



## FIGU Health Resource

### Introduction

**Welcome & Greetings!** This website is the product of a small group of dedicated FIGU members. It represents the ongoing efforts to index the statements of Herr Meier and/or the Plejaren which touch upon health. If you are interested in what's been said about health topics, this is the place to be.

### What is FIGU and who are we?

The FIGU refers to the Interessengruppe für Missionswissen, or in English, the Interest Group for Knowledge of the Mission. In other words, FIGU is a free community of interests for students of Herr 'Billy' Meier, the Plejaren, and the Mission.

We are a few members of the FIGU who met, decided to work on this indexing project together, and then to offer the product of our endeavors online for anyone whom might be interested.

### Who is Billy Meier?

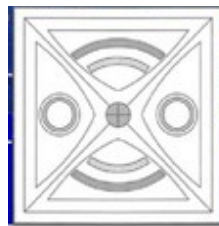
Herr Eduard Albert Meier, aka 'Billy', is just a man. However, he's a man who has lived an extraordinary life. From an early age, he has interacted with folks from other planets, acting as their spokesperson in gently introducing their perspective unto Planet Earth. The relationship between Billy and various extraterrestrial persons has been ongoing for more than 70 years. In that time, Herr Meier has had many experiences that normal Earth-bound humans have not. His contacts with extraterrestrial folks have mostly been face-to-face with physical persons, and primarily with representatives of the Plejaren Federation. These discussions

have been exhaustively recorded. Over the decades, the information passed on to us through Herr Meier has been quite extensive.

### **Who are Plejaren?**

The Plejaren are human beings, like us, who come from a planet approximately 400 light years from Earth. They have watched over the affairs of Earth for many millennia, and are well aware of the issues and difficulties with which we humans here on Earth are grappling. Additionally, the Plejaren society is part of a grander loose-knit Federation of extraterrestrial societies which are on a certain path of spiritual development and evolution. Since the Plejaren have grown through challenges similar to ours in their history, they can offer us insights on how to progress into a more peacefully vibrant society.

Much of the information the Plejaren have shared with us is health-oriented. We believe this information to be worthy of consideration, of high quality, regardless of its non-traditional source and presentation. Hence, our small group of FIGU members has worked to build this index of all the health-related information that Herr Meier and the Plejaren have discussed over the years.



GESUNDHEIT

= HEALTH

*Creational Teaching Symbol*



# Comprehensive health information disclaimer

Caveat lector !

The information presented here often comes from extraterrestrial sources. Some of the extraterrestrial personages whom interact with Herr Meier are themselves trained medical professionals, quite capable of diagnosing and prescribing treatment regimes for health-related conditions. However, to take that advice at its face value, the reader would have to first determine - for themselves - that the extraterrestrial sources are in fact real, and not the product of an elaborate and imaginative fabrication. Because of the far-reaching implications of this content, it is presented here for informational or educational purposes only, and does not substitute for Earthly professional medical advice/diagnosis/treatment, nor consultations with other planet-bound healthcare professionals. Any reliance on or use of the information presented on the website is at your own risk.

The advice or information provided here may not apply to every reader, and may actually cause harm to some. As an example, someone with diabetes may be harmed by the advice to imbibe homeopathic sugar-pills. For this reason, do not solely rely on the information provided on this website. Instead, do seek consultations from healthcare professionals to receive personalized advice or treatment. Readers are suggested to seek out other resources when needing medical advice from qualified healthcare professionals, such as physicians or medical specialists. The website is neither managed nor owned by a doctor, nor any kind of medical professional. To reiterate for clarity, the site content does not constitute any professional medical advice, diagnosis, or treatment. Because there exists the potential for risks, especially for those with existing health conditions, and to be safe rather than sorry, consult a physician before starting any health regimen, any fitness program, any medication, and/or any other alteration in the routines of one's life.

The use of this site's content does not establish any patient-client relationships. The extraterrestrials whom interact with Herr Meier do not interact with anyone else on Earth. Any claim otherwise is false. The information presented here should not be combined with information from other sources of questionable quality. For instance, the extraterrestrials do not channel their medical advice, nor any other thoughts for that matter, to any human beings of Earth. As such, no relationship between any extraterrestrials and anyone of Earth is implied or intended.

This disclaimer is given to reduce any misunderstandings leading to legal liabilities in case the content presented here directly or indirectly causes harm to you, dear readers. Our sole intent is to help people make more informed judgments about our health. We state this here not only in order to reduce our own liability for any potential issues arising from the use of this content, but also to encourage users to make informed decisions for themselves about their own health. This is clearly stated, so users can properly judge for themselves the credibility of the information presented here.

*(Add this comprehensive disclaimer to a dedicated page on website, then link to that page in places like a page/ website footer.)*

**Shortform health information disclaimer:**

This website's content does not and cannot constitute any 'professional' medical advice, diagnosis, or treatment.

## **Special Notes regarding the Corona Virus**

### **What are the most important things to highlight about Corona Virus?**

What is Corona Virus, symptoms, immunity, transmissions, testing, protection—masks, social distancing, handwashing, variants, long-term COVID, history of Corona Virus, blood issues, impulses, vaccinations, misinformation, lack of leadership, profiteering, conspiracy theories and other such challenges.

### **What are the quickest and easiest remedies that bring a quick relief to a person?**

Star Anise Tea, Green tea, Jasmine Tea, Ivermectin, Chokeberry, Turmeric/Curcumin

### **What are the recommended Modes of Behavior?**

Masks, social distancing, hand washing, 70 % Isopropyl alcohol, no traveling, no unnecessary visits with family, limiting social encounters

### **Things to understand about your immune system and how to keep the immune system strong?**

Explain the immune system, how it functions, and how to keep it strong. Include Nutritional Supplements, foods, lifestyle choices, activities, and any other recommendations.

Some suggested remedies include: Star Anise Tea, Green tea, Jasmine Tea, Ivermectin, Chokeberry, Turmeric/Curcumin, Probiotics, Kefir, Zinc.

Additionally, seek out fresh air and sunshine for the free Vitamin D, drink good water, exercise, leave time for solid sleeping habits, and maintain a positive mental attitude by thinking good thoughts.

1. Plejaren research is the most conclusive information regarding the earth, the Humans of Earth and the resources here. It is available to you and anyone interested in enhancing the lives of all the humans of Earth and we would be wise to avail yourself to these one-of-a-kind, unparalleled findings.
2. ...changed between an Earth Human and Human Beings from another world encompasses the most realistic truth of Earth's history, living in a balanced alignment with the laws of nature, the meaning of becoming a true human and elucidating the true nutritional and health information available on Earth.
3. ...is a race of advanced humans who live in a part of space beyond the Pleiades Constellation. For most of his life, Billy has been groomed by these advanced Plejarens to bring teachings of how to be a true human being living in peace and harmony—information that is desperately needed for our world. The Plejarens have recently extended their support to include helping Earth Humans find solutions to problems which pose a grave threat to our existence--specifically the Corona Virus and how to stay healthy and enhance the immune system.
4. If a team of advanced beings with extensive technological capability thoroughly researched all matters related to Corona Virus, wouldn't it be wise to avail yourself to this information? Wouldn't you want to see what they have to say about it? We are fortunate



to have this assistance since, according to the Plejarens, we are dealing with something that is currently beyond the abilities of every human on earth at this time. Since the Plejarens are far more evolved, and are willing to bring clarity, understanding, intelligence and reason to this dire situation, we would be wise to receive their proficient technological expertise and extensive thorough research on every facet of this condition.