

Dr. Howard Fisher BSc, BEd, MBBS, DC, IMD, DHS.

Publications

Wisdom of the Woods: Herbal Remedies

May 2003

The Amazon Rain Forest is filled with indigenous plants with tremendous health benefits and Wisdom of the Woods explores these alternatives.

Extreme Toxic Times: How to Escape On Your Own Two Feet

Wood Publishing September 2005 (English, Greek)

ETT examines our exposure to toxins that are unavoidable in our environment and discusses some methods of detoxification focusing on the use of herbal poultices.

Reishi Rescue: R & R for Your Immune System

Wood Publishing June 2006 (English, Romanian, Hungarian, Chinese)

Reishi Rescue examines the history and uses for the most superior herb in Traditional Chinese Medicine, the Reishi mushroom.

Nature's Silver Bullet: Killing the Fear Factor

Mothershill Press September 2006

Silver has been used for centuries to combat pathogens since it has the capability to effectively eliminate viruses, bacteria and fungi. The history and uses of colloidal derivations of silver are openly discussed.

Approaching Wellness: Simple Steps to Restore Your Immune System

Mothershill Press November 2006

Our immune systems are under attack. Everything we ingest, inhale or absorb force the immune system to respond. Options are given to reduce the onus on the immune system and be healthier.

The Invisible Threat : The Risks Associated With EMFs

Wood Publishing April 2007

This well documented work explores the scientific literature and inherent threats faced by humanity from electromagnetic radiation and cell phone usage.

Before You Breathe Deeply: The Immunological Significance of Breathing Purified Air

Mothershill Press May 2007

Poor quality air is a major contributor to health problems facing our society since it force the immune system into action with every breath. The problems and the viable solutions to easing the immunological burdens are dealt with in this book.

Enzymes and Your Health: Optimizing Your Physiological Functions

Mothershill Press October 2008

Cooking, pesticides, and fertilizers are just a few of the factors that destroy the natural enzymes available in our food. Digestion is of prime importance to the body so the body must manufacture digestive enzymes at the expense of the all other functions. This book gives you sensible solutions to the potential problems

Molecular Resonance Effect Technology: The Dynamic Effects on Human Physiology

Britannia April 2008 (English, Thai)

MRET- Molecular Resonance Effect Technology are two polymers developed by a Russian-American scientist that have a significant impact on human physiology: one giving water the ability to be super-hydrating and the other by conferring a protective effect from EMFs and microwave radiation at the cellular membrane level.

Dr. Howard Fisher

Lecturer, Author in Health, Wellness and Anti-Aging Medicine

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Dr. Igor Smirnov, Physicist

Reishi Response: Answering Today's Health Challenges

Mothershill Press September 2008 (English, Chinese)

The follow up to best seller Reishi Rescue filled with more information about this marvelous mushroom.

The Invisible Threat II: A Solution To The EMF Radiation Crisis

King Press India March 2008 (English, Hindi)

An update to 'The Invisible Threat' examining more evidence present in the literature and exploring the most effective solutions available to avoid the damage from EMFs.

The Invisible Threat III: The Risks Associated With EMFs & Effective Interventions

Parakeet Publishing

November 2009

Delving deeper into the potential problems our future generations will be facing from electro-smog and microwaves and highlighting a most effective solution to the problem.

Optimal Hydration the Key to Health and Anti-Aging

Brittania 2010 (English, Thai)

Did you ever wonder why you were told it was important to drink a lot of water? Find out why and how you can change your water to make it more efficient and optimize your body's metabolism.

Moringa Oleifera: Magic, Myth or Miracle(Link)

Britannia Press November 15, 2011 (English, French)

This most complete phyto-nutrient rich plant may be the answer to the plague of poor nutrition and obesity on the planet.

In Pursuit of Perfection: Moringa Oleifera, The Peak Performance Partner

Britannia October 4, 2012

The nutritional requirements to optimize exercise physiology are complex and there exists a relationship between certain phyto-nutrient dense botanicals to maximize training and performance. Training pitfalls have been examined and natural solutions suggested.

Why Moringa

Infinity 510 Squared Partners July, 2014

The physiological nutritional relationships needed to overcome the tremendous environmental obstacles to achieve the greatest health status are examined in light of those provided by the most nutrient dense plant on the planet.

Your Diet Is Killing You

Private Publication July, 2016

Sorting out the rationale to overcome the plateaus that create obstacles to overcoming the overweight and obese lifestyle that is pandemic in our society.

Journal & Magazine Publications

Ferrite Magnets: An Effective Alternative for Pain Reduction. The Digest of Chiropractic Economics. May/June 1988 p32-34. Livonia. Chiropractic News Publishing Co.

Acute Low Back Pain Treated by Spinal Manipulation and Electronic Acupuncture. Journal of Manipulative and Physiological Therapeutics. March/April 1992 p199-202. Baltimore. Williams & Wilkins.

Carpal Tunnel Syndrome: Sports Injury or Occupational Hazard. American Fitness Quarterly. January 1992 p54-56. Columbus. Garry Benford Publisher.

Microhydrin: Antioxidant Nutrition. Vitality Magazine. April 2000 p104-105. Toronto. Vitality Magazine Publisher.

The Relationship Between Nutrition Disease and Aging: A Review. SAAAMM (Society for Anti-Aging Aesthetic Medicine Malaysia). 4th Malaysian Conference and Exhibition on Anti-Aging and Aesthetic Medicine. 29th April- 1st May 2007. Kuala Lumpur, Malaysia. 2007; p.32-38.

The Risks Associated with Electromagnetic Fields: A Literature Review in Anti-Aging Therapeutics Volume X. A4M Publications. Chicago. 2007.

The Beneficial Effect of MRET-Shield on Blood Morphology *in vitro* Following the Exposure to Electromagnetic Radiation of Cell Phone. Explore Magazine July 2008.

Thermographic Evaluation of the MRET Polymer on the Reduction of Thermal Effects Caused by Radio Frequency Radiation. Explore Magazine January 2009

Darkfield Microscopic Evaluation of the Noise Field Polymer on the Reduction of Live Blood Effects Caused by Radio Frequency Radiation. Explore Magazine June 2010

The Effect of Radio Frequency Radiation (RFR) from Cell Phone Usage on In Vitro Human Astrocyte Cells (Glial Cells) and the Subsequent Intervention of the MRET Polymer on RFR Effects Explore Magazine October, 2009

BioImpedance Analysis to Determine the Extracellular/Intracellular Water Exchange of MRET Activated Water Compared to Control Water Explore Magazine. June 7, 2010

I know You Can't Tell Me It's Safe. Eternity Watch. 2011;Vol. 2 No. 4. April.p.8

Wireless Technology and Blood. Healing Our World. Hippocrates Health Institute. 2011;Vol 31. (4).p.40.

What was Dr. Pottenger Trying To Tell Us? Eternity Watch. 2012;Vol. 3. Issue 3. Summer 2012.

Water and Immortality. Explore Magazine. 2012;Vol 21 (2):

The Effect of of heguband as an Intervention Device for Headache Relief. Explore Magazine. 2012;Vol 21(3):

Fisher H, Gauvin G, Laredo S. **A Darkfield Microscopic Evaluation of the Live Blood Effects Caused by *Moringa Oleifera* (Smart Mix proprietary formula).**
www.russbianchi.com

The Moringa antioxidant assortment, telomeres and aging revisited with intensity.www.russbianchi.com November 2012.