to the room size. They also sell personal size and car size devices.

ActivePure.com has all of the technical information.

Many Philadelphia Schools have this technology because they have one of the highest incidence of asthma in children.

Nancy questions the titanium technology. Is it like colloidal silver?

There was a discussion about the technology: How does it work? Is it safe? Monica and Connie promised to search for answers to these questions.

Nancy explained her humidity problem in her house, partly because she has a stream running under her house. Both she and Darlene live in CT and have humidity and mold problems. Darlene is very sensitive and is looking for a solution. Nancy had some suggestions about killing the mold in the basement with ozone and sealing off the basement. Darlene also has a

mold problem in her car. You have to be careful ozonating the car because it degrades plastic and can damage the electrical system. Monica suggests getting the smaller car version of the ActivePure machine. She uses it in her car. Darlene explained the multiple sources of humidity in her basement. She also has a stream under her house. She hasn't felt well since she moved into the house 20 years ago. Nancy suggested a popular remediation company in CT.

Connie suggests Darlene also address possible mold growing in her body. There are binders and Pau d'arco tea is also anti-fungal. Nancy mentions that Lyme disease can be a confounding factor. Connie treats chronic Lyme with the Rife machine. Sue mentions Cistus Tea from Ki Science. Sue used Prima Una de Gato tincture for her chronic Lyme and it worked.

Darlene's son has had possible Lyme disease from birth.

Dr Klinghardt has a Lyme protocol. Darlene has had Lyme in the past. Nancy mentions she uses homeopathic, including those for Lyme disease.

Monica's website is full of good information for health. Nancy needs a safe method of washing clothes. ActivePure has a unit for cleaning clothes. She also suggested adding salt to the wash.

We shared some of our experiences about doctors' incompetence.

Published Study:

An ActivePure RCT shows a statistically significant decrease in Covid viral particles, fungus, and bacteria in the hospital setting. <https://www.sciencedirect.com/science/article/pii/S1876034122003082>. There was a complete clearance of the Covid virus in all rooms with the ActivePure technology. ActivePure® technology achieved a 62% decrease in bacteria, and 57% in fungi in the air of the rooms of patients with COVID19.

How does PCO technology in ActivePure work? The UVC light hits a titanium honeycomb, which creates an OH- ion from the presence of ambient water ion. These ions surround and destroy the microbes. Water and CO2 are the byproducts.



