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Msgr. Prof. [Dr. of Med.] Charles McWilliams



My recent articles on Deuterium Depleted Water and the last two lectures on Vitalism have raised considerable interest. This is the next installment on my upcoming book FOUNTAIN OF YOUTH that may 'stir your pot'. We must always seek those simple explanations and methods for discovering new medicines. Water of course, sits right in front of our nose, tasteless, odorless, yet can be healthful or deadly depending upon what's in it....

DEUTERIUM, THE ALCHEMY OF WATER

Rejuvenation and Age Reversal by elimination of Deuterium Oxide (D2O) in potable Water (H2O) -- New concepts in one of the primary causes of ageing

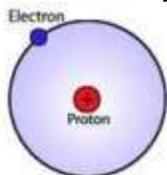
Appreciable concentrations of deuterium laden water mixed in ordinary, drinking water have been found to be harmful to living organisms. Experiments for many years on cancer patients fed Deuterium depleted water have shown remarkable healing effects. Heavy water causes the metabolism to operate at suboptimal rates, even reaching the point of biological death. Thus, deuterium (D2O) in ordinary tap and bottled water is an inherent poison we drink everyday.

Deuterium is part of nature. In water it is most concentrated around the equator and less concentrated in glacial water. We must delve into the nuclear physics and find out just what it is in this trace amount of heavy water that makes it part of the natural ageing process of biological life on Earth. From here we can learn also its rejuvenating and medicinal properties.

A deadly drink of prepared D₂O will taste almost exactly like H₂O. However, seeds will not sprout in heavy water. When rats are fed exclusively with heavy water, they appearingly die of dehydration although quenched with adequate liquid. Heavy water does not participate in biological reactions. It is not neutral or inert, it is in fact a poison.

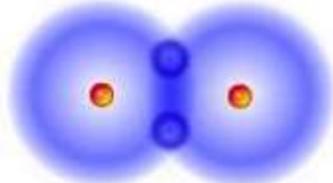
Distinguishing between these different forms of Hydrogen can be confusing to those of us who have forgotten college chemistry. Here is a PanAm clarification.

H = Atomic Hydrogen



Atomic hydrogen is number 1 on the Periodic Table of Elements. It consists of one proton and one unpaired electron which means that it is actually a free radical. However an atom of hydrogen rarely exists on its own because its unpaired electron eagerly seeks to join up with another electron. It is constantly dancing in water, switching between neutral, alkaline, and acid states. It must be understood from the Soviet 'physics of the alive' school of thought. The molecular form of hydrogen is more common and easily generated with a little electricity, sold as hydrogen gas generators. It WAS the discovery and utility of electricity that started the industrial revolution as then, electrolysis produced the workhorse chemicals for industry - sulfuric and hydrochloric acids, and chlorine gas.

H₂ = Molecular Hydrogen



H₂ is a gas which forms when two hydrogen atoms bond together and become a hydrogen molecule. H₂ is also called molecular hydrogen. It consists of two protons and two electrons. Consequently it is the most common form of Hydrogen because it is stable with a neutral charge. H₂ is not a free radical. It is the antioxidant in 'hydrogen-rich' water. It can be made with an ordinary 'fire starter' stick of magnesium elemental. Simply 'alimentary' physics. You can make this all day long, thousands of times over as an 'elixir vitae', antioxidant, hydrogen rich water.



The simple magnesium stick (fire starter) that will make oodles of H₂ gas in DDW. (Keeping it cheap and simple!)

H₂ is the smallest molecule in the universe. That means it can go where nothing else can ...including into your mitochondria which are the powerhouses of your cells. Hydrogen gas cannot be kept in plastic because it will pass right through the walls of the container.

H⁺ = Proton

When the Hydrogen atom loses an electron all that is left is a proton. It becomes the positively charged hydrogen ion known as H⁺. This is the form of Hydrogen that produces the ATP enzyme that powers our cells and mitochondria through the 'proton pump' as it traverses ATPase. The H⁺ hydrogen ion is the basis of life and you know it as the pH scale.

H:⁻ = Hydride

Hydride is a hydrogen atom which has an extra electron. This means that it is a **negatively charged ion**, or **anion**. That is why Hydride ion (H⁻) has the minus sign distinguishing it from a regular Hydrogen atom (H). The two dots after the H means that this ion has two electrons instead of just one. The extra electron means that H⁻ is not a free radical however, it is not stable because this form of hydrogen is a very strong base (extremely alkaline) which reacts with water to produce hydroxide (OH⁻) and molecular hydrogen (H₂).



Hydride (H:⁻) also reacts with metals to form chemical compounds which are reducing agents.

OH⁻ = Hydroxide ion

Hydroxide (OH⁻) is also known as the hydroxyl ion. When water dissociates or comes apart into its component parts it forms OH⁻ (hydroxide ions) and H₃O⁺ (hydronium ions).



This reaction is reversible. The hydroxide ion also reacts with the hydronium ion (H₃O⁺) to become two water molecules.

The Hydroxide ion (OH⁻) is a base (alkaline). The Hydroxide ion is not a free radical or an antioxidant. Dissolved molecular hydrogen gas (H₂) is the antioxidant in 'hydrogen-rich' water. Hydroxide (OH⁻) is sometimes confused with the hydroxyl radical (OH[•]). The dot to the upper right of the OH indicates an unpaired electron which means that Hydroxyl is a free radical, actually one of the most reactive oxygen radicals. Hydroxide and Hydroxyl are two entirely different species. It is important to not confuse them.

H₃O⁺ = Hydronium ion

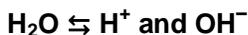
A water molecule (H₂O) plus a hydrogen ion (H⁺) becomes a hydronium ion (H₃O⁺). The H⁺ ion is a lone proton with a powerful charge. It does not exist on its own in an aqueous solution because it is immediately attracted to the unshared electrons in the oxygen atom of H₂O. The result is Hydronium (H₃O⁺). This process is reversible. Two water molecules can disassociate to form hydronium plus hydroxide.

2H₂O ⇌ OH⁻ and H₃O⁺

Experiments indicate that the proton (H⁺) is very promiscuous. It changes from one H₂O partner to another many times per second creating a new H₃O⁺ ion as it moves.

pH = Potential of Hydrogen

pH stands for potential of Hydrogen and is actually a measurement of the concentration of hydrogen ions (H⁺) in a solution. Water breaks down (dissociates) into protons (H⁺) and hydroxides (OH⁻). This reaction is reversible.

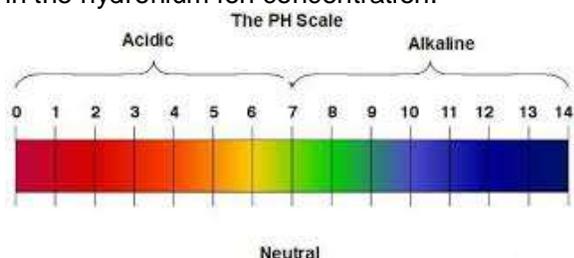


2H₂O ⇌ OH⁻ and H₃O⁺

pH indicates whether water is acidic, neutral, or alkaline. More H⁺ = more acidic. Less H⁺ = more alkaline.

Because H^+ immediately associates with H_2O to form H_3O^+ (Hydronium), pH can also be said to be a measurement of the concentration of H_3O^+ in a solution.

The pH scale is logarithmic. Increasing by 1 on the pH scale results in a 10 times decrease in the hydronium ion concentration and increasing by 3 on the pH scale results in a 1,000 times decrease in the hydronium ion concentration.



DIRTY DEUTERIUM (DW)

Deuterium is a naturally occurring isotope of Hydrogen. An isotope is any of two or more forms of an element having the same atomic number but with different weights (mass). Hydrogen has 2 isotopes, Deuterium (stable, i.e. non-radioactive) and Tritium (radioactive). Normal tap water consists of two parts hydrogen to one part of Oxygen (H_2O) while Heavy water consists of two parts of deuterium to one part oxygen. Hydrogen consists of 1 electron orbiting 1 proton. Hydrogen ion H^+ has lost its electron and is the acid proton. The molecule that has lost its proton is called a hydroxide ion with the symbol OH^- (alkali). The molecule that has accepted the extra proton is now called H_3O^+ and is known as a hydronium ion. Deuterium consists of 1 proton combined with 1 neutron orbited by 1 electron.

Hydrogen is vital to all biologic life. The hydrogen anion, with its loosely held two-electron cloud, has a larger radius than the neutral atom, which in turn is much larger than the bare proton of the cation. Hydrogen forms the only cation that has no electrons, but even cations that (unlike hydrogen) still retain one or more electrons are still smaller than the neutral atoms or molecules from which they are derived. A proton pump is an integral membrane protein that is capable of moving protons across a biological membrane. During evolution, proton pumps have arisen independently on multiple occasions. Thus, not only throughout nature but also within single cells, different proton pumps can be found. Proton pumps are divided into different major classes of pumps that utilize different sources of energy, have different polypeptide compositions and evolutionary origins.

The proton pump in the stomach wall pushes acid ions into the swallowed bolus. The proton pump in the mitochondrial cell membrane, through a respiratory chain. The associated electron transport chain is $NADH \rightarrow \text{Complex I} \rightarrow Q \text{ (Co-Q 10)} \rightarrow \text{Complex III} \rightarrow \text{cytochrome c} \rightarrow \text{Complex IV} \rightarrow O_2$ where Complexes I, III and IV are proton pumps, while Q and cytochrome c are mobile electron carriers. The electron acceptor is molecular oxygen. Heavy metals bind with cytochromes as well as other toxins and inhibit the chain reaction that leads to ATP generation at step five. The protons that are pumped come from body water and deuterium is not part of it. H_2O is pabulum while D_2O is detritus.

Deuterium ($2H$) is twice as heavy as Hydrogen ($1H$). When Deuterium is combined with Oxygen we get a Heavy Water molecule. Heavy Hydrogen (Deuterium) can be measured its physical characteristics. Ordinary water differs from Heavy water in several ways. Water freezes at 0 degrees centigrade, boils at 100 degrees and has a specific gravity of 1.00, heavy water freezes at anywhere from 3 degrees up and boils at 101 up to 142 degrees with a specific gravity of 1.1074. When water freezes, deuterium is isolated (sequestered) into an exclusionary frozen zone first, leaving bulk water with depleted deuterium content (deuterium-depleted water, DDW).

Isotopes can be either stable or unstable (radioactive). Deuterium is a stable isotope and has a relatively perpetual lifespan. Isotopic elements DO NOT DIFFER in their CHEMICAL PROPERTIES but ARE DETECTABLE by differences in their PHYSICAL PROPERTIES, like boiling and freezing. Deuterium atoms are considered rarified but ubiquitous in nature, and sources differ in the NATURAL ABUNDANCE of deuterium, ranging from 1 part in 4000 to 1 part in 7000 (1:4000 or 1:7000). For that reason, we will use 1:6000 as a standard for potable water, worldwide. This means that OF ALL THE FLUIDS YOU DRINK OR COME IN CONTACT WITH, 1 drop in every 6000 drops will be a drop of heavy water poison.

CONCEPTS OF NOXIOUS HYDROGEN

Since Deuterium is related to Hydrogen, we must find a way to visualize the relationship. In nature, the vast majority of hydrogen atoms have no neutrons; these atoms consist of one electron and one proton only, and are the lightest, simplest atoms found yet have profound biological functions. However, rare isotopes of hydrogen has deuterium and tritium. Deuterium has one neutron, and tritium, unstable and not seen in nature, has two.

Heterodyning is a signal processing technique invented by Canadian inventor-engineer Reginald Fessenden that creates new frequencies by combining or mixing two frequencies. Heterodyning is used to shift one frequency range into another, new one, and is also involved in the processes of modulation and demodulation . By heterodyning, we can alter the compound frequencies representative of mass to either higher or lower wavelengths. Thus, we will change the fundamental frequency of a mass to alter its physical properties.

In nuclear reactions, neutrons are the bullets used to cause collision reactions. When these fast-moving bullets are shot into a mass, they become subject to elastic scattering, similar to the energy absorption of billiard balls when struck by a single fast-moving ball.

Ignoring the energy equivalence of the mass, the energy of a neutron is ENTIRELY KINETIC IN NATURE. In physics, the kinetic energy of an object is the energy that it possesses due to its inherent motion of electrons rotating around its nucleus. As a result, in a mass of low atomic weight like hydrogen, fewer collisions are required to slow down a neutron over a given energy range than in a mass of higher atomic weight (or mass number) like oxygen (16). The speed of a neutron is therefore reduced by each collision with nuclei until the neutron ends up with the same kinetic energy as the mass or medium.

The reduction of energy in the neutron as brought on by such collisions reduces it to a fraction of an electron volt at ordinary temperatures. This new energy level is termed the thermal energy, since it depends on temperature. Neutrons reduced by such means are called thermal neutrons. When fast neutrons are SLOWED DOWN by such elastic scattering, the process is called THERMALIZATION. The nature of the substance used for this moderation is called a MODERATOR. A good moderator will reduce the neutron speed in a relatively small number of elastic collisions, but will not absorb the neutrons to any great extent. HEAVY WATER and CARBON are the BEST MODERATORS.

Many books of late have been written, such as Body Electric, Body Voltage, etc. so follow me on this one. An electron-volt is the amount of energy gained (or lost) by the charge of a single electron moving across an electric potential difference of one volt. A free radical is an atom or group of atoms that has an unpaired electron and is therefore unstable and highly reactive. Free radicals are very unstable and react quickly with other compounds, trying to capture the needed electron to gain stability or donating an electron to another. Generally, free radicals attack the nearest stable molecule, "stealing" its electron, called 'electron robbers' by Budwig, the cancerologist. A One Million Electron Volt (MeV) neutron must make about 18 collisions with HYDROGEN nuclei to

REDUCE ITS ENERGY LEVEL to thermal values. The same neutron must make 114 collisions with carbon TO ACHIEVE THE SAME ENERGY DECREASE. And what is the body based on, you got it, CARBON. So from this, we can see that CARBON plays a major role in the thermalization (reduction of overall energy) of the body.

It can be said that you grow up and morph to age 20 and age out from then on. The AGE OUT is an accumulation of tissue and thickening of structures like skin and tendons (arthritis) as a DIRECT RESULT of the aging (browning) process. Let's continue with the nuclear information and see if you start to get the concept on the destructive capacity of deuterium laden water you drink everyday.

Now, if we realize that all our lives we are ingesting heavy (nucleated) water from our usual, trivial sources, in the proportion of ~ 1 drop of deuterium laced water for every 6000 drops of ordinary water (about 3.6X in homeopathic terms), we see that such a life time accumulation would cause definite negative effects in the body. We must also remember that all these years we have also been taking in DW. Every time you drink water, take a shower, go swimming or stand in the rain, you increase you load of deuterium.

There is the continual and excessant exchange of H+ ions in the mitochondria to generate the life giving molecule ATP from ADP and AMP. The proton (H+) pump at the mitochondrial membrane that drives ATPase in the respiratory (cytochrome) chain comes from water. Evidently, deuterium does not participate in generating H+ ion, in fact, slows it down. It clogs up the membrane pumping like a monkey wrench. Considering each ATPase converts ATP's to the tune of 200 per second, physics would dictate a substantial slowdown. And since when ATP production is inhibited, free radical generation takes over.

If we rely on that data, we age and die in part due to naturally occurring DW (deuterium water). Also, further investigations show that there are some peculiar properties of Heavy Water which tend to cause storage in the fatty tissue which by a large part in the ageing process. Fats containing Deuterium were fed to mice over a period of several days. They were then sacrificed and examined. Fats from different parts of the body were extracted and analyzed for the presence of deuterium. The bulk of fed deuterium found its way into the fat deposits, just like DDT, and small amounts retained in other tissues like the liver.

Fat is far richer in carbon and hydrogen than any of the other primary foodstuffs. The combustibility of fat is thus due to its high hydrogen content, producing more calories, pound for pound. Remember also that hydrogen burns invisibly and helps generate body temperatures. Yes, the 'wasted energy' of ATP production is heat. The liver fat is also found to contain TWO TO THREE TIMES AS MUCH DEUTERIUM as that in the fatty depots. As long as the organism maintains a sufficient diet, THE FAT DEPOTS ARE NOT AFFECTED, they remain stationary. However, when starvation conditions are present, THE FAT DEPOTS ARE DRAWN UPON BY THE LIVER for beta-oxidation to make energy (ATP). Deuterium is depleted. It has been said that 7 days of fasting is equivalent to a \$5000 drip of placental stem cells. Remarkably cheaper, simpler, and better for you. Plus, you keep your bloodline.

This scientifically accepted use of isotopes in the study of metabolism has conclusively proven that the body is in a highly dynamic, energy state which provides for a CONTINUAL INTERCHANGE between the fats, proteins and carbohydrates already in the body and ingested in the form of food. The electrodynamic research of Dr. Harold Saxton Burr in the 40's and 50's had shown that all body protein is completely replaced at least once every six months. Good news for ketosis dieters and meatopathists.

Further biological research involving Deuterium as a trace isotope showed that the ingestion of food containing deuterio-fats yielded only a small proportion of the ingested deuterium being

EXCRETED OVER A PERIOD OF SEVERAL DAYS. The major part of deuterium was found to have been stored in the fat deposits again. The interesting observation was that even when the diet was low fat, with a total caloric intake less than adequate for health, and the animal was forced to draw upon its fat reserves naturally, and the deuterio-fat continued to stay stored since deuterium is not biologically useful nor active. DEUTERIUM IS A POISON! When a natural lab diet for the animals was resumed, the radio-labeled deuterio-fats were found to only disappear gradually, the deuterium leaving the body in the form of water (DW) in sweat, stool, and urine.

However, if the water fed to the animals continued to be laden with deuterium, the body would maintain its constant level of deuterium in the fatty depots, happily everafter. And, since our environment is laden with Deuterium (DW) naturally, along with other man-made hydrocarbon cocktails, then we cannot avoid its ingestion. It's nature, it's all natural poison from the garden of eaten.

Now, taking into consideration the fact that we never switch our fluid intake nor diet of DW throughout our lifetime, ignorant of this vital chemistry, it follows throughout life that one's ingestion of deuterium remains relatively constant, unless one moves to a location where glacial water is drunk and used in the garden, like the Hunza region near Tibet. Or one gets smart and starts making their own, at home, thus, home alone for your elixir vitae, all your own, longevity is taken into your own hands.

Radiation we know can have harmful effects on solid materials as it can degrade their properties so that they are no longer chemically sound. This is of special concern as it can greatly affect their ability to perform necessary functions. It is said that cosmic and X-radiation damage disrupts cellular enzymes and is akin to the same damage caused by free radicals which donate and rob single electrons off normal biologic materials. Again, the bull in the China Shoppe. Water, being a bulk recipient, subjected to ionizing radiation forms free radicals of hydrogen and hydroxyl units, which can recombine to form gaseous hydrogen, oxygen, hydrogen peroxide, hydroxyl radicals, and peroxide radicals. In living organisms, which are composed mostly of water, having a majority of the damage caused by the reactive oxygen toxic species (ROTS), free radicals produced from simple from water for just simply living. The free radicals attack the biomolecules forming structures within the cells, causing oxidative stress and a cumulative damage which may be significant enough to cause cell death, or may cause DNA damage possibly leading to cancer or other mutations.

An additional point that I need to stress is the fact that the body is also based on CARBON which reaches a relative maximum accumulation based on physical size (between 18 and 22 years of age). Cosmic and X-ray neutron collisions with CARBON require 114 collisions while Deuterium (D2O) continues to accumulate throughout your life and requires only about 20 collisions TO REDUCE THE THERMAL ENERGY (KINETIC) VALUE. You get colder as you age. Therefore, the elastic-cosmic (airport scanning) scattering of Deuterium is much more efficient and disastrous than Carbon resulting in a more rapid and complete reduction of energy throughout the system. This energy loss takes the form of less heat and electrical energy in the form of H+ ion generation, and you guessed it - reduced ATP!

We can easily associate today's idea of youth with complete respiration of food, yielding bodily heat, libido, and an abundance of energy. While OLD AGE is associated with ATP slow down, reduced metabolism, COLD and a GRADUAL REDUCTION OF ENERGY with biologic cessations as a result - diabetes, obesity, syndrome metabolic X, etc. When the body reaches a maximum physical size, the Carbon base continues to thermalize the biological fission processes to maintain a healthy and energetic existence. However, with the continued assimilation and accumulation of heavy water in the tissues, combined with daily bombardments of cosmic rays, the fission processes are dethermalized (slowed down) beyond a level to generate sufficient energy and heat for the

optimum maintenance of the life process in a youthful condition. Thus, the body ages, browns, shrivels, and shrinks.

Dr. George Crile, Founder of the Cleveland Clinic

I have a solid point to make which might further elucidate the subject of energy generation and chronic disease. It is worthwhile to start from old-school texts as an exercise of understanding developmental history of biology and metabolism. It dramatically increases one's Gestalt on complex subjects like respiration, photosynthesis, etc. One point and epic observation is taken brilliantly from the work of Dr. George Crile, years before free radical theory became vogue in the 80's.

Dr. Crile carried out research into the Bi-Polar phenomena of Life, specifically involving the production of electrical currents in protoplasm by oxidation, life, and radiant energy. Otto Warburg was already alluding to cancer genesis as an electrical phenomena resulting from oxygen deprivation. Crile came to believe with the lab equipment available at that time, that the living organism is specifically adapted to the formation, storage and specific use of electric energy and that the genesis of electric energy is due to RADIANT ENERGY emitted by ultra-microscopic units or furnaces in protoplasm. These furnaces, which we now know to be mitochondria, he called RADIOGENS.

Crile had observed that in order for the cell to maintain energy, and electrochemical gradient was needed between the somewhat acidic cytoplasm and more alkaline nucleus. When the gradient declined, energy declined, and fermentative cancer as previously shown by Warburg was the outcome.

Crile postulated that the COMBUSTION OF PROTEINS is effected by these microscopic units and that the SHORT WAVE RADIATION was emitted by this continuous combustion has two primary and fundamental effects:

- 1) Short wave radiation knocks off electrons and thus disturbs the electrical state of the protoplasm, especially of the infinitely intricate network of the nervous system.
- 2) Short wave radiation so DISTURBS THE ARCHITECTURE OF THE ATOM as to make atoms CHEMICALLY ACTIVE, thereby forming the basis for the SYNTHESIS OF PROTOPLASM.

RADIOGEN was the descriptive term which Crile adopted to denote the theoretical units of protoplasm in which oxidation occurs and from which RADIATION IS EMITTED. He believed that LITTLE OR NO OXIDATION took place in the great mass of protoplasm outside of these infinitesimal units or RADIOGENS. We could see here that Crile was a follower of the school called 'radionics' which was reaching its heyday during this time period. The theory being that when an organism went into a pathological mode, radiant (radio) energy was produced, and if so, could be measured.

Crile's RADIOGEN unit is patterned after the Bohr or solar system model of matter (1913), every atom consists of a nucleus with a certain number of electrons rotating about the nucleus in their orbits. The Solar System or the atom, decidedly alchemical and hermetic (as above, so below); that the nucleus or sun of this infinitely small solar system is an atom of IRON; that these atoms of iron, bearing a sign of like charge, REPEL EACH OTHER as do metals in colloidal suspension, and that by this radiogen, ENERGY IS CONTINUOUSLY RELEASED AND ORGANIC COMPOUNDS ARE CONTINUOUSLY BUILT UP.

The element iron, in the position of a miniature sun, and core to the RBC, would be in continuous oscillation thus producing a temperature of not less than 5,000 degrees Centigrade, just as the element iron in the sun is in continuous oscillation. In fact, the epic studies of biophysicist Fritz Popp

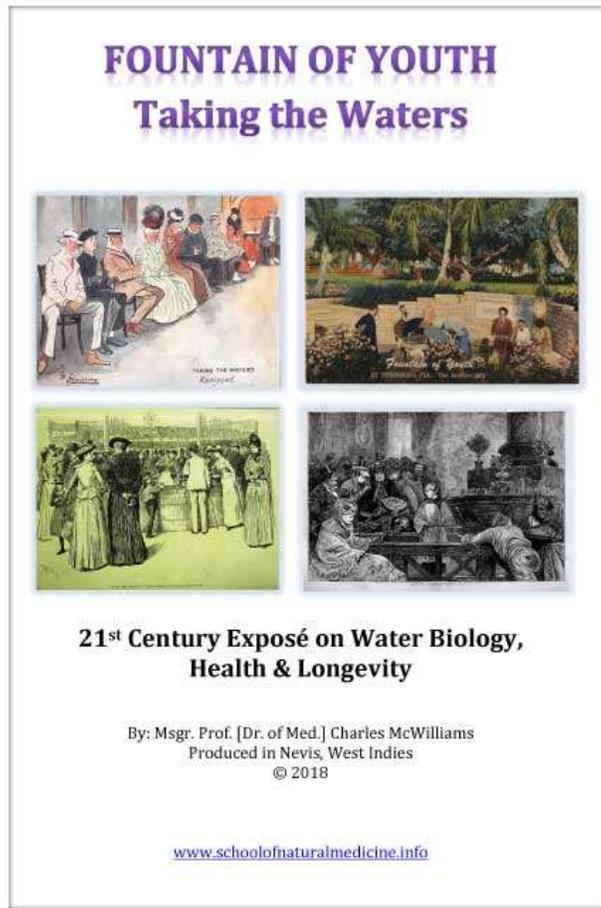
of Marburg University has shown this to be the case. The degree of this temperature is indicated by the genesis of ultraviolet, visible and infra-red radiation; in other words, a RE-RADIATION OF THE SOLAR ENERGY originally put into the organic molecule in the plant (by magnesium-chlorophyll) takes place in the mammalian radiogen through iron.

Enzymes are organic compounds capable to accelerate in a profound manner scores of biochemical reactions making life possible. Enzymes are credited with having only kinetic energy, but nevertheless with CONTRIBUTING VAST AMOUNTS OF ENERGY leaves biochemistry naked trying to explain ATP generation beyond 19th century Gibbs free energy equations.

I suggest you read anything you can find by both Burr and Crile, specifically the book "The Phenomena of Life" published in 1936 by Norton & Company. I have been studying the works of Crile and Saxton Burr for years and recommend them highly.

Msgr. Prof. [Dr. of Med.] Charles McWilliams

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